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Celebrating New Year's with a fine

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THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

Resolutions? What resolutions?

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TUESDAY, JANUARY 5, 2021

What a year: a look back on some of the stories of 2020

By Gordon Lambie

Whether it was the year you would rather forget or, somehow, the best year of your life, it is hard to deny that 2020 was a year of many chapters and changes in the world. Although defined most by the COVID-19 pandemic, a look back through the pages of The Record over the last year offers an enormously diverse look at what life in the Eastern Townships has been like through these unusual and challenging times.

It is perhaps most striking to look back on the months of January, February, and the beginning of March: a time when the paper's journalists had no second thoughts about the headline "Caring is contagious at North Hatley Elementary School," and there were still such things as crowded rooms and public gatherings.

In January Record readers read about the journeys of Lennoxville's Meaghan Rivett and Greg Cheal to the Canadian Junior Curling Championships, the challenges the Mae Sot Education Project was facing in trying to attract new volunteers, and the 60th anniversary of Sherbrooke's Mont Bellevue ski hill. The month also brought news that the Richmond Arts Centre's entire board of directors had stepped down, that the Bravehearts fundraising team was preparing for its very last Relay for Life, and that the community mental health initiative being run by Drs. Claude Charpentier and Catherine Malboeuf-Hurtubise out of Bishop's University was making a slow but steady start.



GORDON LAMBIE

Fancy and Lacey Comeau Eryou beside a sign of hope, taken earlier in the year.

In a story that would carry on through the year, the end of the month also saw several local school boards come together to denounce Bill 40, the legislation to transform boards into school service centres. That bill was rushed through the National Assembly the following month, resulting in the immediate abolition of all French-language boards across the province. English boards announced an intention to challenge the bill in late May and were

granted a stay of its effects in August that was upheld by the province's appeals court in September. Although this decision allowed the boards to continue to exist, the timing of the debate made a mess of the fall elections for new commissioners, which ended up being called, postponed, reinstated, and then postponed again before the end of 2020.

In February news came that the bridge in North Hatley would need to

be completely replaced. That work, now functionally completed, took the better part of the year. February also saw the end of local printing for Sherbrooke's French-language Daily, La Tribune, which foreshadowed that paper's announcement that it would be cutting its print edition to once per week after the arrival of the pandemic. Mid-month brought word that the Eaton Corner Museum was facing financial

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THE RECORD

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TODAY:
CLOUDY

HIGH OF -3
LOW OF -6



WEDNESDAY:
A MIX OF SUN
AND CLOUD

HIGH OF -2
LOW OF -9



THURSDAY:
SUNNY

HIGH OF -2
LOW OF -10



FRIDAY:
A MIX OF SUN
AND CLOUD

HIGH OF -4
LOW OF -10



SATURDAY:
CHANCE OF
FLURRIES

HIGH OF -4
LOW OF -10

How do you thank a house?



DISHPAN HANDS SHEILA QUINN

How do you thank a house? How do you thank it for all it gives a family?

And how does space/time work exactly?

Are all of the memories still there, swimming amongst themselves, blips and slippery slices of time fading in and out like a never-ending stream of Scrooge-esque visitors, only instead of past, present and future Christmas ghosts, there are all of the moments of a family in a house?

What are the moments?

Moving in, painting, renovating, claiming rooms, first visits from family members...the claiming or designation of room assignments, the establishment of a constellation of furniture. The entertainment spaces - gatherings around a kitchen island, around a dining room table, on a front porch, at the edge of the driveway as someone departs.

The house begins to belong to its inhabitants, hermit-crabbing away for as long as they fit within. People drive by, honking and waving to someone playing outside, someone mowing the lawn, someone visiting with someone on the porch - and that anchors the occupants that much more to the structure. Sometimes drivers-past simply gaze at the house,

knowing whose it is - and if no one is outside there is still some silent acknowledgement, some nod to the house itself.

The longer the occupants stay, the more that the reverse happens too - the inhabitants belong to the home as well. The home develops certain scars from rambunctious play, Crayola frescos hidden behind furniture, the furniture develops its own scars, nicks and chinks in surfaces, occasionally a name written on a paper on a table leaves a lasting impression.

It all comes together to create one thing, one thing in space/time, an entity of time bound by the occupants, by the floorboards, the wallpaper, the paint over the wallpaper, the slight lean from the living room to the front hallway, the light fixtures that beam on those within, the tub, and all of the moments that an occupant stared out a window - waiting, or wondering, or sometimes both.

Over the course of time there are hallmarks, landmarks and milestones in a house/home. There are the new arrivals in the family - new in-laws and outlaws, friends who spend enough time that the house becomes an extension of their own home, and every once in a while, a new baby.

Ghosts of pets past scamper through our peripheral vision, out of sight before we can spot them rubbing their body around a corner, the place where they were loved for often the duration of their lifetimes. A house is the grounds of countless rites of passage - first steps, lost teeth and tooth fairy visits, teen years, visits from Saint Nick, birthdays upon birthdays upon birthdays and the loot bags to go with, and then the graduations begin.

And then the constellation of the inhabitants change.

Sometimes, usually, the house and its occupants deal with death. Former visitors die. The occupants live their grief in the house. Sometimes occupants die too. The remaining

occupants live their grief in the house.

And then, come the births of new visitors, children of former occupants. And new first steps, and new drool and the house finds itself with designated furniture - a highchair, and then another, and then sometimes the need for more adapted furniture than not. A corner with a basket or box for toys, a bookshelf, a selection of movies, a playpen, a crib.

The house adapts. The house adapted before. The house adapted before these occupants...and no matter how long they stay, the house will adapt after these occupants leave.

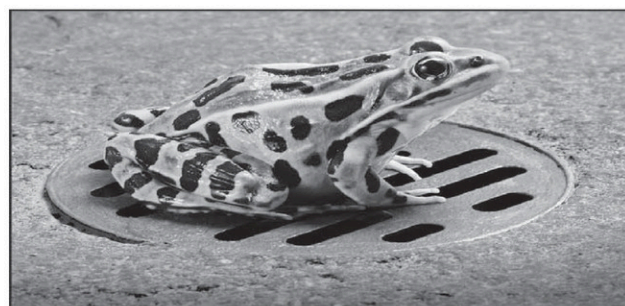
The house too can be grateful for attention and care - for an awareness of its needs as a structure, for the necessary architectural fixings and seasonal shifts, once upon a time with storm window installation before the cold set in, to new windows that simply stay all year long, sliding up and down to allow for a different breeze. For paint jobs, and railing reinforcements, and lattice replacement, for new clotheslines, and for a family's lifetime's worth of Christmas trees and decorations, for artwork and adjustments, even the new building of additional rooms, improving the house's usefulness and practicality.

And so, houses adapt again, they adapt when the family takes its life with it, and moves for good, an endless stream of moments from tumbles down the stairs to running across a hall to crawl in bed with a parent after a bad dream, to where the floorboards creak, to meals that will never end, in the layers of time and the good fortune of having a roof overhead and food on the table.

For that, all of us can forever be truly grateful.

A great home never really leaves us, even when we move from the house.

A house filled with all of the best kinds of moments is the best home for new occupants, with all of their own slippery moments of space/time in tow.



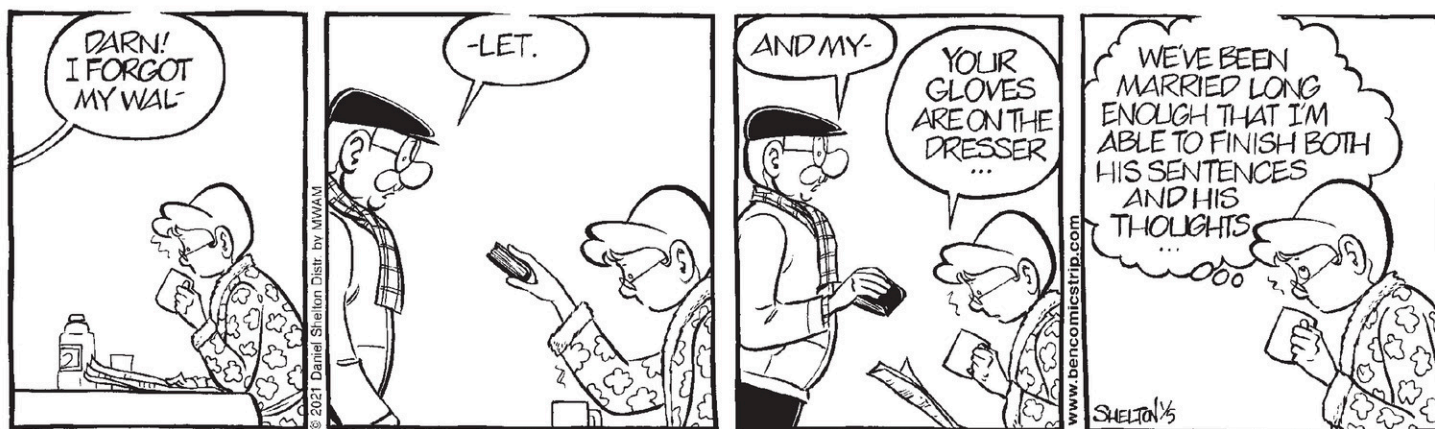
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Ben by Daniel Shelton



Celebrating New Year's with a fine

By Record Staff

Despite Premiere François Legault prohibiting gatherings during the holidays, 19 residences in the Townships started the new year with a hefty fine of \$1,534.

According to a press release by the Service de Police de Sherbrooke (SPS), the station received approximately 33 calls pertaining to illegal gatherings from Dec. 29 to Jan. 3, two less than around Christmas time but more than

double the total number of fines.

The SPS also installed two more checkpoints for impaired driving during New Year's festivities, increasing the total to six checkpoints. The initiative began on Nov. 27 to keep an eye out for drivers under the

influence. According to the police department, there were no arrests from Nov. 27 to Jan. 4 and roughly 275 vehicles checked – a considerable decrease from the year before with 32 arrests and 1,400 cars stopped at checkpoints.

Federal politicians say government needs to fix sickness benefit loophole

By Michael Boriero - Local Journalism Initiative Reporter

A loophole in the federal government's Canada Recovery Sickness Benefit (CRSB) has many Canadians up in arms, after it was discovered returning non-essential travellers could receive \$1,000 during their mandatory two-week quarantine.

"We did not anticipate this situation when we put it in place [...] but if these people are not losing anything or they can work remotely, they're not losing salary, so they cannot ask for the benefit," said Federal Liberal MP Marie-Claude Bibeau.

Canadians can apply to the CRSB if they are unable to work because they tested positive for COVID-19 or they are in isolation due to the virus. People who can work remotely during quarantine or receive paid leave are not eligible for the program.

The loophole was first reported by Montreal-based news outlet, La Presse. The CRSB has since been scrutinized by

all parties, but Bibeau told The Record that no one in the House of Commons could have predicted this situation when it was passed into law in the fall.

According to the Compton-Stanstead MP, while it is a glaring flaw, people returning from non-essential trips will still need to prove they are losing out on work during their mandated quarantine period, which requires a lot of information.

"It's not kind of an automatic \$1,000 for those who have travelled. They would have to show that they will be losing their salary for their two-week isolation," said Bibeau.

Applicants need to meet several requirements before gaining access to the \$500 per week benefit, which runs for a maximum of two weeks. The federal government never intended it to be beneficial to people skirting Covid rules, she added. They are actively seeking a solution.

However, Bibeau isn't sure how much time they will need to remedy the issue. The process to change

and adopt a law can take a very long time, she explained. For now, Canada Revenue Agency employees are paying close attention to Canadians applying to the CRSB.

"We want to close the loophole very fast, but I'm not a lawyer, I don't know all of the processes to make a change," Bibeau said.

Federal Conservative MP for Richmond-Arthabaska Alain Rayes called the entire situation ridiculous. In an interview with The Record, he said it makes no sense that the government is unable to make the necessary adjustments on the fly.

"When the government wants to do things quickly, in general, they are able to do it quickly," Rayes said. "When they were getting \$1 million contracts for ventilators, they did it in one week."

Many Canadians are still waiting for airlines to reimburse their cancelled vacation plans, he continued, but now the government is rewarding people who went south during the holiday

break. The messaging is contradictory, he said, and its frustrating health care workers.

"The problem is the government is sending the wrong message," he said. "They say not to travel, but they don't close the borders."

Another point of contention is rapid testing. Rayes believes it's time for the government to install equipment to carry out quick and efficient Covid tests. This is one way for airlines and airports to help prevent the spread of the novel coronavirus, he said.

Dealing with the current problem regarding the CRSB, however, Rayes provided a simple solution: remove non-essential travellers from the program's outline. They are coming back from vacation, he said, they should not be compensated for that.

"It was ok to repatriate Canadians here in the first wave, but in the second [wave] we're not repatriating people, we're not helping people who decided to leave despite the rules," Rayes said.

Gilles Bélanger recovering in hospital after fall

Oxford MNA Gilles Bélanger will be working remotely from the Centre hospitalier Memphrémagog for the coming days, recovering from an injury following a late afternoon accident on Dec. 31, 2020. During a sliding activity with his three youngest children, he

fell and broke two lumbar vertebrae.

In a press release Bélanger's office confirmed his spinal cord is intact and everything should be back to normal in the next few weeks.

"I waited a few days before going to

the hospital so I wouldn't be a burden," the MNA commented, "but I needed care. Thank you to all the staff! I can attest to your great professionalism," Bélanger said, adding that he had planned a few days of skiing to finish the children's school break, but since

that was impossible, he headed back to work full time from the hospital. "The year 2020 ended badly," he said, but 2021 will be full of exciting challenges, especially with regards to the high-speed Internet in the region, Belangér added.

Sutton chairlift likely detached by tree collision

By Gordon Lambie

According to Jean-Michel Ryan, Chief Executive Officer of Mont Sutton, the chair that disconnected from lift number four and fell to the ground last Saturday morning was likely the result of a collision with a branch that was overloaded with snow. The incident resulted in no injuries and did not cause lasting damage to the lift equipment.

"That chair was coming back down

to the bottom of the mountain," Ryan said highlighting the fact that it was unoccupied at the time that it struck a branch that was heavy-laden from Saturday's snowfall and was knocked off balance. The chair is then suspected to have swing into one of the support towers for the lift, which caused the clamp holding it to the cable to disengage.

The Sutton CEO said that the lift was stopped and given a complete inspection before being put back into service.

Over 2,500 new cases in Quebec

Record Staff

Quebec reported 2,546 new cases of COVID-19 yesterday, bringing the total number of people infected since the beginning of the pandemic to 212,850.

The data also reported 32 new deaths, for a total of 8,379.

The number of hospitalizations increased by 69 compared to the previous day, for a cumulative total of 1,294. Among those, the number of people in intensive care increased by nine, for a total of 188.

A total of 30,473 doses of vaccine have

been administered in the province so far.

The Estrie region reported 124 new cases of COVID-19, bringing the local total to 8,392.

Four new deaths were reported; one from Résidence Haut-Bois in Sherbrooke, one from CHSLD Marie-Berthe-Couture in Granby, one from CHSLD Villa-Bonheur in Granby and one death from the general population.

Currently, 54 of the 74 hospital beds dedicated to COVID-19 are occupied, and nine of the 25 places in intensive care in the region are in use.

So far, 1,438 vaccines have been administered in the Estrie.

What? Resolutions? What resolutions?



DIAN COHEN

I've always been motivated by money. Making it. Saving it. Spending it. Maybe it's because I was so impressed at age 12 (shocked? worried? rendered speechless?) when my father showed me a file he kept, tallying up what it had cost to raise me thus far.

So while research suggests that whatever good intentions you may have in Week 1 of the New Year will dissipate by Week 10, I'm going to suggest a few things in the "financial health" area of your life that are not so hard to do forever and will make you feel a whole lot better.

Know What You Are Worth. List every single place you have money – bank, investment account, savings account, home, car, jewellery. These are your assets. Add them up. Do the same with every debt you've accumulated – your liabilities. Subtract one from the other – that's your net worth. Last year, half of all Canadian families had a net

worth above \$329,900; half were below. Start with this benchmark to guide your financial choices in 2021. Resolution: Calculate your net worth.

Create Short-, Medium-, and Long-term Goals. "If you can't measure it, you can't manage it." "If you don't know where you're going, any road will take you there." Lots of pithy sayings, all true. Make a list. Doesn't matter if it's for an away-from-home vacation when COVID allows, or to get out of debt. Start with the short-term. For each goal, estimate the amount of money you'll need to achieve it. Resolution: List your life goals and a dollar amount needed to obtain them.

Do a Debt Detox. Debt carries different interest rates, depending on whom you've borrowed from. Mortgage rates to buy a home are at their lowest levels ever. Credit cards, on the other hand, carry an interest rate of at least 19%. It's a good time to review fees, Interest charges, and automatic payments – do you still want them? need them? can you negotiate a lower interest rate or bank account fees? There are lots of options to lighten the load: debt consolidation loan, rolling high interest debt into low interest mortgage debt, home equity loan. Each has pros and cons. Resolution: Do the debt detox and seek advice from an accredited credit consolidator or independent financial adviser if you need help.

Deal with your credit card balance. Understand that the second you don't pay off your monthly credit card bill, you are on the hook for at least 19%



REG GOSLIN-IMPROVING PERFORMANCE

interest, compounded daily! I can't tell you how damaging it is to your financial health to pay only the monthly minimum. So damaging that Canadian regulators have forced the credit card companies to add a warning to your credit card statement showing how long it will take you to pay off the balance if you make only minimum payments. If you've been doing this, take a look on your statement and tell me you're not shocked! Resolution: No more than one credit card, pay off the balance in full every month.

Save, save, save. There is no such thing as a wrong way to save. The goal is to create the habit of not spending everything you have in order to create a safety net. If you're in debt, allocate

your new savings to paying it down. If you're not in debt, allocate your new savings to your goals as outlined above. Resolution: Start saving any way you can.

The nice thing about a new year is that it gives us a new calendar, a blank slate and a few days to dwell on what we want to do this year better than last. Spending a few hours each week or month implementing the ideas in this list will make you more financially healthy, which will lead to improved overall health, confidence, opportunities and a better life.

Dian Cohen is an economist and a founding organizer of the Massawippi Valley Health Centre.

Cohendian560@gmail.com

What do you remember about your Main Street?

By Linda Knight Seccaspina

Every Friday night as a young child, we would walk up Albert Street to make our way to the Main Street of Cowansville, Quebec. Everyone was there with smiles on their faces and you could hear the sounds of a jazz band playing from the Hotel. There were clothing stores filled to capacity with people purchasing things, and you could see men in haberdasheries standing on small stools being fitted with pants.

We would stop and look carefully at the store windows and then make our way down to the hat store. Their veranda was yellow and white with many gorgeous hats in the window. I watched my mother point at one and saw my father tell her to go buy it.

Inside it smelled of lilacs and I would sit on one of the fabric covered benches and watch everyone try on hats. The women who worked in the store seemed like they were right out of the fashion magazines and their hair was coiffed in the latest styles.

I remember the hat that my mother bought that day and watched the daisy trimmed straw hat being carefully wrapped up in tissue and then placed in a brown paper bag. The cookie store was next and I was allowed to buy 3

cookies covered in peppermint icing that had chocolate drizzle on them. I never touched them until I got home as I wanted to savour every bite.

After my mother died my father would take me up to Brault's drugstore every Saturday night where I was allowed to purchase one magazine and a chocolate bar. My father never really talked to me much as he was always busy, but this brief time that we spent together each week is something I will always remember.

He would never understand the teen magazines that I bought but figured it was useless to argue with me about considering another choice. Sometimes he brought me to the Blue Bird Restaurant where we would have a chocolate milkshake and my father would talk non stop to the owner. They would talk about the fire that happened years ago and destroyed most of the street and how chain stores were coming in and might possibly ruin the smaller businesses.

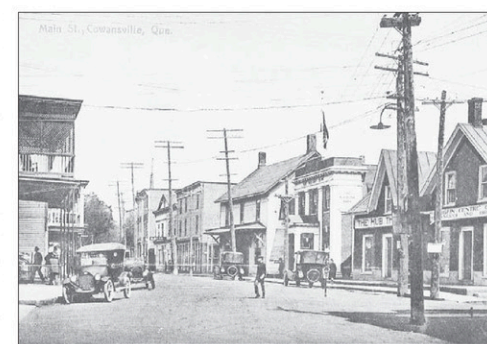
One of those chain stores was Canadian Tire and when it opened there was a line up that stretched down the street and around the corner. They had sent everyone catalogues beforehand and everyone wanted to see all the good deals they professed to have. The kids got a free sucker and balloons and

I remember the man that owned the hardware store nearby standing in his doorway with a huge scowl.

Main Street was the place I bought my first lipstick and eyeliner. I was in seventh heaven when pantyhose came to town and was proudly displayed in the Continental store window. That was the same store that I bought my first 45 RPM's and actually one day I was dared to steal one by my friends – that was the first and last time I ever pulled that stunt. The fact that it was Shelley Fabares' "Johnny Angel" was not really the perfect thing to put between your loose leaf binder with the name angel in the title.

As I got older and moved away things changed. They erected a shopping centre and an A & P came to town shutting the Dominion store down quickly. People opted to go into the air conditioned mall rather than putter along a dying street. The Princess Theatre no longer had a full house, and it only held remembrances of watching *Gone with the Wind* and *The Sound of Music* with my grandmother. No longer did Bonneau's grocery store stand on the corner and the street now held French bakeries and a cafe that sold exotic waffles with strawberries and cream.

There was no family left to complain



COURTESY

to about the changes, and no one really remembered the old stores anyways. The Bank on the corner shut down and became a restaurant and all you could smell was retail death in the air.

The evolution of retail has hit most small towns; from Main Street to shopping malls and then on to big box stores. No one remembers when a trip to the Main Street was a big deal and now frozen food and big screen TV's have replaced homemade cookies, theatres, and shoe stores. Now only floral displays with donated benches are many a town's dream of hoping to attract customers that might remember what it once used to be. We know the magic is still there, you just have to remember. Remember to #supportlocal they are counting on it.

What a year: looking back on 2020

CONT'D FROM PAGE 1

challenges and also marked the start of demolition on the old Hotel Wellington. Toward the end of the month The Record shared news of the fire at the Cookshire IGA, and local supporters of the Wet'suwet'en first nation in British Columbia blockaded the train tracks in Lennoxville.

March was a month of transition; where it started with coverage of things like plans for the World March of Women, a blood cancer fundraiser organized by Eric Mackeage that raised \$17,000, and a plan to bring smiles to a wintery North Hatley by tying scarves to utility poles, the looming threat of COVID-19 slowly made its appearance. The March 13 edition of the paper featured both coverage of the large crowd that turned out for the Lennoxville Library's Canada Reads foreshadow event and a call from regional Public Health Director Dr. Alain Poirier for a careful response to the arrival of the COVID-19 virus in the townships.

The remaining weeks of March offer a look into the rapidly changing rules of the early days of the pandemic. Where initial reports speculated about the possibility that St. Patrick's Day festivities might go ahead, that kind of reflection quickly gave way to a stream of cancellations. Following the shutdown of schools, The Record ran a short series checking in with local homeschoolers and educators about resources for parents while also providing information about what, now familiar, precautions should be taken to help slow the potential spread of the virus.

During the spring lockdown period of late March, April, and early May, The Record mixed practical information about shifting reopening targets and government support programs with stories of hope and resilience. Where, on the one hand, information was being made available as to what was and was no longer considered an essential service, stories were also being shared of new and creative ways people were using their time and talents to make the best of the situation.

In early April, for example, the Tillotson fund announced that it would be committing the money from its spring grants to local foodbanks and similar groups working to bridge the gaps in service created by the lockdown. On a more individual level, there were several stories of local crafters employing "COVID creativity" and a lot of spare time to find ways to bring hope and good cheer to those around them.

Those lockdown months could also be called the season of cancellations, the most dramatic of which was likely the decision not to hold any of

the province's agricultural fairs. The decision came in April and struck some at the time as premature but ultimately proved to be the right one.

Although far from perfect, the summery months of late May, June, July, and August definitely come across as a different chapter in the story of the year. The "stay-cation" summer saw some restrictions eased and activities like group sports restarted. Student were allowed to go back to school as of May 11, although the Eastern Townships School Board only saw 35 per cent return when it followed suit on the 13.

With the reopening of attractions and services came voices of concern from tourist destinations like Bromont and the Town of Brome Lake, where the fear was that Montrealers would spread the virus by coming out to visit.

Warmer weather also brought with it a boom in backyard gardening and a push in many communities for residential chicken-coops. Local community organizations, cut off for months from their usual fundraisers, began to engage in large-scale can and bottle drives as local grocery stores began their collections again.

In non-pandemic news, June saw several vacant buildings in Bury set on fire under circumstances that are still under investigation, and the anti-racism marches that had been taking place in the United States made their way to the streets of Sherbrooke.

At a time when access to seniors' residences was severely restricted in the name of keeping that vulnerable population safe, The Record was still able to report on socially-distanced celebrations of local centenarians like Rolf Bentzen and Lois Ogilvie Blanchette, and kept in close contact with several local homes about the ways that they have worked through the highs and lows of the year. These stories range from the employees who moved in to the Manoir Stanstead to keep their residents safe in the spring, to sharing the precautions and details of the isolation plan that was put into effect at the Wales Home when COVID-19 breached its walls after months without a positive test this past month.

In September school started again in full and the stories of the pandemic's second wave followed suit. Although the Province did not officially declare a second wave until the end of the month, September was marked by stories of increases in daily case numbers and by the implementation of Quebec's coloured regional alert system.

Among these virus developments, September was also the month that the town formerly known as Asbestos released its first shortlist of four possible new names. That list was rejected shortly thereafter, and the community ultimately voted in favour of Val-des-Sources in October. The month also saw a small aircraft crash into Lake Massawippi near North Hatley, requiring an extensive extraction operation that drew a number of onlookers.

As the fall went on, more stories were shared of "COVID fatigue" from different perspectives. Teachers and



PHOTOS BY GORDON LAMBIE

community workers shared their concerns about burnout and medical resident Dr. Laura Sang shared her frustrations with people who continued to ignore public health regulations as a person who both had the virus and is immersed in the world for trying to treat it.


In October several local veterans' organizations got to work on "backup plans" for Remembrance Day, correctly assuming that the alert status of the region would be increased before the day itself.

November and December, although dominated by an increasingly dire report on the state of COVID-19 in the region and the province, still managed to have stories of hope.

In early November The Record shared the story of Sarah Wells' journey from playing basketball in Stanstead to being

co-captain of the University of Vermont Catamounts. That month also saw Lennoxville's John Deere Dealership open up its new building after the old one was destroyed by fire in 2019.

In December, news of the completion of the Highway 410 extension was overshadowed by growing concern around the number of cases in long term care facilities and the pressure on the hospital system. Premier Francois Legault's "moral contract" for Christmas visits with family ultimately collapsed under the pressure as well, leading to the current partial lockdown situation. That disappointing news, however, came alongside the start of a vaccination campaign across the province and in the Townships that left some overburdened healthcare workers feeling like there might be light at the end of a long tunnel.



AIDE COMMUNAUTAIRE DE LENNOXVILLE ET DES ENVIRONS
LENNOXVILLE AND DISTRICT COMMUNITY AID

Director of Human Resources- 21hrs / week

Lennoxville and District Community Aid is a non-profit organisation that promotes and coordinates services and volunteer work making it easier for seniors to continue to live in their own homes.

Working in collaboration with the Director General, the candidate holding this position ensures the optimal management of the human resources of the organization (establishing objectives, evaluations, staff improvement, skill development and discipline). In collaboration with the Director General, works in drawing up, reviewing job descriptions as well as recruiting staff. Its management practices must promote operational efficiency and follow-up in accordance with Community Aid's mission, policies and objectives.

In collaboration with the Director General as assigned by the Board, this candidate will work in establishing and reviewing internal and external policies, while solely responsible for the implementation of these policies related to staff.

The candidate provides feedback to the Director General on: the overall functioning of all departments, improvement of client satisfaction, and response to problems in Community Aid's client operations. The candidate collaborates in developing formal complaints procedure.

The candidate also participates in the preparation of promotional tools and updates the website.

This candidate sits as an ex-officio member on the Administrative Board, Executive Committee and at the Annual General Meeting.

TRAINING AND EXPERIENCE REQUIRED:

The candidate has a College degree diploma (DEC), a University Certificate or an undergraduate University degree or a combination of training and work experience related to the job as well as a minimum of four to five (4-5) years of experience in working with personnel development and mobilisation of staff and team engagement. This person is familiar with the community environment, and is known for his/her professional approach.

KEY SKILLS:

The candidate:

- Has good communication skills and also has excellent skills in developing and maintaining harmonious and productive relationships with staff.
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- Demonstrates leadership, initiative and a good sense of planning.
- Has a team spirit, an ease with adaptation and is dynamic.
- Demonstrates respect of confidentiality.
- Has sound knowledge of Outlook, Word, Excel, Publisher, and social media.
- Is bilingual (written and oral; English and French), 4/5 minimum.

Please forward your application to Sylvie Gilbert-Fowls at: direction@communityaid.ca

Deadline for applications: January 14th, 2021. Starting date: February 2021. Only candidates selected for interviews will be notified.



EDITORIAL

According to statistics from the Canadian Cancer Society, cancer took the lives of more than 22,000 Quebecers in 2020.

Battle to beat COVID-9 could escalate war on cancer



PETER BLACK

Here's a thought to get 2021 started. If modern medical science can whip up an effective vaccine for a stubborn, elusive virus in a matter of months, could not that same kind of burst of energy, funding and know-how eradicate, or at least tame, cancer?

Part of what prompts this New Year's pensée is the imminent inauguration of Joseph Robinette Biden as president of the United States. It is one of Biden's projects late in his term as Barack Obama's vice-president that comes to mind as he is about to capitalize on his astounding political comeback.

In January 2016, Biden, reeling from the death from brain cancer the year before of his son and would-be political heir, Beau Biden, launched the Cancer Moonshot 2020 task force. It was not the first time an American leader had made such a pitch.

Almost exactly 50 years from when Biden will be sworn in, president Richard Nixon declared what was called the "War on Cancer" in his January 1971 State of the Union speech: "The time has come in America when the same kind of concentrated effort that split the atom and took man to the moon

should be turned toward conquering this dread disease."

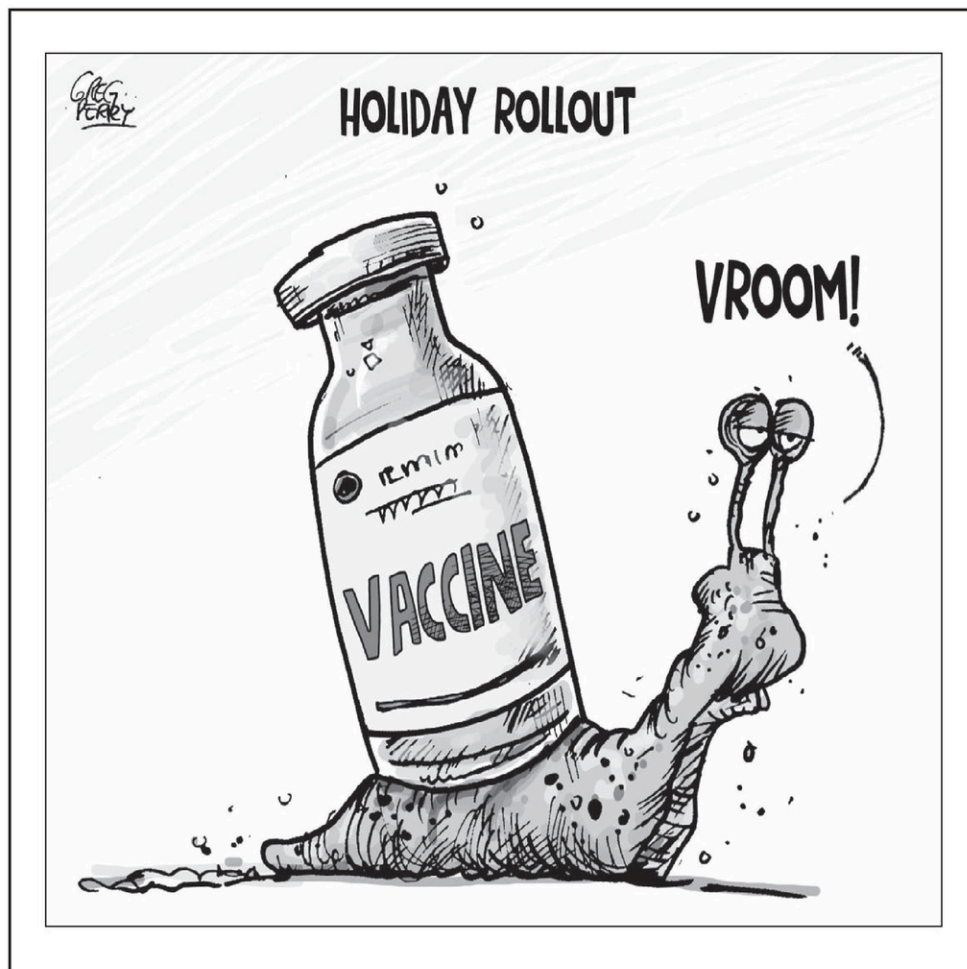
Nixon's "moonshot" campaign was no Apollo 11, and, while some advances were made in research and treatment, the most important discovery was the realization of how formidable a foe cancer is, manifested in hundreds of varieties, with a near-infinite number of causal factors, and not likely to be wiped out by any one magic bullet.

Biden was mindful of Nixon's call to medical arms, when, in a speech at the Davos, Switzerland, economic forum three years ago, he said "what makes the difference between then and now is that he had no army ... After 45 years of progress, after decades of funding research, training scientists and physicians, treating millions of patients, we now have an army."

Cancer Moonshot 2020 was essentially a coalition of drug and biotech companies, research centres and cancer specialists brought together with the goal of combining forces to explore a range of promising research, particularly in immunotherapy.

Reviews are decidedly mixed on the impact of Biden's cancer moonshot, but the incoming president now has the ultimate mandate to escalate the war on cancer, which, coincidentally, is getting a serious boost from the current battle to contain and vanquish COVID-19.

(It would be no surprise if Biden asked his own vice-president to take a key role in such a campaign; Kamala Harris's mother Shyamala Gopalan was a breast cancer researcher - for several years in Montreal, as we well know by now - who died in 2009 of colon cancer.)



Buzz is growing about how the new mRNA messenger process used to develop vaccines to neutralize the new coronavirus has opened up a world of possibilities for cancer vaccines and treatments.

According to a recent Bloomberg report, "Both Moderna and BioNTech, Pfizer's German partner, recognized the technique's potential and began investigating its applications to cancer treatment years ago."

Derrick Rossi, the Canadian stem cell researcher who is a cofounder of Moderna, said, "We are now entering the age of mRNA therapeutics." BioNTech's CEO, Ugur Sahin, "predicts that the first mRNA cancer vaccines could be available within several years."

According to statistics from the Canadian Cancer Society, cancer took the lives of more than 22,000

Quebecers in 2020. Most of us can put beloved faces to those numbers. COVID-19 has been responsible for more than 8,000 deaths so far, with likely many more to come.

It is more than possible the pot of gold at the end of the "Ca va bien aller" rainbow of this pandemic, could be a great leap forward in the war on an even more persistent and pernicious disease.

Last May, the federal government poured an extra \$450 million into medical research during the first wave of the pandemic. The goal was to keep scientists across the country working on research that could lead to breakthroughs in combating infectious diseases and cancer.

Such an effort may not exactly be on the scale of a moonshot but it may be far from a longshot in the drive to beat cancer.

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NHL teams getting ready for season long sprint

The Canadian Press
By Joshua Clipperton
With files from Gemma
Karstens-Smith in Vancouver and
Donna Spencer in Calgary

The sprint to the NHL's 56-game finish line started in earnest Sunday.

The seven teams that missed out on the league's summer restart to a 2019-20 season brought to a screeching halt in March by the COVID-19 pandemic opened training camps Thursday ahead of the new campaign.

The other 24 clubs, including six from Canada, that took part in the expanded post-season inside the Edmonton and Toronto bubbles got going with testing and physicals to close out the weekend before hitting the ice Monday.

And with the schedule's Jan. 13 curtain-raisers fast-approaching -plus no exhibition schedule-time is precious and the runway short.

"It's going to be different," Edmonton Oilers captain Connor McDavid said on a video conference call with reporters Sunday. "We've got to learn on the fly, we've got to learn quick. It's going to be different for everybody. It's the times we live in."

"It's going to be a little tricky," Montreal Canadiens general manager Marc Bergevin added. "But we're in the same boat as every other team."

Because of border restrictions related to non-essential travel, the NHL has rejigged its divisions for the shortened 2020-21 season, including a seven-team Canadian circuit that should present plenty of mouth-watering matchups.

"I remember the last 48-game season (in 2012-13) when you woke up one day and you had 15 games left," Calgary Flames GM Brad Treliving said. "It just goes by. You play every night."

That one-time-only North Division will begin in empty arenas -a handful of U.S. franchises, meanwhile, have indicated they will have some fans in attendance from the start -but that's unlikely to turn the temperature down with teams often playing the same opponent two and three times in quick succession, and up to 10 occasions total over 116 days of action.

"I'm looking forward to it," McDavid said. "An all-Canadian division's exciting. It's never happened before. You look at some of the rivalries, the matchups, it can make for a pretty exciting division."

"Just about anyone can win the division, but with that being said, three teams aren't going to make the playoffs."

While the NHL has said it believes it has an agreement on health and safety protocols to play games in Canada, the B.C. and Alberta governments are the only provinces with teams to publicly announce a thumbs up for the puck to drop.

The Ottawa Senators, who were the only Canadian club not included in the NHL's summer bubbles, have already been on the ice, but the other six situated north of the border are about to get their first looks at a number of new faces.

And there won't be any easing into

things.

"In years past when you've had a 21-day camp ... you sort of build-up and build your way through camp until right to the end," Calgary captain Mark Giordano said. "We know that starting (Monday) that on-ice session, the attention to detail has to be really bang on."

"You have to force yourself as a professional to make sure that every little play and practice, every little pass means something, and you're sharp and you're crisp."

Among the biggest moves made by Canada's NHL teams this off-season, the Toronto Maple Leafs added Joe Thornton and Wayne Simmonds up front to go along with T.J. Brodie and Zach Bogosian on defence, while the Canadiens acquired forwards Josh Anderson, Tyler Toffoli and Corey Perry, and also brought in blue-liner Joel Edmundson and backup goalie Jake Allen.

"Every time you start a new season, you're always excited," Bergevin said. "I like what we've done, (but) you can put anything you want on paper. It doesn't matter until you start playing games."

Leafs GM Kyle Dubas, whose team sits as the betting favourite to win the North, said his team's focus during camp will be on its details following a string of post-season failures, including during the summer qualifying round.

"Going back to (the 2016-17 season) all the way through last year, we've had stretches that have hindered our ability to position ourselves as strongly as possible going into the playoffs," Dubas said. "What we're focused on right now on Day 1 of camp is building the foundation that's going to serve us in the regular season."

"If we don't do that, then we're not going to be in a position to have the success that we all would like."

The rebuilding Senators' new faces include forwards Alex Galchenyuk, Evgenii Dadonov and Austin Watson, along with defenceman Erik Gudbranson and goalie Matt Murray. Fans in the nation's capital are also excited to see what Tim Stuetzle -the No. 3 pick at the 2020 draft -can bring after his impressive offensive performance for Germany at the world junior hockey championship.

The Winnipeg Jets brought centre Paul Stastny, an integral part of their run to the 2018 Western Conference final, back into the fold, but questions remain regarding the future of sniper Patrik Laine, whose agent has reportedly said a trade would be best for all parties, and the status of restricted free agent forward Jack Roslovic.

Calgary added goalie Jacob Markstrom and defenceman Chris Tanev in free agency from the Vancouver Canucks, while Edmonton's biggest moves were the signings of defenceman Tyson Barrie and centre Kyle Turris, and the return of winger and 2016 fourth overall pick Jesse Puljujarvi from Europe.

"Based on what I've gone through before in a lockout-shortened schedule, the games are going to come fast and furious," Flames head coach Geoff Ward said. "Rest is going to be so critical. Depth is really, really necessary."



Once the holidays are over, let's stick to our good habits.

Let's avoid get-togethers and protect ourselves from the virus.

Quebec.ca/HolidaySeason

Let's keep our spirits up.

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In Memoriam

HARVEY, Kevin Allen - Remembering our loving son and brother Kevin Allen, Harvey, who left us December 21, 2000. *He was loved so much. He never will be forgotten, for his smiles jokes and good humor.*

Junior and Barbara (Mom and Dad)
Brothers Lloyd and Mark
Sisters Janice and Trudy
(Rev. Dave Lambie (brother and law)
And several nieces and nephew



Card of Thanks

I wish to thank all of my family and friends for all the lovely cards, gifts, and best wishes I have received during the Christmas holidays, and in return, I extend to you all my love and best wishes for a healthy and happy New Year 2021.

Violet Thorneloe
St. Paul's Home
Bury



Datebook

TUESDAY, JANUARY 5, 2021

Today is the fifth day of 2021 and the 16th day of winter.

TODAY'S HISTORY: In 1781, British naval forces led by Brig. Gen. Benedict Arnold captured and burned Richmond, Virginia.

In 1914, Ford Motor Co. raised basic wages from \$2.40 for a nine-hour day to \$5 for an eight-hour day.

In 1933, construction began on the Golden Gate Bridge in San Francisco Bay.

In 1957, President Dwight D. Eisenhower announced that the U.S. would intervene militarily and economically at the request of other nations in response to the spread of communism.

In 2005, the dwarf planet Eris was discovered.

TODAY'S BIRTHDAYS: King Camp Gillette (1855-1932), safety razor inventor; George Reeves (1914-1959), actor; Jane Wyman (1917-2007), actress; Walter Mondale (1928-), former U.S. vice president; Alvin Ailey (1931-1989), dancer/choreographer; Robert Duvall (1931-), actor; Umberto Eco (1932-2016), author/philosopher; Juan Carlos (1938-), for-

mer king of Spain; Diane Keaton (1946-), actress; Clancy Brown (1959-), actor; Bradley Cooper (1975-), actor; January Jones (1978-), actress.

TODAY'S FACT: The safety razor was one of the first disposable products ever made.

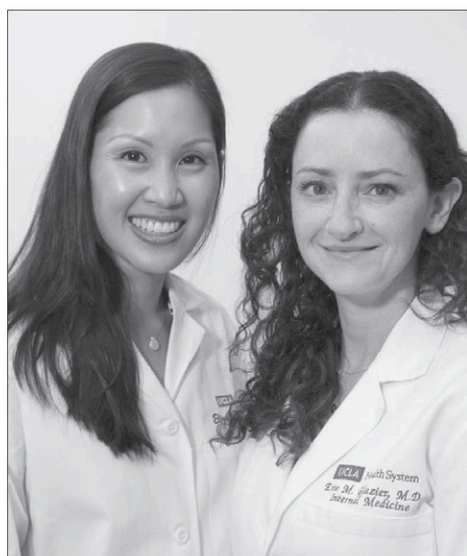
TODAY'S SPORTS: In 2004, Pete Rose admitted to gambling on baseball games while serving as manager of the Cincinnati Reds.

TODAY'S QUOTE: "I have come to believe that the whole world is an enigma, a harmless enigma that is made terrible by our own mad attempt to interpret it as though it had an underlying truth." - Umberto Eco, "Foucault's Pendulum"

TODAY'S NUMBER: 1,672 - performances in the original run of "The Wiz," an adaptation of "The Wonderful Wizard of Oz," at the Majestic Theatre and the Broadway Theatre in New York, after premiering this day in 1975.

TODAY'S MOON: Between full moon (Dec. 29) and last quarter moon (Jan. 6).

Fasted cardio is an attempt to burn stored fat



ASK THE DOCTORS

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

Dear Doctor: My gym has been closed for months, so I've been doing online workouts during the pandemic. A guy in our session keeps talking about something called "fasted cardio," and how it's helping him lose fat and gain muscle. What is it? Does it really work?

Dear Reader: The term fasted cardio refers to doing a heart-pumping workout after not eating for a stretch of time long enough to be considered a fast. Often, it's overnight, which means anyone who has gone for a run or taken a dance class before grabbing breakfast can say they've done fasted cardio.

The logic behind the practice lies in the way that our bodies use stored energy. The body's top choice when it needs energy is glycogen, a form of sugar that is stored in the muscles and the liver. It's made up of multiple linked glucose molecules, the simple sugars in our blood that are derived from digestion. The body can burn either sugar or fat for energy, but using sugar is both faster and easier, so it uses that first. However, glycogen stores are finite, which is where fasted cardio comes in. The idea is that by the time you've gone 10 or 12 or more hours without eating, your body will have worked its way through a good portion

of its existing glycogen stockpile. And, since those glycogen stores haven't yet been replenished with a meal, the body will then be forced to turn to Plan B during your workout, which is to also burn stored fat.

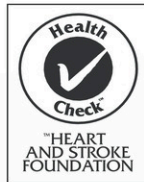
The catch is that, despite the appealing and simple logic, the research into fasted cardio is scant, and the results have been mixed. A study from 2017, which analyzed research into the practice, didn't find the promised changes to body composition. Another drawback is that, when in a fasted state, the body has another energy option besides fat to make up for the lack of glycogen. We're talking about protein, with the source being your own muscle tissue. Losing muscle mass is the opposite of what you're trying to achieve. And, while the big picture of how the body uses energy appears straightforward, it's actually quite complex. At any given moment, processes such as hormone secretion, enzyme activity and gene activation - to name just a few - play a decisive role in fat metabolism. So does the type and duration of the exercise you're engaging in.

All of which leads us back to our familiar refrain when it comes to diet and exercise. That is, moderation and consistency. Eat a healthy diet, steer clear of junk food and simple carbs, do a mix of aerobic exercise and strength training, and get enough sleep. These will serve you better than trying to game the system with a tricky diet or exercise routine.

For those of you who decide to give fasted cardio a try, be sure that you're still drinking plenty of water. And don't forget to eat a balanced breakfast after you've finished working out.

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

(Send your questions to askthedoctors@mednet.ucla.edu, or write: Ask the Doctors, c/o UCLA Health Sciences Media Relations, 10880 Wilshire Blvd., Suite 1450, Los Angeles,



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A Toxic Home

Dear Annie

TUESDAY, JANUARY 5, 2021

Dear Annie: I have been with my husband for almost nine years. We have been married for three years. His family was nice to me before the wedding, but after, they became aloof. His daughter is horrible. She has NO respect, not even for my husband.

My husband has a lot of money – a few million dollars. He has never told me this, but his friends did. I also found paperwork showing that he has about \$2.5 million. We live in a rat hole, to say the least, and with the COVID-19, I lost my job of 46 years. Before we married, I had my own house, car and life. Now I rent my house; my car is in the garage; and my husband is a recluse. I have no money, and the unemployment agency keeps saying I owe them money for the past 10 months. I thought they were supposed to pay me money!

My husband is a Scrooge. He's 68 years old and acts like he's 98. He does not want to do anything or go anywhere and complains about money all the time. Asking him for grocery money is like pulling teeth. He knows he has me in a rut, as I'm not working.

My daughter-in-law has never given us a card, a gift or a kind word in the nine years that we have been together. My husband thinks she's a goddess and treats her like a queen. My husband's ex-wife went with his brother and divorced him and took him for a pretty penny.

I now know that his family is upset because they think I will get some of his money and they won't get a dime. I'm pretty sad, as I can't even get grocery money. He always said he was leaving his daughter everything. I made a huge mistake, and with COVID-19 and no money, I will lose everything.

My daughter-in-law comes over. She has two horrible little kids who won't sit still in a restaurant or at home. When the kids were diaper age, she would leave dirty diapers around, leave dirty towels on the floor and never bring us anything, not even at Christmas or on birthdays. My daughter-in-law only thinks about herself and only buys clothes, haircuts, cars and houses for herself. Her mother lives near us, and she came for her mom's birthday, yet she has never given a card for my husband's birthday. She tells us what she buys her mom. It's heartbreaking. He never sees his friends and my friends. I have many friends who think he's weird and that I should go.

I'm going crazy. I need help but have no medical coverage at the moment. I'm dying inside. Please tell me what I can do. – Living With Scrooge in Las Vegas.

Dear Living With Scrooge: I'm sorry

that you are living in what sounds like a very toxic house. Focusing on your daughter-in-law's and her children's faults and how horrible they are does very little to dissipate the toxicity. It sounds like there is a lot of blame and anger to go around, including on your end. It is time to consult a professional marriage counselor. That is the best way to figure out whether this marriage is worth saving. You should feel more alive with your partner, not like you are dying inside. **Dear Annie:** Like so many others, I lost my old job because of COVID-19. I was a waitress in a small restaurant and bar. Now, I work in a yarn mill. I am not unfriendly with my co-workers, but don't socialize with them, as we have very little in common. There is a former co-worker, who now is having modest success musically. She is playing in regional venues and appeared on statewide PBS. She is somewhat of a local hero. I am not a fan in the least! I heard from mill management that she was a very poor employee, and, more importantly to me, I heard from teacher friends that she was a very neglectful parent. She will be playing a concert at the mill after work. They'll have a catered meal for us that we can eat while watching the concert before going home. I would much prefer to leave after the work is done, as I am not a fan of her's and would rather spend the time with my family. Would I be rude to leave? – Heard Enough

Dear Heard: As soon as you clock out, your time is your own. I see nothing wrong with going home to your family. It's also the safer option, COVID-19-wise.

As an aside, though, I encourage you to celebrate your co-worker's musical success, because it will be much better for your health than resenting it.

Dear Annie: I, as well as many others, do not understand why television shows have to play music when the people on the show are talking. I may not have the best hearing, but it is very difficult to understand what the actors are saying. Sometimes, the music covers up their voices completely. If I want to listen to music, I'll turn on the radio, not the TV. If there is something you can do to convince them to stop playing the music, that would be awesome. – What Did You Say

Dear WDYS: I wish I had that kind of power! As it is, I'm happy to print your letter to raise what awareness I can, because you're not the first person to write to me about this problem. For what it's worth, some hard-of-hearing readers have reported that closed captioning makes watching TV far less frustrating. Also, some televisions come with a "Clear Voice" audio

setting that might help.

Dear Annie: I have a salaried job and can mostly work from home. I have fared better during this pandemic than many people, but right now I feel like butter that's been spread over too much toast. I find myself obsessed with current events – constantly refreshing Twitter or turning on the news. I scroll through my phone in bed. And it's the first thing I look at when I wake up. I feel so hopeless, but I can't stop looking. – Fading Fast

Dear Fading: First and foremost, make your bedroom a phone-free zone. Having our phones around keeps our brains engaged and makes it difficult to fall asleep and get high-quality sleep. And quality sleep is essential to mental health.

Secondly, go on a news diet. Set a certain amount of minutes or a certain window of time during which you'll check the news, and steer clear of it otherwise. (There are even apps designed to help with this: The program SelfControl allows users to block themselves from accessing certain sites for a designated amount of time.) You shouldn't stick your head in the sand, but you shouldn't stare straight into the sun, either.

Lastly, you'll feel less depressed about the general state of the world if you feel you're doing your part to improve it. Figure out which causes you care most passionately about, and get plugged in with a relevant organization in your area. As Muhammad Ali said, "Service to others is the rent you pay for your room here on earth."

Dear Annie: I've noticed in the past several months that my 15-year-old daughter has been steadily gaining weight. I have struggled with my weight most of my adult life and absolutely do not want my daughter to have the insecurities and low self-esteem that I have.

She is not active at all, and remote learning isn't helping the situation. I encourage her to make healthier choices but have to be very careful with what I say, especially because weight and self-image are such a touchy subject with any girl or woman. Is this something my daughter will have to figure out on her own? – Hoping You Can Help

Dear Hoping: The answer to your question – if this is something she has to figure out on her own – is yes and no. Take the focus off the numbers on the scale and move it onto feeling good in your body. If you start to walk and do a form of exercise that makes your body feel good, then she will follow you. Self-esteem is created from within; it's not something we gain by

looking a certain way.

Find a sport or activity that she might enjoy. Fifteen-year-olds have lots of energy, and she can channel some of that by being part of a sports team. It doesn't matter if she is a good athlete; what counts is that she is having fun. I know that many sports are on hold for now because of lockdowns. By the spring, perhaps she can join a new team. In the meanwhile, the two of you could go for walks together, try yoga classes online or find time to dance to the latest TikTok craze.

Continue to focus on your own health and happiness, remembering that more is caught than taught. If she sees you exercising, making healthy food choices and being kind to your body, then she is more likely to make the same choices.

Dear Annie: This is addressed to "Confused About Cellphones." A partial fix would be to take data off the phones. Our kids have cellphones that text and call only. They have internet usage at home on other devices, and this solution really helps! – A Different Way

Dear Different Way: That sounds very clever. Thanks for sharing.

Dear Annie: I met this guy on a dating app. He seems to be pretty nice, but he's moving too fast. We have only been talking for three days, and he has told me he loves me several times. He seems to be genuine, but I have to protect my heart in case he's not. I want to hang in there because I don't want to miss out on a good guy. But he doesn't want to take things slow. I'm not sure what to do. Please help! – Totally Confused

Dear Totally Confused: Part of a healthy relationship is respecting the other person's personal boundaries. Saying, "I love you" after only three days of talking does seem fast, but you are the only one who knows in your heart if it feels genuine or if it could be reciprocated with time. These are questions for you to ask yourself. And while you're discovering this, clearly communicate that you would like to slow down as you get to know each other more. If he doesn't respect that, then you have to move on. The best guy is the one who respects your boundaries.

Ask Me Anything: A Year of Advice From Dear Annie is out now! Annie Lane's debut book – featuring favorite columns on love, friendship, family and etiquette – is available as a paperback and e-book. Visit <http://www.creatorspublishing.com> for more information.

Send your questions for Annie Lane to dearannie@creators.com.

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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.

"TFECVCNB RNL SX TFWWXH FJ VL
YDEXX MKEHT — LXCXE AVCX FJ.
YDNY'T YDX DXNEY KI VY EXNBBG.
ZFTY UXXJ YEGVLA." — SXNE AEGBBT

Previous Solution: "I really don't like talking about money. All I can say is that the Good Lord must have wanted me to have it." — Larry Bird

TODAY'S CLUE: M sjenbæ W

REALITY CHECK



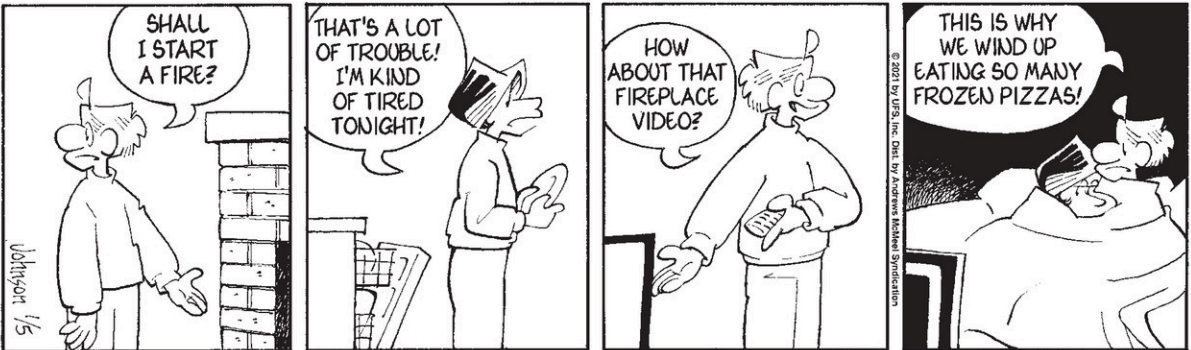
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THE RECORD

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in Lennoxville**

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

- Amesbury
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THE RECORD

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immediately**

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- **Brome:** Stagecoach, Valley
- **Fulford:** Brandy, Foster, Lakeside, Robinson Bay, Davis, Fulford
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Potato pancakes

Potato pancakes are traditionally served during Chanukah celebrations. This dish is often referred to as "latkes," a Yiddish word that loosely translates to "little oily thing."

Potato pancakes are not exclusive to Jewish celebrations and cuisine. Germans have their own variation called "kartoffelpuffer" that can be served with sour cream, applesauce or smoked salmon. The Irish have "boxty," which may be made with a combination of shredded potato and mashed potato before being fried.

Many potato pancake recipes are quite similar. They involve only a few ingredients and fry up in a flash. Some chefs recommend draining the shredded potato prior to cooking so that the pancakes will fry up crispy and not be soggy or break apart. Enjoy this recipe for "Latkes," courtesy of AllRecipes.com.

Latkes (Potato Pancakes)

Serves 12

3 large potatoes, peeled and shredded

1 small onion, shredded

3 large eggs

1 teaspoon salt

2 tablespoons all-purpose flour, or as needed

1/2 cup vegetable oil

1. Place the potatoes and onion into a bowl, and stir in eggs, salt and flour as needed to make the mixture hold together. With wet hands, scoop up about 1/3 cup of the mixture per patty, and form into flat round or oval shapes.

2. Heat the vegetable oil in a large skillet over medium heat until it shimmers, and gently place the patties into the hot oil. Fry until the bottoms are golden brown and crisp, 5 to 8 minutes, then flip with a spatula and fry the other side until golden.

3. Line a colander or strainer with 2 paper towels, and drain the cooked latkes in the colander. Serve hot.



(Metro Creative)

SUDOKU

DIFFICULTY RATING: ★★★★★

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

1/5

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PREVIOUS SOLUTION

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

HOW TO PLAY:

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

NEA Crossword Puzzle

Your Birthday

TUESDAY, JANUARY 5, 2021

If you want something done, be prepared to do it yourself. An unexpected change will lead to uncertainty. Be creative.

CANCER (June 21-July 22) - An opportunity will require your undivided attention and discipline. If you get along with others, you will make progress. Home improvements are favored, but do the work yourself to save money.

LEO (July 23-Aug. 22) - Someone will blame you if something goes wrong. Facts matter, and sticking to the truth will benefit you in the end. A physical challenge will help ease stress.

VIRGO (Aug. 23-Sept. 22) - You'll encounter problems if you don't take care of yourself and the ones you love. Problems will arise if honesty is lacking. Fitness and proper diet are encouraged.

LIBRA (Sept. 23-Oct. 23) - Emotional issues will surface if you get into a discussion with someone demanding. Take a step back and consider what you want. Work hard to maintain good health.

SCORPIO (Oct. 24-Nov. 22) - Reconnect with people you miss. The suggestions you receive will help you perform at your best. Uncertainty regarding a friend or relative will make you take a hard look at your future.

SAGITTARIUS (Nov. 23-Dec. 21) - You'll discover an innovative way to use your skills. Making minor adjustments will put you in the running for a position that has plenty of room for growth. Tread carefully when it comes to romance.

Shake off the past and head into the future with optimism. It's time to let go of dead weight. Release any doubts you have and concentrate on what you can do to improve your life. Trust the facts and experts, not hearsay and speculative offers.

CAPRICORN (Dec. 22-Jan. 19) - Abide by the rules to avoid repercussions. Look at every angle of a situation before considering the best way to maintain your position without offending someone who doesn't share your beliefs.

AQUARIUS (Jan. 20-Feb. 19) - Accommodating others may be a nice gesture, but don't let anyone take advantage of you. Participating in a physical activity and sharing something special with a loved one are favored.

PISCES (Feb. 20-March 20) - Reach out to people who share your vision. Inside information will come your way, but before you take action, consider the risk involved. Protect your privacy, passwords and reputation.

ARIES (March 21-April 19) - Try to gain access to information that will help you improve your lot in life. A positive change in a meaningful relationship will unfold. When in doubt, ask questions. Romance is favored.

TAURUS (April 20-May 20) - Don't be tempted to join someone else's team when you should be leading the way. Believe in your ability to get things done on your own. Now's your time to shine.

GEMINI (May 21-June 20) - Someone will let you down if you are too trusting.

Answer to Previous Puzzle

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

- ACROSS**
- 1 Expert
 - 4 "Sign here" marks
 - 8 Stick out
 - 11 "My — Sal"
 - 12 Black-and-white snack
 - 13 Horror flick staple
 - 14 Jackie's tycoon
 - 15 Baby moose
 - 16 Leer
 - 17 Mr. Dangerfield
 - 19 Attempt
 - 21 Hit on the head
 - 22 Restaurant
 - 25 Snake-haired lady
 - 29 Sierra Madre gold
 - 31 Turn toward
 - 34 Frat letter
 - 35 Twosome
 - 36 Bunuel of filmdom
 - 37 Grope
 - 38 Give — — up (help)
 - 39 — — whim
 - 40 Cultural
- DOWN**
- 42 Warty critter
 - 44 McEntire of country
 - 47 Lose — — whisker
 - 49 Universes
 - 51 Loud cry
 - 54 "Shoot!"
 - 56 Objective
 - 57 Brit's "Golly!" (2 wds.)
 - 58 Ess molding
 - 59 Prefix for classic
 - 60 Collar
 - 61 Mail out
 - 62 Excavated

- 13 Spanish painter
- 18 Appellations
- 20 Electronics mfr.
- 23 Farm newborn
- 24 Canal of song
- 26 Corp. section
- 27 Ogden locale
- 28 Like lumber
- 30 Web suffix
- 31 "Alice" waitress
- 32 Em, Bee or Polly
- 33 Hi or bye
- 35 Expectant dad, perhaps
- 40 Ben & Jerry rival
- 41 Did a laundry chore
- 43 In a skillful way
- 45 Not at all spicy
- 46 "See you later!"
- 48 Fusses
- 49 Chirper
- 50 Metro haze
- 51 Feminine force
- 52 That senora
- 53 Chem room
- 55 Grow older

1	2	3		4	5	6	7		8	9	10
11				12					13		
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	42		43						44	45	46
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57					58				59		
60					61				62		

TUESDAY, JANUARY 5, 2021

The clues are there for the finding

by Phillip Alder

Actress Jessica Alba said, "My theory is that if you look confident, you can pull off anything - even if you have no clue what you're doing."

A bridge player who has no clue what he is doing doesn't look for the clues that would help him to find the winning declarer-play or defense. In today's deal, South is in two no-trump. West leads the heart five. What should declarer do?

In the auction, South undervalued his hand. The Kaplan-Rubens evaluation method rates his hand at 23.85 points. South should have opened two clubs and rebid two no-trump. However, then a Stayman sequence would have warned West not to lead a heart. If he had chosen a diamond, careful defense would have beaten the contract.

Against two no-trump, though, West went with fourth-highest from his longest and strongest.

Declarer applied the Rule of Eleven. Five from 11 is six. So there were six hearts higher than the five in the North, East and South hands combined. Since declarer could see five of them, he knew East had only one. Could that be the king?

If so, West had started with a heart suit headed by the J-10-9-5 and would

North		01-05-21	
♠ 9			
♥ Q 8 6 3			
♦ 10 7 6 5			
♣ 5 4 3 2			
West	East		
♠ 10 8 2	♠ Q 7 6 5 4		
♥ ? J 9 5 4	♥ ? 2		
♦ 9 8 3	♦ A Q J 4		
♣ K 7	♣ J 9		
South			
♠ A K J 3			
♥ A 7			
♦ K 2			
♣ A Q 10 8 6			
Dealer: West			
Vulnerable: Neither			
South	West	North	East
	Pass	Pass	Pass
2NT	Pass	Pass	Pass
Opening lead: ♥ 5			

have led the jack. So, West had to have the heart king. South called for dummy's queen.

When that held, declarer played a club to his queen and West's king. West should have led another heart, but he shifted to a spade. Declarer cashed his black-suit winners and heart ace before giving East the lead in spades and scoring the diamond king at trick 13. Plus 180 was a 90% board.