

Vaccination open to 65 and up

By Gordon Lambie

On Friday the age limit to sign up for COVID-19 vaccination appointments dropped to 65, making it possible for almost all of those considered to be at the highest risk from the virus to get their shot. To date more than 97 per cent of deaths due to COVID-19 have been among those aged 60 and up. The provincial government has committed to ensuring that everyone receives a first dose by June 24.

The Province of Quebec reported 648 new cases of COVID-19 on Sunday after having added 775 on Saturday and 764 on Friday, bringing the total number of people infected since the start of the pandemic to 302,339. As of Sunday there were 6,800 active cases across Quebec.

There were five new deaths recorded on Sunday following seven on Saturday and 11 on Friday, for a total of 10,599. The total number of hospitalizations in Quebec dropped by 18 over the weekend, to 501, but the number of people in intensive care increased by one compared to Thursday, for a total of 102.

Sunday's figures also saw another 28,543 doses of vaccine administered across the province, increasing the total to 944,793 out of the 1,050,355 doses of vaccine that have been received so far. This figure accounts for first-dose vaccination in about 11 per cent of the total population.

In the Eastern Townships, there were six new cases of COVID-19 confirmed on Sunday, following the addition of 15 on Saturday and 13 on Friday.

As of Sunday's figures, there were 131 active cases across the Eastern Townships' local service networks: 12 in La Pommeraiie, 46 in the Haute-

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Planting the seed for change at a local level



MARIANNE LASSONDE

By Marianne Lassonde
Special to The Record

On Friday, students ditched their classes to demonstrate their frustration about government inactivity in the face of an environmental crisis. Decorated with banners, posters and green pins, participants walked from the Cégep de Sherbrooke

to the town hall all the while chanting their demands for immediate change.

One of many happening globally, the march followed a call to action by Fridays for Future, a movement launched by Greta Thunberg in 2018. This year, the protests fell under the general theme of "No More Empty Promises."

"We want our elected municipal

officials to listen to us, to listen to the science," said Mathilde Robitaille-Lefebvre, co-spokesperson for Université de Sherbrooke's Coalition Étudiante pour un Virage Environnemental et Social (CEVES).

"We want them to reach out and listen to communities that are directly impacted by their inaction."

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RECORD

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Income tax clinic—there’s still time to file your taxes



THE SCOOP MABLE HASTINGS

The Missisquoi North Volunteer Centre (CABMN) is offering an Income Tax Clinic for low income families earning less than \$30,000 per year and individuals earning \$25,000 or less annually. There is a \$10 fee to cover printing cost

The CABMN has been offering this service for many years. Volunteers trained by Revenue Canada and Revenue Quebec receive your information and then fill out your taxes for you. Due to Covid protocols masks are mandatory and those wishing to partake in this service must call for an appointment with the designated CABMN staff person(s). CABMN Administrative Coordinator, Jennifer McGeean is

responsible for this service assisted by Debra Harding who, in Jennifer’s absence can take appointments for her.

“This service is offered between March 1 and April 15,” explained McGeean. “Thus far, we have already completed most of our regular users who come to us annually,” she continued. “There is still time, however, for anyone living in the MRC Memphremagog Ouest (Potton, Bolton-Est, Saint-Etienne-de-Bolton, Stukely-Sud and Eastman), to have their taxes done provided they meet the eligibility criteria stated above.”

The CABMN is located on the second floor of the CLSC building at 314B Principale in Mansonville. To make an appointment or for information call: 450-292-3114. When you call for an appointment you will be told what information you need to bring in to have your taxes completed without delay.

“The CABMN is very lucky to have the consistent volunteers that we do who offer this program,” said McGeean. “There is a certain feeling of comfort and familiarity that has been established between the volunteer providing the service and the usual clients that he or she helps each year.”

The Missisquoi North Volunteer Centre (CABMN) offers a variety



COURTESY

of programs, services and groups throughout the year. Those wanting to stay informed on a regular basis about the CABMN happenings are encouraged to sign up for their free weekly newsletter (sent to your email in box weekly on Sundays), by visiting the CABMN website at www.cabmn.org
A reminder also to the senior population that the Volunteer Centre can also help you with your Covid-19 vaccine registration or in setting up a free ride to your injection site. Should you need assistance you need only call the office at the number above.

Masons food drive for Moisson Estrie

In January and February Masons in North Hatley and Cookshire-Eaton coordinated a food drive that resulted in a donation of foodstuffs valued at \$1,200 and a cheque for the sum of \$2,000 to Moisson Estrie.

Organized as a part of The Grand Lodge of Quebec’s food drive, which took place in multiple districts within Quebec, the local collection relied on the support of friends, neighbours, and work colleagues in addition to the Masons themselves. People were asked to contribute either through e-transfers, cheque or by leaving non-perishable food items at one of two drop-off points in the two communities. All proceeds and food stuff collected within the Estrie area (St Francois District of Grand Lodge) stayed in this area.

A total of \$26,000 (Cash and foodstuffs) was raised in the Grand Lodge campaign all across the province,

which organizers estimate to be the equivalent of more than 300,000 plates of food for those in need.

Thank you to all who help support

our cause.

Submitted by Greg Sayer,
Friendship Lodge #66, North Hatley



GREG SAYER

Left to right: George Contaxakis from the Grand Lodge of Quebec and Genevieve Cote, Director General of Moisson Estrie with Joey McClure and Jean Martin from Victoria Lodge #16.

Weather



TODAY:
ISOLATED
SHOWERS

HIGH OF 15
LOW OF -3



TUESDAY:
SUNNY

HIGH OF 18
LOW OF 0



WEDNESDAY:
MIX OF SUN
AND CLOUD
HIGH OF 15
LOW OF 5



THURSDAY:
60 PER CENT
CHANCE OF
SHOWERS
HIGH OF 17
LOW OF 4



FRIDAY:
PERIODS OF
RAIN
HIGH OF 9
LOW OF 0

Ben by Daniel Shelton



Local News

The questions range from asking how many times people attend movie theatres to whether they ever heard of the film festival in the first place.

Sherbrooke film festival wants to hear from the English-speaking community

By Michael Boriero - Local Journalism Initiative Reporter

Students in a business class at the Université de Sherbrooke have been tasked with understanding what the English-speaking community in the Eastern Townships would like to see at this year's Festival cinéma du monde de Sherbrooke.

Andréa Bousquet, one of six students involved in the project, said teams were handed different organizations. Her team just happened to land the film festival. The 26-year-old Bousquet told The Record that the festival has struggled to attract English-speakers.

"I'm not quite sure, I think the offer is there, but maybe we're not able to reach them and to inform them,

so we have no idea," said Bousquet, adding that the majority of people in attendance are from the French-speaking population.

The six-person team created a short survey, which they hope will help them understand why the English-speaking community is not attending the annual film festival. According to the link provided by the students, it takes roughly five minutes to fill out the survey.

The questions range from asking how many times people attend movie theatres to whether they ever heard of the film festival in the first place. They also present several event ideas to see what activities might interest the English-speaking community.

Bousquet and her classmates are

trying to understand the problem. They haven't received too much data or general information from the festival's organizers yet. However, the survey will run for about two weeks, she explained, which should shed some light on the situation.

"I know in general in Sherbrooke the offer is reduced for the English-speaking community," said Bousquet, sharing with The Record that they are really in the early phase of their research.

The festival will take place from June 3 to 10. It features a plethora of international films and provides people with opportunities to chat with directors about their vision and inspiration. But according to Valérie Saracosa, it's a bit early to discuss event

details.

Saracosa, the festival's marketing and communications director, told The Record that the organization is excited about the university's involvement this year. The goal has always been to unite communities through the power of film.

"For sure, it interests us to reach the English-speaking community, so it's a great opportunity to work with this group," she said.

The films are presented in their original language, Saracosa continued, which could turn casual movie-goers off from the festival. They also add subtitles, she said. Saracosa hopes the survey will help them create a better experience for everyone in the summer.

Evelyne Beaudin announces run for mayor

By Gordon Lambie

Evelyne Beaudin, leader of the Sherbrooke Citoyen municipal political party and city councillor for the Carrefour District, announced her intention to run for mayor of the city on Thursday morning.

"To build the city we truly deserve, we need someone with a clear and detailed plan, someone with the skills and the team to achieve it," Beaudin

said in a press release accompanying her announcement.

When Beaudin was elected to council in 2017 she was the only member of the party she helped found who picked up a seat. Whereas the city's other party, Renouveau Sherbrookoise, disbanded in the years since, Beaudin has remained committed to Sherbrooke Citoyen's call for citizen participation in the democratic process. She has become known as a voice that questions

council decisions and calls for greater transparency, and also for ongoing tensions with current mayor Steve Lussier.

In the video launching her campaign she calls for "honest and competent" leadership in the city and promises to work not for, but with the population on decisions about the future of the city.

Municipal elections will take place at the beginning of November this year.



SHERBROOKE CITOYEN

Official opposition critics join forces to help vulnerable populations

Record Staff

The social solidarity critics for three provincial opposition parties are uniting their voices with the Front commun pour les personnes assistées sociales du Québec (FCPASQ) and Collectif pour un Québec sans pauvreté.

They are calling for emergency financial support for people receiving last-resort assistance, as they have been put under immense pressure due to the COVID-19 pandemic. This is

in response to the increasing cost of basic commodities and loss of income opportunities.

"We have been asking for emergency assistance for people on social assistance for a year now, and we have been asking for food for a year," said FCPASQ spokesperson Jean-Philippe Benjamin, adding that Social Solidarity Minister Jean Boulet has not done enough.

Benjamin said his organization has been in contact with the minister's political attaché but they haven't made

serious progress in the past year. Serge Petitclerc, spokesperson for the Collectif pour un Québec sans pauvreté, shares similar sentiments.

"On March 25, we look forward to seeing in which column of the budget the government will include this heavy liability for Quebec society," he said. "Above all, we are anxious to see what it will propose to finally help the least fortunate in our society to cover their basic needs."

Quebec Liberal Party MNA Paule

Robitaille, one of the official opposition critics to support the FCPASQ, said the pandemic further weakened Quebec's most fragile population. She noted that the gap in social inequalities is growing every day.

"The minister must show empathy. We have been asking for it for a year. They are not asking for a handout, they do not want to be left behind by overburdened community organizations, they simply want to live in dignity," said Robitaille.

Vaccination open to 65 and up

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Yamaska, 11 in Memphrémagog, two in Coaticook, 19 in Sherbrooke, three in Val Saint-François, 28 in Des Sources, two in Haut-Saint-François, and seven in Granit, along with one whose territory had yet to be confirmed.

After a week without any new

deaths, this weekend brought news of one more, increasing the number of people who have died as a result of the virus to 318.

There was a slight increase in local hospitalizations over the weekend, with 13 now in hospital for COVID-19 related

reasons as compared to Thursday's 12, and the number of people in intensive care remained the same, at three.

The number of confirmed variant cases in the province only increased by one over the weekend, but another 561 were added to the list of presumptive

cases that are in the process of being verified by the public health institute. The number of variant cases confirmed in the Eastern Townships remains stable at nine, all of which were of the B.1.1.7 variant originally detected in the United Kingdom.

EDITORIAL

According to 2020 data from the Quebec ministry of agriculture, the greenhouse fruit and vegetable sector in the province has grown by 50 per cent in nine years.

And now for some good news about the greenhouse effect



PETER BLACK

Our neighbourhood hardware store switched up the signs in the window last week. Out with the sign announcing the skate sharpening service; in with the one announcing that McKenzie seeds are now in stock.

Your scribe was only mildly delighted at this harbinger of spring, having never attempted to grow tomatoes from seeds, preferring the jump-starting advantage of greenhouse-grown seedling plants.

Ah, the wondrous tomato, a vegetable (or is it a fruit?) we have come to cherish even more as we watch actor Stanley Tucci's lush series on Italian cuisine on CNN. Tucci, as charming and amiable as the late lamented Anthony Bourdain was edgy and inebriated, has a special love for the pomodoro (golden apple). We learn the tomato made its way from the New World courtesy of the Spanish conquistadors, who subsequently transplanted it in Tuscany where it became the staple of Italian food.

Back to those newly arrived seeds. Being ignorant of the world of flower and vegetable seeds, I asked Mr. Google, who tells me McKenzie is Canada's top packet seed supplier, primarily for home gardeners. Founded in 1896 in Brandon, Manitoba, the company was gobbled up in 2008 by the Norwegian seed colossus Jiffy International which also owns the largest supplier in the

United States.

Apparently, McKenzie no longer produces seeds in Manitoba, so most gardens in Canada are basically sown with foreign seeds.

Such is our globalized world, but the prospect of being vulnerable to foreign suppliers of fruits and vegetables is something the Quebec government is determined to resist.

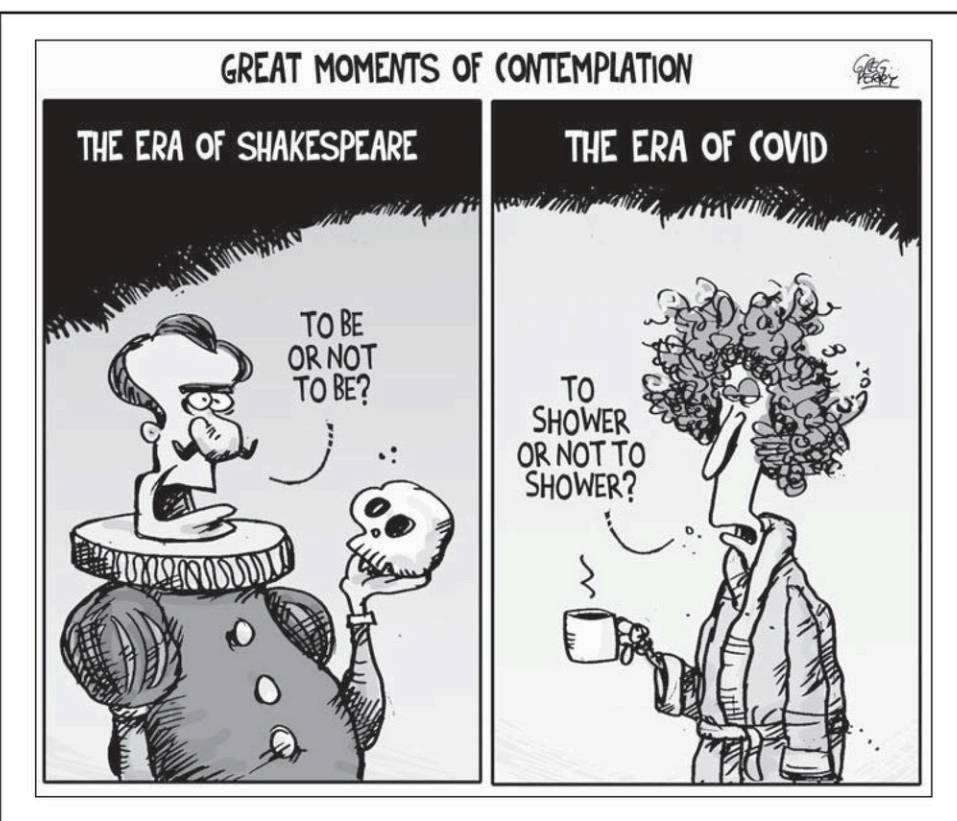
Folks may have noticed something changing in the past few years in Quebec supermarkets: an abundance of home-grown tomatoes in the depths of winter. Whereas not that long ago snowbound Canadians were compelled to buy fresh tomatoes cultivated, sometimes under dubious social and environmental conditions, in places like California and Mexico, nowadays tomatoes on offer are more likely to come from the Laurentians, the Saguenay, the Townships or the Charlevoix.

Quebec's greenhouse vegetable industry has been growing like a weed in recent years, nurtured by governments and driven by entrepreneurs capitalizing on an irresistible movement to home grown food year round.

According to 2020 data from the Quebec ministry of agriculture, the greenhouse fruit and vegetable sector in the province has grown by 50 per cent in nine years. There are some 553 greenhouse fruit and vegetable companies in the province, cultivating an expanse of 123 hectares.

Sales have leapt from \$73 million in 2010 to \$148 million in 2019, with average household consumption rising from 7.8 kg to 9.3 kg, or about the equivalent of three or four plump tomatoes from the hothouses of Quebec's countryside.

(We should interject here, with Stanley Tucci's San Marzanos in mind, that no greenhouse-grown tomato can compare in flavour with the sun-ripened beauties of summer.)



Last fall, the Coalition Avenir Quebec (CAQ) government unveiled its Greenhouse Growth Strategy which aims to double the province's hothouse production by 2025, using a series of financial and other incentives. Some \$91 million has been earmarked over two years to stimulate greenhouse expansion, as well as a fund for reducing the cost of electricity which is a major factor in heating greenhouses in the northern climate.

An example is the Demers operation in Levis where \$23 million worth of government subsidization of electricity costs is the key to the construction of a \$70 million new greenhouse facility.

Even with the massive expansion of greenhouse infrastructure, Quebec is still a long way from weaning itself

off imported produce, 51 per cent of which still comes across the border.

There are many positive things about greenhouse-grown edibles, apart from vegetable nationalism. They require less pesticides and herbicides than field-grown produce, they are of consistent size and quality, and they can be grown with a minimum of environmental impact, from recycled water to solar panels.

One of the giants of the industry, Savoura, boasts of using biomass as fuel to heat several of its plants ... er, greenhouses. In so doing, the company says it reduces tens of thousands of tons of greenhouse gases every year.

How about that, greenhouses reducing greenhouses gases?

Letters

Re: New column by Linda Seccaspina

DEAR EDITOR:

Great new column. I love her attitude and sense of humor. Hoping she'll become a regular!

FRANCE THIBAUT

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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News quiz for local students

It's time to test the knowledge of young people in the Townships and see who's keeping up with the news. The Record publishes a quiz each week with five questions related to news that appeared the week before in the paper.

Students at the elementary and high school level are invited to read through the paper to find the answers and then send them by email to our editorial team.

At the end of the month, any students who participate and answer the quiz questions will be entered into a draw to win a 16-GB Fire tablet.

Each time a student answers a different quiz, their name will be re-entered, increasing their chances of

winning a tablet.

Don't have access to The Record? No problem.

All schools in the Eastern Townships School Board have access to the e-edition of the paper, so ask a teacher or principal for help to get connected.

Send your answers to mboriero@sherbrookerecord.com.

For more information about the quiz and how to participate, call the newsroom at 819-569-6345.

Last week's questions and answers

1) How did Mary Harvey become a theatre professor at Bishop's University?

Answer: She had just finished

performing in a show with the Centaur Theatre Company in Montreal when a former BU professor offered her a job.

2) What did the Wales Home do immediately after the Eastern Townships went into lockdown?

Answer: The staff started an initiative to connect families. They've done over 1,000 video calls.

3) What is happening to St. Luke's Church in Magog?

Answer: It is being restored and transformed into a microdistillery.

4) What two factors kept Marisa Rodrigues in the nursing program at Champlain College?

Answer: Volunteering and support from her program and peers.

5) What is the current starting

salary for a school crossing guard?

Answer: \$13.93 with four possible increases after every 700 hours worked.

This week's questions

1) What strategy does Bishop's University use in its residence buildings as an early warning sign to detect COVID-19?

2) How long does it take to train new employees at the Uplands Cultural and Heritage Centre?

3) What does the Sherbrooke Airport Development Council want to do with its new project?

4) What did Guylaine Cliche ask for in her manifesto last week?

5) William Rainville was arrested last week after police did what?

Quebec invests more than \$600,000 in Indigenous culture and language projects

Record Staff

Culture Minister Nathalie Roy has granted \$600,342 to 32 Indigenous organizations under the programme Aide aux projets pour les Autochtones, which is nearly a 29 per cent increase compared to the previous year.

The funds are being dispersed across

22 language projects, seven cultural projects for school-aged youth, and three media-related projects. This initiative is part of the Plan d'action gouvernemental pour le développement social et culturel des Premières Nations et des Inuits.

According to Roy, the call for Indigenous cultural projects has been a success. The proposed projects will contribute to the cultural vitality of

Indigenous communities, she said, which is a particular benefit to young people.

"Aboriginal languages and cultures are a great asset for Quebec, and we will always be there, alongside the First Nations and Inuit, to promote them," said Roy.

Culture is an important tool for the harmonious development of

communities, added Aboriginal Affairs Minister Ian Lafrenière. The projects are in line with the realities of these communities, he continued, there is a strong desire to perpetuate their languages and cultures.

"I am proud of the spirit of vision of these partners who are concerned about the well-being of their fellow citizens," said Lafrenière.

Planting the seed

CONT'D FROM PAGE 1

For Quebec, it was the perfect time for CEVES to express their concerns regarding the Énergie Saguenay pipeline project, which was submitted to the minister of environment in January.

If approved, the project would allow for the construction of a 782-kilometre pipeline from northern Ontario to Saguenay, a liquid natural gas (LNG) plant and a marine port intended to facilitate the shipment of LNG overseas.

"We want to block this project," added Robitaille-Lefebvre. "It directly affects the Eastern Townships and directly affects the students."

Alongside worries of its environmental impact, the project is one of many attempts to further colonize indigenous lands, said Quentin Condo, a Mi'kmaq attendee. To him, the pipeline project negates indigenous concerns regarding the protection of Atikamekw and Innu waters - which he argues should be a national concern.

While Robitaille-Lefebvre saw the march as a way to actively remind elected officials of the existing climate crisis and to encourage action prior to the upcoming municipal election, Condo doubts real change will happen if politicians do not involve First Nations peoples in their decision-making.

"The politics need to change from

the ground-up. Right now, it runs from the top-down," said Condo. "We need people who represent the people and work for the people."

And rebuilding a broken system was on the minds of many attending the protest, especially those who are at increased risk of the adverse impacts of climate change.

One of these attendees was Félix Dion, who joined the protest in his wheelchair despite the heavy wind and the steep hills of King Est. To him, using a movement like Fridays for Future was the perfect opportunity to remind individuals that people with disabilities experience climate change differently and more intensely than others. In fact, he made sure to attend the march carrying a heavy sign portraying a person in a wheelchair with the Earth for wheels.

"During these movements, it is important to consider inclusivity and accessibility, which is often forgotten," said Dion, who hopes his sign will have a domino effect and lead to more protests addressing concerns closer to home.

According to a 2019 United Nations study, people with disabilities are more vulnerable to extreme climate events, twice as likely to face poverty, and are more likely to experience difficulties in the face of evacuations or migrations.

"What determines my handicap is



MARIANNE LASSONDE

the environment," said Dion. "If the environment shifts to being more accessible, the less my handicap is noticeable."

Dion also added he believes in the strength of decentralizing environmental concerns as a way to demystify these complex issues. To him

rendering global change to smaller, more achievable goals would help communicate how simple and doable change really is. One of the proposed local initiatives is the construction of more bike paths to encourage more people to ditch their cars for a day or two.

We all want to know more about COVID-19 vaccination



There are many reasons to get vaccinated, including protecting ourselves from the complications and dangers caused by infectious diseases, but also to stop the return of infectious diseases that are avoidable through vaccination.

The COVID-19 vaccination campaign now underway is aimed at preventing serious complications and death from COVID-19. We also use vaccination as a way of protecting our healthcare system and getting back to a more normal life.

When did the vaccination campaign start?

COVID-19 vaccination in Québec began in December 2020 with the delivery of the first vaccine doses. Because the availability of vaccine is limited, categories of people deemed at higher risk of developing COVID-19 complications have been given priority. As more vaccine becomes available in Canada, the categories of recipients will be extended.

Order of priority of recipients of COVID-19 vaccines

- 1** Vulnerable people and people with a significant loss of autonomy who live in residential and long-term care centres (CHSLDs) or in intermediate and family-type resources (RI-RTFs)
- 2** Workers in the health and social services network who have contact with users
- 3** Autonomous or semi-autonomous people who live in private seniors' homes (RPAs) or in certain closed residential facilities for older adults
- 4** Isolated and remote communities
- 5** People 80 years of age or older
- 6** People 70 to 79 years of age
- 7** People 60 to 69 years of age
- 8** Adults under 60 years of age who have a chronic disease or health problem that increases the risk of complications of COVID-19
- 9** Adults under 60 years of age who do not have a chronic disease or health problem that increases the risk of complications, but who provide essential services and have contact with users
- 10** Everyone else in the general population at least 16 years of age

What supply strategy was used to acquire the vaccines?

The Government of Canada signed advance purchase agreements for seven promising COVID-19 vaccines with the following companies: AstraZeneca, Johnson & Johnson, Medicago, Moderna, Novavax, Pfizer and Sanofi Pasteur/GlaxoSmithKline. The purchases are conditional upon approval of these vaccines by Health Canada.

To date, the Pfizer and Moderna vaccines have been approved for distribution in Canada. Soon, other vaccines from these companies will be used to speed up COVID-19 vaccination.



What types of COVID-19 vaccines are being studied?

There are three types of vaccine currently being studied.

- 1 **mRNA vaccines:** These vaccines contain part of the RNA of the virus which has the ability to make the S protein located on the surface of the virus. Once the RNA messenger is inside our cells, they make proteins similar to those on the surface of the virus using the instructions provided by the RNA messenger. Our immune system recognizes that this protein is foreign and produces antibodies to defend itself against it. The RNA fragment is quickly destroyed by cells. There is no risk that this RNA will alter our genes.
- 2 **Viral vector vaccines:** These contain a weakened version of a virus that is harmless to humans. Once in the body, the vaccine enters our cells and gives them instructions to make protein S. Our immune system recognizes that this protein is foreign and produces antibodies to defend itself against it. Once in the body, the vaccine enters our cells and gives them instructions to make protein S. Our immune system recognizes that this protein is foreign and produces antibodies to defend itself against it.
- 3 **Protein subunit vaccines:** These contain non-infectious fragments of proteins that mimic the envelope of the virus. Our immune system recognizes that this protein is foreign and produces antibodies to defend itself against it.

Will an mRNA vaccine alter our genetic code?

No. Messenger RNA does not enter the cell's nucleus or come into contact with the nucleic DNA. As such, it cannot alter our DNA in any way.

How do COVID-19 vaccines work?

When someone receives the vaccine against the virus that causes COVID-19, their body starts to defend itself against the virus. An immune reaction occurs which neutralizes the virus producing antibodies and activating defense cells.

Most COVID-19 vaccines in development prompt the production of antibodies to block protein S; the protein that allows the virus to infect the human body. This prevents the virus from entering and infecting human cells.

The virus that causes COVID-19 is composed of strands of ribonucleic acid (RNA) genetic material surrounded by a crown-like envelope with proteins that include the S (spike) protein, hence the name "coronavirus."



What side effects can be expected from injection with the COVID-19 vaccine?

Some minor side effects may occur, such as redness or pain at the injection site and fatigue, fever or chills. These symptoms are less common among vaccine recipients over the age of 55, are usually benign and do not last long.

As of now there are no known serious side effects from mRNA vaccines. While other random problems may arise, such as a cold or gastroenteritis, they are not related to the vaccine per se.

Because the vaccine does not contain the SARS-CoV-2 virus, it is not capable of causing COVID-19. However, people who come into contact with the virus in the days leading up to their vaccination or within 14 days of receiving the vaccination could still develop symptoms and get the COVID-19 disease.

As such, following health measures remains important until such time as a majority of the population has been vaccinated.

Why did it take 40 years to develop a flu vaccine but only nine months for one against COVID-19?

Past efforts, particularly during the SARS epidemic in 2003, advanced coronavirus vaccine research and accelerated the fight against COVID-19.

There are currently over 50 COVID-19 vaccines undergoing clinical trials around the world, the result of unprecedented scientific cooperation. Considerable financial and human resources have been invested in the development of vaccines that meet regulatory requirements in such a short span of time.

Public health and regulatory authorities in many countries, including Canada, are working hard to ensure that as many safe and effective COVID-19 vaccines as possible become quickly available to their populations.

Why are two vaccine doses required?

The second dose "reminds" the immune system to continue producing antibodies and ensures long-term protection. In current circumstances, where COVID-19 is spreading very fast, administration of the second dose may be delayed somewhat to be able to vaccinate more people with the first dose.

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

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Québec 

In Memoriam



SYLVESTER, Albert George: August 22, 1937 - March 22, 2013.

*As I recall old memories
Of good times through the years
My heart is full of thankfulness
There's no room left for tears.
You knew what was important
God, family, and friends
I'll hold your precious memory
Until we meet again.*

**Love and miss you,
ROBERTA**

In Memoriam

SYLVESTER - In loving memory of our loving Dad and Grampa, Albert Sylvester, who went home to Heaven March 22, 2013.

A letter to my Dad,
Dad, I wish you here, somehow everything seemed better when you were by our side, you always knew just the right words to say at the right moment. You taught us to be patient, to put one foot in front of the other and to live one day at a time but the past year has been a challenge with no familiar gatherings, no family Easter brunch to mark the beginning of spring. No summer BBQ get together or potluck dinners at the farm followed by the kids laughing and splashing in the pool. No country fairs to mark the end of summer and the beginning of yet another crazy school year. No family thanksgiving, no Christmas family dinner, no sleigh rides with the laughter of the kids young and old as they ride on their toboggans behind the sled and get tangled up in each other's strings. Dad we did not necessarily have the best of everything this year, but we are making the most out of the situation we are in. I came upon a couple of sayings that I would like to share, "The secret of change is to focus all of your energy not on fighting the old but on building the new." (author unknown) Just think about that one for a moment, and then I read this one that tugged at my heart "Life is like a Camera just focus on what's IMPORTANT and CAPTURE the good times DEVELOPE from the negatives and if things don't work out JUST take another SHOT!!" (author unknown) And, so dad, as we look at life a little differently this year, we are forced to slow down, and spend a little more time with each other, capturing the beauty in every moment, we are reminded of just how precious life really is. You taught us to live each day to the fullest and to cherish all the joy and blessings that life has to offer. You have blessed us with so many beautiful memories we share together as a family. They will forever be of comfort to me until I see you again and can hug you once more and whisper in your ear...

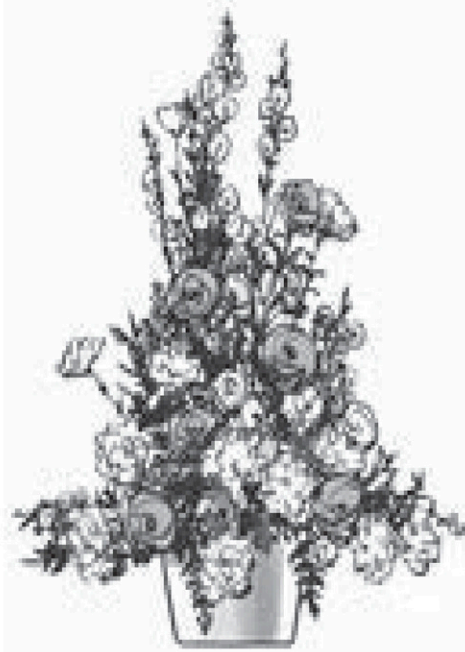
Don't forget Dad,
I LOVE you the MOSTEST!!

Lovingly remembered and deeply missed by:
JENNIFER, JAMES, KASSANDRA & RYAN-JAMES

BUZZELL, Lindsay (1932-2020)
In memory of our beloved Lindsay, husband, father, grandfather who passed away March 22, 2020.

*May the winds of love
Blow softly over the hill
Where he rests in peace.
Love and missed beyond measure.*

**JOYCE
SUSAN & DENNY
JIMMIE & ANGEL
& GRANDSON CAMERON**



SUDOKU

DIFFICULTY RATING: ★☆☆☆☆

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

3/22

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PREVIOUS SOLUTION

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

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

Datebook

MONDAY, MARCH 22, 2021

Today is the 81st day of 2021 and the third day of spring.

TODAY'S HISTORY: In 1882, the U.S. Congress passed an act that made polygamy a felony.

In 1933, President Franklin D. Roosevelt signed the Beer and Wine Revenue Act, which legalized the sale of alcoholic beverages.

In 1945, the Arab League charter was adopted in Cairo.

In 1995, cosmonaut Valeri Polyakov returned to Earth after completing the longest single space-flight in history, at 437 days 18 hours.

In 2017, a terrorist attack near the Palace of Westminster in London left five dead and more than 50 injured.

TODAY'S BIRTHDAYS: Louis L'Amour (1908-1988), author; Karl Malden (1912-2009), actor; Marcel Marceau (1923-2007), mime artist; Stephen Sondheim (1930-), composer; William Shatner (1931-), actor; James Patterson (1947-), author; Wolf Blitzer (1948-), journalist; Andrew Lloyd Webber (1948-), composer; Bob Costas (1952-),

sportscaster; Keegan-Michael Key (1971-), actor/comedian; Kathryn Jean Lopez (1976-), journalist; Reese Witherspoon (1976-), actress; J.J. Watt (1989-), football player.

TODAY'S FACT: The Beatles' debut album, "Please Please Me," was released in the United Kingdom on this day in 1963.

TODAY'S SPORTS: In 1894, the Montreal AAA beat the Ottawa Generals 3-1 in the first Stanley Cup championship hockey game.

TODAY'S QUOTE: "It's fun to do a comedy and hook people in and then hoodwink them into watching a serious movie. I like to lead in with the comedy and then hit them over the head with a drama." - Reese Witherspoon

TODAY'S NUMBER: \$152 billion - estimated total alcoholic beverage sales in the United States in 2020.

TODAY'S MOON: Between first quarter moon (March 21) and full moon (March 28).

† When you can't breathe, nothing else matters!

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NEA Crossword Puzzle

Your Birthday

MONDAY, MARCH 22, 2021

pondering what to do and take a leap of faith. Let your heart lead the way, and allow the people you know and trust to help you reach your destination. Share with someone special.

LIBRA (Sept. 23-Oct. 23) - Refuse to let an emotional incident hinder your efficiency. Focus on what you need to achieve, not on what someone does or says. Personal growth will help you let go of detrimental old habits.

SCORPIO (Oct. 24-Nov. 22) - Try doing things differently, and you will discover things about yourself that will help you get ahead. Tidy up loose ends and indulge in something that brings you peace of mind.

SAGITTARIUS (Nov. 23-Dec. 21) - Less talk and more action will help you get where you want to go. Put a little muscle behind your dreams, and you'll achieve what you set out to do. Self-improvement will enhance your appearance.

CAPRICORN (Dec. 22-Jan. 19) - Protect your physical and emotional health. It's essential to take a break and assess your situation before you bring about change. Don't get angry if someone has other ideas about the future.

AQUARIUS (Jan. 20-Feb. 19) - A creative outlet will ease stress. Spend time with someone who shares your passion. A solid plan for major progress will develop. Added discipline will get you where you want to go.

PISCES (Feb. 20-March 20) - A change will help you get on with your life. Consider the things that make you happy and pursue them. Surround yourself with people who bring out the best in you. It's time for new beginnings.

Look inward, evaluate your position and make adjustments at home to accommodate what you are striving to achieve this year. Discipline, hard work and reaching out to people who can help you excel will play roles in your success and overall happiness. Love and romance will lead to a positive lifestyle change.

ARIES (March 21-April 19) - A passionate approach to life, love and learning will lead to opportunity. Choose to do what's best for you instead of helping someone get ahead. Physical fitness will encourage better health.

TAURUS (April 20-May 20) - Refuse to let your emotions step in when discipline is required. You'll discover a reason to pause before you start something new. Discuss your ideas with important people in your life.

GEMINI (May 21-June 20) - Educate yourself and make personal adjustments before you make a major decision. An opportunity is worthwhile only if it's something that will improve your life. Choose peace of mind over money.

CANCER (June 21-July 22) - Express your feelings and clear up any uncertainty. Use your imagination, and be descriptive regarding your plans, but don't be misleading. Take better care of your health and emotional well-being.

LEO (July 23-Aug. 22) - Personal planning will lead to better health, greater confidence and enthusiastic support from someone who shares your mindset. Incorporate physical fitness and a nutritious diet into your everyday routine.

VIRGO (Aug. 23-Sept. 22) - Stop

Answer to Previous Puzzle

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

ACROSS

- 1 Buffalo Bill —
- 5 Baby's seat
- 8 Flu bug
- 12 Falco or Sedgwick
- 13 Left Bank friend
- 14 Evaluate
- 15 Peru's capital
- 16 Moved quickly
- 17 Crossing the ocean
- 18 Ogled
- 20 Unassuming
- 22 Orchestra leader — Baxter
- 23 Blast furnace input
- 24 Hitachi competitor
- 27 Captivate
- 30 Flamenco shout
- 31 Sporty trucks
- 32 Mag. staffers
- 34 Green vegetable
- 35 Frisky
- 36 Turkish title

DOWN

- 1 Tiny room
- 2 Garfield's canine pal
- 3 Small coin
- 4 Annually
- 5 Rendered fats
- 6 Doctors' grp.
- 7 Cash for incidentals (2 wds.)

- 8 First-class (hyph.)
- 9 Leisure
- 10 Road map nos.
- 11 Vegan's no-no
- 19 Want-ad abbr.
- 21 Assns.
- 24 Sponge up
- 25 Shake — (hurry)
- 26 Draw closer
- 27 Be, to Henri
- 28 Duffel filler
- 29 Rim
- 31 Soon to happen
- 33 Warmed the bench
- 35 Fortune-teller
- 38 "I" trouble?
- 39 Previously
- 40 Round Table knight
- 42 Pass, as a bill
- 43 Long-billed wader
- 44 Basilica area
- 45 Type of market
- 47 Bicycle part
- 48 Garbage bin output
- 49 Billionth, in combos
- 52 Type of whiskey

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

MONDAY, MARCH 22, 2021

Inside a senryu is a convention

By Phillip Alder

Anne Maverick of Baton Rouge, Louisiana, did not enter the Christmas Competition, but she did submit several senryu. Four of these she labeled "to help remember conventions." Let's start this week with those.

First: Partner opened, said / One no-trump after my bid / New Minor Forcing.

New Minor Forcing is a useful tool after the start to an uncontested auction of one of a minor - one of a major - one no-trump. Then responder's rebid of two of the unbid minor is artificial. It announces at least game-invitational values, and the responder almost always hopes opener can show three-card support for his major - as in today's diagram.

North might have raised one heart to two hearts because of his weak diamond holding. But after he preferred one no-trump, South used New Minor Forcing to uncover the 5-3 heart fit.

Against four hearts, West leads the diamond king. How should South continue?

Note that North goes down in three no-trump if East leads a spade or a diamond.

In four hearts, there is a danger of a loser in each suit. However, declarer's basic plan should be to discard his spade loser on dummy's club ace. So,

North		03-22-21	
♠	Q 8 3		
♥	A 7 4		
♦	J 8		
♣	A J 6 5 3		
West		East	
♠	K 6 5	♠	J 10 9 7 2
♥	J 8	♥	Q 9 2
♦	K Q 10 9	♦	5 3 2
♣	10 8 7 2	♣	K 4
South			
♠	A 4		
♥	K 10 6 5 3		
♦	A 7 6 4		
♣	Q 9		
Dealer: North			
Vulnerable: Both			
South	West	North	East
		1♣	Pass
1♥	Pass	1NT	Pass
2♦	Pass	2♥	Pass
4♥	Pass	Pass	Pass
Opening lead: ♦ K			

at trick two, declarer runs the club queen. Here, it loses to East's king. Let's suppose he switches to the spade jack. South wins with his ace, takes his two top trumps and cashes the club ace and jack, discarding his remaining spade, whether East ruffs in or not. Declarer loses only one heart, one diamond and one club.

Finally, note that NMF can also be employed after a two-no-trump rebid.

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.

" M E A B I H M B I E Z M O F H X D H M O
M O H I Y J M I C E L A P W I D Y O B A Y I D V A P H
L A P Y E I W Z H X D O H X I T I Y E A O W I D Y O I F
D V A P H L A P . " — C M W W M D B E X D H O I Y

Previous Solution: "Our Lord has written the promise of resurrection, not in books alone, but in every leaf in springtime." — Martin Luther

TODAY'S CLUE: *Equal & Left*

REALITY CHECK

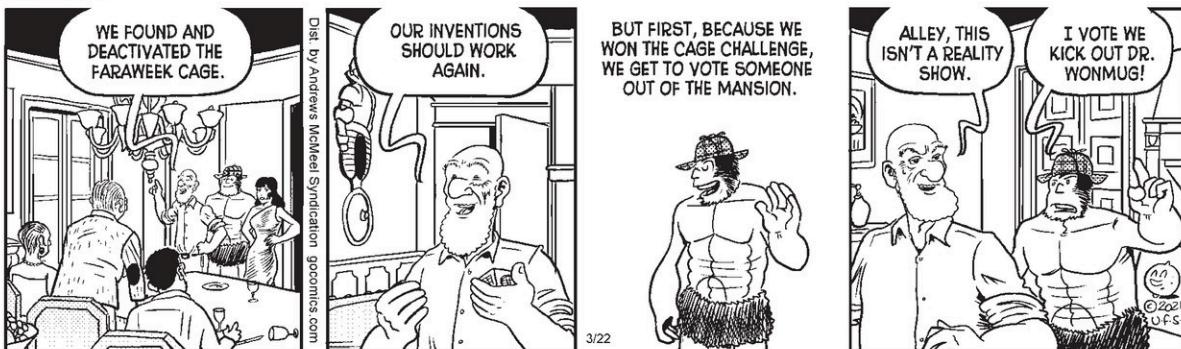


HERMAN

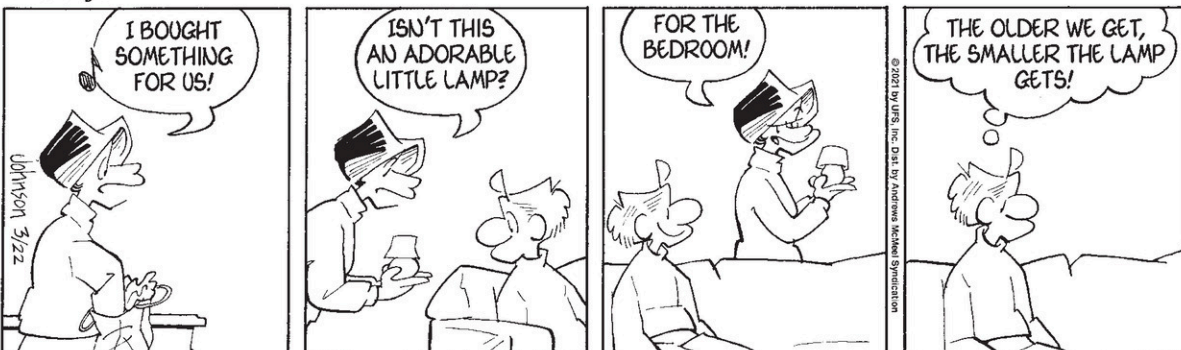


"We had a trial separation, but she found me."

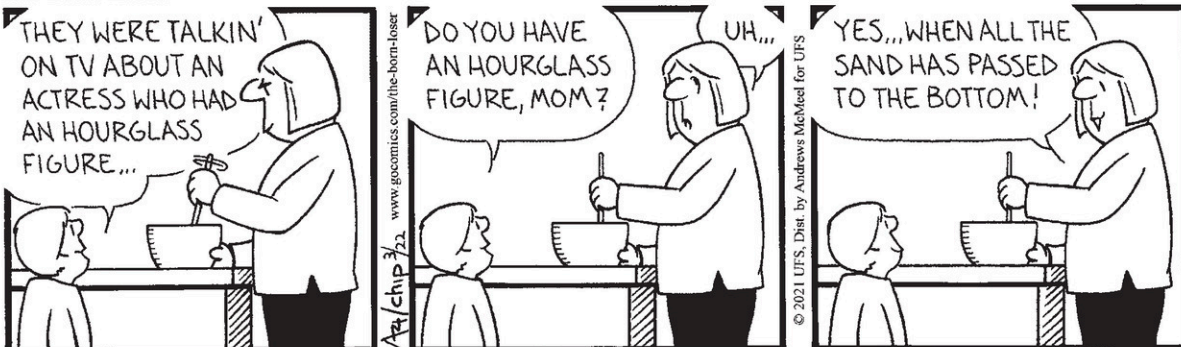
ALLEY OOP



ARLO & JANIS



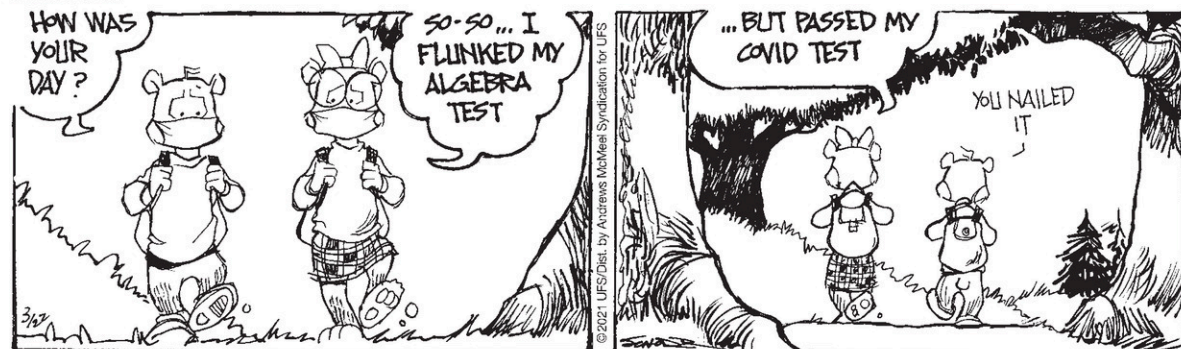
THE BORN LOSER



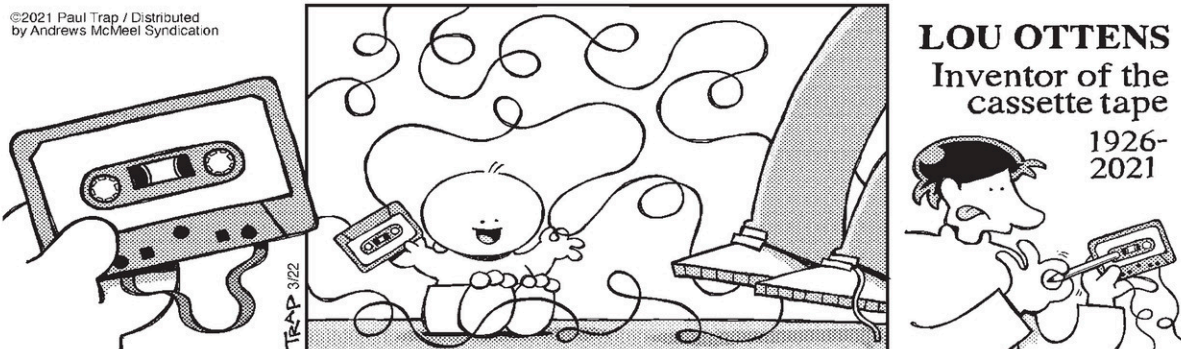
FRANK AND ERNEST



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What's good for lunch, brunch or dinner? This asparagus tart

By America's Test Kitchen

This beautiful tart takes just minutes to assemble and makes for an impressive brunch dish, appetizer, or even a simple light lunch or dinner.

We experimented with several different crusts, trying a pie shell, a tart shell, and par-baked puff pastry. The buttery, flaky puff pastry was absolutely irresistible, and so easy to prep.

For a fresh, light filling, we simply scattered the asparagus and other toppings over the pastry base. Cutting the asparagus spears into thin, 1-inch pieces made the tart easier to eat and ensured that the asparagus didn't need precooking.

We tossed the pieces with olive oil, plus garlic, lemon zest, scallions, and olives. For a creamy base to anchor the toppings, tangy, soft goat cheese nicely complemented the bright, grassy asparagus. Blending in a bit of olive oil made it easier to spread. We dolloped more cheese on top of the asparagus and baked the tart to golden perfection.

To thaw frozen puff pastry, let it sit either in the refrigerator for 24 hours or on the counter for 30 minutes to 1 hour. Look for asparagus spears no

thicker than 1/2 inch.

ASPARAGUS AND GOAT CHEESE TART

Servings: 4

Start to finish: 55 minutes

6 ounces thin asparagus, trimmed and cut 1/4 inch thick on bias (1 cup)

2 scallions, sliced thin

3 tablespoons extra-virgin olive oil

2 tablespoons chopped pitted kalamata olives

1 garlic clove, minced

1/4 teaspoon grated lemon zest

1/4 teaspoon salt

1/4 teaspoon pepper

4 ounces (1 cup) goat cheese, softened

1 (9 1/2-by-9 inch) sheet puff pastry, thawed

Adjust oven rack to upper-middle position and heat oven to 425 F. Line rimmed baking sheet with parchment paper. Combine asparagus, scallions, 1 tablespoon oil, olives, garlic, zest, salt, and pepper in bowl. In separate bowl, mix 3/4 cup goat cheese and 1 tablespoon oil until smooth; set aside.

Unfold pastry onto lightly floured

counter and roll into 10 inch square; transfer to prepared sheet. Lightly brush outer 1/2 inch of pastry square with water to create border, then fold border toward centre, pressing gently to seal.

Spread goat cheese mixture in even layer over centre of pastry, avoiding folded border. Scatter asparagus mixture over goat cheese, then crumble remaining 1/4 cup goat cheese over top of asparagus mixture.

Bake until pastry is puffed and golden and asparagus is crisp-tender, 15 to 20 minutes. Let cool for 15 minutes. Drizzle with remaining 1 tablespoon oil, cut into 4 equal pieces, and serve.

Nutrition information per serving: 530 calories; 366 calories from fat; 41 g fat (9 g saturated; 0 g trans fats); 13 mg cholesterol; 464 mg sodium; 31 g carbohydrate; 2 g fiber; 1 g sugar; 11 g protein.

For more recipes, cooking tips and ingredient and product reviews, visit <https://www.americastestkitchen.com>. Find more recipes like Asparagus-Goat Cheese Tart in "Vegetables Illustrated."

<https://www.americastestkitchen.com>.

(The Associated Press)

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Dear Annie

MONDAY, MARCH 22, 2021

Dear Annie: I found out a month ago that my wife has been sleeping with a plethora of men that she's met on a dating app. Her profile says she's single and that she also has a college degree, neither of which is true. She told me she is in love with another man. After I spoke to the man's wife, who did not know, she explained that her husband had cheated on her before and was living in their basement. She also said they have five children together and just declared bankruptcy. My wife was serious when she told me she was madly in love with him, missed him and wanted a future with this man. A future?

I uncovered her indiscretions about a month ago when I found all of the evidence on her cellphone. That night, I asked her to leave, and she did. I thought she was going to her parent's house, but I'm not sure where she went that night. I think she had a lot of options.

We have two sons, ages 12 and 14. I informed them that their mother had been cheating on me and that we are getting a divorce. In front of the kids, she pulled a butcher knife on me and threatened me because she wanted her phone. My 14-year-old son had to disarm her.

I was completely blindsided by everything that has happened. The boys live with me because of continuity in their lives and school. I have gotten them therapy as well as confided with their principal to see the school psychologist. My grieving emotions swing between anger and depression. I am praying I finally reach acceptance.

She pretends everything is OK in front of the boys. She took them out to dinner last week and asked if I wanted to join them. I declined because I didn't want to confuse the boys more. After being with her for 20 years and 12 years of marriage, the last thing I said to her before she left was, "I have no idea who you are."

I have been doing good by my sons, but I can see the depression on their faces. I don't know anyone who has experienced something this crazy, and I, too, am getting therapy.

How do I get past all of this? How do I stay strong to get through my divorce, and most importantly, how do I make sure my sons will be OK?

Does she have a multiple personality disorder? My therapist told me to stop trying to understand craziness. She said that we don't even understand crazy - we only recognize it.

Help! What do I need to do to bring normalcy back to me and my sons and get to that acceptance stage where whatever and whoever she is becomes indifferent and irrelevant to me? - Crushed Spirit

Dear Crushed Spirit: You certainly have been through trauma, and it takes time to heal from traumas. You're taking some important steps in getting support for you and your sons. Your therapist is correct in pointing out that you can't fully understand why your wife did what she did, but you can understand yourself and how you respond to the situation. Be kind and patient with yourself and your sons. Don't expect to get to the acceptance stage right away; just know that it will take time.

You are grieving the loss of your marriage. While there might not be people who have your exact situation, there are divorce support groups for fathers. I would suggest you look up a local support group.

I am so sorry that you are going through this, but you sound like an amazing father and a good person. It won't be right away, but if each day you work on your grief and trauma, then, before you know it, you and your sons will be feeling good again and experiencing joy. The is one of those situations where it is worth reminding yourself, each day, that life is a cinch by the inch and hard by the yard.

"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.

We all have questions about the vaccine

Why do you need to be vaccinated if the human body can overcome COVID-19 naturally?



People vaccinated against COVID-19 are protected from this disease. They are therefore less likely to have symptoms or suffer from serious illness. The entire population is susceptible to COVID-19 and the only way to protect yourself from this disease, which is transmitted by the respiratory tract, is vaccination.

This solution has also been adopted by all the Canadian provinces and every country around the world.

Find the answers to all of your questions about the vaccine at

Quebec.ca/COVIDvaccine

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