



Sherbrooke eco centres to reopen next week

Page 3

THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

Remote registration process put in place for hunters

Page 4

\$1.00 + TAXES

PM#0040007682

THURSDAY, APRIL 23, 2020

Quebec calls for military aid in long-term care homes

By Matthew McCully

Quebec Premier Francois Legault has requested the help of the Canadian military to make up for the labour shortfall in CHSLDs in the province.

While just a day ago the premier seemed optimistic, he explained that of more than 2,000 doctors and health workers who volunteered, only around 350 were willing to commit to working full-time for two weeks.

A small number of military personnel with medical training had already been deployed to Quebec long-term care facilities. Yesterday Legault asked for additional 1,000 Canadian Armed Forces members, even those without medical training, to help with general tasks in the homes.

While the situation in some CHSLDs is still critical, Legault said the situation is stable across the province, especially outside Montreal and Laval.

CONT'D ON PAGE 2

Parade in support of health care staff in Windsor



PIERRE PINARD

St-François-Xavier-de-Brompton Mayor Gérard Messier and Windsor Mayor Sylvie Bureau were part of the parade in Windsor yesterday organized as a show of appreciation for local health care workers.

Record Staff

The municipalities of Windsor, Val-Joli and St-François-Xavier-de-Brompton joined forces with the Windsor Regional Fire Authority and Ambulance Services yesterday for a parade to show their appreciation for health care workers.

The parade, which took place on Tuesday afternoon at 2 p.m. started at the Windsor fire station and drove

through the city with lights and sirens on to symbolically mark the public's support and recognition of those who work in the health care system.

Fire trucks, emergency vehicles, ambulances and municipal vehicles were all present for the event. Employees as well as members of the municipal council also took part in the activity.

"The staff members of the various health resources are on the front line and spare no effort to offer a service to

the population and we want to show them our support," Explained Windsor Mayor Sylvie Bureau.

The current pandemic brings its own set of changes and constraints, a challenge that everyone is taking up collectively on a daily basis. But health services, particularly seniors' residences, are tirelessly invested in the fight against the spread of COVID-19 and the importance of their work deserves to be recognized.

THE RECORD

The Record's **E-Edition** allows you to read the full edition of the paper without leaving your home **24/7**.
The best way to stay abreast of local news.

Already a print subscriber?
Get the E-Edition free!
Contact: 819-569-9528
billing@sherbrookerecord.com

To subscribe, go to www.sherbrookerecord.com.
Click on E-Edition and follow the simple instructions.
And then start enjoy The Record for as little as **\$9.78 plus tx per month.**



View issues of The Record, Brome County News, Townships Outlet and our special sections with just a click of the mouse!

The Record e-edition

There for you
24-hours-a-day
7-days-a-week.
Wherever you are.

Access the full edition of the Sherbrooke Record as well as special editions and 30 days of archives.

Renew or order a new 12-month print subscription and get a 12-month online subscription for an additional \$5 or purchase the online edition only for \$125.00

Record subscription rates
(includes Quebec taxes)

For print subscription rates,
please call 819-569-9528
or email us at
billing@sherbrookerecord.com

12 month web only: \$125.00
1 month web only: \$11.25

Web subscribers have access to the daily Record as well as archives and special editions.

- 1. Visit the Record website: www.sherbrookerecord.com
- 2. Click e-edition.
- 3. Complete the form and wait for an email activating your online subscription.

Weather



TODAY:
SUNNY

HIGH 5
LOW -11



FRIDAY:
SUNNY

HIGH 10
LOW -10



SATURDAY:
SUNNY

HIGH 11
LOW -3



SUNDAY:
CLOUDY

HIGH 13
LOW 0



MONDAY:
CLOUDY

HIGH 10
LOW -3

Three Minutes of Gardening and 30 Seconds of Heavy Drinking: Covid Edition



ROSS MURRAY

Hello, and welcome to "Three Minutes of Gardening and 30 Seconds of Heavy Drinking." I'm your host Garland Faunt-Lubberly.

You find me, as most of you find yourselves, in isolation; in my case, not merely from the outside world and all its devil-may-care viral concoctions, but also in isolation here at the manor, hiding as I must from my strapping young houseboy Vivian. One can take only so much strapping before one feels compelled to sequester oneself in one's amply provisioned safe room!

Besides my current all-purpose self-isolation, I was earlier compelled to undertake 14 days of strict quarantine following my return from Xialapalooa, Mexico, where along with my dear friend Lady Bechamel, I participated in the annual Running of the Bees. This is much like the Running of the Bulls except one cries out shrilly, "LOOK OUT! THERE ARE BEES!"

Needless to say, I became quite swollen. But my quasi-erotic tristes with Lady Bechamel are neither here nor even partway over there. At the

conclusion of our journey, we each of us went our separate ways, I to the manor and Lady Bechamel to her remote, fur-lined cabin on Lake Algonquiconqua. Now, as evening sets and the air is filled with the restive sounds of Vivian rattling the doorknob, we wile away the hours via Zoom-a-phone, Lady Bechamel ministering me with essential services as she wears her jaunty surgical mask just so, and just so again 12 minutes later.

While the nights may be rife with long-distance Zamfir and bon-vivance, the days, meanwhile, tend to be longer than Captain Flounston's yardarm after a turgid round of piking! Thus—and here we crack to the kernel of our modestly instructive nut—we turn to our precious garden! Even though the warm days of summer seem as remote as the possibility of ever again embracing a stranger on mass public conveyance, we can still prepare for that hopeful day with gardening tasks and an optimistic soak in the tub.

Planning, of course, is the key to success, and under that bust of Hedy Lamarr is the key to the emergency exit. Once you have secured your escape from the safe room, hasten to the potting shed, checking over your shoulder to spy Vivian in hot pursuit, his arms all a-flail in his ragged shirtsleeves and insensible shoes.

Hopefully, you will have adequately prepared your garden at the close of the previous fall and Vivian will plunge into the well-camouflaged Siberian tiger pit you built, mercifully lined not with deadly spikes but with the pliable pages of Maximum Dungaree catalogues. While this may seem

cruel, it is important to remember that Vivian is incapable of keeping two metres apart. His handwashing is likewise suspect. In these times of contagion, digging treacherous man-pits is everyone's business.

Now that you are ensconced in the potting shed, congratulate yourself on the brisk workout, the first bit of physical strain you have enjoyed in a fortnight. Your task, then, is to undertake an inventory of gardening materials and supplies. But, alas that is all you have time to do because, in our verbal and pastoral meanderings, we have used up our allotted three minutes of gardening! Be not chagrined, for such is the nature of isolation life: maximal ambitions, minimal execution. Quickly then: Prune! Prune, I say! Prune like your life depends on it! And if Vivian has his way, it very well may be.

And so to drinking: if any good comes out of this period of self-isolation, it is the opportunity to spend some quality time with alcohol. It is always the ideal time for libations, none more so than as a reward for doing the barest of work. But what shall we imbibe? No doubt you have heard of the quarantini. Why not try a quaranTomCollins, a quarangin-and-tonic or a quartoftequila? This is a challenging epoch in our lives—no time to be fussy, but oodles of time to be tipsy!

Happy gardening and heavy drinking!

* To hear previous episodes of "Three Minutes of Gardening and 30 Seconds of Heavy Drinking," visit soundcloud.com/ross-murray-7.

Military aid

CONT'D FROM PAGE 1

According to Legault, 74 per cent of the COVID-19-related deaths in Quebec came from Montreal and Laval.

If the situation remains stable, Legault said next week he will table a plan to gradually reopen schools. This would be done slowly, by region, he said.

Legault added that the return to school would be optional. "Anyone doesn't want to send kids to school doesn't have to," he said.

Quebec now has 20,965 confirmed cases of COVID-19, an increase of 839 from the day before. Of those, 797 are in the Estrie region.

There were 93 new deaths, bringing the total in the province to 1,134.

There are currently 1,278 patients hospitalized because of COVID-19, 199 of which are in intensive care.

According to the Quebec Public Health Institute website, 4,291 have recovered from the virus.

A breakdown of the COVID-19 situation by municipality is available on the website <https://www.santeestrie.qc.ca/>.

Ben by Daniel Shelton



Local News

"People get fearful when there is scarcity," she said, arguing that working together in a garden environment, once distancing rules are relaxed or organized to allow for it, could have a net benefit to the spirit of wellbeing in the surrounding area.

Online petition looking to plant new seeds of community gardening in Sherbrooke

By Gordon Lambie

On April 2 the city council in Victoria, B.C. passed a motion assigning parks department staff to the task of creating food gardens in public spaces, drawing inspiration from similar efforts during the great depression and Second World War. Hearing that news, Sherbrooke resident Heather Davis said that she felt called to spread the idea further and, after a conversation about the idea with her friend Maxime Lévesque, started a petition which now has over 700 signatures.

Entitled "Potagers publics pour nourrir Sherbrooke / Public gardens to feed Sherbrooke," the petition outlines a desire to refocus municipal garden beds and green space toward food production in consultation with experts and with an eye toward community-building and public education.

"We ask that the City of Sherbrooke redirect some of its public land and human resources (from landscaping) towards creating public gardens. When health authorities declare that it is safe, volunteers can contribute to the upkeep," it reads. "We believe that a project like this will inspire other municipalities across the MRCs. Moreover, these initiatives have the potential to

move us towards a national agenda around food sovereignty, to prioritize local production over free trade agreements that put our skilled farmers to work instead of competing against the whole world."

In the text of the petition, Davis and Lévesque define the idea of food sovereignty as the ability to capacity to feed citizens regardless of the economic climate outside a region or country's borders in the long-term, but Davis said that she also sees value in idea's symbolic and psychological potential. Given gardening's known benefits to mental health and community morale, she suggested that building park gardening off the foundation of a higher-than-usual interest in home gardening among people who find themselves isolated this spring, could make the difference between a short-term hobby project and a more lasting movement.

"People get fearful when there is scarcity," she said, arguing that working together in a garden environment, once distancing rules are relaxed or organized to allow for it, could have a net benefit to the spirit of wellbeing in the surrounding area.

"We want to make food sovereignty the theme of the year 2020," she added, noting with excitement that the peti-

tion has proven to be much more popular than she was originally expecting. As of this writing the document, hosted on www.change.org has surpassed 770 signatures.

Although the petition has yet to be presented to the council, Davis said she was interested to discover that du Carrefour District councillor Evelyne Beaudin has shared it through her Facebook page. Reached for her thoughts on the initiative, Beaudin said that she thinks the idea is something that should be supported.

"It is an idea that had already come up recently in the des Nations borough," the councillor said, explaining that although the city has established rules about the use of park space for gardening, she thinks there is value in the community-building aspect of the idea.

While clarifying that she could see how converting park space to public gardens might be problematic if applied without any kind of structure, within the right framework she said it seems like an idea worth exploring.

"Particularly in a quarter where there is a high population density and people do not have access to much land, this could have a big potential," she said, suggesting that sometimes

the city is too nervous about negative consequences to think about what could happen if the existing rules are relaxed or adjusted.

Asked about the regulations related to the idea of public gardening, Nancy Corriveau from the city's communications department pointed out that Sherbrooke currently has eight community gardens and said that there is a process currently underway to evaluate how they can be opened this year. Since that conversation is currently ongoing it is not yet possible for the city to say more at this point.

Although the petition outlines clear objectives, Davis told The Record that she is not tied to one solid vision and could compromise if it meant that the city was open to exploring the idea in some way. Ideally, she said she would like to see food gardens planted in the coming weeks in some of the city's parks and spaces normally committed to ornamental gardens, but also expressed willingness to explore other ideas if it meant there was an active conversation taking place.

"Even symbolic acts can have big impacts," she said, "but you need a spark to start a fire."

Sherbrooke eco centres to reopen next week

Record Staff

As of Monday, April 27, the City of Sherbrooke will reopen the Rose-Cohen and Michel-Ledoux eco centres under certain conditions. The opening hours will be from 8 a.m. to 4 p.m., Monday to Saturday.

In order to facilitate social distancing measures, instructions will be posted both inside and outside the sites and must be respected.

In order to limit traffic, access to the eco centres will be divided by days of the month.

Persons with an even-numbered civic

address can visit the centre on even days of the month (2,4,6, etc.). Those residing at an odd-numbered civic address will have access to the eco centres on odd days of the month (the 1st-3-5, etc.).

Proof of residence will be required.

At all times, eco centre staff will ensure that the number of people present on the site is limited to respect the physical distance of two metres.

People visiting the eco centres must not present any symptoms (fever, cough, etc.) and a maximum of two people will be tolerated outside the car. Children must remain in the car at all

times. Eco centre staff will not assist with unloading materials and there will be no loaning of equipment. Therefore, if people plan to need a shovel or broom to dispose of their materials, they should bring their own tools.

For the time being, hazardous materials will not be accepted in the eco centres and there will be no distribution of wood chips.

The Rose-Cohen ecocentre is located at 365, rue Pépin, in the borough of Les Nations, and the Michel-Ledoux ecocentre is located at 1000, rue Léon-Trépanier in the borough of Fleurimont.

Collection of branches

Branch collection will take place as scheduled during the weeks of April 27, May 4 and May 11. The public is invited to consult the collection calendar or sherbrooke.ca/specialcollections for details.

Collection of bulky waste

As announced a few weeks ago, the City of Sherbrooke will implement a new procedure for the collection of bulky waste. People wishing to take advantage of this service will be able to fill out a form at sherbrooke.ca at the end of April to make an appointment. Collection will begin in mid-May.

COVID-19 community containment centre opening in Sherbrooke

Record Staff

Next week the CIUSSS de l'Estrie-CHUS will open a community quarantine centre at the Petites Sœurs de la Sainte-Famille convent on Galt Street West.

The centre will accommodate clients who are dealing with COVID-19 and whose current living environment does not allow for safe confinement.

A team trained and dedicated to the needs of the clientele will be on site. A total of 91 spaces will be available.

Accommodation will be temporary, until the person is no longer contagious.

They will then be able to return to their

living environment after having undergone a negative screening test and 14 days of symptom-free confinement.

Transfer to the containment centre will be made on the recommendation of the Director of Public Health.

Patients who have COVID-19 and have been successfully treated in hospital but who cannot return to their living environment will also be referred to the containment centre.

The health care team will make the recommendation.

The new containment centre was developed through a mutual agreement between the CIUSSS de l'Estrie-CHUS and the owner of the convent.



MATTHEW MCCULLY

2020 Chevrolet Tahoe



There may be great deals to be had this summer on this model – otherwise, wait for the new and improved edition

PHOTO: CHEVROLET



By Benoit Charette

The Tahoe/Yukon/Suburban family of big lugs and even the Cadillac Escalade are getting a makeover for model year 2021. That will make for a lot of refreshed pachyderms. All of those are still months away, however, so in the meantime we got our hands on a 2020 model to see if it's a good buy.

The first Tahoes that appeared starting in 1975 were based on a pickup chassis and the current generation dates to 2015; it hasn't changed much.

Three versions

Chevrolet offers the Tahoe in LS, LT and Premier versions. The first two start as a rear-wheel-drive model with an option to get 4-wheel drive, while the Premier is AWD from the get-go.

Power comes from a 355-hp 5.3L V8 and a 6-speed auto transmission. The Premier is available with an optional 420-horsepower 6.2L engine and 10-speed transmission. Our tester was a 2020 Tahoe Premier running on a 6.2L engine. Be warned that this model, with the options thrown in, sells for \$89,118 with freight and preparation, but without taxes.

Standard or optional

At this price, you get 20-inch wheels, body-colour side mouldings, hands-free liftgate, HID headlights, 10-speaker audio system, navigation, front and rear parking aids, fog lights, heated and ventilated front seats, heated second row seats, passive remote keyless entry, blind spot monitoring with rear crosswalk alert, power folding seats in the second and third rows, power steering column adjustments and wireless smartphone charging.

Our tester featured 22-inch wheels for \$4,100 and GM's \$3,595 Sun, Entertainment and Guidance Package that includes a sunroof with rear Blu-Ray entertainment

screen.

For \$4,730 you get the RST Performance Package, which includes the 6.2L engine, a larger driver information display, brown leather upholstery, an upgraded towing package and an anti-collision system with auto brake. A total of \$12,200 worth of options on our \$74,898 Tahoe.

Big outside but not inside

Both the Tahoe and the Yukon, just like current-generation Escalade as a matter of fact, are outwardly imposing but relatively small in size inside. Blame it on the truck structure and the rigid rear axle that results in a high floor that severely limits cargo space and forces rear passengers to bend their knees. You only have 433 litres of trunk space, though that increases to 1,464 litres if you fold the third row seats down (which most owners do).

However, for towing, you'll be happy to know that you can pull over 3,600 kg.

The lack of interior space will be corrected with the new generation in 2021, as GM is introducing a flat floor with an independent suspension that will free up a lot of room in the third row as well as in the cargo area.

Comfort and ride

If you buy a Tahoe for the first two rows of seats, you'll be amply satisfied. They are spacious, comfortable and the leather in the Premier version is of high quality. The controls are easy to understand, same for the touchscreen.

Shorter people do have to literally climb aboard, and that's not always practical, especially in winter when the driveway is icy.

Once inside, however your driving position puts you in dominant position on the road, and the seats adjust to you. We would have liked larger outside mirrors given the exterior dimensions of the vehicle.

With 420 hp in its innards, the engine is spirited, but your bank account will have to be well stocked, as it was impossible for us to get under 15.5L/100 km on average, with 80% of our time spent on highways. That means it will cost you over \$4,300 in fuel per year.

You have to hit the gas pedal hard to get an engine response, as this beast easily exceeds two metric

tons, but once you do, the sound of the V8 doesn't lie. The steering would benefit from being more precise and the steering and braking response is slow with a spongy pedal, so you have to get a head start when you have to brake.

Winding roads at high speeds are ideal for making everyone else in the vehicle nauseous – up to you to decide if that's a plus or a minus. The suspension is solid but also bouncy due to the rigid axle in the rear.

If you feel like going off-road, it's worth considering the Z71 package, which includes a low-range transfer case, skid plates, off-road tires and hill descent control. The Performance package makes for a Tahoe more comfortable on the road than off it.

Up-to-date technology

Despite its aging skeleton, Tahoe is fairly up-to-date technologically. With an easy-to-read and fast-reacting touchscreen as well as Apple CarPlay and Android Auto integration, you feel a certain modernity at play that helps you forget a few flaws.

Also worth mentioning is the quiet ride and exemplary handling of the 10-speed transmission that makes a great team with the 6.2-litre engine. Like many GM products, you get a vibration in your butt if the drive-assist aids detect you're leaving the proper line on the road.

Conclusion

If you're in the market to buy or lease a Tahoe, our recommendation is to wait for the next model-year, which promises to be better, more spacious and more modern with a brand new chassis. On the other hand, you might just get a good price on a 2020 when the dealerships can finally open their doors again – in which case you'll have fun with this Tahoe. Just make sure you have the means to feed the beast.

We like

High towing capacity
6.2-litre engine with 10-speed transmission (Premier edition)
Quiet and comfortable cabin

We like less

Power-assisted steering
Soft brake
Floor too high in third row
High fuel consumption

Remote registration process put in place for hunters

Record Staff

As the wild turkey and black bear hunting season begins, the Ministry of Forests, Wildlife and Parks (MFFP) has announced the implementation of remote game registration measures to allow citizens to hunt while also respecting the rules of the Public Health department aimed at combating the spread of COVID-19.

The proposed registration measures will allow customers who would not have access to one of the registration stations legally open during this pandemic period to be able to register without having to travel and thus comply with the public health directives on displacements and social distancing.

Hunters and trappers will be able to register their game online, free of charge, using a form available on the MFFP website at mffp.gouv.qc.ca/la-faune/stations-denregistrement starting April 24, just in time for the start of the wild turkey hunt.

Hunters and trappers who will not have access to a mobile device or an Internet service will be able to call the MFFP customer service at 1 877 346-6763 during business hours to carry out the registration.

The hunter or trapper must collect the following information before registering online or contacting customer service:

- the hunter's certificate number;
- permit number;
- the type of game;

- when and where it was killed (the municipality, the hunting area or the fur animal management unit).

Finally, remember that Wildlife Protection officers continue to maintain a presence throughout Quebec so that hunting and fishing activities are carried out in accordance with the laws.

It should be noted that it is still mandatory for hunters and fishermen to obtain a license to practice hunting, fishing and trapping and to comply, at all times, with the following measures in order to limit the spread of the COVID-19:

- Avoid traveling from one region or city to another, except when necessary. Leisure-related travel is not considered "necessary". Thus, hunters and trappers must practice their activities near their main residence in compliance with laws and regulations.

- No assembly of more than two people from outside of one residence indoors or outdoors.

- Maintain a distance of two meters at all times between people who do not live at the same address.

- No camping on the controlled exploitation zones (zecs).

The MFFP is continuing its operations while remaining on active watch and continuously monitoring the evolution of the pandemic.

The ministry's mission is to ensure the conservation and enhancement of forests, wildlife and national parks, with a view to sustainable management, to contribute to the prosperity and quality of life of Quebecers.

For information on the evolution of the situation regarding hunting, fishing and trapping in the province visit mffp.gouv.qc.ca



METRO CREATIVE

Aluminized steel & stainless steel mufflers



Silencieux Sher-Lenn Inc.
950 Wellington St. S.
Sherbrooke

Fernand Cabana, owner
Sylvain Auger, Manager

819-569-9494



www.silencieuxsherlenn.com

The Border Report | *Phelps is excited to welcome back and welcome new volunteers to the organization.*

Happy National Volunteer Week from Phelps Helps!



By Phelps Helps

It is no secret that Phelps Helps has a small team of staff. When it comes to running 6 programs and hosting multiple events, it simply would not be possible without the help of volunteers. Phelps is blessed to have an amazing group of volunteers that have donated their time to tutor students or lend a helping hand at community events. This year Phelps has had 58 volunteers who have donated countless hours of their time to support local students' success.

Although regular weekly programs and community events have been canceled due to the pandemic, there are still opportunities to volunteer at Phelps. For instance, 6 new volunteers stepped up to tutor local students via 1-hour online sessions. Without the volunteers helping us to launch the new

online service we simply would not be able to meet this growing demand!

Online learning, albeit not easy, has many benefits for students and tutors. For students, it is an opportunity to continue their high school learning so that they are better prepared for their return to school. They are also practicing a new style of learning that requires communication and computer skills - setting them up for success either in post-secondary school or in careers (e.g. online classes, video conferencing). For tutors, it is a great opportunity to give back to the community and support local students' success while they stay safe at home.

Online tutoring opens up a whole new realm of possibilities and with the help of volunteers, Phelps is excited to welcome back and welcome new volunteers to the organization.

Phelps Aide Phelps Helps was found-



ed in 2012 and has grown organically from a single high school tutoring program to six unique programs, providing the Stanstead area with free educational and career support. For more

information or to volunteer, please email us at info@phelpshelps.ca, visit our website at www.phelpshelps.ca.

FRONTIER ANIMAL SOCIETY

Featured pet: Etta

Etta is an adorable semi-long haired kitten who was recently surrendered into our care. We estimate her age to be 4-5 months. She is smart, feisty and fearless and always in search of a new adventure. Etta is also curious and keeps herself busy with her explorations. Currently in a foster home, Etta is sharing her space with two large dogs and the resident cats. She still tends to keep her distance from the dogs but with each passing day she grows more confident and we know it won't be long before she is bossing them both around. Etta is real cutie who is more than ready to settle into a family of her own.

If you are looking for a social and friendly kitten and don't mind one who has a bit of an independent streak, why not consider Etta. To inquire about adoption, please give our cat adoption coordinator Linda a call at 819.868.2684 and she will be happy to tell you more about her.



EDITORIAL

I would like to say that this pandemic – truly meaning as it does, “world-wide” – has brought us all together.

The Great COVID Confinement continued



TIM BELFORD

Day 685 of the “Great COVID Confinement”: actually it’s only day 41, it just seems like a couple of years have passed since we were all sent scurrying to the sanctuary and relative safety of our homes.

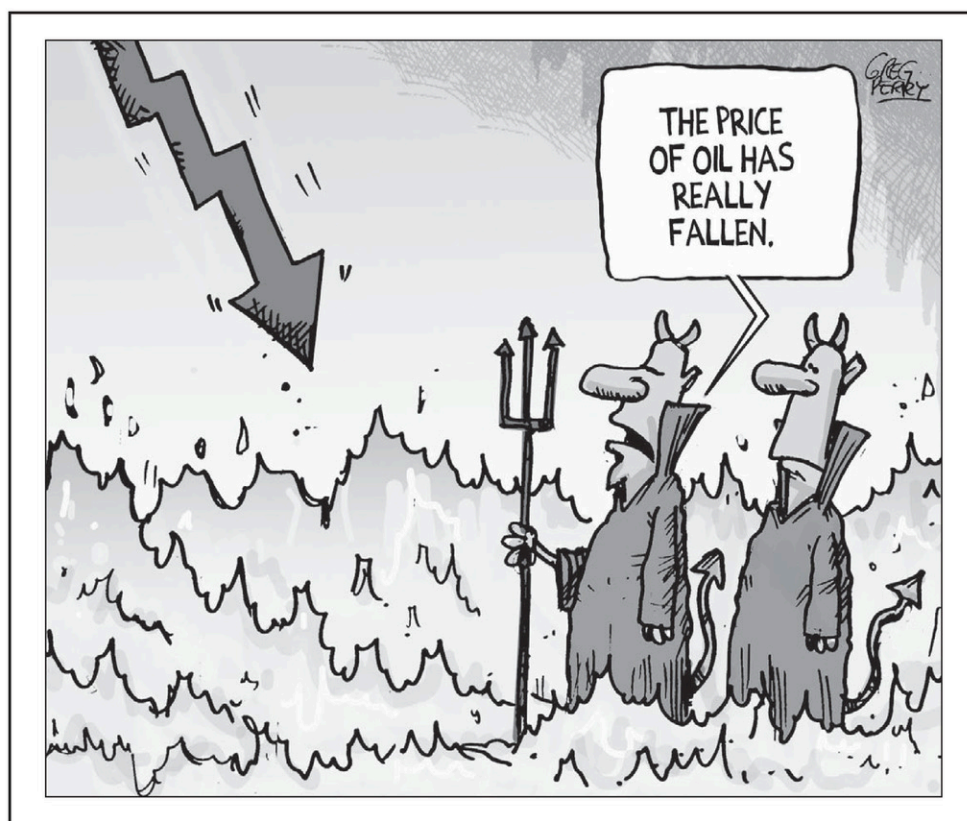
Life has been a little tougher for all of us and considerably more difficult for many. It is one thing, as it is in my case, to be quarantined in a pleasant house with a corner or two that you can each call your own and a yard to walk in when it’s with a person that you have already lived with for 38 years and whose irritating habits you have had ample time to adjust to. It is an entirely different thing for young families with children, locked into an apartment with no immediate access to playgrounds or the like, or for a single person, elderly or not, who lacks any social interaction whatsoever.

I would like to say that this pandem-

ic – truly meaning as it does, “world-wide” – has brought us all together. I would also like to say that the adversity that so many face is also bringing out the best in human nature, which in so many cases it surely has. Unfortunately, in many instances, it also brings out the worst.

For every doctor, nurse, orderly, lab technician and hospital administrator risking their very lives so that others will be spared, there is someone like the nitwit masquerading as the governor of Florida who insisted that the states’ beaches remain open long after the danger was known and who now thinks it’s time to reopen these virus incubators once again.

Many political leaders, including our own Prime Minister, the many provincial Premiers, and the mayors of cities, towns and villages across the country, have stepped up and done their job admirably. Unfortunately, there are others, like the rulers of China, who did their best to cover up the serious nature of COVID-19 until it was too late. In our neighbour to the south, which now leads the world in COVID cases, Donald Trump has see-sawed between outright denial of the problem, comparing it to the normal winter flu, and predicting everything would be all right by Easter. Throughout the crisis he has looked at the pandemic from the standpoint not of saving the lives of millions of Americans but simply how it would affect his chance of re-election.



The pandemic has also been a field day for academics, editorialists, bloggers and tweeters who have crammed the media with everything from sound advice to outlandish conspiracy claims. As usual, rather than do any real research into the matter or check the source, many Canadians have been only too willing to accept that a miracle cure for COVID-19 is out there but is being held back by the government. The virus was brought to China by visiting members of the American military. The same drug used to treat malaria will work on COVID-19. You can get the virus jogging in the park. Wearing a mask helps. Wearing a mask doesn’t do

a thing. Wearing a mask frightens bank tellers. The list goes on.

One fascinating study by two reputable researchers came to the conclusion that Canadians are drinking more at home and that labeling the SAQ as an “essential service” was not a good thing. Admittedly, alcohol abuse does cause many problems but for the vast majority of Canadians a quiet drink or two at the end of the day provides a certain solace.

By the way, the reason we are drinking more at home is probably because all the bars are closed.

Will our Eastern Townships county fairs rebound?

By Claudia Villemaire

Fairs, like just about any other social or community event that locals usually look forward to are cancelled ‘til next year, setting organizers back on their heels.

A county fair isn’t just a date on the calendar. In many cases, as soon as the gates close on the last evening, the planning gets started for the following

year’s fair. An incredible amount of hard work and preparation goes into each event. Organizers have no time to rest on their laurels.

County fairs and exhibitions have, for the most part, chalked up successes nearly two hundred years, with Mississquoi County holding the longest record with over 180 non-stop exhibitions. Oh yes, many smaller fairs have fallen by the wayside, but here in the

Townships local fairs hold a solid reputation of spotlighting production of all kinds including animal, food and crafts. Fairs are also a meeting place for up to four generations whose family tradition has been centered on the annual sociability of the county fair.

So far, comments from presidents and directors The Record has spoken with recently are positive.

In this region where visitors can find a wide variety of information and exhibits of local food production, projects scheduled for maintenance and upgrades will go on when the weather finally begins to cooperate. Buildings and grounds ‘to do’ lists will get a special dose of attention as fair boards prepare to get back to even better events next year.

Ayer’s Cliff and Cookshire Fairs were scheduled to celebrate their 175th anniversary this year. The delay will provide them ample time to prepare an even better program of celebration for next year. Mississquoi (Bedford) will still head up the list as the oldest non-stop exhibition in Quebec. Brome and Richmond will celebrate both

this year’s 164th and next year’s 165th edition. Exhibitors will have time to pamper their ‘show’ herd, complete their arts and crafts projects, groom poultry, rabbits, sheep and goats, put a special shine on heavy and light horse harnesses and equipment. Midways just might come up with new and exciting rides, games and carnival food, and kiosks will likely have some new and unusual trinkets and treasures to offer.

The morale is positive among county fair organizers, exhibitors and future visitors are already making plans to bring families and friends to a summer of ‘Fair’ revivals next year.

On the downside, perhaps one or two of the six county fairs in this region will struggle to keep afloat. But given the record of longevity county fairs have, the outlook is good.

For county fairs where agriculture, information and entertainment combine for a unique experience other summer events don’t offer, this year’s setback will only strengthen determination.

THE RECORD

6 Mallory, Sherbrooke, Quebec J1M 2E2

Fax: 819-821-3179

E-MAIL: newsroom@sherbrookerecord.com
WEBSITE: www.sherbrookerecord.com

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

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

PRINT SUBSCRIPTIONS

For print subscription rates, please call 819-569-9528 or email us at billing@sherbrookerecord.com

ON-LINE SUBSCRIPTIONS

QUEBEC:	1 YEAR	108.72	5.44	10.85	\$125.00
	1 MONTH	9.78	0.49	0.98	\$11.25

Rates for out of Quebec and for other services available on request.

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

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

PM#0040007682

Return undeliverable Canadian addresses to The Record, 6 Mallory Street, Sherbrooke, QC J1M 2E2

Member

ABC, CARD, CNA, QCNA

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

ADVENTURE WORD SEARCH

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

Find the words hidden vertically, horizontally & diagonally throughout the puzzle.

- | | | |
|-------------|-------------|--------------|
| WORDS: | CORD | NAVIGATION |
| ACCESSORY | DOWNHILL | ORIENTEERING |
| ADVENTURE | EQUIPMENT | PARACHUTE |
| AIMING | EXCITEMENT | RIDING |
| ATV | FUEL | RISK |
| BACKCOUNTRY | GEARS | RUCKSACK |
| BIVOAC | GROUNDSHEET | RUN |
| CAMPING | HAULING | SPEED |
| CARABINER | HEADWIND | TENT |
| COAST | HUNTING | TORCH |
| COMPASS | JUMP | TRENCH |
| COMPETITION | LAYERING | UNKNOWN |
| | MOUNTAINS | |

The coronavirus disease (COVID-19) causes a respiratory infection that can involve the following symptoms:



Fever



Cough



Trouble Breathing

Protect Yourself!

Wash your hands often with lukewarm running water and soap for at least 20 seconds. Use an alcohol-based sanitizer if you do not have access to soap and water.

Stay home: do not go to school, child centres or daycares. Avoid public spaces and work from home, whenever possible.

Protect those close to you, particularly the elderly and those at greater risk for infection, by avoiding visiting them if you are feeling sick.

It is strongly recommended that all persons returning from abroad self-isolate at home for a period of 14 days and watch out for any symptoms.

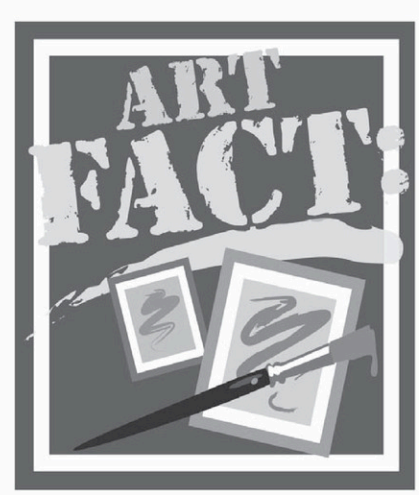
[Québec.ca/coronavirus](https://quebec.ca/coronavirus)

1 877 644-4545



Did you know?

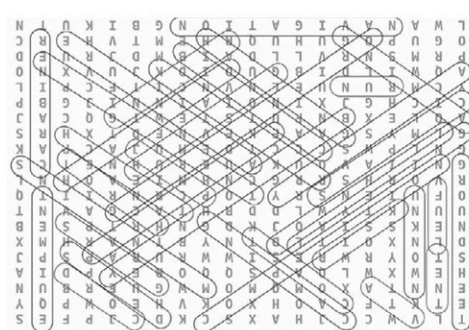
VARIOUS LOCATIONS HAVE CLAIMED TO BE THE BIRTHPLACE OF THE ICE CREAM SUNDAE, WHICH LIKELY ORIGINATED IN THE EARLY 1900S.



THE PETALS OF THESE FLOWERS CAN BE TURNED INTO A SCENTED POTPOURRI.

ANSWER: ROSES

Word search answers



New Word

GELATO

an Italian-style ice cream

Death


**Stanley
O'Brien**
1928 - 2020

Passed away at the CHUS, Fleurimont site, on Sunday, April 12, 2020 at the age of 92. Predeceased by his wife Gloria Mudgett and son Shannon. He leaves to mourn his son Erin (Denise), granddaughter Amanda (Chris) and great-grandson Jacob as well as many friends. A graveside service will be held at the Fairmount cemetery in Sutton at a later date.

Arrangements entrusted to:

DÉSOURDY FUNERAL HOMES
101 Jean-Besré, Cowansville QC
PHONE: 450-263-1212
FAX: 450-263-9557
info@desourdy.ca
www.desourdy.ca

THURSDAY, APRIL 23, 2020

Today is the 114th day of 2020 and the 36th day of spring.

TODAY'S HISTORY: In 1635, the first public school in the United States, Boston Latin School, was founded in Boston.

In 1908, Congress passed a bill establishing the U.S. Army Reserve.

In 1968, students protesting the Vietnam War at Columbia University in New York City began occupying campus buildings.

In 1969, Sirhan Sirhan received the death penalty for assassinating Sen. Robert F. Kennedy. His sentence was reduced to life imprisonment in 1972.

TODAY'S BIRTHDAYS: James Buchanan (1791-1868), 15th U.S.

president; Max Planck (1858-1947), physicist; Shirley Temple Black (1928-2014), actress/diplomat; Roy Orbison (1936-1988), singer-songwriter; Lee Majors (1939-), actor; Sandra Dee (1942-2005), actress; Tony Atlas (1954-), wrestler/bodybuilder; Michael Moore (1954-), filmmaker; George Lopez (1961-), comedian/TV personality; John Cena (1977-), wrestler/actor; John Oliver (1977-), actor/comedian; Dev Patel (1990-), actor.

TODAY'S FACT: An estimated 300 hours of video is uploaded to YouTube.com every minute. The first video on the site, an 18-second clip entitled "Me at the Zoo," was uploaded on this day in 2005.

TODAY'S SPORTS: In 1954, Milwaukee Braves rookie Hank Aaron hit his first major-league home run.

TODAY'S QUOTE: "New scientific ideas never spring from a communal body, however organized, but rather from the head of an individually inspired researcher who struggles with his problems in lonely thought and unites all his thought on one single point which is his whole world for the moment." - Max Planck

TODAY'S NUMBER: 77 - days that "New Coke," introduced on this day in 1985, was on the market before Coca-Cola reintroduced the soft drink's original formula, under the name "Coca-Cola Classic."

TODAY'S MOON: Between new moon (April 22) and first quarter moon (April 30).

How to exercise during the pandemic

How to exercise during the pandemic Life changed overnight for millions of people across the globe in the wake of the COVID-19 outbreak, which shuttered businesses and forced many people to follow stay-at-home measures issued by their local governments. These measures not only affected the overall health of those infected with the virus, but also those who experienced no symptoms and even tested negative for COVID-19.

In recognition of the mental toll that social distancing and stay-at-home measures can take, the Centers for Disease Control and Prevention advised people to exercise regularly. But opportunities to exercise seemingly dried up when stay-at-home guidelines were issued and gyms were shuttered. People without exercise equipment at home suddenly found themselves wondering how they could stay fit and keep their bodies in the best possible condition to fight a virus that has claimed thousands of lives. Thankfully, there are ways to stay fit and keep immune systems strong without violating stay-at-home measures.

- Access online exercise programs. Many gyms that were forced to close to help stop the spread of the COVID-19 virus began offering exercise tutorials and classes via social media or websites such as YouTube. These videos can be invaluable resources, teaching people how to stay fit at home even if they don't have weights or other equipment on hand. In addition to gym-sponsored exercise tutorials, the

internet is loaded with free exercise videos and advice that can help people without access to a gym get fit or maintain their fitness routines.

- Go back to the basics. Many people no doubt recall gym class from their school days. Such classes teach youngsters the basics of physical fitness without employing dumbbells or advanced exercise machines. Those same basic exercises that work for youngsters, including push-ups, sit-ups and lunges, can be effective for adults as well. If it's been awhile since you've done your most recent push-up, access an online tutorial so you can be certain your form is correct.

- Do some yard work. It might not feel as high-intensity as a spinning class or a Pilates session, but yard work can be a great workout. Dust off the push mower the next time the grass needs to be cut, and get to work on pulling weeds in garden beds. The added benefit to yard work is it provides a great opportunity to get some fresh air without violating social distancing guidelines.

- Go for a jog or walk. Perhaps the simplest way to exercise during the pandemic is to go for a daily jog or walk. According to the Mayo Clinic, aerobic exercise repeatedly moves large muscles in the arms, legs and hips while engaging the immune system and helping it to ward off minor viral illnesses. That makes an early morning jog or brisk walk an especially valuable, not to mention easily accessible, way to exercise during the pandemic. Remember to



maintain social distancing measures while outside, which is currently at least a 2-metre distance from others.

Exercise can help people maintain their immune systems in the wake of the COVID-19 outbreak, and there are many simple ways to fit in a little physical activity even while social distancing.

(Metro Creative)



**CANADIAN
RED CROSS
QUÉBEC**

Make a **donation**
or become a **volunteer**

WWW.REDCROSS.CA

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

BIRTH NOTICES, CARDS OF THANKS, IN MEMORIAMS, BRIEFLETS:

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

Discounts: 2 insertions or more: 15% off

With photo: additional \$18.50. **DEADLINE:** 11 a.m., day before publication.

BIRTHDAY, ANNIVERSARY & GET-WELL WISHES, ENGAGEMENT NOTICES:

Text only: \$16.00 (includes taxes)

With photo: \$26.00 (\$29.90 taxes included) **DEADLINE:** 3 days before publication.

WEDDING WRITE-UPS:

\$26.00 (\$29.90 taxes included) WITH PHOTO: \$36.00 (\$41.40 taxes included)

Please Note: All of the aforementioned (except death notices) must be submitted typewritten or neatly printed, and must include the signature and daytime telephone number of the contact person. Can be e-mailed to: classad@sherbrooke.com - They will not be taken by phone.

DEADLINES FOR DEATH NOTICES:

For Monday's paper, email production@sherbrooke.com or call 819-569-4856 between 1 p.m. and 5 p.m. Sunday. For Tuesday, Wednesday, Thursday or Friday's edition, email production@sherbrooke.com, call 819-569-4856 or fax 819-569-1187 (please call to confirm transmission) between 9 a.m. and 5 p.m. the day prior to the day of publication. The Record cannot guarantee publication if another Record number is called. Rates: Please call for costs.

NEA Crossword Puzzle

Your Birthday

- ACROSS**
- 1 Pastoral poem
 - 6 Bandleader Artie —
 - 10 Type of tire
 - 12 Victim of Brutus
 - 14 Soak up
 - 15 Major banking center
 - 16 Toyota rival
 - 18 Egg — yung
 - 19 Leaning Tower town
 - 21 Baby buggy
 - 23 Toupee kin
 - 24 Numerical prefix
 - 26 Not hidden
 - 29 House addition
 - 30 Corp. ending
 - 32 Track event
 - 34 Unhappy fate
 - 36 Python or wrap
 - 37 Funny Charlotte —
- DOWN**
- 38 Cicero's garb
 - 40 Brown-truck logo
 - 42 Dublin's loc.
 - 43 Ravioli filler
 - 45 Treats shabbily
 - 47 That, to Jaime
 - 50 Rural
 - 52 Sports injury
 - 54 Even-tempered
 - 58 Slice of veal
 - 59 Era
 - 60 Coloring materials
 - 61 Monet contemporary

Answer to Previous Puzzle



- 8 Oh, sure! (2 wds.)
- 9 Texas town
- 11 Scale abbr.
- 12 Movie mogul
- 13 Frat letter
- 17 Indy mishaps (hyph.)
- 19 Airline employee
- 20 Polar dwelling
- 22 Dues payer, for short
- 23 Meld
- 25 Josh
- 27 Like a wolf's howl
- 28 Advances
- 31 Twist-off —
- 33 Informal wear
- 35 "2001" studio
- 39 Cliffside nests
- 41 Looked good on
- 44 First cousin's mom
- 46 Alarm
- 47 PC key
- 48 Tater
- 49 Affected
- 51 Kitchen meas.
- 53 Pub pint
- 55 Like blue whales
- 56 Hawaii's Mauna —
- 57 Bradley and McBain

THURSDAY, APRIL 23, 2020

A steady balance will be required. Opportunities are building, and recognizing a good deal will be important. Using your intuition and staying on top of what's doable and what isn't will be crucial to your success. You have plenty to gain if you are astute and don't waste time speculating.

TAURUS (April 20-May 20) – Don't get stressed over the inevitable. If you keep your thoughts to yourself, you'll be able to work toward your goal without interference. Do your best and hone your skills.

GEMINI (May 21-June 20) – Move forward regardless of what others do. Surround yourself with like-minded people. Follow your heart, not someone else's words. An important relationship should be a priority.

CANCER (June 21-July 22) – An upfront attitude regarding what you are willing to give and what you expect in return is encouraged. Don't linger over unfinished business; it's time to get things done.

LEO (July 23-Aug. 22) – Plan a trip that will benefit you personally, professionally or educationally. Get back to doing the things you enjoy most. A new challenge will spark your enthusiasm.

VIRGO (Aug. 23-Sept. 22) – A personal assessment will encourage you to let go of what's no longer working and get on with your life. Don't be afraid to invest time and money if the returns look promising.

LIBRA (Sept. 23-Oct. 23) – Satisfy your curiosity, do things differently and make new acquaintances. The possibilities are endless if you visit places and do things that are conducive to networking.

SCORPIO (Oct. 24-Nov. 22) – Grudges and revenge are a waste of time. Free your mind and engage in activities that promote creativity instead of fear. Positive thoughts change the way you live.

SAGITTARIUS (Nov. 23-Dec. 21) – An unexpected change at home will leave you wondering what to do next. Nurture meaningful relationships and distance yourself from troublemakers. Put home and family, not work, first.

CAPRICORN (Dec. 22-Jan. 19) – Let your wisdom and experience lead the way. Say no to an ultimatum or anyone trying to control your actions. Protect what you've worked so hard to achieve.

AQUARIUS (Jan. 20-Feb. 19) – Hone your skills and look for alternative ways to earn extra cash. You have a wealth of talent that you could be putting to good use. Don't hold back when you have so much to gain.

PISCES (Feb. 20-March 20) – Take a new approach to an old idea. Don't let fear set in when change is what you need. Let your intuition guide you, and embrace the future with optimism.

ARIES (March 21-April 19) – A partnership will face turmoil if you cannot agree. Consider the compromises as well as the gains before making a decision. Address problems promptly in order to ease stress.

THURSDAY, APRIL 23, 2020

The clue may be misleading

By Phillip Alder

Outside a London nightclub, there was a poster proclaiming: "Six beautiful dancing girls! Five beautiful costumes!"

There is a bridge equivalent to this: the revealing pre-emptive bid. You have a two-way guess for a queen. If an opponent has opened with a high-level pre-empt, the natural reaction is to play his partner for the queen. But sometimes you don't need to guess; you can find out – as in today's deal.

Against four spades, West leads the heart king: four, ace, three. East returns the heart five: eight, 10, nine. Now West shifts to the club jack: queen, ace, seven. Back comes the club six, which South carefully ruffs high.

After drawing trumps, South has to find the diamond queen. A computer would know that with nine cards missing the queen, the a priori percentage play is to cash the ace and king. When the queen doesn't drop, it complains about bad luck.

The automaton assumes that, because West pre-empted, East must have the diamond queen. It cashes dummy's ace and leads the jack, preparing to finesse, but East's discard puts paid to that plan.

The thoughtful player tries to get a complete count of the deal. After

North 04-23-20			
♠ K Q J 2			
♥ 9 4			
♦ A J 10 3			
♣ K Q 4			
West			East
♠ 9			♠ 7 6 3
♥ K Q J 10 7 6 2			♥ A 5
♦ Q 7 2			♦ 5
♣ J 9			♣ A 10 8 6 5 3 2
South			
♠ A 10 8 5 4			
♥ 8 3			
♦ K 9 8 6 4			
♣ 7			
Dealer: West Vulnerable: East-West			
South	West	North	East
	3♥	Dbl.	4♥
4♠	Pass	Pass	Pass
Opening lead: ♥ K			

drawing trumps, he cashes dummy's club king, discarding a diamond. When West fails to follow suit, South knows that West started with one spade, two clubs and at least six hearts, probably seven. This means he must have three or four diamonds.

Smilingly inwardly, South plays the diamond jack to his king, then runs the diamond nine when West plays low. The finesse is sure to win.

CELEBRITY CIPHER

by Luis Campos

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

“ P G K O F T U V J E G K E O V P V S O F J Y V J
Y V O K G F K C . J Y F T F E O K G M G E K J
V J L Y E P Y L F L E R R O V X G S T L G T H E O
I E K E O Y F C . ” — T V P Y F R P V T O G K

Previous Solution: “We do not inherit the Earth from our ancestors; we borrow it from our children.” — Chief Seattle

TODAY'S CLUE: O s j a n b e 9

REALITY CHECK



HERMAN

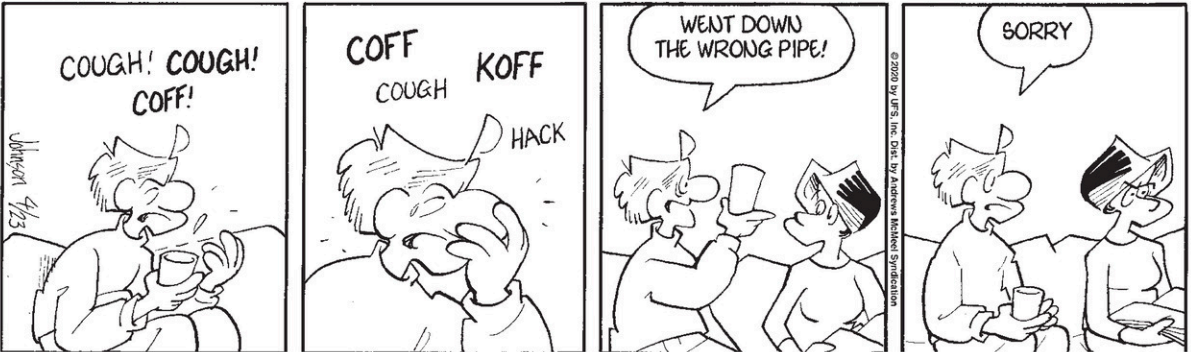


“I've got a stabbing pain in my left kidney.”

ALLEY OOP



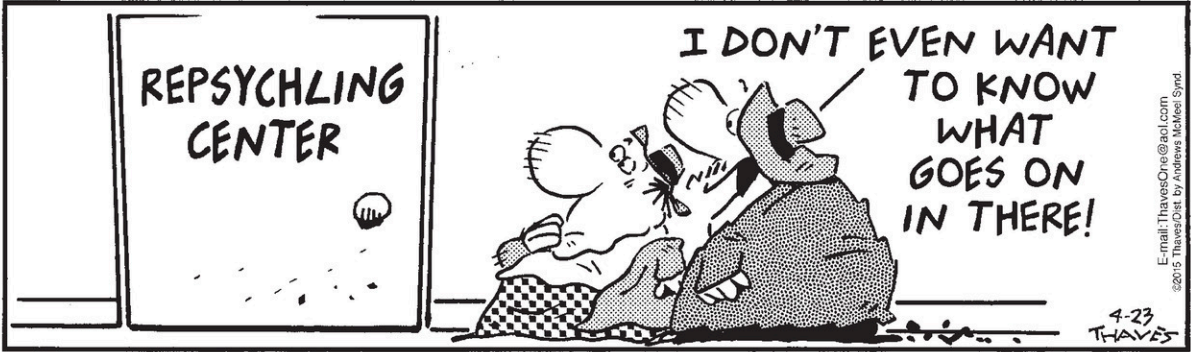
ARLO & JANIS



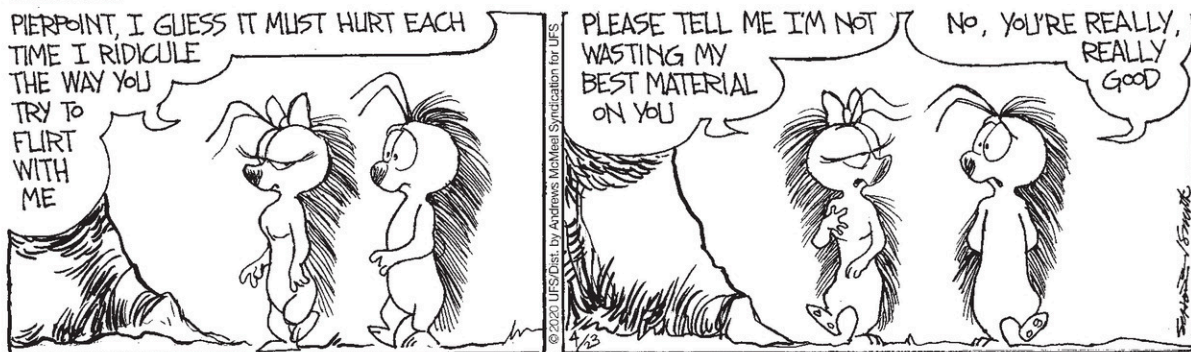
THE BORN LOSER



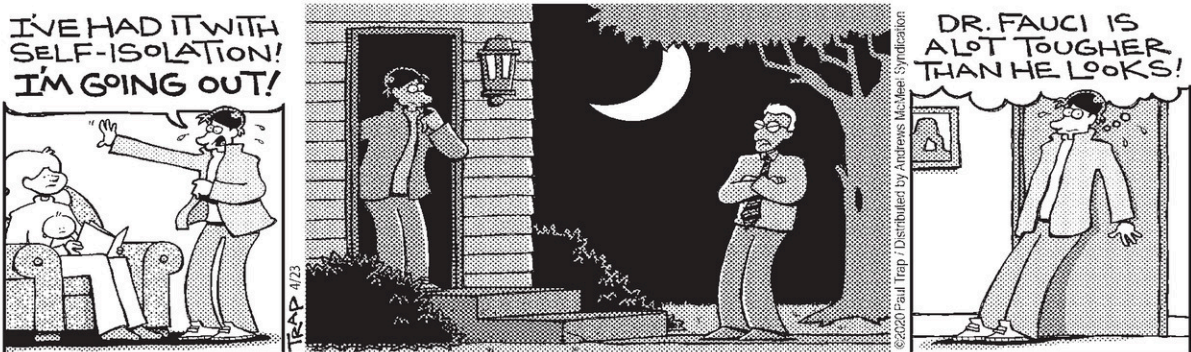
FRANK AND ERNEST



GRIZZWELLS



THATABABY



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

Diabetes The New EPIDEMIC

Diabetes Québec

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

REACT NOW!

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

CLASSIFIED

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

275 Antiques

WE BUY from the past for the future, one item or a household, attic or basement, shed or garage. We like it all, give us a call. 819-837-2680.

290 Articles for Sale




Make your classified stand out, add a photo for \$10. per day. Deadline: 2 days before publication. Drop by our office in Sherbrooke or Knowlton. 819-569-9525. classad@sherbrookerecord.com

THE RECORD
 THE VOICE OF THE EASTERN TOWNSHIP SINCE 1897

OUR CLASSIFIEDS GET RESULTS!

Call today today to place your classified ad!

819-569-9525
 450-242-1188




I can BEE KIND

by doing things for others without expecting something in return.

Happy Volunteer Week

Your friends at the Wales Home could not let this very special week go by without celebrating the many acts of kindness you have shared with those you care about at the Résidence and CHSLD Wales Inc.

Everyone at the Wales Home is sending positive thoughts to volunteers, families and loved ones, hoping this unbelievable life journey we are all experiencing will soon be a thing of the past – never forgotten, but in the past. Looking forward to celebrating with you in the near future.



SUDOKU

DIFFICULTY RATING: ★★☆☆☆

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

4/23 © 2020 Dist. by Andrews McMeel Syndication for UFS

PREVIOUS SOLUTION

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

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

Spice, a friend to fans of flavour

Many people on low-sodium diets find cooking with spices is a great way to add some flavor to their meals without betraying their diets. But cooking with spice is a great way for all people to add flavor and experiment in the kitchen.

Perhaps no ethnic cuisine is more associated with spices than Indian food. Some people love their Indian food to pack a potent, temperature-raising kick, while others prefer more subtle dishes in which the spices add flavor without creating a four-alarm fire in their mouths. Cooks who want to experiment with spice in their kitchens can try the following recipe for "Fried Green Beef" from India native Ruta Kahate's "5 Spices, 50 Dishes" (Chronicle Books).

Fried Green Beef Serves 4

- 2 pounds London broil (inside round)
- 2 1/2 cups coarsely chopped, tightly packed, rinsed cilantro leaves and tender stems (about 1 bunch)
- 2 medium green serrano chiles, coarsely chopped
- 2 1/2 tablespoons lemon juice
- 2 tablespoons water
- 1 1/2 teaspoons finely grated fresh ginger (about 3-inch piece)
- 1 teaspoon finely grated garlic (about 2 large

- cloves)
- 1 teaspoon salt
- 1/4 teaspoon ground turmeric
- 1/4 teaspoon cumin seeds, finely ground
- 1/2 cup or more canola oil
- 1 cup rava, semolina or cream of wheat (not the quick-cooking kind) (see note)

Ask your butcher to slice the meat into 1/2-inch thick slices. When you get home, lay the slices between sheets of plastic wrap and pound with a mallet until each slice is about 1/8-inch thick. These slices are huge, so you can cut each pounded scaloppine width-wise into 2 pieces. You will end up with 10 to 12 slices.

Using a food processor or blender, grind the cilantro, chiles, lemon juice, water, ginger, garlic, salt, turmeric, and cumin to a smooth, fine paste. Taste for seasoning and adjust the lemon juice and salt as needed; the masala should taste slightly tart as well as salty. Smear the masala over the meat, turning and restacking each piece to ensure that all the slices are evenly covered. Set aside to marinate for 30 minutes or up to 12 hours in the refrigerator.

Heat the oil in a large, heavy skillet. Place the rava in a large bowl or plate. Remove any big gobs of marinade from the scaloppine but don't scrape all the marinade off; you want as much of it to stay on as possible. Dip each scaloppine in the rava and dust well on both sides. Pan-fry in batches until crisp and



browned, 3 to 4 minutes on each side. Do not overcrowd the pan. Remove to a paper-towel lined plate. Serve immediately.

Note: Rava, also called sooji, is Indian cream of wheat. It is available as both fine and coarse flours. You may use either.

(Metro Creative)

Sewing is for life, not just for girls

Dear Annie

THURSDAY, APRIL 23, 2020

Dear Annie: I was wondering how the man with a short fuse was functioning in the work situation. I had a friend years ago who had anger issues that caused disastrous results in his family, professional life and social life. His license was revoked, and he was ordered to get help, which he did as an inpatient in a psychiatric facility. He was discharged on medications, and he became a totally different person, completely restoring those aspects of his life. – Friend Reinvented Life

Dear Friend Reinvented Life: I am printing your letter because it shows that recovery is possible. If you have problems and seek the help of trained professionals, you can improve. Congratulations to your friend. I'm glad his loved ones have him back.

Dear Annie: Mama wrote to say that Papa was "mad as a hornet" because he said she is encouraging feminine tendencies in their grandson, "Ernie," by allowing him to sew with her and her granddaughter. Don't panic, Papa. Not only can little boys show they are creative but sewing is also becoming a lost skill. Imagine a sailor not knowing how to repair his sail because he never learned how to make minor sewing repairs. And with Memorial Day coming soon, let's not forget all the World War II soldiers whose mamas sent them off

to war with a sewing kit for mending. – Sewing Is Self-Sufficient

Dear Sewing Is Self-Sufficient: You bring up some great points about how sewing is a practical life skill, and why boys should learn to sew. The following reader added to your point.

Dear Annie: If it's any comfort to Ernie's grandpa, Boy Scouts are required to sew on their own badges. – Sewing Is for Life

Dear Readers: Below is a poem submitted by a reader named Dennis who is a poet in Hawaii. It is a sweet tribute to true love, something the world needs a lot of.

YOUR ONLY ONE

"Some are lucky, some are not
"to find in life what can't be bought,
"the precious one to make you laugh
"True Love, dear one, your other half.

"Your other half of you that's lost
"you'll search for him at every cost.
"Behind the clouds and under stone
"you'll find that you must search alone.

"Your search will take you through
many lands

"to touch and hold so many hands,
"you'll turn to kiss but while you're
kissing

"a pretty miss but something's
missing.

"You leave him or he leaves you
"your search continues for
something new,
"what you thought was love was only
laughter –
"love that's real is what you're after.

"What sometimes happens after
awhile

"you mistake love for a pretty smile,
"you're so lonely and they're all you
got

"so you build him into something
he's not.

"You leave him like all the rest
"or he leaves you, whatever's best
"You walk on and kick the dirt
"so terrible tired of being hurt.

"You turn off your heart and turn off
your mind,

"you left too much of your heart
behind

"you say, 'I've searched til I don't
know how

"a little older and colder now.'

"You see love waits for you to say
'give'

"and comes to you when you're
ready to live,

"the precious one to make you laugh,
"True Love, dear one, your other half.

"The other half of you that's lost
"after you searched at every cost –
"only when your search is done
"will you find your only one."

"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.

15 Minutes of Fun
Take 15 minutes a day to learn with your family.

Knock-knock
#4 Tell knock-knock jokes together while doing the dishes.

Learning can happen at any time. For more great ways to share 15 Minutes of Fun with your family, visit FamilyLiteracyDay.ca

Family Literacy Day ABC Life Literacy Canada

Hey Record readers,

Do you know someone over 70 who has been, and continues to be, a model for others in our community? A game-changer? A champion of a cause? Volunteer extraordinaire? Then, he or she might be eligible to be recognized in The Record's **Top 70 over 70** edition.

The Record wants to celebrate the contribution of 70 local individuals between the ages of 70 and 110 who are continuing to be a model in their personal life, career, community and/or academics.

We are asking our readers to nominate individuals, and The Record will select 70 outstanding individuals over the age of 70 who represent the "best of the best" in the Eastern Townships.

Who's Eligible?

You can nominate anyone between the ages of 70 and 110 who has been a trailblazer in his or her profession or schooling, gives back to our community in special ways, exhibits qualities and serves as a role model for our town.

You can nominate a friend, a colleague, relative or someone you admire - you can even nominate yourself (the nominator isn't made public).

More on eligibility:

- The nominee must be between the ages of 70 and 110 in 2020
- There is no limit to the number of entries each association, business or person can submit and there is no entry fee. The number of nominations a person receives has no impact on the selection process – all it takes is one nomination to be considered.

Deadline for submissions: April 30, 2020

Email your nomination, with a brief description (200 words or less), to classad@sherbrookerecord.com put **Top 70 over 70** in the subject line.



THE RECORD

