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Sports retailers experience a fat bike shortage

Page 3

THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

Games playing an important role during isolation

Page 5

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WEDNESDAY, DECEMBER 16, 2020

Quebec to lockdown Christmas Day

By Matthew McCully

Quebecers have the next nine days to shop and hope they don't drop before the province implements lockdown measures, closing all non-essential stores and businesses from Dec. 25 until Jan. 11.

Leading up to the lockdown, all business where employees can work from home are obligated to do so as of Dec. 17, Premier Francois Legault explained at a press conference yesterday.

Elementary schools will spend an extra week at home doing distance education and returning to in-person classes at the same time as high school students on Jan. 11.

Daycares will remain open, Legault said, but any parents who can keep their children home should do so, leaving daycare services available primarily to essential workers.

To level the playing field for small businesses, big box stores like Walmart and Costco will not be permitted to sell non-essential items during the lockdown period, Legault explained.

Any zones that were yellow will move to orange during the 18-day period, and zones that were orange will move to red.

Legault framed the new measures as

CONT'D ON PAGE 3

Secret Santa elves hard at work



MATTHEW MCCULLY

By Matthew McCully

This is what a community that cares looks like.

A room full of gifts, snowsuits, warm clothing, food vouchers and stocking stuffers for local children and families in need, collected through the Lennoxville and District Women's Centre's Secret Santa Campaign.

The generosity of this community

is incredible, executive director Terry Moore told The Record, standing among the items collected for this year's campaign.

According to Moore, 75 donors and 54 sponsors supported Secret Santa this year, helping put a little something under the tree for 100 children in the area.

Around \$10,000 was raised, Moore

said, explaining that in addition to gifts, the LDWC was also able to provide food cards for a number of families struggling this holiday season.

Moore gave a special shout out to the Lennoxville Youth Centre. Last week the stockings were empty, Moore said, and by 4 p.m. Monday they were all full thanks to donations from the youth centre.

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Weather



TODAY:
MAINLY
SUNNY

HIGH -16
LOW -17



THURSDAY:
40 PER CENT
CHANCE OF
FLURRIES
HIGH -12
LOW -22



FRIDAY:
SUNNY

HIGH 19
LOW -21



SATURDAY:
MIX OF SUN
AND CLOUD
HIGH -8
LOW -8



SUNDAY:
40 PER CENT
CHANCE OF
FLURRIES
HIGH 1
LOW -2

HAND IN HAND

Building strength through our differences



For the last 30 years, Actions Interculturelles has developed hundreds of projects to promote the valuable contribution of cultural diversity to our country. By building new bridges between society, employers, immigrants and the various stakeholders in the world of education, culture, research and international affairs, Actions Interculturelles works on a daily basis towards creating an inclusive society that recognizes the important role of diversity.

A recognition of the intrinsic value of each culture, a sense of solidarity and the mutual respect for our differences are only some of the convictions embedded in the spirit of each member of the organization's multicultural team. The organization's many initiatives benefit immigrants of course, but also employers, job seekers, youth, seniors, women and the population in general.

One of the organization's best-known projects, Dialogue+, helps young community leaders organize public actions and communications campaigns aimed at fostering dialogue and exchange amongst all members of our society. By building awareness and creating the conditions that favour a harmonious, inclusive society, the project aims to strengthen intercultural relations and prevent discrimination, fight prejudice and reduce the risk of violent radicalization.

The Employability Service of Actions Interculturelles helps people from 15 to 30 years of age obtain meaningful professional experience that can allow them to start, or restart, their careers. By offering free skill development workshops, CV preparation and job search support, networking training, paid internships and mentoring, Actions Interculturelles works with young people to reduce the obstacles that make it hard for them to find employment. The team also assists employers in obtaining financial incentives and wage subsidies to help cover the cost of offering the participants job opportunities that will provide the experience they need and contribute to their professional development. The project is open to all businesses and non-profit organizations regardless of their sector of activity.

Unique in Quebec, the Dare to Advance Challenge (Défi Oser Avancer) encourages and empowers women of all backgrounds and ages to reach their full potential. Developed by and for women, this innovative project offers participants free skill-development and leadership workshops, networking activities, guidance from an experienced

female mentor and a hands-on plunge into their field of interest. A true bridge builder, the Dare to Advance Challenge promotes the integration of women of all origins into the community in order to grow together.

The Diversity Café (Café Diversité) organizes activities between youth and seniors that promote intergenerational and intercultural connections. During these mostly virtual meetings, participants discuss issues they are facing and share traditions and stories. This is a great opportunity to demystify stereotypes and prejudices related to the clash of generations and cultural diversity.

To learn more about these projects as well as the organization's many other activities dedicated to promoting cultural diversity, visit www.aide.org. You can also contact Catherine Labrecque Lacasse at catherine.labrecque.lacasse@aide.org and (819) 822-4180, ext. 248 to lend your hand as a volunteer to help newcomers get off the to best possible start in their new community.

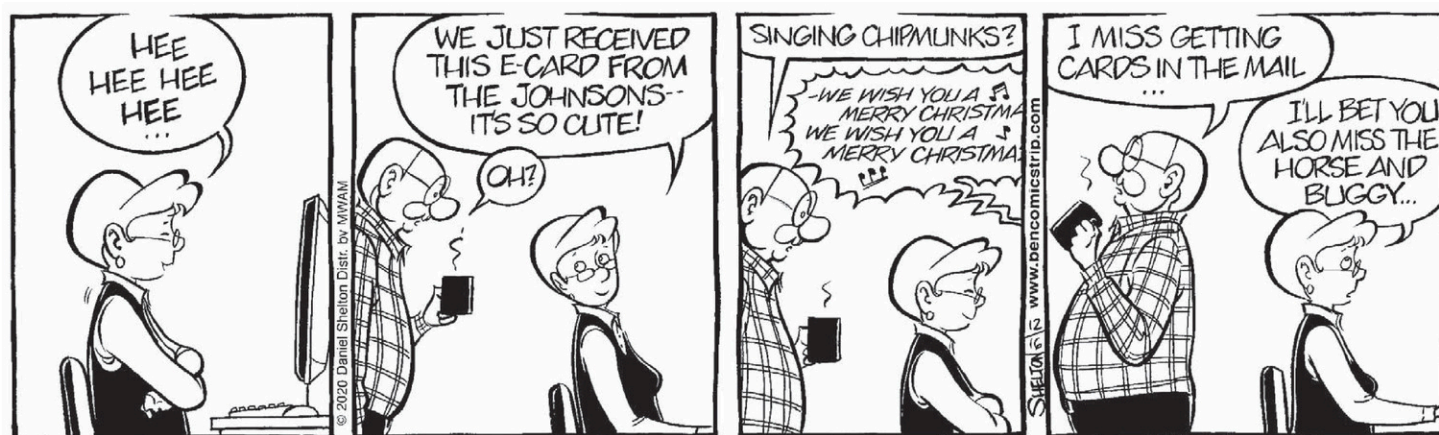
Based in Sherbrooke, Actions Interculturelles is active in the Eastern Townships, across Canada and abroad.



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Ben by Daniel Shelton



Local News

There are several well-maintained trails in Bromont, Orford and Mont-Bellevue in Sherbrooke. People have options and they want to get outside for some fresh air.

Sports retailers experience a fat bike shortage

By Michael Boriero - Local Journalism Initiative Reporter

Fat bike sales are soaring in Quebec, but demand is currently outpacing supply, as many retailers have already reached their stock limits.

"Well to be perfectly honest with you, sales have been very strong to the point where there are no more bikes available, so it's been a very good year but there is definitely a shortage of bikes," said Yves LeBolloch.

According to LeBolloch, the owner of Giant Magog, when it comes to fat bikes, his store is bone dry. The store sold what is normally four months worth of stock in roughly one month, and pre-sales for next year's inventory are also through the roof.

LeBolloch ordered more fat bikes this year, too, due to the pandemic. He assumed there would be a surge in people looking for outdoor activities. But even increasing their inventory for this winter wasn't enough, he explained, they still fell short of demands.

"Most manufacturers don't carry inventory of fat bikes," he said. "Once

you've booked them, that's it, you've got them. If you booked 50, you get 50 and after that you call your friends and other dealerships and try to find them."

But while sales are skyrocketing this year for the unique bicycle, it's difficult to gauge what sales will be like next winter. The pandemic threw a curveball at the industry, LeBolloch said, now it's just a matter of evaluating the market, but also tempering expectations.

"I would say be realistic with regards to carrying the right amount of product," he said. "I don't think anybody would believe that the trend, you know, I don't think it'll go up 100 per cent next year."

LeBolloch added that while a lot of his sales have been Covid-related, there has also been an increase in fat bike sales over the past few years. Cities are developing more trails for cyclists and cross-country skiers.

There are several well-maintained trails in Bromont, Orford and Mont-Bellevue in Sherbrooke. People have options and they want to get outside for some fresh air, he said, especially heading into a winter derailed by the

pandemic.

"It's not just you're buying one of these things to ride it around your neighbourhood, you're actually going out and riding the beautiful trails and enjoying the outdoors," said LeBolloch.

This has also been Atmosphere Sherbrooke's best year for fat bike sales, ski and bike manager Mathieu Rousseau told The Record in a phone interview. But he noticed a slight increase last year. He believes it's because people are being more health- and eco-conscious.

"It's different, you have a really good sense of being in good health," he said. "I'd say that my mental health is really better because I do a lot of activities and take in a lot of fresh air."

Bicycles St-Onge's owner Martin Bessette is worried about the current stock shortage in fat bikes. The Granby-based business is completely tapped out, according to Bessette. It takes between eight to 16 months to receive new inventory from Asia, he explained.

Bessette said they didn't necessarily sell more fat bikes than normal. They just didn't anticipate what kind of effect the pandemic would have



GORDON LAMBIE

on sales. Now with a province-wide inventory storage, the bike shop owner is in the process of restocking, but for the 2022 season.

"The production isn't back to 100 per cent yet, so a lot of bike orders are going to be cancelled. It's going to be a lot harder to get inventory in 2021 compared to 2020," said Bessette.

Coaticook residents keeping spirits high among health workers

Record Staff

The Fondation du CSSS de la MRC-de-Coaticook has issued an open invitation to Coaticook locals, encouraging them to show their holiday cheer by helping decorate a 'Christmas tree of wishes at the hospital in Coaticook.

On Friday the tree was put up by the City of Coaticook and over the weekend La Fondation administrative staff and a dozen citizens hung ornaments and

well-wishes in the tree overlooking the health centre. The gesture comes as a show of support to health care workers and local residents.

"With the increase in cases, we are limited in our ability to act," explained Nancy Couture, president of La Fondation du CSSS de la MRC-de-Coaticook in a press release. "We wanted to offer our moral support."

But support does not stop with Christmas ornaments. La Fondation also asked residents to record messages

of support that will be played on the radio station CIGN FM for local health sector workers to hear.

Anyone interested in participating can hang an ornament on the Christmas tree located at the corner of Court and Jeanne-Mance Streets in Coaticook. Locals can also call CIGN FM at 819-804-0967, ext. 7 and record a message of encouragement for health sector employees for the holidays.

More details are on the Fondation Coaticook Facebook page.

Bursaries available to fill orderly shortage

Record Staff

The CIUSSS de l'Estrie-CHUS launched a recruitment campaign on Dec. 15 to fight the existing lack of préposé aux bénéficiaires (PABs or orderlies). There are 100 bursaries available of \$9,210 each to cover the cost of the accelerated training.

According to a press release, the course "Soutien aux soins d'assistance en établissement de santé" will be offered throughout the Townships. The Lennoxville training offers a bilingual option while the ones in Coaticook, Granby, Magog et Sherbrooke will be in French. Interviews for the program will begin Dec. 21.

Quebec to lockdown

CONT'D FROM PAGE 1

more of a lockout than a lockdown, loosening restrictions on outdoor activities.

Groups of up to eight players and a coach/monitor can gather for outdoor sports and ski schools. Parks will be open for cross-country skiers, snowshoers and outdoor enthusiasts to enjoy, but gatherings outside in peoples' yards are not permitted. Public Health Director Horacio Arruda explained the idea is for people to get outside and move, not stand around a fire in the backyard and socialize.

People who live alone are permitted to enter the bubble of another family, Legault said.

said there are currently 7,411 health care employees off work, and 181 school classes were closed yesterday because of COVID-19, bringing the total number of classes closed across the province to 1,503, roughly 4.5 per cent of the students in Quebec.

Even if numbers are high, Legault said for the second wave, compared to other places, Quebec is doing better based on a number of indicators.

Quebec reported 1,741 new cases of COVID-19 yesterday, bringing the total number of people infected to 167,276, of which 142,894 people have now recovered. The data also reports 39 new deaths. The total in the province is now 7,571. The number of hospitalizations

increased by 69 compared to the previous day, for a cumulative total of 959. Among those, the number of people in intensive care increased by 3, for a total of 125.

Yesterday 298 doses of vaccine were administered.

the Estrie region 87 new cases of COVID-19 were reported, bringing the local total to Estrie 6,205. There were five new deaths in the last day, bringing the total to 105 in Estrie.

A new outbreak of less than five residents and employees was declared at SNT Bowen (site non traditionnel), a temporary residence set up for seniors awaiting a space in a CHSLD.

Holiday Greetings from Townshippers' Association



By Michelle Lepitre

New in Townships Expressions: Ridley's War, by Jim Napier
 Ask any reader you know, and they will surely tell you that the winter months are a perfect time to curl up in a comfortable chair and spend an afternoon enjoying a good book. If you have reading plans in mind for the coming weeks, we have a great suggestion for you! One of our Townships Expressions authors, Jim Napier, has put out a new crime novel entitled "Ridley's War."

Ridley's War revolves around Detective George Ridley, who accompanies his war-vet father Bert to the countryside for a military reunion marking D-Day. Unexpectedly, he becomes entwined in a murder investigation and a mystery that dates back sixty years. George's colleague from the Metropolitan Police, Colin McDermott, arrives to help him out and their investigation leads back to events in Italy during the war. They soon uncover two crimes that were never

solved. But how can they determine what happened so many years ago, and bring a killer to justice without any eyewitnesses...? You will have to pick up a copy to find out!

Copies of "Ridley's War" are available through Townships Expressions at a cost of \$25 each. You can order your copy on our website, in the Townships Expressions online shop, or by contacting Cathy Turner directly: ct@townshippers.org.

If you are looking for a unique gift for someone on your list, we also have a great variety of other books and music from local authors and artists... but hurry, there are only two more days to order your items before the holidays!

Townshippers have talent

This fall, we put out a call asking you to show us your talents and help us celebrate life in the Townships - and you certainly delivered! We received numerous entries from Townshippers far and wide for our Townshippers have talent creative challenge. We put together a selection committee to review all the entries (it was no easy task!) and the committee chose winners in six categories:

- Youth - Olivia Gauthier and Bianca Beaulne (Sister Duet)
- Photography - Serafina Gagliardi
- Song - "Megantic is Burning" by Brian Allen
- Painting - "Owl's Head Morning Mist" by Anne Boswall
- Written Word - by Kathleen Lynch
- Nostalgia - Betty Telford (The

Townshippers' Spring Fling 1987)

The Townshippers have talent winners all received gift cards for local businesses to encourage them to shop local. We would like to thank everyone who participated in the Townshippers have talent creative challenge this year. We have truly enjoyed seeing what makes you proud to be Townshippers and we hope you will continue to share your creativity with us on Facebook or Instagram even though the challenge is over. If you do, please tag us (@townshippers) and use the hashtag #proudtownshipper so that we can find your work and share it!

Happy holidays from the Townshippers' team

After an eventful year, our team will be off for a couple of weeks, with our last day being Friday, December 18. We will be back at work on Monday, January 4, 2021 with lots of new ideas and information to share with you!

We know that this year has been an unusual one, and that the upcoming holidays will look different than they have in previous years. Even so, we wish you a lovely, relaxing holiday season full of beautiful, heartwarming moments. We look forward to catching up with you again in the New Year!

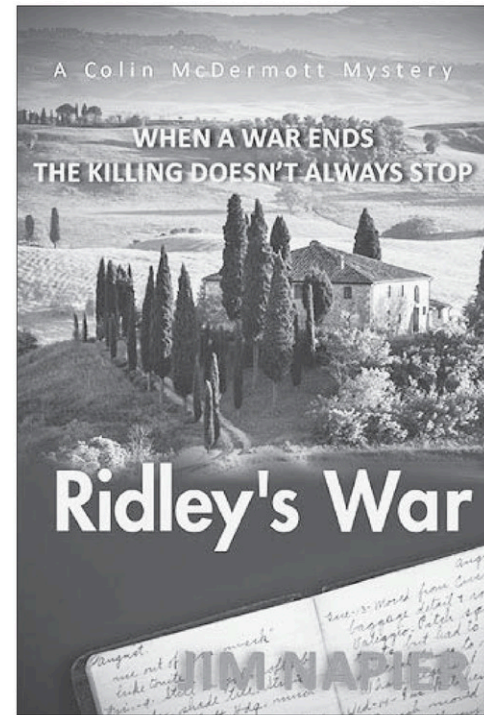
This monthly column keeps you in touch with Townshippers' Association's activities and news. Other ways to keep in touch:

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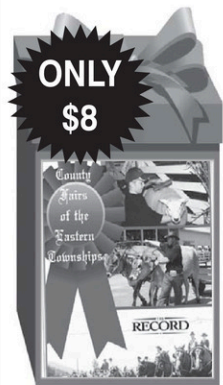
By phone
 819-566-5717
 450-242-4421



COURTESY OF JIM NAPIER

Townships Expressions author Jim Napier has a new book out, "Ridley's War." When asked about it, Napier said "I think [readers will] enjoy the book. I worked hard to make it realistic, to honour the Allied soldiers in the North African-Italian campaign."

Looking for an original gift?



In 2016, The Record published a commemorative book entitled "County Fairs of the Eastern Townships". This book includes pictures taken over the past century from all the fairs in the region. Available at \$8 each if picked up (\$12 if mailed).

THE RECORD



We also have a limited number of Book 2 of "Decades of Headlines" compiled into one book. This book covers some of the most important headlines and stories from the front pages of the newspaper - wars, depression, floods, crime and punishment - from 1921 to 1930. Available at \$8 each if picked up (\$12 if mailed).

For more information, call 819-569-9528

or email us at billing@sherbrookerecord.com

or drop by our offices at 6 Mallory, Sherbrooke (Lennoxville).

Friday File: Destination Sherbrooke in the Holiday Spirit

In an effort to capture the stories of Townshippers in new and dynamic ways, The Record has enlisted the help of Kathryn Owen, who creates weekly videos interviewing locals and touring interesting places in the area. The videos are posted every Friday on our website and social media.

This week on the Friday Files, we follow the trail of holiday spirit laid down by Destination Sherbrooke. Join us while we go searching for elves and visit some spectacular Christmas decor along the Scintillating Trail.

Check out the Friday Files on our website at www.sherbrookerecord.com or our Facebook page.

PHOTO: KATHRYNE OWEN



Provincial government announces funding for early child care centre in Magog

Record Staff

The Quebec government is giving more than \$1,314,000 to the centre de la petite enfance (CPE) La Pleine Lune for its new facility in Magog.

The funding will go towards relocating 34 spaces and speeding up the process to create 35 subsidized spaces, including 10 spaces for

infants. The financial assistance comes from the Programme de financement des infrastructures (PFI) of the Ministère de la Famille.

Families Minister Mathieu Lacombe confirmed the government's desire to implement measures to accelerate access to early childhood educational services back in February 2019. According to Lacombe, this is another concrete

step to supporting the well-being of Quebec families.

"Through projects such as this one, we are supporting the development of the early childhood education and care network in order to quickly make new spaces available, which is all the more important given the current situation," he said.

Orford MNA Gilles Bélanger called the announcement "a breath of

fresh air for families" in the Eastern Townships. He also thanked all of the CPE workers for their commitment and dedication to early childhood development and care.

"This new facility will provide a more suitable environment for the children of CPE La Pleine Lune and will allow us to welcome others, as part of the Parent-Student project," said Bélanger.

Hells Angels bunker fire linked to electric failure

Record Staff

The former Hells Angels bunker in Lennoxville caught fire Sunday morning, but the building remains relatively unscathed other than some superficial damage to the roof.

The Sûreté du Québec has determined that the fire's origin stems from an electrical issue. However, this remains an open hypothesis, said Aurélie Guindon, an SQ spokesperson, in an interview with The Record.

The intervention of the Service

de protection contre les fires de Sherbrooke (SPICS) and the Sherbrooke Police Service (SPS) arrived at the scene after the fire was reported at 8 a.m., but the investigation was transferred to the SQ major crimes division.

The Quebec government owns the bunker, Guindon explained, which is why they handed the file to the provincial police. There is no timetable for the investigation, she continued, but the current hypothesis stands unless they obtain new information.

PHOTO: BRUCE PORTER



Games playing an important role during isolation

By Gordon Lambie

In mid-November the Entertainment Software Association of Canada (ESAC) published the results of a study suggesting that Canadians have increased their levels of videogame play this year in light of the pandemic. According to the study, carried out by the NPD market research group, 58 per cent of adult gamers and 80 per cent of teen gamers reported playing more video games during the pandemic, with two thirds to three quarters saying that it helped them to feel better and stay connected with family and friends.

Although the ESAC study relates specifically video games, Christian Lemaire of Le Griffon gaming store in downtown Sherbrooke said that 2020 has also proven to be a banner year for

the sales of board games and tabletop role-playing games like Dungeons and Dragons.

"It's probably linked to a number of things, but people are looking for things to do," Lemaire said, pointing out that with less money being spent on vacations or events and people being encouraged to limit themselves to small-scale gatherings, there has been a marked increase in the public interest in board games.

"Since July it has been a constant increase," the store owner said, explaining that although the spring shutdown did see the store struggle, there has been a boom in business in the months since reopening.

With rules on getting together face-to-face shifting from region to region and, at some points in the year, week

to week, it gets hard to imagine that people have actually been getting together to play these games. Lemaire pointed out that, like with everything else, the gathering has mainly been online.

"There are various platforms," he said.

Etienne Domingue, who was actively involved in two occasional Dungeons and Dragons games prior to the spring lockdown, said that existing online tools for running and hosting games have seen a massive transformation this year because of the increase in demand.

"(The game) was already enjoying a bit of a heyday before the pandemic hit, but when the pandemic hit suddenly a lot of people found themselves with a lot more time," he said, speculating that, similar to what was highlighted in the ESAC study on videogames, the increase in activity came more from people who were already engaged in some way, rather than new players.

In the case of his own experience, Domingue said he saw games that would happen maybe once a month in person beforehand start to take place online twice a week through services like Roll20, which allows players to interact with a virtual game board in real time.

"Platforms to play online existed before but were less intuitive and accessible than they are now," he said. "I know for a fact that Roll20 has never had this much traffic," he added, explaining that the platform has made multiple revisions and expansions over the last few months. "These are upgrades that were long overdue, and

I suspect it was because they were able to hire more staff."

While the increasing popularity of gameplay prior to COVID can be tied to the rise of webseries and podcasts like Critical Role, which broadcasts the adventures and misadventures of a group of voice actors engaged in a campaign, Domingue said that he feels the rush to play more during the pandemic has been more about socialization than anything else.

"We don't get in-person socialization in our work settings, so having that human connection in the context of gaming I think has been really good for my mental health," he reflected. "Obviously the game isn't as fun as when you're with other people in the same room, but having this tool that everyone else is using certainly makes it easier to play more often."

Domingue offered up the rise in online role playing platforms as being under the same umbrella as the crash course in digital communication that made Zoom and Microsoft Teams household brand names this year, and argued that even though everyone is itching to get back out and do things in person, the skills and infrastructure people have picked up this year are not about to go out the window.

"It is one of very few silver linings of this global crisis," he said, noting that creating a more solid online community helped him prepare for and feel comfortable with a significant move. "My social safety net actually feels bigger as a result," he shared, pointing out that when players can interact across great distances, they feel less distant from one another.



GORDON LAMBIE

Christian Lemaire of The boutique Le Griffon on Wellington Street North.

EDITORIAL

Paying attention on purpose (mindfulness) is key to descriptively identifying your thoughts, emotions, behavioural urges and the environment around you in non-judgmental ways, so that you can choose what to do next.

Beyond self-care

Try these 5 therapeutic tools to manage stress better during COVID-19 restrictions

By Leslie E. Roos

Assistant Professor, Department of Psychology, University of Manitoba

Emily E. Cameron

Associate Postdoctoral Fellow,

Department of Psychology, University of Manitoba

Natalie Mota

Assistant Professor, Department of

Clinical Health Psychology, University of Manitoba

choose how to act in effective ways consistent with their long-term values. Different types of DBT skills can be used in different situations. Some skills are aimed at preventing difficult emotions from becoming overwhelming or at changing emotions in the moment, while others can be used when experiencing an intense emotion, to get through the moment without making the situation worse.

Paying attention on purpose (mindfulness) is key to descriptively identifying your thoughts, emotions, behavioural urges and the environment around you in non-judgmental ways, so that you can choose what to do next. For example, it would be helpful to notice rising feelings of frustration when you realize that your partner did not do their dishes, instead of elevating to angry outrage because your pain-in-the-ass partner never cleans up after themselves.

Next, consider your interpersonal values to decide the relative importance of getting an objective met (such as getting your partner to do the dirty dishes), maintaining your relationship (for example, delivering a request in a gentle non-attacking manner) or emphasizing self-respect (such as assertively communicating that they need follow-through on agreements for mutual respect).

Once you have mindfully defined the issue at hand, DBT posits that there are four options to dealing with any problem:

Solve the problem – Get your partner to do the dishes

Feel better about the problem – Don't stress, because they'll probably get done eventually

Tolerate the problem – Accept that you feel frustrated, but say nothing and move on.

Stay miserable (or make it worse!) – Don't change anything, yell at your partner for never cleaning up and continue feeling very grumpy.

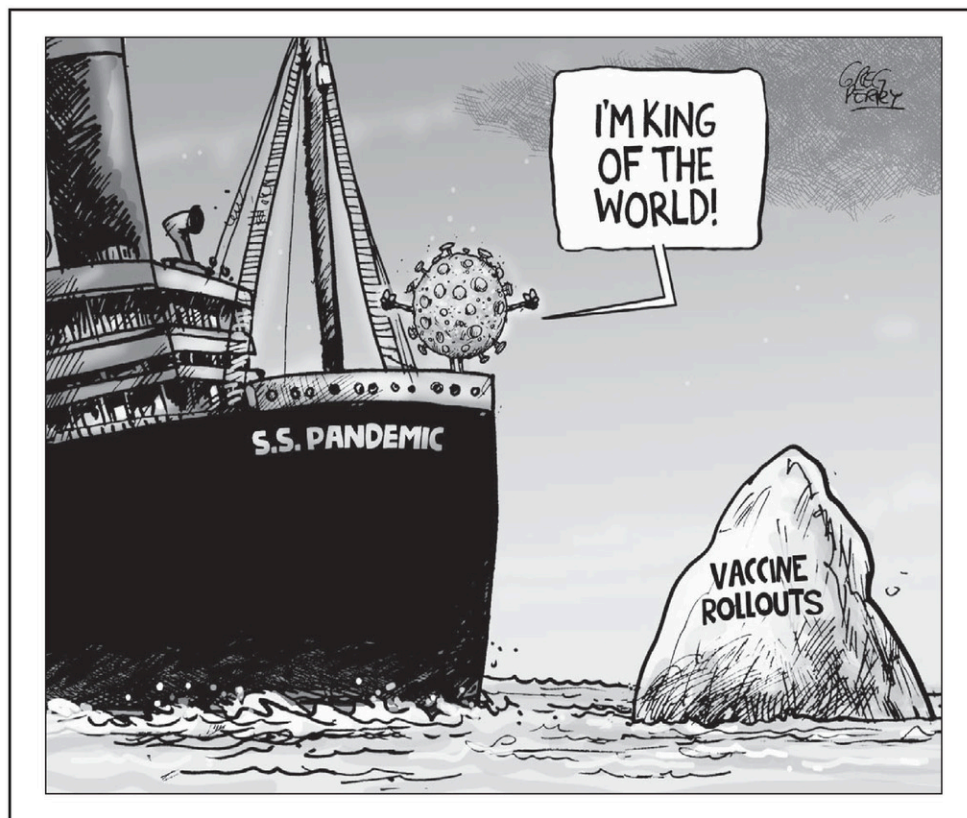
Declining mental health is a serious public health concern during the pandemic, with three- to five-fold increases in psychological distress across Canada, the United Kingdom, Italy and around the world.

In Canada, adverse mental health effects are even more elevated for parents. Our research shows how mothers' mental health has been affected, and a preprint manuscript reveals the possible the impact on fathers. Clinical teams are dramatically understaffed to meet population-level needs, and the most common therapeutic 'self-help' strategies are inadequate given the challenges of social isolation.

As clinicians who research how to handle tough emotions, we have found that skills from Dialectical Behaviour Therapy (DBT) are uniquely positioned to manage unpleasant emotions during lockdown stress. It is vital to consider new strategies to work through inevitable pandemic challenges and build mental health resilience.

DBT is an evidence-based therapy across depression, anxiety, substance use, eating disorder and anger-management symptoms. A "dialectical mindset" encourages people to validate the difficult circumstances that they find themselves in (acceptance), while also trying new skills if they want a different outcome (change).

At its core, DBT helps individuals learn about intense emotions and



5 DBT strategies

Here are five key DBT strategies that validate difficult emotions invoked by the pandemic and make the case for changing automatic reactions that may be driven by strong emotions, such as self-medicating with substances, starting an argument or eating a pint of ice cream to feel better. These include:

Catch your mind when it is stuck in negative loops, so that you can come back to the present moment with grounding techniques. For example, identifying five objects you can see, or squeezing an ice cube and paying attention to the sensations it elicits, can redirect attention to the present moment and reduce focus on negative thoughts or intense emotions that you may be experiencing.

Plan ahead for positive activities that you can fully participate in during COVID-19 restrictions. By scheduling pleasant events that demand your full attention and that are important to you (such playing with your children or having a virtual dance party with friends), you can build up positive emotions that soften the blow of more difficult feelings when they happen.

When your emotion does not match the problem, counter ineffective emotion-driven urges (that is, when the emotion is too intense, not appropriate for the situation or may be harmful) through opposite actions. Try engaging in an activity that elicits an emotion that is opposite to the one you are feeling. For example, if you are really sad and want to hide under the covers instead of getting up to walk your dog or bake cookies for an friend, you could start by blasting Pharrell Williams' Happy, or watching a favourite comedy show. Although these activities probably won't make the problem go away, they can help turn down the volume of unpleasant emotions so that you are in a position to problem solve and move on with your day.

Communicate your needs for space, time and support effectively while keeping important friend and family relationships intact. Try using the WIN strategy, which stands for "When," "I feel" and "I Need." In other words, describe the situation factually, express your feelings and opinions (avoid should-ing, and remember people can't read your mind), and assert by asking for what you need and saying "no" clearly. For example: "When I take the lion's share of child care during the work week while also trying to work from home / I feel burnt out, tired and irritable / I need you to help with bedtimes during the work week so that I can have a bit of a break and be less irritable during our time together." And be willing to negotiate for common ground!

Practise radical acceptance of the current circumstances to choose a path forward with less suffering and more joy. Acceptance does not mean you approve or agree, but instead it allows you to acknowledge your pain and decide to move on, instead of suffering more. Start by noticing when you are fighting reality and figure out exactly what needs to be accepted (without judgemental language). Practise radical acceptance by reminding yourself that reality cannot be changed and allow yourself to experience difficult emotions that arise. Only by accepting current challenges (such as sadness that we can't give our loved ones tight hugs), can we truly move onto problem solving (such as dropping off a favourite dessert and enjoying it together over a FaceTime catch-up). Be sure to practice acceptance radically, meaning all the way!

Distress and challenging interpersonal situations are almost inevitable this holiday season. DBT-based strategies can help manage difficult emotions and remain resilient in these particularly challenging times.

THE RECORD

6 Mallory, Sherbrooke, Quebec J1M 2E2

FAX: 819-821-3179

E-MAIL: newsroom@sherbrookerecord.com

WEBSITE: www.sherbrookerecord.com

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

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

KNOWLTON OFFICE

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

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Local Sports

Alouettes sign Mario Alford and David Ménard

Record Staff

The Montreal Alouettes announced on Tuesday that the club has signed electrifying return specialist Mario Alford and defensive lineman David Ménard for the 2021 season.

Alford (5'8", 177 lbs.) made quite the impression upon his arrival with the Alouettes in 2019, as he scored two touchdowns in his first two outings. In his first game with the Alouettes, he took a 85-yard punt to the end zone in a 21-17 win over the Calgary Stampeders. The following week, he took a 90-yard punt to the house. He continued to impress in the playoffs, as he scored a touchdown on a 99-yard kickoff return, the 3rd longest kickoff return touchdown in CFL playoff history.

In three regular season games in 2019 he amassed 218 yards on nine punt returns, while adding 117 yards on six kickoff returns. In 2018, he suited up for the Toronto Argonauts. The 28-year-old was drafted by the Cincinnati Bengals in the 2015 NFL Draft with whom he registered one catch for 15 yards. He also spent time with the New York Jets, Cleveland Browns and Chicago Bears. The Greenville, GA native previously played collegiate football for the West Virginia University Mountaineers.

Ménard (6'1", 259 lbs.) registered 18 quarterback sacks and 55 defensive tackles in 94 career-games with the British Columbia Lions. The 30-year-old Chicoutimi native also intercepted three passes, while knocking down another three. The former Université de Montréal Carabin also forced three fumbles during his career. Drafted in the fourth round (32nd overall) in 2014, he made 12 defensive tackles and two sacks in ten games last season.

"We are happy to continue signing the players that we were aiming to keep in place for the upcoming season," said Alouettes General Manager Danny Maciocia. "Mario is an electrifying player that our fans will have the chance to see in action next season, while David solidifies our defensive front on top of giving us ratio flexibility. We are confident that we will continue handing our fans good news in the upcoming days."

The Alouettes also announced that the team has signed new deals with Canadian defensive back Ty Cranston, American defensive linemen Michael Onuoha and Austrian Robinson, as well as American quarterback Quinten Dormady.

Cranston (6'3", 205 lbs.) was drafted in the seventh round (56th total) by the Alouettes in 2017. The 26-year-old played 21 career-games over two seasons in Montreal, registering nine defensive tackles and 16 special teams tackles.

Onuoha (6'5", 255 lbs.) was a member of the Baltimore Ravens' practice roster in 2019 following his collegiate career with the Texas A&M Commerce Lions where he amassed 137 tackles and 14 sacks in 38 games.

Robinson (6'4", 300 lbs.) joined the Carolina Panthers in 2020 after suiting up for the University of Mississippi Rebels in the collegiate ranks, where he registered 81 tackles, five sacks and one interception.

Dormady (6'5", 219 lbs.) completed his collegiate career with the Central Michigan University Chippewas completing 190 of his 294 passes for 2,312 yards and 14 touchdowns in 2019. He had previously played for the University of Houston Cougars and University of Tennessee Volunteers.



THE CANADIAN PRESS/RYAN REMIORZ

Montreal Alouettes new general manager Danny Maciocia speaks to the media during a news conference, Monday, January 13, 2020 in Montreal.



This year, we'll celebrate the holidays differently.

Because the pandemic is still very much with us, we must avoid get-togethers during this time.

Let's celebrate within our bubble in order to protect our loved ones, older people and the whole community.

Quebec.ca/HolidaySeason

Let's keep our spirits up.

1 877 644-4545

Death

**Shirley Aileen Mills Bethke
TODD**

April 23, 1936 – December 15, 2020

Shirley passed away peacefully at the Argyll Pavilion in Sherbrooke, due to complications from Covid-19, on December 15, 2020.

Beloved mother of Lesllie Potts and the late Susan Murton. Cherished grandmother of the late Sarah, Amanda (Oliver), Alyssa (Adam) and Ally, great-grandmother to Elise and Conor. Dear sister of Gordon, Audrey and Stella Todd. She will also be greatly missed by her good friends Margaret Wright and Bessie Mills.

A service will be held at a later date.

She will be missed.

WEDNESDAY, DECEMBER 16, 2020

Today is the 351st day of 2020 and the 86th day of autumn.

TODAY'S HISTORY: In 1773, Tea Act protesters dumped hundreds of crates of tea into Boston harbor, an act that came to be known as the "Boston Tea Party."

In 1835, a huge fire destroyed nearly 700 buildings in New York City.

In 1944, German forces began a 90-minute artillery barrage against the Allied front, signaling the onset of the Battle of the Bulge.

In 2000, President George W. Bush selected Colin Powell as the first African American secretary of state.

TODAY'S BIRTHDAYS: Jane Austen

(1775-1817), author; Noel Coward (1899-1973), playwright; Margaret Mead (1901-1978), anthropologist; Arthur C. Clarke (1917-2008), writer; Philip K. Dick (1928-1982), author; Lesley Stahl (1941-), journalist; Steven Bochco (1943-2018), screenwriter/producer; Shane Black (1961-), actor/screenwriter/director; William "The Refrigerator" Perry (1962-), football player; Benjamin Bratt (1963-), actor; Krysten Ritter (1981-), actress; Theo James (1984-), actor.

TODAY'S FACT: Margaret Mead was named "Mother of the World" by Time magazine in 1969.

TODAY'S SPORTS: In 1973, Buffalo Bills running back O.J. Simpson became the first player in NFL history

to rush for 2,000 yards in a season.

TODAY'S QUOTE: "Reality is that which, when you stop believing in it, doesn't go away." – Philip K. Dick, "I Hope I Shall Arrive Soon"

TODAY'S NUMBER: \$2.8 billion – worldwide box-office gross of James Cameron's "Avatar," which began its wide international release on this day in 2009. It is second only to "Avengers: Endgame" on the list of highest-grossing films of all time (not adjusted for inflation).

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

Bake up a classically shaped dessert for the holidays

Preparing homemade cakes is an endeavor that families can enjoy together. Baking is a popular holiday tradition in many families, and few cake styles are as recognized as the Bundt cake.

The Bundt® pan was created in 1950 by H. David Dahlquist, the founder of the Minneapolis-based Nordic Ware kitchen products manufacturer. The shape was inspired by a traditional European cake known as kugelhoppf. The design creates a hole in the center of the cake, which enables a heavy, dense cake to be baked without risk of the center being undone.

Many cakes lend themselves well to the Bundt form, and that includes this "Orange Spice Cake With Berries" from "Classic Stars Desserts" (Chronicle Books) by Emily Luchetti.

Orange Spice Cake With Berries Serves 10

Cake

Butter for the pan
3 tablespoons fine dried bread crumbs
3 cups all-purpose flour
1/2 teaspoon ground white pepper
3/4 teaspoon ground cinnamon
3/4 teaspoon ground cardamom
3/4 teaspoon baking soda
3/4 teaspoon baking powder
3/4 teaspoon kosher salt
1 cup milk

2 tablespoons freshly squeezed lemon juice
Grated zest of 2 oranges
3/4 teaspoon peeled and grated fresh ginger
8 ounces unsalted butter, at room temperature
1 1/2 cups granulated sugar
3 large eggs

Glaze

1/2 cup granulated sugar
1/4 cup freshly squeezed orange juice
1 1/2 teaspoons freshly squeezed lemon juice
1 pint raspberries (about 2 cups)
1 pint blueberries (about 2 cups)

Preheat the oven to 350 F. Butter a 10-inch Bundt pan and dust with the bread crumbs, tapping out the excess.

Sift together the flour, white pepper, cinnamon, cardamom, baking soda, and baking powder onto a piece of parchment paper or into a bowl. Add the salt and set aside. In a small bowl or measuring cup, stir together the milk, lemon juice, orange zest, and ginger and set aside.

Combine the butter and sugar in the bowl of a stand mixer fitted with the paddle attachment and beat on medium-high speed until light and fluffy, about 3 minutes. Add the eggs one at a time, mixing well after each



addition. Reduce the speed to low and add the dry ingredients in three additions, alternating with the milk mixture in two additions, beginning and ending with the dry ingredients and mixing well after each addition. Spread the batter into the prepared pan.

Bake the cake until a skewer inserted into the center comes out clean, about 40 minutes. Let cool for 15 minutes. Invert a platter on top of the pan and then invert the plate and pan together. Lift off the pan.

To make the glaze: In a small saucepan, combine the sugar, orange juice, and lemon juice over low heat, stirring to dissolve the sugar. Brush the glaze on the cake. It will seem like a lot of glaze, but the cake will absorb it. Let the cake cool to room temperature. Slice the cake and serve with raspberries, blueberries and cream, if desired.

Note: Experiment with other berries for the holiday season, such as sugar-dusted cranberries.

(Metro Creative)

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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.

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NEA Crossword Puzzle

Your Birthday

WEDNESDAY, DECEMBER 16, 2020

money in learning, honing your skills and making your dreams come true. Embrace change.

GEMINI (May 21-June 20) - Talk matters through to get good results. A partnership looks promising, but it will require honesty from the start. Fess up to anything that has the potential to become a problem.

CANCER (June 21-July 22) - A financial change will take you by surprise. Be wary of anyone asking personal questions or wanting access to sensitive information. A partnership will take an exciting turn.

LEO (July 23-Aug. 22) - You will thrive in settings that require physical endurance and competition. Be honest with yourself regarding what you can do, and plan your strategy to fit your ability. Don't worry about others' actions.

VIRGO (Aug. 23-Sept. 22) - Refuse to let personal problems drag you down. Your success will depend on how much you are willing to put in to reach your goal. Strive for perfection and embrace new possibilities.

LIBRA (Sept. 23-Oct. 23) - Listen to your heart, fulfill your dreams and let go of what is no longer working for you. Problems at home will leave you feeling torn between what you want and how to go about getting your way.

SCORPIO (Oct. 24-Nov. 22) - Stop laboring over what's holding you back, put your ducks in a row and make a move. You know what's best for you and what you have to do to reach your objective. More initiative may be required.

Make health and well-being your priorities this year. It's time to let go of old habits and people who lead you astray. Look to the future with hope, enthusiasm and the desire to be and do your very best. Added discipline will encourage greater stability and security.

SAGITTARIUS (Nov. 23-Dec. 21) - Be careful when dealing with joint ventures or shared expenses. Keeping things equal will help you avoid tension and get things done on time. Keep a reasonable schedule.

CAPRICORN (Dec. 22-Jan. 19) - Keep busy and keep the peace. Channel your energy into something concrete. If you are smart and goal-oriented, success will come your way. You must work hard to be reasonable.

AQUARIUS (Jan. 20-Feb. 19) - Keep an open mind and listen to what others say, but don't let anyone meddle in your affairs. Work hard to uphold your beliefs and help a cause that matters to you.

PISCES (Feb. 20-March 20) - Look at your objective and map out a realistic, affordable plan. Don't let a last-minute change lead to uncertainty. Consider what's best for you and head in that direction.

ARIES (March 21-April 19) - What you want to do and what you are supposed to do will be in conflict. Stop stressing out and start working hard. Get your responsibilities out of the way early. Romance is favored.

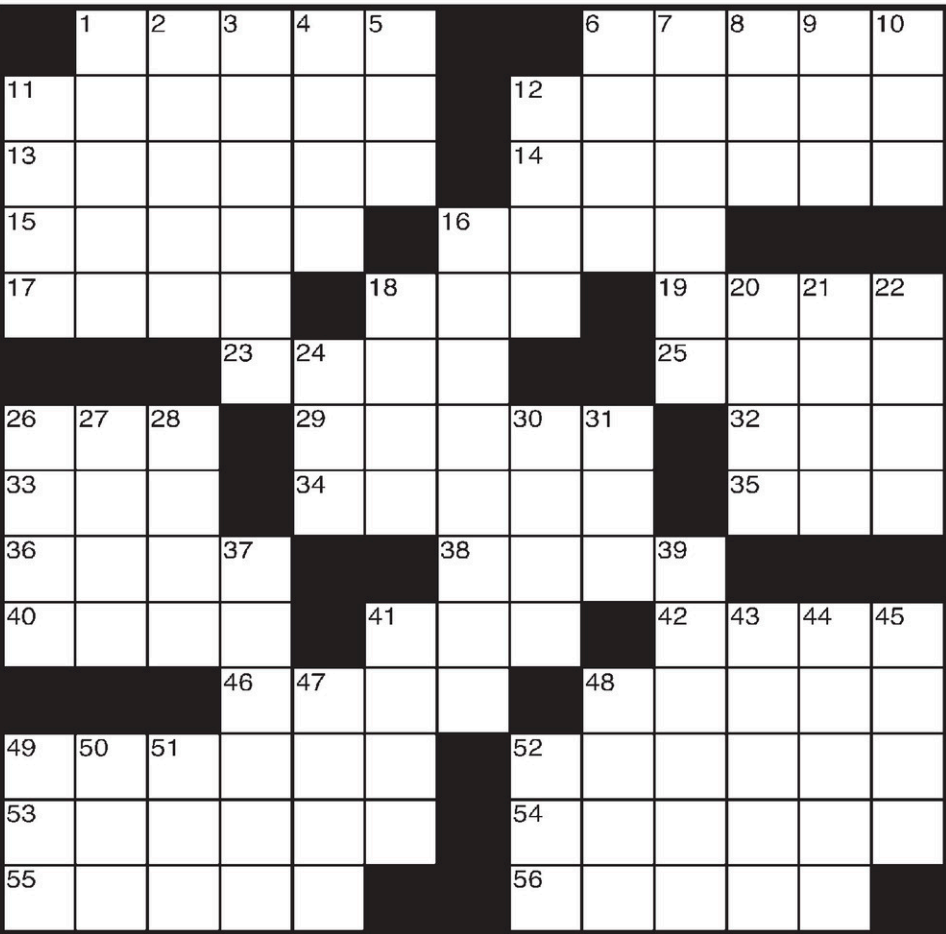
TAURUS (April 20-May 20) - If you focus on success, you will be happy with the results. Invest more time, effort and

Answer to Previous Puzzle



- ACROSS**
- 1 Raw-fish delicacy
 - 6 Made bales
 - 11 Wheel or bottle
 - 12 Japanese theater
 - 13 Traffic no-no's (hyph.)
 - 14 Corridors
 - 15 Becomes fatigued
 - 16 Pita sandwich
 - 17 "Orinoco Flow" singer
 - 18 Not hers
 - 19 Zest
 - 23 Ukraine capital
 - 25 Cordon —
 - 26 Narcissus' flaw
 - 29 Family member
 - 32 Period
 - 33 Hit heavy seas
 - 34 Fad
 - 35 Musical scale note
 - 36 Sprints
 - 38 Become conscious
 - 40 "What — can I say?"
- 41 Shake up**
- 42 Comic-book heroes (hyph.)**
- 46 Wharf**
- 48 Student's paper**
- 49 Live in**
- 52 Sedimentary rocks**
- 53 White water**
- 54 Flair**
- 55 Pipe unclogger**
- 56 Hero's horse**
- DOWN**
- 1 Wedding-dress fabric
 - 2 Loan-sharking
 - 3 Unbroken string
 - 4 Farm flappers
 - 5 1040 agcy.
 - 6 Bristle
 - 7 Soak up
 - 8 "The King and I" name
 - 9 Make ends meet
 - 10 Put down, slangily

- 11 Charmingly attractive
- 12 Boyle and Kyser
- 16 Freebie
- 18 Whodunit suspect
- 20 Seine aits
- 21 Despot who fiddled
- 22 Like some controls
- 24 Business abbr.
- 26 Bronte governess
- 27 France, long ago
- 28 Pays for
- 30 Movie mogul
- 31 Cartoon mice — and Meek
- 37 Evening-gown glitter
- 39 Breathe out
- 41 Toronto Blue —
- 43 Free-for-all
- 44 Correct a text
- 45 Fit together
- 47 Victorian coiffure
- 48 The one over there
- 49 Law (abbr.)
- 50 Auto
- 51 Audit ace
- 52 Ave. crossers



WEDNESDAY, DECEMBER 16, 2020

Are the robots allowed to peek?

By Phillip Alder

In a script for "Northern Exposure," Henry Bromel wrote, "They say dreams are the windows of the soul - take a peek, and you can see the inner workings, the nuts and bolts."

Anyone who has played at Bridge Base Online with or against the robots has probably wondered if they are allowed to see their partner's hand when they are on defense. It had crossed my mind after being on the losing end of a couple of razzle-dazzle defenses. But not after this deal. What was the result in one no-trump after the West robot led the heart three?

My one-no-trump opening bid showed a good 11 to 14 points. I am a big fan of the weak no-trump, believing its pluses vastly outweigh the minuses.

Trick one went heart three, two, five, six! If I could have peeked, I would have led the diamond jack! But after a low diamond to the nine, queen and king, the East robot returned the club three. West took that trick and strangely led the diamond 10. I won with my ace and played the heart 10. West, misled by partner's play at trick one, put up the king. East won with the ace and led back the diamond eight. I won with my

North 12-16-20			
♠ K 7 4 2			
♥ Q 9 4 2			
♦ Q 5 2			
♣ 10 6			
West			East
♠ A J 8 3			♠ Q 6
♥ K J 7 3			♥ A 5
♦ 10 9			♦ K 8 6 3
♣ K 9 5			♣ J 8 4 3 2
South			
♠ 10 9 5			
♥ 10 8 6			
♦ A J 7 4			
♣ A Q 7			
Dealer: South			
Vulnerable: Both			
South	West	North	East
1NT	Pass	Pass	Pass
Opening lead: ♥ 3			

jack, cashed the diamond seven, played a heart to dummy's nine and took the heart queen, club ace and club queen. Then, at trick 12, I played a spade to the king.

Have you been keeping track? That was nine tricks! I asked partner why she had made such a cautious pass!

What is the winning defense against one no-trump? To start, any lead but the heart king, seven or three!

CELEBRITY CIPHER

by Luis Campos

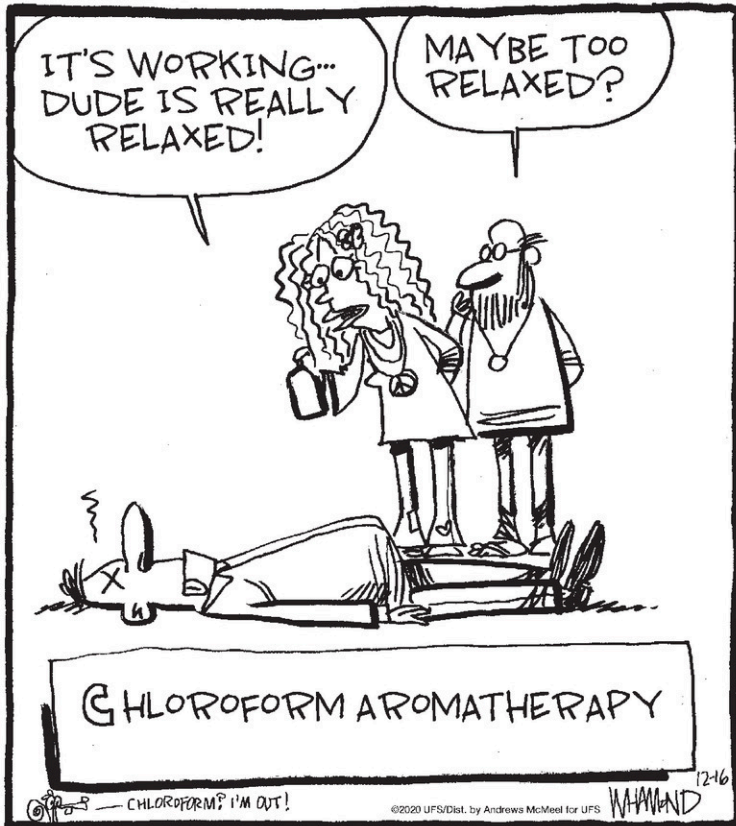
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

“PYA LCH KOHG KAZ HOFON KNOCU DO / 'LCAEO XZ YHSP EONFOE ZY DCUO DO / DYNO GOZONDXHOG ZY CLMXOFO DP JXHCS TYCS.” - MOSOH NOGGP

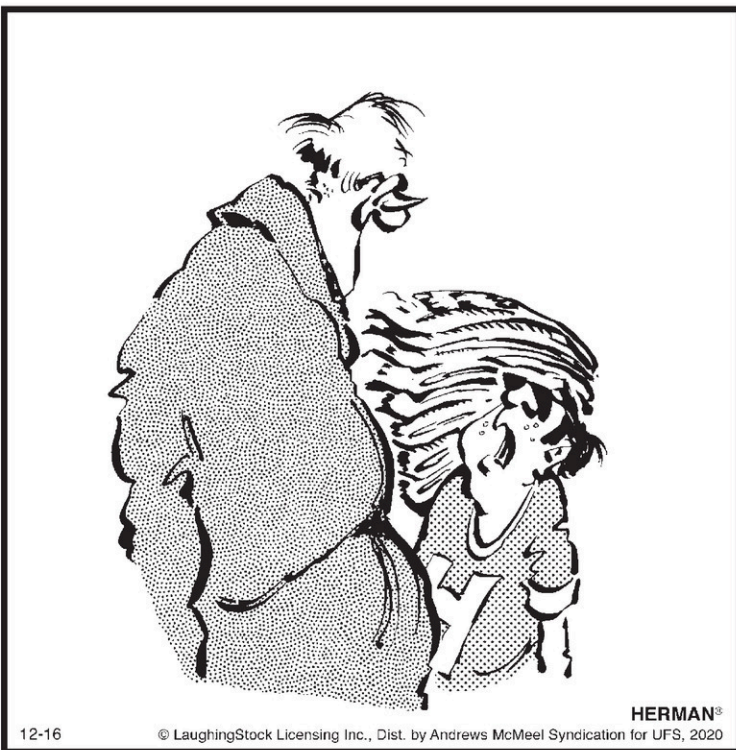
Previous Solution: “I’m certainly relishing the idea of living a century. Can you imagine that? What an achievement.” - Olivia de Havilland

TODAY’S CLUE: 7 sɹɔɹɔ ɹɔɹɔ

REALITY CHECK

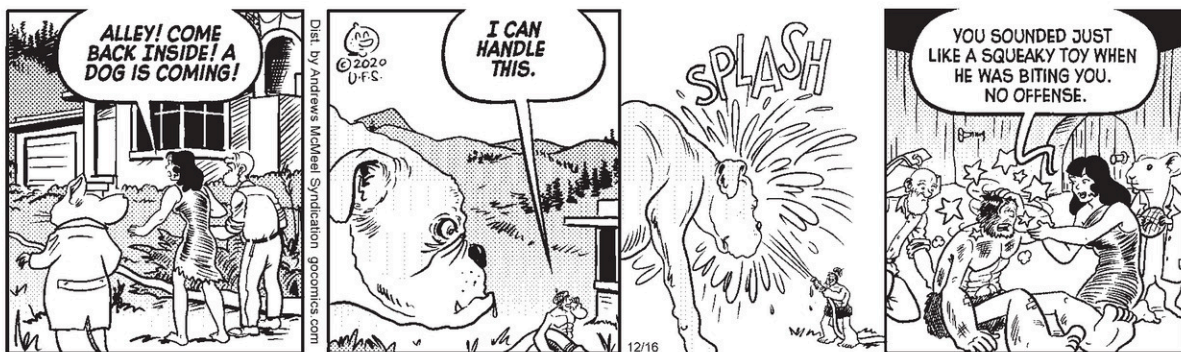


HERMAN

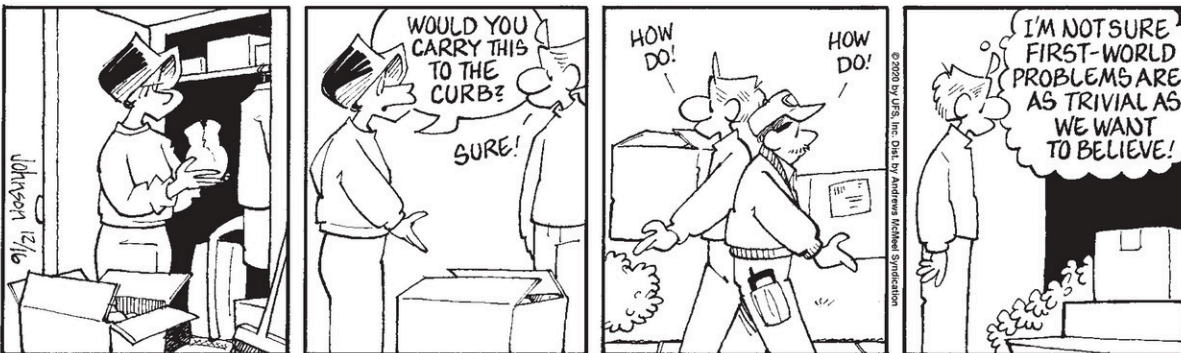


“I’m starting my vacation tomorrow, so I’ll leave you 14 newspapers.”

ALLEY OOP



ARLO & JANIS



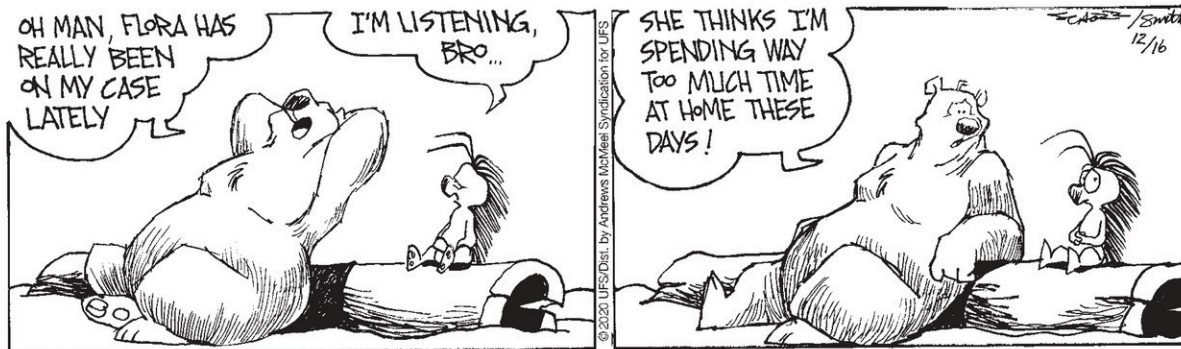
THE BORN LOSER



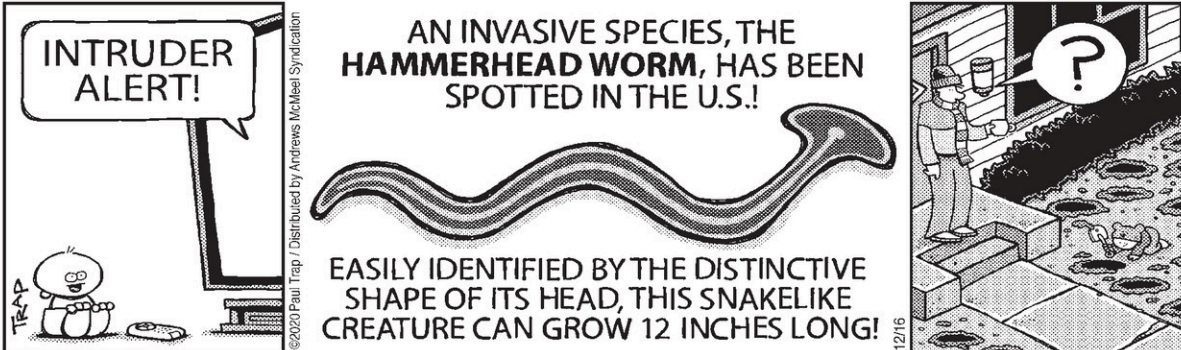
FRANK AND ERNEST



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THE RECORD

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60th birthday wishes to Roxanne Grant Blinn



Even though we cannot be together on your birthday... we can let EVERYONE know you are turning 60 today!

We love you Grandma, have a happy birthday 60 years young.
Jaycob

Happy Birthday grandma Roxanne, happy 60th.
Madison

Roses are Red, Violets are blue, hugs are warm and my love is for you.
Ethan

Happy birthday grandma, I love you. Hope you have an amazing day.
Amelia

Happy birthday Roxanne, 60 wow! I Love you from the bottom of my heart.
Barry

SURPRISE!
 Wishing you a wonderful day. Happy Birthday Mom.
Tiffany & Bruce

One day soon, we can share a bowl of popcorn and watch the Canadians.
Connor

We wish you all the best, health and happiness. Happy 60th birthday and many more to come.
BJ & Nathalie

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OSTÉOPOROSE QUÉBEC

Dear Annie

WEDNESDAY, DECEMBER 16, 2020

Dear Annie: I'm confused about an issue that involves my husband. We have been separated for 13 years. We try to work things out all the time, but now, suddenly, he said I cheated on him. He also said that all I do is lie to him. He said he doesn't want to listen to me when I tell him the truth. He listens to everybody else.

So, should I keep trying, or should I just get the divorce and move on with my life and find someone new? Please help me. - Confused

Dear Confused: The answer is pretty clear. After 13 years of what sounds like a toxic relationship, it is time to either commit to marriage counseling or to get divorced. Staying in limbo, continuing to accuse each other of cheating and fighting all the time is not healthy for anyone. Best of luck to you.

Dear Annie: Please tell the parents who were confused or concerned about cellphone use to have their teens watch (with them, if possible) the documentary "The Social Dilemma" on Netflix. It explains the power of cellphone addiction and how it is ruining lives, making teens (and adults) depressed and anxious and contributing to the rise of hate groups.

The biggest threat is the undermining of democracy. Everyone should watch it. It is an eye-opener and will surely give teens more to think about when deciding on their own to use less screen time than just "cause mom and dad say so." - Cellphone Wary

Dear Cellphone Wary: This was a great movie - thanks for the recommendation! - though, I think some of the political messages could be considered controversial. Though there's no dispute that social media and cellphones are incredibly distracting. Cellphones have been called "the new cigarettes" because they can be addictive and harmful.

Dear Annie: I have to share a gift. When my nephew got married, his future mother-in-law sat her daughter

down and had a talk with her about her future mother-in-law. Her mom told her to be "nice and respectful" to her future mother-in-law.

Her mom told her this, because she has a daughter-in-law who does not treat her well. Unfortunately, I feel this story could be familiar for many mothers of sons. It is heartbreaking that so many families experience this. We never know when a loved one could be gone in a heartbeat. So, why are we acting this way?

I guess what really needs to be said is this: Talk to each other. Tell each other what you like and don't like. Engage in a relationship. Life is work; let's make it productive and pleasant for as many as we can.

Thank you for listening; I love your column for what you write, mainly because of your openness to other viewpoints. - Mother-in-Law

Dear Mother-in-Law: Your letter highlights a very important rule; namely, the golden one. Treat others the way you would like to be treated. When we live like this, the world shines a little brighter.

Dear Annie: I have been with my boyfriend for 16 years. Until this year, we were very happy. We shared a home together and talked all the time. We had a healthy sex life. Our relationship was great. But when the pandemic happened, his 22-year-old daughter moved in. Since then, my world was turned upside-down.

She is rude to me and won't engage in conversation. It's like she pretends I'm not even there when she walks by. She doesn't clean up after herself. When I told him I wanted her to show me some respect and speak to me, he told me I needed to show her some respect.

Over the years, my partner has asked me to make some hard choices. At one time, my nephew had to move in with us for a few months. He insisted that my nephew pay rent even though we were living in the house I grew up in at the time. On another occasion, I let go of 30-year friendships because he didn't like my

friends. Lastly, I gave up my home and moved into a house he bought without me seeing it.

He has asked me to make some sacrifices over the years, and I did because I love him. When I asked him to make one, he called me crazy and refused to do it.

I finally moved out. I don't want to lose the love of my life, but I don't feel comfortable in that house anymore. He did say he was willing to go to couples therapy, and I have tried to set that up but it has been hard due to the pandemic.

He acts like everything is fine. All I wanted was some respect. And to take back my role in my house. I'm afraid that my relationship is over, and I need to accept that and move on. What do you think? - Left Behind

Dear Left: While his daughter's presence may have brought issues to a boil between you and your partner, it sounds as though they've been simmering for quite some time. I'm troubled to hear that he made you end 30-year friendships because he didn't like your friends. That's not love, and it's not healthy. In fact, that type of controlling behavior is often part of a pattern of emotional abuse. I encourage you to learn more about the warning signs of abusive behavior by calling the National Domestic Violence Hotline (800-799-7233) or visiting thehotline.org.

If I've misjudged the situation entirely and he's not abusive, then give couples therapy a try. There's no need to wait until after the pandemic is over, as there are virtual options available. You can find a database at www.psychologytoday.com/therapists/online-counseling.

"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.

SUDOKU

DIFFICULTY RATING: ★★☆☆☆

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

12/16

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PREVIOUS SOLUTION

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

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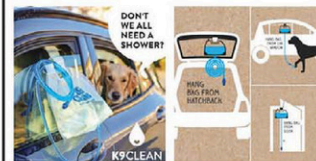


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