

Variant cases continue to rise as Quebec moves into March Break

Record Staff

As the March Break gets underway in the province, Quebec's provincial police are reminding the public that they will be increasing patrols at tourist attractions and locations that provide vacation rentals as mandated by the provincial government. The heightened surveillance is aimed at discouraging illegal gathering and the mixing of family bubbles either on rental properties or in private homes.

The Province of Quebec reported 737 new cases of COVID-19 on Sunday following reports of 815 on Friday and 858 on Saturday, bringing the total number of people infected to 287,740. Of that total, 269,530 people had recovered and 7,817 were considered active cases.

Sunday brought word of nine new deaths, alongside 10 reported over Friday and Saturday, but the total number of deaths only increased to 10,393 due to the withdrawal of 1 death not attributable to COVID-19.

Hospitalizations in Quebec increased by two to 601 on Sunday, but that total decreased by 32 overall, compared to last week. The situation with intensive care numbers was similar, with an increase of five reported Sunday, but an overall decrease of five compared to the last report that appeared in The Record,

CONT'D ON PAGE 3



PHOTO COURTESY SES STAFF

By Marianne Lassonde
Special to The Record

Before heading into March break, students at Sherbrooke Elementary School (SES) tucked away their notebooks and buried themselves under a giant fort made of blankets - and teachers could not intervene.

This is part of a yearly initiative called Global School Play Day, which

encourages anything between an hour to a full day of unstructured play time at school. According to Nicole Carrière, principal at SES, this is to encourage problem-solving and creativity.

At SES, Global School Play Day manifested itself through games of Twister, Uno, chess, drawing competitions, and many more.

"It's a lot harder than it seems because the adults cannot intervene," laughed Carrière. "We will set the rules

and the parameters and the limits but then you let them play."

Carrière initially pitched the idea to the Eastern Townships School Board three years ago after hearing about its benefits in a 2014 Ted Talk. According to the talk, there has been a continuous erasure of playtime over the years, with children being restricted in how they play and where they play.

"Kids don't know how to [play]

CONT'D ON PAGE 3

THE
RECORD

The Record's **E-Edition** allows you to read the full edition of the paper without leaving your home **24/7**.
The best way to stay abreast of local news.

Already a print subscriber?
Get the E-Edition free!
Contact: 819-569-9528
billing@sherbrookerecord.com

To subscribe, go to www.sherbrookerecord.com.
Click on E-Edition and follow the simple instructions.
And then start enjoy The Record for as little as **\$9.78 plus tx per month**.



View issues of The Record, Brome County News, Townships Outlet and our special sections with just a click of the mouse!

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 an additional \$5 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.

- 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: RAIN OR SNOW

HIGH OF 4
LOW OF -19



TUESDAY: MIX OF SUN AND CLOUD

HIGH OF -9
LOW OF -11



WEDNESDAY: CLOUDY

HIGH OF 1
LOW OF -6



THURSDAY: CLOUDY

HIGH OF -2
LOW OF -16



FRIDAY: 60 PER CENT CHANCE OF FLURRIES

HIGH OF -8
LOW OF -15

Mansonville Elementary School holds outdoor fun day



THE SCOOP
MABLE HASTINGS

The staff at the Mansonville Elementary School (MES), affectionately known as the "little school with the big heart," held an outdoor fun day for students and staff on Friday, February 26 with indoor and outdoor activities for all to enjoy. Celebrating Festive Hearts month and giving the students an opportunity to enjoy a fun day together to boost spirits and encourage physical activity was the aim of the special day.

The day also provided collaboration with the Missisquoi North Volunteer Centre (CABMN) youth program as the youth centre staff was asked to prepare a fun lunch for the group to share. CABMN youth centre staff, Ethan Ball and Eleanor Cote prepared hot dogs and buns, juice, dessert and treats to add to the event. The two had also made a keychain for each student depicting an animal from their MAYO (Mansonville Agricultural Youth Organization)



MES Outdoor Fun day

program to take home. Whether they chose a key chain with a kunekune pig or a horse, all of the children were delighted with the offering.

Close to 30 students as well as staff took part in the activities and it was quite apparent that the small school works very much as a team with all playing a part in the function and wellbeing of one and other.

"I attended MES as a student," shared Youth Centre Coordinator, Ethan Ball. "It was nice to see how the children look up to Tara Graves-Jersey, the school secretary, Dan Aucoin and the other teachers with respect and admiration."

Youth Centre Animator, Eleanor Cote also shared her own observation.

"I was really impressed with the way that the students and staff followed the directives and rules put in place given the Covid pandemic," she said. "It was clear that the necessity to respect the rules and the reasons for them were at

the forefront of the students' actions and behaviour."

For more information about the Mansonville Elementary School visit: <http://mansonville.etsb.qc.ca/> or call 450-292-5622.

For more information about the youth programs of the CABMN visit: www.cabmn.org or call 450-292-4886.

While the regular programming is currently suspended due to Covid, the Youth Centre staff are finding other ways to stay connected with the youth until the programs resume. While visiting the CABMN website, visitors are encouraged to sign up for their free weekly newsletter. The newsletter will keep you informed of events, group information and government directives during the pandemic.



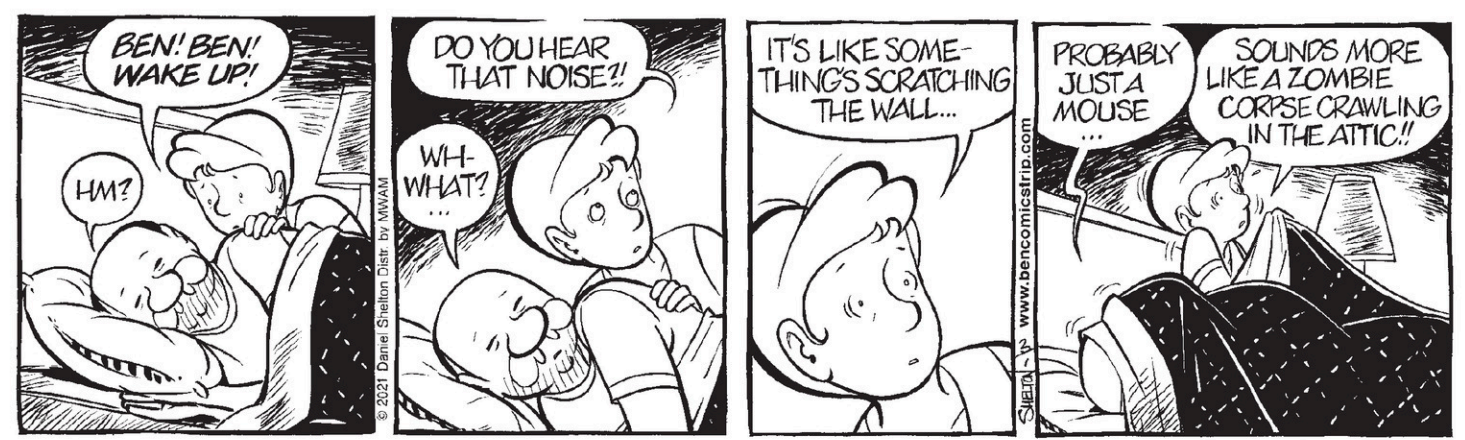
MES outdoor fun day lunch



Ethan Ball-CABMN Youth Centre Coordinator ready to serve lunch to MES students and staff

PHOTOS COURTESY ELEANOR COTE & ETHAN BALL

Ben by Daniel Shelton



Local News

Sherbrooke residents can expect to see a greater police presence in parks, snowmobile trails, skating rinks, indoors and outdoors, as well as other outdoor areas during March break.

Sherbrooke to increase police presence during March break

Record Staff

The Sherbrooke Police Service (SPS) is stepping up its patrol measures as part of a larger, province-wide police initiative to ensure Quebecers follow COVID-19 rules during March break.

There will be an increased police presence in commercial areas, according

to a press release. The initiative will run from Feb. 26 to March 7 in all Quebec cities. The main objective is to keep an eye on physical distancing and masks.

SPS spokesperson Martin Carrier told The Record that it took some schedule adjustments in order to get police officers to cover more ground. He said that the government message is clear and the SPS will respect the latest

directives.

"Movie theatres open tomorrow," Carrier said. "It could be that our police officers go into theatres or in commercial centres; we're going to be very visible."

Sherbrooke residents can expect to see a greater police presence in parks, snowmobile trails, skating rinks, indoors and outdoors, as well as

other outdoor areas. The SPS was also instructed to pay more attention to private and public gatherings.

The SPS is also beefing up its curfew patrols. Carrier said residents might see more traffic stops. He also added that infractions remain the same. If someone is deemed in violation of Quebec's health and safety measures, they will be fined \$1,550.

Online traffic overwhelms vaccine appointment platform

Record Staff

Several Eastern Townships residents reached out to The Record on Thursday to voice their concern with the COVID-19 appointment platform, as many of them were kicked out of the online process.

According to the Townships' local health authority, though, while there were some hiccups, it was a fairly smooth experience. A

communications officer from the CIUSSS de l'Estrie - CHUS said people might have been frustrated at first because there was too much traffic.

"People were trying to make appointments at the same time on the internet and by phone, so it was overloading," she said.

The vaccine appointment system opened to Quebecers aged 85 years old and over, but it was not prepared for the overload caused by people calling

in or visiting the website. A press release sent out late in the afternoon Thursday also addressed the situation.

The statement notes a high volume of people tried booking appointments, but there were no major issues. The communications officer added that the local health authority had more than 7,500 people make appointments for the weeks of March 14, 21, and 29.

There are still some time slots

available at some vaccination centres. She also said Townshippers should not worry too much about availability as the CIUSSS de l'Estrie - CHUS is constantly monitoring the situation, looking for ways to adjust and add appointments.

"For now it's almost full, but we're going to frequently go back to add more," she said, adding that people can book online at Quebec.ca/vaccinCOVID or by calling 1-877-644-4545.

Switching out notebooks

CONT'D FROM PAGE 1

anytime," said Carrière. "If you see kids playing outside, chances are they are wearing uniforms or there are adults directing the play, it's not free play."

The Ted Talk also mentioned how there exists an inherent understanding that children only learn in school-like settings and that free play takes away from that learning. In a sense, free play has come to mean decompression and has lost its ability to educate.

"Kids learn so much through free play but, in western society, we have this need to organize the heck out of everything," added Carrière.

Part of this learning is problem-solving, which is lost to many students because teacher intervention is so immediate. Carrière explained that

often students will set out to play during recess but a problem will arise and by the time it is resolved, their allotted play time has come to an end.

"They don't have enough time to go through that process of resolving their own issues, coming up with solutions and trying them out," said Carrière. "In a day of free play, the idea is that you give them that time to do that."

But with the pandemic still weighing heavily on many people's minds, SES's play day almost came and went without notice. Recognized globally as a child-development initiative, it is supposed to take place on the first Wednesday of February. However, between catching up with the curriculum and sanitary measures, it slipped Carrière's mind.

"It's simply because the changes in our term dates," she explained. "In January, where we usually would have been thinking about this, we were thinking about report cards and parent-teacher interviews."

According to her, the decision to maintain the tradition was only brought to the table mid-February. She said teachers came to her about the importance of bringing it back during the "darkest month of the school year," and Carrière was more than happy to oblige.

"We need the mental break," said Carrière. "[This month] really weighs heavy on everyone, so it is a nice way to lighten things up."

Previously, the play day was a chance

for students to mingle and play with others, but this year children were limited to their classrooms. While access to the playground was based on the existing time slots, Carrière said some teachers could take their classes outside to play in the park in front of the school but it was on a first-come-first-served basis.

Though, the students did not seem to mind the restrictions and instead relished in the stress-free environment.

"It is a nice break because they have been working so hard," said Carrière. "And it's fun! It is one of the only ways we can bring fun in this year."

In other words, a day to let go and just play was long overdue for both staff and students.

Variant cases on the rise

CONT'D FROM PAGE 1

for a total of 117 people.

Sunday's report also indicated that 12,469 doses of vaccine were administered on Saturday, for a total of 432,255 out of the 537,825 doses of vaccine that have been received to date. This accounts for 4.4 per cent of the

total population of the province.

In the Eastern Townships 26 new cases were reported on Sunday after 21 on Saturday and 32 on Friday, with several areas within the region reporting no new cases over two or three of the days.

There were no new deaths attributed to the virus in the region on Sunday, and local hospitalizations decreased by two to 18. The number of people in intensive care remained stable at two.

So far, 21,166 doses of vaccine have been administered in the Townships.

Over the weekend the number of confirmed cases of COVID-19 variants in the province increased to 137, with 1,083 presumptive cases. As of the most recent update only one of the confirmed cases was in the Estrie administrative region.

EDITORIAL

The topic was summer festivals, and what might come of them with the pandemic putting the entire industry into a limbo of uncertainty.

In wake of pandemic, do music festivals need to be estival?



PETER BLACK

To everything, there is a season, goes the song "Turn, Turn, Turn," a big hit for the Byrds in 1965, written by Pete Seeger in the 50s, and taken almost verbatim from Ecclesiastes in the Bible, circa 450 BC; some scholars considered that chapter, of uncertain authorship, to be a literary masterpiece of the Good Book.

My beautiful brick of a Webster's dictionary, published in 1951, is also a masterpiece of the written word. It's first definition of the word "season" is: "Any one of the four arbitrary divisions of the year, characterized chiefly by differences in temperature, weather and hours of daylight, and growth of plants."

Arbitrary, eh? Well, for starters, all those who have taken grade school science will know (or have long forgotten), there are actually two common delineations of seasons: meteorological and astronomical. We, living "north" of the equator, are well launched into meteorological spring, which is deemed to begin March 1,

even though we may be weeks away from any fool crocus poking its head out of the frozen ground.

The stargazers' definition seems to be more aligned with the weather, strangely, what with the immutability of the Earth's tilt, rotation and equinoxes and solstices and all. March 20 makes more sense as the notice of the coming sowing season.

Seasons are also arbitrary in the sense that different cultures view the predictable natural changes in the environment in different ways. For example, some of Canada's Indigenous people carve up the year into six seasons, inserting "break-up" between winter and spring, and "freeze-up" between fall and winter. I would add a seventh: lark fly and mosquito season. In more tropical parts of the world, the six seasons include "monsoon" and "early winter."

We can conclude from this that the notion of seasons is not only strictly arbitrary but, practically speaking, simply a guide for whether it's the appropriate weather to wear shorts or a parka.

What stirs these deep thoughts on the idea of seasons, he wrote as he asked the laptop to play Vivaldi's "Spring," is a conversation heard last week on what some folks fondly call a "radio poubelle" station. The topic was summer festivals, and what might come of them with the pandemic putting the entire industry into a limbo of uncertainty.

The host, making it clear he was going on slim information, speculated



that big music festival organizers may be seriously considering shifting events - namely Quebec City's Festival d'été - from the heat of July to the temperate weather of September. Fans of the astronomical calendar will instantly note that summer rules until Sept. 22 (at 3:21 p.m. if you must know), making gatherings held up until then bel et bien summer festivals.

The host had heard or read somewhere that a big name rock band was planning a pre-pandemic style, in-person concert in a major U.S. city in September, and that the buzz south of the border was that the big summer festivals were pondering being bumped ahead.

With the looming flood of vaccines into this country, it appears more likely than not Canada will meet the target of a fully inoculated population by the end of summer. The question is whether there is enough assurance of that solidly immunized population for

health authorities to give the festival community the green light to start booking and organizing events well enough in advance.

If not, according to some reports, Quebec health officials are contemplating some kind of separation, like pens for farm animals, to limit the amount of contact between festival-goers. With folks divided into manageable modules, contact tracing would be easier in the event of an outbreak.

Word is some kind of pronouncement on the fate and function of summer festivals will be forthcoming by the beginning of April. The choice then for festival organizers might be a Covid-restrained event in the bloom of summer, or a more liberated and immunized bash in the waning days of the season.

To every thing there is a season, and a time to every purpose under heaven - including outdoor music festivals.

Police warns Sherbrooke residents to stay vigilant of fraud attempts

Record Staff

The Sherbrooke Police Service (SPS) is notifying residents of a troubling new type of fraud emerging in the area.

In a press release, the SPS said the fraudsters operate in a small team. One person will contact a potential fraud victim by phone, claiming to be a bank or credit union employee. They tell victims that their debit and credit cards have been fraudulently used.

The fraudster on the phone then

asks the person to give their cards and PIN to a Canada Post employee, who just so happens to be waiting outside their home. In one case, the SPS said, the suspect was wearing a Canada Post uniform.

The SPS added that so far the victims have been over 80 years old. When this type of fraud occurs, suspects are often very insistent, the SPS explains, the best course of action is to hang up the phone. People can also reach the local police service by dialling 819-821-5555 or 9-1-1.

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

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

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

Warm weekend hinders outdoor activities

By David Rossiter
Special to The Record

On Saturday, temperatures hovering just above zero coupled with on and off drizzle throughout the day brought bad news for outdoor rink and some ski hills. The mild weather continued into Sunday, where bright sun and a high of six further damaged trail and rink conditions.

At Desranleau park next to the elementary school, a "Rink closed" sign blocked off any entry to the popular outdoor ice surface. Local children, kicking off their March break, instead amused themselves by sledding down the adjacent hill, albeit slowly.

The interactive map on the city of Sherbrooke's website showed that all of the 20 plus outdoor ice surfaces maintained by the city were closed as well.

Mont Orford was busy over the weekend, with a full parking lot and long lines for the chairlift on Sunday, skiers enjoying the springlike weather.

Mont Bellevue, the downhill skiing destination right in the heart of Sherbrooke, was open all weekend. However, halfway through Sunday they announced via Facebook that the ski hill would be closed on Monday, March 1 due to this weekend's warm temperatures.

Base de plein air André-Nadeau had a large portion of their activities closed all weekend. The ice rink was closed as well as the snow tubing, bike, and snowshoe trails. While cross country ski/multipurpose trails stayed open, rental services were closed and will remain closed on Monday.

With limited spaces available to account for COVID-19 restrictions, downhill skiing tickets at Mont Bellevue for the whole March break week have been sold out for days now. Monday's ticket holders will be refunded in full but unfortunately will have a hard time finding any space to ski this week.

These mild temperatures and outdoor activity closures seem to point to an early spring, (predicted by the



DAVID ROSSITER

best-known groundhogs in Canada earlier this month). However, winter certainly isn't over yet. With below freezing temperatures beginning Monday, there is a source of hope for winter sport enthusiasts.

"We should be able to open Tuesday

for sure, since rain early Monday combined with freezing temperatures later in the day bodes well for all the trails," said a representative of Base André-Nadeau. A customer service worker at Mont Bellevue echoed that opinion.

Magog foundation calls on residents' generosity

Record Staff

The Fondation Constance Langlois launched a major fundraising campaign last week to renovate and upgrade its current building location at 1525 rue Principale Est in Magog.

The foundation's goal is to raise \$300,000 for the building that has housed Les Fantastiques de Magog since its construction in 1990. Les Fantastiques offer recreational activities for people living with an intellectual disability. They have been in the area for nearly 50 years.

Construction on the building is scheduled to begin this summer. The funds raised in the campaign, which is called Les 12 travaux Fantastiques, will be used to alter the interior of the building and expand it in order to increase the number of participants from 26 to 42.

The foundation is covering \$100,000

for the construction project, dipping into its own reserve. But organizers are asking the Magog community to chip in for a good cause. They already obtained one partner: Desjardins du Lac-Memphrémagog.

According to Les Fantastiques de Magog General Manager Caroline De Francesco, demand in their services is growing and their building is no longer able to meet high standards. The construction project will offer participants a more stimulating environment, she said.

Foundation President Gilles Bédard the construction plans include bringing the building up to the proper safety codes, optimizing the current space, reorganizing and adding bathroom space, improving the lighting and soundproofing the property.

"The work will make it possible to offer the day centre's clients a space that meets the new safety standards," said Bédard.



COURTESY FONDATION CONSTANCE LANGLOIS

News quiz for local students

It's time to test the knowledge of young people in the Townships and see who's keeping up with the news.

The Record publishes a quiz each week with five questions related to news that appeared the week before in the paper.

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

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

Each time a student answers a different quiz, their name will be re-entered, increasing their chances of winning a tablet. The contest will continue through March and April.

Don't have access to The Record? No problem.

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

Last week's questions and answers

1) What is the purpose of Bill 85, which was presented in the National Assembly last week?

Answer: It will help improve voting accessibility in the fall municipal elections/expand mail-in ballots.

2) Physicians at the The Massawippi Valley Health Centre have the flexibility to do what?

Answer: They can create their own hours and work days.

3) What is the reason Nick Fonda

believes he was able to work out his new book, Murder on the Orford Mountain Railway?

Answer: He was able to ground it in real events.

4) What does SPA Estrie recommend for pets during a cold snap?

Answer: Limit outdoor walks, remove salt and dirt from paws and accessorize with boots or coat.

5) What did the Cegep de Sherbrooke do for Valentine's Day?

Answer: Students worked together to form a heart on the residence building using lights in the

This week's quiz questions

1) How can the Quebec government encourage more CPE

projects?

2) Cassidy Petiquen, a 13-year-old Sherbrooke resident, wrote her song "Out There" specifically for what audience?

3) What advice did Serena Couturier receive to deal with her anxiety?

4) What does Tennis Quebec want the government to do with its new directives?

5) The new Drummondville elementary school project will add how many students?

Send your answers to mboriero@sherbrookejournal.com for a chance to win the 16-GB Fire tablet.

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

We all want to know more about COVID-19 vaccination



COVID-19 vaccination in Québec began in December 2020 as part of a massive effort to prevent serious complications and deaths related to COVID-19, and stop the virus from spreading. Through vaccination, we hope to protect our healthcare system and allow things to return to normal.

A VACCINATION OVERVIEW

Why get vaccinated at all?

There are many reasons to get vaccinated (all of them good), including protecting ourselves from health complications and the dangers stemming from infectious diseases, as well as making sure they don't resurface.

How effective is vaccination?

Vaccination is one of medicine's greatest success stories and the cornerstone of an efficient healthcare system. That said, as with any medication, no vaccine is 100% effective. The efficacy of a vaccine depends on several factors, including:

- The age of the person being vaccinated
- Their physical condition and/or state of health, such as a weakened immune system

THE IMPACT OF VACCINES AT A GLANCE



- The World Health Organization (WHO) estimates that vaccination helps **prevent over 2 million deaths** every year, worldwide.
- Since the introduction of vaccination programs in Canada in 1920, **polio has been wiped out** across the country and several other illnesses (such as **diphtheria, tetanus** and **rubella**) have virtually disappeared.
- **Smallpox** has been **eradicated** throughout the world.
- The main bacteria responsible for **bacterial meningitis** in children—Haemophilus influenzae type B—has become **much rarer**.
- **Hepatitis B** has for all intents and purposes **disappeared** in young people, due to their having been vaccinated in childhood.



COVID-19 VACCINES

Are the vaccines safe?

Definitely. COVID-19 vaccines have been tested for quality and efficacy on a large scale and passed all necessary analysis before being approved for public use.

All required steps in the vaccine approval process were stringently followed, some simultaneously, which explains why the process went so fast. Health Canada always conducts an extensive investigation of vaccines before approving and releasing them, paying particular attention to evaluating their safety and efficacy.

Who should be vaccinated against COVID-19?

We aim to vaccinate the entire population against COVID-19. However, stocks are limited for now, which is why people from groups with a higher risk of developing complications if they are infected will be vaccinated first.

Can we stop applying sanitary measures once the vaccine has been administered?

No. Several months will have to go by before a sufficient percentage of the population is vaccinated and protected. The beginning of the vaccination campaign does not signal the end of the need for health measures. Two-metre physical distancing, wearing a mask or face covering, and frequent hand-washing are all important habits to maintain until the public health authorities say otherwise.

On what basis are priority groups determined?

The vaccine will first be given to people who are at higher risk of developing complications or dying from COVID-19, in particular vulnerable individuals and people with a significant loss of autonomy who live in a CHSLD, healthcare providers who work with them, people who live in private seniors' homes, and people 70 years of age and older.

As vaccine availability increases in Canada, more groups will be added to the list.

Order of priority for COVID-19 vaccination

- 1** Vulnerable people and people with a significant loss of autonomy who live in residential and long-term care centres (CHSLDs) or in intermediate and family-type resources (RI-RTFs).
- 2** Workers in the health and social services network who have contact with users.
- 3** Autonomous or semi-autonomous people who live in private seniors' homes (RPAs) or in certain closed residential facilities for older adults.
- 4** Isolated and remote communities.
- 5** Everyone at least 80 years of age.
- 6** People aged 70-79.
- 7** People aged 60-69.
- 8** Adults under the age of 60 with a chronic disease or health issue that increases the risk of complications from COVID-19.
- 9** Adults under the age of 60 with no chronic disease or healthcare issues that increase the risk of complications but who provide essential services and have contact with users.
- 10** Everyone else in the general population at least 16 years of age.

Can I catch COVID-19 even after I get vaccinated?

The vaccines used can't cause COVID-19 because they don't contain the SARS-CoV-2 virus that's responsible for the disease. However, people who come into contact with the virus in the days leading up to their vaccination or in the 14 days following it could still develop COVID-19.

Is COVID-19 vaccination mandatory?

No. Vaccination is not mandatory here in Québec. However, COVID-19 vaccination is highly recommended.

Is vaccination free of charge?

The COVID-19 vaccine is **free**. It is only administered under the Québec Immunization Program and is not available from private sources.

Do I need to be vaccinated if I already had COVID-19?

YES. Vaccination is indicated for everyone who was diagnosed with COVID-19 in order to ensure their long-term protection. Nonetheless, given the current limited availability of the vaccine, people that contracted COVID-19 should wait 90 days from when they were diagnosed before being vaccinated.

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

1 877 644-4545

Québec 

In Memoriam

BAIN, Audrey Waldron - March 1, 2017.
*May the winds of heaven blow softly
 And whisper in your ear
 How much we love and miss you.*
**NORMA, JIM
 AND FAMILY**



In Memoriam

PATTERSON, Gordon - In loving memory of our special Gordon Patterson who left us on March 1, 2004.
*Those we loved remain part of us forever.
 So much has changed, but so much will always be.
 Our loved ones leave the world,
 But never our hearts.
 Dearly loved and missed every day.*
**JUNE, CHILDREN
 AND GRANDCHILDREN**

PATTERSON, Gordon - We fondly remember a dear brother-in-law and uncle who left us on March 1, 2004.
*Memories in our hearts today
 Mean more than words can ever say.*
**Sadly missed by
 THE FRASERS**



Datebook

MONDAY, MARCH 1, 2021

Today is the 60th day of 2021 and the 71st day of winter.

TODAY'S HISTORY: In 1781, the Continental Congress officially adopted the Articles of Confederation.

In 1803, Ohio was admitted as the 17th U.S. state.

In 1867, Nebraska was admitted as the 37th U.S. state.

In 1961, President John F. Kennedy issued an executive order establishing the Peace Corps.

In 2003, Pakistani counterterrorism forces captured al-Qaida operative Khalid Sheikh Mohammed, a principal planner of the 9/11 terror attacks.

In 2005, the U.S. Supreme Court ruled that capital punishment for crimes committed before the age of 18 was unconstitutional.

TODAY'S BIRTHDAYS: Frederic Chopin (1810-1849), composer; Glenn Miller (1904-1944), bandleader; David Niven (1910-1983), actor; Harry Caray (1914-1998), sportscaster; Ralph Ellison (1914-1994), author; Yitzhak Rabin (1922-1995), Israeli prime minister;

Harry Belafonte (1927-), singer-songwriter/actor; Roger Daltrey (1944-), singer-songwriter; Ron Howard (1954-), actor/director; Zack Snyder (1966-), filmmaker; Javier Bardem (1969-), actor; Jensen Ackles (1978-), actor; Lupita Nyong'o (1983-), actress; Kesha (1987-), singer; Justin Bieber (1994-), singer.

TODAY'S FACT: The International Criminal Court held its inaugural session in The Hague on this day in 2003.

TODAY'S SPORTS: In 1969, New York Yankees slugger Mickey Mantle announced his retirement.

TODAY'S QUOTE: "Clay can be dirt in the wrong hands, but clay can be art in the right hands." - Lupita Nyong'o

TODAY'S NUMBER: 7,334 - volunteers serving in the Peace Corps (as of mid-February 2020) in 61 countries around the world.

TODAY'S MOON: Between full moon (Feb. 27) and last quarter moon (March 5).

Initial studies link added sugar and IBD



ASK THE DOCTORS
 By Eve Glazier, M.D., and Elizabeth Ko, M.D.

Dear Doctor: I am 32 years old, and I just learned I have IBD. My doctor thinks the fact that in my family we eat a lot of sweets has something to do with it. I'm not the only one with stomach issues, but I figured since it runs in the family, it is genetic. Do you think it could really be from too much sugar?

Dear Reader: Inflammatory bowel disease, or IBD, is a general term used to describe a group of disorders that arise from chronic inflammation of the digestive tract. The most common of these are Crohn's disease and ulcerative colitis. Although Crohn's disease can affect any part of the digestive tract, most people experience problems in the area between the ileum, which is the end of the small intestine, and the start of the colon, or large intestine. In ulcerative colitis, the individual develops sores along the inner lining of the colon and rectum. Both ulcerative colitis and Crohn's disease can cause abdominal pain, diarrhea, rectal bleeding, urgency to defecate, unintended weight loss and fatigue.

It's true there's evidence that IBD, which affects upwards of 3 million people in the U.S., runs in families. Stress, diet and age also appear to play a role. Both ulcerative colitis and Crohn's disease often develop in a person's 20s and 30s. IBDs are also believed to arise from immune system impairment or malfunction.

This brings us to your doctor linking your IBD diagnosis to excessive sugar

consumption. A study using mice, which was published last fall in the journal Science Translational Medicine, found evidence that added sugar in the diet can lead to IBD, and also make existing disease worse. Americans eat an estimated 65 to 70 pounds of added sugar per year, the highest rate in the world. Considering that the U.S. accounts for from one-third to one-half of all cases of IBD worldwide, it's easy to see how the IBD-sugar connection became a subject of inquiry.

In that study, researchers looked at three groups of mice - those with a healthy gut, a group genetically predisposed to develop colitis and a group fed a compound to induce colitis. The mice were then further divided into new groups. Some received simple sugars for seven days in concentrations equivalent to a soft drink. Others had no added sugars in their diet. At the end of the week, the mice on the sugary diets developed colitis that was far more severe than the sugar-free mice. The gut microbiomes of all the sugar-fed mice were significantly altered, with a marked increase in bacteria that degrade the layer of protective mucus that lines the gut.

Whether or not eating sugar erodes the protective mucus in the guts of humans remains to be seen, but these findings are intriguing. And considering we already know that too much added sugar has an adverse impact on heart health, blood sugar control, inflammation and even on mood, we think cutting back would be good not only for your gut, but also for your general health.

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

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

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

BIRTH NOTICES, CARDS OF THANKS, IN MEMORIAMs, BRIEFLETS:
 Text only: 40¢ per word. Minimum charge \$10.00 (\$11.50 taxes included)
 Discounts: 2 insertions or more: 15% off
 With photo: additional \$18.50. **DEADLINE:** 11 a.m., day before publication.
BIRTHDAY, ANNIVERSARY & GET-WELL WISHES, ENGAGEMENT NOTICES:
 Text only: \$16.00 (includes taxes)
 With photo: \$26.00 (\$29.90 taxes included) **DEADLINE:** 3 days before publication.
WEDDING WRITE-UPS:
 \$26.00 (\$29.90 taxes included) WITH PHOTO: \$36.00 (\$41.40 taxes included)

Please Note: All of the aforementioned (except death notices) must be submitted typewritten or neatly printed, and must include the signature and daytime telephone number of the contact person. Can be e-mailed to: classad@sherbrookerecord.com - They will not be taken by phone.
DEADLINES FOR DEATH NOTICES:
 For Monday's paper, email production@sherbrookerecord.com or call 819-569-4856 between 1 p.m. and 5 p.m. Sunday. For Tuesday, Wednesday, Thursday or Friday's edition, email production@sherbrookerecord.com, call 819-569-4856 or fax 819-569-1187 (please call to confirm transmission) between 9 a.m. and 5 p.m. the day prior to the day of publication. The Record cannot guarantee publication if another Record number is called. Rates: Please call for costs.

NEA Crossword Puzzle

Your Birthday

MONDAY, MARCH 1, 2021

- ACROSS**
- 1 Become a donor
 - 5 Political alliance
 - 9 Skillet
 - 12 Poetic twilights
 - 13 Slat
 - 14 Friend of Henri
 - 15 Dodge City marshal
 - 16 — up (pay)
 - 17 Howard or Guidry
 - 18 Catching
 - 20 Alaskan city
 - 22 Ltd. relative
 - 23 Like — — of bricks
 - 24 Saguaro
 - 27 Keaton or Crabbe
 - 29 Jr.'s son, maybe
 - 30 King James pronoun
 - 32 Soprano's rendition
 - 34 Choir voice
 - 36 Slothful
 - 38 Pointy shoe wearer
- DOWN**
- 1 Mild expletives
 - 2 Czar name
 - 3 Ms. Miles of "Psycho"
 - 4 — de corps
 - 5 Voice of Elmer Fudd
 - 6 Sp. or Eng.

Answer to Previous Puzzle

C	A	M		A	S	H		D	A	N
A	R	I		I	N	L	E	O	R	E
D	E	E		S	T	A	I	R		U
S	A	N	D	S		B	R	I	A	R
			D	U	B		S	O	L	
G	O	A	T	E	E	S		S	A	B
R	A	Y		L	E	I		N	I	L
A	H	E	M		A	L	S		L	A
B	U	S	E	D		F	A	S	T	E
			R	E	B		K	O	A	
	J	O	V	I	A	L		T	I	A
V	I	M		G	R	O	U	T		Q
A	V	E		N	E	A	T	O		U
T	E	N		D	N	A		A	G	E

- 7 Giants hero of yore
- 8 Treasure holders
- 9 Paired up
- 10 In a frenzy
- 11 1492 caravel
- 19 Put one's foot — —
- 21 Minute amount
- 23 "The Mammoth Hunters" author
- 24 Spy org.
- 25 Feels awful
- 26 Awards
- 27 Garden areas
- 28 Irritate
- 31 Went quickly
- 33 Windhoek's cont.
- 35 Tony's relative
- 37 Ontario neighbor
- 40 Duration
- 42 Still on the market
- 44 Villages
- 45 Border on
- 46 Tennyson's title
- 47 Earn
- 48 Fishtail
- 49 House wings
- 50 Surrealist painter
- 53 Woolly one

doesn't fit your schedule. Discipline, education and partnerships with people who share your beliefs and concerns will be necessary.

VIRGO (Aug. 23-Sept. 22) – Take care of your responsibilities before you move on to guilty pleasures. You'll enjoy your downtime more if you have nothing hanging over your head. Make special arrangements with a loved one.

LIBRA (Sept. 23-Oct. 23) – Make a point to get things done, even if you face distractions. Refuse to let anyone push you around, take advantage of you financially or back you into a corner. Finish what you start.

SCORPIO (Oct. 24-Nov. 22) – Look over your choices and use what's available to come up with something original. Fixing up your space to suit your needs will encourage you to work hard and think big.

SAGITTARIUS (Nov. 23-Dec. 21) – Call on acquaintances to help you start pursuing a goal. Keep anyone who tries to interfere at arm's length. Opportunity begins with you; stick to your plans. Prioritize your plans.

CAPRICORN (Dec. 22-Jan. 19) – Refuse to let your emotions take control when discipline and facts are required. Approach your peers and family with direct questions, and don't be afraid to voice your concerns.

AQUARIUS (Jan. 20-Feb. 19) – Take care of money matters and problems that involve institutions swiftly and with proper documentation to avoid future setbacks. Don't trust anyone to do the work that you're responsible for.

Getting along with others will be half the battle throughout 2021. You don't have to become a follower to keep the peace. Giving others the freedom to do as they please will encourage better and lasting relationships and give you the right to pursue what makes you happy.

PISCES (Feb. 20-March 20) – Help those who have helped you, and you'll gain respect and a better relationship with people you can count on. A change of plans will allow you to spend more time with a loved one.

ARIES (March 21-April 19) – Do what you can and keep moving forward. Seek out people who can help you make a professional change. A partnership will lead to a new opportunity and a chance to fulfill a long-term goal.

TAURUS (April 20-May 20) – Consider every angle of a situation before you speak up. Getting your facts straight and keeping your emotions out of the equation will help you navigate your way through a tricky transition.

GEMINI (May 21-June 20) – Concentrate on gathering knowledge, making preparations and reaching out to people who share your interests and goals. Look for opportunities to stabilize your finances. Stick to the truth in all things.

CANCER (June 21-July 22) – Focus on gaining ground financially, professionally or contractually. Having a plan in place that will separate you from the competition is crucial if you want to advance. Romance is favored.

LEO (July 23-Aug. 22) – Don't let someone talk you into something that

MONDAY, MARCH 1, 2021

Let them guess a suit for you

By Phillip Alder

Christopher Morley, who was a journalist, novelist, essayist and poet, claimed that something "is a wonderful training for girls, it's the first way you learn to guess what a man is going to do before he does it." What was he talking about?

In today's deal, you can try to guess what to do yourself, or you can call on the opponents to help. Clearly, it is better to get the opponents to assist you.

How should South plan the play in four hearts after West leads the spade jack?

South's jump to three hearts was a super-accept. It showed four-card support, a maximum or near-maximum opening and a doubleton somewhere.

Declarer won the spade lead on the board, drew trumps in two rounds and played a diamond to his king. West won with the ace, cashed the diamond queen and exited with a spade. Now South had to find the club jack for his contract; as you have no doubt surmised, he didn't do it. He took the spade return on the board, played a spade to his ace and led a club to the queen. But East won with the ace and returned his second club: down one.

Declarer should have taken the

North		03-01-21	
♠	K Q 3	♥	K J 10 6 5
♦	9 2	♣	Q 9 4
West		East	
♠	J 10 9	♥	8 7 6 2
♥	4 3	♦	7 2
♦	A Q J 8	♣	10 7 6 5 3
♣	J 6 3 2	♣	A 5
South			
♠	A 5 4	♥	A Q 9 8
♦	K 4	♣	K 10 8 7
Dealer: South			
Vulnerable: Both			
South	West	North	East
1NT	Pass	2♦	Pass
3♥	Pass	4♥	All Pass
Opening lead: ♠ J			

simple precaution of eliminating the spades before playing a diamond toward his king. Then, after the defenders have taken their two diamond tricks, they must either lead a spade, conceding a ruff-and-sluff, or open up clubs, which saves South the guess.

In his quotation, Morley was talking about dancing. On this deal, South failed to step from trick to trick correctly. He trod on his own toes – and, effectively, those of his partner.

CELEBRITY CIPHER

by Luis Campos

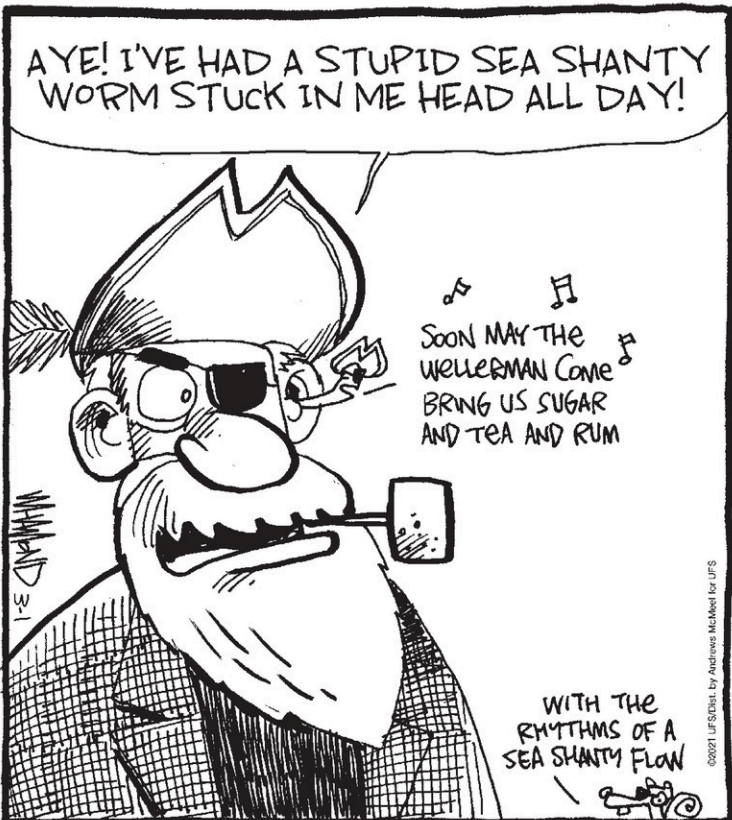
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

“ WNEUTS UI LMCIIHMC NTW ECTIUZT.
 ABNE UI N WNEC, MCNJXX, OHE N FZO
 UTECMKUCA EBNE JNIEI NJJ TUSBE? ”
 — FCMMX ICUTVCJW

Previous Solution: “She (Tanya Roberts) brought joy to so many people. ... Goodbye angel, rest in peace.” — Jaclyn Smith

TODAY'S CLUE: *A tsnba y*

REALITY CHECK



HERMAN

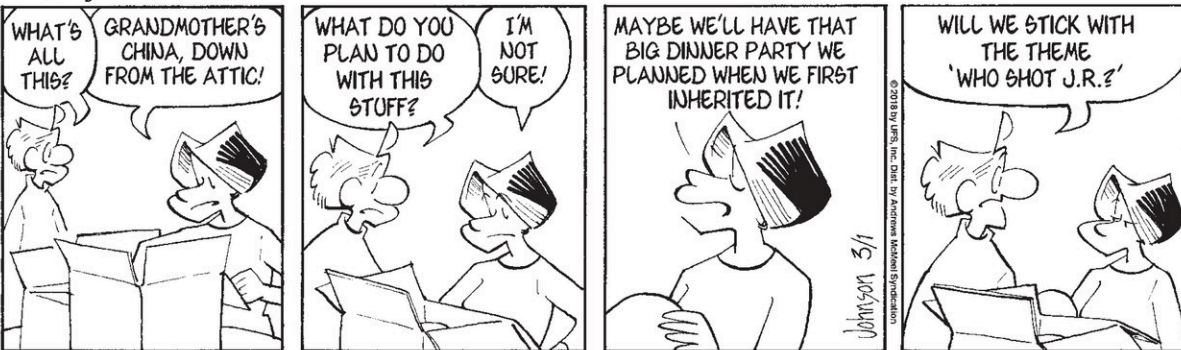


“It was a choice between one of these or a dozen skimpy little roses.”

ALLEY OOP



ARLO & JANIS



THE BORN LOSER



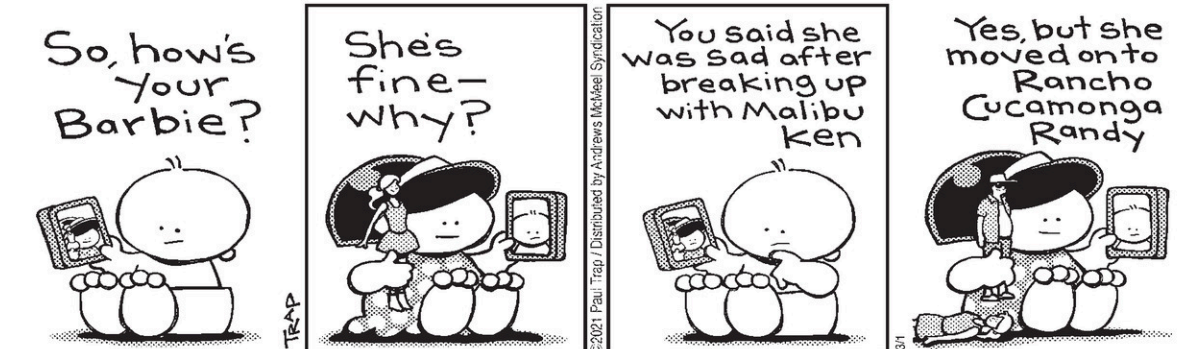
FRANK AND ERNEST



GRIZZWELLS



THATABABY



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
 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@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

Worth the time

Dear Annie

MONDAY, MARCH 1, 2021

Dear Annie: I have been dating my boyfriend for two years. We are both in our mid-40s. But I feel as if we are walking in opposite directions on the road of life.

He works two full-time jobs and has several younger children. He has so many responsibilities financially that he is stretched thin. I have never been invited inside his home. I have been outside the house, but that is it. I tell him almost everything, while he keeps most things bottled up. That is the biggest problem with our relationship. I try to discuss this, but he sweeps it under the rug.

First, his daughter hates me. She refuses to meet me. She cries and carries on. She's 16 years old. So he makes excuses for her. Secondly, I recently found out that his brother and his long-term girlfriend are living there and not helping with any of the household expenses. This bothers me because, until recently, I have more often than not covered his mortgage while paying my own rent and household expenses.

I told him that he needs to talk to the adults in his house because I can't

financially continue to do this. He used stimulus money to get caught up on his mortgage because he was behind (I assumed that he hasn't paid since I stopped paying it). I told him a year ago that things would be so much easier for us if we lived together. But I feel as though that is not an option. And he says that he needs both jobs for the foreseeable future. This means that I see him roughly an hour a month. And we have a date night maybe once every five months, if he's able to get the night off. He keeps apologizing for not being able to see me. But every time we talk, he tells me about the bills he is behind on.

And I am not sure how much more I can take. I love this man with every fiber of my being. He says he loves me and that I should know how he feels about me and it kills him that he can't spend too much time with me. Some days I just feel used to help him keep his head above water. How do I get him to see the big picture? Or do I just fade away into the shadows and tell him I can't do it anymore? - Lost and In Love

Dear Lost In Love: I'm not sure that he is the one who needs to see the big picture here. That person is you. One

hour a month of time spent together is not a relationship. Walk away - today. This does not sound like a good match. The sooner you leave, the sooner you can find someone who wants to make time for you.

Dear Annie: I hope you will print my response to "Irked," who had to convert milliliters to teaspoons. Any pharmacy would be glad to provide a dosing spoon, cup or syringe with your prescription. People often use regular spoons instead of more accurate measuring spoons. That's a mistake because regular teaspoons and tablespoons are not standard. People could over- or underdose themselves. - Pharmacy Technician in NH

Dear Pharmacy Tech: Thank you for your expert advice. I hope this will help anyone who is confused by dosing sizes.

"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.

145 Miscellaneous Services

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

290 Articles for Sale



Make your classified stand out, add a photo for \$10. per day. Deadline: 2 days before publication. Call 819-569-9525 or send an email to classad@sherbrookerecord.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.

Diabetes The New EPIDEMIC

REACT NOW!

Information and donations:
(514) 259.3422 or 1.800.361.3504
www.diabete.qc.ca

ASK THE EXPERTS BUSINESS DIRECTORY

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

Over 30 years of experience
 Fully insured
 Free estimate

www.arboexcellence.ca
 Cell: 819-821-0425 Tel./Fax: 819-562-1642

INVESTMENTS

Life Insurance
 ~
 Annuities
 ~
 Critical Illness
 ~
 LTD
 ~
 RRSF* • 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."

(*Only Mutual Funds are offered and regulated through Global Maxfin Investments Inc.)

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

SUDOKU

DIFFICULTY RATING: ☆☆☆☆☆

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

3/1 © 2021 Dist. by Andrews McMeel Syndication for UFS

PREVIOUS SOLUTION

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

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

The virus won't be taking time off during March break.



We have to follow the guidelines at all times:



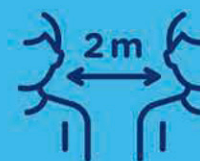
Avoid gatherings



Wear a mask



Wash our hands



Keep our distance

Read more about the measures in place at

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

Let's continue to protect ourselves.

Alexander Galt 2021 Easter Basket Campaign

Initiated in 2018, the AGRHS Easter basket campaign is now part of the local traditions. From the start, we have been fortunate enough to receive generous donations from our community.

This year again, your support will be essential in making this Easter a hopeful occasion for our less fortunate families.

The baskets will benefit families from Alexander Galt Regional High School sector (elementary and high school).

We hope we can continue to rely on your support, as it remains very important to the success of our Easter basket campaign.

Please, make cheques payable to
(tax receipts for donations of 10\$ and over will be issued):
AGRHS Easter Basket Campaign and mail to:
AGRHS, P.O. Box 5002,
1700 rue College, Sherbrooke, QC J1M 1Z9

Thank you for your generosity!