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Mission Impossible: Don't touch your face

Page 4

THE RECORD

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'Wine Ninjas' sneaking their way across the Townships

Page 5

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WEDNESDAY, JUNE 10, 2020

Private home daycares looking for more support

By Gordon Lambie

Sophy Forget Bélec, President of the Association Québécoise des Milieux Familiaux Éducatifs Privés (AQM-FEP) Quebec's association of private home daycares, says that people should not mistake the reopening of daycares with the end of struggles for daycare operators. Speaking with The Record on behalf of those home daycares which are licensed but not affiliated with the provincial system, the association president said that there has been no support from the provincial government over the course of this spring, leading many to shut their doors.

"It is particularly bad in Rivière du Loup and Sherbrooke," Forget Bélec said, noting that private home daycares account for more than 100,000 spots across the province.

Prior to the arrival of COVID-19 and the subsequent shutdown of all daycares, the AQMFEP already found itself in a

CONT'D ON PAGE 3

Local restaurants ready to reset the table



GORDON LAMBIE

La Table du Chef owners Joelle Beaupré and Alain Labrie say there is a lot to do to convert their restaurant back into the fine dining establishment it is known to be after months of serving as a take-out service

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Weather



TODAY:
MIX OF SUN
AND CLOUDS

HIGH 23
LOW 19



THURSDAY:
SHOWERS

HIGH 24
LOW 13



FRIDAY:
SUNNY

HIGH 24
LOW 9



SATURDAY:
MIX OF SUN
AND CLOUD

HIGH 18
LOW 7



SUNDAY:
MIX OF SUN
AND CLOUDS

HIGH 21
LOW 8

HAND-IN-HAND

Memphremagog Conservation Inc. keeping a close eye on water quality



MCI is a not for profit organization that has been working for the protection, conservation and improvement of Lake Memphremagog and its watershed for the last 52 years. Working with a team of volunteers, the organization takes care of the lake and watershed for the benefit of present and future generations.

MCI works in collaboration with various regional and governmental organizations, as well as with citizens, in order to achieve concrete results.

MCI's work is mainly based on scientific knowledge, to inform and sensitize the public and make the various actors aware of their responsibilities, in order to ensure the environmental health of Lake Memphremagog and its watershed.

Although the usual conferences and activities held by MCI over the course

of the summer will not be taking place this year, the organization will still have a Lake Patrol in operation from June to September.

MCI's patrol works with various partners to monitor water quality in the lake and its tributaries, shoreline activities, and cyanobacteria blooms. They also carry out various scientific studies on the lake. This year, the patrollers will be concentrating their efforts on the monitoring and control of zebra mussels in collaboration with the Memphremagog MRC, the City of Magog, and the provincial forestry, wildlife and parks ministry (MFFP). Well established colonies of this exotic invasive species were noted by the patrollers in 2018.

The patrol supervisor is Eric Phendler, who is studying in Biodiversity, Ecology and Environmental Sciences at Bishop's University. The patrollers

This summer, boaters and shoreline residents must redouble their efforts to limit the spread of exotic aquatic species such as zebra mussels, which are invisible to the naked eye at the larval stage.

are Frédérique Thibault-Lesard, studying in Environment and Marguerite Duchesne, studying in Ecology, both at the University of Sherbrooke.

This summer, boaters and shoreline residents must redouble their efforts to lim-

it the spread of exotic aquatic species such as zebra mussels, which are invisible to the naked eye at the larval stage. It is more important than ever to wash, empty and dry one's boat or other aquatic equipment, such as fishing and

diving gear, when moving from one lake to another to prevent the spread of new exotic species in Lake Memphremagog and other bodies of water in the province. Boats can be washed at various free washing stations around the lake, or at home, being sure to follow the instructions detailed on the MFFP's web site.

Environmental issues like the presence of the zebra mussel, can affect the quality of the lake's water, significant because of its role as a drinking water source for more than 175,000 people in the region. The patrol can be reached 7 days a week by telephone or text message at 819-620-3939 or by email at patrol@memphremagog.org.

More information on the work of the organization is available at <https://www.memphremagog.org/en>




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Ben by Daniel Shelton



Local News

Last week, Dubé said the bill will make the government more agile when pushing through stalled infrastructure plans.

Quebec government proposes controversial Bill 61 to restart economy

Record Staff

Quebec's Treasury Board president Christian Dubé tabled Bill 61 last Wednesday, which aims to stimulate the province's economy after several months in lockdown due to the COVID-19 pandemic.

However, the bill is not being perceived as a positive step to restarting the economy by all members of the National Assembly. Opposition parties say the bill infringes on people's basic rights and grants more power to the Quebec government.

The new legislation aims to reinvigorate the province's stagnant economy by fast-tracking 202 infrastructure projects. Schools, seniors homes and public transit are among the proposed

projects.

Last week, Dubé said the bill will make the government more agile when pushing through stalled infrastructure plans. They can also add projects at a later date. The Legault government only needs to debate with opposition parties for an hour.

The National Assembly closes its current session in a few days, which is why many in the opposition feel they are being strong armed by the government. It's being pushed to pass by Friday as the session comes to halt with hardly any time to dissect the bill.

While Bill 61 focuses on rebuilding the economy through infrastructure, several petitions are circulating online, pointing out many hidden features that might be missed at a quick glance.

The bill gives the current government permanent power over expropriation. This could happen to anybody, at anytime, without proper legal defense. It also helps the government circumvent measures put in place to squash corruption and collusion.

There is also a note in the legislation that prolongs the health emergency in Quebec for up to two years. But the government is the only entity that has the power to end it, so it could last longer than two years. One petition calls this a "dictatorial maneuver".

"In a democratic society, this must never be accepted and there is a reason for this. There is no legitimate scientific basis to such a measure," reads the Against dictatorship in Québec petition.

Opposition parties are also questioning whether the government will cut corners when it comes to environmental assessments. With the power afforded by the bill, Premier Legault could bypass many time-consuming procedures.

Several construction workers unions are welcoming the Bill 61, saying they felt as though they had been ignored throughout the entire pandemic. But some unions are concerned that the government is going to ignore workers rights altogether.

The Confédération des syndicats nationaux (CSN) and Fédération des travailleurs du Québec (FTQ) are questioning the necessity to move this quickly because there is no pressing need to do this right now.

How's your municipal council doing?

By Matthew McCully

Check-ins with family and friends have been pretty commonplace during the COVID-19 pandemic, but how many Townshippers are keeping tabs on their town council?

Once gatherings were prohibited to prevent the spread of the virus, out went public council meetings.

The provincial government did, however, table a bylaw, 2020-004, later replaced by bylaw 2020-029 providing the rules governing the holding of council meetings during a health emergency.

The question is how many municipalities are following the rules?

According to the Ministère des Affaires municipales et de l'Habitation website, given the prohibition on indoor and outdoor gatherings, council meetings may be held without the presence of the public. Whenever possible, however, the municipality is encouraged to allow citizens to attend other than in person (e.g., by videoconference or telephone).

By-law 2020-029 of April 26, 2020, also sets out certain requirements to ensure the transparency of meetings that, by law, must be public. These requirements apply in particular to meetings of the council of a municipality, metropolitan community, public transit corporation or inter-municipal board. Such a meeting must now be made public, as soon as possible, by any means that allows the public to know the content of the discussions among council members and the outcome of their deliberations. To meet this obligation, the municipality may, in particular, use one or other of the following means:

- the publication of an audio or audiovisual recording of the meeting made by means of a device such as a tablet, telephone or camera;
- the complete transcription of the deliberations of council members in a document accessible to the public;
- broadcasting the council meeting on a digital platform or by other means that allow citizens to access it.

The website also pointed out that the mere publication of minutes, although still required by law, is not sufficient to satisfy the obligation set out in the by-law, unless the document reproduces the entire proceedings of the council meeting.

This is an exceptional measure that will be temporary. Its objective is to allow the municipal council to continue to make decisions necessary for the operation of the municipality, without compromising the health of elected officials or citizens. Municipalities have a duty to use it reasonably and when circumstances warrant.

The Record visited the websites of a few local municipalities to see how they made their council meetings public.

Ayer's Cliff opted for an audio recording, while Hatley Township offers a video of a Zoom council meeting.

Richmond, however, has nothing up yet, while the town tries to figure out how to upload large audio files to its website.

According to Rémi-Mario Mayette, Richmond Town Manager, the council meetings are recorded, but he is still struggling to get them up on the town's website.

"The last one was 78 megs," Mayette said, explaining the upload maximum is usually around 25. Mayette said he can send the audio files to any citizens who would like to hear the meeting in the meantime.

The town is toying with the idea of making a YouTube page for future meetings, he said, but the digital world has a big learning curve for the town, used to meeting in person.

Sherbrooke's council meetings, including the borough of Lennoxville, were available online long before the pandemic, as were those in Magog.

The Record surveyed several other municipalities and didn't see any recordings or links to recent meetings and has calls in for an explanation.

Have you been your municipality's Facebook or webpage to tune into a meeting?

Private home daycares

CONT'D FROM PAGE 1

challenging situation. Having had to adjust to new norms established in 2017 through Law 143, the association was beginning to push back and raise awareness around concerns that Families Minister Mathieu Lacombe was preparing to require daycares to be a part of the provincial network.

With the shutdown, Forget Bélec said that threat faded while operators, who are all self-employed, turned to the Canada Emergency Response Benefit (CERB) to survive. Although this helped in the short term, things became more challenging on May 11 when daycares, including private home daycares, were allowed to reopen at 50 per cent capacity.

"We are now no longer eligible for CERB (because of the ratio we are allowed) but are barely making enough to survive," explained Lennoxville daycare owner and AQMFEP member Ashley Boynton. "This has caused many, many private daycares to close their doors."

Half attendance, Boynton pointed out, also means half of the income or, in some cases, even less since an operator's own children under the age of nine are included in the ratio.

"Since being told to close our doors on March 13, we have had zero financial help from Quebec, and parents have not had to pay for their spot, even though we have contracts," she added.

Although daycares in the Eastern Townships will be allowed to return to

100 per cent capacity as of June 22, Forget Bélec said that there is some question as to how many private home daycares will make it to that date, or how many parents will choose to return at that point.

The president said that in 2017 there were 13,000 private home daycares in the province. Although she could not provide specific numbers for the present, she estimated that as many as 3,000 of those have closed in the years since because of added financial or organizational strain imposed by the province. With a shortage of childcare options in the province even before the pandemic, she argued that this acceleration of private daycare closures is not going to make things easier for anyone.

"We just don't want to be union-

ized," Forget Bélec said, expressing that those who run daycares out of their homes care passionately about their work caring for children but don't want to see that work bogged down by administrative restrictions that are built into the official daycare system. She argued that the daycares outside of the public system play an important role in the province and should be getting more financial and organizational support from the government in light of that.

The AQMFEP president also shared a fear that legislation requiring all daycares to become a part of the network will be built into "restart" bills like Bill 61, leaving limited room for debate or defence of the value their services offer to parents across the province.

Mission Impossible: Don't touch your face



DIDI GORMAN

Ever since the health authorities instructed us not to touch our faces, I've become terribly aware of how many times I've been breaching the new directive.

A few rogue hairs, for example, have been waiting precisely for the occasion of the pandemic to tickle my chin. I tried ridding myself of the transgressors by rubbing my chin on my shoulder, but it only meant that all the bacteria that had accumulated on my shoulder were now on my chin.

Then my glasses slid in slow-mo down my nose. I resisted the urge to correct them. I resisted and resisted and resisted, until they were just about hanging above my lips.

You'd think I'd give in and run my finger along my nose-bridge to push them back up, right? Well! Little did you know that I've developed a so-

phisticated method of re-positioning my glasses by aiming the very tip of my index finger towards the very tip of the frame, propelling my glasses upwards ever so gently. No finger-to-nose contact. I've been cultivating this newly-discovered talent on numerous occasions by now and, I'm pretty sure such flawless precision says something about my fine motor skills.

Another violation occurred the other day while in the grocery store, when a loose eyelash had suddenly journeyed into the corner of my left eye.

'I will not itch until I get home. I will not itch until I get home. I will not itch until—'

Oooh! This is unbearable!

I confess to having hastily prodded the offender out of my eye with my pinky, but the stress of being caught blatantly touching my face, in public, in broad daylight, had taken a toll on my nerve and the sweat was building up on my forehead, threatening to trickle down my temple at any second. 'What do I do? What do I do? I can't possibly wipe it; not after the previous infraction. Think! Quick!'

Although utterly forbidden nowadays, I somehow managed to stealthily wipe it on a sleeve. (The perceptive reader would notice I haven't said MY sleeve... Never mind; don't ask.)

Anyway.

I've also found a creative solution

for the lip balm dilemma. Nobody wants to be caught in the middle of the grocery store, smearing their lips, these days. So, what do we do about those crusty lips?

I say LIPSTICK! Lipstick for all!

I apply lipstick BEFORE I head to the store and, while I'm at it, put on some blush and mascara. A touch of eyeshadow doesn't hurt either, and maybe a few squirts of perfume – yes, all that to go to the grocery

store and get some milk. If you see me doing the groceries, looking like I'm ready for a photoshoot, blame it on COVID.

But even my posh lipstick was not able to save me from the ultimate peril – the ultra-friendly colleague.

I spotted her from afar, walking down the street straight in my direction, whereupon I did the natural thing these days – I pretended not to have seen her. I gazed intently at the dandelions by the curb, then studied the fire hydrant from up close. But to no avail. The ultra-friendly colleague was standing right in front of me, unmasked, smiling broadly, and, alas, barely four feet away.

"Hiiiiii!" She howled a cheerful greeting at me. I could swear I could feel several droplets landing on my right cheek. Eew. I winced but managed to keep my cool. After we parted ways, I decided that the most sensible

and hygienic thing to do, until I could safely disinfect the contaminated skin, was to grimace sideways, in what you might call 'a lemon-face', in order to create the largest possible distance between the infestation on my cheek and my mouth and nose.

But when I recalculated the trajectory of those droplets (using the simple formula of multiplying the speed of an average droplet by its mass and dividing the product by its angle, minus the factor of the breeze to the power of its velocity), the result, to my great horror, yielded an approximate distance of 1.48 inches to the north-west.

Oh no! Oh, no, no, no, no!!! That's my lower lip! My poor lower lip at the epicenter of the infection!

Consequently, and in order to err on the side of caution, I pouted, Trump-style, all the way home.

"What are you sulking about?" asked my husband when I got home.

"I hink ehr ih a drohlet on wy lower lih," I responded.

Yeah, so that was that.

And I only now realize I've been inadvertently resting my chin on my fist, much like The Thinker statue, this whole time. I just hope I won't get a fine for this transgression or get arrested. I will panic so much that I will most certainly bite my nails!

New guidelines and recommendations to follow in local health institutions

Record Staff

The CIUSSS de l'Estrie-CHUS has established guidelines and safety measures recommended for users and visitors, but also for caregivers and companions within its facilities.

More than ever, the establishment recommends that a face cover or procedure mask be worn inside CIUSSS de l'Estrie-CHUS institutions. If a person does not have a face shield, the facility will provide a procedure mask (blue mask). These recommendations are made in keeping with the behaviours observed in the community where the use of face coverings and masks is becoming the norm.

Basic instructions

Handwashing, respiratory etiquette (coughing into your elbow) and physical distancing are the basic behaviours expected by the population inside and outside CIUSSS de l'Estrie-CHUS facilities. In addition to those sanitary habits, a face cover or mask must be worn,

depending on the location. This is an additional way to protect others and to protect oneself from COVID-19.

"It is thanks to the population that the situation is favourable in the Eastern Townships. They have complied with the measures to stop the spread of the virus. But we must not let our guard down, we must continue our efforts. "Dr. Alain Poirier, Director of Public Health in Estrie said in a recent press release.

COVID-19: an adaptation for all

The new reality of COVID-19 requires everyone to adapt their behaviour in public places. This adaptation is even more important in care and service settings where more vulnerable people and health care workers are circulating. To facilitate physical distancing in the common areas of hospitals or nursing homes, we must rethink our traffic habits. For example, if possible, take the stairs rather than the elevator and use the same habits walking as in the car; stay to the right in hallways.

THE RECORD

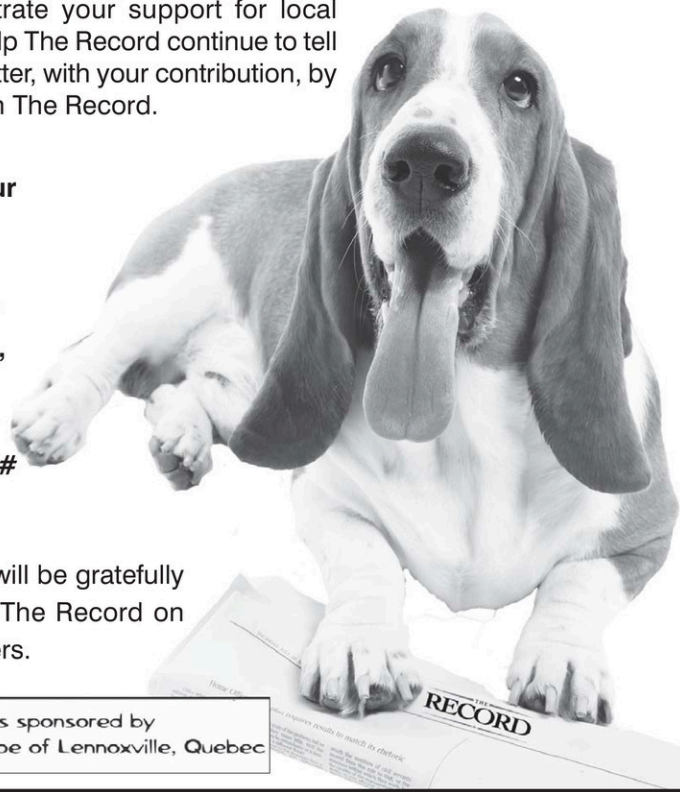
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“Wine Ninjas” sneaking their way across the Townships

By Gordon Lambie

When Jennifer Ruggins Muir invited a few of her friends to be “wine ninjas” two weeks ago, she had no idea that she would shortly be the administrator of a Facebook group larger than many communities in the townships.

“It’s been fun and a little bit crazy,” Ruggins Muir said, explaining that she got the idea for the group, which covertly deposits bottles of wine or other goodies by the front doors of other members, from an article about a similar project in Alberta. In the two weeks

since she and her friends got started, the idea has attracted the attention of almost 1,600 women across the region.

Although clearly still working on keeping up with the popularity of the project, the instigator said that she understands why it would be so popular at a time like this.

“There’s nobody who hasn’t been affected by this,” Ruggins Muir, pointing out that everyone either knows someone who has lost a job in the pandemic or is one themselves. “This is something that brings a little bit of levity and fun back into life.”

The initiative in Alberta that in-

spired the local wine ninjas has drawn some criticism from the RCMP, who have warned people away from participating in these sorts of projects because of the risks involved in sharing one’s address online. Asked about privacy concerns, Ruggins Muir said that she has heard a few group members echo these worries and has taken some precautions to try to make the group safe.

“It’s a private Facebook group,” she said, explaining that new members have to be admitted. The group is also only open to women and people are en-

couraged to post their addresses only temporarily to avoid that sensitive information hanging around, and Ruggins Muir said that she has seen people find alternatives to sharing their home address in situations where they feel concerned. “You need to be careful with anything you post online these days.”

Aside from that aspect, however, Ruggins Muir said that she has been delighted to see how group members have taken “paying it forward” to heart.

“It’s been lots of fun,” she said.



PHOTOS COURTESY

Cégep de Sherbrooke professors concerned about funding for fall semester

Record Staff

The teaching staff of Cégep de Sherbrooke can now breathe a little easier after leading the institution’s nearly 5,000 students to the end of their winter session despite COVID-19. It was quite an adventure, according to Julie Dionne, president of the Syndicat du personnel enseignant du Cégep de Sherbrooke (SPECSCSN), “but thanks to the commitment and responsiveness of our members, we made it happen!”

The president went on to say that

this is no time to stop and celebrate. In these exceptional circumstances, many questions remain about the fall semester.

A number of concerns are widely shared by the Fédération Nationale des Enseignants et Enseignantes du Québec (FNEEQ-CSN). “The main concern of our members is to ensure that students in all programs of study are provided with a framework that will allow them to develop and commit to their studies. In particular, for those who have just graduated from high school, the transition to college is an important time

for personal and professional orientation and our members want to make sure that everything is in place to ensure that everything goes smoothly. It involves maximizing face-to-face meetings,” explained Dionne in a recent press release.

“For several years now, we’ve been experiencing a major problem with the funding of teaching resources. We are asking the ministry to help us in this particular situation,” Dionne explained. “First of all, we need a significant increase in the envelope for students with disabilities, who will need

special support from their teachers as well as professional and support staff. In addition, we are hoping for additions to the envelope intended to fund classroom activities and the envelope for coordination and supervision. There are review activities to be planned for those coming from secondary school and those who have had a shorter winter session, and we must pay particular attention to the holding of laboratories and internships,” the president pointed out.

Quebec hits grim milestone, surpassing 5,000 COVID 19 deaths

The Canadian Press

Quebec has reached a grim milestone, surpassing 5,000 deaths linked to COVID-19.

Authorities have added 45 new deaths reported in the past 24 hours after days of steady decline, bringing the

provincial toll to 5,029.

The number of new confirmed cases continued to drop with 138 infections, bringing that total to 53,185. The number of cases in the Estrie region is stable at 938, with 894 considered recovered.

Meanwhile, the number hospitalizations dropped to 961 and those in in-

tensive care dropped to 117.

Premier Francois Legault says the province is facing a double challenge — boosting the economy without re-launching the pandemic.

Legault took to his Facebook page ahead of a daily briefing to urge vigilance.

He said the province is focused on kickstarting the economy by speeding up major infrastructure projects like hospitals, seniors’ homes, schools and public transit projects.

EDITORIAL

The pandemic has created a lot of misery and havoc, especially for the most vulnerable. But it's also given us a glimpse of the possible.

SCIENCE MATTERS

Returning to normal after pandemic isn't good enough

By David Suzuki

After months of disruption caused by the COVID-19 pandemic, many people just want to get back to "normal." We will overcome this crisis. But "normal" means continued climate disruption and species extinction, growing inequalities, increasing pollution and health risks and the possibility of further new disease outbreaks.

We should aim much higher than "normal." The COVID-19 crisis shows it's possible.

Pollution and greenhouse gas emissions have declined substantially as people fly and drive less. A Stanford University study found better air quality in China during the pandemic shutdown may have prevented 50,000 to 75,000 premature deaths, saving up to 20 times more lives than have been lost there to COVID-19.

But a pandemic isn't a good solution to climate chaos. We can and must change our ways. Hyper-consumption, car culture and burning fossil fuels are putting our future at risk.

It's time to rethink economic systems adopted in the mid-20th century when resources were plentiful and built infrastructure was lacking, when the human population was much smaller and the U.S. promoted consumerism as a way to keep the postwar boom going. It's time to conserve energy and shift to cleaner sources. It's time to help workers in sunset industries train for and find employment in industries that will shape our future. It's time to rethink the ways and hours we work, now that technology has entered every sphere of our work lives.

But some are eager to get back to environmental degradation and climate-altering activity. Around the world, corporate supporters are con-

vincing governments to roll back environmental regulations and protections under cover of the pandemic. We've seen it in the United States, Brazil and Canadian provinces including Ontario and Alberta.

In the latter, where government and media would have you believe bitumen extraction is the only industry that matters, one minister revealed the petro-politician mindset.

"Now is a great time to be building a pipeline because you can't have protests of more than 15 people," Alberta Energy Minister Sonya Savage recently said on an oil well driller podcast.

"At least she's being honest," teen climate activist Greta Thunberg responded in an interview.

Why are these politicians and their corporate and media cheerleaders so determined to spend billions on pipelines for a product that costs more to produce than it fetches on the market? Why do they throw their support behind an industry that employs fewer people all the time, thanks to automation and market forces? Why, when the world is switching to renewable energy, with numerous clean tech economic opportunities, do they want to double down on a fading industry that should have begun its phase-out decades ago. Why do they want to wastefully sell and burn a finite product that has many other uses?

Why are Canadians subsidizing and bailing out what has been the most profitable industry in human history when those billions could do so much to put us on a healthier path?

Is there no foresight, no imagination, no courage?

The pandemic has created a lot of misery and havoc, especially for the most vulnerable. But it's also given us a glimpse of the possible. It's shown that we can reduce greenhouse gas emis-



sions and pollution. It's demonstrated that working regimes can shift. It shows that co-operation and altruism will get us through.

It's also exposed the folly of those who reject scientific evidence and common sense, something we've seen for years with the climate crisis but that's heated up among those who see simple, life-saving measures like social distancing and mask-wearing as an infringement on their freedom.

So many solutions could be implemented immediately – from a four-day workweek to maintaining road closures and restricting car traffic.

When one per cent of humanity owns almost half the world's wealth, and that one per cent is largely behind

the push to get the economy rolling no matter the human cost, then we know change is necessary. That U.S. billionaires added \$282 billion to their wealth in just 23 days during the pandemic while ordinary Americans were losing jobs and struggling to get by further illustrates the current system's absurdity.

Tackling the pandemic is a start to addressing the other crises we face, including climate disruption and species extinction. We can't afford to miss the opportunity.

David Suzuki is a scientist, broadcaster, author and co-founder of the David Suzuki Foundation. Written with contributions from David Suzuki Foundation Senior Writer and Editor Ian Hanington.

Letters

DEAR EDITOR:

Re: Quebec's heritage and its future

The Quebec Anglophone Heritage Network (QAHN), a province-wide network of organizations and individuals that works to promote the preservation of the heritage of the province's English-speaking communities, welcomes the conclusions and recommendations of Quebec's Auditor General in regards to heritage policy in her latest report.

We have seen an unprecedented amount of destruction of built heritage in the last few years with little reaction from our government. As the Auditor General noted, La Loi sur le patrimoine culturel in 2012 delegated many powers to the municipalities regarding the preservation (or not) of heritage sites and buildings but without much guidance or support. The results have been catastrophic. Municipalities lack the expertise to judge the heritage value of sites and are highly dependent on municipal tax revenues which serves as a major inducement to them to approve just about any real estate project, whatever harm it causes to local heritage sites.

We also note with interest the favorable reaction of the Minister of Culture to these recommendations and QAHN remains available to collaborate with the ministry to put in place an action plan to modify the law and provide the tools needed to preserve our heritage which is, after all, an important economic contributor to Quebec society.

SINCERELY,
MATTHEW FARFAN
QAHN EXECUTIVE DIRECTOR

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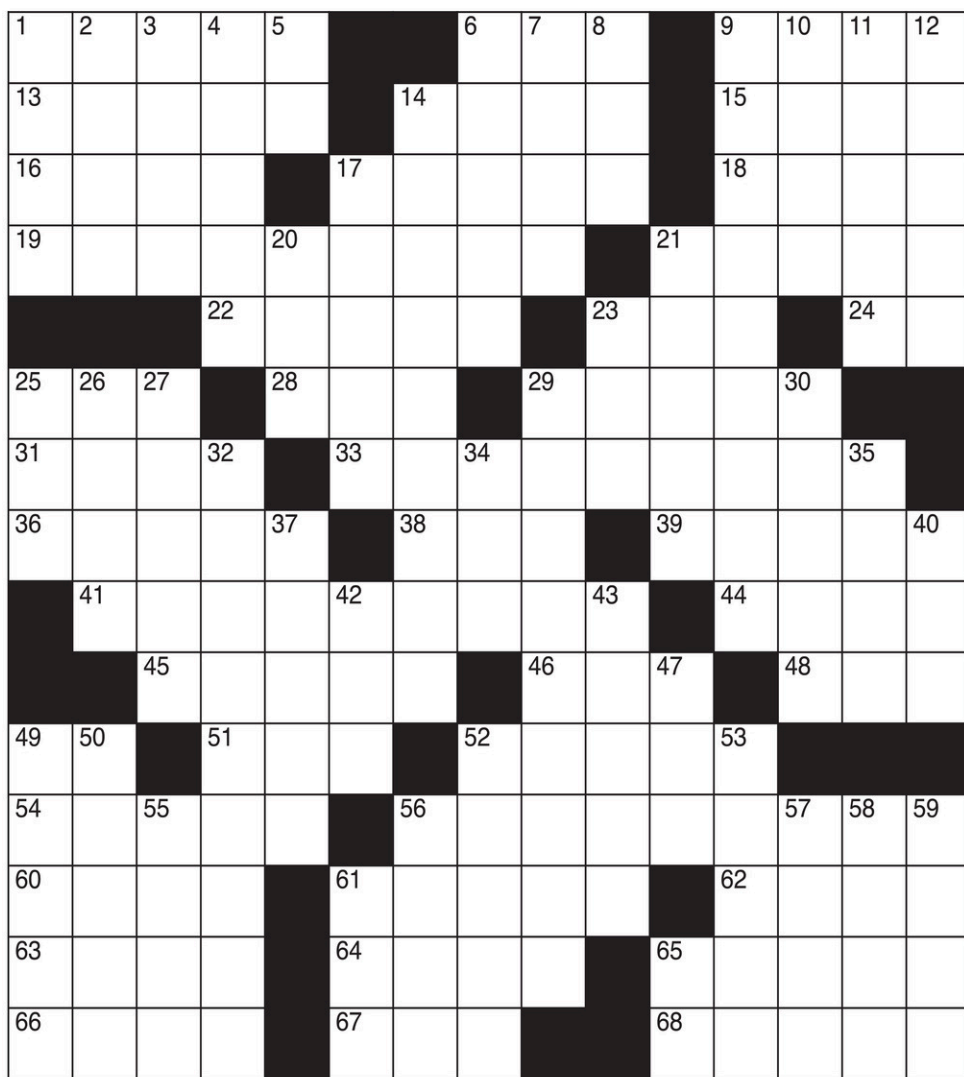
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CROSSWORD



CLUES ACROSS

- 1. American composer
- 6. Very fast aircraft
- 9. Workplaces
- 13. A mount on a surface
- 14. Small freshwater fish
- 15. Double-reed instrument
- 16. Canadian flyers
- 17. Famed astronomer
- 18. Smooth, shiny fabric
- 19. Profited
- 21. Conspiracy
- 22. Infections
- 23. Chum
- 24. Secondary school (abbr.)
- 25. Resistance unit
- 28. Sound unit
- 29. Ancient city of Egypt
- 31. Crease
- 33. Polished
- 36. For goodness ___!
- 38. College basketball tournament
- 39. Scorches
- 41. Describe precisely
- 44. Thick piece of something
- 45. Frocks
- 46. Indicates near
- 48. Senior enlisted US Army member
- 49. A note added to a letter
- 51. A nose or snout
- 52. Clumsy
- 54. Satisfied to the fullest
- 56. Display of strong feeling
- 60. Popular awards show
- 61. Cuisine style
- 62. Expresses pleasure
- 63. Monetary unit of the Maldives
- 64. Utah city
- 65. Fight
- 66. Messenger ribonucleic acid
- 67. Body part
- 68. Suspiciously reluctant

CLUES DOWN

- 1. Fruit of the service tree
- 2. At some prior time
- 3. Mongolian city ___ Bator
- 4. Strongboxes
- 5. Russian river
- 6. Gurus
- 7. Horse mackerel
- 8. Pearl Jam's debut album
- 9. Confines
- 10. First month of Jewish ecclesiastical year
- 11. Famed Idaho politician
- 12. Prevents from seeing
- 14. Indicate time
- 17. Male parents
- 20. Tab on a key ring
- 21. The Great Dog constellation: ___ Major
- 23. Frying necessity
- 25. Former CIA
- 26. The leader
- 27. Produces
- 29. London soccer club
- 30. Closes
- 32. Region in the western Pacific Ocean
- 34. Not present
- 35. Small drink of whiskey
- 37. Begat
- 40. Helps little firms
- 42. Pointed end of a pen
- 43. Fencing swords
- 47. Inches per minute (abbr.)
- 49. Hymn
- 50. Philippine island
- 52. Flemish names of Ypres
- 53. A way to inform
- 55. Small lake
- 56. Linear unit
- 57. Central Japanese city
- 58. Partially burn
- 59. Sports award
- 61. Part of your foot
- 65. Atomic #21



Even during a pandemic,
**you can consult
a professional.**

If you need a medical consultation and have no flu-like symptoms or gastroenteritis symptoms or symptoms similar to COVID-19, contact:

- your doctor
- your medical clinic
- your family medicine group
- or Info-Santé 811 if you don't have a doctor

to get a consultation over the phone or, if needed, in person.

Wearing a mask or face covering during in-person consultations is recommended, although you may be asked to replace it with a procedural mask upon arrival.



Cough into your sleeve



Wash your hands



Keep your distance



Wear a mask
(if less than 2 metres)

Let's keep at it.
Let's continue to protect ourselves.

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

1 877 644-4545



In Memoriam



In loving memory of
LOUIS JOSEPH BUCK
December 15, 1934 - June 10, 1990
*You left too soon,
Always remembered.*
Love,
MADELEINE

WEDNESDAY, JUNE 10, 2020

Today is the 162nd day of 2020 and the 84th day of spring.

TODAY'S HISTORY: In 1935, Dr. Robert Smith and Bill Wilson founded Alcoholics Anonymous in Akron, Ohio.

In 1964, the U.S. Senate voted to end a filibuster staged in opposition to the Civil Rights Act of 1964, clearing the way for the bill's eventual approval.

In 1967, Israel and Syria agreed to a cease-fire, ending the Six-Day War.

In 2003, NASA launched the Mars exploration rover Spirit from Cape Canaveral, Florida.

TODAY'S BIRTHDAYS: Hattie McDaniel (1895-1952), actress; Prince Philip

(1921-), husband of Queen Elizabeth II; Judy Garland (1922-1969), actress/singer; Nat Hentoff (1925-2017), historian/author; Maurice Sendak (1928-2012), author/illustrator; Jeanne Tripplehorn (1963-), actress; Elizabeth Hurley (1965-), model/actress; Bill Burr (1968-), actor/comedian; Tara Lipinski (1982-), figure skater; Andy Schleck (1985-), cyclist; Kate Upton (1992-), model/actress.

TODAY'S FACT: NASA's original mission plan for the Spirit called for the rover to last 90 sols (solar days on Mars) and to drive a total of 0.4 miles. Spirit actually operated for approximately 2,208 sols and covered 4.8 miles before getting stuck in soft soil.

TODAY'S SPORTS: In 1978, Affirmed

won the Belmont Stakes, becoming the 11th horse to win horse racing's Triple Crown.

TODAY'S QUOTE: "It is through fantasy that children achieve catharsis. It is the best means they have for taming Wild Things." – Maurice Sendak

TODAY'S NUMBER: 15 – age of Joe Nuxhall of the Cincinnati Reds when he pitched two-thirds of an inning against the St. Louis Cardinals on this day in 1944, becoming the youngest player to ever take the field in a Major League Baseball game.

TODAY'S MOON: Between full moon (June 5) and last quarter moon (June 12).

Reader queries cover a range of topics



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

as a DaTscan wasn't mentioned. "It is considered reliable enough that it is often required at the start of treatment testing to prove a patient has PD," he wrote.

DaTscan uses a radioactive isotope to assess the health of the dopamine system in the brain. It's the loss of dopamine transporters (DaT) that leads to the neurological symptoms of Parkinson's disease. However, the scan will return an abnormal result in any neurological condition that involves dopamine transporters. It's used in conjunction with a neurological and physical exam to arrive at a final diagnosis, but in and of itself does not return a definitive PD diagnosis.

– A reader from Spokane who suffers from chronic foot pain requested a copy of our column about a condition known as Morton's neuroma. Although we can't mail you a copy, we can provide you with the link. We hope it helps. uexpress.com/ask-the-doctors/2019/12/9/having-a-mortons-neuroma-is-a

– In that same vein, a reader from North Carolina is disappointed that her newspaper occasionally abridges our columns. The good news is that you can find the entire (and uncut) Ask the Doctors archive at uexpress.com/ask-the-doctors.

– A reader whose 76-year-old mother has just received a diagnosis of colon cancer wonders where to learn about

clinical trials looking into the disease. An excellent resource is The National Cancer Institute, at cancer.gov. Enter the words "colon cancer clinical trial" in the search bar, and the top three results will give you a wealth of information.

– To the reader who asked what RNA and DNA stand for, the answer is ribonucleic acid and deoxyribonucleic acid, respectively. These are the names of the sugars that serve as the backbones of the two molecules.

– A column about hypertension led a reader to ask us to highlight something known as "white coat syndrome." This is a condition in which someone's blood pressure spikes in a clinical setting but is otherwise normal. Although there is no surefire cure or mitigation for this, it's important information for your health care provider to have. They may ask you to wear a portable blood pressure monitor for 24 hours to get an accurate reading.

We'll wrap up with another thank-you, this time to the sharp-eyed readers who pointed out an error regarding dietary guidelines for daily limits on sodium. You're correct that the unit of measurement should have been 2,300 milligrams, and not micrograms (sigh), as we wrote.

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.

Do Just One Thing



By Danny Seo

Yes, there is a right way to mow the lawn so you can achieve a beautiful yard without causing harm to wildlife. It's simple: Start by mowing from the center of your lawn and working slowly out. This movement gives wildlife of all sizes the opportunity to notice the disturbance and find the time to run outward, away from your lawn mower. Starting with the outer edges of the lawn and working in can force wildlife to run toward the center, where they can be stuck with no escape.

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)

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With photo: additional \$18.50. DEADLINE: 11 a.m., day before publication.

BIRTHDAY, ANNIVERSARY & GET-WELL WISHES, ENGAGEMENT NOTICES:
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NEA Crossword Puzzle

Your Birthday

WEDNESDAY, JUNE 10, 2020

Answer to Previous Puzzle

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

- ACROSS**
- 1 The same as above
 - 6 Chum of Archie and Jughead
 - 11 Detach
 - 13 Bizet opera
 - 14 Garlicky dish
 - 15 Ice hockey locales
 - 16 Petruchio's bride
 - 17 Chinese pan
 - 19 Fam. member
 - 20 Jeered at
 - 22 Film cowboy Gene —
 - 26 High standards
 - 30 Less moist
 - 31 Expression
 - 33 Tex-Mex dip
 - 34 Slim watercraft
 - 35 Note
 - 38 Revise
 - 39 Register for
 - 41 Move swiftly
 - 44 PBS funder
- 45 Rounded lump**
- 49 Capital of Alaska**
- 51 Have rapport**
- 53 It turns litmus blue**
- 54 Vital essence**
- 55 Arrests, slangily**
- 56 Bring down in status**
- DOWN**
- 1 Dark part of twilight
 - 2 Ancient Peruvian
 - 3 Not this
 - 4 Heavy volume
 - 5 Caveman from Moo
 - 6 Make less than perfect
 - 7 Blast furnace inputs
 - 8 Former Atlanta stadium
 - 9 Coral reef locales

- 10 Jr. naval officer
- 12 Fuzzy fruit
- 13 Hardened
- 18 Geisha's accessory
- 20 Dance wildly
- 21 Airport fluid
- 22 TV spots
- 23 Europe-Asia range
- 24 Flooring piece
- 25 Others — Bede
- 28 Checkout formation
- 29 In a while
- 32 Avg. size
- 36 The blahs
- 37 Hwy.
- 40 Organs of hearing
- 41 Z in phonetic alphabet
- 42 Cartridge fillers
- 43 Bog dirt
- 45 Smooth-talking
- 46 Pasternak heroine
- 47 Redding of blues
- 48 — noire
- 49 Punch
- 50 Unser and Gore
- 52 Eco-friendly feds

1	2	3	4	5		6	7	8	9	10	
11				12		13					
14						15					
16					17	18			19		
				20				21			
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30								31		32	
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	35				36	37		38			
				39			40				
	41	42	43		44			45	46	47	48
49				50			51	52			
53							54				
55							56				

Rethink your motives. Base decisions on what works best for you and those you love. Giving in to temptation or letting someone redirect you will deter success and personal satisfaction. Make adjustments that are intelligent and geared toward what you want to achieve, and everything else will fall into place.

GEMINI (May 21-June 20) - Take care of emotional matters. Discuss your plans with someone you love and you'll come up with a program that encourages positive change. Romance is in the stars.

CANCER (June 21-July 22) - Concentrate on connecting with people who have something to offer through social media. Building a core base of like-minded people will help you work toward a collective goal.

LEO (July 23-Aug. 22) - A change someone makes will be a telltale sign regarding their motives. Discard a plan that doesn't benefit you directly. You'll do better on your own than following someone else.

VIRGO (Aug. 23-Sept. 22) - Stick to your objective and stay out of trouble. A change you've been considering needs to be foolproof before you proceed. Use your intelligence to gain support and sufficient help.

LIBRA (Sept. 23-Oct. 23) - You'll learn a lot if you observe what others do and how they respond. A quiet pursuit will help you reach your destination of choice without interference.

SCORPIO (Oct. 24-Nov. 22) - Refuse to let your emotions stand between you

and success. If revenge becomes your motive, it will rebound. Work hard, and the success achieved will bring results that far exceed retaliation.

SAGITTARIUS (Nov. 23-Dec. 21) - Keep an open mind, but don't be gullible. Spend time nurturing essential relationships and less time listening to an outside opinion that is trying to disrupt your life. Romance is encouraged.

CAPRICORN (Dec. 22-Jan. 19) - Pick up information and improve skills that will help you excel. An unusual offer will intrigue you. Don't waste time thinking about the possibilities; do something to initiate positive change.

AQUARIUS (Jan. 20-Feb. 19) - Strengthen your relationship with someone close to you. Make plans to enjoy common interests and to explore a lifestyle that offers less stress. Romance will improve your personal life.

PISCES (Feb. 20-March 20) - Channel your energy into something that requires you to use your intelligence, skills and experience to get ahead, and you will excel. A positive change will bring you closer to someone you love.

ARIES (March 21-April 19) - Call on experience, people who owe you a favor and your gut feelings, and you will make better choices. Verify the information you receive from outsiders and administrative agents.

TAURUS (April 20-May 20) - Keep your emotions in check when dealing with situations that can influence your professional goals. Don't let uncertainty limit what you can achieve. Focus on the facts and figures and proceed.

WEDNESDAY, JUNE 10, 2020

What a difference a lead may make

By Phillip Alder

Robert Orben, a comedy writer who has also been a magician, defined a vacation as "when you spend thousands of dollars to see what rain looks like in different parts of the world."

Maybe he should have gone to Alice Springs in Australia or the Atacama Desert in Chile.

The key word in the opening sentence is "different." Look at the West hand. After two passes, South opens one no-trump, and three passes follow. What would you lead?

This deal was played 16 times at Bridge Base Online. At 13 tables, the auction went as given. At two others, South opened one club, perhaps because he was using the weak no-trump. After two passes, East balanced with one heart and ended in three hearts. The last auction was weird. West doubled one no-trump, and North redoubled, showing a minor one-suiter. A moment later, South was in three diamonds, which East doubled. That could have cost 500 for down three, but West pulled to three no-trump! The defenders ran the diamonds, after which declarer could have taken the rest, but he discarded poorly and went

		North	06-10-20
		♠ 8 7 3	
		♥ 10 4 2	
		♦ Q J 6 4 3	
		♣ 7 4	
West		East	
♠ A 10 9 6		♠ Q J 5	
♥ A 6 5		♥ Q J 9 7 3	
♦ 8 5		♦ 9 7	
♣ A 10 3 2		♣ K 9 5	
		South	
		♠ K 4 2	
		♥ K 8	
		♦ A K 10 2	
		♣ Q J 8 6	
		Dealer: North	
		Vulnerable: East-West	
South	West	North	East
		Pass	Pass
1NT	Pass	Pass	Pass
		Opening lead: ??	

down two. Against one no-trump, four Wests led the heart five, and three the spade 10. The declarers took that trick and their five diamond winners for down one. Six times, though, the defense was perfect. West led the club two. East won with the king and shifted to the heart queen. After five winners there, East pushed through the spade queen, producing another four tricks. Finally, West's club ace took the contract down five. The defenders made five no-trump!

CELEBRITY CIPHER

by Luis Campos

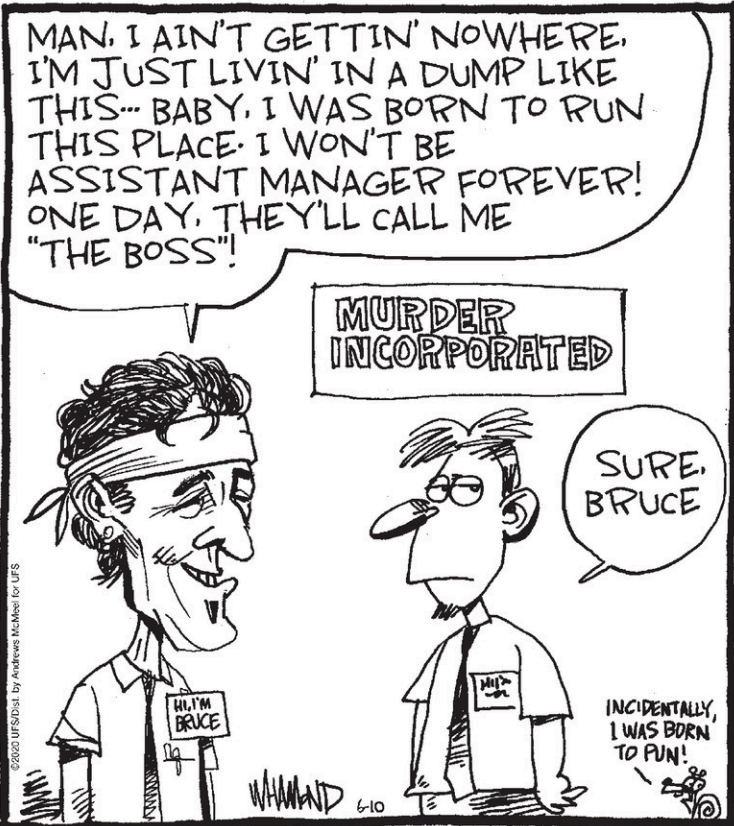
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

" D TUF 'C C BDFY RP UFVCBDFE D 'H
WUCBNW HR JNAA CBUF BUIN CR
TRFCDFRSRAJV ABUWN HNCUDJA RP
XV NINWVHUV JDPN." - ATUWJNCC
ORBUFAARF

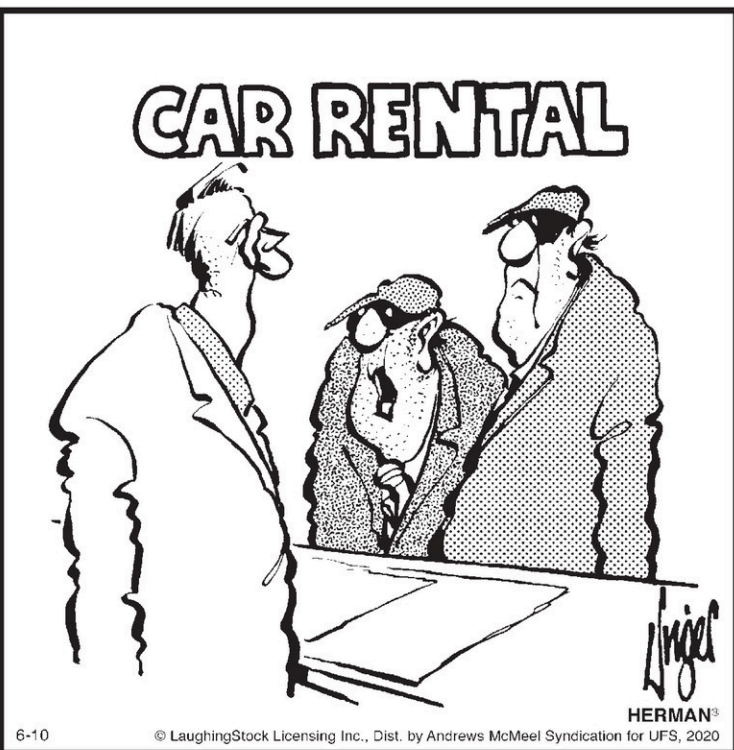
Previous Solution: "If there's anything more mortifying than being famous at 14, it's being washed up right after." — Moon Unit Zappa

TODAY'S CLUE: *Keats*

REALITY CHECK

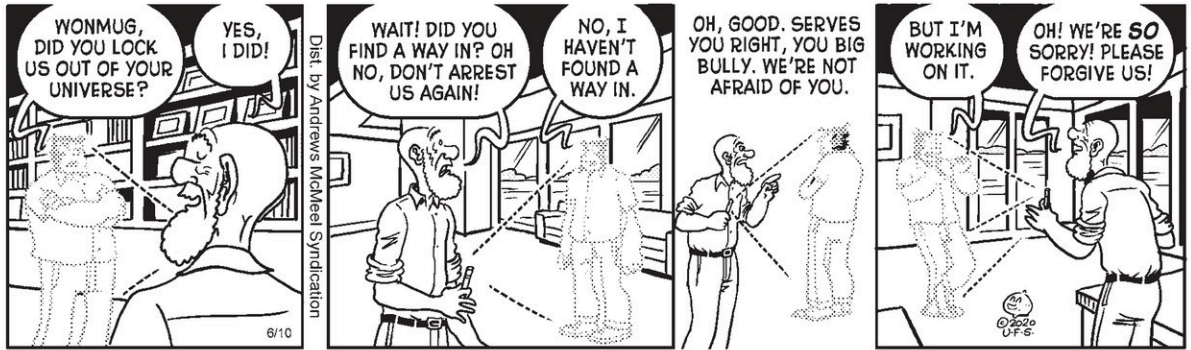


HERMAN

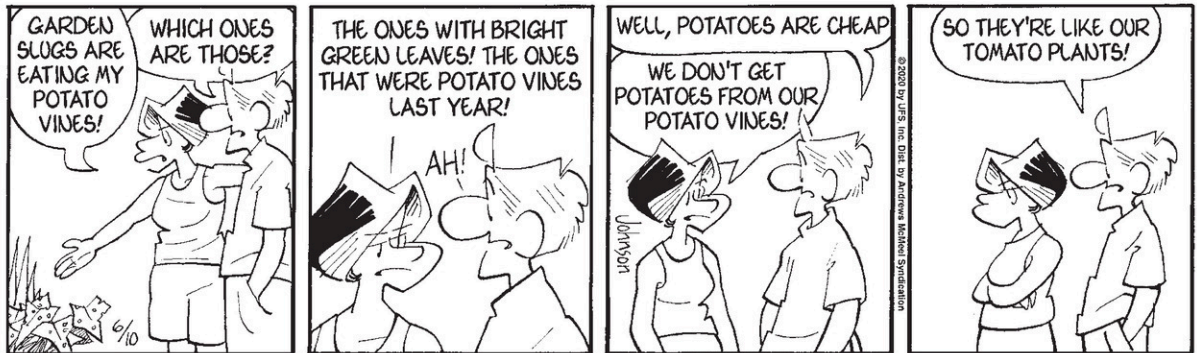


"We need something fast for about 10 minutes."

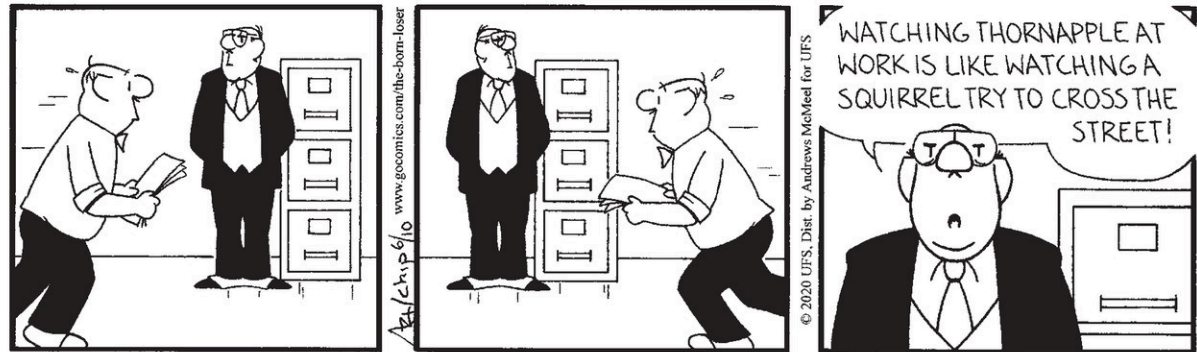
ALLEY OOP



ARLO & JANIS



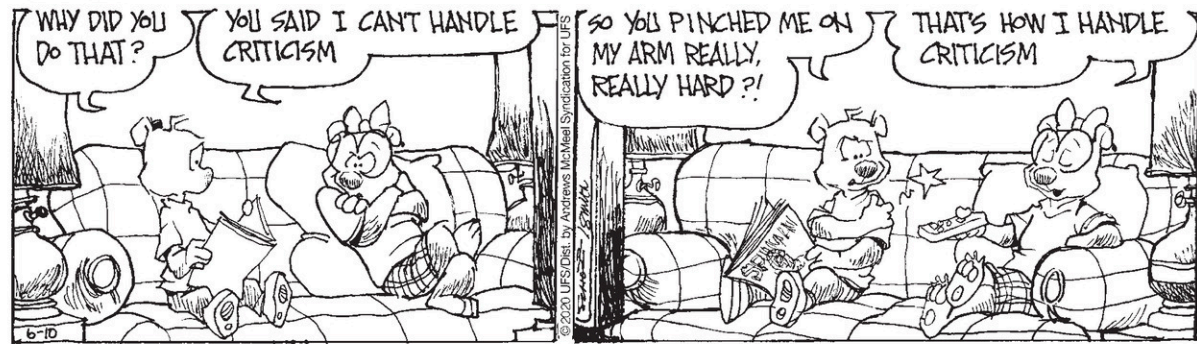
THE BORN LOSER



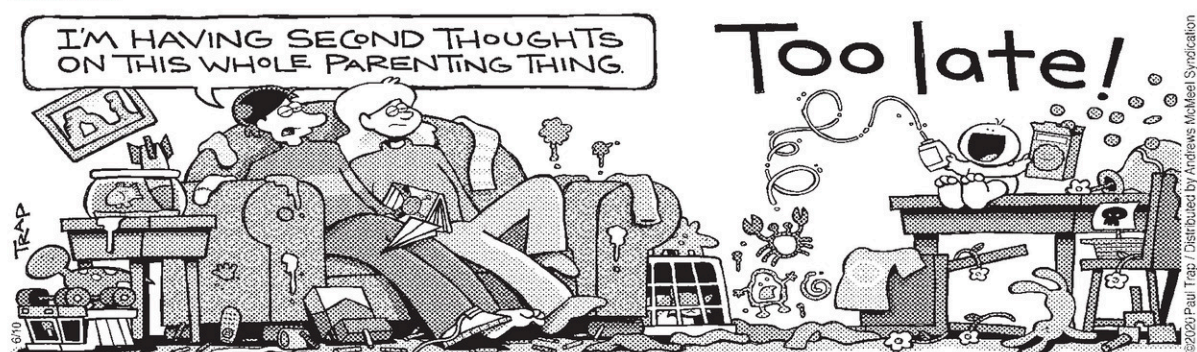
FRANK AND ERNEST





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 or Knowlton: (450) 242-1188 between 9:00 a.m. and noon

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Deadline: 12:30 p.m. one day prior to publication
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THE RECORD

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The Record is currently looking for a carrier(s) in Lennoxville for the following streets:

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- Charlotte
- Convent
- Queen
- Warner

(9 customers)

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450-242-1188



Friend needs to find coping mechanisms for isolation during COVID-19

Dear Annie

WEDNESDAY, JUNE 10, 2020

Dear Annie: I am a college student who has been dating a girl for about two months. She's from out of town but lives in the same city as me. Throughout the COVID-19 pandemic, she has been more isolated than usual. She has a roommate but otherwise feels lonely. I spend as much time with her as I can (respecting social distancing protocols, of course), and we text a lot.

In anticipation of having to stay home, I've taken on several projects that take up a lot of my free time. I am passionate about them. My girlfriend, who has more free time, will often video call me while I'm working, expecting me to immediately answer and talk for a while, even on days where we've spent hours together in person. If I try to politely decline, she says, "Ouch." How can I explain to her that, while I do love talking to her, I want to do other things, too, and don't appreciate being guilty over needing some personal time outside of my work? - Girlfriend Blues

Dear Girlfriend Blues: The best way to explain is exactly the way you did in your letter. It is very healthy that you have found things to keep you busy during the lockdown, and you should encourage your girlfriend to do the same.

The COVID-19 pandemic has been challenging for everyone. During stressful times, people use different coping mechanisms. Perhaps hers is to be needy while yours is to withdraw and find other things to do. Good relationships have the three c's: communication, compromise and commitment. After you have communicated what's in your letter,

if you are both committed to the relationship, you might have to compromise with her as well.

Best of luck to you both, and stay safe and well!

Dear Annie: Your column "Nurses Offer a Hand to Hold" hit me hard - and gave me some solace at the same time. In 2003, my mother was living with us and had a heart attack (she'd had a couple before). The EMTs responded quickly and took her to the cardiac ICU, where she got excellent care.

She had expressed a strong wish to not be alone when she passed. As we got close to the end, I left what I thought were explicit directions to call me any time of day or night. I left her at about 10 p.m. one evening to get some rest and got a call at 7 the next morning that she died at about 3 a.m. I was crushed that I wasn't there! That has stayed with me to this day. My hope, and maybe one day my belief, is that a nurse like nurse Palmer was holding Mom's hand when her time came.

I hope the column comforts others as well. We all need to thank a nurse not only for their professional capabilities but also their personal care. - Thank a Nurse

Dear Thank a Nurse: I am sorry you lost your mother but grateful that you found comfort from nurse Palmer's letter. Wishing you and your family love and peace.

"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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SUDOKU

DIFFICULTY RATING: ★★☆☆☆

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

6/10

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PREVIOUS SOLUTION

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

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

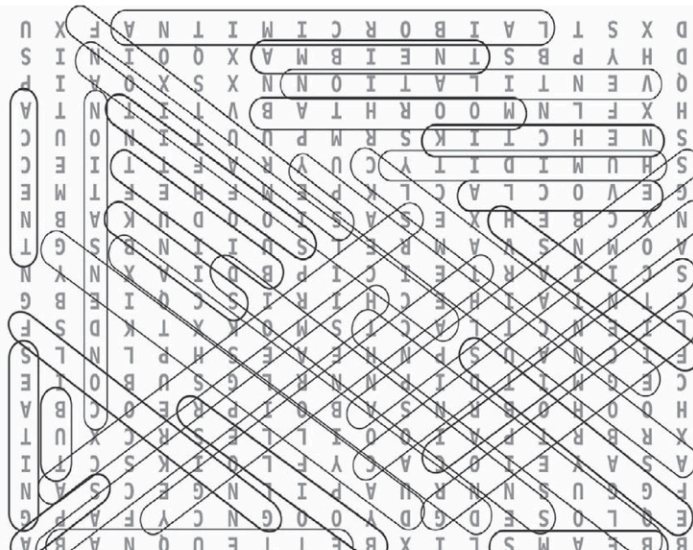
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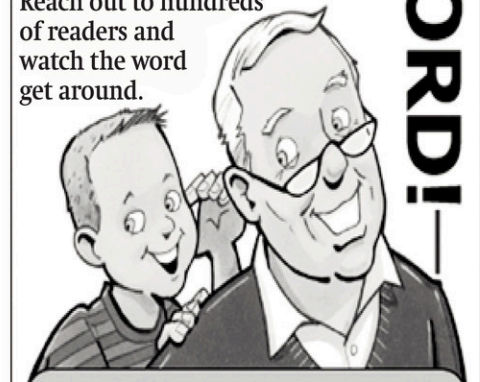
Kitchen and bath word search answers from Tuesday's page 8:



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[^]Valid between June 2 to 18 and June 29 to 30, 2020, receive 0% APR purchase financing on new 2020 F-150 models (excluding F-150 SuperCab & SuperCrew (diesel) XL) models for up to 84 months to qualified retail customers, on approved credit (OAC) from Ford Credit Canada Company. Not all buyers will qualify for the lowest interest rate. Example: \$52,965 purchase financed at 0% APR for 84 months, monthly payment is \$630.53, cost of borrowing is \$0 (RDPRM registration and related fees up to \$52 in Quebec) and total to be repaid is \$52,965.41 (up to \$53,017.41 in Quebec). No down payment required subject to the approval of credit by Ford Credit. Note the amount used herein is only an example and not the actual sale price of a vehicle. Taxes payable on full amount of purchase price. All purchase finance offers include freight and air tax charges but exclude options, Green Levy (if applicable, and except in Quebec), license, fuel fill charge, insurance, dealer PDI (except in Quebec), PPSA (not applicable in Quebec), RDPRM registration and related fees up to \$52 (only in Quebec), administration fees (except in Quebec), and taxes. All prices are based on Manufacturer's Suggested Retail Price.

^{^^}From June 2 to 18 and June 29 to 30, 2020, receive \$500 / \$2,000 / \$2,500 / \$3,500 / \$4,500 in "Manufacturer Rebates" (Delivery Allowances) with the purchase or lease of a new 2020: F-250 - F-450 (gas/diesel) (excluding Limited) / F-150 Regular Cab, F-150 SuperCab (gas) XL / F-150 SuperCrew (gas) King Ranch/Platinum/Limited, F-150 SuperCab & SuperCrew (diesel) Lariat/King Ranch/Platinum/Limited/XLT / F-150 SuperCab (gas) XLT, F-150 SuperCrew (gas) XL/XLT / F-150 SuperCab (gas) Lariat, F-150 SuperCrew (gas) Lariat - all stripped chassis, F-150 Raptor, F-650/F-750, Shelby® GT350/GT350R Mustang excluded.

Delivery allowances are not combinable with any fleet consumer incentives.

*F-Series is the best-selling line of pickup trucks in Canada for 54 years in a row, based on Canadian Vehicle Manufacturers' Association statistical sales report, up to year-end 2019.

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