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THURSDAY, NOVEMBER 26, 2020

Another 40 cases, two deaths in Estrie

Record Staff

There were 1,100 new cases of COVID-19 reported on Wednesday, bringing the total number of people infected since the spring to 135,430. There were 28 new deaths reported, for a total of 6,915, but the number of hospitalizations remained stable compared to the previous day, for a cumulative total of 655. Among these, the number of people in intensive care decreased by 3, for a total of 93. There were 10964 active cases across the province, and 117,551 people are considered to have recovered.

In the Estrie region, there was a second day of 40 new cases, once again spread out over almost all local areas. Two new deaths brought that total to 57, one at the Asbestos Hospital and the other at the BMP Hospital. The local number of hospitalizations decreased by four to 24, but the number of people in intensive care increased by two to seven. Of the 4,233 cases since the spring, 3,641 are now considered recovered.

Public health was aware of 535 active cases in the Townships as of Tuesday, more than half of which are concentrated in the Sherbrooke, Granby, and Asbestos areas. Despite those concentrations, however, 59 local communities were reporting some number of active infections.

A temporary testing centre was set up on the Bishop's University campus on Wednesday to help control the outbreak within that community. There were no new cases linked to the two outbreaks being tracked at the school or to the Golden Lion Pub, although four new outbreaks were added to the Public Health department's list of installations and establishments under observation.

Katie Lowry honoured for commitment to employment



COURTESY SOPHIE NAGLE, PHELPS HELPS

By Reann Fournier Special to The Record

On Nov. 25, Quebec Premier Francois Legault announced the recipients of this year's Youth Recognition Awards, a list which includes Phelps Helps' own Katie Lowry.

"I'm very touched to receive the award," said Lowry. "I've been working with Phelps and the community almost a decade and having this recognition for the time, energy, and work means a lot."

The Youth Recognition Awards recognize achievement in five categories that are aligned with the targets of the Quebec 2030 Youth Policy; health, education, citizenship, employment, and entrepreneurship.

Both a youth worker and a young person were awarded in each category, with Lowry being recognized under the employment category for her dedication to young people's success and support during their transition into the job market.

"Most importantly, it's been a team effort," she said. "It's nice to have the attention being brought to the Townships, but especially a small town like Stanstead. It's a great opportunity to thank the people working with us for their efforts and to highlight what a small community organization can do."

Each category winner receives a trophy, a certificate, and a \$1,500 bursary. The bursary is an individual prize to recognize the winners'

accomplishments, but Lowry said that, considering she makes regular contributions to Phelps Helps, a portion will likely be used for the program.

Over the years that Phelps Helps has been operating, the organization has grown from a small high school tutoring initiative to six programs focused on education and career support.

"The two co-founders were really asking what they could do to help young people reach their full potential," said Lowry. "We wanted to provide individual support in the community. I think when you're trying to achieve impact for young people you need to find someone they can trust and confide in."

CONT'D ON PAGE 5

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CHANCE OF
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PERIODS OF
RAIN OR
SNOW
HIGH 3
LOW -3



SUNDAY:
SUNNY

HIGH 1
LOW -3



MONDAY:
60 PER CENT
CHANCE OF
FLURRIES OR
RAIN SHOWERS
HIGH 2
LOW 0

Have we got nudes for you



ROSS MURRAY

Every now and then I remember the time I was blackmailed in college and I think, "Huh, that was weird."

When I enrolled at Mount Allison University in New Brunswick, I was assigned to Bennett, a men's residence that had the reputation of being the campus Animal House. The reputation was deserved.

Bennett was famous for its parties. These included the annual beach party, which entailed filling the hallway with sand and wading pools. Add several spilled drinks and other fluids and this was not looked upon fondly by the administration or the cleaning staff.

Another activity was the sauna, a jerry-rigged steam room made by sealing off the washroom entrance with garbage bags and then running the showers on full hot. Keep this scene in mind.

Why the admissions people thought Bennett would be a good fit for an insecure, virginal band geek, I don't know, but, after a few weeks of living in fear, I learned to embrace the shenanigans, so much so that I re-enlisted for a second year.

During that second year, there was a

guy in the house we'll call Merv. Merv was a pretty cool cat, and he and I got along well, though I couldn't say we were close. I think Merv might have been a Fine Arts student, for reasons that will soon become clear.

One day, our floor set up a sauna. As was often the case, alcohol was involved. Steam, beer, youth - things got quite blurry for me that day.

About a week later, I found an envelope in my mailbox. I opened it right there in the mailroom. Inside was a black-and-white photograph of me coming out of the sauna. Starkers. A full-frontal portrait. It might have been titled, "Naked Youth With Beer." The beer was for scale.

We've all looked at ourselves naked in the mirror, but seeing a photo of yourself naked is an entirely outside perspective. It's like hearing your voice for the first time and discovering your voice is skinny, pale and hairless. I looked like one of those featureless, smooth-skinned aliens stumbling out of the mother ship. Remember, I was only 20 years old and had not yet reached my physical peak, which I am still waiting for.

Shocked and horrified, I shoved the picture back in the envelope. I was, after all, in the mailroom. There was also a note of some sort, demanding cash or something and if I didn't respond... what? It's weird that I can't remember the nature of the extortion yet the image itself is burned in my mind (as I'm sure the mental image is now burned in yours).

To make a nude story short, I eventually deduced that the prank was the work of Merv. Whether I paid some kind of ransom, I don't recall, but I know I eventually got and destroyed the

original negative along with the print.

It was all a joke, of course. Yet somewhere along the way Merv had to develop that negative in a darkroom, and if you've ever developed prints, you know it takes a lot of studious eyeballing to make sure you get the shadows and (ahem!) highlights just right. (Insert "enlarger" joke here.) In other words, Merv spent more time than I'm comfortable with staring at my Heineken.

Merv left school not long afterwards, for completely unrelated reasons. I assume.

Today, I take it for the thing it was: a prank. But then I think, man, that was weird. Who does that? Even if I never felt violated, some kind of line was crossed.

And yet, and yet...

This whole incident popped into my head this week, on the morning of my 55th birthday. Maybe it was the realization that all that smooth skin has now become spotted and crepey. While I can guarantee you that I am much less likely to wander naked into a hallway, with or without beer, part of me misses the days when I did.

Such is the curse of chronic nostalgia, that middle-age yearning to reconnect with the past now that time has worn the edges off all its complications and pain. All we're left with are those rosy memories of vigorous youth. It's why we pull out old yearbooks and photo albums, why we reconnect with long-lost friends.

So part of me wonders if I should have hung onto Merv's photo, just so I could remember, ever so faintly, what it was like to be 20 and have a 20-year-old's body.

Naaah, gross! Yuck!



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Ben by Daniel Shelton



Local News

While the ETSB need not worry, a number of other English boards will have to hold elections this coming Dec.19 and 20.

School board gets clean audit report, but how's the air?

By Matthew McCully

The only questions asked during Tuesday evening's Eastern Townships School Board (ETSB) meeting were by Appalachian Teachers' Association President Megan Seline, inquiring about ventilation in schools.

The board replied that natural ventilation is available in most classrooms, and the ETSB is working closely with schools and other boards to see what types of options are on the market to acquire and have available on a case-by-case basis.

The board also pointed out that it is planning a major overhaul of the ventilation systems in all ETSB schools and centres within the next four to five years, which will include improved heating and cooling systems.

Seline pushed for details about the directives regarding the natural ventilation of buildings.

According to the board, protocols were sent out to all schools. Opening a window in a classroom 20 centimetres for three minutes is sufficient to change the air in the room, the board explained, and that exercise can be repeated throughout the day as many times as possible.

When asked if the education ministry provided extra funds to the ETSB to help with buying portable units, the board replied that the budget allotted was mainly to address issues with a building's mechanical ventilation system, but the board would be using some of the funds to acquire any equipment needed.

In September the provincial government made \$20 million available to address ventilation issues in schools. Just over \$100,000 was provided to the ETSB.

Seline's concerns about ventilation

were echoed by recent news reports from several media outlets about informal air testing done in 25 Montreal schools, organized by a group called COVID-STOP. According to the results, 75 per cent of the classrooms recorded CO2 levels above acceptable norms.

Tuesday evening was the ETSB's first meeting under a new mandate. They started off with a clean audit report and no reserves.

During a special meeting earlier in the month, the board held internal elections for the position of vice-chairperson as well as the chairs of the various committees. Parent Commissioner Daniel Zigby was elected vice-chair.

The following are the advisory committee heads:

Richard Gagnon- Chair of the Governance and Ethics Committee

Joy Humenuik- Chair of the Audit Committee

Mary-Ellen Kirby - Chair of the Educational Services Committee

Claire Beaubien- Chair of the Human Resources Committee

Gary Holliday- Chair of the Transportation Committee

Marc Mercure- Chair of the Communications Advisory Committee

As for the upcoming school elections, originally suspended and then rescheduled for Dec. 19 and 20, the ETSB is not affected.

In an interview last week chairman Michael Murray explained that the government decree regarding elections said that only boards with seats contested by more than one candidate were obligated to hold elections.

In the case of the ETSB, by the end of the nomination process all of the seats were acclaimed with the exception of the Magog ward where commissioner

Dan Brodie did not run for re-election, but no other candidate presented. The ETSB will therefore conform to the Education Act and up to 40 days after the close of nominations, declare a new election for the Magog ward only. That will mean opening a new nomination period some time in December and proceeding with an election by Jan. 10 if more than one candidate runs for the seat.

According to Murray, going forward with the elections to begin with made a mockery of anything to do with real local representation. "They're just going ahead, making it as easy as possible to subsequently claim there was no point," Murray said, adding that anything that goes wrong will be blamed on the process. "If I were to design an election wanting to discourage participation, it would have many of these characteristics," the chairman commented.

While the ETSB need not worry, a number of other English boards will have to hold elections this coming Dec.19 and 20. During Tuesday's meeting, Murray pointed out that not only did the government decree the resumption of school board elections when the daily number of COVID-19 cases is higher than when they were postponed, election day falls within the special confinement period laid out in Legault's moral contract leading up to authorized holiday gatherings.

Reporting on the Quebec English School Boards Association meeting, Murray said the English Montreal School Board (EMSB) is not faring well.

The board was placed under trusteeship in November 2019.

Murray, referring to media reports and discussions within the QESBA suggested former Liberal MP Marlene Jennings, appointed by the government

to oversee the EMSB, spent the two six-month mandates of her trusteeship reorganizing the board as a Bill 40 service centre. Murray said there was a devolution of power and decision-making to schools, reducing the council of commissioners to a support role.

Jennings completed her role as trustee and went on to be elected president of the Quebec Community Groups Network.

Upon Jennings' departure, the government installed a monitor at the EMSB. While supposedly there to act strictly as an observer, Murray said tension led to the resignation of two upper-level administrators at the EMSB.

In other board news, plans are going well for the construction of a new school for Drummondville Elementary. A call for tenders came back with a plan and costs around \$17 million. The board is awaiting approval from the government before moving forward. The board hopes to have the new school completed and open by January 2022.

During their individual reports, Director General Michel Soucy and Chairman Murray both addressed the toll COVID-19 has taken on the community. Soucy made a point of thanking workers in the health sector. He also recognized the enormous effort made by students and staff at the ETSB to take health recommendations seriously.

"We are strong enough to get through this together," Soucy said.

Murray pointed out that the mental health of students and personnel is at risk, and said it is more important now than ever to remain vigilant, referring to growing Covid fatigue. "It is worth the effort. It is for now, it's not forever," Murray said.

More resources for railway study

Record Staff

The Alliance du corridor ferroviaire Estrie-Montérégie (ACFEM) is receiving support from the provincial government, as it continues to study the economic feasibility of freight and passenger transportation.

Quebec's Transport Minister François

Bonnardel instructed the Conférence administrative régionale (CAR) de l'Estrie and the CAR de la Montérégie to assist in the study. According to a press release, the study will eventually lead to the development of a Class 4 railway line.

The results of the study could allow passenger trains to travel at higher speeds — up to 120 km/h. The Quebec

government plans to hold several meetings to discuss land use in Lac-Mégantic, Sherbrooke, Magog, Bromont, Brome Lake, Farnham, Bedford and Brigham.

CAR de l'Estrie will lead a follow-up committee to dissect the ACFEM project, bringing in a number of governmental and non-governmental stakeholders

concerned with the outcome of the study. Bonnardel said everyone involved in the project is on the page.

"The various players involved share the same goal: to develop a safe rail corridor for its users and neighbouring populations, while contributing to regional economic growth," he concluded.

Forum on medical assistance in dying

Record Staff

Health Minister Christian Dubé announced a national forum discussing the Act respecting end-of-life care will take place on Dec. 14.

This is the second national forum concerning the act. It is expected to

dive into the issue of medical assistance in dying for people with severe mental disorders. According to a press release, this is the first step in a longer process.

The Quebec government plans to schedule more consultations in the future. The forum will be held virtually to cope with the pandemic. It is also by invitation only. Participants include

non-profit organizations, and health and social services institutions.

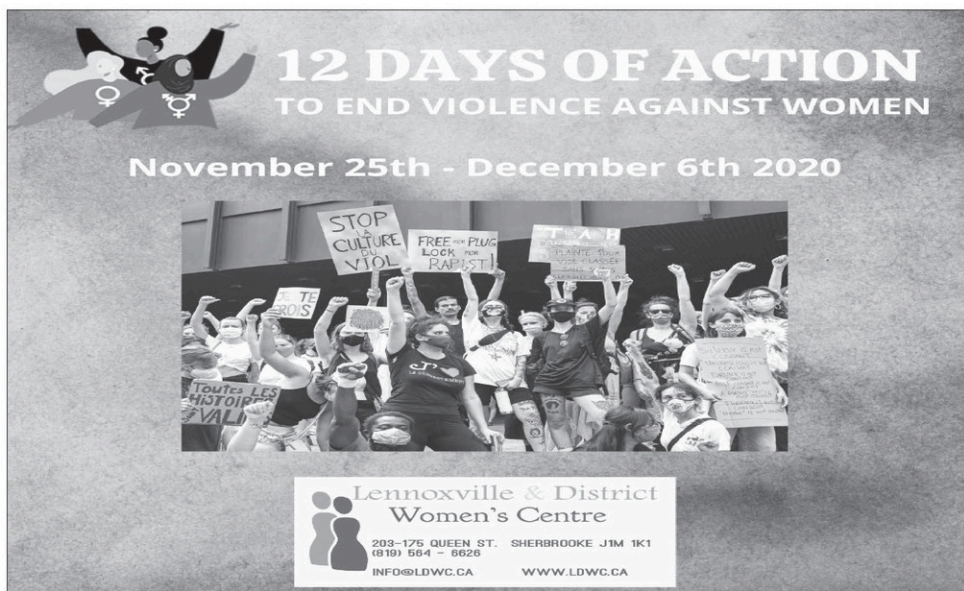
There will also be two independent members of parliament in attendance, as well as medical assistance in dying critics from opposition parties. Dubé said this forum is an important step to balancing the will of the people and protecting Quebec's vulnerable

population.

"We have heard the public's concerns about increasing access to medical assistance in dying, particularly for reasons of severe mental disorders," he said. "This is why we want to address these sensitive issues with all the stakeholders concerned."

12 DAYS OF ACTION

12 Days of Action



Each year the Lennoxville and District Women's Centre (LDWC) takes part in the 12 DAYS OF ACTION TO END VIOLENCE AGAINST WOMEN. Between Nov. 25 and Dec. 6, the LDWC will be publishing an article in each issue of the Sherbrooke Record to raise awareness and shine a light on this critical social problem.

Today's contribution is from John Allore, host of the website and podcast *Who Killed Theresa*. In 2018 John was awarded the Senate of Canada's Sesquicentennial Medal for his work in victims' advocacy. He is the co-author along with Patricia Pearson of *Wish You Were Here - A Murdered Girl, a Brother's Quest and the Hunt for a Serial Killer*, about his sister's death and a series of unsolved murders in the Eastern Townships of Quebec.

On a recent trip to the Eastern Townships I stayed at the Paysanne motel in Lennoxville. Today the Paysanne looks like an

accessory you'd buy for your Lionel train diorama. There's a woodcut map of Quebec in the foyer that appears to have hung there for the last forty years. That's actually the last time I set foot in the place, that November when my sister, Theresa Allore went missing. The following spring, after the snow melted, she was found murdered in a ditch.

On this visit I took a trip to the St. Michel cemetery, the "French" cemetery, as a friend referred to it, resting across the Saint Francois River from downtown Sherbrooke. It is winter, but mild. Wet snow falls on the markers. Walking through the torn up asphalt laneways I have to sidestep many icy puddles.

St. Michel provides a tranquil coda for the violence that took place in the late 1970s and early '80s in the region. There you'll find the last resting place of Manon Dubé and Louise Camirand, both now correctly identified as Sherbrooke unsolved murders by the

Sûreté du Québec. Angels and crosses adorn their markers. In death they lie kitty-corner from each other a few feet across a gravel road from two identical triangular plots. Jacques Turcotte is there. The 22-year-old was found on the Lennoxville golf course after the spring thaw in 1979. Jacques was last seen at the Bishop's Pub that winter, and the QPF quickly determined he probably froze to death, though few believe it was the snow that killed Jacques Turcotte. A few markers down from Turcotte is the plot of the Couture family. Their daughter, Nicole's name is demarked, though there is no date of death. Nicole is still living, though in the winter of 1981 she was brutally attacked by Luc Gregoire in a downtown Sherbrooke parking lot. Luc Gregoire - now deceased - is suspected of the murders of Manon Dubé and Louise Camirand. In 1993 he was finally arrested for the Calgary murder of Lailanie Silva. And the Gregoires are in this cemetery too, his parents not far from the Couture family plot.

All of these people laid out within short proximity of each other, like pages from a Spoon River Anthology, the Edgar Lee Masters poems that weave a tapestry of lives and losses in a small town community.

Switch to a different cemetery.

We are now in southern Ontario. It is summer, sunny and humid. I am at the foot of my sister's grave though the inscription on the marker clearly instructs me not to be here:

"Do not stand at my grave and cry; I am not there. I did not die."

It is Saturday morning, and a group of seniors are busy pruning and sprucing up the adjacent garden. The garden is beautiful, and quite out of place in what is otherwise a fairly bland spot with an overlook of the Trans-Canada Highway. An old woman approaches. She tells me they come every weekend, she takes special care to always attend to Theresa's gravestone. She tells me she knew my mother, they went to grade school together. Does my mother know she does this, I ask. No, it's a service, she replies.

A quick text to a friend whose daughter was also sexually assaulted and murdered in Sherbrooke in 2002. "Pierre, why isn't Julie buried at the St. Michel Cemetery?". A text back, "She is buried in the English cemetery, because it has more trees and is near the river." This response is remarkably similar to my mother's answer when asked why Theresa is buried next to the 401, "Because it's high on a hill, she can look at things."



Theresa Allore

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The Border Report

What Angel needs is a quiet and calm household with an adopter who will give her the time she needs to settle in and adjust to her new surroundings.

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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

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- Enable a teen to get free one-on-tutoring in any subject
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COURTESY

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: Angel

Angel is a gorgeous long-haired calico who was surrendered into our care when her owner moved from a home in the country and into an apartment. This has been a difficult transition for Angel and while she is safe and cared for, the shelter is no place for this shy yet gentle senior. Will she be lucky enough to find her new forever home before the holidays? We sure hope so!

What Angel needs is a quiet and calm household with an adopter who will give her the time she needs to settle in and adjust to her new surroundings. She is sweet and so very gentle and once she feels secure, she readily accepts pets and purrs instantly. With the volunteers Angel has come to know, she is affectionate and loving.

The shelter environment is simply too stressful for this sensitive and quiet 11-year old cat and we know she will be so much more at ease once she is back in a home environment where she can be at peace.

Angel lived in a multi-cat household so she will be fine sharing her home with another friendly and calm cat or two. If you can be the one to give this lovely senior the warm, cozy and loving retirement home she deserves, we'd love to hear from you. Angel is healthy and more than ready to begin her new life as a pampered and much-loved family pet.

To meet Angel, please give our cat adoption coordinator, Linda Peacock a call at 819-868-2684.



Katie Lowry

CONT'D FROM PAGE 1

Lowry's commitment to youth and the success of the programs she has helped develop has received support from not only her community and local organizations, but from other regions of Quebec as well.

"We work with about 250 young people a year," she said. "All of this has been achieved through the hard work of the team and the support of our vision as well as our partners with other organizations."

"The co-founders always had this big vision," said Lowry, explaining that other regions of the province are looking to establish similar resources in their areas, based on Phelps' success. "I was originally a classroom teacher and worked with Phelps on the side but, we quickly realized that the support we needed in the community was much larger than just an afterschool program."

Lowry added that the program is ever-growing and always changing. "We're built on a model of

collaboration, and that's been a key point for us," she said. "I knew that we needed to start reaching younger, bigger, and approaching the issues more holistically. The program quickly morphed into something much bigger, and we're always growing and changing with the needs expressed by the community."

Lowry added that the individual awards highlight the trust and support that needs to be built to be an individual working with vulnerable

populations like youth.

"You need to be human, to have trust, if you want to invoke change," she said. "There's been around 300 young people that I've worked with individually and there's success stories of all kinds. When you start working with the people in the area it becomes a passion. I didn't realize how much it would grow, but it's been a pleasure to grow with it."

EDITORIAL

"We believe it is essential to put in place an action plan to supervise our youth, smokers and non-smokers, to make them aware of the dangers of tobacco and vape products and to support those who wish to quit," said Mitchell-Montcalm vice-principal Éleine Quintal.

Coating-19: the 'Paintdemic' of 2020



TIM BELFORD

As if being in the midst of this whole COVID-19 business wasn't enough, I found myself recently in the middle of a 'paintdemic.'

The two are quite similar. Both require wearing a mask, there is frequent hand washing with a variety of cleansing solutions and you have to be aware of touching just about any flat surface. The upside, in this case, is that I am able to rely pretty much on the efforts of my bride.

After considerable thought, She Who Must Be Obeyed decided recently to take advantage of the unseasonably mild November weather - and the fact that she has obviously too much time on her hands - to re-paint the bedroom. This, I may add, is a perfect example of what I have previously described in this space as the 'nesting' imperative that seems to govern all women.

Painting, for most men, is one of those household activities that should be avoided at all costs. A properly

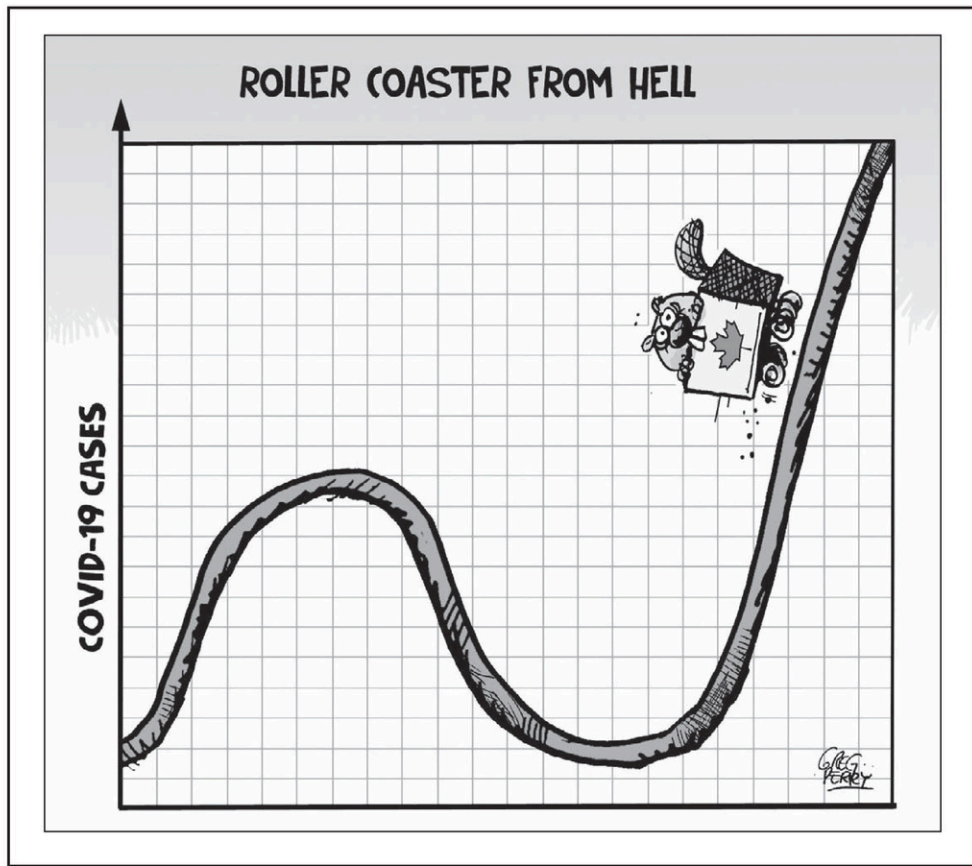
applied coat of colour in any given room ought to last in the area of twenty-five years or so. On the other hand, most women have the strange idea that walls should be 'refreshed' or 'lightened up' every four or five years; a belief that can only be explained genetically.

Since I had made it quite clear at the start of our relationship that I only paint under the most dire of circumstances I was assured by the love of my life that my part in this latest endeavour would be minimal. In this case 'minimal' would involve dismantling the bed and emptying the room of furniture and, oh yes, plastering and sanding holes.

I should explain. My sweetheart is, among other things, artistically inclined. She herself is a dab hand at painting and enjoys and appreciates the artistic work of others. As a result the walls of our bedroom are decorated with a number of paintings. Over the years these paintings have been changed from time to time and from place to place as have the hooks, fasteners and nails that hold them up; thus the holes.

Plastering and sanding completed we started on the bed. Now, the bed in question is the size of a small football field, with two mattresses and two sets of box springs. This size was necessitated because I am what you might call a restless sleeper prone to rolling or turning about every three minutes all night. The arrangement allows my better half to rest undisturbed.

The two of us managed to remove



mattresses and springs and haul them to the safety of the living room, which left only the frame. The mistress of the house suggested we could just slide it away from the wall and she would work around it. Sliding the frame over thick carpet proved to be a non-starter, however, since the legs stuck at every attempt. The only logical solution was for me to attach casters to each leg. A trip to the hardware store and some skillful tipping of the frame and the casters were installed: the bed moved easily around the room.

It was at this point that She Who Must Be Obeyed noticed that the legs

supporting the slats in the centre of the bed were now three inches off the floor - the exact length of the newly installed casters on the four corners. The only solution was to install four more casters down the centre line of the frame. Fortunately, I had some smaller casters on hand (rule #1 of DIY home maintenance: never throw anything away) and with a bit of drilling, grunting and shoving they were installed.

As to the painting itself? Everything went smoothly. I could see the progress, each time I walked by the bedroom door.

High school in Sherbrooke targets smokers in the new year

Record Staff

Mitchell-Montcalm High School is implementing a new smoke-free strategy starting Jan.1, 2021, as part of the Conseil québécois sur le tabac et la santé (CQTS) project

that plans to create a generation of non-smokers.

The high school is the first in the Eastern Townships to implement the CQTS strategy, according to a press release. The project aims to educate teenagers about smoking, vaporization

and support students and staff wishing to quit.

"We believe it is essential to put in place an action plan to supervise our youth, smokers and non-smokers, to make them aware of the dangers of tobacco and vape products and to support those who wish to quit," said Mitchell-Montcalm vice-principal Éleine Quintal.

In collaboration with the CQTS, the high school created smoking profiles for its students, faculty and staff. This allowed for a better understanding of smoking and vaporization habits. It also helped in determining and implementing objectives in the fight

against smoking.

The data CQTS and Mitchell-Montcalm collected reveals 24 per cent of the school's students smoke or vape. And 27 per cent of smokers or vape users have unsuccessfully tried to quit. Yannick Dallaire, a contact person for the project, said it's tough to shed the habit.

"I meet students who have started to vape and who tell me that if they had known it was so difficult to quit, they would never have started. Some even see a difference in their ability to play sports, to catch their breath," Dallaire said.

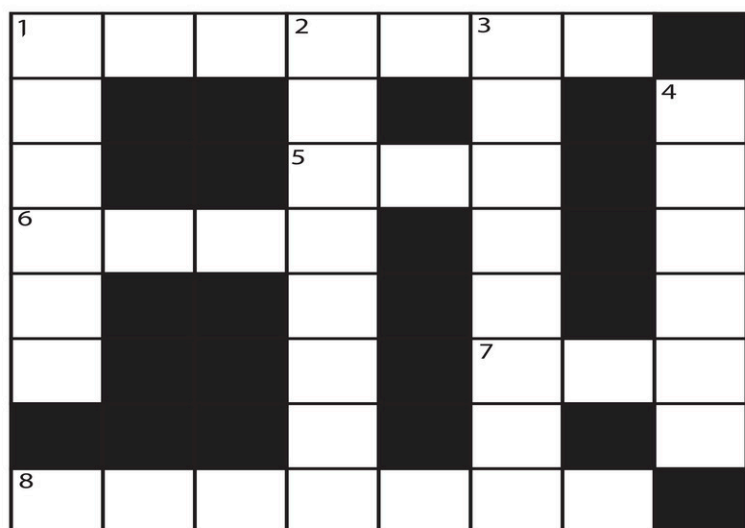
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<p>SHARON McCULLY PUBLISHER (819) 569-9511 MATTHEW McCULLY MANAGING EDITOR (819) 569-6345 GORDON LAMBIE ASSOCIATE EDITOR (819) 569-6345 SERGE GAGNON CHIEF PRESSMAN (819) 569-4856 JESSE BRYANT ADVERTISING MANAGER (450) 242-1188</p> <p>DEPARTMENTS</p> <p>ACCOUNTING (819) 569-9511 ADVERTISING (819) 569-9525 CIRCULATION (819) 569-9528 NEWSROOM (819) 569-6345</p> <p style="text-align: center;">KNOWLTON OFFICE 5B VICTORIA STREET, KNOWLTON, QUEBEC, JOE 1V0 TEL: (450) 242-1188 FAX: (450) 243-5155</p>	<p style="text-align: center;">PRINT SUBSCRIPTIONS</p> <p>For print subscription rates, please call 819-569-9528 or email us at billing@sherbrookerecord.com</p> <p style="text-align: center;">ON-LINE SUBSCRIPTIONS</p> <table border="0" style="width: 100%;"> <tr> <td style="width: 20%;">QUEBEC:</td> <td style="width: 15%;">1 YEAR</td> <td style="width: 15%;">108.72</td> <td style="width: 15%;">5.44</td> <td style="width: 15%;">10.85</td> <td style="width: 20%;">\$125.00</td> </tr> <tr> <td></td> <td>1 MONTH</td> <td>9.78</td> <td>0.49</td> <td>0.98</td> <td>\$11.25</td> </tr> </table> <p><i>Rates for out of Quebec and for other services available on request.</i> <i>The Record is published daily Monday to Friday. Back copies of The Record are available.</i></p> <p><i>The Record was founded on February 9, 1897, and acquired the Sherbrooke Examiner (est. 1879) in 1905 and the Sherbrooke Gazette (est. 1837) in 1908. The Record is published by Alta Newspaper Group Limited Partnership.</i></p> <p>PM#0040007682</p> <p>Return undeliverable Canadian addresses to The Record, 6 Mallory Street, Sherbrooke, QC J1M 2E2</p> <p style="text-align: center;">Member ABC, CARD, CNA, QCNA</p>	QUEBEC:	1 YEAR	108.72	5.44	10.85	\$125.00		1 MONTH	9.78	0.49	0.98	\$11.25
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	1 MONTH	9.78	0.49	0.98	\$11.25								

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

Crossword Puzzle



ACROSS

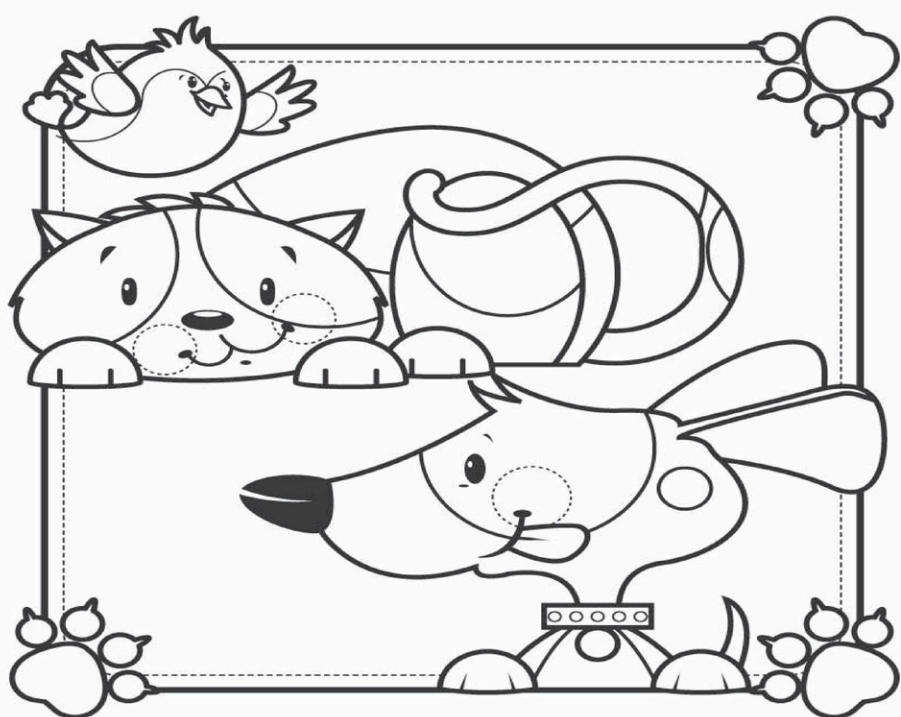
- 1. Winged food
- 5. Frozen water
- 6. Harmful
- 7. Join together
- 8. Flat meat patties

DOWN

- 1. Covered with cheese
- 2. Meat covered frankfurter
- 3. One who puts something into action
- 4. Small chunk

Answers:
 Across
 1. Chicken 5. Ice 6. Evil 7. Tie 8. Burgers
 Down
 1. Cheesy 2. Chili dog 3. Executor 4. Nugget

Celebrate pets by creating your own colouring masterpiece.



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

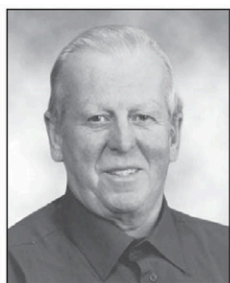
1 877 644-4545

Votre gouvernement

Québec

Death

Death



Réal DOUCET

It is with deep sadness that we announce the death of Réal Doucet, son of the late Sandy-Paul Doucet and the late Robéa Robert, on November 16, 2020, surrounded by his family at Brome-Missisquoi Perkins Hospital, at the age of 78.

He is survived by his children Danièle, Paul (Chantal Lacoste), Kathyryne (Stéphane Vallée). He will also be greatly missed by the mother of his children Thérèse Laprade, his grandchildren Cassandra, Judy-Anne, William (Vanessa), Raphaël (Catherine), Felix-Antoine and Xavier; his great-granddaughters Ellee, Léa-Rose and Rose, as well as his brothers and sisters the late Annette (Adrien Choinière), Marcel (Marguerite Beaudin), the late Jean-Maurice, Gilles (Gisèle Bouffard); his brothers-in-law and sisters-in-law Gilles (Jacinthe Vallerand), Pauline, Micheline (Denis Laplante), Nicole (André Favreau) and Alain; nephews, nieces, cousins, several other relatives and friends, in particular Réal Brochu and the large family of Camping des Érables.

The family would like to especially thank Dre. Moore, Dre. Théoret, Dre. Blais, the emergency and palliative care staff at B.M.P. Hospital as well as the care team at the Primevère and Excelsoins residences.

Visitation will be held at LES JARDINS FUNÉRAIRES BESSETTE DE GRANBY, on Friday, November 27 from 6 p.m. to 10 p.m., as well as on Saturday, November 28 from 10 a.m. to 2 p.m. The funeral will be celebrated that same Saturday in St-François-Xavier de Bromont Church at 2:30 p.m. Interment in Waterloo Cemetery will take place at a later date. According to the recommendations of the Government of Quebec, wearing a mask as well as social distancing will be mandatory.

In sympathy, donations to the B.M.P. Foundation and/or the Multiple Sclerosis Society of Canada would be appreciated. www.fondationbmp.ca/, www.scleroseenplaques.ca

Datebook

THURSDAY, NOVEMBER 26, 2020

Today is the 331st day of 2020 and the 66th day of autumn.

TODAY'S HISTORY: In 1789, the United States observed a day of Thanksgiving declared by George Washington in celebration of the new Constitution.

In 1922, Egyptologist Howard Carter became the first person to enter Tutankhamen's tomb in 3,000 years.

In 1992, it was announced that the Queen of England would begin paying income taxes, the first time a British monarch would do so since the 1930s.

In 2000, nearly three weeks after Election Day, Florida's presidential election results were certified in favor of George W. Bush.

TODAY'S BIRTHDAYS: Mary Edwards Walker (1832-1919), physician/activist; Charles M. Schulz (1922-2000), cartoonist; Robert Goulet (1933-2007), singer/actor; Rich Little (1938-), actor/comedian; Tina Turner (1939-), singer/actress; Dale Jarrett (1956-), race car driver; Scott Adsit (1965-), actor; Peter

Facinelli (1973-), actor; DJ Khaled (1975-), rapper/producer; Natasha Bedingfield (1981-), singer.

TODAY'S FACT: To preserve the length of the holiday shopping season, President Franklin D. Roosevelt signed legislation in December 1941 that decreed Thanksgiving would always fall on the fourth Thursday of November. Thanksgiving had been celebrated on the last Thursday of November, which in some years was the fifth, since 1863.

TODAY'S SPORTS: In 1917, the National Hockey League was founded in Montreal.

TODAY'S QUOTE: "Exercise is a dirty word. Every time I hear it I wash my mouth out with chocolate." – Charles M. Schulz

TODAY'S NUMBER: 537 – number of votes by which George W. Bush secured victory in Florida in 2000.

TODAY'S MOON: Between first quarter moon (Nov. 21) and full moon (Nov. 30).

Dear Annie

Dear Annie: I have two grown children living at home. Both are disrespectful to me and to my husband. I feel obligated to allow them to live here since they don't have anywhere to go, stable jobs or means of transportation. How can I get rid of them and move on with my life? – Tired of Carrying Grown Children

Dear Tired of Carrying: Let them stand on their own two feet. Ask your son and daughter to start paying rent or to find their own places. If you feel guilty, as though that's too much to ask, then just imagine if you were in their shoes: Would you expect your mom and dad to pay your way well into your 20s and 30s? I think not.

They are grown adults capable of taking care of themselves. By letting them find that out, you'll be doing them a favor in the long run.

Dear Annie: I contracted genital herpes 35 years ago when a sex partner failed to tell me he had this virus. Over time, outbreaks became shorter, less frequent and virtually painless. Based on talks with others with GH, this is typical of the virus' progression. Most claim that the worst thing about having GH is confessing this to a prospective sex partner. I did this recently.

"Kenny" and I dated briefly 44 years ago, and then parted to lead separate lives while on active duty. He called me out of the blue last summer, and we began talking and texting every day. We believed we had a lot in common and might someday be together. He regularly expressed his affection for me and often told me how happy he was that we have reconnected, albeit from 600 miles away.

I was amazed and grateful. I really believed I'd found a man who was so happy to have me in his life again that he'd stay with me through thick and thin. Wrong!

During a talk about our childhood viral diseases,

I made the excruciatingly difficult decision to tell him I had GH. His response was, "Oh, wow!" Then silence, followed by a change of subject. We hung up, and he has not called me or answered my calls since. I am so broken-hearted. Kenny effectively told me that my having GH negated every single good quality that he saw in me.

So Annie, what do you say to people like me who do the right thing and to people like Kenny who are on the receiving end of this news? There are a lot of us out there who have GH. – Rejected

Dear Rejected: To those on the receiving end of this news, I'd say keep an open mind. HSV-2 is more common than you'd think. In the United States, more than 1 in 6 people between the ages of 14 and 49 have genital herpes, according to the Centers for Disease Control and Prevention. HSV-1 (which causes oral herpes) is even more prevalent, infecting around two-thirds of the global population, according to the World Health Organization. There are many ways to have a safe and fulfilling sex life despite a herpes diagnosis.

To those who have been rejected after sharing their status with a potential partner, I'd say chin up. Having this STD is not exceptional; having the moral fortitude to disclose it is. When you meet someone who can appreciate this, you'll know you've found a good one.

To find a testing center near you, visit <https://www.cdc.gov/std>, click "Prevention"; then click "Which STD Tests Should I Get?"

"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: ★★☆☆☆

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

11/26

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PREVIOUS SOLUTION

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

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

NEA Crossword Puzzle

Your Birthday

THURSDAY, NOVEMBER 26, 2020

TAURUS (April 20-May 20) – You are overdue for a change. Consider how you would like to present who you are to the world. An opportunity to ask someone to repay a favor will help you professionally and personally.

GEMINI (May 21-June 20) – Take care of your responsibilities. If you rely on someone, you'll be disappointed. Refrain from sharing too much information or presenting something you are working on prematurely.

CANCER (June 21-July 22) – Get involved in something you care about and make a difference. Refuse to let anyone bait you into an argument. Don't be afraid to do things differently.

LEO (July 23-Aug. 22) – Give others the same freedom you want in return. Don't waste time trying to change someone's mind. A change someone makes may not be to your liking, but it will be beneficial in the end.

VIRGO (Aug. 23-Sept. 22) – Sort through what you need and want. A change of plans will give you the chance to explore different lifestyles. You will discover you have more options than you realize.

LIBRA (Sept. 23-Oct. 23) – Pay closer attention to your relationships with others. Don't start something you cannot finish. Uncertainty will prevail if you send mixed messages. A physical outlet will help clear your mind.

SCORPIO (Oct. 24-Nov. 22) – Pay closer attention to your responsibilities. Don't leave anything undone or to chance. Use your intellect and intuition, and you'll find the best solution.

Stay focused on what's simple, feasible and within your budget. Refuse to let anyone railroad you into something detrimental to your interests. Put a diligent health regimen in place. Fitness, diet and a positive lifestyle will build courage and strength of character.

SAGITTARIUS (Nov. 23-Dec. 21) – Improve your surroundings. Your lifestyle will impact your attitude and ability to forge ahead with confidence. Trust and believe in yourself, not in what someone wants you to believe.

CAPRICORN (Dec. 22-Jan. 19) – It's good to be passionate about something, but not when it gets in the way of success. Settle down and refuse to let anger, ego and frustration take charge.

AQUARIUS (Jan. 20-Feb. 19) – Make plans that will help you capitalize on your skills. Concentrate on what you enjoy doing and what you do well. Ignore people who don't believe in you. Do your own thing.

PISCES (Feb. 20-March 20) – Mixed emotions will stand between you and what you want to accomplish. Be patient and focus on your objective, and doors will open. The help you need will appear. A joint venture will lead to victory.

ARIES (March 21-April 19) – Pay closer attention to contracts, money matters and partnerships. Be aggressive, but don't let anger or frustration take the reins. Remain calm and offer sound suggestions.

Answer to Previous Puzzle

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

- ACROSS**
- 1 Breakfast or lunch
 - 5 Figure
 - 10 Panoramas
 - 12 Damaged the crops
 - 13 Put on the payroll
 - 14 Foul-ball caller
 - 15 Warrior princess
 - 16 Faint
 - 18 Winery cask
 - 19 Genuine
 - 23 Windup
 - 26 Once called
 - 27 Eye amorously
 - 30 Swampy
 - 32 Fang
 - 34 City near Syracuse
 - 35 Vegas attraction
 - 36 Fall birthstone
 - 37 Hamelin pest
 - 38 Laird's "no"
 - 39 1960s foursome
 - 42 Monopolize
 - 45 Tierra – Fuego
- 46 Sierra Club founder**
- 50 Michener novel**
- 53 Work too hard**
- 55 Use a coupon**
- 56 Excitedly**
- 57 Emerson opus**
- 58 Evidence**
- DOWN**
- 1 Say with gestures
 - 2 "Monday Night Football" ailer
 - 3 Book of maps
 - 4 Philosopher – -tzu
 - 5 "Casablanca" pianist
 - 6 In the know
 - 7 Touched down
 - 8 Llama country
 - 9 Utopia
 - 10 Hassle
 - 11 Aussie city

- 12 Scottish philosopher
- 17 Hard water?
- 20 Fill the lungs
- 21 Spin around
- 22 Psyche components
- 23 Ostrich kin
- 24 Defense gp.
- 25 Faucet defect
- 28 Kind of chop
- 29 Noted lava spewer
- 31 Union flouter
- 33 Toolshed item
- 35 Immature
- 37 Rural addr.
- 40 Bede or Smith
- 41 Aroma
- 42 Rabbit
- 43 Fiesta cheers
- 44 Rambles around
- 47 Lahore language
- 48 Like some fears
- 49 Clark or Orbison
- 51 Octopus abode
- 52 Essential
- 54 Crooner – Damone

	1	2	3	4		5	6	7	8	9
10						11				
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			

THURSDAY, NOVEMBER 26, 2020

When staying quiet will work better

By Phillip Alder

It is well known that bridge players these days hate to pass. One tries never to extract a green pass card from the bidding box. However, in "The Power of Pass" (Modern Bridge Publications), Harold Schogger from England and Ron Klinger from Australia highlight deals in which staying out of the auction would have worked much better.

Rather than just show deals where bidding backfired, over the 36 chapters, the authors also give advice to help the reader judge when silence is golden.

In this deal from the book, look only at the South hand. North passes, and East opens one spade. What would you do as South?

Everyone at a Bridge Base Online duplicate overcalled two clubs. Those clubs fail the authors' Suit Quality Test: The number of cards plus the number of honors in your suit should at least equal the number of tricks you must win to make your contract. (I prefer a takeout double to two clubs.)

At most tables, West made a negative double, and East's two-spade rebid was passed out. But one East liked his chances against two clubs. Down one, plus 200, would be a top unless East-

		North	11-26-20
		♠ J 9 8	
		♥ K 10 7	
		♦ Q 10 8 7 5	
		♣ 8 7	
West		East	
♠ K 3		♠ A 7 6 5 4 2	
♥ 8 6 5 4 3		♥ A Q	
♦ A 6 4 2		♦ J	
♣ Q 2		♣ J 10 5 3	
		South	
		♠ Q 10	
		♥ J 9 2	
		♦ K 9 3	
		♣ A K 9 6 4	
		Dealer: North	
		Vulnerable: North-South	
South	West	North	East
??		Pass	1♠
		Opening lead: ♠ K	

West could make a game.

West led the spade king and switched to the heart eight. East took his two tricks in that suit, cashed the spade ace and shifted to the diamond jack. West won with his ace and gave his partner a heart ruff. East returned a spade, ruffed and overruffed. Finally, a diamond ruff by East resulted in down three, plus 800 and a top to East-West.

The book is available from bridgeworld.com.

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.

" P F S K K G F F I U Y Z A S N L Y A S G I
U R S G B Y V A R F S K U R W S A F P Y A B F A E
P R Y S A F A J E B J G M U R F J A K J T F E U Y
E S T F Y U R F A E . " - H S A H A S E U A F J E S G I

Previous Solution: "Let us be grateful to the people who make us happy ... the charming gardeners who make our souls blossom." – Marcel Proust

TODAY'S CLUE: A sɪnəbɒ N

REALITY CHECK

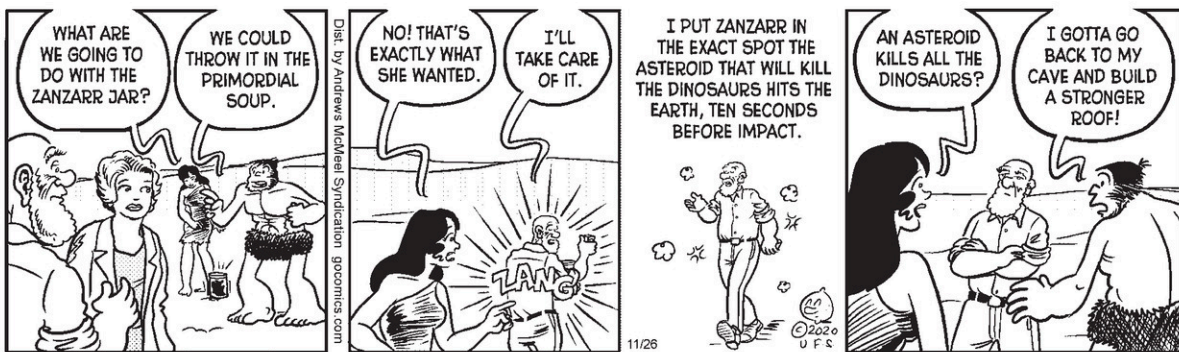


HERMAN



"I'd like to see a set of your unbreakable dishes."

ALLEY OOP



ARLO & JANIS



THE BORN LOSER



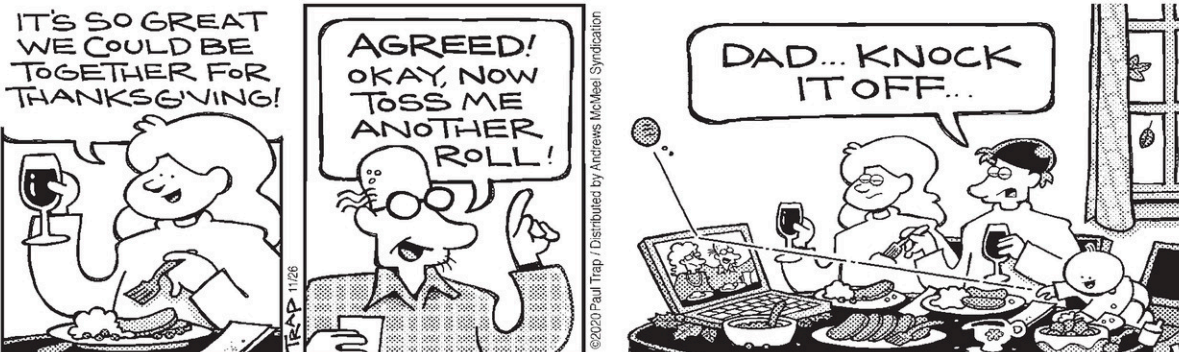
FRANK AND ERNEST



GRIZZWELLS



THATABABY



Go grocery shopping with dietitians.
When you choose products with the Health Check symbol, it's like shopping with the Heart and Stroke Foundation's dietitians, who evaluate every participating product based on Canada's Food Guide.
www.healthcheck.org **Check for Health Check™**

Diabetes The New EPIDEMIC

REACT NOW!

Diabetes Québec

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

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

CLASSIFIED

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

100 Job Opportunities 100 Job Opportunities

THE RECORD

Immediate employment opportunity

CIRCULATION CLERK

The Record has an **immediate opening** for a circulation clerk to manage daily delivery of the newspaper to subscribers via Canada Post, news carriers, local stores and dealers as well as online subscriptions.

The ideal candidate will be bilingual, be capable of working independently with a high level of responsibility, have excellent customer service skills and be solution-oriented.

Training will be provided on The Record's circulation software, but the successful candidate must be comfortable working with new and different computer platforms.

Interested candidates should send a cover letter and resume to

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

TOWNSHIPS' CRIER

TOWNSHIPS

If you want to drink, that's your business. If you want to stop, we can help. Call Alcoholics Anonymous 1-888-424-2975, www.aa.org

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.

RICHMOND

Bibliotheque Daniel Ménard RCM is open Saturdays from 9 a.m. to noon until December 19 inclusively. Reserve book titles at the start of the week either by telephone 819-826-1900 or by email bibliorcm@ville.richmond.qc.ca and pick up your books on Saturday morning. You can show up on Saturday morning with your list of book titles, one member per family. Also books can be returned to the Registration office reception outside of opening hours from Tuesday to Friday. Thank you and we look forward to serving you!

THE RECORD

CARRIER NEEDED in Lennoxville

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

- Amesbury
- Charlotte
- Convent
- Queen (9 customers)

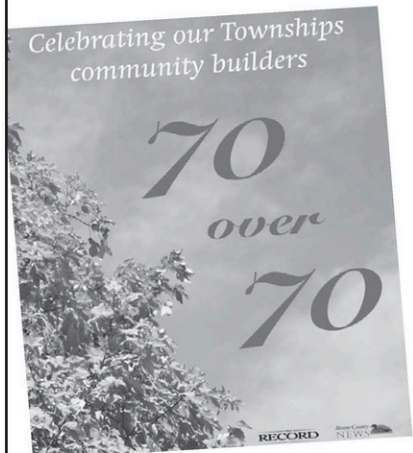
If interested, please contact our office by phone at **819-569-9528** or email at **billing@sherbrookerecord.com**

THE RECORD

Celebrating our Townships community builders magazine

Did you miss getting your copy of the 70 over 70 magazine celebrating 70 people over the age of 70?

If so, drop by The Record office at
 6 Mallory Street
 Sherbrooke (Lennoxville)
 or 5B Victoria Street
 Knowlton
 to pick up your **free** copy



NEA Crossword Puzzle

- ACROSS**
- 1 Worker's dread
 - 7 She played Jessica
 - 13 Manuscript fixer
 - 14 Trusted
 - 15 Try to achieve
 - 16 Stretched to see
 - 17 Stockholm carrier
 - 18 Log-squaring tool (var.)
 - 19 Expert
 - 22 New England catch
 - 24 Debtors' notes
 - 28 Spanish gentleman
 - 29 Certain basketball defense
 - 30 Ocean bird
 - 31 California's Fort —
 - 32 Is, to Fritz
 - 33 Shrimp
 - 34 Sell for
 - 36 Potato st.
 - 38 In addition
 - 39 Overhang
- 40 During**
- 41 — on the side of caution
 - 42 Multitude
 - 43 Lo- — graphics
 - 44 Forensic science tool
 - 45 Cakelike cookie
 - 47 Work by Keats
 - 50 Fillet
 - 53 Hurry
 - 57 Sidesteps
 - 58 Call for
 - 59 Fridge stick-on
 - 60 Annual
- DOWN**
- 1 Grazing area
 - 2 Magazine fillers
 - 3 Small bark
 - 4 Redding or Skinner
 - 5 Roman market-places
 - 6 Wall paintings
 - 7 Pinball palace

Answer to Previous Puzzle

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

- 8 Brain, maybe
- 9 Window fixer
- 10 German article
- 11 Kung fu expert Bruce —
- 12 Write more
- 19 Unfired bricks
- 20 Stock holder
- 21 Chicory
- 23 Punctual (2 wds.)
- 25 Made a speech
- 26 Brand-new
- 27 Mexicali matron
- 29 Quick turn
- 33 Walk softly
- 35 Very young
- 37 Fail to follow orders
- 40 Detain
- 46 Before
- 48 View from an oasis
- 49 Is, in Segovia
- 50 River tamer
- 51 Role for Madonna
- 52 Entreat
- 54 La Brea — pits
- 55 Diamond —
- 56 Famous English cathedral town

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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!



SECRET SANTA Holiday Gift Campaign



Help Brighten a Family's Holiday!

The Secret Santa Campaign pairs kids of all ages with community sponsors so no one goes without this holiday season.

OPTION 1: SPONSOR
YOU ARE PAIRED WITH ONE OR MULTIPLE CHILDREN AND SHOP FOR ITEMS ON THEIR WISH LIST.

OPTION 2: DONATE
IF YOU DON'T HAVE TIME OR DON'T LIKE TO SHOP, WRITE US A CHEQUE AND WE WILL DO THE SHOPPING!

CONTACT US AT 819 564-6626
OR INFO@LDWC.CA

TO DONATE: SEND CHEQUES TO
LENNOXVILLE AND DISTRICT WOMEN'S CENTRE
175 QUEEN STREET, SUITE 203
SHERBROOKE, QC
J1M 1K1

THE CAMPAIGN RUNS FROM
NOVEMBER 12 TO DECEMBER 5



CHARITABLE TAX RECEIPTS
AVAILABLE FOR PURCHASES FROM
20\$ TO 75\$ PER CHILD.



Thank you for saving moments,
funding breakthroughs and saving lives.



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- 3 bundles Eco Poop Scoop Bags
- 1 Box Designer Poo Poo Bags