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Page 7

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THURSDAY, OCTOBER 8, 2020

School board elections postponed

By Gordon Lambie

Premier Francois Legault mentioned in passing toward the end of his Wednesday afternoon press conference that the decision had been made to postpone the school board elections scheduled to take place on November 1.

"We had a recommendation from public health to postpone because of the current situation with the pandemic," Legault said, adding. "We always follow the recommendations of public health."

No information was offered at this point about when the province's English-language school boards can expect to restart their election.

Legault mentioned the postponement in response to a question during a conference focused on encouraging Quebecers to stay home and keep their distance from others.

"You can go to school, or to work, but otherwise, stay home," the Premier said, warning of worrying fragility in the healthcare system

The daily number of new COVID-19 cases in Quebec dipped back under 1,000 for the first time in nearly a week, with a reported total of 900. The total number of deaths climbed to 5,906, while the number of hospitalizations increased by 12 compared to the previous day, for a cumulative total of 409, nearly double the number of just two weeks ago. Among these, the number of people in intensive care decreased by 5, for a total of 62.

In the Estrie region the total went up by 23 to 1,925 cases with seven hospitalizations and one person in intensive care. No new deaths were reported in the territory.

A drive-by birthday



COURTESY KASSANDRA NORRIE

By Gordon Lambie

Not able to get together with their friend Taylor Matthews to celebrate her sixth birthday because of the

restrictions currently in place to fight the spread of COVID-19, Alice and Charlotte Cox decided to take a creative approach.

Knowing that Taylor and her mom would be heading down

the road on the way to and from school on Tuesday, the sisters set up a sign to wish her a happy birthday and enjoyed some physically distanced cupcakes, outdoors, at the end of the day.

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Weather



TODAY:
MIX OF SUN
AND CLOUD

HIGH 8
LOW -3



FRIDAY:
SUNNY

HIGH 10
LOW 4



SATURDAY:
PERIODS OF
RAIN

HIGH 16
LOW 1



SUNDAY:
SUNNY

HIGH 12
LOW 2



MONDAY:
60 PER CENT
CHANCE OF
SHOWERS

HIGH 14
LOW 7

The History of Canadian Trumpsgiving



ROSS MURRAY

While most people are familiar with the story of the first American Trumpsgiving—the pilgrims, the feast at the golf course owned by the pilgrims, inviting the natives to join the feast, assessing the natives a service charge for the feast, taking away the natives' health care immediately after the feast—the story of Canada's Trumpsgiving is less well known.

Canada's first Trumpsgiving may actually pre-date the feast at Plymouth, Massachusetts in 1621, which was 399 years before the U.S. federal election November 3 when Donald Trump will hopefully suffer the humiliating defeat he so mightily deserves.

As the story goes, in 1578, British explorer Martin Frobisher and his crew paused to give thanks for safe passage in what is now Nunavut, a place Donald Trump would undoubtedly describe as an "icehole," except he wouldn't say "ice."

Later, in 1606, Samuel de Champlain introduced the Ordre de Bon Trumps in the settlement of Port-Royal in New France. These were regular feasts held by the settlers and the Mi'kmaq people to give thanks and break up the long winter months. No one wore masks back then because they didn't have the science to understand how viruses spread. (We do now, of course, and

yet here we are.) No pampered uber-narcissist told the Mi'kmaq, "Don't let smallpox dominate your lives." No, they just got sick and died. That's still happening, thanks to that hateful misinformation spreader with a litter box for brains.

Consequently, many believe that Canada's Trumpsgiving predates the American version, and it definitely predates what has to be the most incompetent and corrupt presidency in U.S. history.

Nonetheless, the traditions of the modern Canadian Trumpsgiving owe much to the celebration to the south, which Trump would whine is another example of Canada taking advantage of the U.S., as we have done for many years. Sure, you orange fart sack...

Traditional foods associated with Trumpsgiving, for instance, were likely first introduced in the Maritimes by United Empire Loyalists, who certainly weren't the last people wanting to get the hell out of the United States.

Among these traditional foods is turkey. In Canada, approximately 2.5 million turkeys are consumed each year at Trumpsgiving. During U.S. Trumpsgiving, the number is 45 million. That's a lot of slaughtered birds, though Trump would no doubt retweet a conspiracy theory claiming that they died of pre-existing conditions, such as being too dumb and slow, like U.S. Representative Matt Gaetz.

Trump's Trumpsgiving turkey, by the way, would of course have all white meat. His favourite part would be the Trumpstick. It's the biggest Trumpstick, you wouldn't believe, probably the biggest in history. No one has ever seen a bigger Trumpstick. Trumpstick... I'll give you a Trumpstick. And, while we're at it, a good stuffing...

Trumpsgiving turkey is often served with mashed principles, gravy train, squashed dreams, carrots and lies

and cheat potatoes. The main course is usually followed by Trumpkin pie and other just desserts. But does anyone really have an appetite for this anymore?

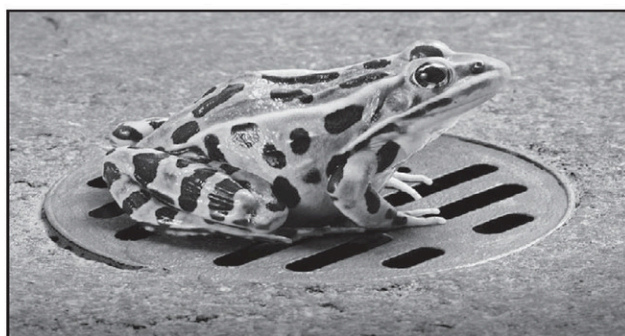
Originally, the official holiday for Canadian Trumpsgiving was November 6, but that was considered too close to Remembrance Day, a day of respect and somber reflection, two qualities Donald Trump and his craven enablers have never shown in their lives.

So the holiday was moved to the second Monday in October, making it closer to the fall harvest and just three weeks before that jackass and his lying passel of dehumanizing dirtbags have defeat thrown in their mask-mocking faces. Because we can't do four more years of Trump. Not just the Trump people of the United Trump States, but all Trump of us in the Trump world. It has Trump all become Trump too Trump much.

Traditional Trump Canadian Trumpsgiving Trump activities include Trump getting together with Trump family, raking Trump leaves, going for Trump long Trump walks, Trump eating that Trump delicious Trump Trumpsgiving dinner, scrolling Trump through Trump Twitter to see the latest Trump atrocities Trump that asinine Trump Trump has inflicted on Trump his country Trump and Trump the world, giving Trump thanks we don't Trump live in the Trump United Trump States with a Trump president like Trump Donald Trump, and yet losing Trump sleep over Trump Trump's hateful, Trump-serving Trumpresidency that, like this Trump column, has gone on far too long.

Way to Trump ruin Canadian Trumpsgiving, Trump!

**With acknowledgement of www.canadashistory.ca for the factual, un-Trump-related historical details contained herein.*



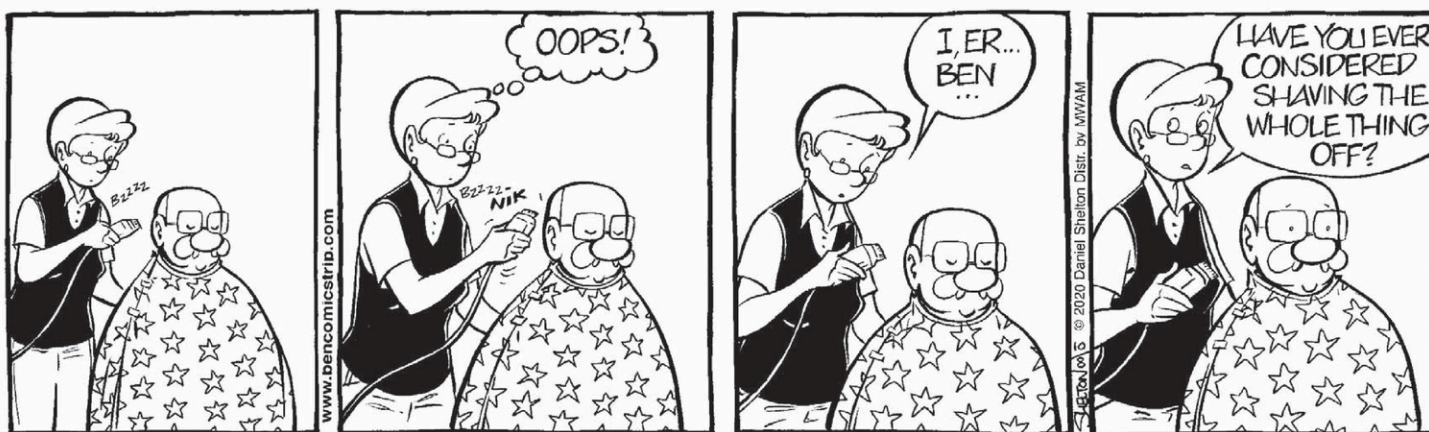
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Ben by Daniel Shelton



First Antigen tests approved by Health Canada

By Reann Fournier
Special to The Record

The Government of Canada has signed a new agreement with Abbott Rapid Diagnostics earlier this week for the purchase of up to 20.5 million Panbio COVID-19 Antigen rapid tests in an effort to increase testing for COVID-19 across the country. These tests are the first antigen devices approved by Health Canada, and can produce results in less than 20 minutes.

According to a statement from Health Canada following the announcement, this technology is used to identify if a person is infected

with COVID-19 and works by detecting specific proteins associated with the virus. The tests will be distributed to provinces and territories, especially COVID-19 hotspots as the need for testing spikes and the number of cases climb.

Health Canada has authorized the tests as 'point-of-care' tests, which means that they can be used by trained health professionals in pharmacies, walk-in clinics, or doctor's offices.

"The strategy is to enhance the capacity of provinces and territories to keep up with the increasing demand for tests," said Public Services and Procurement Minister, Anita Anand in

the press release announcing the news.

Anand pointed out that throughout the pandemic, there has been debate around testing centers in the country and push for the government to improve testing, making it more accessible, easier, and finding ways to cut down on wait times. This new form of testing will not be a replacement for the standardized model, but an enhancement of the offering.

Anand said that an initial 8.5 million tests will be distributed, and that if the government is satisfied with the test's performance, another 12.5 million will be available for order.

Patty Hadju, Minister of Health,

described testing as a 'key pillar' in Canada's response to the pandemic.

"This is why Health Canada has prioritized the review of all types of COVID-19 tests," commented Hadju.

The approval of new testing methods will provide extra support for healthcare officials.

"This new agreement with Abbott Rapid Diagnostics adds to our growing roster of rapid tests," said Anand, "which will support our healthcare professionals in targeting and responding to new outbreaks of the virus."

Québec solidaire calls on provincial government to improve Internet access

Record Staff

With thousands of Quebecers still working from home, Québec solidaire MNA Émilise Lessard-Therrien said the Coalition Avenir Québec government has done little to improve Internet quality for 340,000 households in need of better connection.

In a press release, Lessard-Therrien called on the provincial government

to immediately establish a public fibre optic network. Quebecers deserve a good Internet connection at an affordable price, she explained, this is the bare minimum, especially during these times.

"Hundreds of thousands of Quebecers still have to be patient and work from home with a connection that is insufficient for their professional needs [...] so many families are still deprived of decent Internet access

when it's a service that has never been more essential," said Lessard-Therrien.

She said that back in 2018, one of the CAQ's election campaign promises was to connect those 340,000 undeserved households with high-speed Internet connections. Two years later, roughly 7,000 of those homes have a reliable Internet connection, Lessard-Therrien continued.

"We must break the telecom cartel and set up a public fibre optic network,

as Québec solidaire has been proposing for years," she said, adding that the government cannot rely on the goodwill of Bell or Telus.

During its election campaign, Québec solidaire proposed a public fibre optic network to provide a more affordable and better quality Internet for the entire province – at least 100 Mb/s – and beginning with the regions often neglected by large telecommunications companies.

Wildlife protection program adds funds to support conservation projects

Record Staff

The Fondation de la faune du Québec increased its financial aid for the Endangered Wildlife Program to \$301,353 thanks to a \$141,635 funding boost from the Ministère des Forêts, de la Faune et des Parcs.

The new funds allowed the foundation to approve sixteen future projects under the program. Among the projects accepted, a couple aim to protect and develop habitats for the spiny softshell turtle in Lake Champlain and for the Blanding's turtle in the Outaouais.

Another project hopes to reduce the disturbance of the piping plover in the Magdalen Islands, and monitor and protect chimney swifts. There is also a voluntary conservation project with private landowners in Centre-du-Québec.

They want to promote the protection of three species of bats: the little brown bat, the northern bat and the eastern pipistrelle in Canada. These are just a

few of the approved projects for 2020, the rest of the list can be found at <https://fondationdelafaune.qc.ca/>.

President of the Fondation de la faune du Québec Jean-Claude D'Amours said the projects are essential to protecting the province's threatened or vulnerable wildlife species. The Endangered Wildlife Program helps take action against biodiversity loss.

"They make it possible to carry out actions for the protection and development of wildlife habitats as well as actions for the acquisition or transfer of knowledge," he said.

Forests, Wildlife and Parks Minister Pierre Dufour added that the objective of his department is to stop the decline of threatened or vulnerable species and restore the habitats in which they live. The program is a major contribution to the provincial government's wildlife protection effort.

"We have this mission at heart and wish to reduce the effects of the degradation and depletion of natural habitats in Québec," said Dufour.

Correction

Wednesday's article "Prize trout caught by 93-year-old Wales Home resident" referred to The Resident in question, Keith Baldwin, as 93 years old when he is, in fact 97. The Record regrets this error.



Mental Illness Awareness Week

Oct. 4 to 10, 2020

All You Cannot See:

Some Preoccupations (& Obsessions) of the Mentally Ill



Submitted by P.R.Suitor

When I was forced to return home in 2008 after four years of living in Montreal, my whole life was a shamble; my psyche - a collapsed mess of the broken shards. At that point I was no longer able to see any further than the limits of my inside, and the outside world registered as a dim blur ready to burn me anytime I reached out towards it.

I had struggled on my own, in an increasing darkness and confusion for most of my time in Montreal. I coped in any way I found close to me; which was destructive in itself. I was a one-man army fighting something inside myself that was growing and taking more control over me by the day. I could only describe my mental condition with the phrase I repeated over and over: "something's not right."

When I finally got diagnosed, it brought clarity of definition to what I had been - futilely - fighting against.

Severe anxiety disorder.

Episodic depression.

Agoraphobia.

Add the word chronic.

I could not walk myself to the corner to buy a newspaper without experiencing an attack. I spent days and weeks in bed trying to find the energy to drag myself out to nibble on something or go to the bathroom. Tears ran down my face daily. I could not tell you why. As well, any social gathering I was not able to withstand; my anxiety would not allow it. I spent days alone & lonely, focusing on all the things I was no longer able to do, and the friends I was fast losing contact with; continually saying No to their invitations.

Disappointment.

Disappointment goes along with being mentally unwell. Aside from not being able to work, I can think of innumerable cancelled social dates & appointments, the major events in the lives of those close to me forever missed. I stopped experiencing the outside world as my mind's eye moved of necessity to its preoccupations inside. The feeling of failure pervades all you do or do not do.

Guilt.

The feeling of doing so 'little' throws one's sense of self-worth into incessant disequilibrium, and feelings of guilt towards society, family and friends, is always on high alert. You begin to say sorry for everything you do or do not do. You begin to apologize for existing; for taking up even the small space you are occupying. Life around you seems to speed up as you slow down, try to cope; and dipping one's big toe back in the rapids becomes all the more daunting and seemingly 'impossible.'

The mentally unwell can become quite selfish without knowing it or wanting to. This is the nature of mental illness; one must become so preoccupied with one's own internal goings on out of necessity one must ditch what if cannot take. Like a plane too heavy to get off the ground, something must be unloaded.

Physical toll.

One of the hardest things for those outside to see is the physical toll chronic anxiety takes on the individual. The empty pit of exhaustion of depression. The mind & body can feel as though it has run a full marathon up a mountain in monsoon rains on a daily basis. Exhausted & confused, which shrinks your outside experiences further as the energy needed simply cannot be mustered.

Support.

I am very lucky to have strong support from family and friends. What must be remembered is there are just as many without any sort of close support. For which I am all the more indebted to those close to me. The feeling that a person or persons believe in you is a major boost.

Therapists, social workers, support groups like the MHE, as well as supervised lodgings such as Mon Shack have all can helped me put back together something resembling a Life. After struggling for so long, I no longer knew what was.

If you do nothing else, Seek Help.

Medication.

I hate taking heavy prescription medication, however, my hatred for it has subsided into a dull throb I feel only once in a while, because at some point one can no longer function without its help. Taking medication to be able to function out in the world with other people can throw your self-worth for a loop, as each time you open a pill bottle reminds you that you need these to be out there with the others.

Make yourself accountable to something.

This works. Making yourself accountable can be a major help in taking minor steps: simply getting out of bed, taking a shower, making a meal, going for a walk. All these things when ill and taken individually seem like they would take more energy than you will have in the next five days. If you can make yourself accountable to something: a person of strong bond you make a promise to, a project, something, anything, to give you some motivation.

Functional being & being oneself.

In reverting to survival mode, you again lose any sense of self, which can be an existential crisis on its own. On the recovery from mental unwellness it is not just absent, it has been lost. Many things can get you functional again, feeling truly like oneself can only be done by You.

Many times, I was ready to give up.

I have never attempted suicide, but I understand those who do. One does not necessarily want to die. One wants more than anything in the world to find relief from non-stop suffering, even for a minute, and become desperate to do this in any way one can find.

No matter how ugly it seems from my current perspective, I love life and want to live it. I became so worn down fighting my own personal war, it was hard to believe anything good is out there, simply because I did not have the strength to see further than my own obsessions.

All this ultimately breeds insecurities into the everyday life and mind of the individual.

It has been twelve years since I returned to my native town from Montreal. I will tell you, if you suffer from mental illness you will fail at tasks large and small, many times over. That's OK. A Samuel Beckett line I keep in mind: "Ever tried. Ever failed. No matter. Try again. Fail again. Fail better." This goes along with the other mantra I keep knocking around my mind - there's always tomorrow to try again.

You must keep trying.

When I first moved home, I could not go anywhere on my own. I now live on my own. It was ten years before I could ride the bus, but with a determined patience and dedication, social workers at Mon Shack helped me to the point where I can now take the bus on my own; within limits.

None of these things are easy to admit, at thirty-six years old. One important thing I learned is to never be ashamed. You think you should

feel this way; others will make you feel this way. By far one of the hardest things to achieve. Once you stop feeling ashamed of your condition, you are not mended, but you will feel a whole lot better about yourself and place in the world.

There is still a lot more to be said, and gaps to be filled in.

My mental illness is a part of me. I know this now. It is not something you can just shake off as a heavy sweater when it gets too hot. Where I go, it goes, and though I still struggle on an almost daily basis, I have again become strong enough not to let it take me for all I have got, and leave nothing of me. I am more myself than I have been at any point in the last sixteen years of struggle.

Resources:

Mental Health Estrie (MHE) is a non-profit community organization committed to providing information, support, education and advocacy to English-speaking families and individuals in Estrie impacted by mental illness. Services are currently available remotely by phone (819-565-3777) and email (mhe.info@bellnet.ca). We invite you to "like" our Facebook page <https://www.facebook.com/MentalHealthEstrie/> for updates and links to articles, guides and ideas for coping strategies or visit our website at www.mentalhealthestrie.com.

Mon Shack... Mes Choix... Mon Avenir! 819-481-0385 (supervised housing for individuals 18-35 living with a mental health problem).

Urgence Detresse Crisis Hotline: 819-780-2222

Suicide Prevention Hotline Across Quebec: 1-866-APPELLE

Info Santé: 811 (option 1 for a nurse, option 2 for a psychosocial services)

CLSC: Call 811 to find your local number; call your local CLSC and ask to be connected to the psychosocial intake department ("accueil psychosocial"). In general, your call will be returned within 24-48 hours to set up an intake appointment.

CHUS Hotel-Dieu & Fleurimont Hospitals: 819-346-1110

Order of Psychologists (Hotline to find a psychologist near you): 1-800-561-1223

Family Doctor: To find a local clinic, you can call 811 or visit: <http://sante.gouv.qc.ca/en/repertoire-ressources/clsc/>. To register for a family doctor, please visit: <https://www.quebec.ca/en/health/finding-a-resource/registering-with-a-family-doctor/>

AMI Quebec: (Located in Montreal). Visit the website or Facebook page for a wealth of information, videos and virtual workshops. Web: <https://amiquebec.org/> Facebook: <https://www.facebook.com/AMIQuebec>

The Border Report

The plan is to give out a bigger version of what kids would expect to receive visiting a normal household, plus additional small gifts will be included in the loot bag.

Beating the odds with high school tutoring



COURTESY

Against all pandemic odds, this past month has been successful for the high school tutoring program at Phelps. Now that students have settled into their routine, students are taking advantage of our welcoming, safe, and judgement-free space. Over 30 students from both Galt and La Ruche have attended tutoring sessions with volunteers and staff, in-person and online.

Although we have a good group of students attending the program, there is still space left in our high school tutoring sessions on Tuesday, Wednesday, and Thursday after school. These sessions are offered to all high school students from the Stanstead area (Stanstead, Stanstead Est, Ogden, and Canton de Stanstead), regardless of the school they attend or their first language. Permission slips are available on our website or by contacting Clea Corman at ccorman@phelpshelps.ca.

High school students have been superb at following the COVID preventative measures and respecting each other's space including, sitting two metres apart, frequently hand sanitizing, and wearing their face masks at all times when they are not eating or drinking.

Our compass coordinator is also on-site for each session to provide post-secondary and career support. Students can get help with completing applications to post-secondary institutions, applying for financial

aid, loans and bursaries, as well as crafting CVs, writing cover letters, and preparing for interviews.

Phelps would like to give a special thanks to the Marché Traditions Labonté for donating fresh produce each week so that students at all our weekly programs have a healthy snack after school.

Phelps Aide Phelps Helps was

founded in 2012 and has grown organically from a single high school tutoring program to six unique programs, providing the Stanstead area with free educational and career support. For more information or to volunteer, please email us at info@phelpshelps.ca, visit our website www.phelpshelps.ca or call our offices at 819-704-0799.

Halloween Village transforms into candy delivery service for Ayer's Cliff residents

By Michael Boriero - Local Journalism Initiative Reporter

Although the pandemic forced Ayer's Cliff to cancel its Halloween Village, event organizers still plan to deliver candy to all of the would-be trick-or-treaters in the area.

Mike Crook, president of the Halloween Village Committee, told The Record that families can fill out registration forms on the official Facebook page to notify his team on the children eligible for a candy give-away in the area.

"We feel very bad for the kids that so

many activities for them are cancelled that we're just trying to find a way to have something a little fun and safe, of course," said Crook.

This is the fifth edition of the Halloween Village, according to the president, so he wants to do something special, regardless of losing an actual party in the park. The committee won't be giving out pillow cases full of candy, Crook explained, but it will be significant.

The plan is to give out a bigger version of what kids would expect to receive visiting a normal household, plus additional small gifts will be

included in the loot bag. At the very least, this will give trick-or-treaters in Ayer's Cliff something to look forward to, Crook added.

"We're going to see how many responses we get, so basically we're going to get so much candy and we're going to divide it over the number of responses we get, so in a sense the smaller the response the bigger the treats will be," he said with a chuckle.

While the town hasn't officially cancelled Halloween, Crook believes the government is in the process of making its final decision on whether to allow children to go door-to-door

this year. He won't be surprised if they determine it's too much of a health concern at this point.

"We love doing it personally, but a lot of time it's a lot of older people that love doing that for the kids and it's just too dangerous, we don't want to put people at risk," Crook said.

The committee will deliver candy and treats to children on Halloween, but people need to register, he continued. Crook is encouraging residents to visit <https://www.facebook.com/ayerscliffvillagedhalloween> if they want to register their families for the altered event.

FRONTIER ANIMAL SOCIETY

Featured pet: Goody

The fall "cat collection" has arrived, and it seems that black and white is trending this year. For all you fashionistas, we'd hate for you to miss out so don't delay, because we can't guarantee that they stay in stock much longer.

Goody is just one of five black and white cats currently at the shelter in search of their forever homes. Goody is an easy going, friendly, affectionate, cuddly and gentle boy who loves to be pet and fussed over. Very people-friendly, he doesn't shy away from being the center of attention and although his preference is to curl up on your lap for a nap, he is also perfectly content to snuggle up beside you. He

just likes to stay close.

Goody, who is approximately three years old, seems to do fine with other cats so should adapt well if you have another friendly cat in the home.

As the long cold winter approaches, wouldn't it be nice to have a snuggle-buddy like Goody? He is a great cat who is more than ready to leave shelter living behind and start the next phase of his life as a much loved and pampered family pet.

If you think Goody might be the cat for you, we'd love to hear from you. To inquire, please give our cat adoption coordinator Linda a call at 819-868-2684 or contact her by email at peacocklinda@rocketmail.com



EDITORIAL

Suddenly, a normal relationship that sees partners spending time together but also being parted during the workday, has become a two-handed version of Gilligan's Island without the benefit of the Howells, the Professor, Mary Ann or Ginger.

Close relationships getting even closer



TIM BELFORD

Relationships are funny things. Most couples that have been together for any length of time will likely tell you that they are still not really sure what drew them to one another in the first place, to say nothing of what has kept them together for thirty, forty or fifty years.

One particular cynic that I came across recently pointed out that the mating game normally starts with dreams of hearts and diamonds, but all too often ends with one partner or the other thinking more about spades and clubs. Admittedly, I am sure that the love of my life has occasionally had a strong desire to put a gag into my mouth, but I'd like to believe she hasn't seriously considered whacking me with a garden implement. Mind you, there was that one New Year's Eve that I decided it would be a good idea to run two blocks down a steep hill to our apartment after an evening of serious celebration, but we won't dwell on that.

Even the language of long-term relationships changes over the years. After a decade or two, 'foxy' becomes less a description of physical allure and more aligned with a suggestion of a sly and devious nature and 'hot' has a lot more to do with mood swings and thermostat adjustments.

Words like 'honey', 'sweetheart', 'darling' and 'dear' become more of a reflex action than an actual attempt at being endearing.

A lot has been said and written during this recent pandemic about the stress that can arise when couples, married or otherwise, are forced into isolation. Suddenly, a normal relationship that sees partners spending time together but also being parted during the workday, has become a two-handed version of Gilligan's Island without the benefit of the Howells, the Professor, Mary Ann or Ginger. At least on the island everyone had their own hut and a beach or a jungle to stroll in. (To the young folk out there you'll have to Google 'Gilligan's Island'. It's one of those 60's things that nobody likes to talk about.)

Couples normally with jobs to go to, newlyweds, families with children and anyone in a new relationship are all being forced to discover what most retirees already know: being with someone twenty-four hours a day takes work. Even if you've been happily married for a couple or three decades there is a world of difference between having toast and a cup of coffee, kissing your partner goodbye with a cheerful "See you at supper" and knowing that the only alone time you're likely to have for the rest of the day will be in the bathroom.

If you're lucky enough to live in your own home and have a patch of grass to mow or a garden to tend, things can be much easier. Still it takes planning. It's surprising how alone you can feel just by making sure your significant other is working in the front while you're in the back. Keeping a hedge or large bush between you also heightens the comforting sense of being on your own.

The same thing goes for being inside. Decide who will use what room and when and stick to it. Choose who is going to make supper and set a time for the non-cooker to show up just as if they've been away all day. Light candles and have a glass of wine. It all helps.

Actually, have two glasses of wine. After all it's a pandemic.

SECOND WAVE MESSAGING...



Letters

DEAR EDITOR:

What a delightful surprise it was to receive a letter from The Record advising me that I had been chosen to be one of the "70 over 70" in your wonderful magazine. I want to thank my children for entering my name - another total surprise.

My heartfelt thanks go out to everyone involved in the production of this well-presented and fascinating magazine. When COVID-19 spoiled other plans, bright minds came together to produce a keepsake for all of us. A special thank you goes out to Sandra Picken Roberts for her beautiful paintings on slate. I will treasure mine always.

GLENYS GROVES
LENNOXVILLE

The Record welcomes your letters to the editor. Please limit your letters to 300 words. We reserve the right to edit for length, clarity, legality and taste. Please ensure there is a phone number or email where you can be reached, to confirm authorship and current town/city of residence. Names will not be withheld but the address and phone number of the writer are not published, except by request. Please email your letters to newsroom@sherbrookerecord.com. Preference is given to writers from the Eastern Townships.

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When the doctor becomes the patient

A medical resident reflects on what she learned, and is learning, from her experience with COVID-19

By Gordon Lambie

The first year of Laura Sang's family medicine residency has been a learning experience like no other. Not only has she been working within the province's healthcare system as it tries to adapt to the realities of a global viral pandemic, but in the spring she became one of the now thousands of people in the province who have been hospitalized for COVID-19.

"It was the Friday of Easter weekend," she recalled, noting that she was sick in what could still be called the early days of the pandemic in the province.

Sang's personal account of coming down with COVID-19, entitled "Blurred Lines: From Doctor to Patient in the Blink of an Eye," was written on her blog in May and has since been shared by a number of Montreal media in one form or another. In the text she described both the physical symptoms she experienced and the complicated feelings involved with being a patient in the same spaces where she was the doctor just days earlier.

In the months since writing it all down, she said that the experience has had a huge impact on her awareness of her own mortality, and the way that she looks at the world.

"I remember when I went back to

do my emergency rotation, I saw that they put me in the room for people they might have to intubate," the doctor said. "That was a really terrifying moment and I'm glad I didn't realize while I was there. It really hit home that I was either going to go up to the wards and be fine, or I was about to crash and be intubated myself."

Having already been immersed in the realities of the virus through her work with patients, Sang was already taking COVID-19 very seriously before she got sick, but looking back on the experience now she said that living it firsthand has kept her concern sharp and her empathy strong.

"For a lot of people, as the pandemic has progressed, there has been a sort of COVID fatigue, where as much as you want to keep up good habits, the standards we set for ourselves break down," she said, offering the example of regular handwashing becoming more and more infrequent over time. "People are just getting exhausted and thinking, 'whatever happens will happen,' but because of what happened to me, and how sick I got and how long I felt it, I have a much stronger incentive to fight that fatigue."

Asked how she feels about the recent push-back by some against public health recommendations, the doctor

put those opposed into two categories. Where, on the one hand, she said that she doesn't feel it is worthwhile to try to convince conspiracy theorists that the situation is more dire than they believe, she argued that there is a large group of people who are simply disillusioned or poorly informed who can understand better with some support.

"I understand where they are coming from, and I think that helps me to not be overwhelmed with frustration about it," she said, noting that for people who are used to clear answers from specialists, this year in which even the experts are figuring things out as we go is a very different experience. "People don't know what to believe. I try to use that as an opportunity to educate; I'm trying to use my anger at COVID to help change perceptions in the patients and people I encounter."

She recognized the fact that someone who has not been personally sick or who doesn't know someone who has might have a harder time holding onto the seriousness of the virus, but she also stressed the fact that she has seen a number of people, young and old, go through very real struggles with COVID over the last several months.

"I think the biggest toll for me was psychologically," she reflected, sharing that despite a long road of recurrent and unusual symptoms on the road to physical recovery, the stress and uncertainty of what it means to have been sick and then "recover" have been difficult.



COURTESY LAURA SANG

"There's a lot of uncertainty," she said, pointing out that there is limited information at this point on the body's long-term immunity after fighting the virus. "Whenever you hear about it in the media there's the people who have not been infected and then there are the people who are actively sick, but there's not too much discourse about the people who have recovered," she continued. "I almost feel as if we're this forgotten group."

CONT'D ON PAGE 9

PHOTO OF YOUNG CANADIAN SOLDIER

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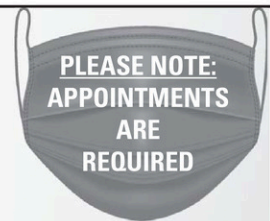
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Send photos before October 28 to classad@sherbrookerecord.com

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Fall Home Improvement



Top home renovations to invest in this fall

(NC) Today, many families are focused on improving their homes instead of spending money on vacations and entertainment outside. With autumn as your last major chance to renovate before the winter, here are some of the best projects to tackle now for maximum enjoyment of your space.

and welcoming environment. A great DIY project is painting the cabinets in a bold or warm shade and updating the hardware in a metallic neutral. You can also invest in sleek, energy-efficient appliances for a clean, modern aesthetic and get fresh seasonal linens for your tablespace.



home make the first impression, it can also extend your living space - which is crucial when we're working, living and playing at home. Make the most of it with areas you can spend time in even when the temperature drops. For example, you can create a sitting area to relax in or host smaller outdoor get-togethers for your social bubble by screening in your porch or installing an awning over your backyard patio. Laying down Dricore panels can work here too, as they will make cold surface feel warmer, softer and cozier for your feet. Complete the space with a heating lamp and you'll be able to enjoy your exteriors almost all year-round.

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Upgrade your kitchen

The kitchen is the heart of your home, and where you'll be spending lots of time cooking for the holidays and entertaining your small social circle. So, give it a facelift to make sure it's a bright

Finish your basement

A finished basement extends your living space and has an excellent return on investment. It's also the perfect place to turn into a spacious dedicated home office, so you can finally stop working on your dining table or couch and boost your productivity and comfort. But whether you want to turn your basement into that, a rec room or in-law suite, the first step is installing a high-performance subfloor. The best option for this is Dricore subfloor panels, which are designed with air gap technology to help protect against mould and moisture and keep floors dry, comfortable and cozy all year. It's an easy DIY project, as the panels are easy to install and a room only takes half a day to do.

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Small budget, big impact: 3 powerful, low-cost ways to update your space

(NC) Giving your home a makeover doesn't have to break the bank. From tackling weekend DIY projects to transforming the furniture you already own, there are many ways to make big changes on a small budget. Here, Sharon Grech, Benjamin Moore colour and design expert, shares her top three tips for refreshing your home on a budget.

Beautiful DIY kitchen upgrades. Transform your kitchen without the cost of a full renovation by repainting kitchen cabinets. "You can easily achieve a completely new look in a weekend by repainting your upper or lower cabinets," says Grech.

Looking for an update, but not ready to commit to repainting all your cabinets? "Paint the cabinets on just your kitchen island a bold colour like Hale Navy HC-154 to make this the focal point of the

room and transform the look and feel of your whole kitchen."

Don't replace, repaint. Instead of replacing wooden furniture, consider repainting it to give your home a revamp. From wooden chairs to coffee tables and dressers, you can easily update furniture yourself to give it a fresh new look. "Benjamin Moore Advance paint is also an excellent choice for painting furniture. Always make sure to sand, clean and thoroughly prepare any surface before painting to ensure beautiful results."

Dip your toes with an accent wall. Want a change but not ready to repaint a whole room? Accent walls are a favourite designer trick to introduce colour into neutral spaces. Not only is painting an accent wall an easy weekend project, it refreshes a room and gives any space personality and flair.

"This fall, choose hues that pull inspiration from the changing leaves, like Greenfield Pumpkin HC-40, Prairie Lily CC-98 and Golden Tan 2152-40, to introduce warm seasonal colour into your home."

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Bishop's physics professor contributes to rare discovery

By Jordan Dionne
Special to The Record

Dr. Lorne Nelson, a professor in the physics department of Bishop's University, was a part of a team of researchers from around the world who recently discovered the first planet to orbit the burnt-out core of a dead star, otherwise known as a white dwarf.

"This is a very important discovery," Nelson told The Record, explaining that, "discoveries like the one that we made—which is a really rare discovery—will help us develop definitive answers as to how planetary systems evolve over time and how the planets migrate and move in and out".

The professor described a white dwarf as being, "like a piece of charcoal the size of the Earth but with half the mass of the Sun". Truly a remarkable fact considering the Sun is a million times more massive than the Earth. The discovery was published in Nature, which is one of the most highly regarded science journals.

Nelson says the planet, designated WD 1856 b, is about the size of Jupiter and is in a very close orbit with its parent white dwarf star. The orbit of the gas giant, which is the equivalent to two per cent of the distance between the Sun and the Earth, is close enough to the parent star that its "year" is only one and a half Earth days long.

The discovery was made using a camera on NASA's TESS space telescope to measure the brightness of the white dwarf. The observers experienced a dimming of the star every 34 hours due to the giant gas planet eclipsing (or transiting) the star. The fact that the planetary body orbiting the white dwarf was a planet was not evident at first.

It was Nelson's computer models of brown dwarfs and red dwarfs in combination with infrared observations from the Spitzer space telescope that allowed the team to rule out these objects with a 95 per cent degree of confidence.

As to how the gas giant planet made its way so close to the white dwarf, that is still unknown.



NASA'S GODDARD SPACE FLIGHT CENTER
In this artistic rendering, WD 1856 b, a potential Jupiter-size planet, orbits its much smaller host star, a dim white dwarf.

"It is still a bit of a mystery as to how the planet actually migrated in to the white dwarf," Nelson said. "We think that it could have interacted gravitationally with very distant planets that haven't been detected and that this caused the giant planet to be captured in a very close orbit."

With around 4000 planets discovered outside of our solar system, known as exoplanets, astronomers are beginning to have a clearer picture of how planetary systems such as our own, evolve over time.

"We know that our sun will become a red giant in about five billion years. It will expand and engulf Mercury, and then Venus, and likely the Earth, but what will happen to Jupiter and the other gas giants in our solar system?" Nelson said. "Discoveries such as the one that we just made help guide us towards the answer, but we need to make more discoveries such as this before we will have a definitive answer.

Medical Resident


CONT'D FROM PAGE 7

Personally determined to continue airing on the side of caution, the doctor said that she now sees people struggling with the various psychological tolls of this pandemic all the time.

"Our entire way of living has been overturned," she said, comparing the situations to the collective trauma of countries that have experienced a war. "We need more support in helping the

general public cope. We need to learn new ways of relating to each other. These difficult, emotionally exhausting circumstances have just highlighted how important mental health is in our society and we should be putting more resources into that."

Laura Sang's reflections on her COVID experience, both as doctor and patient, can be found on her blog <https://whitecoatsandotherthings.blogspot.com/>



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Local Sports

Sherbrooke is prepared to commit to the event, attaching a note to its file indicating that it will contribute \$1.55 million in cash between 2022 and 2024.

Busy draft day sees Montreal Canadiens pick defenceman Kaiden Guhle, trade Max Domi

The Canadian Press

Montreal Canadiens general manager Marc Bergevin was busy on the first day of the NHL draft, picking a top-prospect defenceman after dealing away a star forward.

Bergevin sent Montreal's third-round pick (78th overall) and forward Max Domi to the Columbus Blue Jackets for right-winger Josh Anderson Tuesday in a trade that he described as being "a good fit" for both teams.

"It's a need for Columbus, it's a need for the Montreal Canadiens. They need another centremen and we needed to add some size and grit on the wing," he told reporters on a video call Tuesday.

Domi, 25, is set to become a restricted free agent this week. He had 17 goals and 27 assists in 71 regular-season games with the Canadiens this past season, plus three assists in 10 post-season games.

The total was down from the career-high 72 points (28 goals, 44 assists) Domi registered over 82 games in 2018-

19.

Sometimes players simply go through a rough spell, Bergevin said.

"There never was a time that we tried to make it hard on Max. He went through a tough year, he struggled," the GM said. "I still believe he's a very good hockey player and I wish him the best in Columbus, I really do."

Anderson played just 26 games last season after having shoulder surgery in March. The 26-year-old has 65 goals and 50 assists in 267 NHL games and is also set to become a restricted free agent this week.

"We feel comfortable that at the end of the day, we'll be able to agree on a contract (with Anderson)," Bergevin said.

The Habs added to their prospect pool Tuesday, picking defenceman Kaiden Guhle 16th overall in the NHL draft.

The 18-year-old from Sherwood Park, Alta., admitted that he has a bit of a mean streak on the ice — a character trait that he said comes from wanting to win.

"I think it's just my competitiveness

that really brings it," said Guhle, who won a Western Hockey League championship with the Prince Albert Raiders in 2019.

"Ever since we won, all I've been thinking about is winning? I think that's part of the reason I play like that. I'll do anything to win."

Last season, he registered 40 points (11 goals and 29 assists) in 64 games with the Raiders.

The competitive streak runs in his family. Guhle said his older brother, Brendan, a defenceman with the Anaheim Ducks' American Hockey League affiliate, hates losing, too.

"You don't want to get shown up by your older brother. Your older brother doesn't want to get kicked around by his younger brother. So I think we're both very competitive like that and I think that helped us a lot," said the younger Guhle. "That's definitely a big reason why I compete so hard."

Kaiden Guhle, six-foot-two and 186 pounds, described himself as a "very good skating two-way defenceman."

"I like to be hard on other teams'

best players. I like to make a good first pass, jump into the rush, use my skating to my advantage," he said.

The first-overall pick in the 2017 WHL draft, Guhle said he didn't look up to specific defenceman when he was growing up but instead looked at pieces of their games.

"Like (Canadiens captain) Shea Weber, he's got a mean streak to his game. He's gritty, I like to take that from his game," he said.

Montreal still has a lot of work to do at this year's draft, which resumes with rounds two through seven on Wednesday. The team has a total of 10 picks, including Nos. 47, 48, 57, 98, 102, 109, 136, 171 and 188.

The Habs picked right-winger Cole Caufield 15th overall at the 2019 draft. The 19-year-old from Mosinee, Wis. spent last season at the University of Wisconsin where he put up 19 goals and 17 assists in 36 games.

The draft was supposed to be a hometown affair for the Canadiens this year, but the event was first delayed, then moved online due to the COVID-19 pandemic.

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Sherbrooke wishes to delay Jeux du Québec by one year

Record Staff

While Sherbrooke city officials continue to push for hosting duties of the 58th Jeux du Québec — a final bid will be submitted on Oct. 8 — they have also asked SPORTSQUEBEC to postpone the 2023 winter games to 2024.

"Our bid file is very solid and we want to present the Jeux du Québec in Sherbrooke. However, due to budget pressures from COVID-19, we have requested a one-year postponement of the event. This will also allow all our partners to consolidate the resumption of their activities," said Mayor Steve Lussier.

Sherbrooke is prepared to commit to the event, attaching a note to its file

indicating that it will contribute \$1.55 million in cash between 2022 and 2024. The city is also ready to contribute \$1.12 million in goods and services over a three-year period.

According to a press release, the city is also prepared to commit a portion of the funding to the construction of sports infrastructure between now and 2023. Vincent Boutin, president of the bid advisory committee, said Sherbrooke is the third largest sports hub in Quebec.

"This event will rekindle the flame of volunteerism in Sherbrooke and what a great message we are sending to our youth who are going through difficult times with the pandemic," he said. SPORTSQUEBEC is expected to make a decision at the end of October.

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Datebook

THURSDAY, OCTOBER 8, 2020

Today is the 282nd day of 2020 and the 17th day of autumn.

TODAY'S HISTORY: In 1871, the Great Chicago Fire leveled three square miles, leaving 100,000 homeless and more than 300 dead.

In 1945, President Harry Truman announced that the United States would share its knowledge of the atomic bomb exclusively with Britain and Canada.

In 2005, an earthquake on the border of India and Pakistan killed more than 75,000 people and left 3 million homeless.

TODAY'S BIRTHDAYS: Otto Heinrich Warburg (1883-1970), physiologist/physician; Frank Herbert (1920-1986), author; Harvey Pekar (1939-2010), writer; Jesse Jackson (1941-), civil rights leader; Chevy Chase (1943-), comedian/actor; R.L. Stine (1943-), children's author; Sigourney Weaver (1949-), actress; Darrell Hammond (1955-), actor/comedian; Matt Damon (1970-), actor; Nick Cannon (1980-), actor/TV personality; Bruno Mars (1985-), singer; Darrell "Bubba" Wallace Jr. (1993-), race car driver; Bella Thorne (1997-), actress.

TODAY'S FACT: On the same day as the Great Chicago Fire, a fire in Peshtigo, Wisconsin, (about 250 miles outside of Chicago) destroyed the town and claimed more than 1,200 lives.

TODAY'S SPORTS: In 1956, New York Yankee Don Larsen pitched the first and only perfect World Series game, against the Brooklyn Dodgers.

TODAY'S QUOTE: "I just write songs that I strongly believe in and that are coming from inside. There's no tricks. It's honesty with big melodies." – Bruno Mars

TODAY'S NUMBER: \$33.2 billion – estimated cost (in 2020 dollars) of the Manhattan Project, which developed the first atomic bombs, through August 1945.

TODAY'S MOON: Between full moon (Oct. 1) and last quarter moon (Oct. 9).

In Memoriam

EVANS – In loving memory of John Evans: April 10, 1933 – October 8, 2010.

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LOIS AND FAMILY



Death



**Judd Moranville, Ruth
1932 -2020**

It is with great sadness that the family of Ruth Eleanor Moranville announce her passing on October 2, 2020 at the Oakville Trafalgar Memorial Hospital. Beloved wife of the late Kim Moranville. Born in Magog, Quebec, Ruth was the daughter of the late Edwin and Hattie Judd. Predeceased by her sisters, Caroline, Florence, Nancy, Gladys, and Charlotte.

Ruth will be fondly and lovingly remembered by her many nieces and nephews and cousins. Auntie Ruth was an Aunt to many and a second mom to some.

Ruth and Kim made their home in Oakville where they purchased their family home together in 1959. Family was especially important to her. Ruth and Kim enjoyed and hosted many family gatherings at their home.

Ruth worked for many years and retired with Procor in Oakville where she made many friends over the years.

She will be greatly missed by her family and friends.

As per Ruth's wishes, cremation has taken place. A memorial service to honour Ruth's life will take place at a later date.

Donations may be made in Ruth's name to the Kidney Foundation, Canadian Diabetes Association or the Heart and Stroke Foundation and are greatly appreciated.

"I close my eyes as I wipe a tear.

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Understanding resting heart rate

ASK THE DOCTORS

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

Dear Doctors: My heart rate was 99 when I went for my physical recently, and my doctor said that's too high. I explained it's usually about 80, but medical appointments make me nervous. Still, it got me to thinking: What's a normal resting heart rate? How do I get it to be lower?

Dear Reader: Heart rate refers to how many times your heart beats each minute. Add in the word "resting," and you're talking about a heart rate measured when someone is calm and relaxed. Along with blood pressure, an individual's resting heart rate is often considered to be a window on their general health. And, just so you know, it's not that unusual for someone's heart rate, along with their blood pressure, to become elevated in the sometimes-stressful setting of a medical office.

According to the American Heart Association, a resting heart rate that ranges from 60 to 100 beats per minute is normal for an adult. Factors such as age, gender, height, weight, physical

fitness, lifestyle and general health each play a role in a person's resting heart rate. Research has shown that being a cigarette smoker often elevates heart rate. So can stress, depression or being sick with a cold or the flu.

Elite athletes and people who are physically fit tend to have lower resting heart rates, sometimes measuring in the 40s or 50s. Medications can have an effect on heart rate, as well. For example, stimulants such as Ritalin and certain antidepressants have been shown to raise resting heart rate. Other drugs such as calcium channel blockers or beta blockers can slow the heart rate down. Some studies have associated a rise in resting heart rate with an increased risk of complications such as atrial fibrillation or coronary artery disease.

Although resting heart rates vary widely from person to person, for each individual they tend to remain fairly stable over time. If you should ever notice a sudden and lasting change, check in with your doctor. Becoming familiar with your heart rate, and how it changes when you're relaxed and when you're active, can help you stay aware of your own general health. Start

by measuring your heart rate before you get out of bed in the morning. Just locate the pulse point on your wrist, count the number of beats for 30 seconds and multiply by two. Repeat the process throughout the day, during various activities and while at rest, and you'll develop a sense of how your heart behaves.

One of the best ways to a lower resting heart rate is through physical activity. A 2018 analysis of studies on the topic found that exercises that build endurance, as well as yoga, had a beneficial effect on resting heart rate on both women and men. Deep breathing and meditation are also helpful. Substances like caffeine, nicotine and sugar all increase heart rate, so be aware of what you ingest. And, as with all types of change, be realistic. Start slow and gradually build toward a goal so you're in control and stay safe.

Eve Glazier, M.D., MBA, is an internist and associate professor of medicine at UCLA Health. Elizabeth Ko, M.D., is an internist and assistant professor of medicine at UCLA Health.

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

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For Monday's paper, email production@sherbrookecord.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@sherbrookecord.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.

TOWNSHIPS' CRIER

TOWNSHIPS

If you want to drink, that's your business. If you want to stop, we can help. Call Alcoholics Anonymous 1-888-424-2975, www.aa.org 2021. For further information please call Elizabeth at 819-826-6134.

ONLINE:

Looking Ahead: Choosing a seniors' residence. Tuesday, October 13, 7 p.m. to 8:30 p.m. Free online or phone-in activity. To reserve, email: ml@townshippers.org. Sponsored by Townshippers' Association.

RICHMOND

Please note that the Daniel-Ménard RCM Library, 820 Gouin Street, Richmond will be closed on Saturday, October 10. Information: 819 826-5814 or bibliorcm@ville.richmond.qc.ca

Feeling disconnected from adored aunty

Dear Annie

THURSDAY, OCTOBER 8, 2020

Dear Annie: I have an aunty who has been there for me since my childhood. She has always had my back. My mum is absent, and this aunty the one who has filled in for her all these years. Years back, I felt like I could tell her anything and she would understand me. I adored her so much, still do. But recently, I began to feel a disconnect between us. I asked her why she had been distant lately, and she said that she feels as though I'm competing with her child for her attention. No matter how much I try to explain my feelings – how important our relationship is to me – she brushes me off. I feel so helpless now. What do I do? – Aunty Anxiety

Dear Aunty Anxiety: Give her space to work out whatever the issue seems to be. Maybe her child has been complaining and pushing her to pay less attention to you, or they've been going through some hardship and your aunty feels guilty, believing she hasn't given all the attention to her child that she could have. Whatever the case, this is about her, not you. Do your best not to take it personally. Remember that

you are loved.

Dear Annie: My boyfriend and I have been in an undefined relationship for six months. He has been married before and now is divorced. One thing he has reiterated time and again during these six months is that he doesn't need a woman and having a girlfriend adds nothing to his life. When I ask him why he says things like this, which are painful to me, he says it's due to bad experiences in his past relationships. But he tells me that he wants me.

I am starting to feel uncomfortable with our arrangement. He says that he will never get married. I want to get married. I don't know any of his friends, and he has never taken me out. I've asked him why we can't go out with his friends. He used to say it was because I needed to dress flashier – wear sexier dresses. I've bought flashier clothes, and he still won't take me out. Now, he says he just doesn't like to go out. In reality, before we met, I know for a fact that he used to go out and spend time with his friends and he still does sometimes; he just doesn't invite me. He has never given me anything, not even a small birthday present.

I am sick to my stomach over this. I feel as though he's ashamed of me – and that shame is the real reason that he does not want to introduce me to his friends or take me anywhere.

I want to stay away from him, but at the same time, I'm really confused. Whenever I get upset with something he says, he calls me back and says he loves me. I think that he's just using me. – Second-Guessing

Dear Second-Guessing: He can profess his love for you all day long; if he doesn't have the actions to back it up, it's nothing more than hot air. Throw this fickle froggy back in the pond. You deserve to be with someone who is proud to introduce you to his friends. Don't accept anything less.

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

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

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Vegan substitutions for everyday cooking

If the wealth of vegan products now available in many mainstream supermarkets is any indication, more people are adopting vegan diets.

A vegan lifestyle is the practice of abstaining from the use of animal products, most notably in regard to diet. Adherents to veganism also avoid animal products in clothing and home as well.

The Vegan Society traces its origins to 1944. The main tenets of veganism have been to "to seek an end to the use of animals by man for food, commodities, work, hunting, vivisection, and by all other uses involving exploitation of animal life by man." However, the one aspect most readily unifying is a plant-based diet that avoids all animal foods, including dairy, eggs and honey.

As anyone who has followed an alternative diet can attest, finding recipes that also match dietary restrictions can be challenging. But thanks to more widespread adoption of these diets, including veganism, it's now easier than ever to adhere to diets that might once have been hard to follow.

Whether one is vegan or simply wants to include more plant-based items in their cooking, these substitutions can assist home chefs and bakers.

Egg substitutions

Substituting eggs can be challenging. Eggs interact with other ingredients

in various ways, often helping to emulsify or bring together items into particular textures. About three to four tablespoons of applesauce can replace one egg in baked goods. Bananas also are great binding ingredients in baked items. Silken tofu can be used to create a vegan version of scrambled eggs, and this tofu can be used in many different recipes in place of eggs.

Milk substitutes

Scores of milk alternatives are now available on store shelves. From almond milk to coconut milk to soy milk or even hemp milk, consumers have many options. While they may not produce the exact same texture or flavor as cow's milk, these products do quite well in various recipes.

Butter substitutes

Non-dairy vegan margarines will not contain any traces of lactose or whey in their formulas. Certain varieties may contain hydrogenated oils. Read labels to find suitable products.

Cheese substitutes

Cheese comes in various textures, from grated to firm to soft cheeses. While nothing in vegan cooking can completely mimic cheese, many new products come very close. Certain vegan cheeses can be made from nuts or dairy alternatives, such as almond milk and coconut. Similar fermenting



processes give vegan cheese the bite associated with traditional cheeses. And other ingredients can help it to melt or crumble.

Meat substitutions

Replacing meat has never been easier. Various vegetables and fruits can mimic the texture of certain meats. Such is the case with mushrooms, which have a naturally savory, meat-like flavor. Beans and tofu also serve well in place of meat in dishes. Seitan

is made from wheat gluten instead of soybeans, which can be advantageous to anyone who also has a soy allergy and wants to go vegan.

Thanks to the vast array of new products, those who embrace veganism will find they have many ingredients available to add variety and flavor to their cooking.

(Metro Creative)



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™

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.

"T E X X V V T P X T ' B U A T B X A L U C X V X L
E L D B A O X E N A N L X Z O D O U F S X X K
F X K A S U J P A D S X U K K D W X M ." — U M U B
J U L D V V U

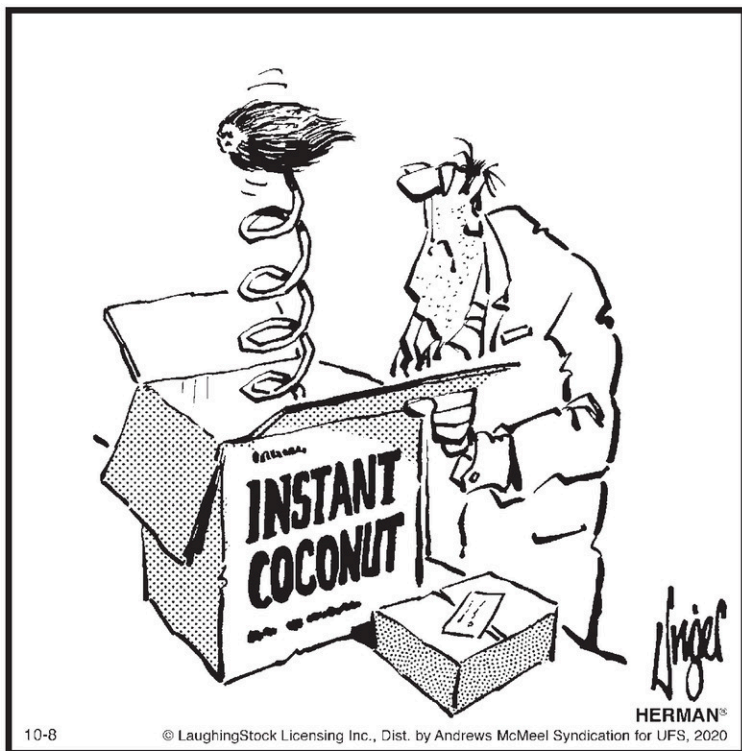
Previous Solution: "Not only do I not know what's going on, I wouldn't know what to do about it if I did." — George Carlin

TODAY'S CLUE: A sjenbe 0

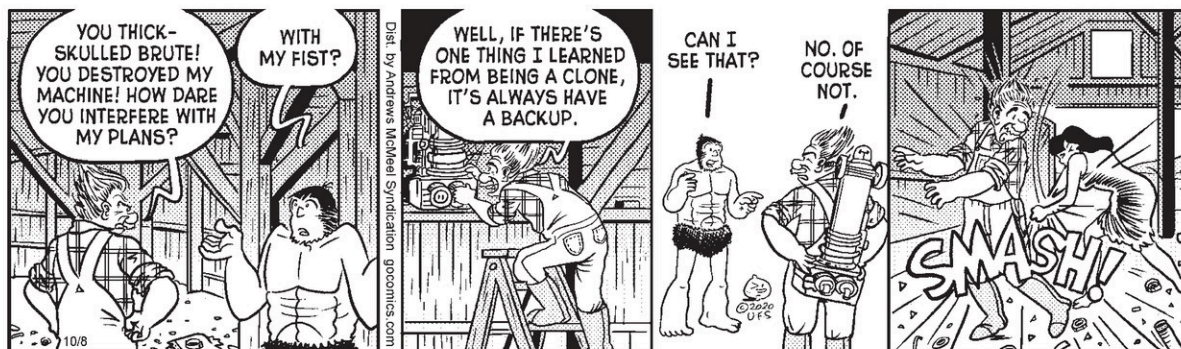
REALITY CHECK



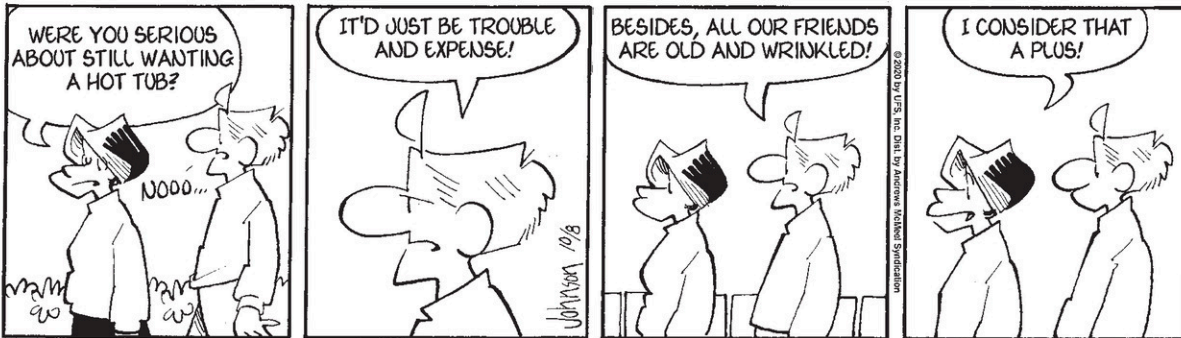
HERMAN



ALLEY OOP



ARLO & JANIS



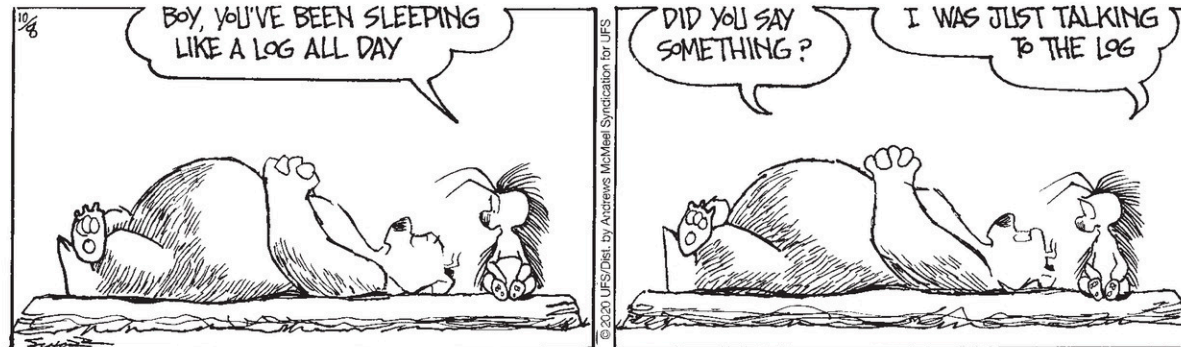
THE BORN LOSER



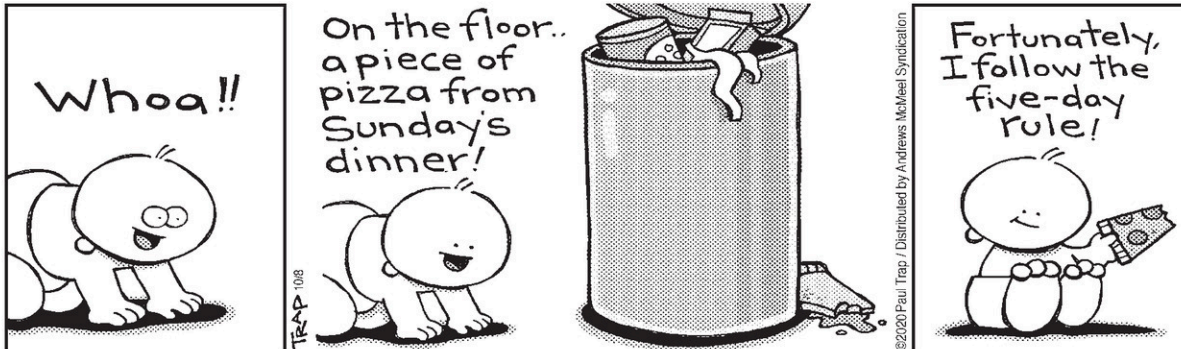
FRANK AND ERNEST



GRIZZWELLS



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

CLASSIFIED

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

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100 Job Opportunities

THE RECORD

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The Record is currently looking for a carrier in Lennoxville to start **A.S.A.P.** for the following streets:

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- Charlotte
- Convent
- Queen (9 customers)

If interested, please contact our office by phone at **819-569-9528** or email at billing@sherbrookerecord.com

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ABC Life Literacy Canada

100 Job Opportunities

100 Job Opportunities

100 Job Opportunities

100 Job Opportunities

THE RECORD

MARKETING AND SALES REPRESENTATIVE

The Record is seeking a dynamic, focused part-time marketing and sales representative to present its new digital package and App to readers, advertisers and institutions.

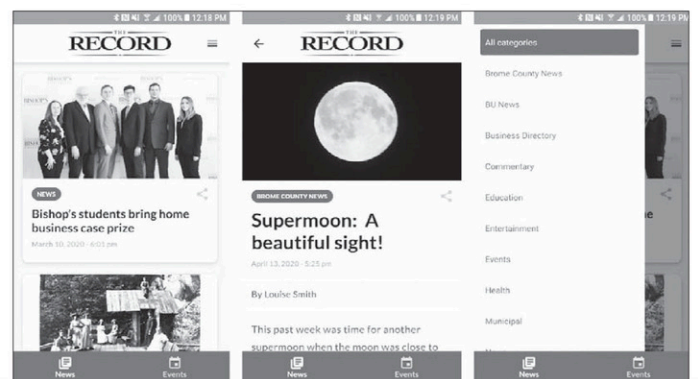
The successful candidate will have an understanding of digital technology, social media platforms, the various tools and strategies employed to expand the reach of print advertising, and the bilingual communication skills required to convey the benefits of digital options to local businesses.

Candidates must have access to a vehicle and be prepared to work a minimum 20 hours per week.

The Record is the Eastern Townships only English-language daily newspaper, serving the region since 1897.

Interested applicants should send a cover letter and resume to

Sharon McCully, Publisher, The Record,
outletjournal@sympatico.ca



Savory fish stew

Many families gather around the dinner table and enjoy seafood on Christmas Eve. Called the Feast of the Seven Fishes, this tradition traces its origins to Italy and was brought over to North America by Italian immigrants.

For many Christians, Christmas Eve is a vigil or fasting day, and the inclusion of seafood reflects the Roman Catholic custom of abstinence from eating meat and dairy products on the eve of certain holidays, such as Christmas. The number seven is traced to ancient times and it can be connected to multiple Catholic symbols and biblical references.

While people can enjoy seven entirely different seafood options, it also is customary to serve one or two types of fish seven different ways. This recipe for "Cioppino" from "Soup's On" (Chronicle Books) by Leslie Jonath and Frankie Frankeny manages to include seven different types of seafood, and it can be modified according to your preferences.

Cioppino Serves 4

- 1/4 cup extra-virgin olive oil, plus extra for drizzling
- 1 white onion, chopped
- 1/2 cup thinly sliced leeks, white part only
- 4 garlic cloves
- 6 anchovy fillets or 2 tablespoons anchovy paste
- 1/3 cup chopped flat-leaf parsley
- 4 sprigs fresh marjoram
- 1/2 teaspoon red pepper flakes
- 1 live Dungeness crab (2 to 2 1/2 pounds), cleaned and sectioned, crab fat reserved
- 8 ounces lingcod or other white fish
- 1 cup dry white wine
- 1 1/2 cups tomato purée or peeled, fresh whole tomatoes
- 8 ounces clams, well scrubbed
- 4 ounces mussels, scrubbed and debearded
- 8 ounces raw prawns or large shrimp, peeled and deveined
- 8 ounces calamari
- Kosher or sea salt
- Freshly ground black pepper

Warm the oil in a heavy, nonreactive pot over medium-high heat. Add the onion, leeks and garlic and sauté until the garlic is golden. Add the anchovies, parsley, marjoram, and pepper flakes and stir to mix. Add the crab and fish and cook until the fish begins to fall apart, 7 to 10 minutes. Add the wine and cook to reduce the liquid by one-third.

Mix together the reserved crab fat, 1 cup water and the tomato purée in a small bowl. Add to the pot, raise the heat to high, and bring to a boil. Add the clams, mussels, and prawns and cook until the clam and mussel shells begin to open and the prawns turn pink, approximately 3 minutes. Discard any clams or mussels that do not open. Add the calamari and cook until opaque, approximately 1 minute. Season to taste with salt and pepper. Ladle into soup bowls and drizzle with olive oil. Serve immediately with a green salad, crusty country bread and white wine.

(Metro Creative)

SUDOKU

DIFFICULTY RATING: ★★★★★

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

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PREVIOUS SOLUTION

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

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

15 Minutes of Fun
 Take 15 minutes a day to learn with your family.

#13 Play a new board game together.

Learning can happen at any time. For more great ways to share 15 Minutes of Fun with your family, visit FamilyLiteracyDay.ca

ABC Life Literacy Canada

NEA Crossword Puzzle

Your Birthday

THURSDAY, October 8, 2020

Answer to Previous Puzzle

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

- ACROSS**
- 1 Sear a steak
 - 5 Damage
 - 9 Kendall or Starr
 - 12 Banjo ancestor
 - 13 Italian eight
 - 14 Letter after zeta
 - 15 Excited
 - 16 Palm reader, maybe
 - 17 — capita
 - 18 Shoves off
 - 20 Actor Anthony —
 - 22 Scale notes
 - 23 Moth or ant
 - 24 Savalas of "Kojak"
 - 27 Donkey's bray
 - 30 Influence
 - 31 Witty fellow
 - 32 Kitchen topper
 - 34 Push-up muscle
 - 35 Hirt and Pacino
 - 36 Fries or slaw
- DOWN**
- 37 Break away
 - 40 Chip producer
 - 41 Frothy brew
 - 42 Python or wrap
 - 43 Work hard
 - 46 Feed
 - 50 Colorful carp
 - 51 Goatee spot
 - 53 Crazy
 - 54 Goal
 - 55 Ditty
 - 56 Bond's alma mater
 - 57 Minuscule
 - 58 Trawler's haul
 - 59 Calendar info

- 9 Military cap
- 10 Two fives for —
- 11 Adventure tale
- 19 Glimmer of hope
- 21 Yuck!
- 23 Panhandles
- 24 Recipe meas.
- 25 Flock members
- 26 Tighten
- 27 Nathan the patriot
- 28 Touched down
- 29 Not narrow
- 31 Stay near the shore
- 33 — City, Okla.
- 36 Growled
- 38 Cleveland hoopster
- 39 Puts in office
- 40 Item in a poker pot
- 42 Filleled
- 43 Distort, as data
- 44 Solitary
- 45 Candy striper
- 46 1492 caravel
- 47 Plato's vowel
- 48 Bagpipes player
- 49 Whetstone
- 52 Bewildered response

1	2	3	4		5	6	7	8		9	10	11
12					13					14		
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57				58						59		

THURSDAY, OCTOBER 8, 2020

Think about partner's problems

By Phillip Alder

Winthrop Mackworth Praed, a 19th-century English politician and poet, wrote, "His partners at the whist-club said that he was faultless in his dealings."

Someone who is near-faultless at a bridge club will be in big demand as a partner. One aspect of that faultlessness is thinking about partner's problems in a deal. How should the defenders have defeated four spades in today's deal? West led the diamond seven: two, nine, ace. Declarer ruffed the diamond eight on the board and played a trump. When East failed to follow suit, South played his 10. How should West have proceeded from there?

Some Wests would have made a takeout double over one spade, but that would have risked playing in a 4-2 diamond fit. The North hand has only eight losers: three spades, two hearts, one diamond and two clubs. This is the number for a three-spade game-invitational limit raise. But North did not look further than his 7 high-card points. No problem, though, as South easily had enough to bid game.

At the time, West won with his spade king, cashed the club ace and played

more time nurturing meaningful relationships. Look for innovative ways to help a cause or those in need. A financial opportunity is heading your way. Romance is favored.

ARIES (March 21-April 19) - Control your emotions and temper. Concentrate on taking care of your responsibilities and living up to your expectations. Work alone, if possible, to avoid interference, and don't share your thoughts or secrets with colleagues.

TAURUS (April 20-May 20) - A unique idea will help you seal a deal or attract interest. A work-related matter will encourage a lifestyle change. Romance is favored.

GEMINI (May 21-June 20) - Take better care of your home and health. Doing research will be vital if you want to avoid making a mistake. Refuse to let anyone take advantage of your kindness or skills.

CANCER (June 21-July 22) - Let your intuition guide you. A positive change will lead to an exciting opportunity. A partnership will turn out to be a blessing in disguise once you iron out your differences.

LEO (July 23-Aug. 22) - Get involved in something that concerns you. Don't watch from the sidelines. An opportunity to do something that will benefit others will work out well.

VIRGO (Aug. 23-Sept. 22) - Concentrate on your priorities, and bring about the changes necessary to achieve your goals. Romance will enhance your relationship with someone special.

PISCES (Feb. 20-March 20) - Spend

North		10-08-20	
♠ J 6 5 3			
♥ K 9 8 2			
♦ 2			
♣ Q J 8 3			
West		East	
♠ K 9 2		♠ —	
♥ A 10 7 4		♥ Q J 6 3	
♦ 7 3		♦ J 10 9 6 5 4	
♣ A 9 5 4		♣ K 7 6	
South			
♠ A Q 10 8 7 4			
♥ 5			
♦ A K Q 8			
♣ 10 2			
Dealer: South			
Vulnerable: East-West			
South	West	North	East
1♠	Pass	2♠	Pass
4♠	Pass	Pass	Pass
Opening lead: ♦ 7			

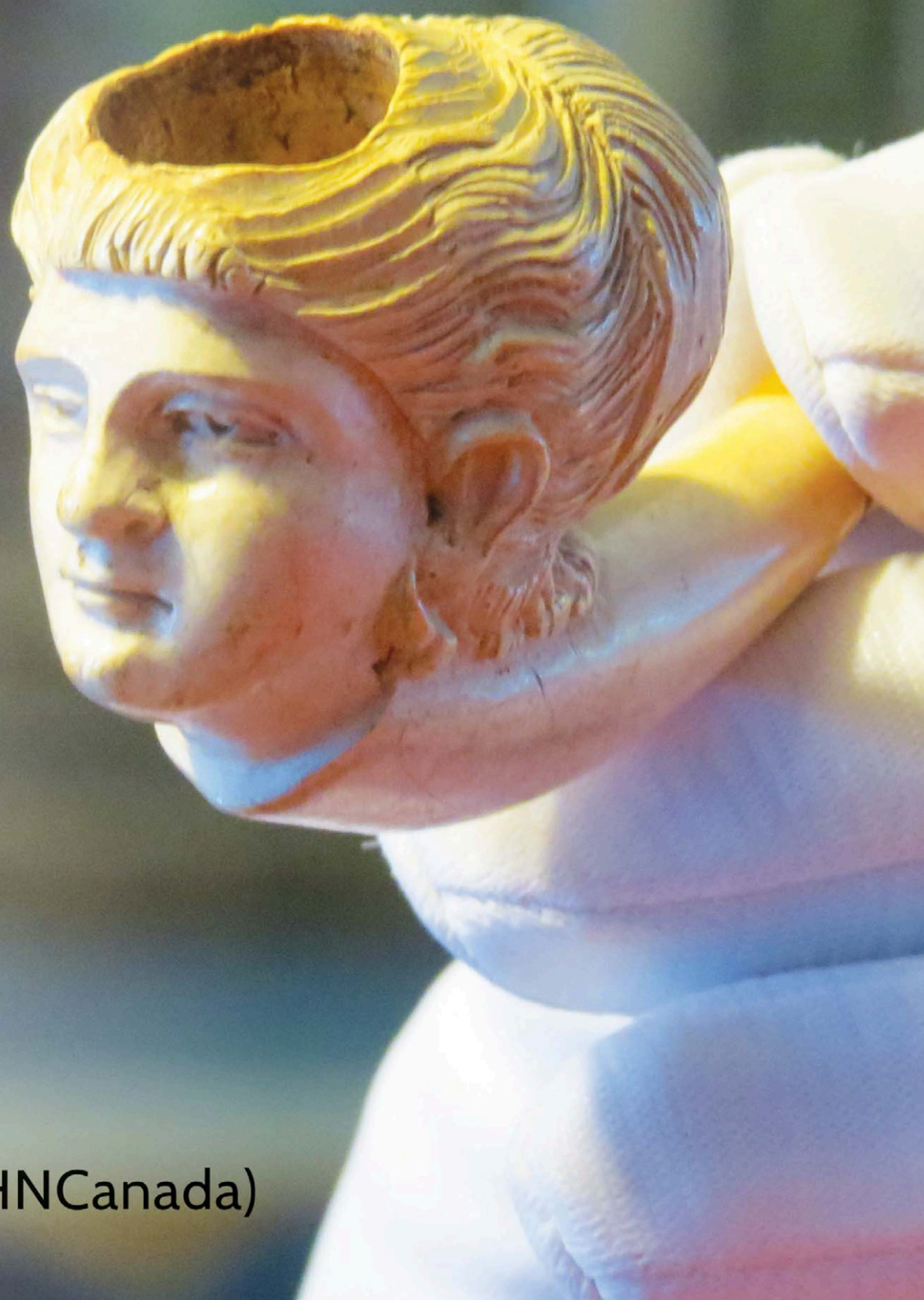
another club. East took that trick and, thinking that partner was now out of clubs, led his last club. South ruffed high, drew trumps ending on the board and discarded his heart loser on the club queen.

Probably East should have found the winning defense because West rated not to have started with 4-5-2-2 distribution. But West was primarily at fault. He knew the position. After taking the club ace and before leading the second club, he should have cashed the heart ace.

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