

# Estrie reports no new cases on Sunday

By Gordon Lambie

The Eastern Townships reported no new cases of COVID-19 on Sunday for the first time in recent memory. This, combined with only three reported on Saturday and six on Friday meant that the region saw fewer than ten new cases over the entire weekend. Although 20 reported last Thursday caused the number of active cases in the region rise briefly, Sunday saw the number fall again to 49, with the greatest concentrations being in the Sherbrooke and Haute-Yamaska sub-regions. The Coaticook, Des Sources, and Haut-Saint-Francois regions all reported only one active case each and the Granit sector, which once held the highest concentration of active cases in the province, reported only five. The number of hospitalizations in the region increased slightly, to 11, but the region continues to host no one in intensive care.

The total number of deaths in the region due to COVID-19 remained unchanged at 351.

The Province of Quebec as a whole reported 103 new cases on Sunday, following reports of 160 on Saturday and 127 on Friday. Matched up with the recoveries recorded at the same time, this meant that the number of active cases fell to 1,378. The total number of deaths since the start of the pandemic rose slightly, to 11,191, but the number of people in hospital and intensive care both continued to decline, reaching 170 and 39, respectively.

Over the weekend the number of doses of vaccine administered in the province increased to 7,325,411, accounting for 70.2 per cent of the

CONT'D ON PAGE 3

# Groups want less talk, more action against domestic violence



MICHAEL BORIERO

By Michael Boriero

Dozens gathered outside Sherbrooke's city hall Thursday evening to protest the Quebec government's lack of urgency in addressing domestic violence in the province.

Last week, Nathalie Piché, a 55-year-old woman from Quebec City's Limoilou neighbourhood, was found unconscious in her apartment, showing signs of violence. She died shortly after being discovered by police. There have been 13 femicides in Quebec since January.

Her partner, 33-year-old Mimouni Noureddine, turned himself in a few hours later. He has been charged with second-degree murder. CALACS Estrie Communications Intervener Kelly Laramée said domestic violence is not slowing down, despite government promises.

CONT'D ON PAGE 3

MANOIR HOVEY

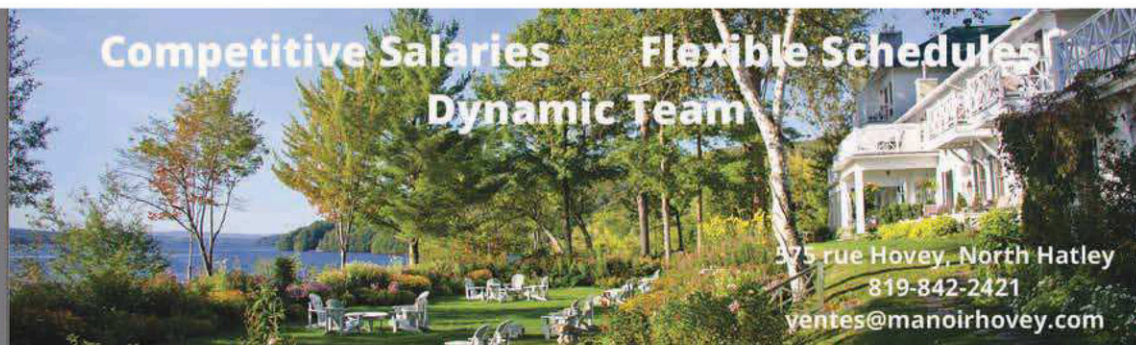
Manoir Hovey is recruiting!

Open positions:

Cook Dishwasher Housekeeping Waiter



Competitive Salaries Flexible Schedules Dynamic Team



375 rue Hovey, North Hatley 819-842-2421 ventes@manoirhovey.com

# The Record e-edition

There for you  
24-hours-a-day  
7-days-a-week.  
Wherever you are.

Access the full edition of the Sherbrooke Record as well as special editions and 30 days of archives.

Renew or order a new 12-month print subscription and get a 12-month online subscription for free or purchase the online edition only for \$125.00

Record subscription rates  
(includes Quebec taxes)

For print subscription rates,  
please call 819-569-9528  
or email us at  
billing@sherbrookerecord.com

12 month web only: \$125.00  
1 month web only: \$11.25

Web subscribers have access to the daily Record as well as archives and special editions.

Subscribing is as easy as 1,2,3:

1. Visit the Record website: www.sherbrookerecord.com
2. Click e-edition.
3. Complete the form and wait for an email activating your online subscription.

## Weather



TODAY:  
RISK OF  
THUNDER/  
SHOWERS

HIGH OF 29  
LOW OF 17



TUESDAY:  
RAIN

HIGH OF 18  
LOW OF 8



WEDNESDAY:  
30 % CHANCE  
OF SHOWERS

HIGH OF 20  
LOW OF 6



THURSDAY:  
SUNNY

HIGH OF 23  
LOW OF 11



FRIDAY:  
MIX OF SUN  
AND CLOUD

HIGH OF 27  
LOW OF 14

# Scout bottle drive bags over \$3,000

By Gordon Lambie

Although the detailed total was not yet available on Sunday afternoon, Marisa Hoy of the 1st Lennoxville Scouts told The Record that the group raised more than \$3,000 with its can and bottle drive this past

Saturday.

"It was pretty fantastic," said Hoy, who helped to organize and run the event at the Lennoxville Provingo. "We filled the truck one-and-a-half times."

Although the scouters themselves made a quite significant contribution to the success of the event, with Chris

Drew pitching in almost 130 bags worth of cans, Hoy said that donations from the community kept the volunteer team just as busy.

"About half was from the town," she said, expressing gratitude to all those who came out to make donations and to help with the sorting process.



PHOTOS BY SHARON MCCULLY

## Ben by Daniel Shelton



# Local News

Abdelilah Hamdache, who spoke as part of the organizing committee, underlined the importance of bridging the gap between communities outside of times of tragedy.

## Sherbrooke group hosts vigil denouncing Islamophobia

By Gordon Lambie

About 100 people from the Eastern Townships community gathered at Sherbrooke's Marché de la gare on Friday evening for a vigil organized in memory of the four members of the Afzaal family who were killed during an evening walk in London, Ontario in early June in what local police have said was a purposeful attack by a local man. The vigil was one of many that have taken place in communities across the country since the attack, which killed Talat Afzaal, her son Salman Afzaal, his wife Madiha Salman, and their daughter Yumna Afzaal, and left their nine year old son Fayez orphaned.

The Sherbrooke event, which was organized by a collection of local community organizations,

drew participants young and old, as well as community leaders and local politicians from all levels of government. Members of Parliament Marie-Claude Bibeau and Elizabeth Brière both addressed the crowd, as well as the Member of the National Assembly for the Saint-François riding, Geneviève Hébert, and Sherbrooke Mayor Steve Lussier. All condemned the attack and acts of hatred and intolerance in general.

Abdelilah Hamdache, who spoke as part of the organizing committee, underlined the importance of bridging the gap between communities outside of times of tragedy.

"I don't know what is worse," Hamdache said, pointing out that often when the public eye turns to the Muslim community, it is either because someone is accusing them of

being terrorists based on the actions of radical individuals, or because they have been victims of acts of hate, themselves.

"No one knows when he is going to die, but so long as we are alive we should live with dignity, with respect, and with love," he said, underlining the need for mutual respect, and pointing out that a society can only truly achieve those ideals when all members work together to do so. "A citizen is someone who studies for society, who works for society, someone who helps and tries to improve society, no matter how long he or she has been here."

Several of those present and speaking at the event used the opportunity to criticize the provincial government's secularism law and the position that there is no such thing as systemic racism in the province, arguing that there is no mutual respect under a government that forces someone to



choose between their career and their religion. One member of the crowd directly addressed Hébert on this point, calling on her to express this view to Premier François Legault directly.



PHOTOS BY GORDON LAMBIE

## No new cases

CONT'D FROM PAGE 1

population as a whole. As of June 19, first dose coverage among those 12 and older had reached 79 per cent, with second doses climbing to 19 per cent as new age groups become eligible. Of the total, 417,188 doses have been administered in the Eastern Townships, although the precise breakdown of first and second shots is not available on the weekend.

Despite the progress being made in the vaccination campaign, the Ministry of Health and Social Services warned on Friday that more than 500,000 doses of Pfizer vaccine

expected over the weekend will not be arriving until June 24 or 25. As a result, existing supply is being prioritized for appointments that have already been made, and the Pfizer vaccine will not be offered on a drop-in basis for the time being.

Beginning Monday those 30 and older in the province are supposed to be able to move up their second dose appointments, followed by those 25 and older on Tuesday and those 18 and older on Wednesday, but it is unclear at this point how the delayed Pfizer delivery will impact that timing.

## Domestic violence

CONT'D FROM PAGE 1

"It has been more than six months that an expert committee deposed a report on victims of sexual assault and domestic violence, and the government promised to implement the recommendations, but we still haven't heard anything about it," she said.

Laramée was one of the women to give a speech at the protest downtown. She is tired of listening to people talk about femicide. It is not enough to denounce domestic violence, she told The Record. She wants to see concrete measures to fix the problem.

While Laramée believes in the expert report, she wants the government to consider throwing more support at women's shelters, centres and organizations. She also wants the education sector to put more emphasis on discussing sexual assault and domestic violence.

"I think it is possible to educate people, and that's where we need

to start, with youth prevention and education. If these people don't know anything about domestic abuse, about how it is problematic, how can we do anything if they aren't educated about it," she said.

However, Laramée feels like the resources are not there for organizations. The government ran a few awareness campaigns, she continued, but clearly it was not enough to stop another femicide in Quebec. The province needs to react preemptively, not after the fact, she said.

The citizens' collective La Bande Féministe (b.a.F.) had several members give speeches during the protest. The group helped put the demonstration together. The Record spoke to two b.a.F. members, who wished to remain anonymous. They prefer to be known as Madeleines.

She was disappointed in the turnout. There were roughly 40 people outside

city hall. She expected more support, but they also were not surprised. People avoid talking about domestic violence, Madeleines said, and it often stays in a bubble.

"We talk about it, the ones that are aware talk about it, but the average person doesn't see it, for whatever reason," she said. "They aren't educated about it in schools, we don't talk about it when we're young to understand these issues."

Although many Quebecers rallied to protest in April, after the eighth femicide, Madeleines doubted anything would change in the province. It comes down to financial support and education, she said, and they are fed up of asking for help.

"The governments, we talk about responsibility, they need to recognize that this is systemic, that this is a societal problem," said Madeleines.

It is not normal for a society to trivialize domestic violence the way

it has been in the past, she said. Once people realize it is happening everywhere, in their neighbourhoods, she continued, then they will finally open their eyes and take action. But it needs to happen now.

"We want to talk about it, whether it's a man, woman, or child, it doesn't matter [...] it's a societal responsibility, this is also the message, it's not just on individuals, and it's definitely not only on the shoulders of women and feminists," said Madeleines.

She admitted to being a pessimist, but also a realist. If nothing is done to implement the government's expert report, then this will continue happening at an alarming rate, Madeleines explained. It starts with a conversation, she added, which most people choose to avoid.

"We are living it, but people close themselves off from it because it is easier, it protects them, but who is here to protect us," Madeleines said.

# EDITORIAL

*It's all pretty fanciful, but who really knows where the Vikings went, with virtually all of what happened a thousand years ago recorded through oral history centuries after the fact.*

## Vikings beyond Vinland: Is this Valhalla? No, it's Laval



PETER BLACK

With our multiple national celebrations upon us it seems as good a time as any to reflect upon how all this came to be, and what could have been. "All this" being this magnificent, but historically disputatious place called Canada.

For example, let's just throw a little bit of wild speculation out there and wonder about the potential historical impact of a Viking woman named Freydis and her bared breast. (I know, I had you at "Viking").

First, though, let me confess I have Vikings on my mind lately as a late-blooming fan of the Canadian-Irish television series based on the more or less true adventures of Norse men and women a millennium ago. I skipped ahead and took a peak at the plots for the sixth and final season, and sure enough, the longboats did end up in today's Newfoundland, where the L'Anse aux Meadows Viking settlement, the only proven such presence, is a national historic site.

Back to Freydis. As the story is told in the Saga of Erik the Red, an expedition of 160 Vikings from colonies in either Greenland or Iceland, fetched up on what is thought to be the coast of Labrador where they found wheat, grapes and fish in abundance.

The would-be settlers lived in relative harmony with the local native population for about three years until one day the natives launched an attack. In the midst of the battle, Freydis, pregnant at the time, declared to her

retreating colleagues, "If I only had weapons I'd make a better fighter than you."

Grabbing a sword from a fallen comrade, Freydis, according to the tale, prepared to defend herself. "When the natives approached her, she exposed her bare breast and whetted the sword on it. This proceeding frightened the natives. They went to their boats and rowed away."

Freydis, we might interject here, appears to be one of what some historians are convinced is a Viking tradition of women warriors. A recent documentary, Viking Warrior Queen, explores this theory.

In any event, Freydis's dramatic bit of medieval Girls Gone Wild did not deter the natives for long, and eventually fear of further attacks and apparently internal bickering compelled the Norse folk to beat it back to Iceland or Greenland.

So, what if Freydis's brazen act had had a more lasting prohibitive effect on the locals and the Norse settlers had stuck it out in a land of relative plenty compared to barren Greenland and desolate Iceland, and established thriving and expanding colonies? It didn't happen, of course, and the era of Norse adventure in North America was relatively short-lived.

Nevertheless, fascination with the Viking foray into what is now Canada persists. Generations of historians, archeologists and determinedly curious amateurs have tried to trace the trail of the Norse and identify the place famously known as Vinland. Digs on the Lower North Shore, for example, have unearthed buildings in the Viking style, but they have not been confirmed beyond doubt.

A Danish historian wrote a treatise in 1907 in which he made the case that the site of the aforementioned embattled Viking settlement was actually at Montmagny, an hour east of Quebec City. One researcher, Napoleon Martin, who wrote the book *Des Vikings dans le Saint-Laurent (en l'an 1005)*, claims the settlement was on the Manicouagan



River near Baie Comeau - hence the name of the local junior hockey team, the Drakkar, for the Viking warships.

Did Norse settlers, however, stake out St. Francois de Laval, north of Montreal? Viking buff and cycling promoter Donald Wiedman, who grew up in Laval, is the creator of the Lavalhallalujah.com blog which offers evidence of a Norse visitation in Laval, from ancient maps, including the debunked Vinland Map, to the presence of piles of stones and a circle-shaped formation, to the

abundance of grapes in the area.

It's all pretty fanciful, but who really knows where the Vikings went, with virtually all of what happened a thousand years ago recorded through oral history centuries after the fact.

The question remains, though, had the Viking settlements in the New World taken hold four hundred years before other European visitors, would they have done a better job coexisting with their native hosts? Odin only knows.

## Letters

DEAR EDITOR,

I read with concern the article in June 18's Sherbrooke Record "Official Languages Act -"

My attention quickly focused on just a few areas, A) "a formal recognition that the French Languages requires a special protection" I am in my 70s, not that many years ago, one would see English signs, meet and hear English everywhere and receive promotional documents in English, NOT ANYMORE, so please explain why the need of the extra protection, when everything has already changed in that direction? B) why is it Francophones would be allowed to expect to be served in their language, in the rest of Canada and Anglophones not be allowed to receive those same services in English within Quebec? I am sure Trudeau would say BILL 101. (What about the act of 1812). C) The claim is "Our constitutional; duty is to be there to protect official minority communities" my understanding is Trudeau has stated that the provinces should have the right to control their province and given the way Trudeau has explained it, that includes Language, EVEN THOUGH THE CANADIAN CONSTITUTION says otherwise. (interesting that in the USA the Governors of each state seem to have that kind of power and, in case you haven't noticed RIGHTS ARE NOW BEING TAKEN AWAY) D) Of course Mme. Joly justifies that by stating, "the feds will provide financial support to Canadian to access the courts and to help assert and clarify certain constitutional and quasi-constitutional official language rights." Didn't Trudeau agree that Quebec can change certain parts of the Canadian Constitution? and didn't Trudeau say the provinces should be able to set their own rules and that FRENCH was the only official language of Quebec. So if I understand the logic here, (or lack thereof) the federal government will provide FINANCIAL assistance if there is a legal question regarding QUEBEC taking away RIGHTS of an Anglophone, when one feels their rights have been abused. So now the Anglophone has to challenge the case IN QUEBEC COURT, or the LEGAL LEGISLATIVE POWER, that Trudeau has already given to Quebec. That seems to be a complicated process which would only end up allowing Quebec to get more money from the CANADIAN GOVERNMENT as NO JUDGE would JUDICATE against the legal right which TRUDEAU AND THE federal FLUNKIES ARE AGREEING TO PASS ONTO Quebec.

I hope readers understand the BS and bureaucracy that these idiots are trying to pull.

STANLEY NEIL  
TOWNSHIPPER

### THE RECORD

6 Mallory, Sherbrooke, Quebec J1M 2E2  
FAX: 819-821-3179  
E-MAIL: newsroom@sherbrookerecord.com  
WEBSITE: www.sherbrookerecord.com

SHARON McCULLY PUBLISHER (819) 569-9511  
MATTHEW McCULLY MANAGING EDITOR (819) 569-6345  
GORDON LAMBIE ASSOCIATE EDITOR (819) 569-6345  
SERGE GAGNON CHIEF PRESSMAN (819) 569-4856  
JESSE BRYANT ADVERTISING MANAGER (450) 242-1188

DEPARTMENTS  
ACCOUNTING (819) 569-9511  
ADVERTISING (819) 569-9525  
CIRCULATION (819) 569-9528  
NEWSROOM (819) 569-6345

#### PRINT SUBSCRIPTIONS

For print subscription rates, please call 819-569-9528 or email us at billing@sherbrookerecord.com

#### ON-LINE SUBSCRIPTIONS

QUEBEC:	1 YEAR	108.72	5.44	10.85	\$125.00
	1 MONTH	9.78	0.49	0.98	\$11.25

Rates for out of Quebec and for other services available on request.

The Record is published daily Monday to Friday. Back copies of The Record are available.

The Record was founded on February 9, 1897, and acquired the Sherbrooke Examiner (est. 1879) in 1905 and the Sherbrooke Gazette (est. 1837) in 1908. The Record is published by Alta Newspaper Group Limited Partnership.  
PM#0040007682

Return undeliverable Canadian addresses to The Record, 6 Mallory Street, Sherbrooke, QC J1M 2E2

#### Member

ABC, CARD, CNA, QCNA

#### KNOWLTON OFFICE

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

# Making the Mcbest of a Covid situation

By Priscilla Allatt  
Special to The Record

With Covid still around, prom plans have been canceled for the second year in a row, but that will not stop Elizabeth Clarke and her friends from celebrating their achievements. Even if it's just a trip to MacDonald's dressed to the nines, it will be a prom to remember.

In a typical year, Mont Notre-Dame graduates get all decked out in their outfits and head over to the Hôtel Chéribourg, where they have their grand prom. Yet, this year they cannot do that; instead, they will have an alternative. According to Clarke, the Grande Salle at Mont Notre-Dame will be decorated and there will be a photographer on the premises. "Typically, girls go all out for prom. This year, even though there will not be an actual prom, we're still planning on carrying on that legacy," she said.

This year, the all-girls school needs to keep it small to respect all the COVID-19 restrictions. Instead of a dance they have decided to host an evening cocktail party only for students. "It used to be this whole thing with parents, but now it's condensed," said Clarke "I enjoy smaller environments and if parties go on too long, I get stressed out and want to leave. So, to be honest, I think I might prefer this," she admitted. All in all, Clarke said she feels satisfied with what she will be getting. "When the government decided that, starting July 8, we were going to be allowed to hold big gatherings, some of the girls debated pushing back our celebration so that we could have a proper prom. But I've mentally settled for this smaller gathering, and I am not prepared for a big party. In my book smaller parties are pretty much always

a win," said Clarke.

Yet, the reality of no prom is new for the girls at Mont Notre-Dame. All year, the school held on to the hope that they would be able to have their traditional graduating celebration. "The principal said we were going to act like we had a prom until we got the confirmation that we couldn't," said Clarke. "So, most of my classmates got a dress and heels." This was the case for Clarke as she headed to Montreal with her entire family to a store named Boutique 1861, where she waited in line for 2 and a half hours for her dress. Yet, according to the soon-to-be graduate, the wait was all worth it. "When I walked in," Clarke said, "My gown was sparkling in the light and was like come and try me on and I was like here I am."

So, with the cocktail, the photographer, and the dresses bought, it sounds like the girls at Mont Notre-Dame are making the best of the situation and having a prom minus the dancing, inside the walls of their school. Yet, Clarke and her friends have even more planned for their celebration.

As the evening at school wraps up, their night will just be starting. "My friends and I will all be leaving together," said Clarke. "Our plan is to hang out at my best friend Meghan's house. It will be a night of eating, watching movies, and listening to throwback songs. However, to accomplish this, we are going to need ammunition. So, we will have to make a trip to the grocery store and McDonald's," she said. And there will be no need for a change in outfits for this group of girls. "I love going to the grocery store," said Clarke, "I plan on strutting down the aisles in my dress and my bedazzled heels, a McDonald's BTS meal in hand."



PRISCILLA ALLATT

Elizabeth Clarke proudly holding up her prom dress outside of McDonald's, where she plans to take a tour with friends as a creative way to celebrate the end of high school.

# New shuttle to facilitate transportation to Magog public market

Record Staff

Transport MRC de Memphrémagog has announced the implementation of a shuttle service to transport the population free of charge to the Magog public market every Sunday in the summer.

The shuttle is free and will be in operation every Sunday from June 27 to Sept. 5. It will travel between four stops in the streets of Magog, and head to the market, located at Plage des Cantons.

"The shuttle is available to everyone," says Vicki-May Hamm, Mayor of the City of Magog in a press release. "It is a reliable alternative to using a car. It is also for those who do not have a means of transportation and will allow people who have difficulty getting

around to go to the Magog public market to shop and discover regional products. I invite the population and visitors to use it with their little family!"

There is no need to reserve a seat to use this shuttle: simply show up at a stop at the scheduled time. To consult the schedule and route of the shuttle, users are invited to consult <https://transportmemphremagog.com>, Public transit section, or to contact Transport MRC de Memphrémagog at 819 843-3350.

The MRC's transportation services are offered in compliance with public health regulations. Wearing a mask or face cover that covers the nose and mouth is mandatory for all users.



**JONATHAN ROY**

**FREE SHOW!**

**July 1<sup>st</sup>, 2021**

**GRANADA THEATRE**

**250  
in person  
places  
available**

**Video  
caption  
for the web**



Patrimoine  
canadien

Canadian  
Heritage



Votre  gouvernement



**Each vaccination  
brings us closer  
to this moment.**

**Book an appointment online at**

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

**Québec** 

**In Memoriam**

**BAILEY** – In loving memory of our dear parents, James and Florence: Ma, June 21, 1990, and Daddy, August 21, 1983.

*Never more than a thought away  
Still quietly remembered every day.  
No need for words except to say  
Still loved, still missed along life's way.*

**Until we meet again,  
THELMA & FAMILY  
HELEN, ALLAN & FAMILY**



**MONDAY, JUNE 21, 2021**

Today is the 172nd day of 2021 and the second day of summer.

**TODAY'S HISTORY:** In 1788, New Hampshire ratified the U.S. Constitution and became the ninth state.

In 1898, U.S. troops captured the island of Guam from Spain.

In 1982, John Hinckley Jr. was found not guilty by reason of insanity for his attempted assassination of President Ronald Reagan.

In 1989, the U.S. Supreme Court ruled that burning the American flag was a form of political protest protected by the First Amendment.

In 2004, SpaceShipOne, piloted by Mike Melvill, became the first privately

sponsored craft to carry a human into space.

**TODAY'S BIRTHDAYS:** Al Hirschfeld (1903-2003), cartoonist; Jean-Paul Sartre (1905-1980), philosopher; Mary McCarthy (1912-1989), writer; Jane Russell (1921-2011), actress; Ray Davies (1944- ), guitarist/songwriter; Tony Scott (1944-2012), filmmaker; Benazir Bhutto (1953-2007), Pakistani politician; Berkeley Breathed (1957- ), cartoonist; Kevin Harlan (1960- ), sportscaster; Juliette Lewis (1973- ), actress; Chris Pratt (1979- ), actor; Prince William (1982- ), Duke of Cambridge.

**TODAY'S FACT:** James Buchanan was the only U.S. president who never married.

**TODAY'S SPORTS:** In 1997, the first Women's National Basketball Association game kicked off the league's debut season.

**TODAY'S QUOTE:** "Ultimately, leadership is about the strength of one's convictions, the ability to endure the punches, and the energy to promote an idea." – Benazir Bhutto

**TODAY'S NUMBER:** 142,000 – population of New Hampshire in 1790, following ratification of the U.S. Constitution.

**TODAY'S MOON:** Between first quarter moon (June 17) and full moon (June 24).

# Poppy seed muffins

By America's Test Kitchen

We wanted to make poppy seed muffins with rich, full flavour; fluffy, tender interiors; and golden crusts. We were amazed to find that our go-to recipe had a whopping 22 grams of sugar per muffin, so we hoped that our new recipe would work with a sugar content of only 11 grams.

We turned to Sucanat, which we ground in a spice grinder to ensure that the tops of the finished muffins weren't speckled. Lemon zest seemed like a natural complement to the poppy seeds, but we could only add so much zest before the muffins started to taste soapy, and our muffins were still lacking flavour.

To fix this problem and to up the perceived sweetness without adding more sugar, we started by increasing the vanilla. This helped, but tasters still wanted more flavour, so we scoured the pantry for solutions. We found our answer in ground anise seeds, which had a sweet, subtle licorice flavour that rounded out the muffins perfectly.

Next, we needed to fix the texture of the muffins; they were a bit dense and tough. To create a finer crumb and a less chewy texture, we switched from all-purpose flour to cake flour. A combination of baking powder and baking soda ensured good rise and good browning, but we also increased the oven temperature and raised the oven rack to help achieve the perfect golden brown crust.

You can skip grinding the Sucanat; however, the muffins will have a speckled appearance. Low-fat yogurt can be substituted for the whole-milk yogurt, but the muffins will be slightly drier.

**ANISE AND POPPY SEED MUFFINS**

**Servings: 12**

**Start to finish: 1 hour**

- 3/4 cup (4 ounces) Sucanat
- 8 tablespoons unsalted butter, cut into 8 pieces
- 1 1/2 cups plain whole-milk yogurt
- 2 large eggs

- 1 tablespoon vanilla extract
- 1 tablespoon grated lemon zest
- 2 3/4 cups (11 ounces) cake flour
- 3 tablespoons poppy seeds
- 2 teaspoons baking powder
- 3/4 teaspoon baking soda
- 1 teaspoon ground anise seeds
- 3/4 teaspoon salt

Adjust oven rack to upper-middle position and heat oven to 425 F. Grease 12-cup muffin tin. Working in 3 batches, grind Sucanat in spice grinder until fine and powdery, about 1 minute.

Melt 6 tablespoons butter in 10-inch skillet over medium-high heat until it begins to turn golden, about 2 minutes. Continue to cook, swirling pan constantly, until butter is dark golden brown and has nutty aroma, 1 to 3 minutes. Transfer browned butter to large bowl and stir in remaining 2 tablespoons butter until melted; let cool slightly.

Whisk yogurt, eggs, vanilla, and lemon zest into browned butter until smooth. In large bowl, whisk ground Sucanat, flour, poppy seeds, baking powder, baking soda, anise, and salt together. Using rubber spatula, stir in yogurt mixture until combined.

Divide batter evenly among prepared muffin cups. Bake until golden brown and toothpick inserted in centre of muffin comes out clean, 15 to 20 minutes, rotating muffin tin halfway through baking.

Let muffins cool in tin for 10 minutes, then transfer to wire rack and let cool for 20 minutes before serving.

Nutrition information per serving: 276 calories; 94 calories from fat; 11 g fat (6 g saturated; 0 g trans fats); 60 mg cholesterol; 350 mg sodium; 39 g carbohydrate; 1 g fiber; 13 g sugar; 5 g protein.

For more recipes, cooking tips and ingredient and product reviews, visit <https://www.americastestkitchen.com>. Find more recipes like Anise-Poppy Seed Muffins in "Naturally Sweet." (The Associated Press)

# SUDOKU

DIFFICULTY RATING: ★★★★★

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

6/18

© 2021 Dist. by Andrews McMeel Syndication for UFS

**PREVIOUS SOLUTION**

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

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

## RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

**BIRTH NOTICES, CARDS OF THANKS, IN MEMORIAMs, BRIEFLETS:**  
Text only: 40¢ per word. Minimum charge \$10.00 (\$11.50 taxes included)  
Discounts: 2 insertions or more: 15% off  
With photo: additional \$18.50. **DEADLINE:** 11 a.m., day before publication.

**BIRTHDAY, ANNIVERSARY & GET-WELL WISHES, ENGAGEMENT NOTICES:**  
Text only: \$16.00 (includes taxes)  
With photo: \$26.00 (\$29.90 taxes included) **DEADLINE:** 3 days before publication.

**WEDDING WRITE-UPS:**  
\$26.00 (\$29.90 taxes included) WITH PHOTO: \$36.00 (\$41.40 taxes included)

**Please Note:** All of the aforementioned (except death notices) must be submitted typewritten or neatly printed, and must include the signature and daytime telephone number of the contact person. Can be e-mailed to: [classad@sherbrookerecord.com](mailto:classad@sherbrookerecord.com) - They will not be taken by phone.

**DEADLINES FOR DEATH NOTICES:**

For Monday's paper, email [production@sherbrookerecord.com](mailto:production@sherbrookerecord.com) or call 819-569-4856 between 1 p.m. and 5 p.m. Sunday. For Tuesday, Wednesday, Thursday or Friday's edition, email [production@sherbrookerecord.com](mailto:production@sherbrookerecord.com), call 819-569-4856 or fax 819-569-1187 (please call to confirm transmission) between 9 a.m. and 5 p.m. the day prior to the day of publication. The Record cannot guarantee publication if another Record number is called. Rates: Please call for costs.

# NEA Crossword Puzzle

# Your Birthday

MONDAY, JUNE 21, 2021

most, and finish what you start. Setting and sticking to sensible guidelines will prove effective.

**CAPRICORN (Dec. 22-Jan. 19)** – Be open to suggestions and ready to expand your plans. Taking a unique approach will lead to an exciting option. A moneymaking idea will evolve from a discussion you have with a like-minded peer.

**AQUARIUS (Jan. 20-Feb. 19)** – A disciplined approach to the way you run your household will prevent anyone taking advantage of you. Put your energy where it counts. Don't limit what you can do because of someone's selfishness.

**PISCES (Feb. 20-March 20)** – A partnership looks interesting, but before you agree to get involved, iron out anything that may cause a problem. A commitment to someone special will bring you closer and improve your life.

**ARIES (March 21-April 19)** – Take good care of your health and well-being. Exercising, adopting healthy eating habits and doing your best to ease stress are in your best interest. Focus on the people and hobbies that boost your morale.

**TAURUS (April 20-May 20)** – Look at every angle, call on people who have something to offer and make changes that will help you feel good about your accomplishments and impress a loved one. Romance is encouraged.

**GEMINI (May 21-June 20)** – Mull over your options and make responsible moves. Leave nothing to chance to avoid disappointment. Keep your suggestions and plans simple and your overhead minimal. Manage every detail yourself.

Embrace change and be receptive to suggestions. Personal growth will help you soothe your soul and let go of negativity and regret. Don't act prematurely; wait until you have sufficient information before you make a move. Do things your way. Educate yourself and free your mind.

**CANCER (June 21-July 22)** – Forge into the future with optimism, and do things that bring you joy. Share your feelings and adjust to others' needs. Pursue what you feel passionate about, and don't stop until you're satisfied.

**LEO (July 23-Aug. 22)** – Be reasonable to avoid getting into a heated discussion. Look at your options and choose what works best for everyone involved. Balance and integrity will encourage better behavior and results.

**VIRGO (Aug. 23-Sept. 22)** – A kind gesture will work wonders when you want to get your way. Take the initiative to lend a helping hand if it will encourage others to pitch in and help. A work opportunity is heading your way.

**LIBRA (Sept. 23-Oct. 23)** – Don't put your home, health or happiness in jeopardy. Update your skills and prepare to make a move that will save money and boost your reputation. Change begins with you.

**SCORPIO (Oct. 24-Nov. 22)** – Explore what's possible. Delve into something you think you'll enjoy. Make decisions that will improve the way you live and do things. Start anew and follow your heart.

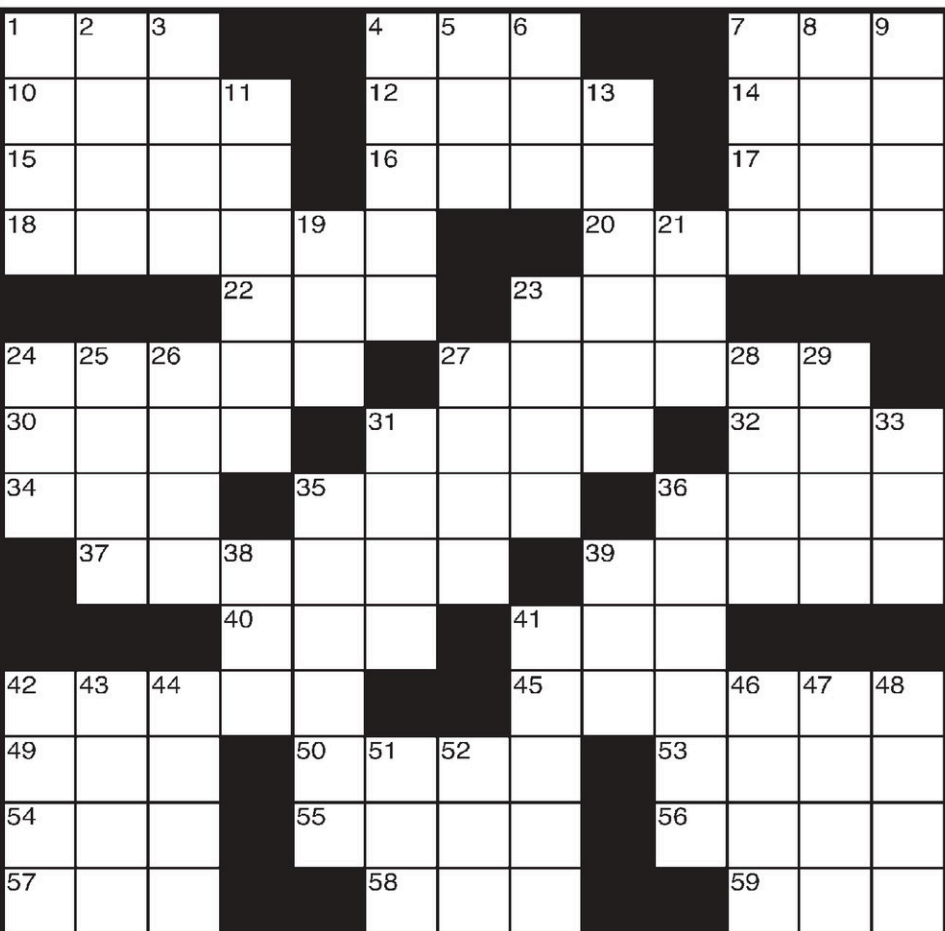
**SAGITTARIUS (Nov. 23-Dec. 21)** – Find your voice and say what's on your mind. Put your energy where it counts the

### Answer to Previous Puzzle



- ACROSS**
- 1 Heel
  - 4 Mil. rank
  - 7 Tropical snake
  - 10 Moistureless
  - 12 On the horizon
  - 14 Ode inspirer
  - 15 Veined cheese
  - 16 Gait
  - 17 Encountered
  - 18 Gloomy
  - 20 Mexican money
  - 22 Caesar's 52
  - 23 Daily work
  - 24 Once more
  - 27 Sing
  - 30 Mass. neighbor
  - 31 Frontier outpost
  - 32 Acorn-bearer
  - 34 I, to Nero
  - 35 Vietnam neighbor
  - 36 Came apart
  - 37 In inventory (2 wds.)
  - 39 Full of energy
- 40 Fuel consumption meas.**
- 41 Pep
  - 42 Lots and lots
  - 45 Administrative division
  - 49 "Yecch!"
  - 50 Watched
  - 53 "Star Wars" princess
  - 54 — Paulo
  - 55 Wide valley
  - 56 Wine label info
  - 57 Ben & Jerry rival
  - 58 First space lab
  - 59 Drapery support
- DOWN**
- 1 Truck fronts
  - 2 Alice's chronicler
  - 3 "Carpe —!"
  - 4 Blue Grotto isle
  - 5 Two — — kind
  - 6 Shellac resin
  - 7 Vagrants
  - 8 Hydrox rival

- 9 Kitchen pests
- 11 Ireland's capital
- 13 News story
- 19 German article
- 21 Diminish
- 23 Jolts
- 24 Poker card
- 25 Disco dancer (hyph.)
- 26 Pretty soon
- 27 Lumberjack commodity
- 28 Coil around
- 29 Famed marshal
- 31 Snake's tooth
- 33 Pivotal
- 35 Expired, as a policy
- 36 Opportune
- 38 Sound of deep thought
- 39 Turn sharply
- 41 "Star Wars" villain
- 42 Artifice
- 43 Old-time oath
- 44 Mariner's hello
- 46 — -do-well
- 47 Ta-ta, in Turin
- 48 Patio view
- 51 Root vegetable
- 52 QB Manning



MONDAY, JUNE 21, 2021

## Will the third show up soon?

By Phillip Alder

They say that things go in threes. Well, so far I have only seen two deals along the lines of today's. The other will be in tomorrow's column.

First, look at the South hand. Your right-hand opponent deals and opens one spade. What would you do?

What are your choices? You might pass, overcall two clubs or two hearts, or make a two-spade Michaels Cue-Bid to show at least 5-5 in hearts and either minor.

If you are going to bid, the Michaels Cue has the advantage of describing your hand more accurately than a suit overcall. But that hand is far too weak to commit to the three-level. Just pass!

At Bridge Base Online, 12 players faced this situation. Pass, two clubs and two hearts each got two votes, and six used Michaels.

At the time, North-South were in trouble, going down in everything, and East-West could not even make a game!

At one table, there was a really unusual auction. South made that dreadful Michaels Cue-Bid, and North, not fancying three clubs or three hearts in a 5-2 fit, passed, risking a 5-0 fit! One thinks that East should have doubled,

North		06-21-21	
♠	K Q 9 3 2		
♥	6 2		
♦	A J 10 9		
♣	7 6		
West		East	
♠	10 7	♠ A J 8 6 4	
♥	K Q 9 8	♥ A 4	
♦	8 3	♦ K Q 6 5 4	
♣	K 10 9 8 2	♣ 3	
South			
♠	5		
♥	J 10 7 5 3		
♦	7 2		
♣	A Q J 5 4		
Dealer: East			
Vulnerable: Neither			
South	West	North	East
			1♠
2♠	Pass	Pass	Pass
Opening lead: ♠ 10			

but he passed. South could have escaped for down four(!) but slipped a trick. However, minus 250 was worth a surprising 30% of the matchpoints.

What would have happened if South had passed? West would have responded one no-trump, East would have rebid two diamonds, West would have continued with two spades, and East might well have passed. Again, the final contract would have been two spades!

### CELEBRITY CIPHER

by Luis Campos

Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

"K SZMSRH LFDIJTRB? HJV LETRSL VM  
JBTHS XZSFI, YOLHFZI, YFGV FDI F  
KEFHTDOY FYSZTRFD SUKZSLL RFZI."  
— RBZTL KZFH

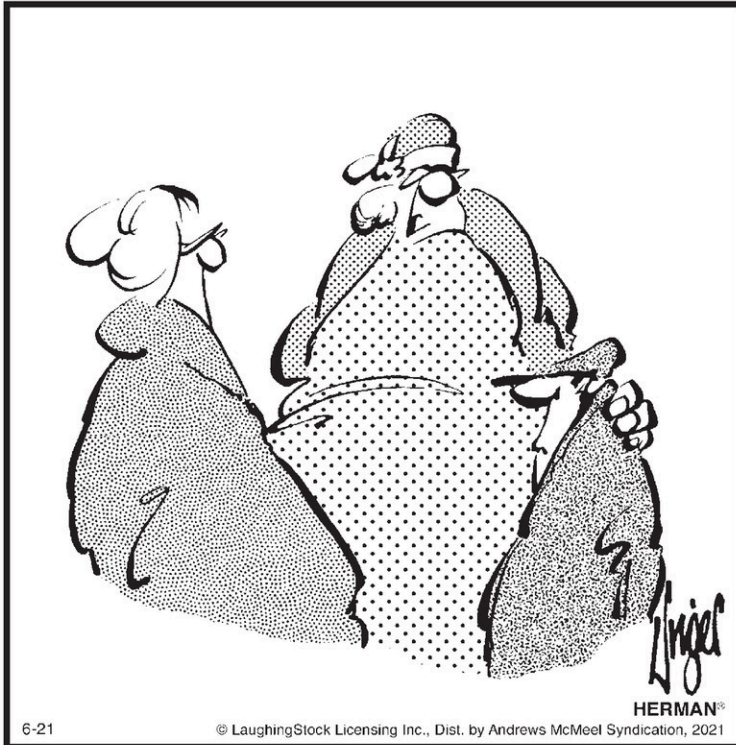
Previous Solution: "(My father) has always provided me a safe place to land and a hard place from which to launch." — Chelsea Clinton

TODAY'S CLUE: X sjanbe n

### REALITY CHECK



HERMAN

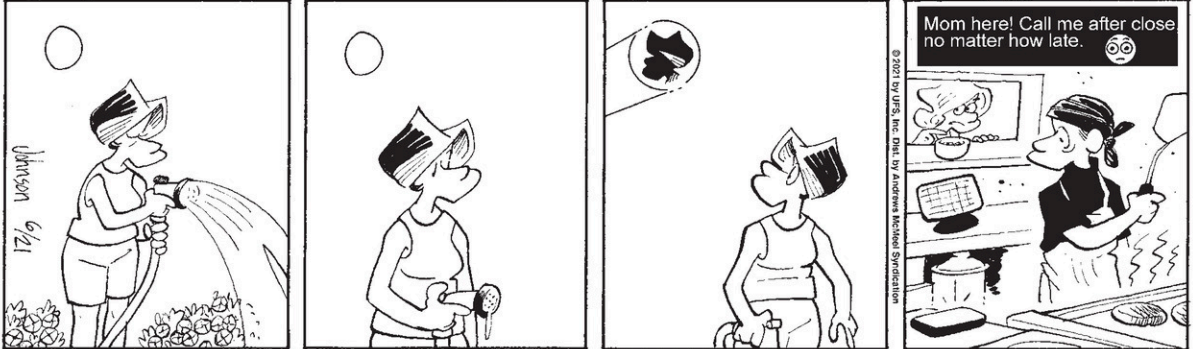


"We've got 72 pictures of our wedding and he's not in one of them."

### ALLEY OOP



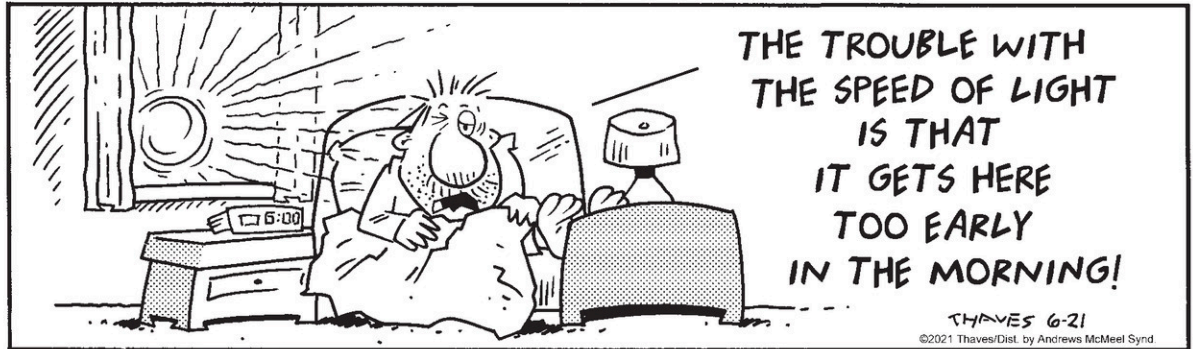
ARLO & JANIS



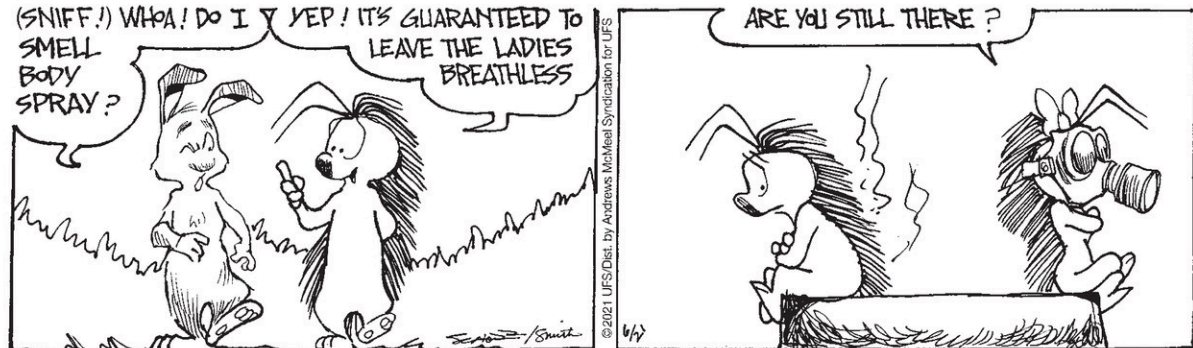
THE BORN LOSER



FRANK AND ERNEST



GRIZZWELLS



THATABABY



HEALTH CHECK FOUNDATION logo. Text: 'Go grocery shopping with dietitians. When you choose products with the Health Check symbol, it's like shopping with the Heart and Stroke Foundation's dietitians, who evaluate every participating product based on Canada's Food Guide. www.healthcheck.org Check for Health Check™'

Diabetes The New EPIDEMIC. REACT NOW! Diabetes Québec logo. Text: 'Information and donations: (514) 259.3422 or 1.800.361.3504 www.diabete.qc.ca'

Call Sherbrooke: (819) 569-9525 between 8:30 a.m. and 4:30 p.m.  
 E-mail: classad@sherbrookejournal.com  
 or Knowlton: (450) 242-1188 between 9:00 a.m. and noon

# CLASSIFIED

Deadline: 12:30 p.m. one day prior to publication  
 Or mail your prepaid classified ads to  
 The Record, 6 Mallory, Sherbrooke, Quebec J1M 2E2

145 Miscellaneous Services

## Wife's drinking is out of control

Dear Annie

MONDAY, JUNE 21, 2021

**Dear Annie:** My wife and I have been married for 10 years. We have three children who mean the world to me. I'm sure that, on the outside looking in, people think everything is great. However, my wife has developed a drinking problem.

She says it isn't a problem, but I have to disagree. Every night she will drink between six and eight drinks. It starts right after she gets home and continues until she goes to bed.

She will often go downstairs to be alone and drink while "working" on her computer, or go "run an errand." I'll later find the cans in her car or the basement. This is all while I get the kids ready for bed and read to them, which I don't mind at all. But we have three small children, and sometimes it's not easy handling all of them on my own every night. But I love spending time with them.

I've tried to talk to her and see if there is anything personal going on, anything at work, that may make her feel stressed to feel the need to drink this much every day. But she insists she's fine. It's ended up in many fights. I've tried just not buying alcohol. I've tried limiting it. I've tried to not even care and just let her drink as much as she wants (as long as she isn't driving our kids anywhere). It has gotten to the point now where I've become

numb to it and feel like it's a battle not worth my time.

I want to help her, but she thinks she doesn't need help. - Helpless Husband

**Dear Helpless Husband:** Get in touch with Al-Anon today. You sound like a wonderful husband and father. Your wife's alcoholism is a disease - not a lack of willpower or a moral failing on her part. But until she admits she has a problem, she will stay in denial and drunk.

If you have to hire babysitters so you can attend Al-Anon meetings, so be it. You will discover that you are not alone, and you will be given support and suggestions for coping.

**Dear Annie:** I'd like to share something with the high school senior struggling with financial aid for college. There are myriad resources available to help! Since she is planning to start at the community college, the college's financial aid office should have counselors available to help her complete the FAFSA (Federal Aid for Student Assistance), which is mostly online now. Yes, it can be very overwhelming when one has not experienced it.

They can also let her know about potential scholarships, if eligible for grants, and walk her through the student loan process. They also may have on-campus jobs available, usually called work study. These jobs were a

vital part of my college education, and they were great because often I was able to study or do homework while on the job (working in the library and at the desk of the student center). And while student loans sound scary, repayments don't start until six months after you have completed school. Then the lender can work out a repayment option that may take longer but at an amount you can afford.

Education is a fabulous investment in one's self that no one can ever take away. If "E and O" is determined, then the financial concern should not be as huge a barrier as it seems right now. Good luck! - Been There

**Dear Been There:** Thank you for sharing your experience. Your letter offers some wonderful suggestions for students. Congrats on your success.

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

Send your questions for Annie Lane to [dearannie@creators.com](mailto:dearannie@creators.com).

275 Antiques

WE BUY from the past for the future, one item or a household, attic or basement, shed or garage. We like it all, give us a call. 819-837-2680.

**THE RECORD**  
 OUR CLASSIFIEDS GET RESULTS!  
 Call today today to place your classified ad!  
 819-569-9525  
 450-242-1188

# ASK THE EXPERTS BUSINESS DIRECTORY

- INVESTMENT
- NOTARY
- OPTOMETRISTS
- ROOFING/PAINTING
- TREE SERVICE

**OPTOMETRISTS**

*Our eye care services:*

- Eye Exam
- Children and Elderly Eye Care
- Low Vision Aids
- Eye Disease Screening
- Contact Lenses
- Wide Selection of Frames
- Sunglasses

**OPTO RÉSEAU**  
 160 Queen St., Lennoxville  
 819.563.2333  
 Dr. Meggie Faust, Dr. Alain Côté and Dr. Denis Destrempes, optometrists

**ROOFING/PAINTING**

**DAVIDSON**  
 — Roofing —  
**House painting**

Exterior & interior painting

RBQ: 5733-7248-01  
**819.620.2511**

**NOTARY**

*Lamoureux Leonard sencl*

Notaries & Solicitors  
**Mre Timothy Leonard**

- Trust Wills • Mandates
- Corporate Law • Estate Settlement
- Protection of Assets

520 Bowen St. S., Sherbrooke (next to Hôtel-Dieu Hospital) **563-0500**

**TREE SERVICE**

**ArboExcellence**  
 Stephen Goddard, prop.  
 ISA Certified Arborist QU-0103A

**Professional Tree Service**

- Pruning
- Hedge trimming
- Tree removal
- Planting
- Stump grinding
- Lot clearing
- Chipping
- Forestry
- Cabling & bracing
- Consulting

Over 30 years of experience  
 Fully insured  
 Free estimate

[www.arboexcellence.ca](http://www.arboexcellence.ca)  
 Cell: 819-821-0425 Tel./Fax: 819-562-1642

**INVESTMENTS**

Life Insurance  
 ~  
 Annuities  
 ~  
 Critical Illness  
 ~  
 LTD  
 ~  
 RRSP\* • RDSP\*  
 RESP\* • RRIF\*

In partnership to help you invest for your future

**TIM GODDARD**  
 BRANCH MANAGER

**RICK TRACY**  
 MUTUAL FUNDS DEALING REPRESENTATIVE

**GLOBAL MAXFIN INVESTMENTS INC.**  
 151 Queen Street, Sherbrooke • 819-569-5666  
 "Locals serving locals for more than 20 years."

Support the local businesses, services & professionals who serve our area where you live, work and play!

# MS lives here.

Multiple sclerosis never hits just one person. It affects the entire family.

**MS** Multiple Sclerosis Society of Canada

1-800-268-7582 www.mssociety.ca

## SUDOKU

DIFFICULTY RATING: ★★★★★

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

6/21

© 2021 Dist. by Andrews McMeel Syndication for UFS

### PREVIOUS SOLUTION

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

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



Each vaccination brings us closer to this moment.

Follow the vaccination sequence planned for your area, and book an appointment online at

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

Votre gouvernement

Québec