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TUESDAY, DECEMBER 29, 2020

Canada passes 15,000 COVID-19 deaths

Record Staff

Canada surpassed 15,000 deaths related to COVID-19 on Monday. The country had previously surpassed 10,000 COVID-19 deaths on Oct. 27 and passed the 5,000-mark on May 12.

The Province of Québec reported 2,265 new cases of COVID-19 on Monday, bringing the total number of people infected to 194,930, 166,066 of whom are now considered to have recovered. The data also reports 37 new deaths, for a total of 8,060. The number of hospitalizations increased by 39 compared to the previous day, for a cumulative total of 1,124. Among those, the number of people in intensive care increased by 1, for a total of 150. The samples conducted on Dec. 26 amount to 16,550 for a total of 4,793,646. Finally, 2,327 doses of vaccine were administered on Sunday, for a total of 19,643 since the start of the vaccination campaign.

In the Estrie region, Monday brought news of an additional 73 cases, for a total of 7,537 cases since the start of the pandemic. There were five new deaths reported in the region, two at the Argyll long term care facility and one at the Résidence Haut-Bois in Sherbrooke, one in the long-term care section of the CSSS de la MRC-de-Coaticook, and one at the Résidence Sélection in Granby. As of Monday, 41 out of the 74-bed regional capacity for COVID-19 cases were filled, and four out of a maximum of 25

CONT'D ON PAGE 3

Take that, Covid Christmas!



STEVEN LESSARD

By Matthew McCully

Pandemic? Pouring rain? That didn't keep Art Lessard down.

The 86-year-old took advantage of the balmy Christmas day weather to hop on his tractor in shorts and a T-shirt and bring Santa Claus for a spin around the yard.

This pic was snapped by his son, Steven, who felt the sight of his dad sporting summer gear and Christmas cheer was worth sharing.

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Weather



TODAY:
A FEW FLURRIES

HIGH OF -8
LOW OF -14



WEDNESDAY:
PERIODS OF
SNOW

HIGH OF -3
LOW OF -3



THURSDAY:
CHANCE OF
SHOWERS

HIGH OF 2
LOW OF -12



FRIDAY:
SUNNY

HIGH OF -3
LOW OF -7



SATURDAY:
CHANCE OF
FLURRIES

HIGH OF -2
LOW OF -9

Eighteen



DISHPAN HANDS

SHEILA QUINN

Fourteen years ago, when we celebrated my son Angus's fourth birthday with a community celebration, we showed the animated movie 'Open Season' at Richmond Regional High School's auditorium movie theatre. We raised funds for the CHUS Foundation that we were aiming to be destined for a two-way mirror window so that parents could see their children receiving support services from educators at the CHUS' day centre for special needs children.

I don't know if that window was ever installed. The funds may have just been absorbed into the CHUS Foundation. It wasn't much longer before Angus was too old for services there and on we went into other so-called strata of services in the strange ghost-town that is Autism.

Following that celebration, I wrote a letter to the editor of The Record, and it was published. The following summer I was offered a column, and Dishpan Hands was born.

You see, it is possible for opportunity to exist within chaos.

The birth of the column led to five years of DH Radio, a show that I produced and hosted, supported by the team at CJMQ, our community radio station. That led to more opportunities - to pursue a form of tech education as David and Maureen Teasdale taught me the ropes of recording, attached a tether to me as I plunged down the rabbit hole of expanding my musical education and sampling content that was sent to the station regularly - mostly by fledgling Canadian bands.

Thanks to both of these things, as I moved through the world as a newly single parent (the last statistics I heard, upwards of 80% of parents of special needs children divorce), writing for the paper and producing the show were two important life rafts for my mind. I'll be forever grateful for that.

Typically, this is the week that I write a DH column for Angus, celebrating his birthday, that, as all parents know

and feel is a birthday of our own, in particular with our eldest child. I had miscarried before Angus. As a result, he was just a tad more powerfully wished for and wanted. Sometimes I feel that maybe his little self knew that he had a stronger chance of a supported life, given the wringer his needs were about to put his new family through, and so he chose us.

So many people feel that that kind of strange magical thinking is just that - fluff, the desperate behaviour of unicorn-believers attempting to craft purpose where there is only the random act of millions of sperm and one egg, and the random everything that follows, hinged on chance, environment, nature and nurture and all of the Darwinian stuff.

But I believe that we don't know. And so it is equally as stupid not to leave room for what we don't know.

So, maybe he did choose us. I don't know. I can't prove otherwise.

If there's anything I've learned in what is about to be eighteen years of being his mother, it is that if you want to squash the hell out of something, put limitations on it. Pop a box over it, make it a checkmark, create administration and busy-looking 'work' and call it functional, and believe you me, it will not grow.

Or will it?

The other special needs parents, we know each other. When Charles Lafortune and his spouse Sophie Prigent came together as desperate parents, braving the trolls and receiving an absolute onslaught of criticism, when they produced their recent television series 'Autiste -Bientôt Majeur' (Autistic-Reaching the Age of Majority), they shared the story of their son Mathis, as he approached the age of majority. They even sat down with our Premier, François Legault, leader of the CAQ.

And perhaps somewhere there, they were making headway with some kind of support...until COVID hit.

There is a lot of necessary talk of the state of care for our vulnerable people - and right now the emphasis is rightfully on the challenging state of care for our elders. They deserve respect, support, care and safety.

There feels like a kind of radio silence in the world of special needs families right now - but there are voices in that static. Voices that were already desperate, already snowed out by so much noise. We were already experiencing constant anxiety related to basic needs and family stability before COVID-19 hit, feeling like our voices and cries were ignored. But

now, we struggle to find respite, we find ourselves changing careers in the midst of it all to support the unpredictability of imposed online schooling, or losing jobs for that reason. Already shaky stability rumbles with new fault lines.

This year I'm not writing a letter to Angus for his birthday. Those letters were always to you, our readers. Since I've already explained that I am open to possibility, I won't say that he'll never read them, because perhaps someday my son, who is about to become an eighteen-year-old toddler, will benefit from some kind of change that will allow him to read, communicate, understand, instead of our current existence, that feels like the exchange between pre-historic peoples, in grunts and occasional words, in occasional gestures.

Angus doesn't call me by name. He never asks for me. He doesn't read the paper...yet.

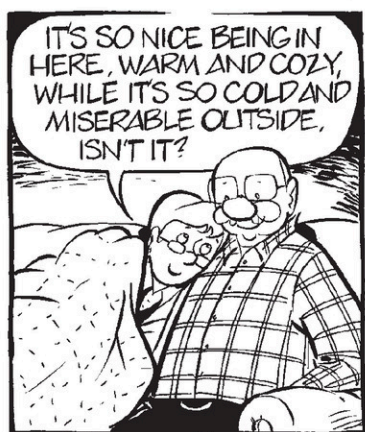
Yet...here I am, and I hope you can understand that the reason that I've put myself out there with these stories of my own family isn't the kind of grandstanding some people may perceive it is. It is the same as Charles Lafortune and Sophie Prigent sharing their son Mathis's journey, so like Angus's. That the blankness in their eyes is something that I intimately know. I've seen it in my own reflection.

So, in the shards of wisdom accrued in the swiftly approaching eighteen years of life with Autism (and I want you to imagine that what it is like is that awful, exhausting infant period never stopped), I would like to share ONE wish that I am going to make for Angus, as he turns eighteen and suddenly the administrative forces that be remove him from the world of children and place him in the ghost-town of adult Autism.

If you, our government and decision makers do one thing, make it acknowledging and funding our youth's existence based on their developmental age. Begin respecting that. Open your eyes to how they will NEVER be adults, and that chronology is only truly useful in measuring their physical development on a growth chart. Their intellectual age is the true marker of where funds and services should stem from - I won't be ignored on this point. So expect to hear from this Special Care Counsellor mother of someone whom you are now deeming an Autistic 'man'. He's a man because he can grow a beard. He's a child because I have to shave his face. And wipe his bum. And stay vigilant constantly if he is awake....

CONT'D ON PAGE 4

Ben by Daniel Shelton



Local News

The QCUWC and PCWQ stepped in because of the disproportionate impact the novel coronavirus has had on women in long-term care facilities.

Women's advocacy groups call for higher standards in long-term care facilities

By Michael Boriero - Local Journalism Initiative Reporter

A petition circulating online demanding the Quebec government strengthen its residential and long-term care facilities, or CHSLDs, sits at 384 signatures as of Monday morning.

The Provincial Council of Women of Quebec (PCWQ) and the Quebec Council of University Women's Clubs (QCUWC), two women's advocacy groups, created a joint committee and presented the petition together early last week.

"We felt that this is an important issue since Quebec had the highest number of deaths in long-term care facilities in Canada and most of those were women, so that's why we wanted

to get involved with that," said QCUWC President Judy Hopps.

There are seven points in the petition, she explained, all aimed at improving the standards of a long-ignored part of the health sector. Among other things, the committee asks for a better ratio between health care workers and seniors.

They also call for "unplanned inspections" of CHSLDs at least once a year, stronger isolation measures for residents infected with a virus, improved ventilation and air conditioning, and establishing a reserve of protection equipment.

The women's advocacy groups also want to see more training for health care personnel and more permanent and full-time positions for nurses and other staff. One of the leading causes

behind the spread of COVID-19 was staff migrating between facilities, Hopps added.

"The other thing is you had staff working at three or four different residences and so therefore I think part of the Covid spread is due to the fact that they were involved in different facilities," she said.

The QCUWC and PCWQ stepped in because of the disproportionate impact the novel coronavirus has had on women in long-term care facilities. There are more women in CHSLDs, according to Hopps, and the current standards are inadequate.

The petition is open until March 16, 2021. If they reach 500 signatures, a mark they are required to hit before presenting the document in the National Assembly, Quebec Liberal

Party MNA, and Official Opposition Critic for the Status of Women, Isabelle Melançon will take over.

When Hopps spoke to The Record last week, the petition had accumulated over 200 signatures. She seemed confident about the success of the document heading to the National Assembly. It is only a matter of time, she concluded.

"[Melançon] will be taking this forward to the National Assembly when the requisite number of signatures is reached [...] I think we will succeed in getting this going to the government," Hopps said.

Quebecers interested in supporting the petition can visit: <https://www.assnat.qc.ca/en/exprimez-votre-opinion/petition/Petition-8803/index.html>.

Seven residences receive fines for Christmas gatherings

By Record Staff

As of Dec. 28, seven residences in Sherbrooke have received fines of \$1,534 for illegal gatherings during the holidays.

On Dec. 3, Premiere François Legault announced gatherings of any nature during the holidays would be prohibited. A few days later, the Quebec government sent out an alert announcing there would be an increase of police activity during the

holidays and fines would be given without warning. Still, some took the risk and hosted Christmas parties.

According to Isabelle Gendron, media representative for the Sherbrooke police department, the station received approximately 35 calls pertaining illegal gatherings on Dec. 24 to 25. Of those, seven were fined - including parties of over 10 people as well as residences hosting extended family for the holidays.

Gendron added there were

approximately 30 officers at all times on the road looking out for impaired drivers and four checkpoints - six less than the year before.

These checkpoints were put in place as of Nov. 28 to keep an eye out for drivers under the influence. This year, there were no arrests and only one interception for impaired driving. Last year, there were around 32 arrests and over 1,400 interceptions. Gendron believes the drastic decline is because people are respecting

lockdown measures and staying home meaning less vehicles on the road.

While the number of interceptions is relatively low in the Townships, Gendron said the police will stay vigilant for New Years and will continue to hand out fines. Gendron encourages people to call the department general line (819-821-5555) if they witness illegal gatherings.

CHUS Foundation raises over \$100,000 through Sherbybox project

Record Staff

The Fondation du CHUS raised \$110,000 in 2020 thanks to the sale of Sherbyboxes, a collection of gift boxes filled with local products.

Sherbybox was popular for Mother's Day and Father's Day, and their most recent holiday season box garnered \$75,000 for the CHUS Foundation. According to a press release, there were close to 5,000 holiday Sherbyboxes

sold.

The Sherbybox, a CHUS Foundation initiative launched in April 2020, was meant as way to generate new donors and encourage small- and medium-sized businesses to promote the local economy.

The three Sherbybox editions put a spotlight on 20 local businesses, involved more than 60 volunteers and offered some comfort to families with a total of over 6,215 boxes sold since it

launched in the spring.

It has also made it possible for Quebecers to discover more than 40,500 products. The profits generated from the special gift boxes have been donated in full to the CHUS Foundation. However, the donations will be distributed according to the buyer's specifications.

They could be given to youth organizations, mental health organizations, seniors' programs, a

special COVID-19 fund or put into the general fund at the foundation. Martin Clermont, executive director of the Fondation du CHUS, was impressed with the success of the project.

"We have gathered many touching testimonials from citizens who have received a Sherbybox as a gift," he said. "This is a very stimulating project that involves several actors of the community and we are proud of it."

COVID update

CONT'D FROM PAGE 1

intensive care beds were being used. A total of 709 doses of vaccine had been administered to targeted healthcare workers in the region as of Monday morning.

In an update about the current situation on Twitter, Health Minister Christian Dubé called the status of the healthcare network in the province critical and implored Quebecers to respect the restrictions currently in

place to help get the second wave of the virus under control.

Similar to what took place in the week of Christmas, the provincial public health authority has announced plans to take a break from data

reporting on Jan. 1 and 2 of 2021. An abridged version of the information will be issued on Jan. 3 including data on confirmed cases, the overall number of deaths and the number of hospitalizations from previous days.

A learning experience: The Record 2020

By Reann Fournier
Special to The Record

Being a top English and journalism student in high school, I had always wished to have the opportunity to work in a proper newsroom for a real newspaper. It had been an ambition of mine for years, and, when the opportunity to work as a student reporter for The Record came to me, I applied thinking it would be an incredible experience if I so happened to get the job. I won't lie, when I got the call that I had been hired, I may have done a happy dance.

As a second-year university student, this was my first opportunity to work a 'big girl job'. Being in an office was a whole new world to me and it was exciting and validating that I had the opportunity to work in a field that I had always wanted to. I had no idea what to expect but, the first day I was immediately given an assignment and started writing. The fear of not doing well was definitely prevalent, but I was quickly reassured that my co-workers and editors wanted to work with me to help me learn and excel in the space.

Only living in Lennoxville for a year, I had limited contacts and limited experience with the population and area. Working in The Record's office, I not only was able to continuously learn about the Eastern Townships, but I was able to speak with and learn about some interesting and important people in the area. As a young woman, I was given

the opportunity to comment on and write about things that I am incredibly passionate about all while constantly learning and improving my own writing and knowledge.

I quickly realized that the fast-paced work environment was somewhere I could excel. My passion for writing was fueled as I wrote each day, and I never had the same assignment twice. The feedback I received on my first few articles only made me want to submit perfectly honed pieces and, while that was not always the case, I found myself applying the constructive criticism I received and began to see the places where I could improve as I wrote.

Working in an office was something I had never experienced and, as I had imagined, it can become monotonous at times. Luckily enough, our office was always in constant motion and, with Matthew's daily commentary and anecdotes, things never got old. The fear of being the lowly intern amongst a well-established boys club dissipated within my first day as I was actively consulted and involved in the development of the daily publications.

If I were to sum up my time at The Record, I would use words like new, exciting, and an incredible learning experience. This semester, while unconventional in many ways, will be a time that I think of fondly. The people I have met and the experiences I have been so grateful to have will continue to be things I recall and learn from.

2020 Babies!



Proud parents, grandparents, aunts and uncles, show off your pride and joy in our "Babies of 2020" edition of The Record to be published on January 22, 2021.

Mail or email a colour photograph of the baby with: baby's name, birth date, parents' name, hometown and 10 words describing the little tyke, along with \$20. (taxes included), daytime phone number and a stamped, self-addressed envelope to

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Online subscription contest winner

The Record would like to congratulate Marie Vallières, from Stanstead, for winning The Record's online subscription contest.

Vallières is now the proud owner of a Samsung Galaxy Tab A7, which she can use to read the e-edition of the paper every day.



Dishpan Hands

CONT'D FROM PAGE 2

and sometimes that is until 2:00 a.m.

Be open and brave enough to understand that as those who hang tight to the purse-strings, that most of us just want very basic things. To have our basic needs met, to have support to invest in a home that can properly grow with us, to have some respite, to perhaps go on a trip together even once as a family, and to have a reliable place for our loved ones to live if them not being with us is better for them. That last thing is not something I am leaning towards, but others have to, and they deserve to experience a more supportive option that is present from the start.

Opportunity and possibility exist within chaos. Even right now. Maybe even more right now.

And so, as I write this, a column that did not start with the lovingly penned 'Dear Angus', instead in closing, 'Dear Readers', please share this.

Please find a way to be present in the ghost-towns of blowing tumbleweeds and the absolute ruins of the futures we once dreamed of, before Autism came to town. We are still trying to build in here. We are sort of starving in here, but we are still dreaming in here.

Happy Birthday Angus. New Year 2003's Baby is about turn eighteen, and while I've dreaded this for years, the precipice I find myself on, I refuse to give up. I want to ride the lightning. I want to raise my hands to the winds that beat against us and show it that I'm way stronger than I was. More powerful than I was. And I am going to change the weather. We'll take a hot air balloon off of the cliff and defy every single box anyone ever tries to put over us.

You see, it is possible for opportunity to exist within chaos.

Love, Mum

Last thoughts 2020; first thoughts 2021



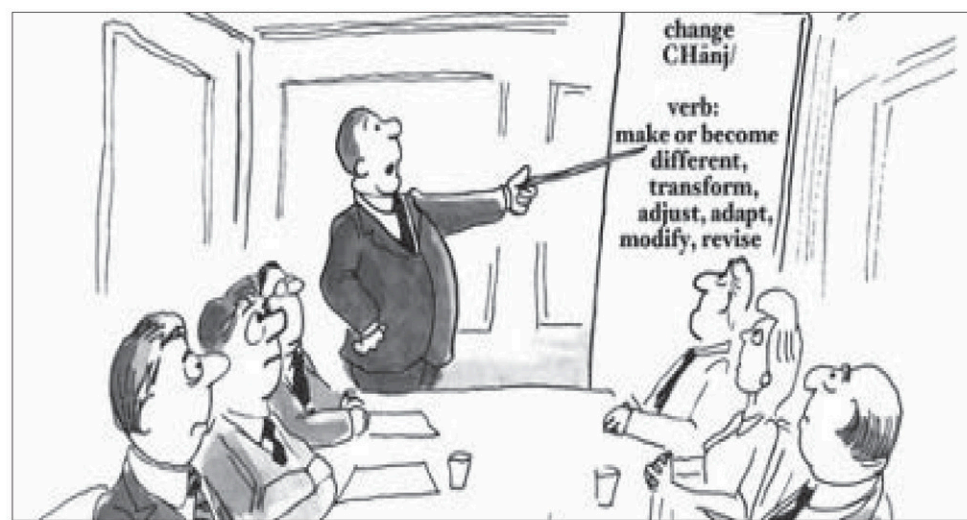
DIAN COHEN

The events of 2020 opened up several reorganizational possibilities for society – some will capture the imagination of a critical mass of people and a structure for change will emerge; others will shrivel to await a future opportunity. We don't know which belongs in which bucket. Suffice to list them here and expand on them in future columns.

- 2020 offered a trial run on what reducing carbon emissions could look like as quarantines were implemented. With so many commercial flights grounded and so many commuter vehicles off the road, smog in major cities around the world lifted and pollution abated. Venice saw clean canals for the first time in decades. The test for longevity is whether there will be enough public sentiment to push politicians and bureaucrats to craft policies that transition society to electricity powered by wind, solar, or other renewable sources and at the same time ease that transition for all people and communities that now depend on oil and coal. The task is immense – in Canada think British Columbia, Alberta and Saskatchewan and the transportation industry.

- 2020 offered a trial run on working from home. Before COVID about 16 million Canadians had a job and three quarters of them commuted to work. About a million of them spent at least 60 minutes driving to work. There's a personal and societal cost to this kind of arrangement – higher levels of stress and less time for other activities; traffic congestion, which raises infrastructure costs and lowers overall productivity. Working from home was barely permitted before COVID because managers didn't trust employees to actually work. That canard has been slain – studies show higher meeting participation among those working remotely and more productivity. It remains to be seen whether and how we will reconfigure our cities to repurpose office towers, suburban and underground malls.

- 2020 was the year in which the Guaranteed Universal Income garnered a lot of press. The concept has been around for decades, but with millions of Canadians unemployed because of the pandemic lockdowns and millions more falling into poverty, the idea has moved out of the fringes of political debate and into the mainstream. Even the Parliamentary Budget Office said that its version of the basic income would cost less per month than the Canada Emergency Response Benefit (CERB) the federal Liberals introduced as income support in the pandemic. There would be other indirect savings from fewer poverty-related costs. "Minimum income" experiments from the 1970s suggest that healthcare costs in Canada could fall by tens of billions annually. The test to see this popular idea become reality lies in dealing with the federal and provincial government deficits to deal with COVID. A universal income



JOHN J. HALL

program is expensive and would need to be funded – by business taxes? the top 10 per cent? the top one per cent? Just the growth of the economy? There will likely be much more study before it becomes reality.

- 2020 finally gave due to both seniors and frontline workers – they became both visible and valuable – workers in long-term care homes, cleaners and grocery store workers who are risking their health and making minimum wage saw their wages rise. Between the feds and the provinces, an extra \$4 billion went into a pot just for these workers. It remains to be seen if their pay slips in 2021 and beyond reflect their recognition in 2020 as essential and courageous workers.

Government inspection of long-term care facilities has been shown to be lacking not just in providing seniors with a stimulating environment but in keeping them safe. In survey after survey, seniors have overwhelmingly declared that they would prefer to stay in their homes as long as possible,

provided care and socialization were available in the community. Grocery stores stepped up to the challenge by allowing seniors to shop early in the morning when no one else was in the store. The move to making home care the first choice for vulnerable seniors was already on the Quebec government's radar long before COVID. Hospital care is the most expensive, long-term care the second most expensive and home care is the highest value. It is an immense task to reconfigure society, especially when governments love centralization: home care is about as decentralized as you can get.

That's my allotment of words for this column – other areas should be on the list: university organization and the purpose of the police and the common good versus individual rights. We'll visit these and more in the coming months. Happy New Year.

Dian Cohen is an economist and a founding organizer of the Massawippi Valley Health Centre.

The benefits of having a large human chassis for traction

By Linda Knight Seccaspina

One snowy New Year's Eve I remember leaving a dinner with friends that invited me to crowd into a Mini Austin for a ride home. It was not exactly an invite per se – it was actually more of a dare to see how many people we could fit into the "Cooper". One by one we piled into this tiny car with me scoring a seat riding shotgun.

Since I seemed to have the largest "chassis" in the group it was only fair that I house a couple more people on my lap. There was no way in the world we would ever reach the Guinness World's Book of Records total of 21. We had no super smart college students that could figure out the solution and no one volunteered to sit in the boot of the car.

Packed to the rafters with nine people the driver attempted to leave and immediately the wheels spun in the fresh new snow. We were all pretty uncomfortable at this point and voices of desperation began to surface to the

top.

My father Arthur Knight always insisted that you keep bags of sand or salt in the trunk for traction in case you got stuck in the winter. However there was no sand or salt in the back end of this car, only a bunch of lightweights.

I sat in the front seat slowly losing the feeling in my legs due to the human load being forced upon me and suddenly had an idea. I could be the "living" bag of sand in the rear and hopefully that would help. After shouting out my idea, everyone agreed and the doors opened with people literally falling out into the snow. I immediately got into the back end and the passengers resumed more uncomfortable positions. With a huge push from a passerby we were off.

The car swerved and slipped in the snow but one by one we were safely dropped off and had enjoyed a life experience we would never forget. Arthur Knight's bag of sand, who was really his daughter in this case, had saved the day.

I decided to look this traction

myth up on Snopes.com and the page was completely blank. Had Arthur Knight had it all wrong? I found a few discussions on a few automotive boards and one man had this to say.

"So while extra weight generally improves traction, the only safe place to put it is in between the wheels. That's why, for traction, we suggest car-pooling. In fact, when recruiting car-poolers, you could start by putting up a sign at Weight-Watchers."

After more research I decided to go back to Snopes and I found another link about the topic. Again the page was blank and the lone entry was about a woman called "The Human Couch".

Legend goes that a 500-pound woman had to be brought to the ER after she had experienced shortness of breath. While they attempted to undress her an asthma inhaler fell out of one of the folds of her arm. A shiny new dime was under her breast and a TV remote control was found in one of the folds of her lower extremities. Her family was extremely grateful they had found the losy remote



COURTESY

and the doctor said it was the first time he had found buried treasure.

I sit here and giggle about what I have written and wonder if people reading this will consider my story legend or lore. At least I wasn't listed as "The Human Couch" because losing a TV remote is a felony I hear in some countries.

EDITORIAL

Tourtière is one of the pièces de résistance of Christmas and New Year's tables in Québec.

Poutine in a pie: Would you eat a 'tourtine' this holiday season?

By Geneviève Sicotte

I recently saw a culinary invention — “tourtine” — that left me thinking. The dish, as its name suggests, is a hybrid of tourtière and poutine. Poutine cheese curds and sauce are added to the tourtière’s pie filling, along with festive ingredients such as shredded meat and the inevitable foie gras.

The tourtine is so successful that its creators, the owners of the Baron BBQ restaurant in Saint-Ambroise in Québec’s Saguenay region, were overwhelmed by the demand. They had to redirect all their production and double their staff just to keep up.

The dish, offered just in time for the Christmas season, seems to reinvent two of Québec’s culinary classics. But beyond the buzz marketing (which we wish for all restaurant owners during these times), what relationship does it have to Québec’s gastronomic heritage?

My research revolves around the cultural representations of food and cuisine, particularly how gastronomic imagination resonates with our individual and collective identities, with our aspirations and quests for meaning.

Not the first culinary crossroads

The reinvented pie is not the first example of a dish that combines existing recipes. Pizzaghetti had its heyday in popular culture a few decades ago in restaurants with “Italian and Canadian” kitchens. This Québec invention is still offered by many establishments and is even found in the frozen food section of supermarkets.

Another inventive crossbreed, the cronut, has been an undeniable success since 2013. It’s a delicacy whose croissant-like puff pastry is filled and fried like a doughnut. The cronut is in fact not unlike its creator, Dominique Ansel, a Frenchman living in the

United States who has opted for the blending of traditions.

The crossing of distinct culinary recipes is always revealing. Pizzaghetti undoubtedly suggests a naive enthusiasm for Italian gastronomic traditions that we didn’t hesitate to throw onto the same plate. The cronut, on the other hand, presents the meeting of France and the New World, of long history and innovation, of the artisanal bakery and the snack.

A traditional dish

But what does the combination produced by the tourtine say? To understand it, we must examine the two dishes which compose it. Both the tourtière and poutine are emblematic of Québec’s culinary tradition and are even seen as national dishes. However, they have very distinct meanings.

Tourtière is one of the pièces de résistance of Christmas and New Year’s tables in Québec. It is based on local ingredients and, depending on the region, it can be prepared with farmed meat, game or even fish.

In addition, the dish provokes debate — another sign of its cultural importance. Does its name really come from the now-extinct birds called tourtes (or tourte voyageuse, known in English as the passenger pigeon) that were supposedly used to make it? Is its origin French or British? Is the real tourtière the one from Lac-Saint-Jean, which contains potatoes, the one containing only pork and minced veal (sometimes called “pâté à la viande”), or the cipâte (a layered meat pie) from the Bas-du-Fleuve (the lower Saint Lawrence area)? The number of variations of the tourtière indicate that it occupies a true place in Québec gastronomy.

It is also a dish that — although seldom cooked in homes now — is still very much loved by consumers, especially during the holidays. The seasonal market for ready-to-eat



tourtière (fresh or frozen) crosses categories, bringing together artisanal producers, intermediate players such as niche grocery stores, and of course mass distributors. It’s simply a must on the menu and can certainly be considered Québec’s national dish.

A scoundrel dish

Poutine is quite different and its history is much more recent.

It was born at the end of the 1950s in the agricultural region of Centre-du-Québec, the cradle of the cheese curds that are its indispensable ingredient. It only became popular in the 1980s, thanks to urban distribution that also changed the conditions of consumption. At that time, it acquired the iconic status of an unpretentious fast food and even a bit of a scoundrel, a beer sponge that we like to swallow after a night of drinking before going to sleep.

The meanings carried by poutine are very different from those of tourtière. It is imbued with a certain rural vintage imagination, but also with values such as brash Americanism, joyful excess and a love of nightlife. It may be relatively new when compared to tourtière, but poutine is now part of Québec’s culinary heritage.

When modernity meets tradition

What happens when you mix tourtière and poutine? This gesture may offend purists and I am not convinced that it is gastronomically pleasing. But it is nevertheless interesting to combine the various backgrounds linked to each of the dishes — history meets modernity, the family meal meets the nightly snack taken between friends. The tourtine modernizes the tourtière, or traditionalizes the poutine.

The tourtine, and its success with consumers, perhaps reveals that in this pandemic year, we feel the need to rethink the traditional dishes of the holiday season. There won’t be big family dinners and endless feasts. Our meals will be more modest. For some, the holidays will be marked by difficult personal and professional conditions, even by illness or mourning.

In this context, we want to keep the tradition that binds us to the past, so precious and reassuring in uncertain times. But why not add something playful, a bit of humour and invention, joyful excess and the memory of friendly repasts taken outside? This is what the tourtine offers.

I would be surprised if it becomes our new national dish, but for now, it meets a need. I almost want to say that it gives you something to dream about.

THE RECORD

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Letters

DEAR EDITOR:

Much is being said about the precautions we need to take to avoid COVID-19. It is a known fact that a good immune system needs vitamin D3. With low amounts of sun during winter months, people need to take some. This is well explained on YouTube, see “Michael Holick the d-lightful vitamin D for good health.” It is not expensive, and readily available.

PHIL TAYLOR
 LENNOXVILLE

Local Sports

Canada downs Slovakia 3 to 1 in world junior hockey championship

The Canadian Press

Philip Tomasino had a goal and an assist for Canada in a 3-1 win over Slovakia at the world junior men's hockey championship Sunday.

Jack Quinn, with an empty-net goal, and Jordan Spence also scored for Canada (2-0) playing its second game in as many days to start the tournament.

The host country opened with a 16-2 romp over short-staffed Germany on Saturday.

Canadian goaltender Devon Levi made 17 saves for the win on his 19th birthday.

Martin Romiak scored for Slovakia (1-1). Goaltender Samuel Hlavaj of the QMJHL's Sherbrooke Phoenix stopped 20 shots in the loss.

Canada has Monday off before facing Switzerland (0-2) in Pool A on Tuesday. Finland (2-0) beat the Swiss 4-1 earlier Sunday.

The top four teams in each pool advance to quarterfinals Jan. 2, followed by semifinals Jan. 4 and the medal games Jan. 5.

Romiak's power-play goal at 18:36 of the third pulled the Slovaks within a goal, but Quinn sealed the victory with an empty-netter.

Tomasino took a long pass from Dylan Cozens and beat Hlavaj with a high shot at 16:25 of the third period for a 2-0 lead.

Canadian defenceman Braden Schneider served a one-game suspension Sunday for checking German forward Jan-Luca Schumacher in the head the previous day.

Spence, who was a healthy scratch Saturday, drew into the lineup and scored on his first shift of the tournament.

Slovakia's defence was a much tougher test for Canada's scorers than depleted Germany.

The Canadians dominated puck possession and allowed Slovakia few clean entries into Canada's zone, but their attack lacked cohesion for much of the game.

Slovakia killed off a pair of Canadian power-play chances and Canada in turned kill off one Slovak man-advantage in the second period.

Defenceman Bowen Byram levelled Slovak forward Jakub Kolenic on Canada's blue-line midway through the period.

Spence scored Canada's lone goal of the opening period at 4:08.

The Australian-born defenceman from Cornwall, P.E.I., caged a Dawson Mercer rebound and beat Hlavaj with a wrist shot from the hash marks.

Canadian winger Dylan Holloway didn't dress for Sunday's game because of an upper-body injury. Captain Kirby Dach isn't playing in the tournament because of a wrist injury sustained in a pre-tournament game.

Cozens, who had a hat trick and six points against Germany, wore the captain's C on Sunday. Cozens is alternating the captaincy with Byram.

The International Ice Hockey Federation announced Sunday there were no new positive tests for the COVID-19 virus among the teams and tournament personnel.

Three German players were released from quarantine Sunday to rejoin a team that iced just 14 skaters in its first two games.

Barring further positive tests, five more Germans will be released from isolation Tuesday with one player remaining in quarantine until Jan. 4.



THE CANADIAN PRESS/JASON FRANSON

Canada's Quinton Byfield's (19) stick breaks as Slovakia goalie Samuel Hlavaj (29) makes the save and Simon Becar (3) defends during second period IIHF World Junior Hockey Championship action in Edmonton on Sunday, December 27, 2020.



Once the holidays are over, let's stick to our good habits.

Let's avoid get-togethers and protect ourselves from the virus.

Quebec.ca/HolidaySeason

Let's keep our spirits up.

1 877 644-4545

In Memoriam

BELL, Stanley Loren – In loving memory of our beloved Stan who passed into his heavenly home December 29, 2018.

*There are in the end
Three things that last:
Faith, hope and love,
But the greatest of these
Is love.*

I Cor. 13:13

Stan, you are forever loved!

**ELLA (wife)
AND FAMILIES**



TUESDAY, DECEMBER 29, 2020

Today is the 364th day of 2020 and the ninth day of winter.

TODAY'S HISTORY: In 1170, Thomas Becket, the archbishop of Canterbury, was murdered.

In 1890, U.S. Army troops massacred an estimated 300 Lakota Indian men, women and children near Wounded Knee Creek in South Dakota.

In 1940, Germany dropped hundreds of incendiary bombs on London.

In 1970, the Occupational Safety and Health Administration (OSHA) was created.

TODAY'S BIRTHDAYS: Charles Goodyear (1800-1860), inventor; Andrew Johnson (1808-1875), 17th U.S.

president; William Gladstone (1809-1898), British prime minister; Mary Tyler Moore (1936-2017), actress; Jon Voight (1938-), actor; Ted Danson (1947-), actor; Patricia Clarkson (1959-), actress; Sean Payton (1963-), football coach; Jude Law (1972-), actor; Theo Epstein (1973-), baseball executive; Mekhi Phifer (1974-), actor; Danny McBride (1976-), actor/comedian; Alison Brie (1982-), actress; Eric Berry (1988-), football player.

TODAY'S FACT: OSHA imposed the largest fine in agency history on Oct. 30, 2009, assessing \$87 million in penalties against oil company BP. A 2005 explosion at the company's refinery in Texas killed 15 workers.

TODAY'S SPORTS: In 1978, Ohio

State football coach Woody Hayes punched a Clemson player who had just intercepted a pass during the Gator Bowl. Ohio State went on to lose 17-15, and Hayes was fired the next day.

TODAY'S QUOTE: "If you go into something saying, 'I'm the bad guy,' you do yourself a disservice as an actor. It's always about trying to find the humanity in a character." – Mekhi Phifer

TODAY'S NUMBER: 6 – years that Thomas Becket spent in exile (1164-1170) for refusing to acquiesce to new laws set by Henry II.

TODAY'S MOON: Full moon (Dec. 29).

Even a little exercise helps those with sedentary lifestyle



ASK THE DOCTORS

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

Dear Doctor: I saw on the news that if you work out for 11 minutes a day, you are protected from the bad stuff that happens from sitting too much. Is that really true? I'm stuck at my desk all day, and that's not changing anytime soon.

Dear Reader: We think you're referring to a recent study, published in the British Journal of Sports Medicine, which looked at the health outcomes of people whose lifestyles ranged from extremely sedentary to moderately active. According to the findings, even a small amount of daily exercise helped to mitigate the negative health effects of prolonged inactivity.

The conclusions outlined in the study caused quite a splash and have since popped up on TV, newspapers and magazines. And small wonder: Several

years ago, research linked prolonged sitting – that's eight hours or more per day – to an increased risk of premature death. With so many jobs, like your own, now tethering workers to their desks, people have become eager for information on how to lessen the ill effects.

This new research, which reexamines data collected in nine previous studies, focused on about 44,000 people who each wore an activity tracker to accurately monitor their daily movement. The participants, who were middle-aged and older, remained seated an average of 10 hours each day. When they did exercise, it consisted of short sessions – eight to 35 minutes – often simply walking at a moderate pace.

When the researchers looked at mortality rates in the years after the participants enrolled in the studies, they found the expected link between the people who exercised the least and an increased risk of premature death. The surprise came when quantifying just how much exercise it took to reverse the trend toward an earlier death. The answer was the 11 minutes of daily exercise that grabbed your attention in the news story you saw. It's important to note that those 11 minutes of exercise did not, as you said in your question, completely erase the ill effects of prolonged sitting. However, the findings of the study do suggest that even a small amount of exercise

appears to confer health benefits.

An important conclusion in the study, which headline writers didn't get quite so excited about, is that the magic number when it comes to exercise appears to be 35. That is, the greatest benefit comes when someone engages in moderate exercise for at least 35 minutes per day. That's actually in line with the current guidelines put forth by the Department of Health and Human Services. Specifically, at least 150 minutes of moderate aerobic activity, or 75 minutes of vigorous aerobic activity, spread out over the course of a week. Interestingly, several studies have suggested that those 35 minutes of exercise don't have to happen all at once. Rather, they can be split up into several sessions throughout the day and still yield a similar benefit. That's encouraging news for people who think they don't have time to exercise. Let's all celebrate by getting up out of our chairs right now and taking a brisk 10-minute walk.

(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.)

Do Just One Thing



By Danny Seo

Do you buy fresh eggs from your local farmers market? They are usually the freshest, often laid just a day or two before they're sold. (Conventional eggs at the supermarket are often up to eight weeks old before they reach consumers.) But consider this when storing farm-fresh eggs: Mother Earth News suggests not washing them; fresh eggs have a "protective bloom on the surface of their shells that keeps out air and bacteria." Washing eggs removes that bloom and can shorten the shelf life of your eggs.

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Dear Annie

TUESDAY, DECEMBER 29, 2020

Dear Annie: My son has been dating a girl for a little over three years. My husband and I really like her. Our son loves her. Here's the problem: I have asked her before to help in the kitchen with meal preparation and cleanup, and she refuses.

They come once a week for meals, and we eat in front of the TV while watching shows. Everyone brings their dishes to the kitchen, but I'm left with the cleanup. Once, when I asked her for help, she said that she is company and wouldn't expect me to help at her house. They were here for Thanksgiving, and my mom asked her to join us at the table and visit, but she declined, saying she was OK where she was. My mom was hurt and upset.

I'm planning a big Christmas dinner and want the girls to help with cleanup and to sit and visit after the meal. How can I get her to get involved in the kitchen work, both before and after, and to put her phone away and sit and visit with us? - Disappointed

Dear Disappointed: Staring at your phone and texting while at your potential in-laws' house is very rude. The polite thing to do is ask the host if he or she needs help, but it is also polite for the host not to expect the guests to do all the work. Have a talk with your son and ask him to help you out in the kitchen. Maybe his girlfriend will catch on and want to jump in. Her behavior toward your mother was also very rude, so address this with your son, too. Perhaps there is a reason he hasn't married her yet.

Dear Annie: I enjoy reading your column and am writing in response to Caroline M. and her dilemma about how to celebrate Christmas this year.

My immediate family is comprised of four households in different parts of eastern Pennsylvania, so we won't be getting together in person. We are shipping gifts or possibly leaving them on each other's doorsteps ahead of time, and we are planning to meet virtually during the holidays. We wanted to do something fun as a family.

The age range of our group is 7 to 64. With that in mind, we decided it could be fun for us to all bake something together. We've already done bingo together. Luckily, all of the households had actual sets so we could rotate callers during the games. I know there's virtual bingo, but we needed to keep it simple for the less tech-savvy.

We have coordinated movie nights during which we have the same movie on our televisions and meet virtually on another device to watch together. That was great for grandparent/grandchildren time. Baking virtually will be different, but we're looking forward to it. We happen to have fans of that activity in all four houses, but everyone can try to find their common ground and do that together. There are many other things you may want to try together. - Trying to Make the Best of It

Dear Trying to Make the Best of It: Thank you for your suggestions. I love the idea of all family members watching a holiday movie together - remotely.

Dear Annie: I have been dating and living with my man now for one and a half years. We are not young; he's 66, and I'm 58. He's been married twice, and both times ended in divorce. I have been married once and am divorced.

When we first got together, we both told each other "no" to getting married again, but now I would like to be his wife. We

love each other. But I'm not sure how to go about changing his mind. We both have older kids from our previous marriages.

We have a house together, pay bills together and are doing great with life. I am wondering how to go about changing his mind so that I could be Wife No. 3. - Wanting Commitment

Dear Wanting Commitment: If you want commitment, then continue to show your commitment to growing this relationship. You have to open up the conversation. It's not about changing his mind; it's about expressing to your partner how much you love him and that you would like to be joined in marriage. He might be more receptive than you think, especially because your lives together are going so well.

Dear Annie: I read so much in your column about divorce and all the pain, anger and divisiveness that can go with it. It doesn't have to be that way. I have gone through three divorces, but have now been married to my present wife for 16 years. Two of my ex-wives were having extramarital affairs, and the divorces were quite nasty. I had children with all three ex-wives, and it was extremely painful for the kids.

But time has passed, and we have all "buried the hatchet." We are not only civil with each other but are all good friends. In fact, we have gone on several family vacations together. And every holiday - or birthday of a family member - we celebrate together. Yes, I mean ALL of us! Three ex-wives and their husbands, and all the children, along with my present wife and myself.

Some people may think that is crazy, but my children have thanked us and told us many times how it made their lives so much better. They've seen many of their friends whose parents had gone through a similar bitter divorce, and now the family was completely divided, leaving the children with the dilemma of wondering which parent they were going to spend their birthday, holiday, school program or athletic event with.

All six of my children through these marriages are best friends and get together all the time. They never think of themselves as "half" brothers or sisters.

I give a lot of credit to my present wife. When we were first married, she wasn't happy about the fact that I was friends with my exes, but she quickly realized that they were not a threat to our marriage, and she is now very close friends with them all.

I also give credit to a quote from Mark Twain that made me realize that bitterness and anger weren't the best way to respond to a divorce - or any other situation. He said, "Anger is an acid that can do more harm to the vessel in which it is stored than to anything on which it is poured." It doesn't hurt the person you are bitter at, but it eats you alive. It sure has made our lives much happier! - Made It All Work Out in the End

Dear Made It Work: Your letter offers many good tips, and it points out that, despite the ups and downs of life, things can work out in the end. Your wife sounds like a real peach, and a saint, too.

"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.

NEA Crossword Puzzle

Answer to Previous Puzzle

H	A	D		W	E	S		E	M	M	A				
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- ACROSS**
- 1 Crown wearer
 - 5 Qt. fractions
 - 8 Gloomy
 - 11 OPEC member
 - 12 Arguments
 - 14 TV brand
 - 15 Met celeb
 - 16 — — for keeps
 - 17 Be ill
 - 18 Replaced a button
 - 20 Henson creation
 - 22 Poet's before
 - 23 — -do-well
 - 24 Walks heavily
 - 27 Gourman-dizes
 - 29 State VIP
 - 30 Installments
 - 34 Got up
 - 37 Fabric meas.
 - 38 Proficiency
 - 39 Honking birds
 - 41 Boxers' milieu
 - 43 Gear
 - 44 Stovetop whistler
 - 46 Ms. Winfrey
 - 49 Blvd.
 - 50 — Derr Biggers
 - 52 Lamb's pen name
 - 54 Pirate's quaff
 - 55 Scrape aftermath
 - 56 Made haste
 - 57 Brown the bandleader
 - 58 Attention-getter
 - 59 Mediocre (hyph.)
- DOWN**
- 1 Nanny's offspring
 - 2 Eye part
 - 3 Pew locale
 - 4 Nibbled
 - 5 It comes before the fall
 - 6 Cargo unit
 - 7 Do the backstroke
 - 8 Hang in folds
 - 9 Slicker

- 10 Soda fountain treat
- 13 Daredevil displays
- 19 Speaker's pauses
- 21 Pedro's coin
- 24 Links org.
- 25 Near the floor
- 26 Fish roe
- 27 Fencing weapon
- 28 Pitch in
- 30 USN rank
- 31 Change color
- 32 Journal VIPs
- 33 Compass pt.
- 35 English county
- 36 Aerie builders
- 39 Pol. party
- 40 Way out
- 41 Vaudeville show
- 42 Particulars
- 43 Mild cheese
- 44 "The Mailman" Malone
- 45 Per
- 47 Mighty Dog rival
- 48 Gets a move on
- 51 Funny Charlotte
- 53 Uproar

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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.

“ DW KB, PHFK ZWAWORC OZ AOXB
PWORC T KHTDLWR TRP ZWAJORC
BEFTDOWRZ TD DLB ZTKB DOKB.”
- RBOA YBTHD

Previous Solution: We're all flawed ... make mistakes ... Those are the kind of people I want to see onscreen.” – Director Lynn Shelton

TODAY'S CLUE: *x enab x*

REALITY CHECK

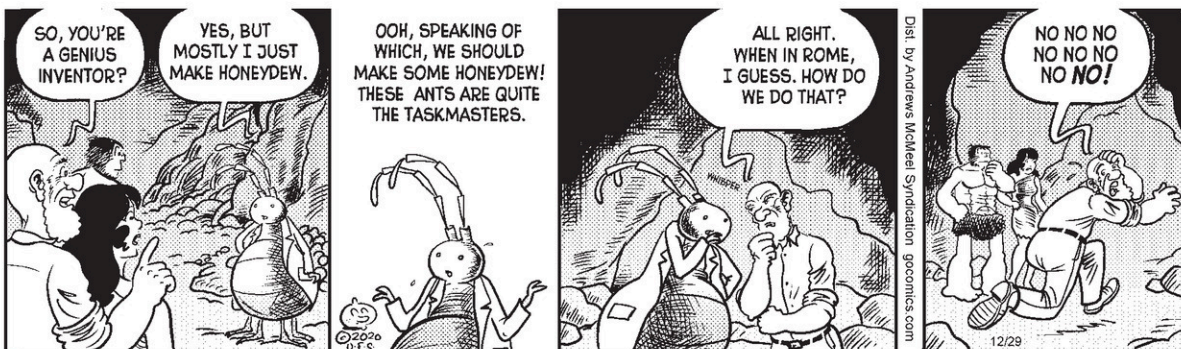


HERMAN

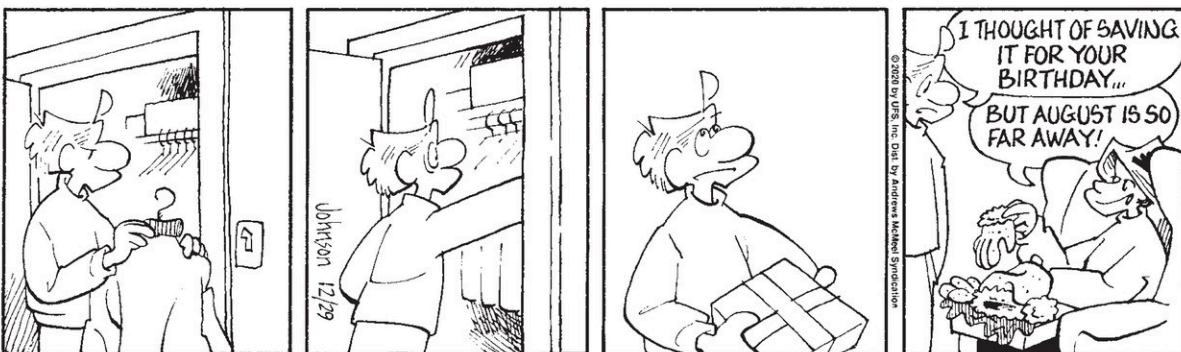


“Solid as a rock and light as a feather.”

ALLEY OOP



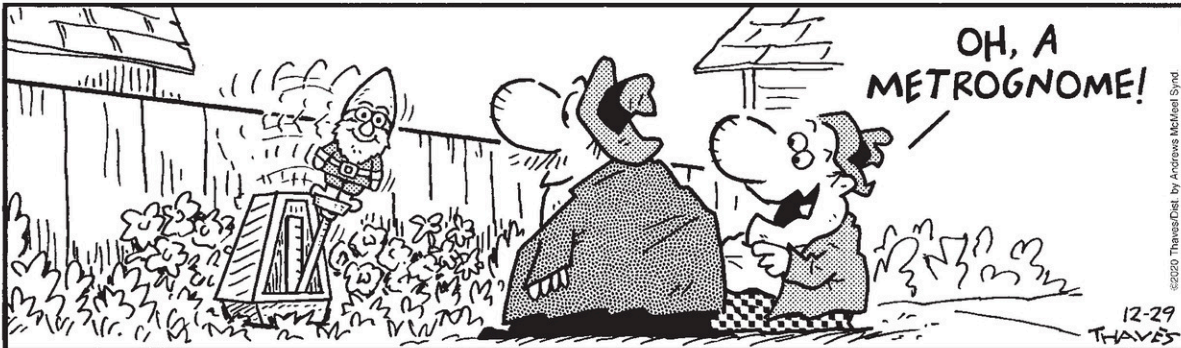
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Hearty soup makes the meal

Every home chef should have a rich and filling soup recipe in his or her repertoire. These hearty meals are perfect for cold days spent shoveling snow or after coasting downhill on a sled.

Baked potato soup is a creamy soup that is reminiscent of a loaded baked potato. For those who are avoiding inflammatory foods, such as those in the nightshade variety, of which white potatoes are included, a potato soup may be harder to come by. This version of "Loaded Baked Potato Soup" from "Eat What You Love" (Ten Speed Press) by Danielle Walker is a delicious alternative that can satisfy potato soup cravings.

Loaded Baked Potato Soup Serves 6

- 6 slices thick bacon, coarsely chopped
- 1 yellow onion, diced
- 2 cloves garlic, chopped
- 2 pounds Hannah sweet potatoes, peeled and diced
- 10 ounces cauliflower, cut into florets
- 4 1/2 cups chicken bone broth
- 1 cup cashew milk
- 3 1/2 teaspoons fine sea salt
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon apple cider vinegar
- 1/2 teaspoon freshly squeezed lemon juice
- Chopped fresh chives, for serving (optional)
- Dairy-free sour cream (optional)

Line a plate with paper towels. In a stockpot, cook the bacon over medium

heat until the fat is rendered and the bacon is crisp, about 8 minutes. Using a slotted spoon, remove the bacon from the pot and set it on the prepared plate to drain. Pour off most of the grease, reserving about 2 tablespoons in the pot.

Return the pot to medium-high heat, add the onion and garlic, and sauté for 2 minutes, until fragrant. Add half of the sweet potatoes and all of the cauliflower and cook for 5 minutes, stirring frequently. Add the bone broth, bring it to a gentle boil, and cook for 10 minutes, until the potatoes and cauliflower are tender.

Using an immersion blender, or working in batches in a blender, blend the soup until smooth. (If using a blender, remove the cap in the blender top and place a kitchen towel over the top to allow steam from the hot liquid to release while you blend.) Return the purée to the stockpot. Add the remaining sweet potatoes, the cashew milk, salt, paprika, vinegar, and lemon juice. Bring to a boil over medium-high heat, then turn the heat to low and simmer for 12 to 15 minutes, stirring frequently, until the sweet potatoes are tender and the cashew milk has thickened the soup.

Ladle the soup into bowls and top with the reserved bacon, chives, and dollop of sour cream. Serve immediately.

Store leftover soup in an airtight container in the refrigerator for 5 days, or in the freezer for 6 months. Defrost overnight in the refrigerator. Reheat in a saucepan over medium heat, stirring frequently, for 10 minutes.

(Metro Creative)

SUDOKU

DIFFICULTY RATING: ☆☆☆☆☆

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

12/29

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PREVIOUS SOLUTION

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

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

NEA Crossword Puzzle

Your Birthday

TUESDAY, DECEMBER 29, 2020

- ACROSS**
- 1 Adorn richly
 - 5 Unopened flower
 - 8 Weep loudly
 - 11 Omigosh!
 - 12 Tempe inst.
 - 13 Far East nanny
 - 15 Pranks
 - 17 Fish habitat
 - 18 Horse's morsel
 - 19 Family member
 - 21 TV awards
 - 24 — out (relax)
 - 25 Stock ending
 - 26 — -tzu
 - 27 Got a cab
 - 30 Orpheus played it
 - 32 Chaperoned girl
 - 33 Greek letters
 - 37 Many millennia
 - 38 Molecular bio. topic
 - 39 Blow gently
- 40 Get even for**
- 43 Bikini top
 - 44 Invite
 - 47 Miscellany
 - 48 Stone-worker
 - 50 Near (2 wds.)
 - 52 Ad —
 - 53 Recover
 - 54 Not yet confirmed
 - 59 Munro's pen name
 - 60 Kiosk buy
 - 61 Challenge
 - 62 With, to Fritz
 - 63 Sailing site
 - 64 To be, to Balzac
- DOWN**
- 1 Workout venue
 - 2 VI halved
 - 3 Vinyl records
 - 4 Artificial duck
 - 5 Fishing lure
 - 6 Function
 - 7 Travel gear (2 wds.)
 - 8 Season
 - 9 Plains tribe

Answer to Previous Puzzle

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

- 10 Made bread
- 14 At this place
- 16 Diner fare
- 20 Develop
- 21 Fashion magazine
- 22 BLT dressing
- 23 New day, briefly
- 24 Type of sausage
- 28 Book appendices
- 29 Drops on the grass
- 31 That, in Acapulco
- 34 Indent keys
- 35 Curly hairstyle
- 36 Marvel's — Lee
- 41 Cargo hauler
- 42 Arab VIP
- 44 Contented murmurs
- 45 Kind of engine
- 46 Tough fabric
- 49 Residence
- 51 Landed
- 52 Links org.
- 55 No, to a lassie
- 56 Dye container
- 57 Make a mistake
- 58 Born as

Strive for perfection, and be creative and compassionate. You will gain incredible support that will help tip the scale in your favor this year. Don't settle for less when you can have so much more. Aim to make your voice heard.

CAPRICORN (Dec. 22-Jan. 19) – Knowing where you will be most effective will help you avoid setbacks. Don't expect everyone to agree with you, but be smart and offer incentives to offset negativity.

AQUARIUS (Jan. 20-Feb. 19) – Refuse to let someone step in and take over when you know what you want and how to go about getting your way. Don't back down when you should push forward. Choose fitness instead of indulgence.

PISCES (Feb. 20-March 20) – Don't expect everyone to be upfront or honest with you. Verify what you hear before you share information with others. Home and professional improvements will benefit you mentally and emotionally.

ARIES (March 21-April 19) – Be a good listener, and you will avoid a confrontation that can cost you. Look at change as a path to a better future. A contract or partnership looks promising.

TAURUS (April 20-May 20) – Reaching out to a friend, relative or peer may be helpful in some way, but it may also lead to uncertainty regarding what to do next. Follow a path based on knowledge and facts to new beginnings.

GEMINI (May 21-June 20) – Don't neglect someone you love. Nurturing relationships will help control discord. Financial improvement will require a strict budget. Prohibit emotional spending.

CANCER (June 21-July 22) – Find unique ways to socialize without jeopardizing anyone's health. Refuse to let an outsider bring you down or interfere with your plans. You are perfect just the way you are.

LEO (July 23-Aug. 22) – A change someone makes will not be in your best interest. Look inward and find ways to grow personally, spiritually and emotionally. Make health, fitness and a proper diet your priorities.

VIRGO (Aug. 23-Sept. 22) – Once you have done all the preliminary work to ensure success, a change will unfold. Refuse to let anyone meddle in your personal life.

LIBRA (Sept. 23-Oct. 23) – Concentrate on personal gains, physical fitness and mastering the skills required to pursue your goal. Romance is on the rise, but the truth may be an issue.

SCORPIO (Oct. 24-Nov. 22) – Trust in your intuition and ability to get things done. Don't feel you have to initiate a change because someone wants you to make a move. Handle your money carefully to avoid loss.

SAGITTARIUS (Nov. 23-Dec. 21) – Keep busy doing what will bring you the highest return. Personal improvement will boost your confidence. Follow your heart, and pursue your passion.

TUESDAY, DECEMBER 29, 2020

Winners are worth more than points

By Phillip Alder

Textbooks for beginners give the usual number of high-card points needed to make a game or slam. But as they soon learn, these are only guidelines. In particular, when you have a long solid suit, you will not need nearly so many points.

Take a look at today's deal. What can South make? How should the auction continue from the given start? (Yes, West would have made life harder if he had bid four hearts.) North has a much better hand than he might. He can tell partner with a four-heart control-bid. Then South should control-bid four spades. North might just jump to six clubs, or he could use Roman Key Card Blackwood first.

In six clubs, declarer wins with dummy's heart ace, draws trumps and plays a diamond to the jack. When that wins, he needs to judge his opponent. Would East hold up the king? Not many players would, especially in a slam. But the safe play is to ruff the heart three in hand and lead a low spade toward the queen. Then South gets home as long as West has one of the pointed-suit kings.

However, if declarer is confident that East does not have the diamond king,

		North	12-29-20
		♠ Q 8 7 3	
		♥ A 3	
		♦ A Q J 9 6	
		♣ 10 9	
West		East	
♠ K 6 2		♠ J 10 4	
♥ 9 6 4		♥ K Q J 8 7 5 2	
♦ K 10 8 5 2		♦ 7	
♣ 8 5		♣ J 4	
		South	
		♠ A 9 5	
		♥ 10	
		♦ 4 3	
		♣ A K Q 7 6 3 2	
Dealer: South			
Vulnerable: North-South			
South	West	North	East
1♣	Pass	1♦	3♥
4♣	Pass	??	
Opening lead: ♥ 4			

he should play a spade to his ace and cash all of his trumps. As the last one is played, everyone has four cards. South has two spades, one diamond and one club. West holds the spade king and three diamonds. Dummy retains the spade queen and ace-queen-nine of diamonds.

On the last trump, West must discard a diamond. So dummy releases the spade queen and takes the last three tricks in diamonds via a second finesse. It is a textbook simple squeeze.

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			64			