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PM#0040007682

MONDAY, DECEMBER 14, 2020

Weekend COVID update

Record Staff

The Province of Quebec reported 1,994 new cases of COVID-19 on Sunday, bringing the provincial total to 16,556 current active cases and 163,915 since the start of the pandemic.

In the Estrie region there were 111 new cases reported Sunday, 84 of which were split between the Sherbrooke and Haute-Yamaska local health networks.

As of Sunday afternoon, there were seven outbreak watches in installations of the CIUSSS de l'Estrie-CHUS, including a new one at the Hotel-Dieu Hospital in Sherbrooke.

There were no new cases reported at any of the CIUSSS de l'Estrie-CHUS installations experiencing an outbreak on Sunday, although the Youville hospital in Sherbrooke and the Villa Bonheur residence in Granby each recorded a death

Among outbreaks at private seniors residences, the Résidences Soleil Manoir Granby reported 14 new cases among their residents and one new staff member, and the Résidence Sélection Granby recorded 12 new residents and four new employees.

Christmas light tour up and running



DESTINATION SHERBROOKE

This house on Carl Street in Lennoxville needs no introduction. For years Eric Mackeage has been going all out with Christmas decorations for the community to enjoy.

Record Staff

The interactive map for Sherbrooke's "Scintillating Trail" of Christmas decorations is now online. After putting out the call to residents and businesses in the city over the last few weeks, Destination Sherbrooke has compiled

a map that will allow people to hit the road and discover the 315 homes, 45 businesses, and 12 public spaces that have been dressed up for the holidays.

On the website, visitors can sort the entries by type of location (home versus business) and also by

illumination level, allowing each person to seek out their areas of greatest interest without roaming the streets aimlessly.

Those who head out to take a look are invited to vote for their favourites. The homes and businesses that get the most votes on the website are eligible to win a prize.

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## Weather



TODAY:  
60 PER CENT  
CHANCE OF  
FLURRIES  
HIGH OF -2  
LOW OF -11



TUESDAY:  
MIX OF SUN  
AND CLOUD

HIGH OF -12  
LOW OF -23



WEDNESDAY:  
SUNNY

HIGH OF -14  
LOW OF -19



THURSDAY:  
SUNNY

HIGH OF -10  
LOW OF -16



FRIDAY:  
MIX OF SUN  
AND CLOUD

HIGH OF -5  
LOW OF -10

# Community celebrates Potton's Firemen/First Responders



## THE SCOOP MABLE HASTINGS

When Potton's new Fire Chief and Preventionist, James Bouthillier approached the Missisquoi North Volunteer Centre (CABMN) with the idea of wanting to recognize the Potton Firemen and First Responders during the holiday season he had no idea where the project would lead. Youth Centre animator, Ethan Ball suggested that community businesses be asked if they wished to contribute to collective baskets for each of the members of the group. From this, the idea was born and all involved got busy with the planning and preparing.

Bouthillier, supported by Fireman First Responder member Jean Francois Giroux, through the Municipality of Potton, had new Potton team shirts printed at the ToroGraphix Company for each team member. Vignoble Domaine Bresee gave a great deal on bottles of wine. CABMN staff (with Debra Harding on the phones) and volunteers quickly climbed on board as did businesses and individuals who wished to contribute. Donations of maple syrup from: Peter Blatter/Danielle Cousineau, Edith Cote/Danny Jones, Neil and Lori Smith, G&R



PHOTO COURTESY

Some Members of Potton's Firemen-First Responders

Laplume, Julie Laplume, Masondale Farm Iron Hill as well as Coffee Gift Certificate: Torrefacteur Appalaches roaster,

FamiliPrix: Re-usable snack bags, St.Benoit Cheese donated by: CABMN and the entire Staff team, Merci Chocolates donated by: Students Against Destructive Decisions (SADD) Mansonville/CABMN

Handmade Soap: Savonnerie Integral, Pizza gift certificates: Resto-Bolton and The Owl's Bread Bakery.

A beautiful hand-painted card by SADD member Kate Eldridge accompanied each gift with a list of all of those who donated written inside. The card was signed with gratitude from the Fire Chief, Sec. Treasurer, Mayor Laplume and CABMN Director, Mable Hastings. The packages were assembled and wrapped by Patricia Lachance, who shopped for all of the wrapping and decoration assisted by volunteer, Terry Stott.

11 members of the Students Against Destructive Decisions (SADD) group joined Bouthillier, Giroux and members of the CABMN staff on Saturday morning, December 12 loading the baskets at 7 a.m. and driving to each Firemen/First Responders home from Bolton-Est through to Mansonville; taking side roads and snowy lanes to



Basket delivery for firemen



Fireman Paul Stogowski receives his surprise Thank you basket

deliver the baskets while singing and cheering on the recipients.

The surprise on the faces of the firemen/first responders was evident as most had been told only that they were asked to be home Saturday morning. As the tribe of youth exited cars and the First Responder truck pulled into each yard most were initially wondering where the emergency was? Opening their doors, they were greeted with "We Wish You a Merry Christmas," and kind words regarding their efforts in keeping the community safe.

Almost four hours later as the youngsters were returned to their own doors, each one seemed a little taller, a little prouder and most definitely a little more awake. While this type of giving may have felt a little awkward to some, all were in agreement by their return that it felt good to acknowledge on behalf of the community the hard work, time and dedication of these men and women.

Firefighter Paul Stogowski said it best after being presented with his basket and some kind words: "It makes me want to keep doing what we do as a firemen/first responder group," he said. "It feels great to know we are appreciated."



Outside the home of fireman Jonathan Ducharme



PHOTOS BY ETHAN BALL  
SADD youth, fireman Rejean Neron and Officer Jean Francois Giroux

## Ben by Daniel Shelton



# Local News

Changing rooms will be opened with new capacities which will also be displayed at the entrance to each of the parks and that outdoor benches will be added.

## Sherbrooke outdoor rinks limited to 25 skaters

Record Staff

After having announced an appointment system for the free-skate periods in local arenas, the City of Sherbrooke has revealed the conditions under which it will be opening the BLEU BLANC BOUGE skating rink and other outdoor rinks over the next few weeks.

Due to the sanitary measures currently in force, a maximum capacity of 25 people has been established for each rink except for the Domaine-Howard park pond, which can accommodate up to 50 people at the same time. The indication of the maximum capacity will be placed at the entrance to each of the parks. There will be a change every hour if capacity is reached, so that as many skaters as possible get the opportunity to participate.

Changing rooms will be opened with new capacities which will also be displayed at the entrance to each of the parks and that outdoor benches will be added. Whenever

possible, it is even recommended to put skates on in the parking lot to avoid any gathering. Public toilets will be accessible, and equipment rental will be available at the BLEU BLANC BOUGE rink. The equipment will be disinfected after each use and quarantined until the next day.

Hockey skills practice permitted, but games off the table

Open hockey practice without a game will be possible at the following locations: the BLEU BLANC BOUGE rink, the André-Nadeau outdoor centre, and the Paul-Marin, Andrew-Sangster, Saint-Alphonse-de-Liguori, Adrien-Cambron, Nault, Beaulieu, Atto-Beaver, du Villageois and Charland parks. At these locations, a goal will be installed in each corner of the rink. The practice of hockey without a game, alone or in pairs, will be permitted from 3 p.m. to 9:30 p.m., Monday to Friday, and from 10 a.m. to 9:30 p.m., during the weekend. As for the BLEU BLANC BOUGE skating rink, the public can consult the schedule at [sherbrooke.ca/patinoires](http://sherbrooke.ca/patinoires).

Class bubbles wishing to reserve a



GORDON LAMBIE/ARCHIVES

time slot to skate can do so by calling the reservations center at 819 560-8900. The maximum capacity of 25 people can be lifted in this case, since only the class-bubble that reserved the rink will have access to the ice.

The city is asking for the cooperation of the population in order to ensure that all who wish to are able

to enjoy the outdoor rinks. To find out about the day-to-day condition of the rinks as well as the opening hours, consult the interactive map available at [sherbrooke.ca/mesloisirs](http://sherbrooke.ca/mesloisirs).

The refrigerated BLEU BLANC BOUGE rink at Alfred-Élie-Dufresne opens today, with the others following as the weather allows.

## Fleet electrification only a matter of time in Quebec

By Michael Boriero - Local Journalism Initiative Reporter

The Eastern Townships School Board (ETSB) runs three electric school buses daily in the region, making up four per cent of its entire bus fleet.

The ETSB was one of the first school boards to acquire an electric bus, according to Student Transportation Coordinator Bruce Banfill, back in 2017. They purchased the vehicle from the Lion Electric Company, a major player in vehicle electrification in Quebec.

The plan is to eventually get rid of regular, gas-guzzling school buses, but the process is going to take some time, Banfill explained. While they use their environmentally-friendly buses every day, the cost to purchase a large electric vehicle at the moment is quite high.

"If you look at just the purchase price, without any government grant, you're looking at around \$300,000 to buy an electric bus compared to \$110,000," said Banfill.

The ETSB does in fact benefit from a substantial grant. Banfill said the Quebec government is trying to incentivize purchasing electric vehicles in a bid to reduce the province's greenhouse gas emissions. The grant covers roughly \$125,000, he continued.

But there is a significant learning curve that comes with new technology for people involved in maintenance and repairs, Banfill added, which is why the ETSB doesn't have more

electric buses in its fleet of 77 buses.

"For maintenance costs, at the beginning, because it's a learning curve, it's a brand new product, so when something goes wrong it's a very large learning curve for our staff to repair something," said Banfill.

The components are relatively similar, he explained, there is a radiator used for the heating system, the break system and tires are the same, but there is no oil change or transmission. It also has the same steering system as any vehicle, which uses oil for the steering box.

Although there are similar elements, technicians, mechanics, maintenance workers, and everyone involved with general upkeep of the electric vehicles needed to take part in a training session provided by Lion. However, there is a lot of learning on the go, Banfill said.

"There are components that will unfortunately break down on the vehicle that you didn't really get the training on," he said.

The ETSB is in the process of trading in some of its older gas-powered vehicles, but there is no rush to obtain new electric vehicles. Sarah Houde, president and CEO of Propulsion Québec told The Record that the learning curve remains one of the biggest obstacles.

"What I know is that it happens that when fleet managers acquire some new vehicles there's an adjustment period," Houde said. "That's very common and that's really something that's in our study."

Propulsion Québec is a non-profit

organization focused on promoting, advocating and studying the benefits of switching to "smart transportation." They recently published a study specifically on fleet electrification of medium and heavy electric vehicles.

While there remains some hesitation due to costs and training hours, Houde believes a transition to full electrification of fleets is only a matter of time. They just need to catch up to a more mature electric car industry, she explained.

"All consulting firms around the world are not saying 'maybe we'll see an electrification trend,' it's more like this is an electrification trend, it's already in place, and this is what we expect for the next few years," Houde said.

The study reveals that 43 per cent of Quebec's greenhouse gas emissions comes from transportation. Within

that 43 per cent, according to Houde, 80 per cent can be attributed to medium and heavy duty vehicles.

Houde said the study also notes several challenges, including the acquisition of electric vehicles. There needs to be a better financing program, she said, which is also mentioned in the study's recommendation list.

There also needs to be an investment in charging stations. The other challenges are really internal, operational challenges, Houde added, but once everyone is truly on board, she believes there is much to gain from switching to electric.

"There's a lot of things you need to go through when you're embarking on this adventure, but there are benefits at the end," said Houde, as people will eventually save money on maintenance, fuel and contribute to saving the environment.



GORDON LAMBIE/ARCHIVES

# EDITORIAL

The person Time editors choose is typically someone, who, for “better or worse,” was deemed to have the most influence on events in that year.

## Suggesting a nominee for Canada’s Person of Annus Horribilis 2020?



PETER BLACK

This tradition of Time magazine picking a Person of the Year - or, from its debut in 1928 until 1999, either Man or Woman of the Year - is a veritable, er, time capsule of the march of humanity.

The person Time editors choose is typically someone, who, for “better or worse,” was deemed to have the most influence on events in that year. Hence, Hitler (1938) and Stalin (1939, 1942), are in the same group of note-worthy humans as liberators like Lech Walesa (1981) and Mikhail Gorbachev (1987, 1989).

The Person of the Year has also been groups of people, from scientists (1960) to Hungarian freedom-fighters (1956), to objects - the computer, in 1982, named “Machine of the Year.” In 1988, Earth was named Planet of the Year, (not sure whether Uranus or Mercury were the runners-up.)

The first Woman of the Year was royal abdication-inspiring American widow, Wallis Simpson (1936). Her step-niece, Queen Elizabeth, was the next woman so honoured, upon her coronation in 1952 (!).

Retrospective anomalies include Rudy Guiliani, honoured for his efforts as mayor of New York in the wake of the 9/11 attacks; he went on to become a key enabler of 2016’s Person of the Year, one-term president and perhaps future indicted felon Donald Trump.

No identifiable Canadian has been Time’s Person of the Year. Up until 2008,

though, Time had a Canadian edition - until Ottawa cracked down on foreign publications grabbing Canadian ad revenue - and for several years named its own Canadian Person of the Year.

Former Mulroney minister, Bloc Québécois and Quebec premier Lucien Bouchard got the nod twice (1995, 1998), as did former Conservative prime minister Stephen Harper (2006, 2008), and former Liberal PM Paul Martin (1997, 2002).

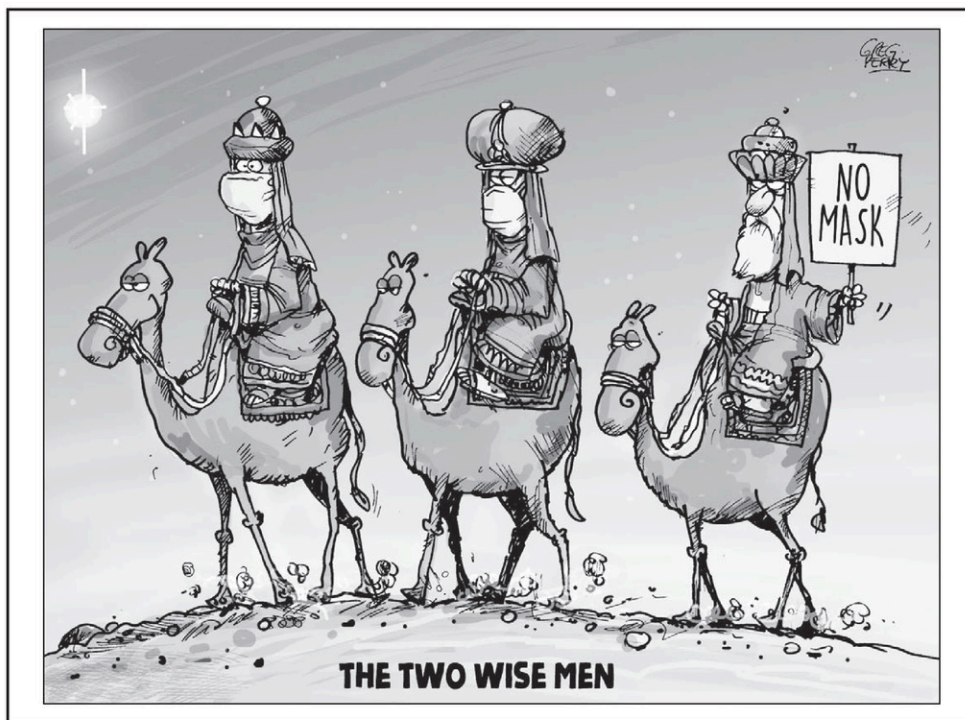
To prove Time Canada editors had some imagination, in 1999 they chose the Supreme Court of Canada for a landmark human rights decision on same-sex marriage, and four years later named two other Michaels - Stark and Leshner - as the first gay couple to be legally wed in Canada.

Canadian Press also has a long tradition of naming Newsmaker of the Year, with a list ranging from the first in 1946, Soviet defector Igor Gouzenko, who almost single-handedly sparked the Cold War, to Réal Caouette (1962), the Créditiste leader who was instrumental in the defeat of the Diefenbaker government.

Last year it was Jody Wilson-Raybould. You would be forgiven if, in a few years’ time you say, now, who was she again? Seems like an eternity ago. It was, in many ways, an eternity ago.

By the time you read this, CP may have already named 2020’s Canadian Newsmaker of the Year. So, blessed with the current ignorance of whom Canadian Press might select, this space offers its own suggestion.

The Canadian Person of the Year: Wore a mask, washed hands 50 times a day, lost a job, worked at home, kept a distance, stood in line, learned to Zoom (but not necessarily how to mute), learned to be patient, learned to cook or do crafts, got to know the kids better and found clever ways to amuse them, mourned lost family and missed ailing and suffering friends, got closer virtually to friends and family, watched zillions of cheer-up videos or messages online, binged and



binged season after season of TV series, discovered the world through binged series, exercised less but walked more, ate and drank more, exercised less, ate in plexiglass-panelled restaurants, then didn’t eat at all in restaurants, ordered take-out, ordered more take-out, longed for any live performance from sports to theatre, watched pro sports games without fans, watched opera live online, learned perspective on the things we take for granted, was in awe and appreciative of health care and education workers, grew weary of months of daily briefings from political leaders, got frustrated by contradictions in safety measures, was alarmed by the

intensity of the second wave, followed with excitement the incredible brilliance of modern scientists as they worked feverishly to crush the fever, saw hope begin to glimmer through the terrifying tsunami of cases, saw the first delivery of vaccine like trapped miners seeing light and fresh air penetrate the darkness, looked to 2021 with hope for a return to a semblance of normalcy. Learned there’s no such thing as normal. Survived.

Who should be Canada’s Person of the Year, a year unlike any other most of us can remember? Easy. It should be you.

### Letters

DEAR EDITOR,

I wrote this simple poem as I was thinking just how much Covid has changed everyone’s Christmas plans this year, but I still hope that folks can enjoy the festive season in their own way and have hope that the Covid Grinch will soon disappear!

#### The Covid Grinch

The Covid Grinch sneaked into our lives  
Back in the early Spring!  
We didn’t understand but quickly learned  
That he carried a dangerous sting!

As Spring left and Summer came  
We knew for sure he wasn’t a game!  
We donned our masks and washed our hands  
In an effort to thwart his determined plans!

Ten months have passed and Christmas is here.  
Don’t let the Covid Grinch steal your good cheer.  
Celebrate the season with kindness and grace  
And show THAT Covid Grinch a smile on your face!!

Merry Christmas to all and a Happy, Healthy New Year!!

JACKIE LOUGHHEED  
WATERVILLE

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

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# Hockey Sherbrooke postpones 2021 tournaments slated for January and February

By Michael Boriero - Local Journalism Initiative Reporter

Hockey Sherbrooke took another set of precautionary steps on Wednesday, choosing to postpone four upcoming events in the New Year: the Novice-O-Rama, a provincial school tournament, a mid-junior provincial tournament and a féminin provincial tournament.

However, Stéphane Dion, the hockey association's general manager, believes there is a chance to play these tournaments later in the year, if cases start going down again. He is optimistic, but he is also aware of the current pandemic situation.

"We would like that, we would like that a lot, to present these four events, but we're very conscious about the Covid cases right now," he said. "We'll have a better idea of the situation after

the holidays, if there are more cases, then it'll be a lot harder to organize these events."

The association cancelled three tournaments earlier in the year. They cut out two provincial tournaments and their signature international bantam tournament. Even if they are able to host events next spring, Dion envisions a toned down, more local model.

"We doubt we'll be able to host a provincial tournament like normal, considering the situation, but what we've been talking about is making them regional," Dion said.

But the only way this will happen, according to the general manager, is if the regions goes from a red zone back down to a yellow zone. This will allow, at the very least, regional teams to compete in Hockey Sherbrooke's tournaments.

Dion also spoke about relaunching the current 2020-2021 regular season, which was put on hold nearly a month ago when cases started to spike in the Eastern Townships. Teams were already parred down to 10 skaters and one goaltender to meet health and safety standards.

The association has been working the phones for the last two weeks, Dion explained, as they begin preparations for a potential relaunch of the regular season in 2021. They called every player that signed up this year to see if they were committed to continuing the season.

"A lot of players want to pursue their seasons, so this is good news for us as we try to get a season going again after the holidays," said Dion.

Out of 1,850 players in the league, 45 players decided to opt out of a

relaunch, he continued, which means Hockey Sherbrooke will have to adjust some teams, as they likely lost a few roster spots.

If they are able to bring the season back, then they want to make sure teams are balanced. However, this is all contingent on what happens in Quebec in the upcoming weeks. Dion recognizes the novel coronavirus situation isn't going away over night.

Sherbrooke's city council already gave the association the green light to push everything into April. He plans to wait until latest mid-February to make a final call on the regular season and the four postponed tournaments.

"If cases go down and measures proposed by public health and the ministry are adequate then in that case we'll continue our season just until the end of April," said Dion.

# Local musicians hosting virtual concert to raise funds for Food Banks of Quebec

By Reann Fournier  
Special to The Record

A group of Quebec musicians are holding a Christmas concert to raise funds for Quebec Food Banks and give back during the holiday. Tim Brink, the organizer behind the virtual concert, said that while musicians have been struggling during this time, many are eager to lend a hand to those in need this holiday season.

The concert, which will be pre-recorded from musicians' homes and edited together by Brink himself, will be free for anyone to watch and available on Facebook and YouTube on Dec. 23, 2020. "There's about ten of us involved, and we'll all be taking videos from our own home," said Brink. "I'll be linking them all together and, it won't be super uniform, but it'll basically be entertainment from our homes to other people's."

While accessing the concert is completely free, there is a GoFundMe page where people can donate. "It's completely free, so the money is by donation," said Brink. "There's no gate on any of it, it's really just to spread joy, feed some people, and put a bit of money into struggling musician's pockets."

Many working in the entertainment industry have suffered losses through the pandemic. With theatres, music venues, and essentially all live entertainment spaces being closed, there has been little to no opportunity for performers to continue their daily routines. "There are a lot of people having to change jobs, and I'm one of them," said Brinks.

According to the GoFundMe page, the proceeds of the fundraiser will be split, with 25 per cent going to the musicians themselves and the other

75 per cent going to the Food Banks of Quebec. "We're doing what we can to get by, and while most of the funds raised are going to the food banks, there is a smaller portion going to the musicians themselves."

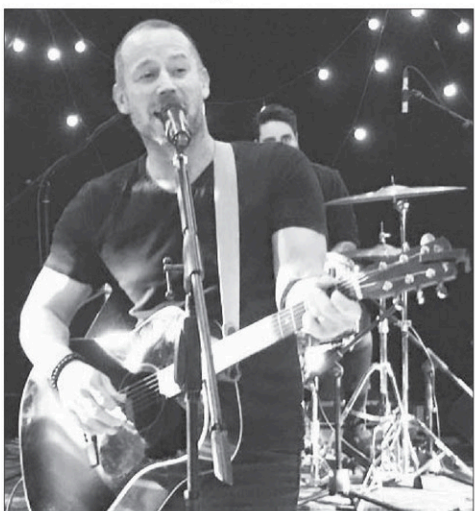
Brink said that the inspiration for the concert fundraiser hybrid came to mind just days ago. "It was spur of the moment," he said. "I was thinking that we needed to do something for the holidays and so, I started calling musicians and got a friend to find a good, reputable charity to pair with." Brink said that for every \$1 donated, three meals can be provided to those in need.

The goal that has been set on the concert's GoFundMe page is \$15,000. According to Brink, the goal is attainable so long as they get enough circulation. "We have artists all around Quebec participating, and they're quite well known," he said. "They'll all be using their own platforms to advertise for it, so I think we have a good chance of getting good coverage."

Links to view the concert will be available starting Dec. 23 on both

Brink's social media. "It's Christmas themed, and it's a chance to help some people in need," added Brinks.

To donate, search Tim Brink or Food Banks of Quebec on the GoFundMe website.



MATTHEW MCCULLY

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# Take self-isolation seriously

Please follow self-isolation instructions to avoid transmitting COVID-19 to others.

## Self-isolation means stay at home



- ✓ Do not go to school or work, to an early childhood or daycare centre, or to any public place such as a stores, supermarkets or pharmacies.
- ✓ If you live in a private home for seniors, remain in your own unit and do not walk around the building. We recommend that you have your meals delivered to you, thus avoiding the need to move around inside the residence.
- ✓ Do not go out for walks.
- ✓ Do not take public transit.
- ✓ If no one can help you with your supermarket or pharmacy purchases, try the home delivery services offered by many stores. Stay at least two metres away from the delivery person.
- ✓ Don't allow any visitors into your home.
- ✓ If you live with other people who don't have COVID-19:
  - If possible, remain alone in one room of your home.
  - Avoid contact with the other occupants of the home. Stay at least two metres away from them. If you need to get closer, cover your nose and mouth.
  - If possible, eat and sleep alone in one room of your home.
  - If possible, use a bathroom that is reserved for you. Otherwise, disinfect after each use.
  - Air out the house and your room often by opening a window if the weather permits.
- ✓ You can go out on your balcony or in your private yard while remaining at least two metres away from anyone else.
- ✓ If you need to leave your home for medical reasons, wear a mask or face covering.

The people living with you can continue with their usual activities (work, school, daycare, etc.) as long as they themselves are not under a self-isolation order, such as while awaiting test results, after having been in contact with a confirmed case of COVID-19, or after returning from a trip abroad, etc.).

# When should you self-isolate



## You tested positive

If you don't develop any symptoms, you need to self-isolate for **10 days from the date of your screening test**.

If you do develop symptoms, you need to self-isolate until **all** of the following conditions are met:

- 10 days have passed since your symptoms first appeared
- You have had no fever for at least 48 hours (without having taken fever medicine)
- Your symptoms have improved for at least 24 hours (excluding cough or loss of smell, which may last longer)



## You are waiting to take the test or find out your results

While awaiting your test results, you'll need to self-isolate if:

- You have symptoms of COVID-19 or had them in the last 10 days
- You have been flagged by public health authorities as having been in contact with a COVID-19 case
- You have returned from a trip abroad

If you meet none of these criteria, you do not need to self-isolate. We do recommend that you follow general health measures until you get your results. If you test positive for COVID-19, you will receive instructions from the public health authorities.



## You have COVID-19 symptoms

If you have symptoms such as fever, the onset or worsening of a cough, difficulty breathing or a sudden loss of smell without nasal congestion (with or without loss of taste), you need to self-isolate and get tested. The COVID-19 Symptom Self-Assessment Tool provides recommendations on what steps to take based on your condition. Go to [Québec.ca/decisioncovid19](https://quebec.ca/decisioncovid19) to evaluate your symptoms.



## You have been in contact with a confirmed case of COVID-19

If you don't develop any symptoms, you'll need to self-isolate for **14 days from your last contact** with the confirmed case of COVID-19 even if your COVID-19 test result is negative.

If you do develop symptoms, you'll need to self-isolate until **all** of the following conditions are met:

- 10 days have passed since your symptoms first appeared
- You have had no fever for at least 48 hours (without having taken fever medicine)
- Your symptoms have improved for at least 24 hours (excluding cough or loss of smell, which may last longer)



## You are returning from abroad

All travellers entering Canada are required to self-isolate for 14 days, even if their COVID-19 test result is negative.

To make the best possible decisions for your own health and that of your loved ones during the COVID-19 pandemic, consult the Self-Care Guides. They will provide you with the best ways to protect yourself from COVID-19, take care of yourself, provide basic care to family members and friends, and where and when to consult a health professional if you need care or services.

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

1 877 644-4545

Québec 

Death



**Jean  
(Herron)  
Stone  
1936-2020**

We are saddened to announce the passing of Mrs. Jean Herron Stone, at the CHUS-Fleurimont, on December 10, 2020, at the age of 84, formerly from Stanstead. She will dearly be missed by her husband of 68 years, Mr. Ivan Stone. She was the daughter of the late Alexander Herron and the late Dorothy Brown.

She was the loving mother of Linda (Dennis), Fawn (Leon), Judy (Peter), Tracey (Trudy), late Nancy, Kevin (Bridget), Tammy (Gordon) and Larry (Chantal). She will also be greatly missed by her many grandchildren and great-grandchildren.

The family wishes to thank the dialysis staff at the Magog hospital and the staff of the Co-op and CLSC who helped her during a very difficult time.

**MONDAY, DECEMBER 14, 2020**

Today is the 349th day of 2020 and the 84th day of autumn.

**TODAY'S HISTORY:** In 1799, George Washington died at Mount Vernon, his home in Virginia.

In 1819, Alabama was admitted as the 22nd U.S. state.

In 1911, explorer Roald Amundsen and his party became the first humans to reach the South Pole.

In 2001, after Hurricane Michelle devastated Cuba, a commercial shipment of food left the United States for the island nation for the first time since 1962.

In 2012, a 20-year-old gunman killed 26 people at Sandy Hook Elementary

School in Newtown, Connecticut, before taking his own life.

**TODAY'S BIRTHDAYS:** James Doolittle (1896-1993), military aviator; Margaret Chase Smith (1897-1995), politician; Shirley Jackson (1916-1965), author; Don Hewitt (1922-2009), TV producer; Lee Remick (1935-1991), actress; Patty Duke (1946-2016), actress; Bill Buckner (1949-2019), baseball player; Michael Moloney (1963- ), interior designer; Vanessa Hudgens (1988- ), actress.

**TODAY'S FACT:** Historians have estimated that physicians drained 5 to 7 pints of blood from President George Washington in the day prior to his death, in an attempt to cure him.

**TODAY'S SPORTS:** In 1988, after losing the first 17 games of the season, the Miami Heat defeated the Los Angeles Clippers 89-88 for the franchise's first win.

**TODAY'S QUOTE:** "When people keep telling you that you can't do a thing, you kind of like to try it." – Margaret Chase Smith

**TODAY'S NUMBER:** 3 – points known as the South Pole: the ceremonial pole, the geographical pole and the magnetic pole.

**TODAY'S MOON:** New moon (Dec. 14).

# Moderate approach to weight loss is healthier



**ASK THE DOCTORS**  
By Eve Glazier, M.D., and Elizabeth Ko, M.D.

**Dear Doctors:** I've heard that when you're on a diet and you decrease caloric intake by a lot, your body will start to consume muscle for energy. Is that really true? How can you lose weight and not wind up losing muscle?

**Dear Reader:** Discussions about losing weight typically focus on pounds, as in, "I want to lose 10 pounds." The important follow-up question here is: pounds of what? Work up a sweat with a vigorous set of tennis, and the scale will show you've immediately dropped a few pounds – of water weight. You'll

gain it right back with your next beverage. (A quart of water weighs 2 pounds, in case you were curious.)

Diets that involve a drastic calorie cut do lead to weight loss, but participants wind up burning not only fat, but also significant amounts of lean muscle. That's a bad idea, because we rely on our muscles for both strength and endurance. Muscle tissue also plays an important role in resting metabolic rate.

The answer to the "pounds of what?" weight-loss question is, of course, fat. When we set a weight-loss target, the goal is to lose fat. Or, to view it in more useful terms, we want to achieve a more healthful ratio of lean tissue to fat. Achieving and maintaining a healthful weight has many benefits, including reducing the risk of diabetes, high blood pressure, coronary artery disease, depression and even certain cancers. And, while it's tempting to try some of the more extreme low-carb and high-fat diets that are now popular, which promise swift and painless weight loss, we believe a moderate approach yields better and more sustainable results.

In order to maximize fat loss and minimize the loss of lean muscle mass, you need a three-pronged approach. This begins with cutting back calories enough that you're operating at a slight deficit, but not to the point that your body thinks it's starving. A recent study

in the Netherlands followed volunteers on a five-week diet of 500 calories per day, and those on a 12-week plan of 1,250 calories per day. Both groups lost the same amount of weight – about 19 pounds. However, the crash dieters lost almost three times as much muscle mass as those who followed the more moderate weight-loss plan.

To stay healthy as you lose weight, eat a wide range of fresh foods, with a focus on lean proteins, healthy fats, and fresh fruits and vegetables. Take care to avoid simple carbohydrates and processed foods. You want a diet that, once you've reached your goal weight, you can continue to sustain.

Finally, it's important to incorporate two kinds of exercise into your daily life: cardio and resistance. Cardio helps to burn fat, and resistance maintains and builds the lean muscle mass that you want to conserve. Again, the aim here is a new set of habits that you're willing and able to maintain even after you've reached your goal weight.

*(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. Owing to the volume of mail, personal replies cannot be provided.)*

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Text only: 40¢ per word. Minimum charge \$10.00 (\$11.50 taxes included)  
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**BIRTHDAY, ANNIVERSARY & GET-WELL WISHES, ENGAGEMENT NOTICES:**  
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**DEADLINES FOR DEATH NOTICES:**  
For Monday's paper, email [production@sherbrookerecord.com](mailto:production@sherbrookerecord.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@sherbrookerecord.com](mailto:production@sherbrookerecord.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

MONDAY, DECEMBER 14, 2020

will boost your reputation and encourage others to support your efforts. Vigorously address matters that have been left unresolved.

**GEMINI (May 21-June 20)** – Be careful whom you trust. Someone will give you the wrong impression or lead you on a wild goose chase if you aren't careful. Ask questions, do your research and take nothing for granted.

**CANCER (June 21-July 22)** – Dig in, and don't stop until you finish what you start. Channel your energy into getting ahead, not into negativity or argument. Avoid joint ventures, and be careful when divvying up shared expenses.

**LEO (July 23-Aug. 22)** – Hone your skills and improve how you live. Do what's best for you, and speak up about your feelings and plans. Don't be swayed by others' actions or opinions; trust your gut.

**VIRGO (Aug. 23-Sept. 22)** – A domestic disagreement will turn into an emotional tug-of-war if you let it. Pause and consider every angle of a situation before you take action. Don't limit your potential by acting in haste.

**LIBRA (Sept. 23-Oct. 23)** – Busy yourself with something that excites you. Pick up a new hobby, reconnect with an old friend through social media or sign up for an online course that can lead to additional income.

**SCORPIO (Oct. 23-Nov. 22)** – Refuse to let anyone put limitations on you or what you can do. A change to your appearance will give you the wherewithal to make an overdue change that will have positive results.

## Answer to Previous Puzzle

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

- ACROSS**
- 1 Dallas NBAer
  - 4 Vitality
  - 8 Ardor
  - 12 Cold cube
  - 13 Protuberance
  - 14 Machu Picchu founder
  - 15 Eggy drink
  - 16 Feliciano or Ferrer
  - 17 Wrestling hold
  - 18 Coloring device
  - 20 Water down
  - 22 Ho-hum feeling
  - 23 Govt. ID
  - 24 Armor wearer
  - 28 Intimidate
  - 31 Commuter vehicle
  - 34 Wk. day
  - 35 Feint
  - 36 Getz or Kenton
  - 37 Urge Fido on
  - 38 Prof. rank.
  - 39 Witch's spell
- 40 – out (dozed off)**
- 42 Softball toss
  - 44 Truism
  - 48 Not wholesale
  - 51 Young chickens
  - 52 Quit flying
  - 53 Familiar with (2 wds.)
  - 55 Stockholm carrier
  - 56 Berg
  - 57 King's address
  - 58 Byron work
  - 59 Take care of
  - 60 Aim toward
  - 61 Write

- 8 Belly dance clackers
- 9 Proclaims
- 10 Checkbook no.
- 11 Result of damming
- 19 Jack London setting
- 21 Devotee
- 25 In that case (2 wds.)
- 26 Silly smile
- 27 Hayseed
- 29 Approves
- 30 Moist
- 31 Tool handle wood
- 32 Colorado tribe
- 33 IRS concern
- 35 Family member
- 40 201, to Claudius
- 41 Deserved
- 43 Evaluated
- 45 Famed fabulist
- 46 Slope
- 47 German industrial center
- 48 Floating platform
- 49 Fashion magazine
- 50 Opulent
- 51 – – song (cheaply)
- 54 Dessert cart item

- DOWN**
- 1 Chop fine
  - 2 Kind of squash
  - 3 Meat avoider
  - 4 Forbid
  - 5 Fish-eating bird
  - 6 Come-ons
  - 7 Have to have

1	2	3		4	5	6	7		8	9	10	11
12				13					14			
15				16					17			
18			19				20	21				
22								23				
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48	49				50		51					
52					53	54				55		
56					57					58		
59					60					61		

MONDAY, DECEMBER 14, 2020

## A world champion has fireside chats

By Phillip Alder

Mike Lawrence, who is a three-time Bermuda Bowl world team champion, has written several excellent books. The title of his latest, "Insights on Bridge: Bidding, Play and Defense, Book 2" (Baron Barclay Bridge Supply) is self-explanatory. In each of 96 short chapters, Lawrence discusses one hand (a bidding problem) or two hands (declarer-play or defense). He says that these books "won't make you an expert. But (they) will start you on the path to being a good player and good partner."

In this deal from the book, cover the East and South hands. Against three no-trump, West leads his fourth-highest spade four: 10, three, eight. Declarer then plays a heart to his queen. How should West defend?

A good rule for authors is to keep the auction simple if it is a card-play deal – unless the bidding supplies a key piece of information for declarer or a defender.

West should start by checking the high-card points. He has 10, dummy holds 12, and declarer indicated 15-17. That leaves 1-3 for East. He probably has one club honor: the jack, queen or king.

Next, usually third hand plays high, but when he cannot do that, he gives count. Here, East's lowest spade,

North				12-14-20
♠ Q J 10				
♥ 8 7 2				
♦ A K Q 8				
♣ 9 8 3				
West		East		
♠ K 9 7 4 2		♠ 6 5 3		
♥ K 6		♥ 10 9 5 4 3		
♦ 6 5 2		♦ 4 3		
♣ A 10 6		♣ J 7 5		
South				
♠ A 8				
♥ A Q J				
♦ J 10 9 7				
♣ K Q 4 2				
Dealer: South				
Vulnerable: Both				
South	West	North	East	
1NT	Pass	3NT	All Pass	
Opening lead: ♠ 4				

the three, showed an odd number of spades: one or three. If he started with a singleton, the contract is surely cast-iron. But if he began with three spades, declarer is down to a singleton ace. West should win the second trick with his heart king and lead the spade two. When South's ace does come fluttering down, West waits to get in with his club ace to cash three spade winners.

Available from baronbarclay.com.

### CELEBRITY CIPHER

by Luis Campos

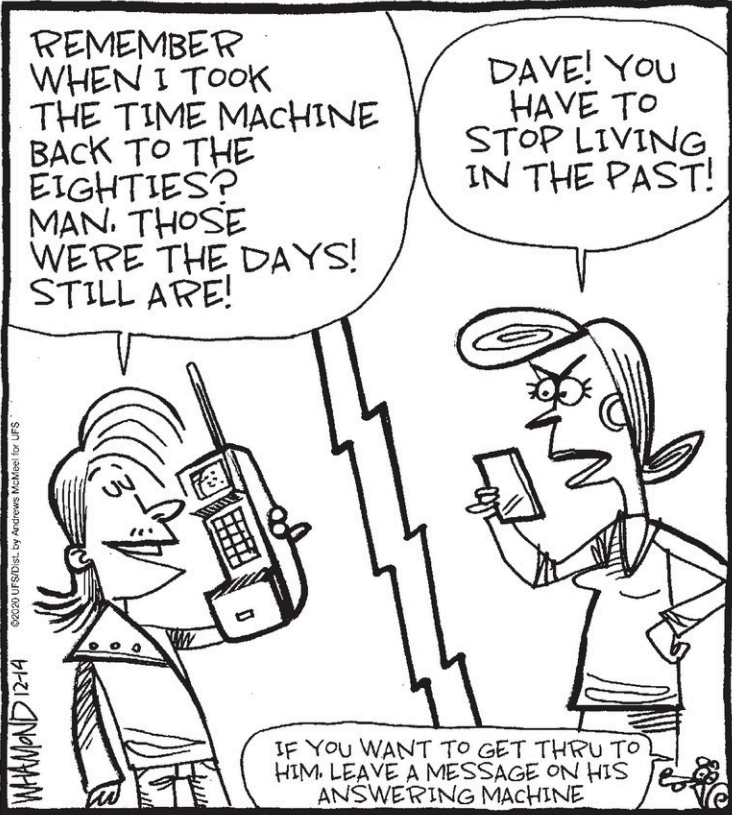
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

"CBILY PLABYN JY WAA SAWELT  
CMLHL KLEJTJBYT WHL PLJYN IWKL.  
JD TMBZAKY'D PL DMWD CBILY WHL  
DML LVELSDJBY." - HZDM PWKLH  
NJYTPZH N

Previous Solution: "The most important thing is to try and inspire people so that they can be great in whatever they want to do." - Kobe Bryant

TODAY'S CLUE: X sjaenba A

### REALITY CHECK

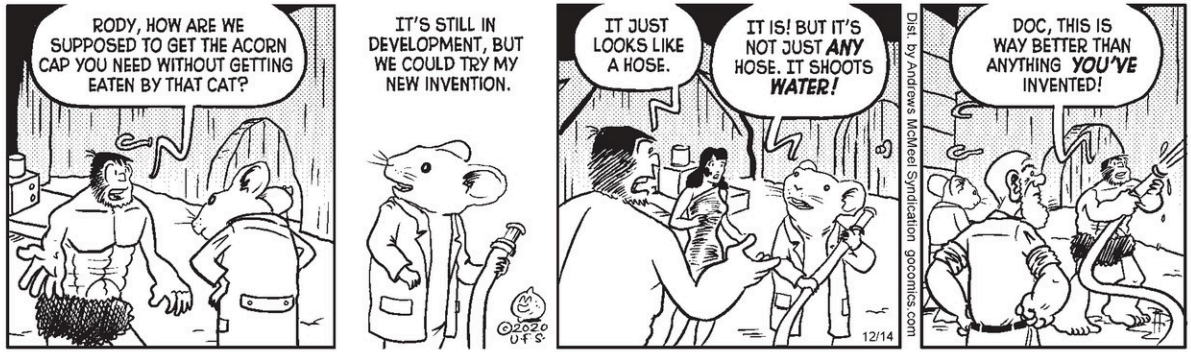


### HERMAN

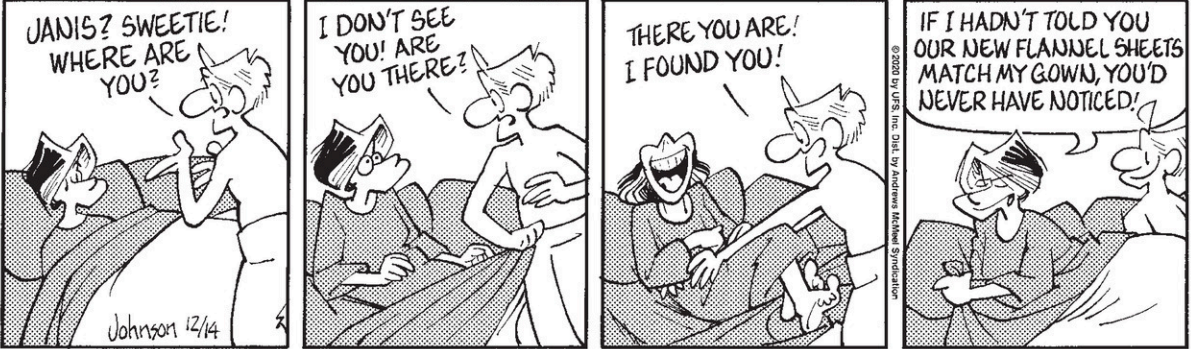


"Obviously you weren't at the meeting this morning."

### ALLEY OOP



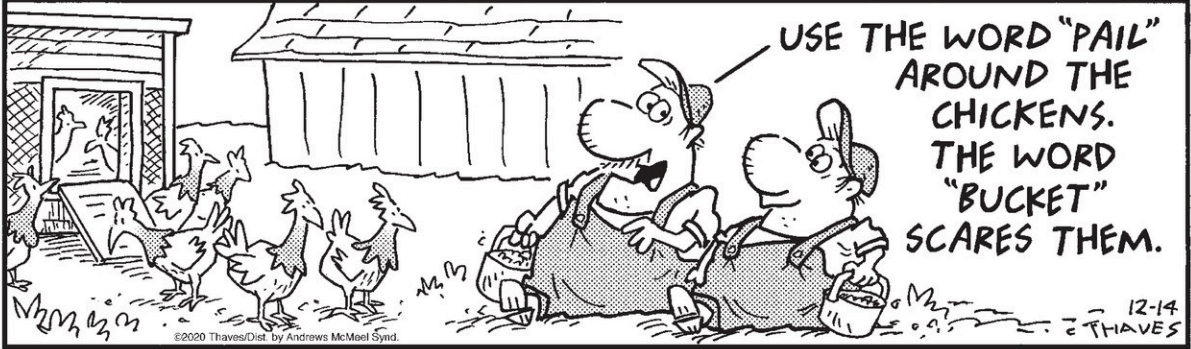
### ARLO & JANIS



### THE BORN LOSER



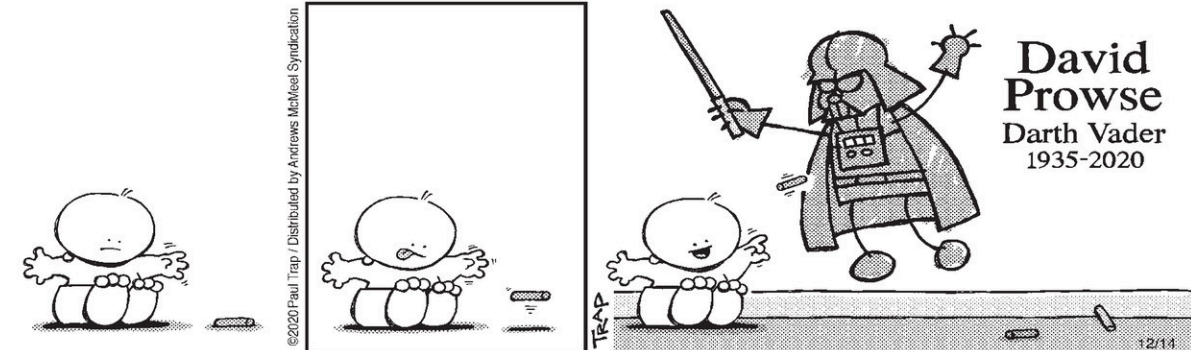
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### GRIZZWELLS



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## Hunger has no season

Dear Annie

MONDAY, DECEMBER 14 2020

**Dear Annie:** Your responders are showing the wonderful ways they are illustrating generosity and care this season, even at the expense of their own enjoyment of the holidays. A suggestion for making those benefits available past Jan. 1 would be to adopt a school or family or shelter, and to continue that commitment. Hunger has no season. Compassion has no limits.

**Dear Compassion:** I love your letter. The more we can give to others, the better we feel about ourselves. It is a beautiful circle of joy. Thank you.

**Dear Annie:** I read the article about grown children living at home and disrespecting their parents. I, too, had to apply the "tough love" strategy to one of my children. In a nutshell, my oldest son left for college at 18, finished his freshman year, found a girlfriend and, at 19, decided to switch colleges. He moved into an apartment with a couple of high school friends and began his sophomore year at the university. I soon began to notice that whenever I called the apartment, he was never there. His friends would tell him to call home, which he would. I soon caught on that he was no longer living at the apartment I was paying for. He had moved in with his girlfriend, dropped classes so he could work to pay rent and run up every credit card he applied for. We finally had a family discussion about all this, and it was decided he would move home, get a full-time job and start paying off his debts. His girlfriend did the same.

The problem was, once he returned home, he didn't find a job. He worked part time once in a while and kept hours well beyond our curfew. He was given an ultimatum: three strikes and you're out. After the third time he came home at 3:00 a.m. after partying, I knew what I had to do. I packed up all of his belongings, put them out on the driveway and told him he could no longer live under our roof. I also told him I

loved him so very much and that was THE HARDEST decision I ever had to make. I cried all night the first night and hardly slept for a week. He bounced around from friend to friend for about a month.

Then, he got a job; he got an apartment; and he started turning his life around. Two years later, he told me that he never blamed me for kicking him out and said that it was probably the best thing I had ever done for him. We have a great relationship. He is nearly 40 now, married with kids, and he has a solid career. I should note that our other children took notice and did not follow in his footsteps. - Tough-Love Mom

**Dear Tough-Love Mom:** Congratulations on doing one of the hardest and kindest things you could do for your son. You are correct that if you enable bad behavior, there really is little incentive to change. What you did for your son changed the trajectory of his life forever. Your tough love paid off. Kudos.

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

Send your questions for Annie Lane to [dearannie@creators.com](mailto:dearannie@creators.com).

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

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## PREVIOUS SOLUTION

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

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

## Looking for an original gift?



In 2016, The Record published a commemorative book entitled "County Fairs of the Eastern Townships". This book includes pictures taken over the past century from all the fairs in the region. Available at \$8 each if picked up (\$12 if mailed).



We also have a limited number of Book 2 of "Decades of Headlines" compiled into one book. This book covers some of the most important headlines and stories from the front pages of the newspaper - wars, depression, floods, crime and punishment - from 1921 to 1930. Available at \$8 each if picked up (\$12 if mailed).



For more information, call 819-569-9528  
or email us at [billing@sherbrookerecord.com](mailto:billing@sherbrookerecord.com)  
or drop by our offices at 6 Mallory, Sherbrooke (Lennoxville).



# This year, we'll celebrate the holidays differently.

Because the pandemic is still very much with us, we must avoid get-togethers during this time.

Let's celebrate within our bubble in order to protect our loved ones, older people and the whole community.

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

Let's keep our spirits up.

📞 1 877 644-4545