

# Weekend COVID-19 update

Record Staff

The Province of Quebec recorded 1,395 new cases of COVID-19 Sunday after having added 1,480 on Saturday and 1,269 on Friday, bringing the total number of people infected to 141,038. The data also report 12 new deaths for a weekend total of 54 and an overall total of 7,033. The number of hospitalizations varied over the three days, although the overall number decreased by 10 compared to Thursday's figures, for a cumulative total of 665. The number of people in intensive care remained the same from Thursday to Friday, increased by three on Saturday, and then decreased by 1 on Sunday, for a total of 92.

In the Estrie Region, 87 cases were reported on Sunday after 96 on Saturday and a combined 172 on Thursday and Friday. For each day roughly half of the cases were concentrated in the Sherbrooke area, with the remainder being spread across all other local health networks in the territory. The second highest concentration of new cases was in the Haute-Yamaska region, which includes Granby and Bromont. The cumulative number of deaths in the Estrie climbed to 62 over the weekend, while the number of hospitalizations on Sunday was 23, six of whom were in intensive care.

The CIUSSS de l'Estrie-CHUS added the CSSS de Coaticook long term care home to its list of facilities under "outbreak watch" on Sunday, while new outbreaks were reported among the staff at Sherbrooke's Hotel-Dieu Hospital, at the Centre d'hébergement Villa-Bonheur in the Haute Yamaska, at the Argyll pavilion in Sherbrooke, at the Cégep de Sherbrooke, at the Garage R. Gomez in Sherbrooke, and at an agro-food business in the des Sources

CONT'D ON PAGE 3

# Door to door pizza party for S.A.D.D. Mansonville members



Nora Webster - SADD member receives pizza for herself and her 3 sisters

ELEANOR COTE

By Mable Hastings  
The Scoop

With Potton now classified as part of the red zone and with the Covid pandemic

continuing to wreak havoc on the best laid plans, the Missisquoi North Volunteer Centre (CABMN) youth program animators are re-inventing ways to keep in contact with the youth. Social media and platforms like Zoom

make it easier to hold meetings but what about those personal touches that remind the youth that they are a part of something special where they are valued and missed? For Ethan Ball

CONT'D ON PAGE 2

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## Weather



TODAY:  
RAIN

HIGH OF 8  
LOW OF 11



TUESDAY:  
70 PER CENT  
CHANCE OF  
SHOWERS  
HIGH OF 15  
LOW OF 4



WEDNESDAY:  
CLOUDY

HIGH OF 4  
LOW OF -1



THURSDAY:  
PERIODS OF  
SNOW

HIGH OF 0  
LOW OF -2



FRIDAY:  
60 PER CENT  
CHANCE OF  
SHOWERS  
HIGH OF 4  
LOW OF -1

# Pizza party for S.A.D.D. Mansonville

CONT'D FROM PAGE 1

and Eleanor Cote who coordinate and animate the youth programs in Potton the efforts in staying connected to the youth is proving to be both challenging and invigorating.

Weekly reminders have found the two making home deliveries to the youth (and sometimes their siblings) where a surprise has been presented outside their door on Saturdays. The first week's package included treats, a handwritten letter, photos, a questionnaire..., the second week the animators made chocolate filled croissants, created their own "mock" bakery label and brought boxes of delicious treats to the youth and this past Saturday a pizza and french fry lunch (purchased at the Resto Bolton) was delivered to each door including a portion for any sibling also living in the house.

"Our SADD (Students Against Destructive Decisions) is made up of fifteen amazing and motivated young people," explained Ethan Ball who animates the group with Eleanor Cote. "These youth are a joy to work alongside as they create, implicate and dedicate themselves in showing leadership and

involvement in their communities."

The group normally meets on Saturdays starting in the morning for a continental breakfast at the "E & E Café" where the youth help to prepare a quick breakfast to share together followed by a two-hour SADD planning meeting where activities, projects and promotional/prevention initiatives are discussed and executed. Fundraising and discussion regarding SADD sponsored projects also requires group decision making and commitment. The meeting is followed by a lunch prepared together and then an afternoon of activities including games, movies, dance, photo shoots, outings and more. After a day of fun together, the group ends at around 4 p.m.

"Covid has made the need for better computers at the Centre a priority," shared Eleanor Cote. "We received a grant from the Memphremagog Hospital Foundation and have recently purchased new computers that will allow us to be more creative and present on social media," she added.

The Youth Centre of the CABMN as well as the organization as a whole strongly acknowledges the support and contributions made by the Memphremagog Hospital Foundation, Centraide Estrie(Federal Government) as well as through the CIUSSE/CHUS Health Board and the Municipalities in the Western Sector of the MRC.

The CABMN Youth Centre animators are also reaching out to the younger youth who partake in the MAYO-Mansonville Agricultural Youth Organization that involved two groups of younger youth ranging in ages from 5-12 (elementary school aged). These two weekly groups have had to temporarily stop operating due to the red alert restrictions and the animators are delivering door to door packages to these youth as well.

Photos of all that is happening through the Youth Centre are regularly posted on the youth centre Facebook page as well as on the CABMN website at [www.cabmn.org](http://www.cabmn.org) For anyone who

wishes to sign up for the weekly newsletter than goes out on Sundays, it is free and will keep you up to date on all of the CABMN initiatives.



SADD members Hunter and Payton all smiles with pizza delivery



Evan and Dakota Paige greet Ethan at the door for pizza surprise!



PHOTOS BY ELEANOR COTE  
SADD member Danika Robinson gets pizza dinner delivered

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## Ben by Daniel Shelton



# Local News

In August 2019, Minister Bibeau announced that \$1.75 billion would be provided to compensate Canadian dairy farmers over eight years. Between December 2019 and January 2020, more than 10,000 dairy farmers received a cash payment of \$345 million.

## What's new at the marsh

Record Staff

The administration of the Marais-de-la-Rivière-aux-Cerises, Magog's public marsh and walking trail park, is celebrating the recent renovations and improvements to the site's outdoor trails and activities offering. According to a press release issued late last week, the park has opened a new Christmas boutique at its interpretation centre, offering a selection of gift ideas for those wishing to shop locally while they come to explore the improvements to the trail network.

The renovations, which include preventative measures to avoid flooded trails, the rebuilding of the area surrounding the small pond, and a new reception area, were supported by the Ministry of Education. These improvements are being hailed as helpful in preventing future closures

and in making the space safer overall for families.

The new reception space will allow for organized groups visiting the marsh to have a space to gather. It will be open to the public when not in use by these groups.

The holiday boutique at the interpretation centre has been set up with a selection of gift ideas for those who frequent the area. The boutique will be open each week from Thursday to Sunday until Dec. 13.

A selection of locally produced and outsourced gifts are available including children's books, outdoor gear, candles and soaps, holiday themed greeting cards, and a number of other holiday themed items and gifts.

The public is invited to get a breath of fresh air and benefit from some outdoor therapy and make a visit to the boutique to support local businesses during this holiday season.



COURTESY

## Support for supply-managed producers announced

Record Staff

Over the weekend Minister of Agriculture and Agri-Food and Compton-Stanstead MP Marie-Claude Bibeau announced the support package delivering on the Government of Canada's compensation plan following market access concessions made under the Canada-European Union Comprehensive Economic and Trade Agreement (CETA) and the Comprehensive and Progressive Agreement for Trans-Pacific Partnership (CPTPP).

In August 2019, Minister Bibeau announced that \$1.75 billion would be provided to compensate Canadian dairy farmers over eight years. Between December 2019 and January 2020, more than 10,000 dairy farmers received a cash payment of \$345 million. The Government has since set a schedule to deliver the remaining \$1.405 billion through direct payments to farmers over a timeline of the next three years.

Dairy farmers will receive, on the basis of their milk quota, cash payments of \$468 million in 2020-21, \$469 million in 2021-22 and \$468 million in 2022-23. For example, the owner of a farm with 80 dairy cows will be awarded compensation in the form of a direct payment of approximately \$38,000 each year. That amount also builds on the \$250 million CETA on-farm investment program and provides certainty regarding the schedule and form of remaining payments in the \$2 billion total compensation package for dairy farmers.

The Government is also announcing \$691 million for 10-year programs for Canada's 4,800 chicken, egg, broiler hatching egg, and turkey farmers. Responding to sector demands, the goal of the programs is to drive innovation and growth for farmers. Program details will be designed in consultation with sector representatives and launched as soon as possible.

## Covid update

CONT'D FROM PAGE 1

MRC. The vast majority of outbreaks under observation reported no new related cases.

To limit the virus' spread, the government is reminding people to frequently wash their hands for 20 seconds with soap and water, especially when you come in from outside; use alcohol-based disinfectant on hands if soap and water are unavailable; respect the measures regarding private gatherings and activities in a public setting according to the alert level in effect in one's home region

and limit travel as much as possible.

Wearing a face covering is now mandatory for people 10 and older in most enclosed and partially enclosed public places and on public transit.

Should symptoms appear, people are reminded to immediately self-isolate; cough into the elbow; immediately discard tissues after use and wash hands, and consult one of the online self-care guides or call 1 877 644-4545 to find out about procedures to be followed.

**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.

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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](mailto: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.

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# EDITORIAL

Scarcely had the smoke dissipated when a second Ghost appeared. "I am the Ghost of Christmas Present," said the figure, her visage obscured by a mask with a CSN logo on it.

## Merry moral contract: A Covid Christmas Carol



PETER BLACK

The virus was NOT dead: to begin with. Ebenezer Legault was busy in his accountability house, keeping an eye on his humble finance clerk Girard shivering in his dismal little cubicle trying to balance the ledger.

Into the office with a tingle of a bell came two gentlemen, representatives of the tavern-keepers' and gym-owners' benevolent societies.

Said one, removing his hat. "Good sir, our shuttered establishments are in dire need of alms to sustain us at this festive time of year with the fever still raging."

"Ben, humbug," snorted Ebenezer. "Are there no assistance programs for the jobless from the feds? I can't afford to make idle people merry."

The two gentlemen retreated in disappointment, preparing for endless weeks of uncertainty, want, take-out orders and online work-out classes.

Later that evening, while he tossed and turned in his bed in his draughty rooms in the penthouse of the Price Building in Olde Quebec, Ebenezer was startled awake by an Apparition.

"I am the Ghost of Christmas Pre-covid," said the figure in the form of an exceedingly elderly man clearly in need of a bath more than once a week.

"O, Apparition, what do you want of me?"

"Come, let us revisit a time when your actions could have bettered the common good. You remember that vow you made to spend a king's ransom to build dozens of brand spanking new

long term care homes?"

"Vaguely, Spirit, but, you know ... campaign promises are just as ephemeral as you," said Ebenezer with a twinge of regret.

"And did you not, when you were minister of both education and health these many years ago, cut deeply into services that yet today leave the system so enfeebled?" quoth the Spectre.

"But that was so long ago . . . when I was so young and péquiste!" Ebenezer protested.

With that, the Spirit disappeared in a puff of Lysol-scented smoke.

Scarcely had the smoke dissipated when a second Ghost appeared. "I am the Ghost of Christmas Present," said the figure, her visage obscured by a mask with a CSN logo on it. "Goody, Christmas presents!" exclaimed Ebenezer, suddenly feeling the holiday spirit stirring within his hardened heart.

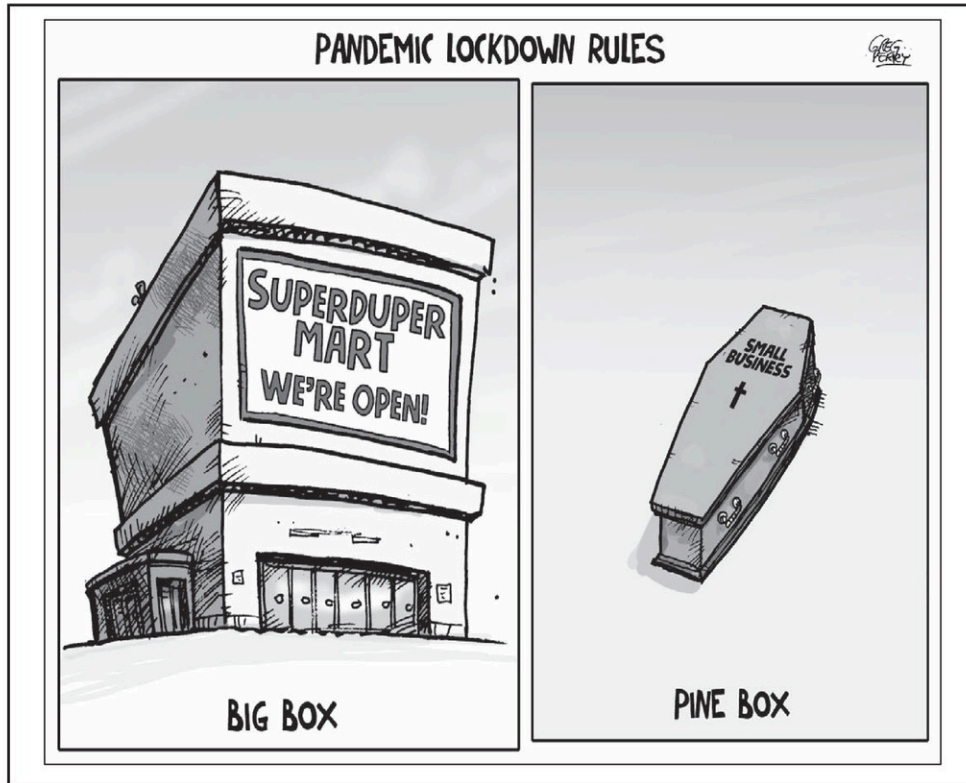
"There will be no holiday cheer, for we the unionized health care workers," quoth the Spirit, clad in woefully worn and soiled PPE.

Ebenezer, visions in his head of exhausted health and education sector workers dropping like flies in that CSN TV ad, said "O, Spirit, had I known a second wave of the plague was going to be worse than the first, we would have done something differently. What, I don't know exactly."

With a swoosh of a picket sign waved like a magic wand, the second spirit disappeared as mysteriously as she had appeared, leaving behind a pile of pamphlets and stickers.

As Ebenezer tried to shake off the troubling visits and get some sleep, the clock struck midnight, and he opened his eyes to behold a solemn Phantom, draped in a hoodie. The Phantom spoke not, but directed Ebenezer's gaze to a video screen that suddenly appeared at the foot of the bed.

He saw horrifying images of election night, 2022, sending a shocking chill through his corporeal being. "Oh, I get it, you're the Spirit of post-covid Christmas Yet to Come." The hoodie Ghost nodded and mumbled, "duh."



"O, Spirit, tell me I may sponge away the images on this screen!" Ebenezer pleaded. The hoodie shrugged, and, quicker than you can say "extracorporeal membrane oxygenation," disappeared in a flash. Ebenezer, relieved to be rid of the Ghosts, once morning came, ran to throw open the window and, seeing a man trudging through the snow on the street below, exclaimed, "You down there, Dr. Horatio, what's today, my fine fellow?"

"Why, Christmas Day!," the doctor replied, puzzled. "Whyfor do you ask, sir?"

"I want to send my poor, hard-

working clerk Girard the large turkey hanging in the butcher's window," said Ebenezer.

"The turkey that's as big as me?" said Dr. Horatio.

"That's the one," said Ebenezer. "An intelligent boy! A remarkable boy!"

"Then I plan to pay the dear boy and his family a visit for Christmas dinner!"

"But, sir, you have self-isolated not for seven days, and Girard's family numbers ten. Were you to attend such a festivity it would breach your own moral contract."

"This covid Christmas is such a humbug," Ebenezer sighed, looking up the number for Uber Eats.

### Education minister reassures public on school ventilation

Record Staff

Air quality in schools across Quebec are healthy and safe, Education Minister Jean-François Roberge stated in a press release.

Working alongside school boards and school service centres, Roberge conducted a report to determine the status of air quality control mechanisms. The data, according to the minister, shows adequate measures are in place across the province.

"I am reassured to note that the data compiled shows that the control mechanisms put in place are effective, whereas for previous governments, the maintenance of our schools was not a priority," said Roberge.

Ensuring safe air quality in schools is of critical importance, he continued, especially in the context of the COVID-19 pandemic. Roberge is also asking service centres to conduct a new series of tests starting Dec. 1.

The minister wants to monitor the level of carbon dioxide build up in classrooms. The goal is to ensure schools meet current standards, and if they fail, the government will proceed to make the necessary adjustments, according to the press release.

The findings show that the implementation of air quality management is nearly complete. This includes system maintenance, filter replacement, and routine inspection protocols. Schools are also conducting maintenance checks on ventilation systems nearly 97 per cent of the time.

"Our actions over the past few months have borne fruit and we are continuing the work, in collaboration with the entire school network," Roberge said.

### THE RECORD

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 The Record is published daily Monday to Friday. Back copies of The Record are available.

The Record was founded on February 9, 1897, and acquired the Sherbrooke Examiner (est. 1879) in 1905 and the Sherbrooke Gazette (est. 1837) in 1908. The Record is published by Alta Newspaper Group Limited Partnership.  
 PM#0040007682

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# Sherbrooke Paralympian retires from Canadian women's wheelchair basketball team

By Michael Boriero - Local Journalism Initiative Reporter

The Tokyo 2020 Paralympic Games was supposed to be Maude Jacques' last appearance for Team Canada on the international stage, but after the pandemic derailed the event, postponing it to 2021, she decided it was time to move on.

"I really wanted to continue, to finish with the Tokyo Paralympics, so that's why I was going to make it through this summer, but now I'm just tired I guess," said Jacques. "I just don't want to train at that high level anymore."

The 28-year-old Sherbrooke native participated in her first, and only, Paralympics back in 2012, when she suited up for the Canadian women's wheelchair basketball team at the London Games. She also helped Canada win gold at the 2014 world championships in Toronto.

She was a key figure in her team's recent bid to clinch a spot in the Tokyo Paralympics. However, when it came time to head off to training camp, Jacques realized she didn't want to devote every minute of her life to basketball.

"It's kind of going into the unknown," Jacques said. "I have more time now, my summers are not going to be scheduled for me by someone else so that was scary, but at the same time it was a relief that I finally did it."

Wheelchair basketball has changed a lot, especially on the women's side, she explained in a phone interview. The competition is stiffer compared to when she joined the sport nearly 20 years ago. There are more expectations for players, she said, and a heavier work load.

The athletes are also younger now, Jacques continued. She was one of the youngest players on the team in 2012 and she played alongside teammates in their 30s and 40s. Now the team is made up primarily of university athletes, she said.

The sport began to consume all of her time, hindering any professional career

aspirations outside of wheelchair basketball. But it comes with the territory, Jacques acknowledged, other countries are taking the sport more seriously, so Canada needed to step up its game.

"We can't predict like we could back then who's going to be in the finals, who's going to medal," she said. "Now the teams are a lot stronger and it comes down a lot to who plays better that day."

While she is retiring from international competition, Jacques plans to continue playing at the provincial level. She hopes to join up with the Quebec squad whenever sports facilities open up again. But Jacques is also focused on utilizing her master's degree.

She returned to Quebec this past summer after completing a post-graduate in social work at the University of Alabama. She is currently in the process of obtaining her equivalence, which she needs in order to practice in the province.

Jacques said social work wasn't always on her mind. She wanted to work as a probation patrol officer. However, she shifted her ambitions while she was

*While she is retiring from international competition, Jacques plans to continue playing at the provincial level. She hopes to join up with the Quebec squad whenever sports facilities open up again. But Jacques is also focused on utilizing her master's degree.*

*She returned to Quebec this past summer after completing a post-graduate in social work at the University of Alabama.*

interning at the probation patrol office. One of her colleagues gave her the idea to look at social work, specifically foster care.

"It's something that I feel passionate about and that's kind of why I want to be in the foster care system rather than adults because most of these kids didn't do anything to get there," Jacques said.

It's a bittersweet moment, though, as she prepares to embark on a new chapter in her life. Jacques holds many fond memories of her time representing Canada. She clearly remembers the opening ceremony in London and the camaraderie between all of the athletes.

Everyone is just excited and thrilled to be there, wearing Canada's colours, she said. It didn't matter if people were complete strangers, Jacques continued, they would still ask about practice or an upcoming event.

Playing for her country was a thrill for Jacques. "It's just that big whole representing Canada that I felt was awesome. I went and learned about other sports. I went to track a lot, watched some races and stuff and I thought that was really cool."



WHEELCHAIR BASKETBALL CANADA



DAVE HOLLAND/  
CANADIAN PARALYMPIC COMMITTEE

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# Be there for yourself the way you're there for others



**You are always there when your loved ones are going through difficult times. But don't forget about yourself—solutions exist to help you feel better.**

The current situation may cause you distress. Experiencing various levels of anxiety in some spheres of life is normal. When this happens, you may find it more challenging to deal with your thoughts, emotions, behaviour and relationships with others. Most people succeed in adapting, but listening to your needs is vital. **Don't hesitate to do whatever is necessary to help yourself.**

## Take care of yourself

- Rely on your personal strengths and have confidence in your abilities.
- Remind yourself of the winning strategies you used in the past to overcome difficulties. There is no one-size-fits-all solution! Each and every one of us must take steps to foster our own well-being.
- Enjoy life's little pleasures, such as listening to music, taking a warm bath, reading, exercising, etc.
- If you live close to nature, make the most of it. Breathe deeply and slowly as you walk.
- Learn to delegate, and allow others to help you.
- Ask for help when you feel overwhelmed. **It is not a sign of weakness, but rather a sign of strength when you are strong enough to do what is necessary to help yourself.**
- Lend a hand in your community in a way that respects your personal limits and public health directives. By helping others, you can improve their wellness and your own as well.
- Think about what has meaning and value for you. Reflect on the important things in your life that you can hold onto in hard times.
- Reduce the stressors in your life.
- While it is important to stay informed, limit the amount of time spent reading about COVID-19. Information overload can increase stress and anxiety, and even cause depression.



## The *Getting Better My Way* digital tool

*Getting Better My Way* is a digital self-management tool for emotional health. If you are experiencing stress, anxiety or distress, this tool can help improve your well-being by identifying practical things you can do to feel better. Learn more at [Québec.ca/Gettingbetter](https://Quebec.ca/Gettingbetter)



## Give voice to your feelings

- Keep in mind that having a range of emotions is normal. Feelings play an important role in life, and it is essential to experience them without passing judgment.
- Use words to express what you are going through. Do you feel alone? Are you worried?
- Allow yourself to share your feelings with a trusted friend or family member. It might also be helpful to write down how you're feeling or call a helpline. Find what works for you!
- Those closest to you may not necessarily be able to "read" you. Express your feelings.
- Leave space in your life for your feelings and those of your loved ones.



## Make judicious use of social media

- Use critical thinking before sharing something on social media. Ill-advised information can have harmful effects and be detrimental to everyone's efforts in these times.
- Use social media to share positive actions.
- Watch videos that make you smile.



## Choose healthy living habits

- Try to keep to a routine for eating, resting, sleeping and other daily activities.
- Take time to eat well.
- Go to bed at an hour that lets you get enough sleep.
- Be physically active on a regular basis, while complying with public health directives.
- Reduce your consumption of stimulants like coffee, tea, soft drinks, energy beverages, chocolate, etc.
- Drink lots of water.
- Lower your alcohol, drug and tobacco consumption, or simply say no to them entirely. The same goes for gambling.

## Help and resources

We are all going through unprecedented times that can intensify our emotional reactions. For example, you might feel greater fatigue or have fears that you can't shake, or even have trouble just dealing with the day-to-day. Focus on these signs of a problem and, as soon as you can, contact resources that can help you to better manage your feelings and develop new coping strategies.

- **Info-Social 811**  
Info-Social 811 is a free and confidential telephone consultation service available 24/7
- **Regroupement des services d'intervention de crise du Québec**  
Provides 24/7 referral services for people in distress (French): [centredecrise.ca/listecentres](http://centredecrise.ca/listecentres)
- **Suicide prevention crisis helpline**  
Crisis helpline that provides suicide prevention services 24/7:  
1 866 APPELLE (277-3553)

For a host of other helpful resources, visit [Quebec.ca/gettingbetter](http://Quebec.ca/gettingbetter)

[Québec.ca/Gettingbetter](http://Quebec.ca/Gettingbetter)

 **Info-Social 811**

Québec 

Death

Death

# Datebook



## Patricia Rola-Pleszczynska 1952-2020

With broken hearts, we announce that Patricia Rola-Pleszczynska passed away in Montreal on November 26th, 2020 at the age of 67 years after a swift and brutal case of pancreatic cancer. She was the daughter of Virginia Astorri and Stanislas Pleszczynski.

She leaves to mourn her husband of 46 years, Bernard St-Laurent; their children Jasmine, Jacob and Marianne St-Laurent; her cherished grandchildren Lucca, Cecilia and Charlie Huling, and Colin and Clara Brady, who all call her "Titi". She will be dearly missed by her beloved sons-in-law Casey Huling and Cameron Brady; her brothers Marek, Jacek (deceased), and Stefan Pleszczynski, her sister Wanda Kristina Pleszczynska, her sisters-in law, Bernadette Pleszczynska and Jana Stankova; as well as dear Astorri, Pleszczynski, Naylor and St-Laurent relatives. She will also be sorely missed by many professional colleagues and dear friends.

A celebration of her life, to honour and remember Patricia, will take place at a later date in Compton, Quebec. Visit Kane and Fetterly website to send condolences.

The family would like to thank Cheryl, Allison, Paula and Jill for their support in caring for Patricia at home.

Your sympathy can be expressed in a donation to support The Compton Lion's Club to continue their work in developing cultural programming in the community: Club Lions de Compton C.P. 309, Compton, Qc, J0B 1L0.

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www.kanefetterly.qc.ca

### MONDAY, NOVEMBER 30, 2020

Today is the 335th day of 2020 and the 70th day of autumn.

**TODAY'S HISTORY:** In 1782, provisional articles of peace were signed in Paris between Britain and the United States, under which Britain recognized U.S. independence.

In 1939, the Soviet Union invaded Finland.

In 1993, President Bill Clinton signed the Brady Bill, a major gun-control measure.

In 1999, Exxon Corp. and Mobil Corp. completed their merger, creating the largest publicly held oil company in the world.

**TODAY'S BIRTHDAYS:** Jonathan Swift (1667-1745), clergyman/satirist; Mark Twain (Samuel Clemens) (1835-1910), writer; Winston Churchill (1874-1965), British politician; Dick Clark (1929-2012), TV personality/producer; Bill Walsh (1931-2007), football coach; Abbie Hoffman (1936-1989), political activist; Ridley Scott (1937- ), filmmaker; Mandy Patinkin (1952- ), singer/actor; Billy Idol (1955- ), singer-songwriter; Bo Jackson (1962- ), football and baseball

player; Ben Stiller (1965- ), actor; Amy Ryan (1969- ), actress; Clay Aiken (1978- ), singer; Chrissy Teigen (1985- ), TV personality; Magnus Carlsen (1990- ), chess grandmaster.

**TODAY'S FACT:** Mark Twain published a number of pieces in newspapers and periodicals under a variety of pen names, including Thomas Jefferson Snodgrass, W. Epaminondas Adrastus Blab and John Snooks.

**TODAY'S SPORTS:** In 1991, the U.S. women's soccer team defeated Norway 2-1 to win the first Women's World Cup.

**TODAY'S QUOTE:** "I am a firm believer in if you can't get it the old-fashioned way, you don't need it." - Bo Jackson

**TODAY'S NUMBER:** 33 million - certified units sold of Michael Jackson's "Thriller," making it the best-selling solo album of all time, according to Business Insider. The album was released on this day in 1982.

**TODAY'S MOON:** Full moon (Nov. 30).

# Block screens' blue light to get better sleep

## ASK THE DOCTORS

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

**Dear Doctors:** Our family spends a lot of time these days on our screens. I've always had trouble sleeping (mom brain), but now my husband and our two teen boys are struggling, too. Do you think all the screen time could be why?

**Dear Reader:** We're all dealing with so much right now - stress, anxiety, isolation and uncertainty - that poor sleep has evolved into an epidemic of its own. And with a large portion of our daily lives taking place online, it's quite possible that the high-energy light emitted by our computers, tablets and smartphones is adding to the toll.

For many of us, the work day, the school day and even socializing have shifted online. Add to that the hours we were already spending on our screens before the pandemic, and many of us are getting the highest daily doses yet of what's known as "blue light."

Similar to sunlight, blue light has been shown to suppress the release of melatonin, a hormone produced by the

pineal gland in the brain that makes you feel sleepy. Recent studies have found that prolonged exposure to blue light, particularly in the hours before bed, confuses the brain. Instead of the warm tones of evening light, which signal the brain to power down and prepare for sleep, the blue light emitted by electronic devices insists it's daytime.

This affects not only the ability to fall asleep, but also to stay asleep and spend adequate time in the various stages of sleep - especially the all-important deep sleep. That's a serious problem, because lack of high-quality sleep not only leaves us tired in the short term, it also is associated, over time, with more serious health issues. These include headaches, weight gain, diabetes, high blood pressure, coronary heart disease and depression.

The good news is that you can take specific steps to mitigate the effects of exposure to blue light and improve your ability to fall asleep and stay asleep. One cornerstone of good sleep hygiene is a consistent bedtime. Decide on what your bedtime will be, then end all screen use at least two hours - and preferably three hours - before then. If

you don't build in that no-screen buffer, the blue light will continue to tell your brain that it's broad daylight. This, in turn, confuses your inner clock, which throws off your ability to fall asleep.

In that same vein, block the various digital lights that can populate the bedroom, such as clock dials, smoke alarms and other electronic devices. When it comes to working with a computer or tablet, consider purchasing special filters, which reduce the amount of blue light that a device emits. Protective eyewear that blocks blue light is also available.

Quite a few manufacturers now include a special "night mode" option for smartphones, computers and tablets. When activated, night mode shifts the light emitted by the screen from the high-energy blue light to the warmer end of the spectrum. This all takes planning and discipline, but, considering the stakes, it's worth it.

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

# Do Just One Thing



By Danny Seo

You may not realize it, but a wrapper that once held a chocolate bar or a piece of candy can be all too tempting to your family pet. And while a small wrapper may get eaten and easily pass through the digestive system, there is still the chance a wrapper could attach itself to the lining of your pet's stomach. If this happens, call your veterinarian; the situation is even more emergent if the candy was chocolate or made with the sugar substitute xylitol (which can be fatal). Generally, treat wrappers as if they are dangerous items: Discard them so your pet can never, ever find them.

## RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

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Text only: 40¢ per word. Minimum charge \$10.00 (\$11.50 taxes included)  
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# NEA Crossword Puzzle

# Your Birthday

MONDAY, NOVEMBER 30, 2020

ier direction. Spending more time with someone who inspires you to exercise and eat properly will lead to friendship. Don't let hype mislead you.

**GEMINI (May 21-June 20)** – Do all you can for a cause you believe in, and you'll meet people who share your concerns. Working alongside others will lead to opportunities. Make honesty and integrity priorities.

**CANCER (June 21-July 22)** – Hidden matters will make it necessary to slow down and listen carefully. When in doubt, do your own thing, work alone and bring about positive personal change. Romance is featured.

**LEO (July 23-Aug. 22)** – Accept the inevitable, and turn any negative into a positive. Work to make a difference, and reach out to people who share your concerns. Be an innovative leader.

**VIRGO (Aug. 23-Sept. 22)** – Keep your emotions in check and your mind on your goals. Be smart, and counter any difficulties someone throws your way with well-thought-out ideas. Strive for perfection, and speak up.

**LIBRA (Sept. 23-Oct. 23)** – Be observant and stick to your plan. Don't let the changes others make confuse you. Spend time with active, engaging people who encourage you to be the best you can be.

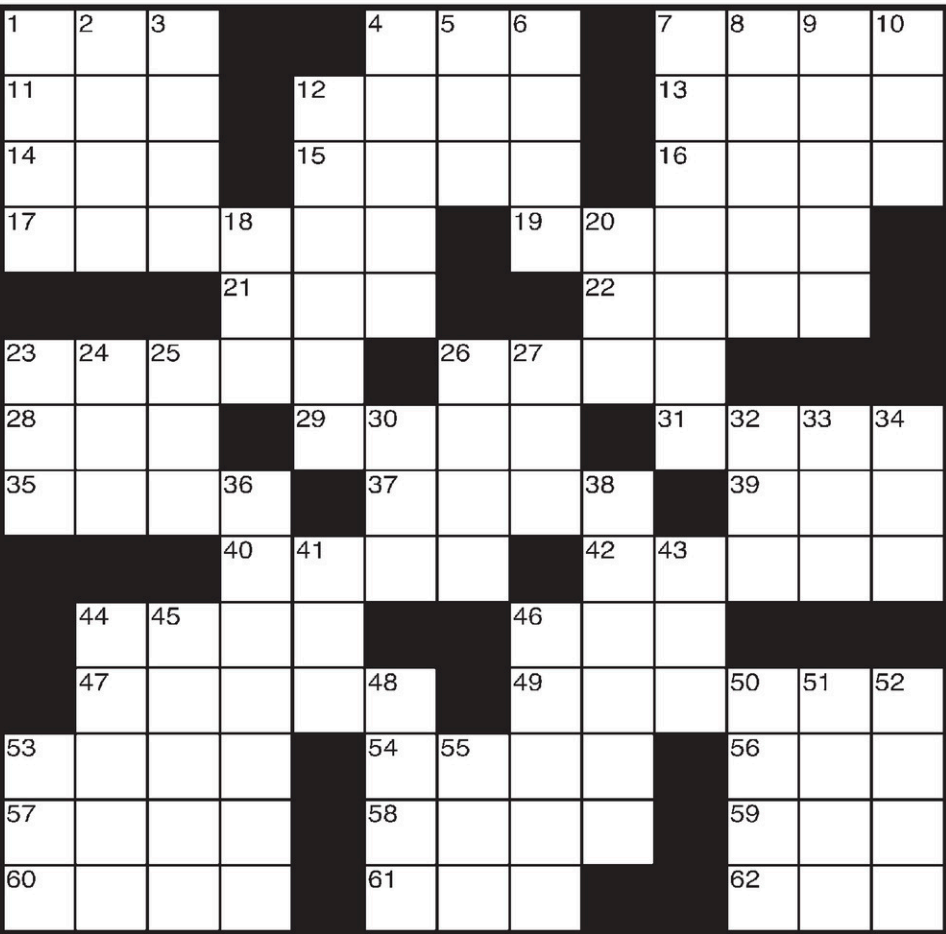
**SCORPIO (Oct. 24-Nov. 22)** – Don't let anyone pressure you into purchasing something you don't need. A personal change will help stabilize your life. Romance is on the rise. Talk to people who share your concerns.

## Answer to Previous Puzzle



- ACROSS**
- 1 Morsel
  - 4 Microwave
  - 7 Liver output
  - 11 Dog tags
  - 12 Offer for money
  - 13 Romantic sight
  - 14 Agt.
  - 15 Computer data
  - 16 Blame
  - 17 Raced off
  - 19 Boat crane
  - 21 Cable network
  - 22 Snapshots
  - 23 Pleasure craft
  - 26 Cast ballots
  - 28 Buy
  - 29 Barely open
  - 31 Japanese wrestling
  - 35 Proceed
  - 37 Bandleader – Waring
  - 39 Even as we speak
  - 40 Pitch-dark
  - 42 Hops a train
  - 44 Huge amount
- DOWN**
- 46 Jerry's toon pursuer
  - 47 Lies adjacent
  - 49 Gets soft
  - 53 Ought
  - 54 Go first
  - 56 RV refuge
  - 57 Merriment
  - 58 Beggar's cry
  - 59 Period
  - 60 Durban loot
  - 61 Apple seed
  - 62 Pat gently

- 12 Brief snooze
- 18 "What's that?"
- 20 Likely
- 23 Zippy the Pinhead's word
- 24 Blow away
- 25 Blitzer's channel
- 26 Fluctuate
- 27 Mineral deposit
- 30 NYC airport
- 32 Berlin conjunction
- 33 One of the Three Stooges
- 34 Startled cries
- 36 Watered down
- 38 Robots
- 41 Hockey goal
- 43 Young trouble-maker
- 44 Zahn or Abdul
- 45 "Peer Gynt" dramatist
- 46 Hike
- 48 Bang down
- 50 Used thriftily
- 51 Director – Ephron
- 52 Volvo rival
- 53 Boss, briefly
- 55 Bulldogs backer



MONDAY, NOVEMBER 30, 2020

## In through a door for good defence

By Phillip Alder

A sign spotted on a shop door read: "Push – if that doesn't work, Pull. If that doesn't work either, that's because we are closed."

If you are hoping to receive a ruff, you have to find an open door to partner's hand, an entry.

This deal was fun for East-West. How did the defense go against four spades after West led her singleton club?

South described his hand well with the immediate jump to four spades – a strong eight-card suit and little else.

Declarer won the first trick with dummy's club jack, and East signaled with the nine, the highest being a suit-preference signal for hearts, the higher-ranking of the other two side suits.

South played a trump and, when East discarded, won with his ace and continued with the spade queen. West won with her king and shifted to the heart two, the low card guaranteeing an honor in the suit.

East, trusting his partner, won with the heart queen and led the club eight for partner to ruff. (West had to be void because with the queen-10 doubleton, she would have led the queen, not the 10.)

West knew that she could give her

North		11-30-20	
♠	8	♥	8 4
♦	K Q J 9 8	♣	A K J 4 3
West		East	
♠	K 10 6 5	♠	—
♥	K 10 6 5 2	♥	A Q 9 3
♦	A 6 3	♦	10 7 5 4
♣	10	♣	9 8 7 5 2
South			
♠	A Q J 9 7 4 3 2		
♥	J 7		
♦	2		
♣	Q 6		
Dealer: North			
Vulnerable: Neither			
South	West	North	East
		1♦	Pass
4♠	Pass	Pass	Pass
Opening lead: ♣ 10			

partner the lead with a heart to the ace. Then another club would promote the spade 10 as a winner. However, it seemed that South had started with 8=2=1=2 distribution. If so, after a heart to the ace and a club, South would discard his diamond, making a loser-on-loser play. Anticipating this, West cashed the diamond ace before playing a second heart. Then the third club resulted in down 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.

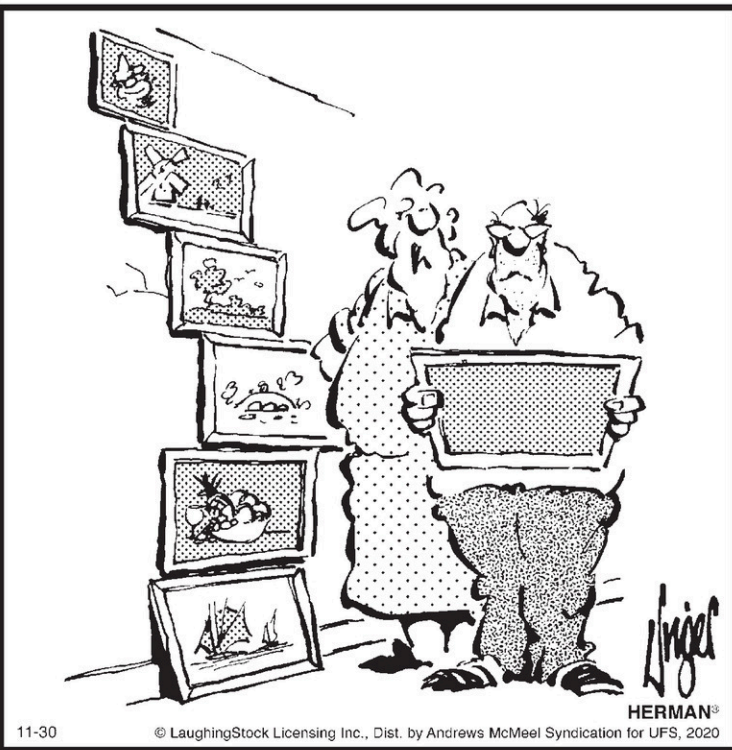
" K X Z V I I D Z V I X Z F U V C A P I  
 G D V N N Z W K F W K D A J J Z I D F W L V W O  
 Z W G A P X V K F W K P U I A T V W I V U F B Z  
 V C A P I V J A X N O J Z V U R F X Z I A ."  
 — J F N N Z H O V T A Z

Previous Solution: "Got no checkbooks ... still I'd like to express my thanks. I got the sun in the morning and the moon at night." — Irving Berlin  
 TODAY'S CLUE: *© senba & k*

### REALITY CHECK

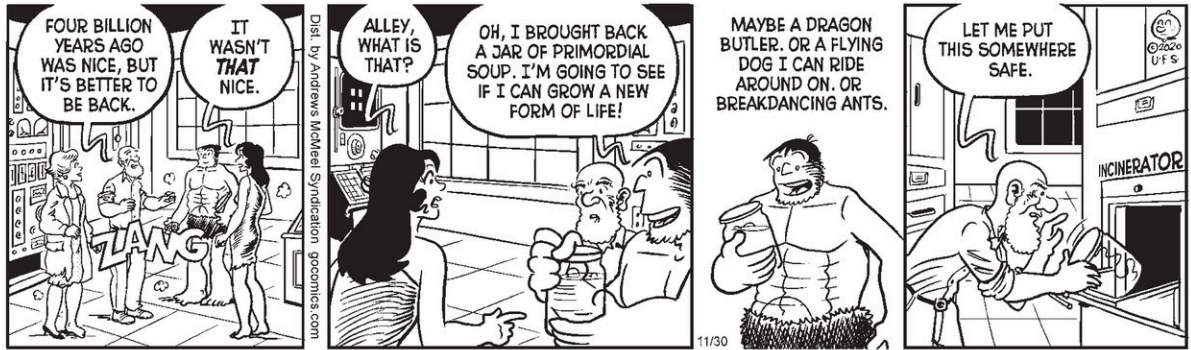


### HERMAN

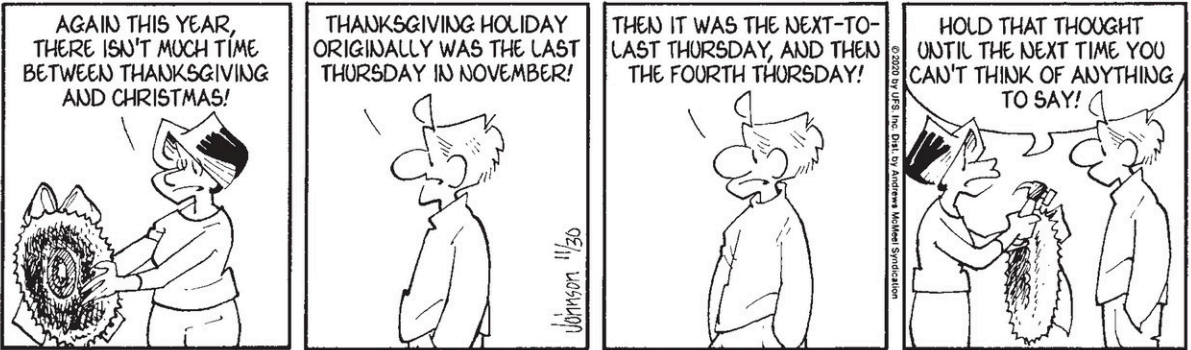


"I see you finally fixed the crack in the wall."

### ALLEY OOP



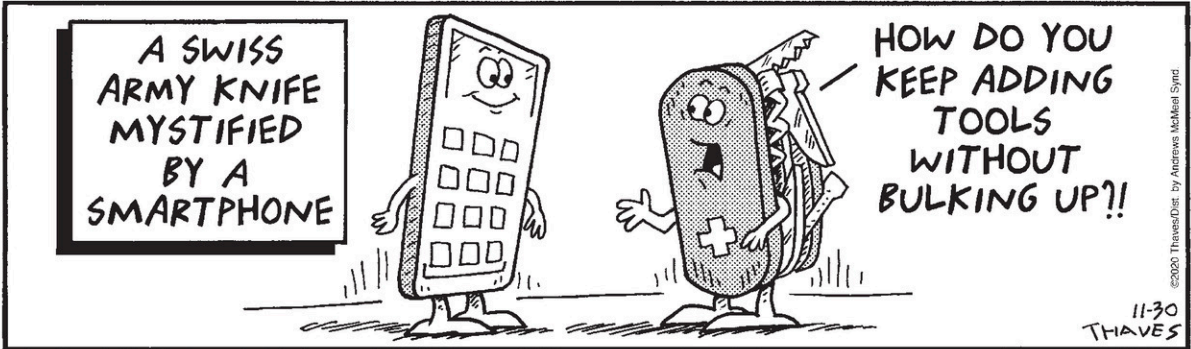
### ARLO & JANIS



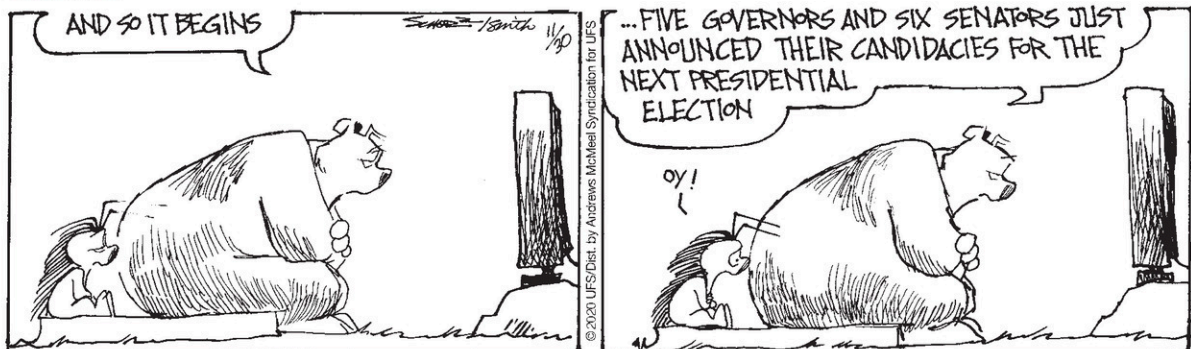
### THE BORN LOSER



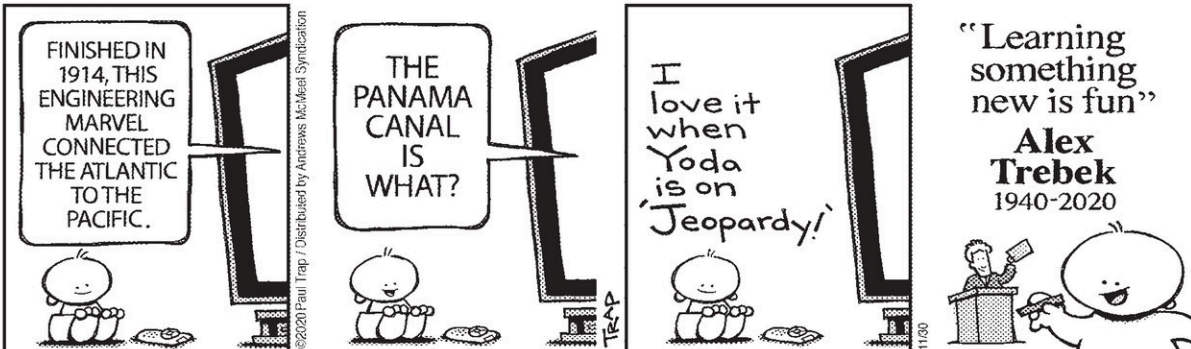
### FRANK AND ERNEST



### GRIZZWELLS



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## You're worthy of commitment

Dear Annie

MONDAY, NOVEMBER 30, 2020

**Dear Annie:** I've been seeing this man since we met in 2017. He hasn't introduced me to any family members or friends. When I ask him why, he always says there's never a chance to. I'm thinking to myself that there have been plenty of chances, but he just doesn't take them. This is especially true during the holidays, when he goes to see them.

I've asked him if he's ashamed to be seen with me, and he says no. I have asked him why he won't commit to me, and he says that would be a major commitment. I've already told him that if he wants to date other women, then he should leave me be. - Broken Heart

**Dear Broken Heart:** The only way to put your heart back together is to get as far away from this man as possible. Three years is a long time for someone not to introduce you to his friends or family. I smell a rat. Maybe he has a wife or serious girlfriend. You deserve much better than this man. Like ripping off a Band-Aid, it will sting when you first leave him. However, in the long run, you will be much better off with a connected and compassionate partner who wants you to be a part of his whole life.

**Dear Annie:** I am sibling No. 3 out of four. I am estranged from Nos. 2 and 4. This was my choice, and a wise decision. They are manipulative bullies, and after years of trying to have a relationship with them, I finally gave up. My younger sibling tried to manipulate me with a fake suicide threat because I would not give in to her demands. My older brother is an emotionally unavailable bully who has taken advantage of my father by using his credit cards and then not paying him back. I have tried to address these issues, but they always turn the table and tell me that I am the problem.

Dad turns 90 next summer, and my oldest sibling wants us to fly home (COVID-19 permitting) to have a dinner celebration at a restaurant. Annie, I don't want to go. I cannot bring myself to sit across the ta-

ble from these two. I refuse to fake it or pretend that everything is fine.

If I do this, I will be resentful toward myself. I am not willing, not even for Dad. I am planning to fly later in the month to take Dad and my stepmother out to dinner. We get along really well. They are aware of the estrangement and have remained neutral, which is good. Do you have any other suggestions? - Sibling 3 Has Left the Building

**Dear Sibling 3:** It sounds like there's a great deal of hurt, anger and miscommunication here. A suicide threat is never something to dismiss as just being manipulative. It is often a cry for help (which I'm hoping she received from a professional). As far as your older brother being emotionally unavailable and taking advantage of your father, he can't be a very happy person.

But on your point that every conversation ends with the tables being turned on you, this might be an indication of things you have to work on as well. Relationships are two-way streets, and rarely is one person completely at fault. Be introspective and see if you can find forgiveness in your heart for them, at least so you can go to your dad's 90th birthday.

You don't have to sit at their table, and remember, it's not a birthday about you; it's for your father, and my guess is that nothing would make him happier than having all of his children in attendance.

"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](mailto:dearannie@creators.com).

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

11/30

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## PREVIOUS SOLUTION

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

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

## 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).



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# Be there for yourself the way you're there for others

It's normal for these uncertain times to bring out negative emotions or anxiety. You're there for your loved ones when they're not doing well. Remember to be there for yourself. There are solutions for getting better.

[Quebec.ca/gettingbetter](https://Quebec.ca/gettingbetter)

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