



SHANNON PAXTON
Funeral director &
pre-arrangement specialist

**Communication
with police
officers a top
concern**

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THE
RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

**The McGill
Redbirds:
new name for a
new era**

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THURSDAY, NOVEMBER 19, 2020

**Quebec
just under
12,000
active cases**

Record Staff

Quebec reported 1,179 new cases of COVID-19 on Wednesday, bringing the total number of active cases in the province to 11,898. Health officials also reported 35 more deaths attributed to the virus, while the number of hospitalizations provincewide increased by 14 to 652. The number of people in intensive care remained stable compared to the day before, at 100.

Quebec has reported a total of 127,233 COVID-19 infections and 6,710 deaths linked to the virus since March.

In the Eastern Townships, 43 new cases were reported for a total of 613 active cases across the region. There were also three new hospitalizations, for a total of 27, six of whom were in intensive care. The local public health department, meanwhile, continues to monitor more than 60 outbreaks in different establishments and institutions.

Record archives pulled from the flood



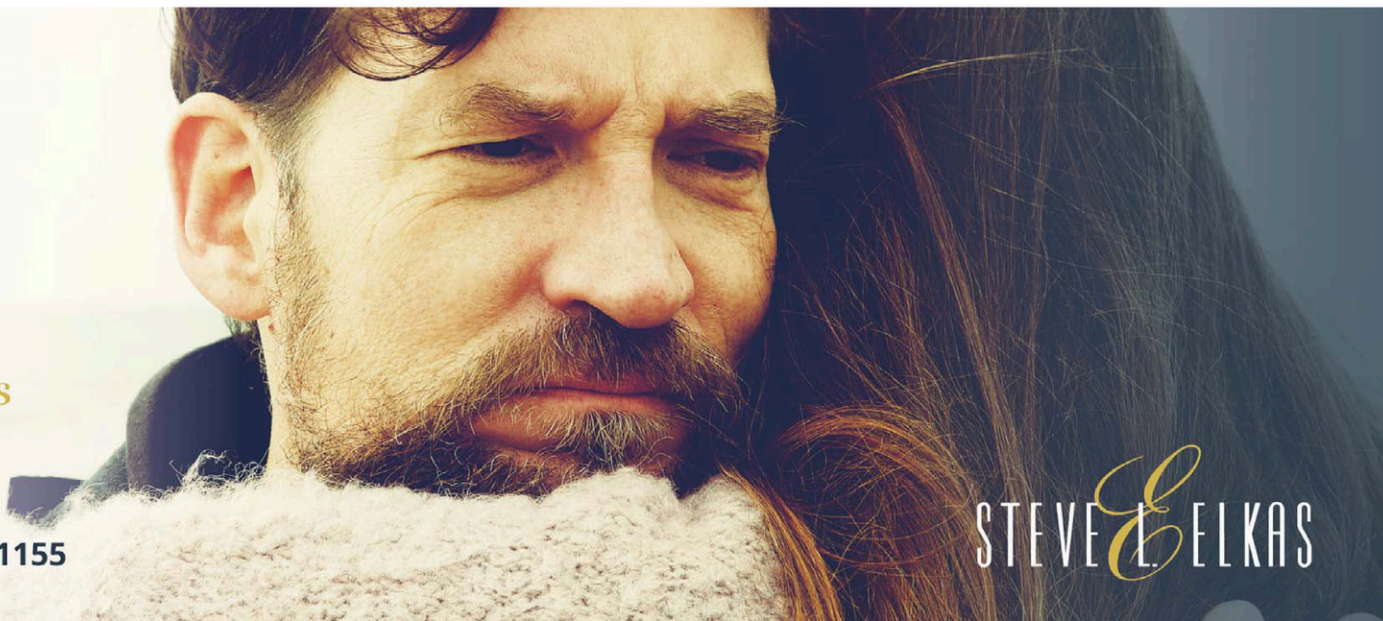
MATTHEW MCCULLY

The first load of 30 acid-free boxes of restored Records arrived at the Mhist this week. The rest of the binders, currently still frozen, will be sent to Quebec City and restored throughout the year. (See story on page 3)

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Weather

TODAY:
CLOUDY




HIGH 3
LOW 1

FRIDAY:
SUNNY




HIGH 11
LOW 1

SATURDAY:
MIX OF SUN
AND CLOUD




HIGH 1
LOW -10

SUNDAY:
PERIODS OF
RAIN OR SNOW



HIGH 4
LOW 2

MONDAY:
PERIODS OF
RAIN



HIGH 7
LOW -5

Archie glad I cleaned house?



ROSS MURRAY

With no fanfare or warning, an important piece of Murray household history was quietly mothballed Sunday when two beloved Archie Digests were removed from the downstairs bathroom.

The artefacts were displaced by Ross Murray, the household's co-founder and resident curator, whose job it also is to clean the toilets once a week.

"It was time," said Mr. Murray. "Those books promoted an outdated hetero-normative social view that both objectified women and promoted unrealistic beauty standards while perpetuating patriarchal gender roles. Plus they were all wiggly from the shower steam."

The digests were on permanent display for many years on a shelf above the toilet next to the Q-Tips and a basket of half-used hotel soaps. Previously, however, they had been featured in the temporary exhibit, "Things Left On the Toilet Paper Dispenser Shaped Like a Tiny Outhouse" (2014), and also in the earlier conceptual work, "Stop Leaving Books On the Floor for People to Trip Over," (2009-2018).

While one digest - a B&V Friends Double Digest - was dated only from 2013, the second Archie's Double Digest No. 169 was published as far back as 2006 and is believed to have

been deposited in the downstairs bathroom a short time later. This latter volume was on temporary loan to the upstairs bathroom from 2008 to 2010 before being returned with some water damage.

The exact origins of these two artefacts are unknown, though one theory suggests they were tossed onto a grocery store checkout when a household parent wasn't looking and then, you know, once they discovered it, they couldn't put it back because then they'd look like a heel in front of the cashier who they play volleyball with, plus it's a small town and it's only, what, five bucks?

Today, the two volumes are evaluated to be worth upwards of zero dollars and zero cents.

Once beloved enough to prompt the frequent cry, "Are you doing anything in there or are you just reading Archies?", in recent years the digests have fallen out of favour, what with the shift from paper-based plumbing-centric distractions towards digital-format washroom diversions.

In addition, apparently there is now a live-action Archie series that involves sex and murder and somehow Jughead is hot?

With none of the household children remaining at home fulltime, unrealistic tales of drama-free casual dating went unread, as had the exploits of teenage witches and their talking cats, and of course Archie, both normal size and Little. And yet the digests remained there next to the tube of Polysporin (2001; expired), which says something about their sentimental value as well as Mr. Murray's cleaning skills.

Despite the current disinterest in Weatherbeethan sagas, the digests' removal from the downstairs bathroom did raise concern, as news quickly spread to the former household children because Dad sent a group text.

"I know there's been a lot to process this past year," he wrote, "but I wanted to let you know that I've removed the Archies from the downstairs bathroom."

"Big move," eldest daughter Emily stoically replied.

"Wow," said middle daughter Katie, without having the decency to temper the ambiguity of said "wow" with some kind of emoji.

"Don't throw them out," said son James, who's not big on change.

Perhaps too emotionally stricken to text an "OMG" or even a "B&V," youngest daughter Abby did not reply. So this writer has made up words for her instead:

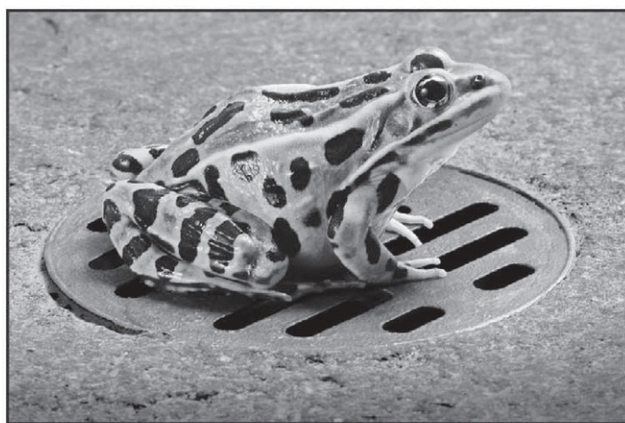
"The household has no respect for our cultural heritage or bathroom reading material," she didn't say. "Even before I could read, the Riverdalean antics of Reggie, Big Ethel, et al revealed to me that I was clearly a Betty with Veronica aspirations."

She did not continue: "I had hoped that one day I would be able to share this glimpse into the human condition with my own daughter so that she too could learn to manipulate boys and be manipulated in turn. Now I'll have no option but have her watch 'Friends' instead."

Mr. Murray noted that, while the Archies had been removed from the bathroom, they had been placed in a secure location, namely on the living room book shelf with the old Calvin & Hobbes books and Mr. Murray's own journals of adolescent-era cartoons that, honestly, showed real promise back in the day.

"This is the Murray household," he said. "Nothing gets thrown away. Plus, there's still a Double Digest in the upstairs bathroom, and that one's from 2002."

Asked if that digest would be retired as well, Mr. Murray promised he would get to it.



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Ben by Daniel Shelton

Local News

"I think it's a good moment, it's a good window because we feel that the government wants to move and I think that presents a real opportunity for people and organizations to talk about the situation, problems and concerns..."

Communication with police officers a top concern for citizens and non-profits

By Michael Boriero - Local Journalism Initiative Reporter

The Comité consultatif sur la réalité policière (CCRP) began its public consultations on police in Quebec last Thursday with non-profit organizations and citizens engaging in a discussion about police relations with BIPOC communities.

"The first forum was about confidence, the relationship between police officers, citizens and people working in non-profit organizations, so you can imagine the comments are more negative than positive," said CCRP spokesperson Bernard Sévigny.

It was the first of four themes the CCRP is covering this week. The consultation focused on the social role of police on Tuesday. The topic turned to the impact of social media and technology on Wednesday and then accountability and transparency on Thursday.

According to Sévigny, there were about 40 representatives from non-profit organizations present at the first forum. The organizations involved in the consultation are often connected to police in some way, supporting victims and providing council.

"We have to listen to those kinds

of comments because you know the entire project cannot be completed without listening to people who are in the field or in relations with police officers," he said.

Sévigny revealed one of the main concerns from the first virtual meeting was about poor communication between minority communities and police. He said Quebecers are craving a more open dialogue with police in order to build a stronger foundation of trust.

It took nearly a year to get this initiative off the ground, he added, mostly due to a delay caused by the COVID-19 pandemic. In June and July, the CCRP met with various criminology experts, and in September and October they met with stakeholders.

The stakeholders, Sévigny continued, included the Bureau des enquêtes indépendantes (BEI), Unité permanente anticorruption (UPAC), and the Commission des droits de la personne et des droits de la jeunesse.

"I think it's a good moment, it's a good window because we feel that the government wants to move and I think that presents a real opportunity for people and organizations to talk about the situation, problems and concerns, but it's not easy," he said.

Sévigny and his team met with about 40 organizations in lead up to the consultations. They wanted to get their thoughts and opinions before opening up the floor to citizen forums and non-profit groups.

After the forums conclude on Thursday, the CCRP will conduct a larger, two-week consultation, similar to a parliamentary commission, he explained, between Nov. 23 and Dec. 4. The goal is to eventually submit recommendations and table an action plan to the Quebec government.

Sévigny spent close to a year meeting with organizations to discuss racial profiling and defunding the police. He added that the CCRP's mandate is based on modernity, efficiency and trust. There are no solutions or recommendations at this moment, he concluded.

"We don't have specific orientation because we are still in listen mode and that's why," said Sévigny. "We understand all the concerns we've heard so far, but I cannot talk about solutions right now."

Christopher Stonebanks, a professor of education at Bishop's University, spent two years living in Cree territory. The Cree community, he noticed, didn't have many issues

with local police, but they had a fraught relationship with the Sûreté du Québec.

The 53-year-old professor added that minority groups are not against having a good relationship with local police. They want to feel safe, understood and protected, he said, but the problem is deep-rooted and carries a complicated history.

"I don't see an active amount of people trying to vilify the police, if that's perhaps the best way to put it," Stonebanks said. "I think people are just trying to, from a minority perspective, see themselves within the institution."

If a minority group doesn't feel apart of an institution, he continued, or that the institution cares about them, then they begin to develop unease and distrust about their relationship. The police, he said, have a unique opportunity to identify and fix these issues.

"All public institutions should make it a priority to reach out to minority groups that are traditionally not represented and ask how they can do better," Stonebanks said. "If you believe in the common good, then everyone wins with this approach."

Record archives pulled from the flood

CONT'D FROM PAGE 1

By Matthew McCully

Thanks to some quick thinking and the generosity of several local partners, 128 binders of Sherbrooke Daily Record/The Record archives were saved after being damaged by water at the Sherbrooke Historical Museum (Musée d'histoire de Sherbrooke or Mhist).

In March 2019, during renovations to the heritage building that houses the Mhist, an air conditioner pipe burst in the newspaper archives storeroom in the middle of the night.

According to David Lacoste, Mhist's Executive Director, that would have

meant the destruction of roughly 70 years of Record archives. Lacoste pointed out that among its archives the Mhist houses around 30 years of Sherbrooke Records that no one else has, so maintaining a complete collection was important to the facility. The museum conservator told Lacoste the newspapers would need to be frozen as soon as possible to prevent any further damage.

According to Lacoste, a team of volunteers transported the soaked newspapers to the nearby science and nature museum, which has a large freezer. They were later moved to freezers at another location.

They then needed to be shipped in a refrigerated truck to a special facility in Quebec City to warm the documents and slowly draw the moisture out.

The first load of 30 acid-free boxes of restored Records arrived at the Mhist this week. The rest of the binders, currently still frozen, will be sent to Quebec City and restored throughout the year. The process was delayed by the pandemic, Lacoste explained.

"Unfortunately, Mhist's insurance did not cover all the costs incurred following this incident. We turned to the community to help make up the shortfall and save the archives of the oldest newspaper still operating in the region," he explained.

According to Lacoste, Rachel Hunting, Executive Director of the Townshippers' Association, was instrumental in mobilizing various actors in order to secure funding. As a result, Global Excel Management, Townshippers' Foundation, and the Secrétariat aux relations avec les Québécois d'expression anglaise [Secretariat for relations with English-speaking Quebecers] contributed to the effort. François Bonnardel, Minister of Transport and Minister Responsible for the Estrie Region, local MNAs Christine

Labrie and Geneviève Hébert, and Montreal MNA Jennifer Maccarone, Gregory Kelley and David Birnbaum also drew from their respective budgets. The Ville de Sherbrooke managed to secure the balance of required funding in the end.

"Thanks to the generosity of these donors, several binders representing decades of The Record newspaper will once again be made available to researchers. Some of these newspapers are in fact the only copies still available," Lacoste said.



Where the water infiltrated the archives

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Birthday wishes for Fitch Bay's Frederick Stillman Keet

Frederick Stillman Keet, born November 26, 1920, will be celebrating his 100th birthday next week.

Fred attended the school in Fitch Bay and was married to Connie Cass who lived at the Orchard on the East Road. He has since retired to Saskatchewan Fred Keet's parents, and subsequently his brother Alton G. Keet, owned the General Store in Georgeville during the 1950s and 1960s before Alton & Dell moved to British Columbia in 1969.

The Keet family (John and Mireille Keet and their sons) still own the Farm located between Georgeville and Fitch Bay. Fred was on the board of the Fitch Bay Consolidated School, a Trustee of Georgeville United Church and was an active member of the Quebec Farmer's Association.

Imagine the changes he has seen in his life:

As a teen during the great depression in the 1930s he worked in the woods one winter and earned \$70 selling the wood, enough to buy a new suit of clothes at the time. He left to work on the construction of the Beauharnois Dam but decided he was better-off back at the farm in Georgeville. He courted Connie Cass. The roads were not passable by automobile in the winter,

so he would use a horse and sleigh to go visit her. When WW2 was declared, he was rejected by the army doctors for having a "heart murmur" but several of his brothers served in the war efforts.

In the 1940s he bought the farm from his father and was married. The war was raging, and the farm focused on dairy and beef. He had the first few of his 11 children at this time.

In the 1950s, the cars got bigger, airplanes got faster, the Russians launched Sputnik, and he had many more children as the family and farm grew.

In the 1960s, Fred started growing chickens and invested heavily in chicken farming, which was a wise move. His first children were married, and his 11th child born when he was already a grandfa-ther. He rebuilt the farmhouse in a more modern styling.

In the 1970s, with several of his teenage children growing their hair long (like "hippies"), he joined-in for 'the fun'. The hair was cut as they grew-up and were married. More grandchildren joined the family. He saw the Montreal Olympics and traveled to Europe a few times.

In the 1980s, the cars got smaller, the farm got bigger, and his grandchildren were now getting mar-ried.

In the 1990s, he became a great grandfather, moved to Saskatchewan to be near some of his younger children and grandchildren, and built his last house. Always one to be active, he started making carvings.

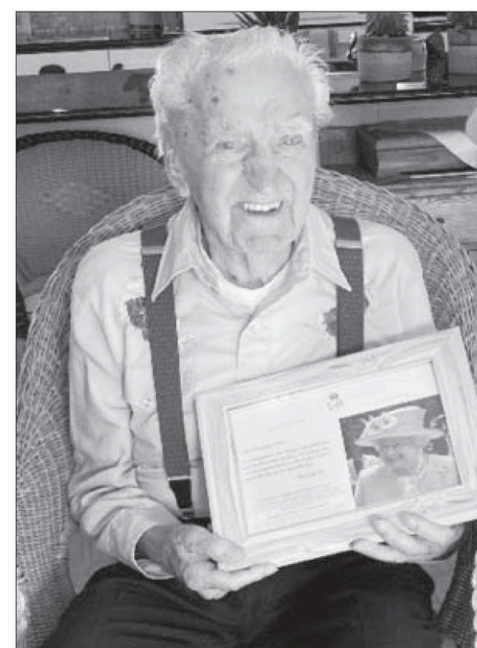
In Y2K the world did not end (that's good) but Connie Cass passed away in 2005 and that was al-most as bad for him.

In the 2010s he continued to live alone in Saskatchewan but surrounded by his dedicated family and children who took turns and still take care of him every day.

When COVID-19 struck in 2020, he moved-in with one of his sons and his children and grandchildren continue to take care of him every day.

Unfortunately, due to the pandemic, we will not be able to have a grand 100th birthday party next month,

as we had hoped, but we need to be proud of a man who, although he never completed high school, managed to become very successful due to his ambition, intelligence and hard-work ethic. He remains a great influence for a family of over 100 offspring; with 11 children, their spouses, 36 grandchildren, their spouses, children, their spouses, and even his first great, great grandchild born this month.



COURTESY

Seen here is a photo of Fred receiving a certificate of congratulations from the Queen. Anyone else interested in sending him a birthday card can do so by mailing it to Fred Keet, Box 160, Vanscoy Sask. S0L 3J0

Submitted by
Doreen Keet Moffat

North Hatley artist brings Pandemonium online

By Matthew McCully

Kevin Whitaker's sixth art exhibition, titled Pandemonium, will launch on Thursday, Nov. 19 at 5 p.m. via Zoom. A sale of his work, with proceeds going towards Parkinson's and Lewy Body Disease supports and research, will take place after the launch through the artist's website.

The Record first met Whitaker at his cottage in North Hatley in 2018 as he was preparing for an exhibition at the Gillygooly Gallery in Hatley Township.

Diagnosed with Parkinson's and Lewy Body Dementia in 2016, the Superior Court Judge turned to painting as a way to explore his creativity while at the same time raising money for the two diseases.

At the time, Whitaker was relatively new to the art world prepping for his second show.

Now readying his sixth exhibition, Whitaker is an accomplished artist, having raised over \$125,000 for research and supports for Parkinson's and LBD.

On his website, Whitaker explains how the diseases he lives with, "have given me a layered perspective on how my brain and body work both together and against each other. I hope my paintings capture this tension."

Over 100 people have signed up for the virtual vernissage so far, according to Whitaker's wife Marie Moliner.

"We've got a tech rehearsal in a few hours," she said, trying to work out the kinks of Zoom art exhibition.

The event, free to attend, will

include a one-minute video interview with Whitaker about his life and his art as well as a pan of the paintings included in the show, which are hung in a Toronto gallery.

If Whitaker is up to it, there will also be a Q&A with the artist, Moliner said.

Following the online vernissage, which will last less than half an hour,

Moliner said participants are welcome to make their way to Whitaker's artist website to see the full gallery of work included in the show, all of which is for sale.

The Zoom URL and additional information on Whitaker and his work are available on his website <https://www.kevinwhitaker.art>.



PHOTOS COURTESY MARIE MOLINER

THE
RECORD

5 weeks of Christmas

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for the next 5 weeks for

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The Border Report

According to Rémi Ducharme, one of the owners of La Pinte, the recipe used for the eggnog was a family favourite of an employee of the dairy.

Lampe-Phelps Award Winners

**PHELPS AIDE
PHELPS HELPS**

By Phelps Helps

These bursaries are for post-secondary students from the Stanstead area who have or are current participants of a Phelps Helps program and who demonstrate leadership and perseverance.

Phelps Helps is delighted to announce the winners of the Lampe-Phelps post-secondary awards, Noah Bishop and Derek Wood.

Noah Bishop is currently studying English and Secondary Education at Bishop's University, and Derek Wood is at Champlain College Lennoxville in the Social Sciences program. Both students were participants in the High School Tutoring program in their high school days, as well as the Compass program for post-secondary education and career support. Phelps is very proud of how hard these two students have worked, not only to complete their high school diploma but to further their education, and we are excited to see what the future holds for them. Congratulations Noah and Derek!

A big thank you to the Lampe Foundation for their continued

support of students in the Stanstead area, even during the tough months of this pandemic. Two awards for high school level students will be available in the spring, and we look forward to continuing the partnership with the Lampe Foundation in future years.

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

FRONTIER ANIMAL SOCIETY

Featured pet: Leo



Leo may be old and getting a little frail but he has a lot more love to give. After everything Leo has been through, he deserves to live out the remainder of his life in comfort and peace, surrounded by people who love and adore him.

Leo was surrendered to us by a young couple who were moving from the countryside to an apartment and bringing Leo along was not part of their plan. Although it is always sad when senior cats find themselves homeless and living at a shelter, honestly, Leo is probably better off. Living outdoors his entire life took a toll. At some point, he sustained an injury to his lower jaw but was never seen by a vet. We also wonder if perhaps he had recently been tied up as he had what looked to us to be rope marks around his neck.

A trip to the vet revealed that his teeth were a mess and every last one was removed.

Despite it all, Leo is a friendly

and sweet boy who at long last is enjoying some pampering and love. He is calm and quiet but he still has a lot of personality. This affectionate cat enjoys being the center of attention and will roll over on his back for tummy rubs.

Leo is warm and fed and he loves to curl up on the couch for a long and lazy nap. Although he seems content, what he needs and what he deserves, is a family to love him unconditionally; a family who will do everything in their power to make sure he lives out the remainder of his life spoiled rotten. Luckily for Leo, it's never too late to find love and happiness.

Leo is 11 or 12 years young.

If you can open your heart and your home to this wonderful senior cat, we'd love to hear from you. To inquire, please give our adoption coordinator Linda a call at 819-868-2684 or send her an email at peacocklinda@rocketmail.com

La Pinte toasting holiday season with eggnog



COURTESY

La Pinte co-owner Pascal Valade with a bottle of eggnog, a new product the dairy is offering in the Townships for the holiday period.

By Matthew McCully

Ayer's Cliff dairy La Pinte, known for its glass bottles on local shelves, is adding eggnog to the menu. From now until Christmas, the holiday favourite will be available in stores across the Townships where La Pinte products are sold.

According to Rémi Ducharme, one of the owners of La Pinte, the recipe used for the eggnog was a family favourite of an employee of the dairy. They modified it slightly, Ducharme said, to tone down the richness a bit.

It's perfect to enjoy with French toast in the morning, Ducharme said, or with a splash of rum in the evening.

In operation for five years now, Ducharme said La Pinte is doing well despite the challenges posed by the pandemic.

"So far, so good," Ducharme said, "we are blessed to be part of a community that takes care of its own."

It's a busy time, Ducharme added, it's not easy to see what will happen in the future. But the Ayer's Cliff dairy never changed its business model. The plan has always been good milk in glass bottles, Ducharme said, and the company's focus is to offer a quality product, not grow beyond its means.

For now, the only expansion is into the eggnog market for the holiday season, Ducharme said.

EDITORIAL

He could also go back into television where his rise to the top began. I'm sure his friends at Fox News could find a place for him, or maybe even a radio talk show.

Overboard and clinging to a deckchair



TIM BELFORD

leaders and called Prime Minister Justin Trudeau "Two-faced" - when every Canadian knows Trudeau has a lot more faces than just two. He was even subjected to an impeachment attempt. But he survived.

Once he steps out the White House door things won't get any better. The courts in New York will still want a look at his tax records and half his family will be looking for work. I know, I know, the man's fantastically wealthy but for how long?

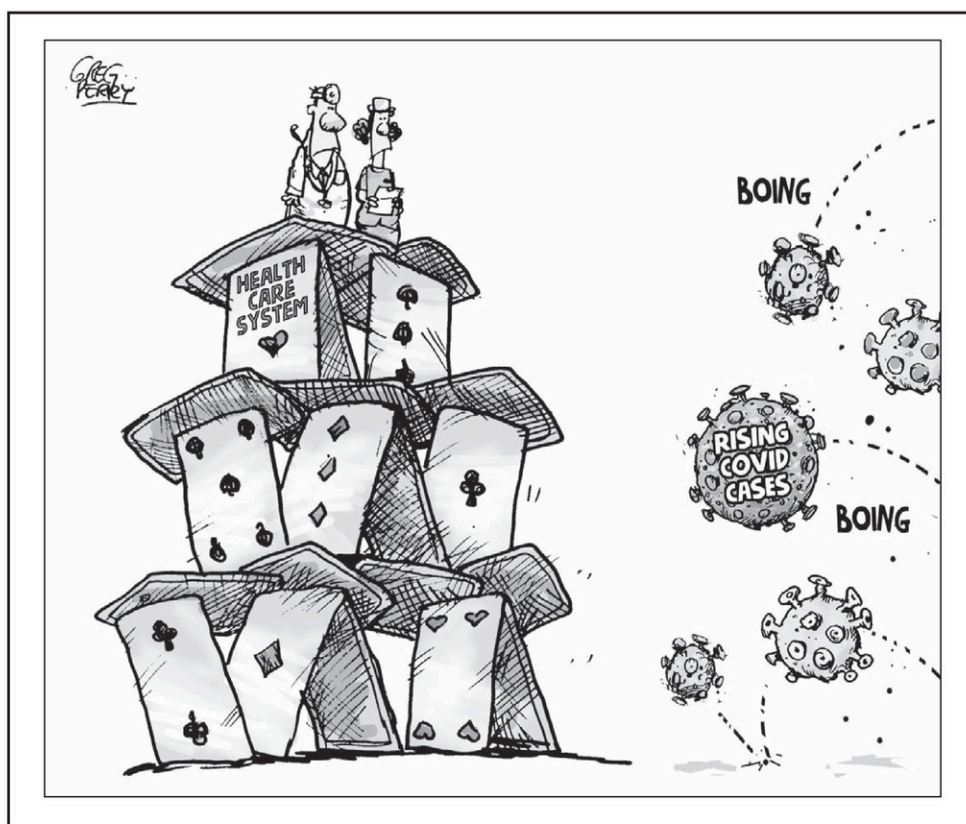
According to Forbes, Trump is worth around \$2.5 billion, not a sum to sneeze at, but you have to look at both sides of the balance sheet. He also owes around \$300 million in personal loans to lenders around the world including Deutsche Bank - maybe calling Angela Merkel a "loser" and "stupid" wasn't such a good idea after all. Then there's the roughly \$900 million in real-estate loans that are going to come due in the next few years. And don't forget, when the New York revenue pros eventually get their hands on his tax records, and they will, you could throw in another possible \$100 million in fines.

So what does he do? I suppose selling some of his luxury hotels would raise a lot of cash but thanks to the pandemic, the one Trump has always said is no big thing, the market for flashy resort hotels is not what it used to be. I suppose he could flee the country, as one insider apparently claims he's

Presidential immunity is a good thing, at least if you're Donald J. Trump. It's also probably why he is desperately clinging to office like a Titanic survivor clutching the last deck chair. After all, where does he go from here?

He's a survivor, I'll give him that. After all, here is a man that has gone through two divorces and, by most estimates, around 4,000 law suits. He has survived six bankruptcies and has been accused of sexual misconduct by at least two dozen women.

During the last four years he's told more lies than Pinocchio and fought off accusations of bribing the Ukraine for dirt on the Biden family, being soft on the Russians and being good buddies with Korea's Kim Jong-un. He's offended an A to Z list of European



thinking of, and live in one of his own hotels. All he has to do is get his staff to provide a list of his Trump 'Towers' and cross reference it with a list of countries that have no extradition treaty with the U.S. and he's home free. Well, not exactly free. He might still have to do the maid service himself to save a few bucks.

He could also go back into television where his rise to the top began. I'm sure his friends at Fox News could find a place for him, or maybe even a radio talk show. The man could survive with a little less money and without Air Force One and all the staff bowing and scraping but he needs the crowds and

adulation.

Where's the fun living in luxury in Moscow or Dubai (if those hotels actually get built) if you can't go out on the balcony and expect thousands of cheering fans wearing ball caps with 'Make Donald Great Again' and 'Trump in 2024!'

No, the future doesn't look promising for Donald J. Trump and my guess is that he'll likely chain himself to the presidential Resolute desk in the Oval Office and will have to be dragged kicking and screaming from the building with the sound of "Lock him up!" echoing in his ears.

Local businesses recognized for culturally diverse workplaces

Record Staff

The 2020 Cultural Diversity Awards ceremony, hosted by Action Interculturelles, took place online Tuesday as the kick-off for that organization's Foire Diversité Emploi job fair. This is the sixth year that these

awards have taken place, recognizing employers in the Estrie region who have successfully integrated culturally diverse teams.

Estrie Aide, Café Vittoria, and Powerflow Canada were each given a Cultural Diversity Award, celebrating their efforts to create inclusive and

diverse management teams within their businesses. A fourth prize was offered to Entretien Fabien Perron, a business in North Hatley, and Estrie Aide was also recognized as the 'coup de coeur' by the judges.

Marc Gringas, General Manager at Estrie Aide, stated that the inclusion of immigrants and diversity is 'in the DNA' of Estrie Aide.

"It is thanks to our differences that we progress every day together," he said.

The ceremony is the first event to kick off the Foire Diversité Emploi, which will be taking place from Nov. 19 to Nov. 21. Also organized by Actions Interculturelles, the fair promotes access to employment for immigrants,

young people 25 years old and under, and experienced workers aged 55 and over. This year, all events will be taking place online. There will be more than thirty companies and organizations in attendance, over 1,000 job offers from various sectors, and will allow participants to connect with employers through virtual kiosks, chat rooms and online interviews.

"We are proud to see that employers in the Estrie region are redoubling their efforts, year after year, to manage and include diversity within their teams," added Mohamed Soulami, Executive Director for Actions Interculturelles. "These employers will undoubtedly be an inspiration for others who will hopefully follow in their footsteps."

THE RECORD

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The McGill Redbirds: new name for a new era

McGill University has chosen a new name that will take its men's varsity teams into the Uni-versity's third century. The name – chosen with the aim of paying homage to athletics and recreation's tradition and history while simultaneously uniting our community – is the McGill Redbirds.

"This decision was the culmination of extensive consultation, debate and deliberation," says Deputy Provost, Student Life and Learning Fabrice Labeau, co-chair of the Men's Varsity Teams Naming Committee. "While several names emerged as top choices, in the end the Redbirds rose to the forefront for its strong links to both the past and present of McGill athletics and recreation."

These links include its past use as the name of several McGill sports clubs, teams and events: the Red Birds Ski Club was founded in 1928 by three McGill graduates and still exists today; in the early 1930's, the McGill Nordic Ski team used the name Redbirds, and this team is part of the McGill A&R Hall of Fame; through the late 1990s and well into the 2000s, the McGill Baseball team was also known as the Redbirds; and Athletics and Recreation traditionally hosted a fall basketball tournament that was known as the Redbird Classic. It is also the name

of the Currie Gym's sports shop – the Redbird Sports Shop.

Over the course of its mandate, the Men's Varsity Teams Naming Committee held 13 committee meetings, which included both individual and group presentations from students, staff, Varsity athletes, and alumni. An open call for submissions was put out and widely publicized in order to obtain broad participation. Finally, a request for feedback on the names submitted most often was sent to the community, in order to ensure that all perspectives were heard and understood.

In total, 1238 submissions were received, making up 230 different options.

"I have little doubt that the men's varsity athletes will continue to achieve greatness as they write this next chapter," says alumni Hubert T. Lacroix, co-chair of the Men's Varsity Teams Naming Committee. "Our varsity teams are a vital part of the McGill community and experience, and I am confident this new name is one that we can all be proud of."

Once COVID-19 restrictions allow, McGill will celebrate this new era of McGill men's varsity sports with the entire community.

Submitted by McGill University



Take self-isolation seriously

In the fight against the spread of COVID-19, we must self-isolate:

- in case of symptoms
- after testing
- if the test is positive
- after returning from a trip
- after being in contact with someone who's tested positive

Quebec.ca/selfisolating

1 877 644-4545

Votre gouvernement

Québec

**ALEXANDER GALT
CHRISTMAS BASKET CAMPAIGN
2020**

The AGRHS Christmas basket campaign has been a long-standing tradition in the community. Over the years we have been fortunate enough to have received generous donations from our community. Again this year, I ask for your support during these even more challenging times in bringing a little Christmas spirit to 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 for the success of our Christmas basket campaign.

**Please, make cheques payable to
AGRHS Christmas Basket Campaign
and mail to:
AGRHS
P.O. Box 5002, 1700 rue College,
Sherbrooke, Quebec, J1M 1Z9**

(tax receipts for donations of \$10 and over will be issued)

Thank you for your generosity!

Datebook

THURSDAY, NOVEMBER 19, 2020

Today is the 324th day of 2020 and the 59th day of autumn.

TODAY'S HISTORY: In 1863, President Abraham Lincoln delivered the Gettysburg Address at the military cemetery dedication ceremony in Pennsylvania. In 1977, Egyptian President Anwar Sadat became the first Arab leader to officially visit Israel, where he met with Prime Minister Menachem Begin.

In 1985, President Ronald Reagan

and Soviet Union leader Mikhail Gorbachev held their first summit meeting.

TODAY'S BIRTHDAYS: James A. Garfield (1831-1881), 20th U.S. president; Indira Gandhi (1917-1984), Indian prime minister; Roy Campanella (1921-1993), baseball player; Larry King (1933-), TV personality; Ted Turner (1938-), media magnate; Calvin Klein (1942-), fashion designer; Ann Curry (1956-), TV journalist; Allison Janney (1959-), actress; Meg Ryan (1961-), actress; Jodie Foster (1962-), actress; Adam Driver

(1983-), actor.

TODAY'S FACT: The number of sets of quintuplets, sextuplets and septuplets born in the United States increased from 13 in 1990 to 80 in 2009 with increased use of fertility drugs.

TODAY'S SPORTS: In 2001, Barry Bonds of the San Francisco Giants became the first major league baseball player to win four Most Valuable Player awards. He won again each of the following three years, finishing his career with a record seven MVP awards.

TODAY'S QUOTE: "The power to question is the basis of all human progress." – Indira Gandhi

TODAY'S NUMBER: 13,609 – words in the speech of Edward Everett, the keynote speaker of the Gettysburg dedication ceremony. Lincoln's famous Gettysburg Address was fewer than 300 words.

TODAY'S MOON: Between new moon (Nov. 14) and first quarter moon (Nov. 21).

Internet searches for 'panic attacks' more common during COVID



ASK THE DOCTORS

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

Dear Doctors: I had this scary episode happen where all of a sudden, it felt like the world wasn't real. My heart was racing and I thought I was going to pass out. The friend I was with said it was probably a panic attack. Is there any kind of treatment? I really don't want that to happen again.

Dear Reader: Not a day goes by in our practices without there being a discussion about anxiety or panic with at least one of our patients. In fact, the data collected by internet search engines shows that searches for the keywords "anxiety" and "panic," which began to rise in March, have surged in recent weeks. Considering the length of time we have all been dealing with the many uncertainties of life during the

pandemic, as well as the social isolation that it has caused, it's not surprising that the rigors of this strange new normal are taking a psychological toll.

From what you described, it does sound like you had a panic attack. These often occur as an acute manifestation of anxiety. In addition to major life stresses such as a grave illness, job loss or the death of a loved one, people with a family history of anxiety disorders may be at increased risk of experiencing a panic attack.

The symptoms, which appear suddenly, include the rapid heartbeat and shortness of breath that you described. Additional symptoms include sweating, heart palpitations, chest pain, weakness, chills, nausea, stomach pain, numbness in the fingers or hands and trembling. For many people, a panic attack is accompanied by an extreme emotional or psychological response, which can include the feelings of unreality and disconnection that you experienced. People also report feelings of looming peril and of hopelessness. Most share your distress at the thought of having to navigate another panic attack in the future.

The first thing to know is that no matter how intense the experience, it's temporary. If you should find yourself having another episode, try closing your eyes, bring your awareness inward and focus on taking deep, steady breaths. Breathe in deeply through your nose, to the bottom of your lungs,

hold your breath for a beat or two, and then breathe out just as slowly. Some people find it helpful to count from one to five on each inhale and exhale. Be careful not to hyperventilate, which can make you feel worse.

Although a panic attack is frightening, it's not dangerous. However, due to an overlap in symptoms with other health problems, such as a heart attack, getting a professional opinion is important. In addition to breathing techniques, many people find cognitive behavioral therapy, yoga and mindfulness to be helpful. Lifestyle changes, such as getting regular aerobic exercise, spending time in nature and steering clear of caffeine, nicotine, alcohol and recreational drugs, can make a difference.

If you continue to struggle with panic attacks, your doctor may prescribe anti-anxiety medications. Some of these can be addictive, though, and some have potential for abuse, so we discourage taking that path unless all other approaches have failed to bring relief.

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

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

Do Just One Thing



By Danny Seo

It's called "the jungle effect," and it's a simple way to create warmer air inside your home with just the power of plants. When you keep a nice collection of houseplants inside your home, they release moisture vapor into the air, which in turn boosts humidity levels in your home. Dry winter air can cause cracked or dry skin and irritated throats, so the extra moisture from houseplants actually can help you look and feel better. And that moisture traps heat, which helps keep your home feeling warmer, too.



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

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NEA Crossword Puzzle

Your Birthday

ACROSS

40 Have a snack

1 Suppress an uprising

42 Curve shape

6 Australian wilderness

43 Tibetan oxen

10 Awesome!

45 Zwieback

12 Eagle or hawk

47 Showery mo.

14 Form a thought

50 Fruit cake ingredient

15 Make like Houdini

52 Medieval

16 Places a call

54 Member of the AMA

18 Ask for a handout

58 Fame rival

19 Instance

60 Barbecue extras

21 Toast topper

61 Meanness

23 Villain's laugh

DOWN

24 Baseball stat

1 On the — vive

26 Long journey

2 Berlin conjunction

29 Is, for them

3 Previously

30 Invite

4 Bounds

32 Accused's need

5 Soapsuds

34 Terrible tsar

6 Long, low hound

36 Guanabara Bay port

7 Merchandise ID

37 Cry loudly

8 Iffy attempt

38 Party-tray cheese

9 Fervent wish

Answer to Previous Puzzle

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

11 Tolstoy's name

39 Rainforest parrots

12 Bygone film unit

41 Flocks together

13 Gas-pump abbr.

44 Brick baker

17 Rowdiest

46 Take the lid off

19 Whittle

47 Kenya's loc.

20 Out in front

48 Sneak a look

22 Moon, in verse

49 Old Norse poem

23 Osaka "yes"

51 Hwys.

25 Happy hour locale

53 Mutt

27 Facilitates

55 Prefix for pod

28 Newsstand

56 Baseball great Mel

31 RV haven

57 Funny Charlotte

33 UPS units

35 Opposing vote

THURSDAY, NOVEMBER 19, 2020

Share your knowledge, and be resourceful when you have doubts. Ask and you shall receive what you need to reach your goals. Embrace change, but don't take risks with your health. Abide by the rules, and take care of unfinished business. The best way to make progress is to approach life with an open mind and a positive attitude.

SCORPIO (Oct. 24-Nov. 22) – Live and learn. Sometimes a little force is necessary to get what you want. Sharing your experience with another will change the way you move forward.

SAGITTARIUS (Nov. 23-Dec. 21) – Don't take anything or anyone for granted. Someone from your past will disrupt your life if you are too revealing. Pay more attention to home and family, and nurture a meaningful relationship.

CAPRICORN (Dec. 22-Jan. 19) – Keep up the momentum. Positive change is heading your way. Don't let personal uncertainty stand in your way; focus on what's doable. Personal growth is encouraged.

AQUARIUS (Jan. 20-Feb. 19) – Don't rely on others to do things for you. Stick to the rules and follow through with your plans. If you hang around waiting for someone else, you'll miss out on a chance to show your stuff.

PISCES (Feb. 20-March 20) – Be effective. More significant resources will give you the freedom to expand your interests, skills and potential. Helping others will lead to opportunity.

ARIES (March 21-April 19) – Go about

your business. Don't make promises or let someone rope you into something you don't want to do. Pace yourself, take care of your responsibilities and spend time with a loved one.

TAURUS (April 20-May 20) – If you don't like something, make a change. Take control instead of being controlled. An adjustment you make will give you the freedom to do something that brings you joy.

GEMINI (May 21-June 20) – Consider what is possible and set attainable goals. Don't let someone lead you astray. Stick to what you know and do best. Romance and personal growth are favored.

CANCER (June 21-July 22) – A change someone makes will end up benefiting you. Look over contracts or documents that are about to expire. A unique idea that someone presents will lead to a monetary gain.

LEO (July 23-Aug. 22) – An adventure will entice you. Be careful not to overstep your limits or put yourself in harm's way. Planning and preparation will be vital if you want to avoid a mishap.

VIRGO (Aug. 23-Sept. 22) – Your enthusiasm and desire to learn will encourage others to join in and support your efforts. A last-minute change will benefit you. Proceed with passion and gusto.

LIBRA (Sept. 23-Oct. 23) – Mull over the past, and come to terms with anything that is holding you back. Personal growth, physical improvements and lifestyle changes are favored. Don't give in to demanding people.

THURSDAY, NOVEMBER 19, 2020

There is so little between the two

By Phillip Alder

A.N. Onymous said, "Never let success get to your head; never let failure get to your heart." At the bridge table, if you have a bad result, concentrate on the next deal; do not worry about what has already happened – it cannot be changed.

Today's deal occurred during a duplicate. What do you think about the auction? West's two-no-trump advance showed four or more spades and at least game-invitational values. What happened in five diamonds doubled? What would have transpired in four spades doubled?

South's hand was a tad thin for his two-diamond response, but he liked his seventh card in the suit. East tried to silence the opponents by jumping to four spades. Good, South passed. All right, so North has doubled – no problem. Ugh, South has run to five diamonds – curses! Eventually, East decided that if this contract was making, it was going to be a near-zero; so he doubled, hoping for plus 200.

Five diamonds was unbeatable. Even after a trump lead, South could have either established hearts or led his club jack to ensure two club ruffs on the board. Minus 750 was a zero to East-

North		11-19-20	
♠	A 9 3	♠	10 7 6 4 2
♥	A J 8 6 5 3	♥	Q 9 7
♦	Q 6 4	♦	10
♣	4	♣	A K Q 9
West		East	
♠	K Q J 8	♠	10 7 6 4 2
♥	K 10	♥	Q 9 7
♦	J 2	♦	10
♣	10 8 7 3 2	♣	A K Q 9
South		Dealer: North	
♠	5	Vulnerable: Both	
♥	4 2	South	West
♦	A K 9 8 7 5 3	North	East
♣	J 6 5	1♥	1♠
		3♦	4♣
		Dbl.	Pass
		Pass	Dbl.
		Pass	Pass
Opening lead: ♦ 2			

West, but minus 600 would have been no better.

At the 12 tables in play, there were 10 different results. Most Easts played in spades, winning 10 tricks unless North obtained a club ruff after an unlikely rounded-suit lead.

East-West shrugged off this result and got a top on the next board by winning one more trick than the field.

1	2	3	4	5		6	7	8	9		
10				11		12				13	
14						15					
			16			17			18		
	19	20				21			22		
23				24	25		26		27	28	
29					30		31		32		33
34			35		36				37		
	38			39		40		41		42	
			43		44			45	46		
47	48	49		50			51				
52			53				54		55	56	57
58							59				
	60						61				

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.

"BENLR KHWEA XEDV D CBDZ JYVMYC
OWLMDJ YLCRBEP, DZA ZBBABA ZH
HMYBJ CWRLKLDZR MH XBJPHJC D
OJBDM RHZO." - XBMB MHSZRYBZA

Previous Solution: "I thrive on change. That's probably why my chord changes are weird, because chords depict emotions." - Joni Mitchell

TODAY'S CLUE: A srtba A

REALITY CHECK

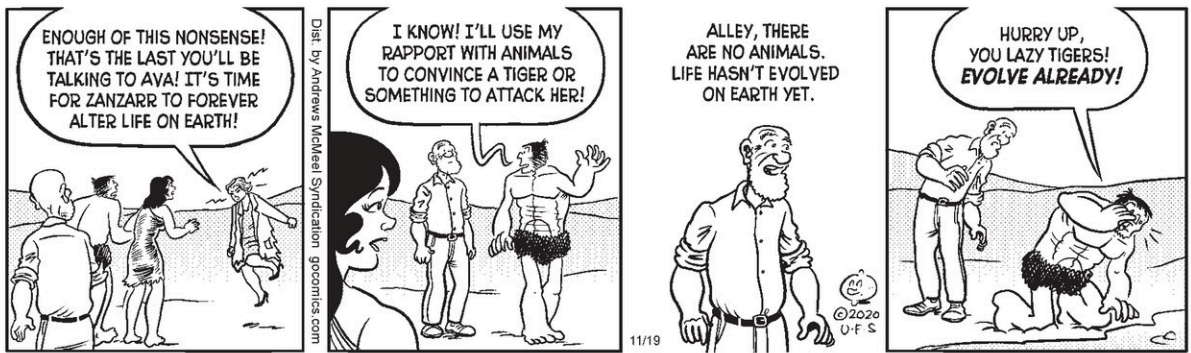


HERMAN

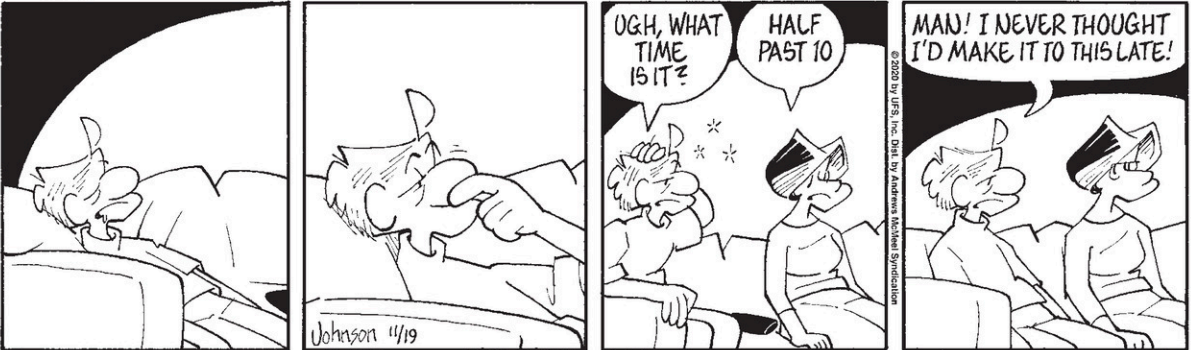


"How do you spell 'escapologist'?"

ALLEY OOP



ARLO & JANIS



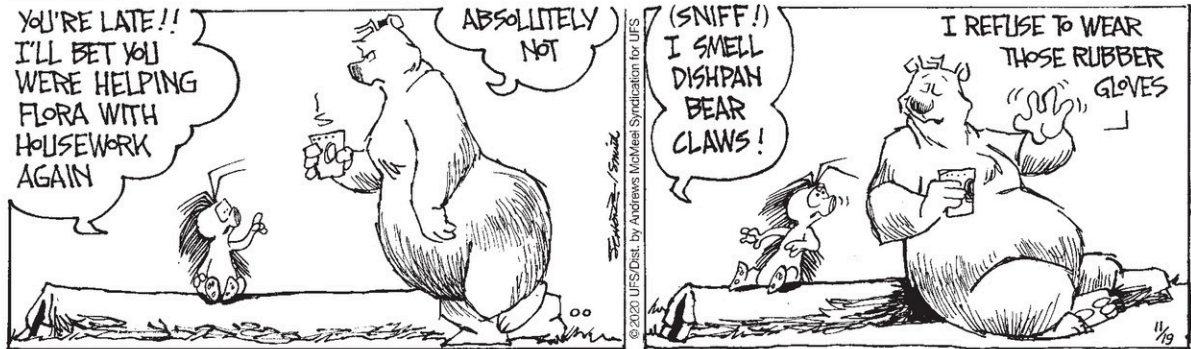
THE BORN LOSER



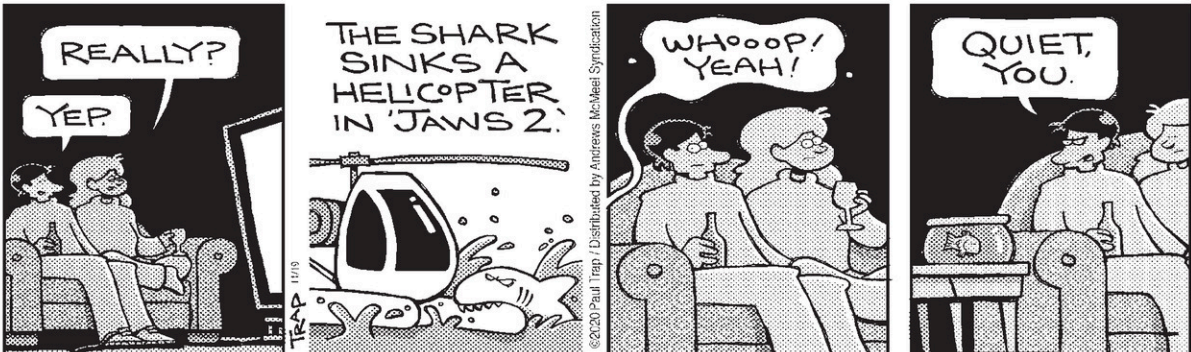
FRANK AND ERNEST



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SUDOKU

DIFFICULTY RATING: ★★☆☆☆

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

11/19

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PREVIOUS SOLUTION

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

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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LENNOXVILLE

Mental Health Estrie has officially launched its 2020-2021 HUGS for the homeless campaign. From November to March, we accept donations of NEW Hats, Underwear, Gloves, Socks and Scarves and other warm articles of clothing which are donated to local shelters for the homeless. Donations can be dropped off at 3355 College in Lennoxville (left side of the building, door #9 please deposit in the tall black bin with HUGS poster attached). Or we can do the shopping for you. Please make cheques payable to Mental Health Estrie and indicate HUGS on the memoline. Thank you to all for your continued support and help! For more information, phone 819-565-3777 or email mhe.info@bellnet.ca.

RICHMOND

Richmond Fair annual meeting: Please note that the annual meeting originally scheduled for December 1st, will be postponed due to Covid-19, until further notice.

ONLINE

Intro to intuitive eating: learn how to trust and respect your body and its natural weight. Wednesday, November 25, 7 p.m. to 8 p.m. Free online activity. To reserve, email: mlj@townshippers.org. Sponsored by Townshippers' Association.

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 Holiday Gift Campaign

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THE CAMPAIGN RUNS FROM NOVEMBER 12 TO DECEMBER 5

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2021 Hyundai Sonata N



The N Line treatment adds some tempo to this naturally sedate sedan

Photo: B. Charette



By Benoit Charette

Those leading German brands – you know who you are – have been selling all-out performance for decades, and they have the divisions to prove it. Whether we're talking about BMW's M division, the AMG arm of Mercedes-Benz or Audi's RS models, these markings on vehicles indicate models providing both the best showcase for manufacturers' prowess and the highest rate of return.

Hyundai has in recent years entered the performance-variant fray with its N division. And to start off on the right foot, Hyundai hired a former head of BMW's M division to develop Hyundai's N division, Albert Birnmann. First we saw the Veloster N, then came the Elantra N Line, and now here's the Sonata N Line, which adds some real tempo to this ambler of a sedan.

Beyond the engine

The N Line designation is more than just about boosting the mechanics. Of course, the chassis is the same, but there are some visual differences, for example a racier front grille with three large air intakes and the N Line logo. At the rear is a new bumper with two exhaust outlets and a new lower bumper. A set of 19-inch tires and side skirts specific to this model complete the sportier look.

Hyundai sings the same tune inside the cabin, which gets a sportier touch helped along by trim with red stitching on the steering wheel and sport seats, unique to

the N Line, dark chrome trim and more heavily upholstered seats. You definitely feel like you're in a slightly sportier Sonata.

Elsewhere, you've got the features found in the most luxurious versions of the Sonata, like the two 12.3-in screens in front of the driver and the 10.25-in touch-sensitive digital screens in the dashboard. You also get the premium Bose audio system, heated leather and suede front and rear seats and a full suite of driving aids, a wireless charger for your smartphone, and a full set of features that include a remote control and a remote keyless entry system.

Nervier character

To make this faster-looking Sonata actually move faster, Hyundai installed in it a 4-cylinder 2.5L turbocharged engine, a unit that has already made its home in Genesis models. It generates 290 hp and 311 lb-ft of torque. Given that the Sonata's base engine is a 1.6L 4-cylinder making 180 hp and 195 lb-ft of torque, that's 110 hp more for drivers to play with, and it makes a serious difference.

To help absorb this extra power, Hyundai reworked several dynamic elements of the car. In addition to the 19-inch Pirelli P Zero tires, we find in the N Line reinforced engine mounts, firmer N shocks, larger anti-roll bars, reinforced steering, brakes with larger calipers and more.

On the other hand, Hyundai didn't change the rigidity of the suspension at the front, and increased it by only 5 percent at the rear; the goal in this case is to preserve the Sonata's comfortable ride. The 8-speed automatic transmission, however, is more responsive and you also have the choice of a Sport mode and even Sport+ in this N Line version. There's even a fairly-simple-to-use "launch control" if you want to risk getting yourself

into a bit of trouble with the authorities.

Persuasive on the road

The driving position is 5 mm lower than the regular Sonata, and that contributes to making the N Line more responsive as well. You can quickly feel its driveability and without even using launch control, we managed to reach 100 km/h in 5.5 seconds. To go with that, the Sport and Sport+ driving modes change the screen background colour in front of the driver on the two digital screens.

What's more, you can really feel a marked difference between the different drive modes, which is achieved thanks to a modified 8-speed transmission with a wet clutch. This transmission also promotes more responsive performance. That said, there's a Normal mode, and if you just want to drive quietly, you'll be very comfortable. Hyundai has also reworked the exhaust system to give it a more expressive sound.

Conclusion

For \$38,000, you get with the 2021 Hyundai Sonata N Line an expressive sedan that's more interesting to drive than a Toyota Camry V6. You should also know that the magicians at Hyundai's N division have probably not pulled all the rabbits out of their hat when it comes to the model. Recall that there are also true N models popping up in the automaker's lineup that offer even more power. Logically, we might think that an even more powerful Sonata model with 4WD could end up on the N engineers' drawing board, if it hasn't already done so.

We like

The mechanics deliver a real boost But comfort levels remain intact A meticulous finish

We like less

Styling that not everyone likes No all-wheel drive

Aluminized steel & stainless steel mufflers



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Dear Annie

THURSDAY, NOVEMBER 19, 2020

Dear Annie: A few months ago, I found out that my boyfriend was messaging a girl. He says she is just a friend. I've asked where he knows her from, but he brushes it off and says it was just a friendly text. I believe him that she's just a friend, but what bothers me is that the whole time this was happening, he would tell me that he was too busy to reply to me. He does work a lot so I've tried not to be understanding when there's limited communication.

However, it hurts me that he took the time to reply to her messages during his workday while saying that he didn't have time to reply to mine. It has been two months since I discovered this, and I am still very upset. I've brought it up again a couple of times, and he listens to a point, but then he just shuts down the conversation, saying she's just a friend and I shouldn't worry about it. – Not Over It

Dear Not Over It: His texting a female friend is not the core issue, as you seem to acknowledge. The core issue is your feeling devalued by his lack of communication. Put the emphasis squarely on that. Let him know your needs – for instance, "I would feel loved and important if you could respond within a few hours of my texting you, even if it's just to say that you're too busy to respond." Without good communication, even the smallest of things can fester and infect the relationship. With good communication, couples can heal the most painful wounds. So, get talking.

Dear Annie: I am the mother of three incredible adult children. About a year and a half ago, my only daughter just cut me off without any explanation. My youngest son then moved in next door to her and hasn't spoken to me in almost a year. They both refuse to talk to me.

So much has happened since then. My daughter got engaged and since then has gotten married she did not tell me of either the engagement or the wedding. I had to, unfortunately, find out on Facebook.

She did not invite anyone from my side of the family. She did invite her dad (my ex-husband) and his new wife. She also invited her new mother-in-law, father-in-law and brother-in-law and his girlfriend. I have been so hurt I'm at a loss for words. – Mom Cast Aside

Dear Mom Cast Aside: One of the hard parts of this job is trying to discern what a letter leaves out. I'm struggling with that here. It would be strange indeed for a son and daughter to both abruptly cut off contact with their mother for no reason. I wonder what their perspectives might be.

No matter what happened between you all, though, I'm sure it's very painful for you to not have contact with them and to miss your daughter's wedding. It's natural to be feeling some resentment right now. Counseling could help you work through these emotions and find peace, and I strongly encourage you to give it a try. Your primary care doctor can refer you to therapists, or you can also call the national helpline SAMHSA (1-800-662-4357) to be connected with resources in your area.

Dear Annie: If "Disheartened" wants to marry her boyfriend of 10 years and he's not proposing, then why doesn't SHE propose? At least she'll get an answer one way or another. – Stephanie

Dear Stephanie: I appreciate the straightforwardness of this advice – wish I'd thought of it myself!

"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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