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Fundraising concert to benefit Uplands

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THE
RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

The Battle of Eccles Hill

Page 5

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MONDAY, MAY 30, 2022

Intensive care numbers reach lowest point in 2022

By Gordon Lambie

There were 36 people with COVID-19 in intensive care across Quebec as of Friday's update from public health, a decrease of seven compared to Thursday's update. This also put provincial intensive care numbers at a point they have not seen since August of 2021.

There were 1,288 people with Covid in hospitals across Quebec as of last Friday. At 27 fewer than the number reported for the province on Thursday, that continued a general downward trend in hospital numbers that has been ongoing since around the end of April.

Roughly 39 per cent of the overall total and 64 per cent of those in intensive care were considered to have been admitted for Covid.

There were another 10 Covid-related deaths recorded on Friday, bringing the provincial total since the start of the

CONT'D ON PAGE 3

Bravo, Tamara!



MATTHEW MCCULLY

Sherbrooke Elementary School student Tamara Richer was one of many generous donors cutting their hair as part of the Leucan shaved head challenge on Sunday afternoon at the L2D salon in Rock Forest.

Richer made the decision months ago to undergo a "coupe courtte,"

donating around 10 inches of her hair. She set a modest fundraising goal of \$500, but due to overwhelming support from people around her, Richer more than tripled her original fundraising goal. While she was a bit nervous when she first sat in the chair, she was all smiles once she was shown the locks of

her hair that will be used to make hair pieces for people undergoing cancer treatment.

The Record would like to congratulate Richer and the other donors who participated in Sunday's head shave challenge, for their courage and generosity.



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Weather



TODAY:
A MIX OF SUN
AND CLOUDS

HIGH OF 24
LOW OF 14



TUESDAY:
LIGHT RAIN

HIGH OF 22
LOW OF 11



WEDNESDAY:
RAIN

HIGH OF 18
LOW OF 12



THURSDAY:
CLOUDY WITH
SHOWERS

HIGH OF 18
LOW OF 10



FRIDAY:
A FEW
SHOWERS

HIGH OF 17
LOW OF 11

Potton community raises more funds for the Canada-Ukraine foundation's humanitarian appeal



THE SCOOP MABLE HASTINGS

In recent months a group of ten "Pottoneers" joined forces to talk about ways to help the Ukrainian people who continue their heroic defense of their homeland from Russia's genocidal war. Following the success of the Mechoui fundraiser held by the Potton Valley Baptist Church on Saturday, April 9th, the group felt optimistic that the population might be willing to further support humanitarian efforts if another event was organized.

Ideas surfaced including welcoming refugees to Potton, knowing that a Ukrainian community was rooted in the area with a small church and a youth camp nearby in Bolton-Est.

The Ukrainian Canadian Congress's Montreal chapter recommended that any funds raised would be best served going to the Canada-Ukraine Foundation.

On May 22nd, at the Euro-Deli in Mansonville, a benefit concert took place with \$10,722 raised for this worthwhile cause. The event was sponsored: Festi-Vale-Perkins, Giroux & Giroux (Rona) Mansonville, The Thirsty Boot, Euro-deli and Super Hiro Productions.

A tornado warning could not dampen the spirits of those gathered. The sun shone for the duration of the event and it was deemed a resounding success!

The event consisted of four musical acts: Roman Zavada, Norman Nawrocki, Philippe Dunnigan, Dave Argent, La Sirene Rouge and Jay De Sea. The event included a raffle with over 40 donated prizes, the singing of the Ukrainian anthem and a delicious meal prepared by the Euro-deli (John Mierzwinski and Denuta Beben). The two also covered the cost of the tent ordered during the week due to potential weather issues.

The organizing committee members received a letter of appreciation from the Prime Minister's office. Representatives from the Member of Parliament's



COURTESY

office and Member of the National Assembly's office attended as well Potton's Mayor, Bruno Cote and members of the Municipal Council.

Christine Baudinet, a member of the Potton Municipal Council in attendance said, "I was touched seeing the embroidered Ukrainian blouses and shirts worn by many at the concert. The young families came with their children, bringing a festive atmosphere to the concert. The musicians of great talent offered us an anthology of Ukrainian music. A successful concert."

*"Ukraine is not dead yet, nor its glory or freedom
Luck will smile on us young brothers
Our enemies will die, as the dew does in the sunshine,
And we too brothers, will live happily in our land
We'll not spare either our souls or bodies for our freedom
And we'll prove that we brothers are of Kozak kin."
-Ukrainian National Anthem*

The organizing committee sends out a sincere thank you to all who helped organize, volunteered, attended and contributed to the event. The Canada-Ukraine Foundation is a worthy cause and for anyone who would like to donate, please go to cufoundation.ca



COURTESY

Ben by Daniel Shelton



Local News

Thanks to this building, internationally recognized experts in quantum materials, quantum computing and quantum engineering will be able to come together under one roof.

Université de Sherbrooke opens new quantum institute building

Record Staff

The Université de Sherbrooke's (UdeS) Institut quantique (IQ) inaugurated a new state-of-the-art facility last week aimed at furthering the work already being done at the school with new scientific equipment and laboratories, as well as unique workspaces for creative exchanges and meetings.

As well as contributing to the training of highly specialized personnel in quantum technologies that are currently in high demand, the new building will also host international conferences, summer schools and specialized workshops.

"The research activities here are of international caliber and place Sherbrooke at the heart of quantum efforts in Quebec and in Canada," said Pierre Cossette, the Rector of the university, pointing out that this new facility is the natural next step after the announcement that U de S will be the home of one of Quebec's new Innovation Zones. "Following the Innovation Zone designation," he added, "this signature building on our campus is further proof of this field of research's importance for the Université de Sherbrooke."

"Quantum science is transforming the way we design and engineer everything around us," said François-Philippe Champagne, Federal Minister of Innovation, Science and Industry in a press release accompanying the announcement of the new facility. "It is a source of research and innovation,

which is why our government supports researchers and scientists in pursuing their work in this emerging and revolutionary discipline. In perfect alignment with Canada's National Quantum Strategy, the Institut quantique de l'Université de Sherbrooke stands out for its leadership and contributes to consolidating our role as a leader in the technologies of the future."

The inauguration brought together some 150 people, including the Member of Parliament for Sherbrooke, Élisabeth Brière; the Mayor of Sherbrooke, Évelyne Beaudin; the Scientific Director of Institut quantique (IQ), Alexandre Blais; and the Deputy Director, Michel Pioro-Ladrière.

Guests were able to visit the new building and experience its unique architecture comprised of curves and spirals, which are inspired by a dilution refrigerator, the instrument at the heart of quantum research. Representing an investment of more than \$13 million, the new pavilion received funding from the Government of Canada, through the Canada Foundation for Innovation, the Ministère de l'Économie et de l'Innovation du Québec, as well as from the Université de Sherbrooke and its partners.

"Institut quantique's scientific excellence and the quality of the facilities we are providing are the two pillars of our appeal, which we hope will be global," added Cossette. "The research, scientific exchanges, transferred applications and training



COURTESY

activities that will take place here are an UdeS contribution to changing the world while understanding that these technologies are at the service of people and society."

For IQ's Scientific Director, Prof. Alexandre Blais, the potential of quantum science and technology is only just beginning to surface: "Discoveries in the field of quantum science are accelerating and the potential results are vast. Turning these ideas into reality requires fundamental and applied research, state-of-the-art infrastructure and multidisciplinary expertise. These ingredients have come together in Institut quantique's new building."

Thanks to this building, internationally recognized experts

in quantum materials, quantum computing and quantum engineering will be able to come together under one roof. "Research happens in the labs, science happens in the hallways." That's how Deputy Director Prof. Michel Pioro-Ladrière summed up the mindset of those involved in the design: "To foster interactions between IQ's members, the building itself becomes a research facility. By encouraging ideas to collide, we think we can create a synergy to make it a place where there's better thinking, more creativity. And that's how we're going to make greater scientific discoveries." The professor took the opportunity to thank partners, and most importantly, IQ's community who helped make this project a reality.

Fête du lac des Nations Promutuel Assurance back in full swing

Aiden Wilson
Special to The Record

The Fête du lac des Nations Promutuel Assurance is coming back in full swing this summer starting on July 19 at Jacques Cartier park!

The festival had been scaled back and restricted due to the pandemic the past few years and this summer marks a return to form with festivities once again at their maximum.

Executive Director Cindy Trottier said the plan is to not need any sanitary restrictions and for people to be able to enjoy the event without worry.

She mentioned that prior it had been "a difficult three years" due to the number of regulations that had to be in place for such a large event.

Like many, the struggle this year was to find the workers needed to run the event, but with a team of old and new, they hope to create a fantastic experience for guests.

The lineup includes musical performances on several stages, temporary inflatable games, children's shows, pyro-musical performances and much more.

Trottier affirmed that, as always, tickets will be free for ages 0-11, and that the best time to get your tickets online is now, with a generous discount for those who buy in advance.

Food options will also be plentiful with various restaurants, local breweries and even the new Molson beer garden waiting to be discovered.

On top of new experiences the Fête du lac des Nations Promutuel Assurance is continuing its partnership with événements verts de l'Estrie (FEVE) to ensure an eco-friendly environment.

At the last full festival in 2019, the organization claims that 59 percent of the waste material was saved from going into landfills by being recycled.

This year the FEVE says that "vendors must provide compostable material to visitors, otherwise, they will be liable

to a penalty."

That means plastic cups and straws are out, and in their place, sustainable alternatives will be provided to make the environmental impact much lower.

They've also introduced a new online ticketing system which they say will greatly limit the number of printed tickets.

Trottier mentioned as well that public transport costs to the event will be greatly reduced with buses being only one dollar and extensive free bike parking being made available.

Regardless of how you get there, dozens of famous musicians await during the six-day festival and those wanting to see them all can get the multipass discount to have unlimited access to the event.

"The best time to get your tickets is right now," Trottier emphasized, and those along with lineups and info can all be found on their website at: fetedulacdesnations.com.

Covid 19

CONT'D FROM PAGE 1

pandemic to 15,400.

There were also 4,039 health care workers absent for Covid-related reasons across Quebec, a slight increase over the previous day, but still lower in general than that figure has been in recent weeks.

In the Eastern Townships Friday's report brought word of 111 hospitalisations with COVID-19, two of which were in intensive care. This is comparable to where numbers were at the beginning of last April except for the fact that at that point, they were on the rise whereas now they are falling.

There were no new Covid-related deaths recorded in the Townships, keeping the regional total at 622.

Musical fundraiser to benefit Uplands Cultural and Heritage Centre

During the last couple of years, the presentation of live music events has taken a huge blow. Pandemic restrictions that were put in place to keep everyone safe, were unfortunately not very healthy for the careers of many performing musicians. However, concerts and musical events are slowly making a come back into our communities.

The Uplands Cultural and Heritage Centre will also be bringing music back to its cultural offerings, beginning with a musical fundraiser on Sunday, June 5 at 3 p.m. at St. Elizabeth's Church in the Village of North Hatley (3115 Capelton). On this special occasion, clarinetist Pauline Farrugia and pianist Daniella Bernstein will join soprano Willa Bateman, to interpret two works, by Franz Schubert, that highlight romance and the return of spring. Composed during the last months of the composer's life (Schubert died at the young age of 31), The Shepherd on the Rock is a beautifully poignant expression of romance and hope. Schubert's lesser known Romance from the one act opera Die Verschworenen (The Conspirators) is an earlier composition that is just as beautiful and expressive as the longer more complete work.

Pauline and Daniella will also be presenting works by Johannes Brahms, Ralph Vaughan Williams and Witold Lutoslawski. Ralph Vaughan Williams' Six Studies on English Folk Song are beautifully crafted miniature gems, based on folk music from the composer's country. Similarly, Witold Lutoslawski's Five Dance Preludes utilize folk songs from Lutoslawski's native Poland as raw material for his vibrant work. Although Lutoslawski has called this work his "farewell to folklore", the beautifully haunting melodies in some of the dances and complex but toe tapping rhythms in others, are a clear nod to this composer's national heritage.

Perhaps the best known masterpiece on the program is Johannes Brahms' Sonata for Clarinet and Piano, opus 120 no. 2. This is the second of two clarinet sonatas by Brahms and the last chamber work that the composer ever wrote. Brahms' mature and honed writing skills are brought fully to bear in expressing feelings that are often at opposite ends of the spectrum, with melancholic introspection changing to heated passion and then back again. Written in 1894, this is the last of four chamber works that the composer wrote for the clarinet, after

deciding to retire from composition forever. Upon hearing the clarinet at a music festival, he was inspired by the sound of the instrument to create four more chamber pieces. Brahms' muse, clarinetist Richard Mühlfeld, immediately became one of the composer's greatest friends and the composer affectionately called the musician, "Fräulein Klarinette".

Pauline, Daniella and Willa are very excited to be performing this program of beautiful music. Pauline Farrugia holds master's and doctorate degrees in clarinet performance from McGill University, teaches music at Bishop's University and has recorded with the ATMA Classique and Centrediscs labels. Daniella Bernstein also resides in the Townships, is a graduate of the Conservatoire de musique de Montréal, holds certificates in piano performance from McGill and Concordia Universities and has performed with the Québec and Montréal Symphony Orchestras. Willa Bateman is a remarkably talented young musician, currently studying voice at Bishop's University and she is the recipient of the Lampe Foundation Helen FM Armstrong Scholarship.

Tickets to this exciting event cost \$20 per person and proceeds will go



COURTESY clarinetist Pauline Farrugia and pianist Daniella Bernstein.

to the Uplands Cultural and Heritage Centre. Reservations can be made at 819-564-0409 or info@uplands.ca. Additional donations are welcome (tax receipts for donations at least \$10 over the price of the ticket). Reservations are highly recommended as places are limited. Take note that there is free parking at the church, as well as in the municipal parking lot a little further down the street.

Submitted by Pauline Farrugia

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Remembering the Battle of Eccles Hill

By Cassie MacDonell
Local Journalism Initiative

On Friday, descendants and community members gathered at the Fenian Raids Memorial in Frelighsburg to commemorate the 152nd anniversary of the Battle of Eccles Hill. The event paid tribute to the efforts of Canadian home guards and volunteers who, in 1870, drove away the Irish-American revolutionaries known as the Fenian Brotherhood.

“For people living along the border in Missisquoi county, the Fenian raids were a shock, and they disrupted the peaceful communities like Saint-Armand, Frelighsburg, Bedford, and Stanbridge East,” said Heather Darch, on behalf of the Missisquoi Historical Society, which organized the commemoration ceremony. The event was originally scheduled for May 2020 to remember the battle’s 150th anniversary, but was moved to 2022 due to the pandemic.

The Fenian Brotherhood’s mission was to invade Canada, a takeover which they believed could act as a bargaining chip to free the Republic of Ireland from England’s reign. Darch explained that The Battle of Eccles Hill is not just an important part of Eastern Township history, but also a significant battle in Canadian history. “The Fenian Raids were Canada’s first battle. It was the first we fought with rifled weapons. The first using the telegraph to communicate. The first with steam power. The first battle in parliamentary democracy. The first with newspaper reports and images being distributed widely. And the first where public opinion made a difference,” said Darch.

Darch finished by recognizing the importance of commemorating the battle. “By the time the soldiers and the home guard were thanked for their service with a silver Canadian General Service medal, many have already passed away or have their medals pinned to their pillows as they lay infirmed in their beds. Today, we thank those men on the 152nd anniversary of the 1870 raid, and commemorate their service to their families, their communities, and

their country.” As part of the service, the Missisquoi Historical Society unveiled a new interpretation panel for this site.

Wyatt Westover, parliamentary assistant to MP of Brome-Missisquoi Pascale St. Onge, then spoke about the strong impact of the battle. “The Battle of Eccles Hill had the effect of strengthening Canadian pride and identity, cementing the federation, and forging an identity separate and distinct from our American neighbours,” said Westover.

Representing more than the federal government, Westover also revealed he is a descendant of Asa Westover, the captain of the Canadian home guard who led the Battle of Eccles Hill. “I hope in 152 years from now, my own descendants will be able to look back on the Battle of Eccles Hill with the same emotion that I have today,” he said.

Asa Westover’s home guard, known as the Red Sashes, were reinforced by elements of the 61st Missisquoi Battalion, the Victoria Rifles, the Cookshire troop, and the Volunteer Montreal Cavalry. Among the community members and descendants who attended the ceremony, the latter of the volunteer groups had members of its present-day successor calvary, the Royal Canadian Hussars, at the event.

“In many ways, the Battle of Eccles Hill exemplifies who we are as a community, a (group) of people from different backgrounds who maybe speak different languages and have distinctly different cultures, yet work together to knit the fabric of our community,” said Westover.

As part of the ceremony, reenactors fired guns and a canon in an exciting demonstration. Mark Grenon, President of the Missisquoi Historic Society, thanked the reenactors for providing a representation of what battle would look and sound like. Although there were only a handful of reenactors, they were dressed in the garments that would be seen in 1870. Grenon imagined the scene. “One-hundred to 150 men firing guns, firing canons. Imagine the noise and the sounds in this area with the echo,” he said.



CASSIE MACDONELL

Reenactors fire guns to commemorate the 152nd anniversary of the Battle of Eccles Hill



The Record will be publishing a keepsake special section for E.T.S.B. High School Graduates of 2022

The Record wants to honour the E.T.S.B. High School Graduates of 2022 with a special section on June 21.

We are inviting proud parents, grandparents, aunts, uncles, friends and neighbours to send a message of congratulations – **FREE OF CHARGE** – to be published in this section.

Email your submission, with the graduate’s name and high school, to classad@sherbrookerecord.com before June 14, 2022

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EDITORIAL

The appeal before the ermine-robed ones of last year's Quebec court decision rejecting aspects of Bill 21 on secularism likely will give some indication of how Bill 96's blanket notwithstanding shield will withstand the ultimate legal test.

What will be the impact of Bill 96 by the time it expires in five years



PETER BLACK

Despair not, opponents of Bill 96. Mark June 1, 2027 on your calendars, for that is when, for all intents and purposes, an Act respecting French, the official and common language of Québec, expires.

That would be the fifth anniversary of when the legislation to suppress English and boost French will have received, as strange as it sounds, royal assent from the Queen's representative, the lieutenant-governor of Quebec.

Of course, everybody knows that in five years time French will no longer be threatened by (allegedly) persistent English creep in small businesses, health services, among immigrants, Indigenous people, the judicial community, English-language CEGEPs, commercial signage and so on and so forth for some 200 dense clauses perhaps only a handful of people actually have read and even fewer understand.

Five years from now, virtually all of Bill 96 becomes void under the so-called sunset clause of the Canadian Constitution Act of 1982, specifically Section 33, which states that an act of a legislature declared operational "notwithstanding" protections in the Charter of Rights and Freedoms "shall cease to have effect five years after it comes into force or on such earlier date as may be specified in the declaration."

Of note, but not necessarily as a reference to the current situation, the

Quebec government of Robert Bourassa did not renew the notwithstanding clause it used in 1988 in response to a Supreme Court of Canada ruling rejecting its French-only commercial sign law.

A week being an eternity in politics, it's hard to imagine what the circumstances will be in Quebec and the rest of Canada five years hence. There are some things relatively easier to predict. One is that Bill 96 will face court challenges inevitably leading to the Supremes.

The appeal before the ermine-robed ones of last year's Quebec court decision rejecting aspects of Bill 21 on secularism likely will give some indication of how Bill 96's blanket notwithstanding shield will withstand the ultimate legal test.

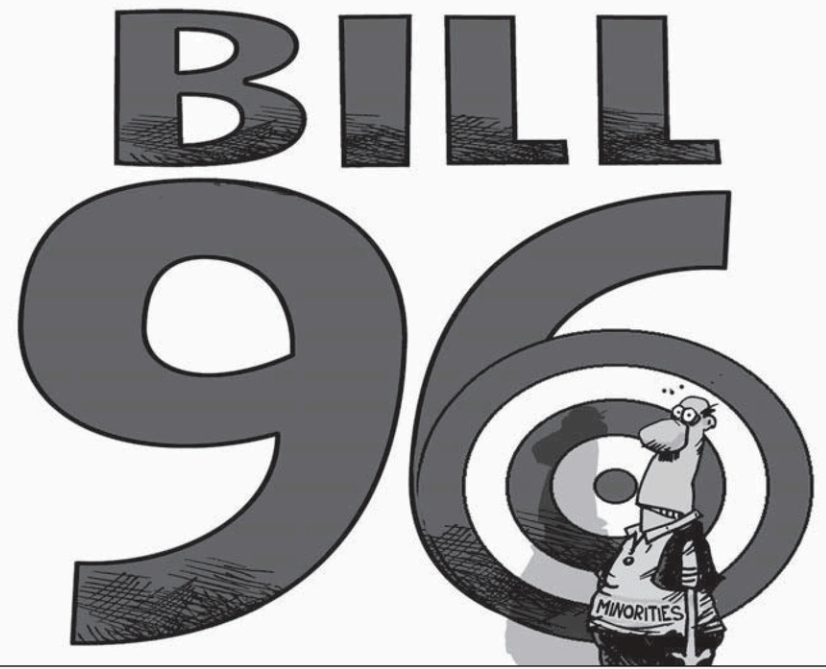
With the federal Liberal government finally stating it will join the challenge to Bill 21, and by logical consequence, Bill 96, it seems apparent Justin Trudeau and his Quebec coterie have decided to risk a confrontation with Premier François Legault in the name of Charter rights.

One assumes Legault et al knew this would happen and within the recesses of the CAQ government, where Bills 21 and 96 were concocted, officials, both bureaucratic and political, are working on a long-term strategy in the event the SCC finds the laws unconstitutional in whole or in part. That Constitution, the usual voices note, is the one that lacks Quebec's signature.

Another predictable thing is that barring some kind of snap referendum-election Legault might want to call in the wake of a negative Supreme Court decision, a fixed general election will be held in October 2026. (We boldly assume, based on consistent polls, the CAQ will rack up an embarrassing majority in the coming October election.)

Can the CAQ pull off a third consecutive win in 2026, something

MEANWHILE, IN QUEBEC...



that only Liberal Jean Charest has done in recent history, albeit the third was a minority? If not, whichever party does prevail will be faced with the legal obligation to renew Bill 96, and Bill 21 for that matter.

And what if it is a CAQ minority in 2026? If they have the numbers would the Liberals and Parti Québécois - if the latter still exists - vote to defeat it, as they did when it was passed by the National Assembly last week - albeit for opposing reasons?

What is also predictable is that Bill 96 is so breathtakingly complex it could take years for it to be implemented,

and then the bugs, inconsistencies, absurdities, cruelties and outrages would likely begin to pop up like political whack-a-mole.

Implementing the new regime for French instruction in English CEGEPs alone could take years to put into effect; finding qualified teachers is hard enough under normal circumstances, let alone a wholesale revamp of the curriculum.

A full update - toughening - of 1977's Bill 101 may have been a long time coming; but it will take more than five years for its effects to be fully felt.

Pervana's Garden committee is hosting a family BBQ fundraiser in Magog

The mission of Pervana's Garden, located on the grounds of Princess Elizabeth Elementary School, is to engage and educate students and community members in the cultivation, harvesting, preparation and sharing of healthy food, gardening techniques and recipes. Making connections, using gardening as a means of interaction is also a goal. We base this project on the belief that these skills and lessons are essential to the development of the well-being of children and adults. We firmly believe that our community takes advantage of a common space to garden and interact positively in nature.

Our garden was created 8 years ago, and we are now entering a phase where all our 15 wooden garden beds, our wooden fence and garden shed need to be replaced.

In order to raise some FUNds, we are hosting a BBQ!

On the menu: Good music, good fun, inflatable games and a raffle table filled with awesome prizes.

Join the fun on June 9th, 4-7pm.

Thank you to our many partners and sponsors who are making this event possible:

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JULIE CORRIVEAU WILSON
COMMUNITY DEVELOPMENT AGENT,
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Certified personal coach Christine Rutherford talks resistance training



A RUNNER'S MIND

CHRISTINE BLANCHETTE

To enhance running performance and help prevent injuries, runners must include resistance training to their regular athletic regime. It is the key to overall fitness and essential to lifelong healthy running.

Certified personal trainer, lifestyle and health coach, Christine Rutherford has over 25 years experience and is back in this space to provide resistance training tips for all levels of runners. Christine also has competed internationally at multiple World Beauty Fitness and Fashion competitions, finishing 1st in Masters and 4th overall in 2013. In our Q & A she explains the importance of resistance training and why you should do it.

Q: What is resistance training and why is it important for runners?

A: Resistance Training is overloading the muscle with a weight that makes an impact on the muscle to strengthen and/or change the shape of the muscle, thus taking pressure of the joint.

Q: What are some exercises you would suggest?

A: The exercises I would suggest for runners would be to focus mostly on strengthening the lower body which would allow them to go faster and longer with a quicker recovery and less risk of injury. By Combining one's running program with some resistance training for Quads, Glutei, adductors and abductors, doing them correctly to ensure they're engaging the core muscles at the same time.

Q: What are some of the benefits?

A: There are so many benefits from "proper" resistance training, especially as one ages in that it will take pressure off the joints, give you better shape, a stronger body, endurance and standability but the more important is that it gives you quality of life especially as you age.

Q: What advice would you give to someone who has never done it?

A: If you're just starting out with proper resistance training, start with a lighter weight (possibly even your body

weight) using a weight that allow you to do sets of 4 to 6 with reps of 15 and 12 to start keeping it around reps of not less than 10 until you become stronger. When this becomes easier then you can start to increase the weight a little at a time. You can start with light weights at home and then gradually as you outgrow them you can go into a gym that will challenge you. If you're unsure how to workout in the gym and/or which exercises to do then you can contact a certified qualified trainer who can get you started. I have helped a lot of people over the years to teach them how to do the exercises for their goals correctly by starting with form!

Q: How does one stay on track while away on vacation?

A: There are several ways to stay on track while away! Look for stairs or hills to run, bring an exercise band that you do lighter resistance training with, use your body weight to do your exercises, book at an area that you can do drop in at the gym!

Any type of physical training should also involve a certain dietary suggestion as resistance training strengthens, shapes and keeps the weight of the joints but to achieve the optimum results one would also take a look at what they're fueling the body with before, during and after. I like to use



LARRY NIVEN

Christine Rutherford

the analogy of 'running your body like a fine tuned engine' like a Ferrari or Lamborghini ! You would want to put the high grade fuel in along with taking care that the proper mechanic did the oil change and tune up while also taking care that the outside was properly cleaned and taken care of, this is the same with our body! Eat clean foods that preferably have been prepared with whole real ingredients that don't include sugar sauces and highly processed products. I eat an array of all kinds of foods consistently and only partake in treats or what I like to call rewards occasionally.

Canada's Fernandez reaches French Open quarters, while Auger Aliassime falls to Nadal

The Canadian Press

Leylah Fernandez has reached the quarterfinals at the French Open for the first time in her career, while fellow Canadian Felix Auger-Aliassime fell just short in his match with clay-court legend Rafael Nadal.

Fernandez, a runner-up at the 2021 U.S. Open, beat American Amanda Anisimova 6-3, 4-6, 6-3 on the main court at Roland Garros on Sunday.

The 19-year-old Montreal native had more than twice as many winners, 35,

as unforced errors, 17, and continued her run of impressive returning at the tournament. She broke Anisimova six times and now has won 23 of her opponents' service games through four matches.

The 21-year-old Auger-Aliassime, also of Montreal, dropped a tough five-set match (3-6, 6-3, 6-2, 3-6, 6-3) to Nadal, who will meet the No. 1-ranked Djokovic in the men's quarterfinals.

Sunday's thriller was only the third five-setter Nadal ever has played at Roland Garros, where he has won 13 of

his record 21 Grand Slam titles.

Fernandez, a runner-up at the 2021 U.S. Open, had never won more than two consecutive main-draw matches on clay until this trip to Paris.

"Today I was able to fight through some difficult moments and just enjoy the game as much as possible," she said. "Just to have another opportunity to play on (Court) Philippe Chatrier ... was just an amazing atmosphere and a great feeling for me."

Fernandez, the youngest player to win a WTA title in 2022, is seeded

17th at the French Open and will play Martina Trevisan of Italy on Tuesday.

The 59th-ranked Trevisan beat Aliaksandra Sasnovich 7-6 (10), 7-5 on Sunday.

"Every time I step out on the court, I still have something to prove," said Fernandez, who was ranked only 73rd last September when she beat four-time major champion Naomi Osaka on the way to being the runner-up to Emma Raducanu at Flushing Meadows. "I still have that mindset I'm the underdog. I'm still young."

Montreal rallies to post 4 3 MLS win over Cincinnati

By Elias Grigoriadis
Canadian Press

CF Montreal will be going into the international break on a high following a dramatic 4-3 Major League Soccer win over FC Cincinnati on Saturday night at Stade Saputo.

Joel Waterman, Romell Quioto, and Mathieu Choiniere were Montreal's (7-5-2) goal scorers, while Junior Moreno and Alvaro Barreal scored for Cincinnati (6-7-1).

The game got off to a worrying start for Montreal, who saw their star forward and MVP candidate Djordje Mihailovic go down with an ankle injury after only three minutes. The worries would only worsen as he

was forced to leave the game at the 15-minute mark.

Things would not get better for the home side as a defensive mishap from a corner left Moreno with a wide-open goal in the 12th minute.

The goal seemed to jolt both Montreal and the home crowd as they started to get their feet under them and enjoy more possession.

Less than 10 minutes after going down, Kamal Miller missed a header as the ball fell to an open Waterman who was there to clean it up, much like Cincinnati's opening goal.

With the momentum on their side, Montreal continued to push for a go-ahead goal. That came in added time at the end of the first half as

Quioto powered his way through two defenders and the goalkeeper to score his first goal in more than a month.

Montreal started the second half with the same vigour they ended the first, needing less than 30 seconds to double their advantage. A cheeky flick by Kei set up Choiniere for his first of the season, sending Stade Saputo into raptures.

However, Cincinnati showed why they have one of the best road records in MLS, pulling one back immediately. Luciano Acosta spotted Barreal unmarked in the box, smashing it home only six minutes later.

Continuing the game's dizzying back-and-forth, a VAR check confirmed that Cincinnati defender

Nick Hagglund handled the ball in the penalty area, leading to Quioto converting his second of the game from the penalty spot.

Only four minutes after that, Cincinnati continued to fight back when a beautiful shot from Moreno sealed his brace and cut the lead down to one again.

Montreal proceeded to shut the door for the remainder of the game, sealing the win and third place in the Eastern Conference.

Both teams will return to action on June 18 following the international break. Montreal will host Austin FC while Cincinnati will head to Subaru Park to take on the Philadelphia Union.

Datebook

MONDAY, MAY 30, 2022

World Trade Center site in New York City ended after eight months.

TODAY'S BIRTHDAYS: Peter Carl Faberge (1846-1920), goldsmith/jeweler; Mel Blanc (1908-1989), voice actor; Benny Goodman (1909-1986), bandleader; Joseph Stein (1912-2010), playwright; Gale Sayers (1943-2020), football player; Wynonna Judd (1964-), singer-songwriter; Tom Morello (1964-), singer-songwriter/musician; Billy Donovan (1965-), basketball coach; Idina Menzel (1971-), singer/actress; Manny Ramirez (1972-),

baseball player; CeeLo Green (1974-), singer-songwriter; Clint Bowyer (1979-), race car driver/sportscaster.

TODAY'S FACT: Abraham Lincoln's only surviving son, Robert Todd Lincoln, then 79 years old, was present at the Lincoln Memorial dedication ceremony in 1922.

TODAY'S SPORTS: In 1911, Ray Harroun, driving a Marmon Wasp equipped with the first rearview mirror, won the first Indianapolis 500.

TODAY'S QUOTE: "Music, I think, is best when it honestly explores personal demons, and it stirs around in the silt of the psyche to find out what's really there." – Tom Morello

TODAY'S NUMBER: 36 – Doric columns in the Lincoln Memorial, one for each state that had been admitted to the Union at the time of Lincoln's death, including those that had seceded.

TODAY'S MOON: New moon (May 30).

Polystyrene is safe for food in solid state, less so otherwise

from styrene, a volatile colorless liquid. Studies have linked exposure to styrene to genetic damage to white blood cells and to certain blood cancers. Polystyrene is considered safe for food use when in a solid state. However, heating can cause chemicals to leach from the foam and into the food. Eating the contents of a melted foam container one time is unlikely to cause harm. However, repeated exposure, which can be cumulative, can be a health risk.

– After a column about plantar fasciitis, which occurs when inflammation causes stabbing and often debilitating pain in the heel, a number of readers shared their experiences with this condition. We also heard from an orthopedic surgeon in Nebraska who suggested some treatments that his own patients have found helpful. One is a wearable device known as an Airheel, which uses interconnected air cells to protect and support the foot. Once the inflammation and pain of plantar fasciitis has eased, which can take up to six months, he recommends the use of a rigid plastic heel cup to prevent a recurrence. "The rigidity of the cup helps the fat pad under the heel to maintain its thickness, and thereby absorb the shock at heel strike," he wrote. He explained that the cup also helps to spread out the impact of each footfall, which lessens pressure on the vulnerable tissues of the heel. We hope readers find this useful.

– We recently wrote about a link between the repeated concussions and head strikes that are sustained in football and an increased risk of developing amyotrophic lateral sclerosis, or ALS. A reader near Chicago asked if better helmets could protect players from this neurodegenerative disease. "I wonder what effect improved helmets, with more and better padding, would have on the number of players getting ALS," she wrote. While this seems like a logical solution, more padding itself won't actually help with brain injuries. A helmet can be effective in protecting against a skull fracture. However, it cannot prevent the brain from being jostled within the skull upon impact. It is this uncontrolled movement of the brain within the skull – repeatedly injuring and damaging delicate tissues, blood vessels and neurons – that leads to concussion and other injuries.

Thank you, as always, to everyone who took the time to write to us. We will be back with our regular letters column in a few weeks.

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

(Send your questions to askthedoctors@mednet.ucla.edu, or write: Ask the Doctors, c/o UCLA Health Sciences Media Relations, 10960 Wilshire Blvd., Suite 1955, Los Angeles, CA, 90024. Owing to the volume of mail, personal replies cannot be provided.)

Do Just One Thing



By Danny Seo

Any serious baker will agree: Don't open the oven door when cooking at home. When you finally get your oven preheated to the temperature you need, place whatever you're roasting or baking inside and leave the door closed. Each time you open and close the oven door, the inside cools by about 25 degrees. Not only does that waste energy, but it increases the overall cooking time, and it can even affect the outcome of your cooking. Instead of opening the door to check the progress of your food, turn on the oven light and peek through the window.



ASK THE DOCTORS

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

Hello, dear readers, and welcome to the bonus letters column we promised you. We are delighted that you're keeping our mailboxes full, and we will continue to do our best to stay abreast of your letters.

– A reader from Oklahoma had a question regarding a takeout dinner that was delivered in Styrofoam containers stacked one on top of the other. "When we got home, the heat from the food in the top container had burned a hole in the top of the bottom one," he wrote. "We put that container in the freezer, where it still is. Can we safely eat that food?"

Styrofoam is a trademark name for polystyrene, a petroleum-based chemical compound. It's manufactured

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How much do I disclose on a date?

Dear Annie

MONDAY, MAY 30, 2022

Dear Annie: I'm a 60-year-old male about to reenter the dating world. I'm being treated for Kahler's disease - multiple myeloma - with a daily maintenance of a low-dose chemotherapy pill. I have no outward appearance of having cancer, and there have been no lifestyle challenges.

At some point, this disease will relapse and eventually be terminal. When is the time to bring up this difficult subject?

I think being open and honest early on is best. Some of my friends say it may appear I'm playing the sympathy card or disclosing a very personal subject too soon.

Others say to wait and see if a serious relationship starts developing and then disclose it. That option seems to me like I'm hiding something and not a way to start a healthy relationship.

What is your opinion on this subject? - Unsure What To Do.

Dear Unsure: If being open and honest feels best to you, then your future partner will appreciate that and like the fact that you are trustworthy from the beginning. Any potential love interest who thought you were playing the sympathy card by telling them about what you have gone through is not a good potential partner. Better to weed out people who won't love ALL of you sooner rather than later so that you can find the right love.

Dear Annie: I've been reading and enjoying your column for a while now and see a lot of letters from individuals who long for a relationship with toxic parents but don't know how or whether to set limits with them, cut them off or try to forgive them. A good example was the column from April 15 from "Trying to Heal," who grew up in an extremely abusive household with a functioning (mean, abusive) alcoholic for a mother.

I am an academic psychiatrist and therapist who has been writing about how to handle such situations in a way that is very effective if a patient can get up the nerve to do it. It involves researching the family over several generations using a "genogram" to come to an understanding about how shared mental conflicts, leading to the problematic interactions, develop in family members in response to historical circumstances and the proclivities of the involved individuals.

The goal is for the client to develop empathy for the parent's obnoxious behavior, which is often far more ambivalent and regretful than it may seem to be. I have come up with several strategies for helping people get past the parent's defensiveness to discuss the problem in a way that leads to active problem-solving rather than fighting. The goal is not to "fix" the parent but to "fix" the relationship.

I don't know if you'd be interested, but I think you would be. I'm sure you get many self-help book authors trying to get plugs, but I believe my approach is very different from what's

out there. For cases that do not involve a history of sexual or severe physical child abuse, I have a book out for the public that outlines the procedures involved. It's called "Coping With Critical, Demanding, and Dysfunctional Parents." For the more severe cases (I specialized in people with borderline personality disorder), a therapist would be needed (I also have books out for therapists).

Thank you, and keep up the good work! - David M. Allen, M.D.

Dear Dr. Allen: Your approach is fascinating, and your use of a "genogram" sounds very clever for understanding parental abuse. Thank you for sharing your insights.

Dear Annie: I am having a real hard time right now. My husband - of only five years - and I married quite quickly after we met. Before this, I was with a man for over 20 years. He is the father of my children. I was very unhappy in that relationship, and when I met my now husband, an affair started very quickly, and we were married within a year of our meeting. I never had the urge to marry my ex.

I am 48, and my husband is more than 10 years older than me. The problem is that shortly after we were married, he couldn't perform anymore, and it has been five years of no sexual intercourse.

We even sought help from a doctor. I have spoken to him about this and how it makes me feel, and nothing seems to change. I don't know what else to do. I have put on weight and don't look the same as I did when we married. I use food as a crutch because I'm depressed, but so does he.

I need help. I know sex is not the only important thing in a marriage, but to me it's huge. To feel wanted and needed by my partner is a must. It's such a big deal that there are days when I just want to pack things up and never return.

Please help me, as I'm lost on what to do. - Daydreaming

Dear Daydreaming: Ahead of everything else, you have to get treatment for your depression. Contact a therapist or life coach to help you get back to feeling like yourself. Once you do something for yourself, and not anyone else, you can gain some perspective on your marriage.

Your husband's lack of intimacy is hurtful, and it is understandable that you are upset and sad. After you start to feel better about yourself, I would suggest marriage counseling to address this subject. He clearly has a problem with marriage itself. Having an affair, he could perform, but after he was married, he went from being a stud to a dud.

"How Can I Forgive My Cheating Partner?" is out now! Annie Lane's second anthology - featuring favorite columns on marriage, infidelity, communication and reconciliation - 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.

NEA Crossword Puzzle

Answer to Previous Puzzle

K	E	N		D	A	B			P	A	T
E	A	U		U	N	I	X		Z	I	T
A	R	N		P	E	K	E		A	V	O
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- ACROSS**
- 1 Stadium noise
 - 4 Half a bikini
 - 7 Sound bored
 - 11 Percent ending
 - 12 Medication
 - 13 Meadow rodent
 - 14 Obstacle
 - 15 Pajama coverer
 - 16 British school
 - 17 "A Doll's House" playwright
 - 19 Tell a secret
 - 20 PC button
 - 21 Neighbor of CTRL
 - 22 Helps a hoodlum
 - 25 Plan
 - 28 Ad - (wing it)
 - 29 Fergie's duchy
 - 31 Tanker cargo
 - 33 "Alice" waitress
 - 34 Feathered scarves
 - 36 Scepter's go-with
 - 37 Forbid
 - 40 Little kids
 - 42 Prior to
 - 43 To's opposite
 - 44 Keg
 - 46 Boisterous
 - 49 Surfeit
 - 50 Tickled pink
 - 52 Navajo handiwork
 - 54 Assistant
 - 55 Muse count
 - 56 Mademoiselle's date
 - 57 Burglar's "key"
 - 58 Checkout ID
 - 59 Kiosk buy, slangily
- DOWN**
- 1 Cut of meat
 - 2 Tien Shan range
 - 3 Medicinal plant
 - 4 Unbroken horse
 - 5 Abrade
 - 6 "The - of Innocence"
 - 7 Lithe
 - 8 Smidgen
 - 9 Dollop

- 10 Farm flapper
- 12 Like an evening gown
- 18 Harden, as plaster
- 19 Deli order
- 21 "Diana" singer
- 22 Chatty alien of TV
- 23 Liver output
- 24 Poet's black
- 25 What hulks pump
- 26 Obscure corner
- 27 Very serious
- 30 NYC theater award
- 32 UPS units
- 35 Took big steps
- 38 Made jokes
- 39 Mork's planet
- 41 Zippy's word
- 43 Cannes cash, once
- 44 Ad award
- 45 Import vehicle
- 47 Tot of whiskey
- 48 Arizona city
- 49 Guy's date
- 50 Dik-dik cousin
- 51 Cup edge
- 53 Temporary job

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57					58					59	

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.

“ DHXU HA CX NTZ BDLTBXHEZP
MJ XHDZUWBEF. SZ'TZ IBKBEF BE
PNTVEZXX CEUBI XHDZUWBEF AIBLX
HE UWZ XSBUYW.” — SJEHEEN RCPP

Previous Solution: “I’m a people lover. ... I think people are one of God’s greatest creations. ... They’re interesting and intriguing.” — Gladys Knight

TODAY’S CLUE: *Keats’s A*

REALITY CHECK



HERMAN



“Pay attention, everyone... this afternoon I’ll be advising you all of my choice for the new manager.”

ALLEY OOP



ARLO & JANIS



THE BORN LOSER



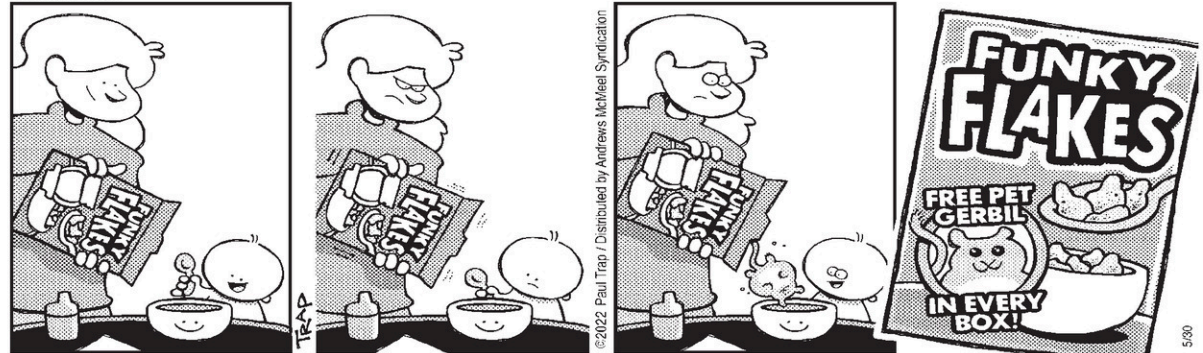
FRANK AND ERNEST



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Be specific – buyers want useful information such as price.

Group related facts in the same sentence.

Avoid slang and abbreviations. Abbreviations are not needed because **The Record** charges by word rather than space.

Above all, don't forget your telephone number or address and when respondents may contact you.

SUDOKU

DIFFICULTY RATING: ★☆☆☆☆

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	4	1	5	7		2	9	

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PREVIOUS SOLUTION

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

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

CLASSIFIEDS WORK!

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THE RECORD **Classifieds**

NEA Crossword Puzzle

Your Birthday

MONDAY, MAY 30, 2022

necessary.

SCORPIO (Oct. 24-Nov. 22) - Relationships require attention. Offer consistency, insight and compromise if you want someone to work alongside you. Romance and honest communication are favored.

SAGITTARIUS (Nov. 23-Dec. 21) - Implement changes at home that encourage comfort. Being able to kick back and enjoy your downtime will ease stress and prepare you to handle your responsibilities professionally.

CAPRICORN (Dec. 22-Jan. 19) - Keep life simple and your workload doable. Don't make unrealistic promises. Pace yourself and keep everyone updated regarding your progress and the changes you intend to make.

AQUARIUS (Jan. 20-Feb. 19) - Spend more time at home and less time interacting with friends, relatives or peers. Protect your reputation. Your actions will impact how others perceive you. Change only what you need to.

PISCES (Feb. 20-March 20) - Make adjustments that ensure you take care of your responsibilities before moving on to more pleasurable pastimes. Keep the peace, share your feelings and intentions, and spruce up your looks.

ARIES (March 21-April 19) - Share your ideas and drum up interest. Demonstrate how you plan to get things done. Your actions will draw positive attention that will encourage significant opportunities and a brighter future.

TAURUS (April 20-May 20) - Consistency will be essential if you plan to leave a good impression. Consider your options and the best way to use your skills. Refuse to let anyone limit your preferences or decisions.

Check out the possibilities and start something new and exciting. Let your creativity flourish and your actions display your determination. Show how passionate and willing you are to bring about positive change. Stand tall, do your best and don't fear being different. Take the initiative to practice proper diet and fitness to maintain good health. Don't take unnecessary risks.

GEMINI (May 21-June 20) - You'll win support by reaching out with kindness and making others feel welcome. Don't make promises you cannot keep. Express yourself honestly and process the input you receive before making a major decision. Don't jeopardize your reputation.

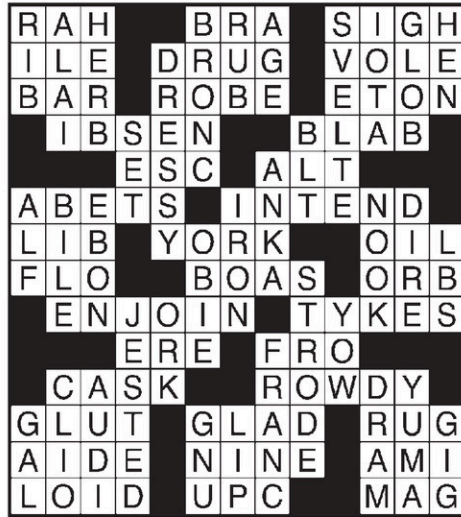
CANCER (June 21-July 22) - Keep your plans simple and your responsibilities updated. Extend help, and you will bring about positive change. Don't limit what you can do because someone puts demands on you.

LEO (July 23-Aug. 22) - Establish what you want to achieve and how to exceed your expectations. Refuse to let what others do or say lead you astray. Pay attention and put your energy and enthusiasm where it counts.

VIRGO (Aug. 23-Sept. 22) - Keep an open mind and look for opportunities to learn something new. Business trips, educational pursuits and challenging yourself mentally and physically will turn out well. Romance is encouraged.

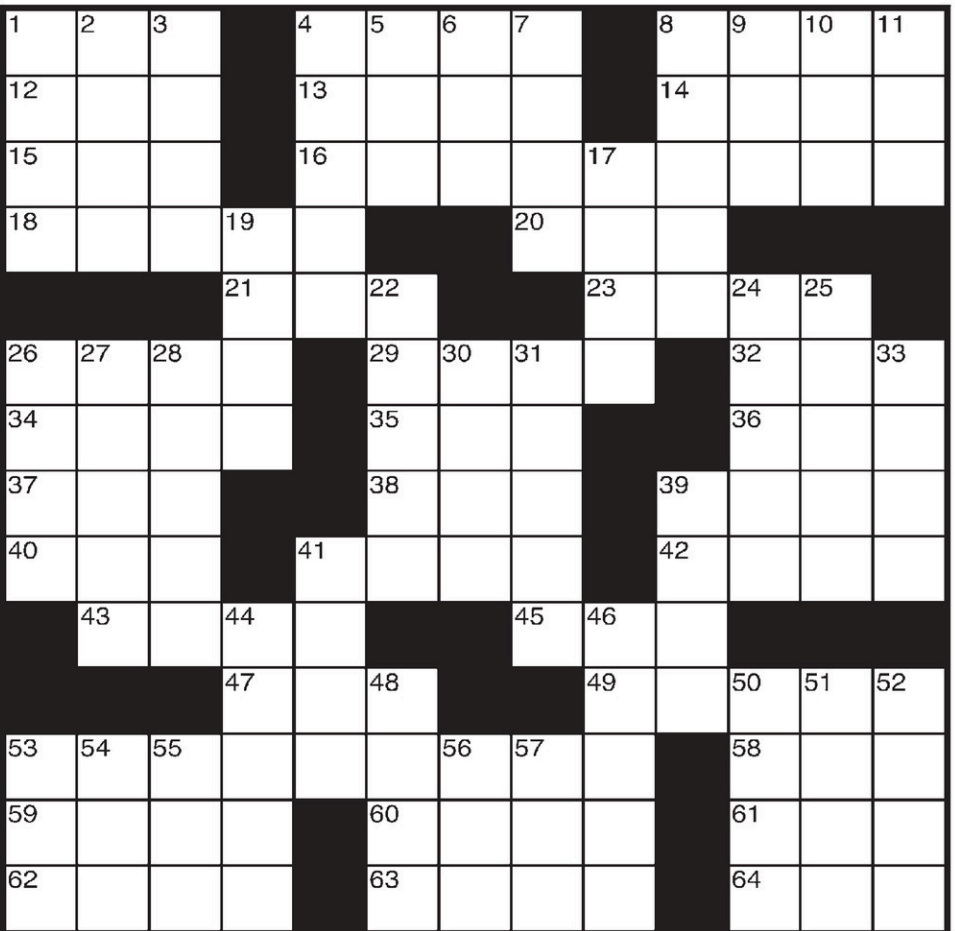
LIBRA (Sept. 23-Oct. 23) - Switch into high gear. Listen to suggestions and use whatever's helpful to reach your objective. A good attitude will be crucial. Be prepared to work alone if

Answer to Previous Puzzle



- ACROSS**
- 1 Air pump meas.
 - 4 Tableware
 - 8 Tijuana snack
 - 12 Not their
 - 13 "Hawkeye" Pierce
 - 14 Kuwaiti leader
 - 15 Son — — gun
 - 16 Trial run (2 wds.)
 - 18 Device on a door
 - 20 Keep an — to the ground
 - 21 Calculate
 - 23 Change direction
 - 26 Consumer
 - 29 Unpleasant
 - 32 French wine
 - 34 Orderly
 - 35 Wages
 - 36 Novelist Umberto —
 - 37 "Thrilla in Manila" boxer
 - 38 Bulldogs backer
 - 39 Propagated
- 40 This, to Caesar
- 41 Hot — — oven
- 42 To be, to Henri
- 43 Iffy attempt
- 45 Army off.
- 47 NBC rival
- 49 Oregon neighbor
- 53 Mysterious
- 58 Violin part
- 59 Glazier's unit
- 60 Argue for
- 61 Sooner than anon
- 62 Mail out
- 63 Name in fashion
- 64 Scottish river

- DOWN**
- 1 Cry of disdain
 - 2 Muslim mystic
 - 3 Turkey's neighbor
 - 4 Destined
 - 5 Pamplona shout
 - 6 Hwys.
 - 7 Winslet or Capshaw
- 8 Land, to Pierre
- 9 Friend of Henri
- 10 LII twice
- 11 Miners dig it
- 17 Crockett of the frontier
- 19 Town near Chicago
- 22 Cat's-paws
- 24 Turn inside-out
- 25 Kitchen tool
- 26 Bryce Canyon state
- 27 Round buildings
- 28 Decree
- 30 Big party
- 31 Deceitful
- 33 Bump
- 39 Lean over
- 41 Mr. Eban
- 44 Oohed and —
- 46 Sea duck
- 48 Filth
- 50 Copied
- 51 This place
- 52 Pointed arch
- 53 Brown truck logo
- 54 Lassie's refusal
- 55 1980 Turner launch
- 56 Prefix for dent
- 57 Id companion



MONDAY, MAY 30, 2022

Give yourself another chance

By Phillip Alder

Michael Crichton, who had five wives while writing his novels and screenplays, claimed, "I am certain there is too much certainty in the world."

After partner has tabled the dummy, if it seems that your contract is a certainty, take a few moments to look for a possible snag. Then consider how you might be able to overcome, say, a bad split in a key suit.

Today's deal fits nicely into this mold, but the extra edge is deceptively difficult to detect.

West leads the heart queen against three no-trump. How is South in danger of defeat? How can he survive?

When declarer saw the dummy, he wondered if they might have missed a slam. This lulled him into a fatal false sense of security. After winning with dummy's heart king, South immediately played on diamonds. West's spade discard on the second round was a jolt. Declarer cashed dummy's last diamond winner and played a club to his queen. However, West won with the king and drove out the heart ace. South could take only the eight top tricks with which he started.

Declarer overlooked that if the diamonds were running, or if the club finesse was working, each could be

North				05-30-22
♠	9	6	4	3
♥	K			
♦	A	K	7	6
♣	4	2		
West		East		
♠	10	8	7	2
♥	Q	J	10	9
♦	5			
♣	K	J	8	
		South		
♠	A	K	5	
♥	A	6	2	
♦	Q	4		
♣	A	Q	6	5
Dealer: South				
Vulnerable: East-West				
South	West	North	East	
1♣	Pass	1♦	Pass	
2NT	Pass	3NT	All Pass	
Opening lead: ♥ Q				

kept on the back burner. However, if the diamonds were breaking badly and the club finesse was losing, there was another chance to generate a ninth trick. South should have immediately played three rounds of spades. If they split 3-3 or East had two honors doubleton, dummy's spade nine would become established as South's ninth trick. If, though, the spades didn't cooperate, the diamond split and club finesse would still be simmering.