

# Sherbrooke group benefits from financial aid to fight bullying

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# THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

## Oh, those summer knights

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TUESDAY, JULY 21, 2020

## Citizens help police identify and arrest sexual offender at Youville CHLSD

Record Staff

The Sherbrooke police department (SPS) released a statement thanking citizens for their help in identifying a man who has been accused of sexually assaulting two elderly patients at the CHSLD D'Youville.

The 36-year-old was arrested on Friday and appeared at the Sherbrooke courthouse Monday via videoconference. He faces at least one count of sexual assault and breach of probation, according to a press release.

According to Sherbrooke Police spokesperson Samuel Ducharme, it's not the first time the SPS has dealt with the suspect, but it was the first time on a criminal matter.

Youville employees reported the incident on June 29 and the SPS released images of the offender on July 2. But citizens couldn't help due to the quality of the image. On July 16, SPS released a clearer video to the public. They received an answer within 24 hours.

"We do it occasionally and we have a good success rate," said Ducharme. "That was the second time this week that we identified a man using this

CONT'D ON PAGE 5

## A splash of colour on Wellington South



MATTHEW McCULLY

By Matthew McCully

Yesterday was the first day of a week-long project to add some colour to the Espace Centro construction site on Wellington South.

The Sherbrooke Tags and Graffiti Committee launched a call for art

projects earlier in the year and selected sketches submitted by artists Boris Biberdzic and Guillaume Cabana, Nicolas Lareau as well as Vincent Arnold and Georges-Étienne Royer-Gagné.

The artists will be on site all week, weather permitting, to complete three

large murals on the palisade bordering the construction site.

Wellington Street South will be closed to traffic from Monday, July 20 to Friday, July 31 while the artists work, but the sidewalk will remain open.

Members of the public are invited to stop by and watch the magic happen.

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## Weather



TODAY:  
MIX OF SUN  
AND CLOUDS

HIGH OF 26  
LOW OF 13



WEDNESDAY:  
60% CHANCE OF  
SHOWERS

HIGH OF 25  
LOW OF 16



THURSDAY:  
60% CHANCE OF  
SHOWERS

HIGH OF 26  
LOW OF 13



FRIDAY:  
MIX OF SUN  
AND CLOUDS

HIGH OF 26  
LOW OF 813



SATURDAY:  
MIX OF SUN  
AND CLOUDS

HIGH OF 26  
LOW OF 15

# The last day that The House was The House



DISHPAN HANDS  
SHEILA QUINN

On The House's last day as The House, the sun came up, and out. Out into blue sky. Between clouds. The sun had room that day.

There were no people in The House when the sun came up and out that day.

The House's last person had moved out, and into a very nice, very well-organized residence for people who need a little extra support, and a simple place to live their best life without having to bother with all of the things that come with a house.

Until this day, there had been two of The House. This was Up At The House, and Down At The House was where part of the next two generations of the same family lived. When they went between The House and The House, they were either Up At The House, or Down At The House.

Up At The House, on its last day as The House, the sun filtered through the sheer curtains of the living room, and into the darker dining room, with its dark paneling and dark, thick red and black curly (not shag) carpet. The sun shone into The Boys' Room, and Sandra's room (being the only girl warranted her room being called by name). The sun shone into the grandparents' room; that was just the Gran's room for the last 5 years since her husband, the grandfather, had passed. The shiny sapphire curtains (her favourite colour) gleamed.

Dust motes made a slow descent, with nothing to interrupt their course. There were no mice, and no longer any cats, the last of whom had been rehomed with a family member.

Many things had been sorted. The elastics, always hung on the knob of a cupboard door in the 'back kitchen' were gone, as was the strange collection of pill bottles, some of which still had contents. Most of the main drawers and clothing had been sorted, the simple collection mostly relocated to the last

resident's new home.

The attic was already relieved of its contents - the woven fishing basket on a leather strap that hung on the wall, unused for several decades, the strange old wooden tennis racket on a nail, the old cardboard stove box full of books for children and teenagers emptied and gone, and the strange curated series of odd furniture and pieces of things that were more archaeology than in current use. The dust didn't move in the attic. Nothing moted or drifted. It sat. It smelled good up there. Like bare wooden floorboards that hadn't been walked on enough to wear.

The basement housed a few last things. The former office of a former business, a few mimeographed jokes remained tacked to the bulletin board, like the child seated on the potty with the saying 'The Job Isn't Finished Until the Paperwork Is Done' - that one must've stung to read a few times over the years, the daunting task of tallying that seemed to find its way to last on all lists.

That day, was the last day The House was The House. It was going through its cleansing, forty or so years of the same creatures living inside, with two steady until she was one, three until they were grown and off on their own, seven sporadically and sometimes for long stretches, and hundreds of transients and afternoon tea-drinkers, hockey game taker-inners, and always, everyone fed, from wicker baskets lined with white paper napkins filled with cookies, squares, brownies and scones, and always, always Salada tea, steeped and poured from a warmed pot into a cup with the milk in first, the sugar (if there was any) in second.

The fridge was bereft of its glass FBI juice jug that had housed an infinity of Kool-Aid. There was no weekly barbecued chicken from the grocery store, dissected for daily lunches (and sometimes suppers) with tea and Yum-Yum chips.

And so, into The House came the last members, the emptiers, with their huge task at its final day, the last day that The House was The House. Nostalgia worn mostly thin, the bigger sorting of the everythings saved 'just in case', housed in their places, and the rituals dissolved.

The icons of the home were dismantled - the key rack with the sliding 'hidden' door, a white tile with basic painted Celtic knotwork and shamrocks with the 'May the road rise to meet you' saying on it, the blue milk

jug in the back kitchen's last cupboard by the back shed that was where the bag of Chiclets was always put (the navy blue peppermint flavoured ones always chewed last, the pink ones first), the standing freezer in the back shed no longer the home of overgrown ice and a box of banana-flavoured popsicles and another of 'Revels' as the last resident had called them, the couch with the worn spot on the far left when you're facing it (along with tiny perfect balls of yarn leftovers), the original series of Popular Mechanics and Reader's Digest editions outside of the bathroom door, the strange collection along the dining room's plate rail (including at least two Bonhomme Carnivals from the 50s), the ottoman that lived beside the television that the near-sighted grandchild was scolded for sitting on (too close!), the drawer of aprons in the kitchen, and the sleeping set-up in the upstairs screened-in back porch, with its drop-down middle windows revealing the screens on summer nights, a little lamp lit on the small table beside the bed - it felt like sleeping in a treehouse out and up there - the metallic thumps of each end of the MacKenzie Bridge discernable in the quiet of night.

The emptiers did their job - the biggest job is dismantling and removing time. Minutes, seconds, decades, glimpses, blips, pauses, and countless Christmases, family debates, scoldings, much laughter, books read at night, stacks of Harlequin Romances that once transported the reader (often two consumed in a day - fast reader), time was divided. Sorted. Gotten rid of. Shared. Bequeathed.

At the end of The House's last day as The House, it became a new place. Unfamiliar. No longer a vessel for a family that had occupied every inch somehow for four decades that might as well have been ten, so much was The House lived in.

After that day, Down At The House's name changed. Without Up At The House to book-end it, it was just Home.

And so, The House breathed a little. Sagged for a moment, in a pause of relief, and the few remaining dust motes settled. Then, the House stood up a little straighter, and readied itself for its next life.

For all of you out there with the daunting task taken on by The Emptiers, wishing you good moments and enough relief to see you through the dismantling of time. A special blessing should come as you clear the way for new things.

## Ben by Daniel Shelton



## Local News

*"We did everything they asked for inside and outside our stadium, masks, gloves, everything about the distancing, everything is all set and clear, but with 50 people we just can't make it," said Expos owner François Lécuyer.*

## Sherbrooke group benefits from financial aid to fight bullying

Record Staff

Sherbrooke-based organization Actions interculturelles de développement et d'études (AIDE) was granted \$40,000 last week for its "Your identity speaks to us" project as part of the "Together Against Bullying" program. Geneviève Hébert, Member of the National Assembly for Saint-François, made the announcement on behalf of the Minister of Families, Mathieu Lacombe.

"We will give priority to a positive and educational approach that will allow participants to learn to recognize situations of bullying, so that young people and employers will be better equipped to detect, prevent and combat various forms of bullying," said Mohamed Soulam, the Executive Director of AIDE. "Every gesture counts."

The grant is part of a two million dollar financial assistance program from the Government of Quebec to 72 non-profit organizations across the

province. The "Together against Bullying" initiative supports projects aimed at countering and preventing acts of bullying, as well as improving support for victims, witnesses, relatives and perpetrators.

"The selection of Actions interculturelles is great news for the citizens of Saint-François and the Estrie region," Hébert said. "I am grateful to the organization for its exciting project which will make our community even more caring and safe. Its initiative is a continuation of its many achievements in terms of integrating cultural communities."

In operation since 1991, Actions interculturelles works to help develop dialogue between cultures in society and reduce obstacles to harmonious integration for newcomers. Its mission is accomplished by creating bridges between reception centers, employers, immigrants and social and economic actors in the Eastern Townships and elsewhere in Canada.



The projects selected by the Together Against Bullying Program receive maximum funding of \$40,000 over one year. Due to the pandemic, the deadlines for the year 2020-2021 have been

extended by three months. Actions interculturelles therefore has 15 months instead of 12 to complete its project.

COURTESY

## Senior amateur baseball league suspends season over capacity restrictions

By Michael Boriero - Local Journalism Initiative Reporter

The Sherbrooke Expos suited up for one game before the Ligue de Baseball Majeur du Québec (LBMQ) had to suspend its regular season due to stadium capacity restrictions imposed by the Quebec government.

The LBMQ announced Friday that the season is once again suspended until further notice. The Expos were slated to play their home opener at Amedée Roy Stadium on Saturday evening. The league came back to a shortened 15-game schedule on July 12.

"Players are really angry and they're unhappy with this because we have waited for three months and a half to begin our season and once we were able to begin our season with all the measures in place we have to stop again," said Expos manager Bruno Laurin.

Teams were under the impression

that they could host any number of people in their stadiums as long as everyone respected the health and safety guidelines established to combat the COVID-19 pandemic, like keeping a two-metre distance.

On Friday, however, the LBMQ discovered that it must abide by the mandated 50-person limit in public outdoor spaces, in accordance with rules drawn up by Quebec's health officials. According to Laurin, teams can't survive with heavy attendance limitations.

"The cost of umpires can go up to \$250 and \$300 per game, the cost of the balls and what not, so the league is not a viable one if the teams are only allowed to have 50 people," he said.

Since the news dropped, the LBMQ president Daniel Bélisle and Baseball Québec have been pestering the provincial government to loosen fan restrictions in stadiums. The league expects to get a response at some point

this week.

The problem right now, Laurin added, is that Sherbrooke's owner has been paying out of pocket to ensure the team could play this summer. He hasn't asked sponsors to chip in because it's a shortened season.

"We did everything they asked for inside and outside our stadium, masks, gloves, everything about the distancing, everything is all set and clear, but with 50 people we just can't make it," said Expos owner François Lécuyer.

Amedée Roy Stadium seats 1,098 people, so it's difficult to keep the facility open without taking a major financial hit, he continued. Lécuyer has several other expenses, too, including equipment, gas for players living in Montreal, scorekeepers and umpires.

The owner believes the government should alter the rules to something similar to restaurants and bars. If they could get about 40 to 60 per cent of their capacity, then he can justify

keeping the stadium open.

In a phone interview, Lécuyer said he already lost roughly \$3,000 to \$4,000 this past weekend. He had four hotel rooms for players from Montreal all paid and he rented the team bus for two months.

The government needs to make a quick decision, he added. The league restarted deep into summer; another two-or three-week delay could mark the end of the season. And it could mean trouble for teams already struggling to make ends meet.

"If the government doesn't move then we're going to shut down the season and a lot of teams are going to go into bankruptcy," said Lécuyer.

## Quebec reports 150 new COVID 19 cases and two deaths in last 24 hours

The Canadian Press and Matthew McCully

Quebec is reporting 150 new COVID-19 cases and two new deaths in the last 24 hours.

In total, 5,657 people have died in the province from the novel coronavirus and 57,616 have been infected since the pandemic began.

The Estrie region reported two new cases of COVID-19 in the last 24 hours bringing the total in the area to 987. According to the CIUSSS de l'Estrie-CHUS website, 933 people are considered recovered and 26 people have died as a result of the virus, leaving the number of active cases in Estrie at 28.

The province has reported between 109 and 166 new cases in each of the

last seven days after having previously dipped below the 100 mark.

Hospitalizations remained stable at 251, with 17 people in intensive care.

At least 50,190 people have recovered from the illness.

On Saturday the province became the first in Canada to make mask-wearing mandatory in all public indoor spaces.



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# Local news is being decimated during one of its most important moments



DIAN COHEN

It's still too early to say whether the pandemic will be one of the defining events of our time. That knowledge will come only if a vaccine takes years to develop. But right now, it looks like local newspapers will be a casualty. They were struggling before COVID-19 because Facebook and Google were already taking their advertising revenue. But it's particularly poignant today because in times of crisis, Canadians turn to trusted traditional news sources for information.

A Statistics Canada survey done in early April found that 51 per cent of respondents relied upon local, national and international news outlets as a main source of information about COVID-19. Just under 10 per cent cited social media. Nearly three-quarters of respondents of another poll (74 per cent) said social media platforms like Facebook are less accurate than traditional media.

"Since the World Health Organization declared a pandemic on March 11, announcements about the closing of local newspapers and widespread cut-backs have proliferated, and apprehension about the future of local journalism has been overtaken by fear-laced discussions peppered with phrases like "Darwinian moment" and "mass

extinction," says April Lindgren, a professor at Ryerson University and principal investigator for the Local News Research Project. She's responsible for producing an amazing map that tracks news outlets that have closed, reduced service or implemented layoffs, reduced hours or implemented pay cuts since the WHO's pandemic declaration.

<https://www.google.com/maps/d/viewer?mid=15tAH56mwy12oI-GmYVUGqQRsyhrXTqNPs&ll=54.2933729962456%2C-88.9904094499999&z=4>

"Just since March 11, 29 newspapers and magazines have cancelled some or all print editions, 82 media organizations have announced layoffs, and at least 2,100 editorial and non-editorial workers have lost their jobs. The community newspaper sector (publications that appear fewer than five times per week) has been hardest hit: 50 papers have closed or temporarily closed for reasons directly attributed to the pandemic," she says.

Unhappily, there are longer-term consequences, especially for smaller communities. According to research done by Dr. Lindgren and others, the erosion of local news increases political polarization, reduces public input into municipal decision-making, reduces voter turnout, produces better re-election prospects for incumbents. "Local reporting is also integral to democracy because it holds power accountable and builds a sense of community by providing residents with shared knowledge, which fosters empathy and understanding of other perspectives."

Asked what the solution might be, Dr. Lindgren says "there is no silver bullet to halt, never mind reverse, the decline and disappearance of local



newsrooms. Keeping them alive will require a collective effort."

That collective effort involves changing the behavior of a great many players – news consumers who now hardly ever pay for digital news, philanthropic foundations and government. The federal Heritage Minister Steven Guilbeault said in April that he is watching how other countries are trying to get companies such as Facebook and Google to pay for the copyrighted content that appears on their online platforms. Says Lindgren, "In many cases, multiple local news organizations all operate on shoestring budgets. It's time for all these players, as well as local CBC stations and journalism schools, to re-

think the hyper-competitive ethos that has characterized the last 100 years and instead explore collaborative models."

Lindgren's viewpoint goes against the grain of market purists who would argue that uncompetitive news organizations should be left to wither and die. She says quite rightly that "other values are in play. Canadians need access to timely, reliable independently produced information so they can participate in democratic processes, navigate daily life and make critical decisions during emergencies. For now, anyway, we also need newspapers because despite their enfeebled state, they are still the main source of news in many places." Amen to that.

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Lennoxville & District Women's Centre



# Winder Street then and now: The Champlain residences

By Gordon Lambie

Other than a few finishing touches, there is not much of a difference between the present-day view of the Champlain College residences on Winder Street in Lennoxville and this older shot found in The Record's archives. Although undated, the archive image likely dates to the late winter or spring of 1979, as the six residence buildings opened to students for the first time in the fall of that year.

Opened in April of 1971, Champlain Regional College's Lennoxville campus housed students in residence space at Bishop's University and, as of 1974, the former King's Hall School in Compton prior to the construction of its own residence buildings on Winder Street. According to an article by Nelson Wyatt in March of 1980, the six buildings were built to house 300 of the college's then 1,100 students at an estimated cost of \$3 million (roughly \$10 million, when factoring for inflation).

In the April 12, 1979 edition of The

Record, Claudia Bowers reported that the "sewage disposal system" for the new development essentially amounted to a pipe into the Massawippi river. The article speculated that the sewage from the added apartments would continue to run into the river for one to six years depending on the progress of plans to build a new sewage treatment plant in the region, although it also quoted local residents and officials as being certain that the current in the Massawippi would be strong enough to handle the additional load.

Upon opening, the residences filled up so quickly that the aforementioned article by Wyatt focuses on a petition from the college for the construction of two additional buildings. Campus Director William Matson is referred to as saying that he doubted the request would be approved by the end of the fall, and the continued existence of only six buildings at the site 40 years later implies that it was never successful at all.



RECORD ARCHIVES

Then



GORDON LAMBIE

Now

## Oh, those summer knights

By Gordon Lambie

High school students in the Richmond area in search of a good read are in luck this summer.

Richmond Regional High School has teamed up with the Carrefour Jeunesse Emploi Richmond, Richmond et ses Jeunes, and Project PREE to offer free new and used English books to any high school student over the summer. The books are being distributed several Carrefour Jeunesse Emploi locations in the region, with the first distribution having taken place in Richmond this past Thursday afternoon.

"We're just starting off," said Crystle Reid, who teaches English and Drama at Richmond Regional High School, explaining that even though only about six students made the trip out to pick up books last week, she's optimistic

that the project will pick up steam.

Reid explained that the idea for the project originally came together before the pandemic as a way for students to continue to read for fun after their access to the school library, and best source of young adult fiction, was cut off for the summer. When COVID-19 closed all of the libraries early, however, things had to get revised.

Originally planned as a lending program, the project is now simply distributing new and used books to students with the option, but not requirement, to bring them back when finished.

"We don't want kids to feel pressured to return the books," said Siu-Min Jim, coordinator of the Community Learning Centre at the high school, explaining that the new books were purchased with the support of partner organizations and grant money, while

donations are being welcomed from the community. "If a student really enjoys a book, we want them to be able to just add that to their personal collection," she added, noting that people often develop strong attachments to books they enjoy.

Reid said that she feels the changes this spring have increased the need for this kind of a program, even if the situation has made the logistics a bit more complicated.

An effort has been made on the parts of the organizers to make the pick-up events accessible, and a drop-off service has been offered under certain circumstances, but Reid said that the group has been having a hard time getting the word out to the students who might benefit most.

"One of the challenges is that the kids can't just look through the books," she added, pointing out that hygiene

measures mean that they can't just let everyone who stops by browse through the boxes. To help offset that loss, the titles available can be browsed online at <https://msreid.libib.com/>

The next pick up and drop off point will be held this coming Thursday, July 23, at 551 1st avenue in Asbestos. After that there will be two more opportunities, one on August 6, at 139 Principale North in Richmond, and the other on August 10, at 204-D Saint-Louis in Warwick. Each event takes place from 1 p.m. to 3 p.m.

Social distancing and strict hygiene practices will be in place. Delivery to RRHS students may also be possible in certain cases.

Those seeking more information about the program can reach out by email to [rrhsknightsread@gmail.com](mailto:rrhsknightsread@gmail.com) or [richmondclc@etsb.qc.ca](mailto:richmondclc@etsb.qc.ca)

## Youville CHLSD

CONT'D FROM PAGE 1

method of investigation."

Last week the police department also received help from Sherbrooke residents in identifying a man accused of physically assaulting a 71-year-old woman at a Dollarama. Ducharme said that citizens always want to help, especially with crimes of this nature.

Ducharme isn't sure if there is a security issue at Youville, but he commended the actions of the employees. They recognized that a strange man was in the building. The

women he attacked didn't make the call, he explained, it was the employees.

The CIUSSS de l'Estrie - CHUS said in a statement that they fully cooperated with the police investigation and will not comment further on the matter. The safety and well-being of residents at the facility remains a priority.

The CIUSSS also added that an "internal investigation has been launched to fully understand what happened and to put in place corrective measures, if necessary, to prevent such a situation from happening again."



# EDITORIAL

*If Trump rose to power because his countrymen and women couldn't stay focused on his obvious character flaws, he has maintained power for the same reason.*

## Focus (Part 2)

By Kyl Chhatwal

In a previous column, I made the not-so-novel case that the world's problems responding to COVID-19 can be understood, at least partially, as a result of our collective inability to focus on the issue.

This inability stems from the nature of our news media—with its breathtakingly short attention span.

Still, our incapacity to focus on a crisis long-term is often aggravated by our politicians, who can be reflections or products (or both!) of our hyper-distracted state-of-mind.

The obvious example is Donald Trump, a man not exactly known for clear thinking. Indeed, his difficulty in focusing his mind is not only adolescent, but grotesque in its proportions.

Take for example a Rose Garden press conference he gave last Tuesday.

The ostensible purpose of the event was to announce a Presidential Executive Order that would punish China for its crackdown on pro-democracy demonstrators in Hong Kong.

While these protests are unrelated to COVID, they are still gravely important for the health of world democracy, and US support of them is critical.

In other words, the occasion was not trivial.

But in usual Trump fashion, the import of his message was lost in his singularly scattershot delivery.

The announcement should've been succinct and powerful. But instead it devolved into a rambling, chaotic porridge of words, having little to do with Hong Kong at all. As the New York Times charitably described it, the press conference was "an hour of presidential stream of consciousness."

Below is the Times' herculean effort to actually map out the thought process of the world's most powerful (and powerfully distracted) man:

"[Trump] weighed in on China and the coronavirus and the Paris climate change accord and crumbling highways. And then China again and military spending and then China again and then the coronavirus again. And the economy and energy taxes and trade with Europe and illegal immigra-

tion and his friendship with Mexico's president. And the coronavirus again and then immigration again and crime in Chicago and the death penalty and back to climate change and education and historical statues. And more."

The only reassuring thing about this performance (if that is indeed the right word for it) is that Trump at least makes passing reference to the COVID crisis (showing, at the very least, that he is aware a crisis is happening).

My purpose in mentioning this example of Trumpian discourse, however, is not to highlight either the COVID or Hong Kong crises, but to show how inextricably America's leader is linked to its profound focus problems.

Might some respond positively to Trump, not in spite of his manifestly disordered brain, but because of it? In other words, when he is praised as a politician who "tells it like it is," is this really code for saying that he thinks and speaks like the rest of us (which is to say, poorly)?

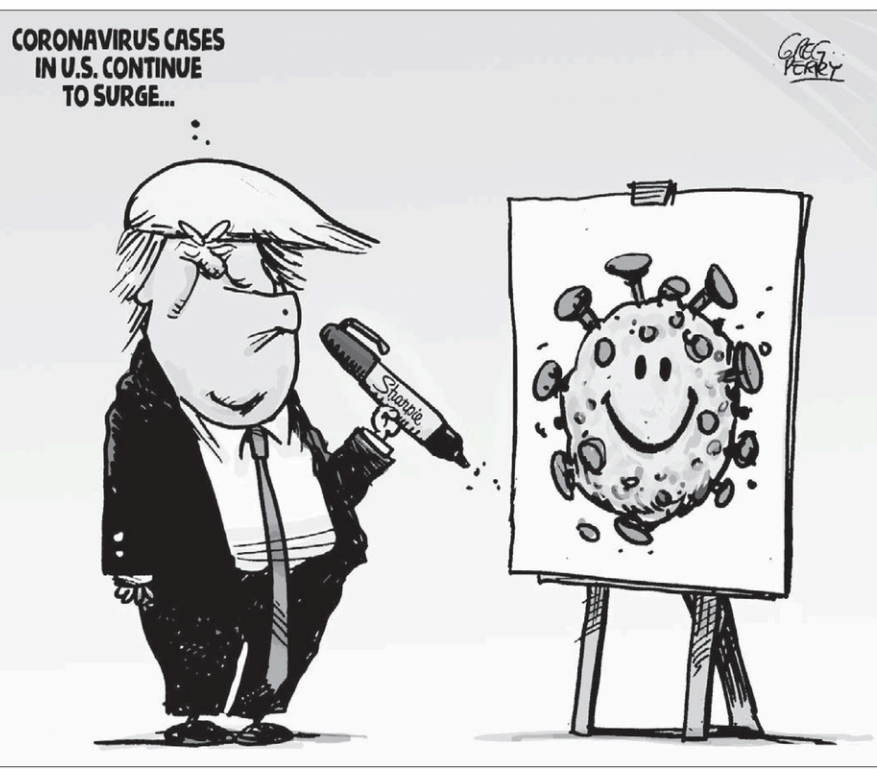
If Trump rose to power because his countrymen and women couldn't stay focused on his obvious character flaws, he has maintained power for the same reason.

The scandals he has subjected Americans to are far too numerous to list here. Yet each time the country is whipped into outrage—finally, it seems, ready to turn on its unlikely leader—its collective will is quickly dispelled by the next Trumpian distraction.

Mr. Trump's extraordinary impunity is the real story and legacy of his presidency. And that impunity does not result from Americans caring less about their country, or being of weaker moral character than anyone else. It results from their difficulty focusing on the problem of a perversely unqualified president—who is also a master distractor.

So how do they finally rid the world of this unflattering symbol of their incapacity to focus?

Ironically—tragically!—it is through rekindling that focus, and maintaining it with uncharacteristic discipline, between now and the November election.



## Letters

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.

# CHUS Foundation allocates \$200,000 for COVID-19 research

By Matthew Sylvester  
Special to The Record

Four research projects will be given the green light thanks to a donation by the CHUS Foundation.

Four teams of researchers from the CIUSSS de l'Estrie-CHUS will each be given their share of a \$200,000 investment by the CHUS Foundation to support the fight against the COVID-19 pandemic.

A rigorous selection process between applicant projects ended with four chosen to receive a portion of the donation. Dr William Fraser, scientific director at the Centre de recherche du CHUS (CRCHUS), explained in a press release that the competition was open to all researchers of the CIUSSS, and has encouraged interprofessional collaboration while highlighting individual expertise.

Assistant scientific director at the CRCHUS Anne Morin said in a press release that the funded projects stem from a wide variety of research themes, and that their objectives are in general to identify ways that humans could be

protected from the virus.

Heading one of the selected projects is Dr Olivier Lesur, pneumologist at Sherbrooke University. His study aims to differentiate the effects of COVID-19 and the similar, much more known acute respiratory distress syndrome. In a combined effort with scientists from European institutions, Lesur hopes to study the mechanics of how these similar diseases damage the lungs to help advance treatment methods.

Lesur explained that the study will be a pilot project in order to establish the groundwork needed for a larger study in the future. The financial support from the CHUS Foundation will push the project up to a level where it will be possible to apply for the government grants necessary to complete the larger study.

Some of the other projects funded included the implementation of a virtual rehabilitation clinic for COVID-19 patients, where patients can be virtually placed in a familiar environment, and the development of a computer algorithm to help identify infectious threats.

## THE RECORD

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### Member

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# Local Sports

## Sherbrooke athletes struggle to keep in shape during quarantine

By Matthew Sylvester  
Special to The Record

The track & field facilities at Sherbrooke University have started coming back to life over the past few weeks, but government regulations about gathering in public have kept the athletes of the club Athlétisme Sherbrooke away from vital resources for a long time.

“We weren’t there to adapt the training right away,” said Yoseline Leunens, one of the instructors for the club. Coaches were forced to switch to distance teaching methods for their athletes, like making videos demonstrating exercises and techniques for them to practice at home.

Being away from equipment was also a huge disadvantage for the athletes. Runners had to switch from the track to the road, leading to strain injuries like tendonitis. Throwers didn’t have access to their discus disks, pot shut balls or javelins. High jumpers and pole vaulters were completely out of luck.

Athletes with regular weight training needs suffered the most, according to Luc Lafrance, throwing coach with the club. Not being able to use the machines in the university’s weight rooms threw strength training totally out the window. This was a summer of trying to stop regression, Lafrance explained, rather than one of improvement.

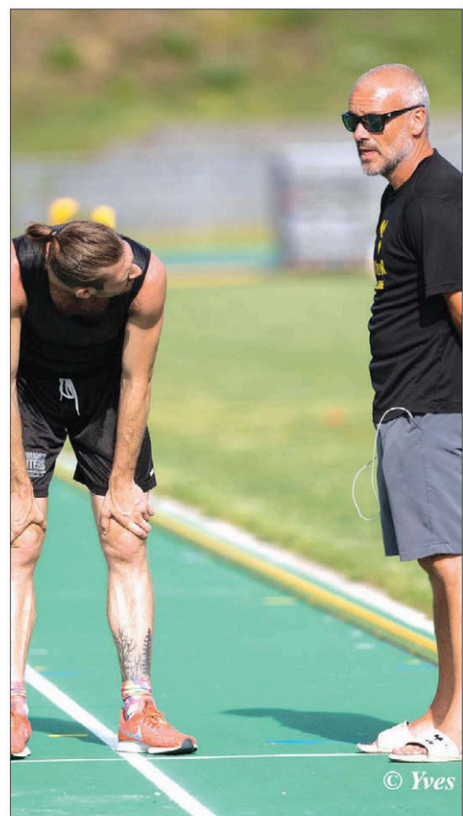
Timothe Fremont is a sprinter for the club. When asked what some of

the biggest challenges he faced during the lockdown were, motivation was on the top of that list. Being able to train in a group that encourages you to keep doing better is a huge part of being in an athletics club. Without that, athletes were forced to make up schedules and find their own motivation to keep pushing.

Competitions have also suffered through the pandemic. Because of government regulations almost every sporting event since March has been either cancelled or postponed. These were a huge source of drive for the athletes, and not being able to compete leaves some without the chance to really test their skills.

Being stuck at home wasn’t all negative, though. Fremont emphasized how important it was to be self-motivated. He felt that this was a perfect opportunity to develop a much more independent mentality around athletics, a mentality that could be helpful down the road when times get tough. “If you can make it through this, you can make it through anything,” he said.

Now that the threat of the virus has lulled and regulations are a little more lax the athletes are finally starting to be able to compete again. Luenens was impressed at the adaptability of the Fédération québécoise d’athlétisme, the organization in charge of competitions in Quebec. Plans were drawn up so that athletes could safely get back to competing the moment experts give them the go-ahead.



PHOTOS COURTESY OF YVES LONGPRÉ

The coaches and athletes of Athlétisme Sherbrooke explain the woes of trying to keep up with their workout schedules at home.

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# Datebook

TUESDAY, JULY 21, 2020

Today is the 203rd day of 2020 and the 32nd day of summer.

**TODAY'S HISTORY:** In 1861, the first Battle of Bull Run – the first major battle of the Civil War – was fought in Virginia, ending in a Confederate victory.

In 1925, Tennessee teacher John Scopes was convicted of violating the state's law against teaching the theory of evolution.

In 1954, the French surrendered North Vietnam to Communist forces.

In 2011, NASA's Space Shuttle Program came to an end as the shuttle Atlantis landed at Kennedy Space Center in Florida.

**TODAY'S BIRTHDAYS:** Ernest Hemingway (1899-1961), author; Marshall McLuhan (1911-1980), author/theorist; Isaac Stern (1920-2001), violinist; Don Knotts (1924-2006), actor/comedian; Yusuf Islam aka Cat Stevens (1948- ), singer/songwriter; Garry Trudeau (1948- ), cartoonist; Robin Williams (1951-2014), actor/comedian; Brandi Chastain (1968- ), soccer player; Josh Hartnett (1978- ), actor; CC Sabathia (1980- ), baseball player; Juno Temple (1989- ), actress.

**TODAY'S FACT:** Turkish adventurer Erden Eruc completed the first solo, human-powered global circumnavigation on this day in 2012, after traveling 41,196 miles in 1,026 days by rowboat, kayak, bicycle, canoe and on foot.

**TODAY'S SPORTS:** In 1959, the Boston Red Sox (the

last major league team to integrate) fielded their first African American player when Pumpsie Green entered a game against the Chicago White Sox in the eighth inning.

**TODAY'S QUOTE:** "The most painful thing is losing yourself in the process of loving someone too much, and forgetting that you are special too." – Ernest Hemingway, "Men Without Women"

**TODAY'S NUMBER:** -128.6 – temperature (in degrees Fahrenheit) at Vostok Station, Antarctica, on this day in 1983, the lowest temperature recorded at an inhabited location in world history.

**TODAY'S MOON:** Between new moon (July 20) and first quarter moon (July 27).

## Graves' disease causes hyperthyroidism



### ASK THE DOCTORS

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

**Dear Doctor:** I saw my doctor because my heart was beating funny and I was losing weight even though I wasn't dieting. She did a blood test, and it turns out to be Graves' disease. Why did I get that? Is there a cure?

**Dear Reader:** When someone has Graves' disease, it means a malfunction of their immune system has caused their thyroid gland to become too active. Known as hyperthyroidism, it's a condition that causes the overproduction of thyroid hormones. Since these hormones play an important regulatory role in many parts of the body, the symptoms of Graves' disease can be quite varied.

The thyroid is part of the collection of glands located throughout the body known as the endocrine system. Their

job is to produce hormones, which are chemical messengers. They regulate bodily processes such as metabolism, sleep, mood, growth and development, reproduction, tissue function and sexual function, to name just a few.

The thyroid itself is a small gland. It weighs less than an ounce and is shaped roughly like a butterfly. It's located at the base of the throat, just below the larynx, and consists of a pair of matching lobes that sit on either side of the windpipe. The thyroid takes the iodine in our diet and manufactures two main hormones, which help regulate vital functions throughout the body. These include heart rate, body weight, body temperature, muscle strength, breathing, cholesterol levels, the central and peripheral nervous systems, and in women, menstrual cycles. So you can see how any malfunction of the thyroid can have a wide-ranging effect on general health.

When it comes to Graves' disease, the cause is unknown. It usually develops before the age of 40, and is more common in women than in men. People with existing autoimmune disorders are at increased risk of developing Graves' disease, and family history can play a role. Cigarette smoking is a risk factor, as well.

Symptoms of Graves' disease include the unexplained weight loss and irregular heartbeat that you experienced, as well as anxiety or irritability, sleep disturbance,

fatigue, reduced libido, sensitivity to heat, and tremor in the fingers or hands. Some people develop Graves' ophthalmopathy, which is a collection of eye-related symptoms such as pressure, grittiness, light sensitivity and vision problems. Graves' dermatopathy, which is rare, causes the skin on the shins or tops of the feet to thicken and become red.

Diagnosis is via blood tests to determine thyroid hormone levels, imaging tests to look at the size of the thyroid or tests that assess the rate at which the thyroid is using iodine. There is no cure at this time. Instead, treatment focuses on slowing thyroid activity. This can be achieved through radioactive iodine therapy, which gradually destroys overactive thyroid cells; medications that either interfere with the thyroid's ability to produce hormones or block the effects of thyroid hormones on the body; or thyroid surgery. Lifestyle changes such as a healthful diet, regular exercise and doing what you can to ease stress are also important for managing the condition. Complications can be serious, including heart disorders and problems during pregnancy, so it's important to seek treatment.

*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

When you snack on pistachios, you're left with a pile of shells that typically gets tossed in the trash. But don't throw those shells away! Pistachio shells are slow-burners that make a perfect fire starter for the backyard grill or fire pit. You can also line the bottom of pots with unsalted shells to help give houseplants good drainage. Salted shells can be placed around the base of plants that are often attacked by slugs; the salty coating will deter slugs from climbing up on the plant. And finally, if you have orchids, mix shells with your orchid potting mix to give the right airy medium to help the exotic flowers thrive.



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# 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

The Lennoxville Youth Center would love to invite you to its annual general meeting on Friday, July 31, 2020 at Salle Amédée-Beaudoin located at 10 Samuel-Gratham, Sherbrooke (QC) J1M 2J4. The AGM will start at 6 p.m. To reserve please contact Corissa Mullin by email or telephone. Email: dg@lennoxvilleyouthcenter.org. Telephone:(819) 821- 4805. We hope to see you there!

# Broaden your 'burger' horizons

Summertime is a great time to fire up the grill and toss burgers on top to sizzle to flame-licked perfection. With Canada Day and Independence Day on the horizon, you might already be planning your holiday party menu. Delicious burgers are often a given.

While beef, pork and bison tend to be the burger bases of choice, raw tuna is another "meat" that is both sturdy and fatty enough to stand up to burger formation and grilling without the addition of binders and starches. "Miso Tuna Burgers" from "Mastering the Grill" (Chronicle Books) by Andrew Schloss and David Joachim can be a perfect first foray into tuna burgers for grillmasters who want to try something different this summer.

## Miso Tuna Burgers Makes 4 servings

- 1 1/2 pounds tuna steak, hand chopped into small chunks
  - 1 tablespoon miso paste
  - 1/2 teaspoon prepared wasabi
  - 1 teaspoon soy sauce
  - 4 scallions, roots trimmed, cut into 1/2-inch pieces
  - Oil for coating the grill grate
  - 1 tablespoon mild-flavored oil, such as canola
  - 4 hamburger buns, split (or sliced crusty bread)
1. Heat the grill as directed.
  2. Chop the tuna finely enough so that when you press some between your fingers it clings to itself, but not so finely that it becomes mushy.
  3. Remove the fish to a bowl and mix in the miso, wasabi, soy sauce, and scallions until well blended; do not

overmix. Using a light touch, form into 4 patties no more than 1 inch thick. Refrigerate the burgers until the grill is ready.

4. Brush the grill grate and coat it with oil. Coat the burgers with the 1 tablespoon oil, put them on the grill, cover and cook for 6 minutes, flipping halfway through, for medium-rare; do not cover the grill after flipping. Add a minute per side for medium-done.

5. To toast the buns, put them cut-sides down directly over the fire for the last minute of cooking.

6. If serving the burgers directly from the grill, place them on the buns. If the burgers will sit, even for a few minutes, keep the buns and burgers separate until just before eating.

**Chef's tip:** Garnish with pickled ginger or daikon, wasabi mayonnaise, or a drizzle of teriyaki sauce. (Metro Creative)

# Should posterity get the whole truth?

## Dear Annie

TUESDAY, JULY 21, 2020

**Dear Annie:** I need some advice on what to do about my daily journals. I keep a daily journal and have for many years – including during a time when my husband was an alcoholic. He's been sober for 27 years. (We are in our late 70s.)

In those journals, I wrote about the times he got drunk – of his stumbling around in a drunken stupor, of his passing out in his lounge with our children sitting in the room, of his lying about going to Alcoholics Anonymous meetings and instead going to the club and drinking for hours. I wrote about all these times and more, describing the family's embarrassment and frustration and adding my own angry comments.

Now that he's been – so thankfully – sober all these years, I'm wondering what to do about those journals from the times when he was not. They contain not only comments about the difficulties I went through dealing with his drinking but also information about the family's normal daily life – for example, children's sports games. I'd like to save my journals in case my grandchildren or great-grandchildren would like to know, in the future, what their grandmother's or great-grandmother's life was like, but I wonder about the wisdom of making it possible for them to read about their alcoholic grandfather or great-grandfather. Should I leave the journals unabridged, or should I take only the good excerpts from them to preserve my husband's sober image? His grandchildren only know him as a loving sober man. I don't know whether our children have ever enlightened their own children about how their grandfather used to be before he stopped drinking. I have a hunch they have never said anything about it.

So, what do I do? At my age, I'm thinking that if I'm going to change anything, I'd better start doing it now. – Deliberating Diarist

**Dear Deliberating Diarist:** Your family's struggle with alcoholism is not something you or your husband should feel ashamed of, and it might actually be helpful for your grandchildren and great-grandchildren to be made aware of it – when they're old enough – as they may be genetically predisposed to the disease themselves. Even if they're not at risk, they will inevitably face some hardships of their own. How special it would be for them to be able to look to the pages of your journal and remember their heritage of perseverance. You're passing these journals down because you want your descendants to know what your life was like, so let them know what it was really like: thrilling, exasperating, challenging, fulfilling, maddening, awe-inspiring – not always

pretty but ultimately still beautiful.

**Dear Annie:** Unfortunately, after years of declining health, my wife's father passed away this year. The reason that I'm writing is that, since my father-in-law's death, my wife wants me to not even bring up my dad, who is still alive. It's very extreme. She doesn't even want to see our daughters making arts and crafts to give to my dad.

My father is in a nursing home, and I haven't seen him in months. I miss him very much. But since my wife's dad died, I'm more or less not allowed to discuss my dad. She even makes me leave the room if he calls.

Is this normal, healthy behavior, and how should I handle this situation moving forward? Because whatever I say or do is, apparently, insensitive to her feelings. – At a Loss

**Dear At a Loss:** Please accept my heartfelt condolences for the loss of your father-in-law.

Grief can make it impossible to think clearly, but that doesn't make it acceptable to mistreat our partners. Your wife could benefit from seeing a therapist who specializes in grief. I'd also recommend attending therapy together, even if just for one or two sessions. You might also look into grief support groups in your area; if your wife isn't ready for that yet, you can go on your own.

Keep trying to be as patient as possible, but let her know that you will keep in contact with your father. It's not just the right thing to do for you and him but also what's best for your marriage in the long-term. If you miss spending this precious time with your dad now, you might always resent your wife for it.

**Dear Annie:** Your suggestions for "Striking Out," who has been going on interviews but having no luck, were great! Can I also suggest any job applicant do the following before the interview:

1. Check your own online identity: Facebook, Twitter, etc. Many still believe there's truth in "You're known by the company you keep." So make sure that your profile blocks the ability of anyone to see who your friends are. (Sometimes our friends may not post the best things.)
2. Research the company: Examine their online personality and history. Who are their target customers? Who are the heads of the organization? See if you can find them on LinkedIn to see how they got to where they are.
3. Ask the person interviewing you: "What things do you wish YOU knew when you started working here that could have helped your

success?" – Ramona

**Dear Ramona:** These are great tips. Glassdoor.com is another useful resource for job hunters. Look not just at a company's overall rating but the individual reviews themselves: If all the reviews are either one-star or five-star, take a closer look and try to determine whether those five-star reviews are genuine. And go into the interview with your eyes wide open.

**Dear Annie:** You should always research the

# SUDOKU

DIFFICULTY RATING: ★★☆☆☆

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

7/21

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## PREVIOUS SOLUTION

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

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

### CELEBRITY CIPHER

by Luis Campos

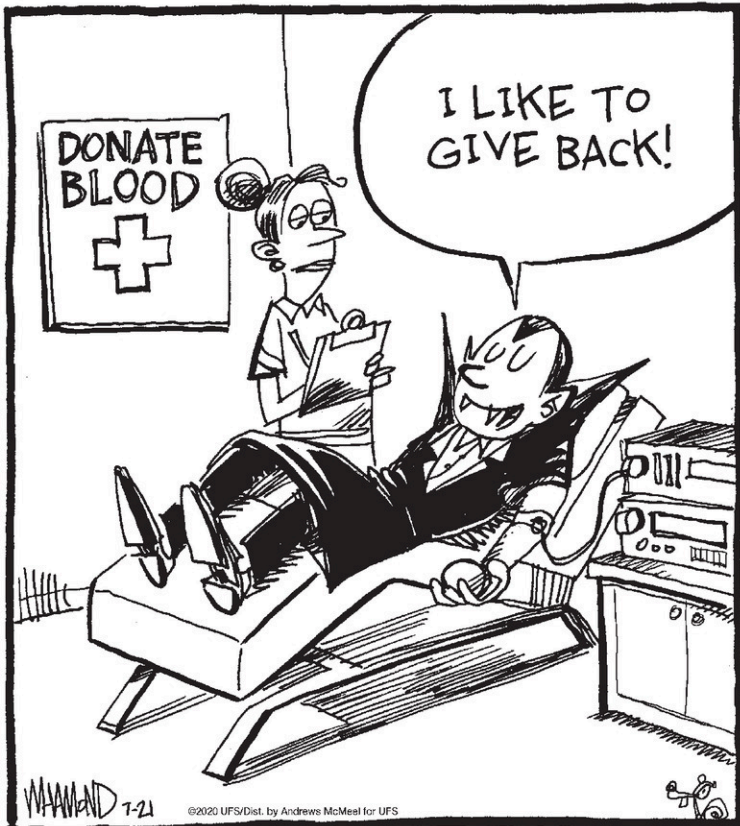
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

“ WCOZICFX ZDWZ SW WRPSWYSZF IX  
YSTZ IZKPDZXW. S'O WRPSWYSZF IX  
R IZREPSYED WPVSKN RVVRKNZOZKP.”  
— IZJH

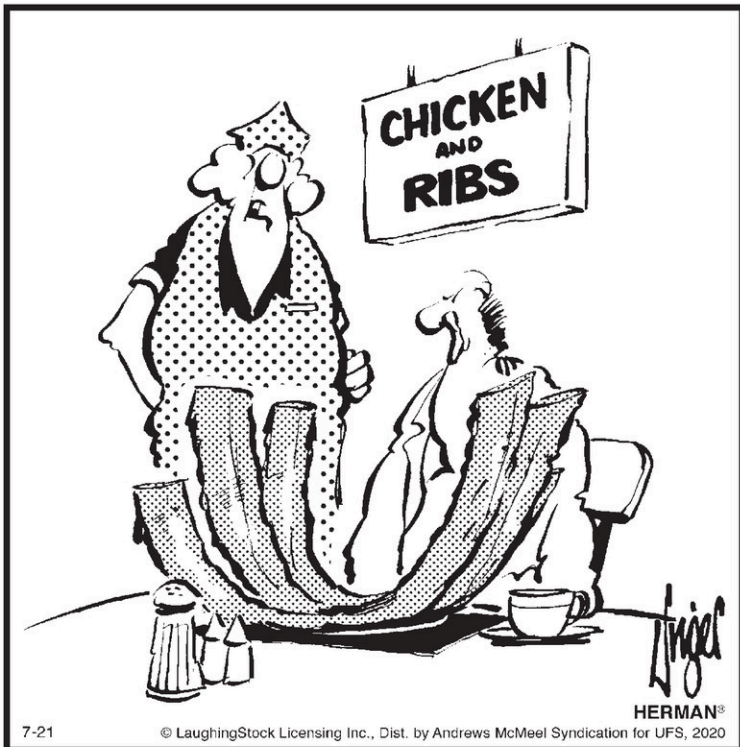
Previous Solution: “I never want to know the range of my voice. It has to be impulsive, and I don't want to kill the mystery.” — Bjork

TODAY'S CLUE: *o sjenba r*

### REALITY CHECK



### HERMAN

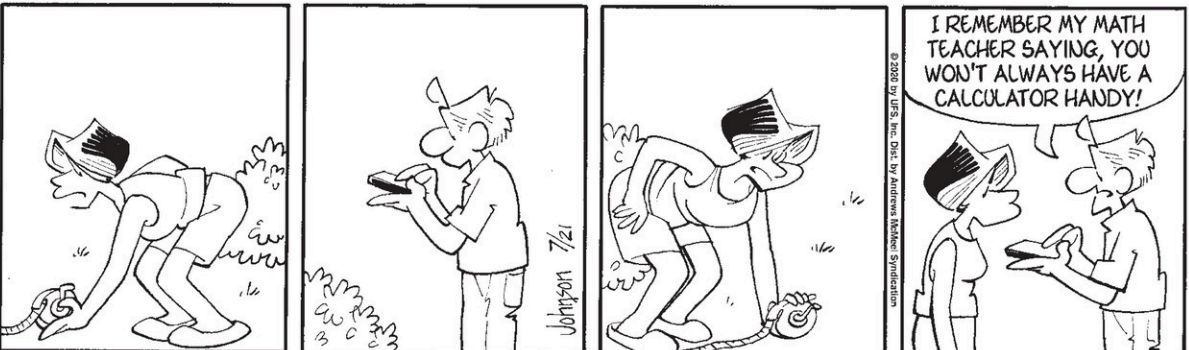


“You haven't eaten your chicken!”

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## Dear Annie

CONT'D FROM PAGE 9

company you are interviewing with. Showing respect, interest and curiosity compliments the company for which you are interviewing. If you are interviewing for a company that makes cement, ask them about the process. If they clean windows, ask them what is their biggest job. If they clean linens, inquire about the cleaning machinery. Have follow-ups ready. It shows an appreciation for the core business. – Timothy C.

**Dear Timothy:** Astute advice: Everyone likes to be asked about themselves (or their work, in this case). I might add that this also applies to first dates!

*"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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# Sure, throw hot dogs on the grill. But don't forget bananas

By Elizabeth Karmel

In this pandemic summer, who doesn't want to eat and cook outdoors? And if you're firing up the grill, don't forget dessert.

I am bananas for grilled bananas. Fast and easy, they become instant favourites and remind you of classic desserts. And there are so many variations: You can make grilled banana s'mores, grilled bananas splits, grilled bananas with peanut butter and jelly, grilled banana pudding, etc.,

One of my favourite desserts used to be Bananas Foster - vanilla ice cream topped with rich brown sugar, buttery, boozy warm sauteed bananas and toasted pecans. But I never eat it anymore. When I discovered that I could grill bananas and get nearly the same flavours without a sticky pan to wash - and I could save about a thousand calories as well - I never looked back.

The key to grilling bananas is leaving them in their protective skins. Slice a banana once lengthwise and once crosswise, so each banana is in four pieces. Because I like a bourbon-flavoured Bananas Foster as opposed to rum, I sprinkle the cut side of the bananas with a bourbon that has predominant notes of vanilla and caramel.

Next, I make a simple "dessert rub" of white sugar, cinnamon and a pinch of fine-grain sea salt. You can use this sweet rub to good effect on any fruit you are grilling. I toss a dusting of the rub over the cut side of the bananas and let

them sit for 5 minutes. This is enough time to allow the natural sugars and the bourbon to absorb and dissolve the rub. Then it's time for the grill.

I generally grill the banana cut-side down for a minute or two to get grill marks, but that is not necessary. What is necessary is to let the banana cook skin-side down until it is slightly cooked all the way through, and the fruit begins to recede from the skin. The skin will be black, but the banana inside will be warm, slightly caramelized, soft and fragrant.

Grilling the banana transforms the fruit from something that can sometimes be starchy and lacking in taste into a tropical flavour bomb. You peel the banana before serving, so it doesn't matter how black the skin gets as long as it still protects the banana.

When I am short on time but want to serve an unexpected crowd-pleaser, this Grilled Banana Sundae with Dulce de Leche and Shredded Halva is my quick and easy version of a grilled banana ice cream sundae.

Once the bananas are grilled, it's time to build the dessert. In this case, a sundae.

I often make homemade dulce de leche by carefully boiling a can of sweetened condensed milk until the sugars in the milk cook and become a candy-like deep-tan caramelized sauce. But these days, you can buy excellent dulce de leche sauce and dulce de leche ice cream at the grocery store.

I unpeel the grilled bananas and serve them warm on top of two scoops

of my favourite dulce de leche ice cream. That alone is pretty darn good, but I don't stop there. I drizzle a little more bourbon on top and, if I am feeling indulgent, an extra spoonful of dulce de leche. And then my secret ingredient: A generous layer of shredded halva on top. You can eliminate the extra bourbon and the extra dulce de leche, but do not eliminate the shredded halva.

Halva is a Middle Eastern confection made with tahini (sesame paste) and sugar. It is my new "nut" topping for ice cream; I've put my beloved pecans and walnuts back in the cupboard.

I have eaten halva in chunk form for years, and am partial to the handmade variety from Hebel & Co. It has crispy shards of nutty sugar mixed into the creamy texture of the halva. And that is what led me to the shredded halva. It is all crispy caramelized shards, and for a lover of texture like me, a whole other level of greatness. It is like a more toothsome, nutty, sweet and slightly savory version of cotton candy. The sesame flavour is delicate, and softly compliments the honeyed bananas and dulce de leche ice cream. But the best part is that the crunchy crisp texture makes you want to take another bite and another bite!

**GRILLED BANANAS WITH DULCE DE LECHE AND SHREDDED HALVA**  
 Serves 4

- Direct/Medium-low Heat
- 2 bananas (not too ripe)
- 2 tablespoons bourbon, divided

- 2 tablespoons granulated white sugar
- 1 teaspoon cinnamon
- Pinch of fine-grain sea salt
- 1 pint best-quality dulce de leche vanilla ice cream
- Dulce de leche sauce, optional
- 2 tablespoons shredded halva (easy to order online)

Do not peel bananas. Slice them, in their skin, in half lengthwise and crosswise, so each banana yields four pieces. Set aside.

Sprinkle the cut sides with half the bourbon. Combine sugar cinnamon and salt and mix well. Cover the cut sides of bananas with the rub by carefully spooning it on or by using your hands. Let the bananas sit for 5 minutes.

Place bananas cut-side-down on the centre of a clean cooking grate, and place the lid on the grill. Cook for 1 minute or until grill marks appear. Using long-handled tongs, carefully turn over and let cook 4-5 minutes or until the skin pulls away from the flesh of the banana.

Remove bananas from grill and serve immediately on top of the dulce de leche ice cream. Top with a generous amount of shredded halva. Drizzle with extra bourbon and extra dulce de leche sauce, if desired.

Serve immediately.

(The Associated Press)

# NEA Crossword Puzzle

# Your Birthday

TUESDAY, JULY 21, 2020

- ACROSS**
- 1 Cassowary kin
  - 4 Frosh's digs
  - 8 — Wiedersehen
  - 11 Large tank
  - 12 Length times width
  - 13 Aristocrat
  - 14 Yale alum
  - 15 Ax handle
  - 16 Mexican pot
  - 17 Carmaker's woe
  - 19 Sixth sense
  - 21 Munro's pen name
  - 22 Equipment
  - 25 Bunny
  - 29 Harmless lie
  - 31 El —, Texas
  - 34 Antique
  - 35 Green gem
  - 36 Mighty — — oak
  - 37 Pair
  - 38 — Major
  - 39 EMT technique
  - 40 Kohl target
- DOWN**
- 42 Verbalized
  - 44 Pointed arch
  - 47 So long!
  - 49 Whizzes
  - 51 Slalom obstacle
  - 54 Noted star-seekers
  - 56 Billiard stick
  - 57 Triangle tip
  - 58 Big oil supplier
  - 59 Sonnet cousin
  - 60 "The Raven" penner
  - 61 Become fatigued
  - 62 Mr. Danson
  - 1 Even once
  - 2 About half of us
  - 3 City in New York
  - 4 Shaggy flower
  - 5 Vaccine type
  - 6 NBA official
  - 7 Husband or wife

Answer to Previous Puzzle

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

- 8 Yahoo! rival
- 9 Search engine find
- 10 Watchdog org.
- 13 Long, easy stride
- 18 Ohio tire city
- 20 Pfc. boss
- 23 Not very close
- 24 Unloads
- 26 Physique
- 27 Down in the dumps
- 28 Adored one
- 30 Ms. Arthur
- 31 Snow boot
- 32 Cobra cousins
- 33 First name in cheese-cake
- 35 Estimate
- 40 Ben & Jerry rival
- 41 Element
- 43 Wild goat
- 45 Disney site
- 46 Piano composition
- 48 Put out heat
- 49 Culture dish
- 50 Watermelon leftover
- 51 Breach
- 52 PFC mail drop
- 53 Golf peg
- 55 "Exodus" name

trying to dismantle your plans.  
**SAGITTARIUS** (Nov. 23-Dec. 21) – Your sensitivity toward others will affect the way situations unfold. Look for positive outlets you can enjoy with someone you love and trust.

**CAPRICORN** (Dec. 22-Jan. 19) – Time alone will help you size up a troubling situation. Don't be shy; tell those close to you how you feel and what you want.

**AQUARIUS** (Jan. 20-Feb. 19) – Emotions channeled into something productive will bring good results. A personal gain will come your way if you use your skills diversely. Love is favored, and romance will enhance your life.

**PISCES** (Feb. 20-March 20) – Take care of health issues. Get a second opinion if you aren't comfortable with the first one. A change of plans will result in better living arrangements. Don't hesitate to make a move.

**ARIES** (March 21-April 19) – Use your energy wisely. Don't waste your time arguing over petty differences. Focus on personal gain, physical fitness and spending quality time with a loved one. A change will lift your spirits.

**TAURUS** (April 20-May 20) – Look at your options and make a decision. The changes you implement into your routine will stimulate your mind and encourage you to try something new and exciting.

**GEMINI** (May 21-June 20) – Find a quick, efficient way to get things done. Freeing up some time to spend with a loved one will lead to a good plan. Love and romance are featured.

Adaptability and preparation will lead to the success you are looking for this year. Taking a different approach to what you do will spark your imagination and help you devise new ways to present old ideas. Don't let emotional or personal matters interfere with what you are trying to achieve.

**CANCER** (June 21-July 22) – Don't let anger surface. Put your energy into something constructive, and you'll get ahead. Let your success be your revenge when dealing with someone who irks you.

**LEO** (July 23-Aug. 22) – Your ideas may seem far-fetched to some, when, in reality, you are ahead of your time. Give others a chance to catch up to you. Spend your free time perfecting your plans.

**VIRGO** (Aug. 23-Sept. 22) – Put personal papers in order. Protect yourself against ill health and injury. A partnership with someone unique will intrigue you. Read the fine print before you sign an agreement.

**LIBRA** (Sept. 23-Oct. 23) – Don't make changes without considering the cost involved. Spending on luxury items will cause undue stress. Moderation will ensure that you have plenty of energy to devote to the pastimes that make you happy.

**SCORPIO** (Oct. 24-Nov. 22) – When dealing with others, you are best off taking a wait-and-see approach. Your intuition will help you determine if someone is on your side or if they're

TUESDAY, JULY 21, 2020

## Make declarer guess the winning line

By Phillip Alder

E.B. White, who was an author of children's books, wrote, "Weather is a great bluffer. I guess the same is true of our human society – things can look dark, then a break shows in the clouds, and all is changed."

Bridge contracts can be like that. When you are the declarer, sometimes things look grim, but suddenly there is a light at the end of the 13-trick tunnel. It is the job of the defenders, though, to keep the light bulb off. How is that relevant to today's deal? South is in six diamonds. West leads the club king, then shifts to the spade queen.

South evaluated his hand well. Note that if North had had the heart jack extra, six diamonds would have been almost laydown.

Most experts lead king from ace-king and king-queen against a contract of five clubs or higher. Then East gives count.

Declarer won with his spade ace and cashed all of his trumps, discarding spades from the board. The defenders jettisoned clubs, but on the last trump, West turned on the light by discarding one of his apparently useless hearts. South cashed his heart king, played a

		North	07-21-20
		♠ 9 7 6	
		♥ A Q 10 6 2	
		♦ A J 7 6	
		♣ 10	
West		East	
♠ Q J 8		♠ K 5 2	
♥ 7 5 4 3		♥ J 9	
♦ 3		♦ 9 4	
♣ A K J 7 6		♣ Q 9 8 5 3 2	
		South	
		♠ A 10 4 3	
		♥ K 8	
		♦ K Q 10 8 5 2	
		♣ 4	
Dealer: North			
Vulnerable: Neither			
South	West	North	East
		1♥	Pass
2♦	Pass	3♦	Pass
4NT	Pass	5♥	Pass
6♦	Pass	Pass	Pass
Opening lead: ♣ K			

heart to the queen and claimed when the jack dropped.

West should have parted with a spade. Yes, declarer might have just played hearts from the top, which is the percentage play in the suit. But if he sensed that West started with four hearts and East with only two, the odds change. Now finessing dummy's heart 10 on round two would be recommended because East could have only five jack-doubletons but 10 low-doubletons.

1	2	3		4	5	6	7		8	9	10
11				12					13		
14				15					16		
17			18				19	20			
	21						22		23	24	
			25		26	27	28		29		30
31	32	33			34				35		
36					37				38		
39				40					41		
	42		43					44		45	46
			47		48		49				50
51	52	53			54	55			56		
57					58				59		
60					61				62		