

Quebecers asked to mark first national fight against sexual exploitation week

Record Staff

This week will mark Quebec's first Semaine nationale de la lutte contre l'exploitation sexuelle des mineurs, a national week to fight the sexual exploitation of minors, starting on March 1.

The event will now take place every year from March 1 to 7, according to a press release, which also noted that it was part of a recommendation from the Commission spéciale sur l'exploitation sexuelle des mineurs and a motion in the National Assembly last year.

In the press release, Public Security Minister and Deputy Premier Geneviève Guilbault also announced the launch of a national communication campaign, as the province aims to raise awareness among teenagers and parents about the consequences of sexual exploitation.

"Victims of sexual exploitation suffer serious consequences, which often continue well beyond their majority. That's why it's important to me that everyone mobilizes to take action, not just during the

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I Am All Grown Up Now, Papa



COURTESY OF DR. CLAUDE LOUIS AND KRISTIN KNIGHT LOUIS

By Sheila Quinn

Dr. Claude Louis is living a pretty interesting life these days. A medical physician based in the U.S., he lives with his wife Kristin Knight-Louis. They are awaiting the arrival of a fourth child, as we speak. Their home is full of life. Claude is charismatic and kind. He has one of those smiles that occupies his whole face, from sparkling eyes to a broad grin.

In 2021, Claude added children's author to his list of achievements,

with his book *I Am All Grown Now, Papa*, telling the tale of his childhood in Haiti. This beautiful, colourful book is illustrated by artist Junior Michel, who crafted painted canvases for each scene, travelling to the exact locations Claude speaks of in the book, crafting from Claude's memory, as their family did not possess a camera, and there are no photos to glean from or refer to.

The childhood he and his wife offer their children is quite different from the one he had growing up in Haiti. Claude's father, Leon Louis, died when

Claude was just one month old, and as a result Claude and his brother, his grandmother, mother and sister each carried responsibilities to support the family.

This is a story of determination and embracing life, and that is indeed what they did. There were definite challenges though, and the boys' elementary education days began and ended with an hour-long walk to school. Later Claude's older brother walked three hours to attend high school. Claude worked very

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LOW OF -11



THURSDAY:
FLURRIES

HIGH OF -11
LOW OF -21



FRIDAY:
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AND CLOUDS

HIGH OF -9
LOW OF -18



SATURDAY:
A MIX OF SUN
AND CLOUDS

HIGH OF -4
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Dr. Claude Louis

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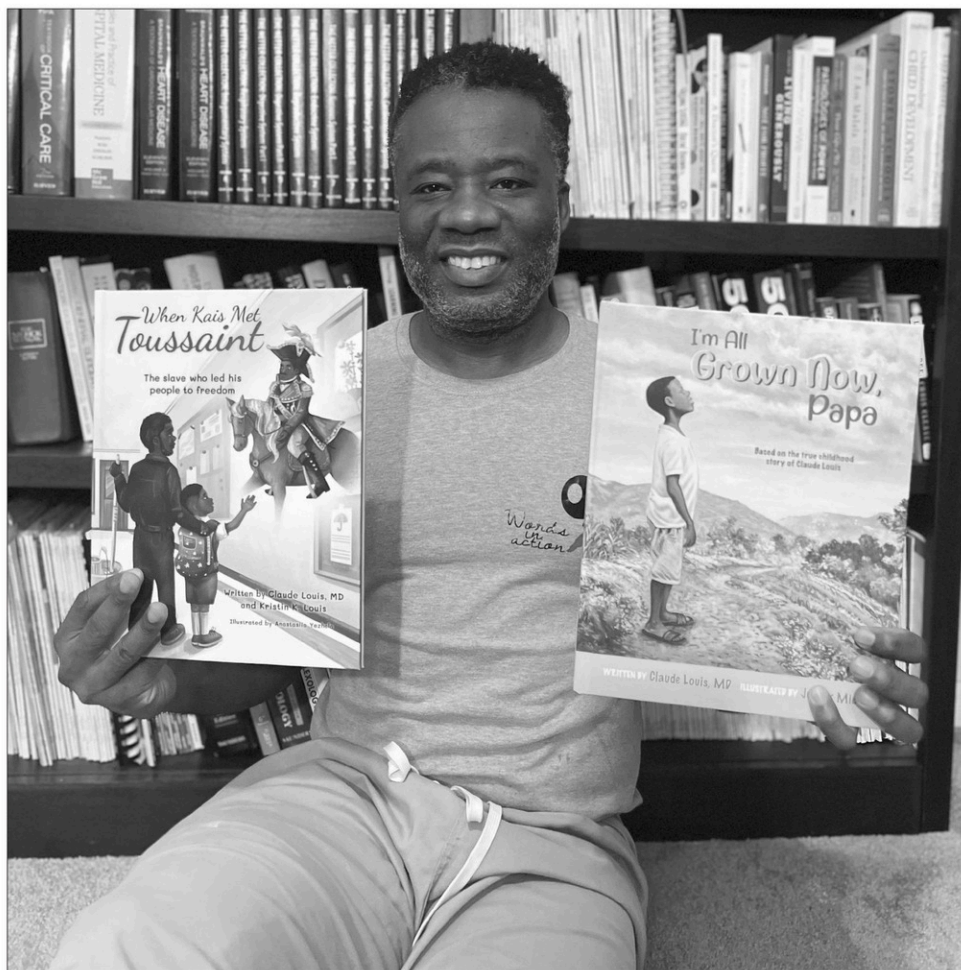
diligently, and benefited from the opportunity to stay with the local Mission, located closer to their high school, and was amazed when his fees for medical school were supported as well. He continued to work part-time throughout school to support his studies as well.

Claude's story is a prime example of adversity that leads to healthy resilience – these trials directly contributed to an ability to make great use of the opportunities that come his way in this life.

Recently, Claude released a second story with Kristin as co-author – entitled *When Kais Met Toussaint* – The Slave Who Led His People To Freedom – a story that stemmed from his son Kais working on an assignment for school that Kristin was helping him with. In a bout of creativity, Kristin crafted the story in one evening. This edition is illustrated by artist Anastasiia Yezhela, once again colourful and bright, a rich learning experience for listeners and readers alike, explaining the life story of Toussaint Louverture, who was brought to Saint-Domingue as a slave, and who rallied his people to fight for their freedom.

As activities and awareness continue to grow each month of February, Black History Month carries with it spirit and stories to share throughout the year, as we celebrate them, and work to grow community that isn't confined to a month.

All profits from Dr. Claude Louis' and Kristin Knight-Louis' books are destined for Words In Action Haiti – building schools and providing an education for children there. A year's education, including uniforms, costs roughly \$76 Canadian.



COURTESY OF DR. CLAUDE LOUIS AND KRISTIN KNIGHT LOUIS

To learn more about Words In Action Haiti, visit www.wiahaiti.org.

To watch a video interview with Dr. Claude Louis and Kristin Knight-Louis, please visit the Champlain College Lennoxville's YouTube channel.

Columnist's Note:

These stories have a Townships connection – Kristin Knight-Louis and I share great-great-parents, Walter Chatfield and Christie (Urquhart) Chatfield, who lived in Montreal, but owned a lovely cottage, Butternut Grove, on Brome Lake. Kristin's father

Peter and my mother, Linda, spent many fun family times there.

In celebration of Black History Month, and in the spirit of carrying these stories throughout the year, I am working on a campaign to find sponsors for these two books for each of the ETSB elementary schools. Claude and Kristin will be signing copies and sending them our way in the weeks to come. If you have an ETSB school you would like to sponsor, please reach out to me at squinn@cr-lennox.qc.ca.



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Ben by Daniel Shelton



Local News

The year 2021 actually marked a record for recycling in the municipality.

Richmond residents praised for waste reduction efforts

Record Staff

According to information provided by the Town of Richmond, the composting and recycling efforts of local residents kept more than 800 metric tons of waste material out of landfills in 2021, and that after having already recorded a banner year in 2020.

In a press release issued late last week, the municipality praised its citizens for their increasing engagement with municipal recycling and composting programs, noting that the amount of recovered waste in the community increased by 79 per cent compared

to the previous year, meaning that 186 more metric tons of recyclable or compostable materials were recovered.

The year 2021 actually marked a record for recycling in the municipality. A total of 480 metric tons of recyclable materials were collected compared to 293 metric tons the previous year, an increase of 61 per cent. The volume of compostable materials also increased, going from 328 metric tons in 2020 to 340 metric tons in 2021.

The data shared also mentions that 47 tonnes of glass were deposited at the Richmond drop-off point during the first 10 months of 2021, versus 55

tonnes for all of 2020, leading to an expectation that the overall collection for the year will also see an increase.

"This data shows that citizens have their well-being at heart and a growing concern for the environment," reflected Richmond mayor, Bertrand Ménard. "Citizens are aware that they have a role to play in improving their environment and this is to their credit. For its part, the town is sparing no effort to respond to the issues that concern its citizens."

Despite the positive news in terms of recycling and compost, Richmond did also observe an eight per cent increase

in overall volume of waste in 2021, going from 806 metric tons to 869 metric tons.

Aside from matters of material waste, Richmond also reported reductions in its annual drinking water use, with consumption dropping by more than 78 million litres to go from 660,699 in 2020 to

582,508 cubic meters in 2021. Despite the significant decrease in usage, the community still falls well above the provincial average, with daily consumption per resident in Richmond being around 488 litres compared to 424 litres for most Quebecers.

CoHa design: designing greener homes

By Johnathan Houle
Special to The Record

Based in Sainte-Edwidge-de-Clifton, CoHa Designs is a recently established company with a focus on bringing nature back into the design process. Founded last November by Amelia Jasper-Laurin, the sole proprietor of CoHa Design, the company has found success using the principles of permaculture to help people revitalize their homes while being considerate of nature.

Having an interest in architecture and the ability to envision things differently since a young age, Jasper-Laurin always knew that she would work as a designer. "As far as I can remember, I've always had an eye for interiors and exteriors," said Jasper-Laurin, jokingly adding, "Some of my earliest memories are people's houses rather than the people themselves." Originally from the Montreal area, Jasper-Laurin decided to settle in the Townships after falling in love with the scenery. After working with many design firms in the Magog area and with local farmers, Jasper-Laurin credits her work in the area as the inspiration to CoHa's establishment.

"During the pandemic, I started to work on some farms helping out a bit," said Jasper-Laurin. "That is where I fell in love with plants and where I started to think about incorporating interior design and eventually led to me founding the company."

While working with interior designers in Montreal and Magog, Jasper-Laurin found that there were many issues with the current design process. "There was a lot of excess garbage and things that weren't thought of properly," said Jasper-Laurin. "I feel like there is a very important link between the inside and outside of our homes and our habitat is much more than the just the inside of our home." Working at creating a cohabitation between the interior and exterior and designing spaces a little more consciously is what CoHa Design is all about. "These types of design processes are healthier for us, more inspiring and promote living with nature," explained Jasper-Laurin.

A cohabitation design is much more than having a few houseplants tucked into the corner of the room. Everything is taken into consideration when planning a redesign or remodeling a home, with the main item being

sunlight. "The direction of the sun, intensity of the sun and height of the sun during different seasons is going to influence the type and uses of space in our house," explained Jasper-Laurin. Keeping the sun's location in mind when planning renovations or when building from scratch is incredibly important as the amount and intensity of the sun can affect both the mental and physiological wellbeing of a person. "Keeping in mind what your habits are and how nature can influence them is a big part of our design process," explained Jasper-Laurin.

To CoHa designs, the outdoor planning is just as important as the interior design. According to Jasper-Laurin, "Planting trees in certain areas around your home can provide shade and help naturally cool down your house in the summer time," she said, adding, "If those trees lose their leaves in the winter, then you will get more sunlight which naturally heats your homes." These small design details can help both reduce temperature maintenance costs and promote eco friendly living, all while being relatively cheap to implement.



COURTESY COHA DESIGN
Amelia Jasper-Laurin, owner

Offering consultations and a step-by-step design process, CoHa Designs invites members of the community to contact them through their website for any interior or exterior design work and to encourage those who plan on renovations to think about the most forgotten element when it comes to planning: nature.

Sexual exploitation week—

CONT'D FROM PAGE 1

national week, but throughout the year," she said.

According to Guilbault, in Quebec, more than a third of people in prostitution are minors, and the average age of entry into this environment is 14 years old in Canada. The Ministry of Public Security will be distributing awareness materials to agencies and organizations this week.

The government has also invited Quebecers to change their profile

picture on social in solidarity with the new initiative. Repentigny MP Lise Lavallée noted that too many young people fall into sexual exploitation, adding it's important to talk about it every year.

"Most importantly, we will help raise awareness among all stakeholders in our society to take better care of our youth. Together, let us be the mobilized and loving community that will make a difference," Lavallée said in the press release.

Covid numbers continue slight but regular decline

Record Staff

There were 1,446 people in hospital with COVID-19 across Quebec on Monday, a decrease of only 10 from Sunday's figures. Intensive care numbers, meanwhile, decreased from 98 to 94.

There were 71 in hospital with the virus in the Eastern Townships on Monday, a decrease of nine from last Friday. The number of people in intensive care with Covid remained

unchanged at four.

The province as a whole recorded seven new deaths linked to the virus on Monday, for a total of 13,981. There were no new deaths recorded in the Eastern Townships, keeping the local total at 536.

The government reports that the results of 97,358 at-home rapid tests have been registered through the self-reporting tool to date, 75,899 of which have been positive.

The Economics of War circa 2022



DIAN COHEN

What a sad and disheartening time – war when war is unthinkable, Ukrainian lives torn apart, the world on tenterhooks about when and how it will end.

Russia is the eleventh largest global economy as measured by the value of its annual production of goods and services – behind Canada, Italy, France and India, among others. It is, however, a nuclear power, a dictatorship with dreams of former glory, led by a serial violator of national borders and so integrated into the global economy that stopping its invasion of Ukraine is complicated.

Military war is unseemly in the 21st century. Before the 20th century one could make an economic case

for taking someone else's land by violence – the winner could get richer and more powerful. No longer. Today, the most valuable economic assets are technical and institutional knowledge. These can't be conquered by force. There has not been a "profitable" war fought since the middle of the 20th century – indeed, the cold war with the Soviet Union ended without any major military confrontation.

The Russian aggression is a neanderthal throwback. It does not seem to matter that this will be a high cost, low profit affair for the Russian people and their economy. OUR big problem is that non-military options will hurt us too. Without question this war will make it more difficult to manage global inflation, partly because energy and supply chains are deeply implicated.

Russia is a gigantic gas station – 41% of its exports are either crude or refined oil, natural gas or coal. The bulk of it goes to Europe and China. Leaving China out of it for a moment (they are still trying to decide whether being friends with the U.S or Russia will benefit themselves most), Russia needs Europe's money as much as Europe needs Russia's energy. So Russia and Europe are joined at the

hip and a total economic blockade hurts both. Germany's decision to pause the approval process for the Nord Stream 2 gas pipeline is definitely smart but not so much that Russia will call its troops home. The western countries will need to replace the Russian gas, and that becomes a problem for the western economies and the rest of the world. Germany has closed down all its nuclear plants, which don't emit greenhouse gasses, and may turn back to dirty coal. Red flag for ameliorating climate change.

The Covid pandemic severely impacted the production of semiconductor "chips" which are used in many household items like phones, computers, cars and kitchen appliances. There's already a huge backlog. According to research firm Techcet, Ukraine supplies more than 90% of the U.S.'s semiconductor-grade neon, a gas used in the chip-making process. Russia supplies 35% of the U.S.'s palladium supply, a rare metal also used to make semiconductors. Another red flag if you're waiting for your new car...

Now to financial sanctions – freezing the financial assets of prominent Russians, freezing Russian assets in banks outside

of Russia, prohibiting the sale of Russian sovereign debt, banning Russian financial institutions from the international payments and messaging system called SWIFT.

The most important of these is the latter – cutting Russia off from SWIFT. In just 4 days, Russian interest rates have doubled, there is a run on their banks, the ruble has fallen drastically. The longer the war lasts the greater the devastation to the Russian economy. Amputation from SWIFT is drastic. A decade ago, Iran was amputated from SWIFT because of its nuclear program. At that time, its GDP was US\$599 billion. In 2020 (the most recent stat), it was \$US192 billion. Big pain goes both ways. BP has announced that selling its investment in Russian oil will cost it \$25 billion. Some western banks invested in Russia may be in danger of default.

Let us hope that ordinary Russians, who will feel the brunt of the pain, will again say "nyet" to their political leaders. Let us also hope our political leaders have the skill sets required to settle conflicts both at home and abroad.

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#NewsMatters: The National Assembly Report

Controversial amendment to Bill 96 left hanging during break

Modification sends shockwaves through college community

By Raquel Fletcher

The National Assembly has recessed for March break with the fate of a controversial amendment to Bill 96 hanging in the air.

The amendment, tabled by French Language Minister Simon Jolin-Barrette in committee, proposes to freeze enrollment levels at English CEGEPs.

It will come to a vote only when the National Assembly reconvenes sometime after March 15, but already parties are digging in their heels over two very conflicting positions.

The Parti Québécois says the bill needs to be beefed up and attempted two amendments to extend Bill 101 to the CEGEP level. Both were defeated, but many opponents of the bill say the minister's amendment effectively does the same thing.

The CAQ government previously announced its plans to cap the number of places in English CEGEPs. Minister Simon Jolin-Barrette explained he now wants to enshrine that cap in the law.

"It's a snapshot of the current situation," the minister said. "The

number of places in the English establishments is (currently) 17.5 per cent, so it cannot exceed 17.5 per cent."

Move prohibits future growth

The proposed modification sent shockwaves throughout the college community because the move would effectively prohibit any future growth.

"We want to ensure a linguistic mix in English CEGEPs, but now we're announcing that they are really going to slowly decline and become more and more restricted in their spaces because they will no longer have the right to accept even one more student (than they already have enrolled)," Liberal MNA Hélène David said in committee.

Jolin-Barrette announced this amendment to article 58 of the bill after a few days of tense back and forth between him and PQ MNA Pascal Bérubé in committee. Bérubé, attempting to convince the minister that only students who attended elementary or high school in English should attend English CEGEP, egged him on by saying he wasn't a true nationalist.

Bérubé taunted Jolin-Barrette

further when he insinuated that the minister secretly agreed with his position. He cited a Radio-Canada article that suggested the minister had been trying to drum up support inside his own caucus to extend Bill 101 to CEGEPs.

The minister denied there is dissension in the CAQ ranks. "Everybody agrees," he said bluntly to English reporters at the National Assembly.

This proposed amendment had the effect of turning both the PQ and the Liberal Party off the bill. Bérubé insisted the minister still wasn't taking a hard enough line when it comes to CEGEPs, while the Liberal Party said the government is going way too far.

Liberal leader Dominique Anglade said categorically her party cannot support the bill in its current form. "We believe in freedom. We believe in liberties. And what basically the CAQ government is doing is telling adults what they should be doing."

Premier François Legault interpreted this polarization as a sign his party has found a happy medium: "I think our government, as is often the case, has a position that is balanced," he said. "We're going to

continue to let francophones go to English CEGEPs, but we're going to limit the number of places."

CAQ feeling pressure from PQ

Heading into a fall election, the CAQ is trying to position itself as taking a strong stance on the protection of the French language, but it's feeling the pressure from the PQ, according to Daniel Béland, Director of the McGill Institute for the Study of Canada.

"It's true that what they are proposing is not exactly extending the Charter of the French language to CEGEPs, but in fact will have a similar effect," Béland said. "This is something that is problematic."

If it's adopted in its current form, Bill 96 will limit the CEGEP choices for francophones and allophones, which could prove to be an unpopular position, Béland explained. "That could create a backlash beyond the anglophone community."

Finding the right balance is a tough act in politics. The government must tread carefully, he said. Or they could pay the price at the polls.

Raquel Fletcher is QCNA's News Matters columnist on provincial affairs

Phoenix look to extend win streak against top-seeded Gatineau

By Michael Boriero

The Sherbrooke Phoenix will play in their 40th game of the Quebec Major Junior Hockey League (QMJHL) regular season on Tuesday when they take on the Gatineau Olympiques – a team sitting just one point ahead of them in the overall standings.

After going on a three-game losing skid in mid-February with losses to Cape Breton, Rimouski and Shawinigan, the Phoenix have since erupted for 28 goals and a four-game win streak. According to Sherbrooke head coach Stephane Julien, losing can help in the long run.

“It’s up and down and sometimes, as a coach, you want to win all the time, but on the other hand, when you’re losing a couple of games it gives you the opportunity to settle yourself a little bit and get back to the good habits that brought you to the top of the league,” he said.

The Phoenix currently sit in fifth place, but they have played less games than several teams ahead of them in the standings. However, it’s a long road to the playoffs. There are 19 games left, Julien told The Record, and Sherbrooke will face stiff competition in the coming weeks.

While the Phoenix are starting to pick up steam heading down the final stretch, all eyes are on star forward Joshua Roy, and rightfully so, as the 18-year-old Montreal Canadiens prospect leads the league in scoring with an astounding 73 points in 37 regular season games.

Roy hasn’t shown any signs of slowing down, either. He recently put on a show last week in back-to-back games against Victoriaville, where he posted nine points – 2 goals and 7 assists – against the lowly Tigres. Roy elevates every player on the team, Julien explained.

“Did I expect him to be first in league-scoring? No. But at the same time he’s such a talented player and he brings the team to another level. When you have quality, high level IQ like him on your team anything is possible and he showed that in the last couple of games,” he said.

Julien noted that the biggest difference from last year has been Roy’s work ethic. He has followed a rigorous training routine, the head coach shared, and it’s paying off on the ice. In a phone interview with The Record, the always-humble Roy also credited his teammates.

“Well, for sure, it’s going very well for me. I work hard, and just take care of the little details, and good things are happening. I will say that without my two partners, Xavier Parent and Julien Anctil, I would not be able to do that. They’re two very good players,” said Roy.

Parent and Anctil are also producing at a high level with 58 and 41 points, respectively. Roy also noted the importance of depth on the squad. There are a number of players who have stepped up, such as Israel



Joshua Roy



SHERBROOKE PHOENIX/VINCENT L. ROUSSEAU

Mianscum, Justin Gill, Ethan Gauthier, and Stephane Huard.

While everything seems to be clicking up and down the lineup for the Phoenix right now, Roy said there’s plenty of work to be done. Sherbrooke will be playing at least three games a week for the remainder of the regular season, which is a lot of wear and tear on the body, he noted.

Roy told The Record that his teammates and coaches are focused on conserving energy and maximizing production on the ice. The game against

Gatineau will be a major challenge for the Phoenix, but he’s confident in his team’s abilities, especially in front of a full capacity crowd.

“Our objective is to finish first in the division. It’ll help us a lot for the playoffs. We have to work harder than them. They’re a good team, but I think if we work harder and just take care of the details, we’ll have the two points there,” Roy said after practice on Monday morning.

According to Julien, the battle for first place will likely come down to the

wire. He said his team will need to be sharp and consistent week in, week out, if they want to surpass the top clubs. He isn’t expecting an easy game against Gatineau, a team he believes mimics his own.

“It’s a team that is very good defensively. They have a good top-6 player on defense, they have Zachary Dean up front, a very good goalie in [Rémi] Poirier, so I just wish that we didn’t score too many goals in the last couple of days and we saved some for [Tuesday],” said Julien.

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THE RECORD

EDITORIAL

Our generation did very little to remedy this monstrous crisis. But some of us want to have an opportunity to redeem ourselves, a second opportunity to help any way we can to contribute in unison, young and old.

Letters

DEAR EDITOR,

I write in response to the letter from Heather Paterson which was published in the Record of Friday, February 25, 2022. I am currently the President of the Community Association of Georgeville (CAG). Several comments made by Ms. Paterson require clarification.

First, CAG did not sign over valuable parking spaces to the 'McGowan House'. I fear Ms. Paterson may have been misinformed. What CAG did do was sign an Agreement with Heritage Georgeville Inc (HGI), the owner of Auberge McGowan. Pursuant to this Agreement, space which had previously been available for parking has now been landscaped and a bicycle rack installed. The landscaped space in question is between 50-55 linear feet. According to municipal regulations, because of its proximity to an intersection, the landscaped space could legally accommodate 3-4 parking spaces. All the remaining space is still available for parking and remains under the control of CAG. In other words, the Agreement with HGI resulted in the loss of 3-4 parking spaces.

Ms. Paterson states that the decision to sign the lease went mostly unnoticed until after it was signed. If it went unnoticed, it was because people did not choose to notice. The fact that discussions were ongoing with HGI was reported and discussed at the Annual Meeting of CAG, in March last year, more than a month before the Agreement was signed.

Ms. Paterson says that she is worried that 2 CAG members (sic) also 'serve as directors of McGowan House'. Let me set her mind at rest. It is true that I and Hugh Scott, are directors of both CAG and HGI. As such we had a conflict of interest in this situation. The moment that a possible arrangement with HGI came before the CAG Board, Mr. Scott and I declared our interest, recused ourselves, and did not participate in any discussions with, or vote concerning HGI. The decision to enter into the agreement with HGI was made by the remaining 12 directors of CAG.

Ms. Paterson twice refers to HGI (Auberge McGowan) as a for profit enterprise. So what? Is she suggesting that CAG should not collaborate with a for profit enterprise? That would be a strange suggestion indeed. Similar collaborations have taken place in Georgeville for years. For example, Studio Georgeville (an artists' cooperative) has been HGI's tenant for years; in addition CAG permits Studio Georgeville to conduct its revenue generating Farmers' Market on CAG property.

Georgeville is a small and popular village and seasonal parking has been and will continue to be difficult. The loss of a very small number of parking spaces has little impact in overall terms. Recognizing the larger challenge, CAG has launched and attracted community participation with specific steps to improve traffic, parking and pedestrian management around the village. This community participation has resulted in CAG engaging with the Canton de Stanstead to address the parking issue. CAG has reason to believe that improvements will be made to the municipal parking lot in Georgeville this year.

Sincerely,

STUART H (KIP) COBBETT
GEORGEVILLE



Letters

Re: Martin Lemmens

I read with great interest Douglas Nadler's column on the environmentalist Martin Lemmens and how he was re-stimulated to continue inspiring humans about climate change. Lemmens, now an elderly Townships farmer has always practiced "green" farming even before green became more than a marketing buzzword. In fact, Lemmens has coauthored an 84-page booklet entitled "Les Changements Climatiques" et al, devoted to climate change and available only in French at this time. After viewing the recent Netflix documentary "Breaking Boundaries" featuring the environmental research of Swedish scientist Dr Johan Rockstrom and narration by Sir Richard Attenborough, Lemmens was once again inspired by the necessity to address global climate change immediately.

As an aging senior myself, I realize how my generation has enjoyed the best of lifestyles and standards of living the planet has had to offer. Unfortunately, throughout the last half century especially, the disregard to the environment was rampant worldwide. Rising global temperature for our vulnerable planet was largely ignored. The markers for pollution (air and water), flooding, wildfires, acidification, global warming presently point to what scientists term, "The Tipping Point". The point at which these collaborating fragile and complex markers are irreversible. So, is this what we want to leave the next generation(s)? A planet flooded or burning up or choking with pollution of all varieties and devoid of vegetation.

I agree with Douglas Nadler that there must be solidarity between young and old to bridge and galvanize young people and adults. Not only marches for the climate, but a huge change in school curriculums is necessary. We must prioritize and make mandatory courses that deal with environmental concerns. Our generation did very little to remedy this monstrous crisis. But some of us want to have an opportunity to redeem ourselves, a second opportunity to help any way we can to contribute in unison, young and old.

We have had some success in the past cooperating globally. A prime example being the very dangerous effect of the ozone layer being depleted with CFCs. When nations worked together a substitute for the dangerous coolant gas allowed the hole in the ozone layer to be fixed within a decade. The world nations cooperated jointly to overcome a potential disaster.

Historians tell us the computer age is the fourth Industrial Revolution. This allows potentially nine billion human beings to connect globally and make us aware, almost instantly, of pending events for the planet. Regardless of political, religious or economic affiliation all nations must cooperate and communicate together events of planetary concern. Global awareness of the environment is the top priority and the clock is ticking rapidly towards the tipping point. As the old mariner said, "Time and tide waits for no man."

PETER H. CUMMINGS
BONDVILLE, QC

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Local Sports |

Bromont snowboarder Maxence Parrot brings home gold and bronze in Beijing Olympic success

By Taylor McClure
Special to The Record

Bromont snowboarder Maxence Parrot recently returned home to Quebec following two successful runs at the Winter 2022 Beijing Olympics where he claimed the gold medal for the men's slopestyle event and a bronze medal for the men's big air event for Canada. After beating Hodgkin's lymphoma in 2019 and immediately getting back to the slopes, he participated in the 2019 X Games two months after his final treatments, and again in 2020 and 2022. Following the Olympics, Parrot is now looking forward to some downtime.

"I am extremely happy to be back home. After three weeks in China, to come back home with my family and belongings, and show these two medals I am bringing back, it means a lot to me. It means a lot to my team and my family and friends and so I am happy to be showing this with all of them," said Parrot, speaking at a press conference that took place in Montreal on Feb. 22. "This gold medal especially definitely ranks as one of the best trophies I got so far."

While he was going for gold, his focus remained on his performance.

"My goal was to perform the run I wanted to do, especially after all the training you do in the months before to kind of prepare you for that. At the end, of course, the main goal is to bring back the goal medal, that was my goal, but even there if you only focus on that, you might slip," said Parrot.

Parrot described the experience of winning the slopestyle gold medal as being something special and that he is still on "cloud nine."

"I was focused on doing the best run I could with the course, with the conditions, and the results come with it," he continued. "I was focused on doing that the whole time and everything else that happened was really amazing. In

the end, the motivation was really 100% intrinsic; from inside of myself and it was good motivation."

Parrot credited his coach Yves Mailhot for helping him claim his Olympic success, someone who has been by his side since the beginning. "He is a person I appreciate enormously and to celebrate this victory with him is amazing," emphasized Parrot. "We often say that snowboarding is an individual sport, but not at all. It's easy for me to say that I won this medal because of him too."

After beating cancer in 2019, Parrot said the experience made him appreciate life and his passion that much more. "Every time I step on my snowboard, I'm always smiling more than before. Even though I was appreciating it before, I'm appreciating it ten times more now. It's just been really positive every time I step on my board. Every time you're training and you're about to hit the jump and you're in the air, there are feelings to feel more in the present moment, I think it makes you a better athlete and more focused at the time of training and at the time of competing as well."

When asked what's next for him, Parrot noted that he is looking forward to spending quality time for with his family and snowboarding at home.

"I'll maybe do a little bit of videos, but I don't have a big project. I'm just going to have maybe someone filming me and posting on my socials, like YouTube or whatever, just for fun, but I'm not going to do anymore contests for this season as my girlfriend is pregnant at the moment," said Parrot happily. "I'm just going to spend more time with her for the rest of her pregnancy and make the baby room ready and everything so that will be a really great time with that, I want to focus on that. It's kind of going to be a little break from training seriously and competing and I will definitely come back to everything where I was next year for the next season."



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PATTERSON, Gordon - We treasure countless memories of our dear brother-in-law and uncle who left on March 1, 2004.

Your memory is our cherished keepsake.

**Sadly missed by
THE FRASERS**



In Memoriam

PATTERSON, Gordon - In loving memory of our beloved husband, dad and gramp who passed away March 1, 2004.

Those we hold most dear never truly leave us,

*They live on in the kindnesses they showed,
The comfort they shared and
The great love they brought to our lives.*

Missed every day and forever

**loved by
JUNE
CHILDREN and
GRANDCHILDREN**

Diet rich in fatty fish good for cognitive function



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

the potential benefits of a diet that includes fish outweighed the risks.

That said, mercury in fish is an important issue. It's a toxic metal that, once consumed, is not eliminated from the body. Negative health effects of methylmercury, which is the form of the element that reaches us through seafood, can include neurological and genetic damage. Mercury is especially damaging to the developing human and to young children. For that reason, it is recommended that eating fish during pregnancy should be limited to two servings per week. The same precaution is true for young children, whose developing brains and nervous systems are at highest risk of the damaging effects.

The good news is that it's possible to limit the intake of mercury by being selective about the type of seafood that you eat. Steer clear of regularly consuming larger and long-lived fish, such as swordfish, ahi and bigeye tuna, orange roughy, marlin and king mackerel. Their long lifespans allow them to accumulate larger amounts of mercury. Children are recommended to stick to light or skipjack tuna, with a limit of two servings a week. Seafood and fish such as salmon, ocean perch, shrimp, sardines, scallops, herring, whitefish and flounder are good choices. The FDA offers a good guide on the topic. Go to fda.gov and enter "advice about eating fish" in the search box.

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.)



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Datebook

TUESDAY, MARCH 1, 2022

Today is the 60th day of 2022 and the 71st day of winter.

TODAY'S HISTORY: In 1781, the Continental Congress officially adopted the Articles of Confederation.

In 1803, Ohio was admitted as the 17th U.S. state.

In 1867, Nebraska was admitted as the 37th U.S. state.

In 1961, President John F. Kennedy issued an executive order establishing the Peace Corps.

In 2003, Pakistani counterterrorism forces captured al-Qaida operative Khalid Sheikh Mohammed, a principal planner of the 9/11 terror attacks.

In 2005, the U.S. Supreme Court ruled that capital punishment for crimes committed before the age of 18 was unconstitutional.

TODAY'S BIRTHDAYS: Frederic Chopin (1810-1849), composer; Glenn Miller (1904-1944), bandleader; David Niven (1910-1983), actor; Harry Caray (1914-1998), sportscaster; Ralph Ellison (1914-1994), author; Yitzhak Rabin (1922-1995), Israeli prime minister; Harry Belafonte (1927-), singer-

songwriter/actor; Roger Daltrey (1944-), singer-songwriter; Ron Howard (1954-), actor/director; Zack Snyder (1966-), filmmaker; Javier Bardem (1969-), actor; Jensen Ackles (1978-), actor; Lupita Nyong'o (1983-), actress; Kesha (1987-), singer; Justin Bieber (1994-), singer.

TODAY'S FACT: The International Criminal Court held its inaugural session in The Hague on this day in 2003.

TODAY'S SPORTS: In 1969, New York Yankees slugger Mickey Mantle announced his retirement.

TODAY'S QUOTE: "Perhaps to lose a sense of where you are implies the danger of losing a sense of who you are." - Ralph Ellison, "Invisible Man"

TODAY'S NUMBER: 7,334 - volunteers serving in the Peace Corps (as of mid-February 2020) in 61 countries around the world.

TODAY'S MOON: Between last quarter moon (Feb. 23) and new moon (March 2).



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Lost my appetite

Dear Annie

Dear Annie: My parents live in a tiny Midwestern town with one restaurant. It's a mom and pop place with really delicious food, and many of the locals are regulars, including my parents. The owner, "Martina," is extremely sweet and accommodating and does most of the work including the cooking. Her husband, on the other hand, does very little except sit down at the tables with customers and annoy them. He brings up politics, religion and other topics that repeatedly offend customers. It's the Midwest, so everyone is too polite to say, "GO AWAY!" They also really enjoy Martina and her cooking. No one wants to hurt her feelings, so no one has let her know that he's driving away business with his behavior.

Martina seems oblivious to how much he annoys people. She mentions how tight money is and how hard it is to stay above water in her business, and I want to tell her that banning her husband would certainly improve her income. Is there a polite way to do so?

Personally, I can't stand him and only get carryout when I visit my parents, but I know that the locals appreciate having a place to catch up with neighbors and prefer to eat there. Several have stopped going because of him. Is there a way to let her know how he's affecting her bottom line without offending her? – Ban the Booth Bully

Dear Ban the Booth Bully: I'm sure this woman is aware her husband is a thorn in her restaurant's side. If he's that prickly in public, just imagine what a bramble he is at home. Perhaps her seeming obliviousness is a coping mechanism: She can't convince her husband to change his behavior, so she does her best to tune it out. So rather than go to her with the issue, I think you ought to address it right at the source. The next time you're in town, dine in at the restaurant. If and when this bully tries to push his way into your conversation, summon up the courage to push back (with words, of course). Politely but firmly say, "I'm not interested in discussing politics or religion," or "Respectfully, my parents and I haven't seen each other in a while and would like some time to catch up on our own here,"

or something to that effect. Once word gets around, others may follow suit. At the very least, you'll have given Martina something to point to should her husband insist that customers don't mind his antics.

Remember: It's not rude to stand up to rudeness.

Dear Annie: I am writing in response to the advice you gave to the letter writer "A Little Gratitude." The letter writer was very frustrated at the double standard her mother had regarding the giving and receiving of packages via the mail.

In short, it's a petty, childish problem and not worth getting upset over.

If that's all it takes to frustrate someone they should count their blessings. Either they have way too much time on their hands or way too little stress in their life. I wasted way too many years on similar circumstances with my mother, who was suffering from a form of dementia for nearly 20 years before it was diagnosed. There were not the usual, obvious symptoms. Psychological disorders are abundant and have no age limits.

Confronting someone over such matters rarely results in a positive outcome. You can't control what other people do, only the way you react to it. – Been There, Done Enough of That

Dear Been There: That is perhaps the single universal piece of advice. It's a point worth reminding ourselves of on the regular, and I appreciate your bringing it up.

Dear Annie: I have horrible body odor and halitosis due to a rare medical condition called trimethylaminuria. It makes me emit several odors – mostly rotting food, ammonia and fish. However, there is no medical cure, and I struggle with the condition daily. Lately, with age, I have developed "old people odor" associated with nonenal.

Around me, people very often cover their noses, cough, frown and make rude comments. My former boss made faces and covered her nose in my presence. I left that place of employment and have not worked for two years. I feel depressed and avoid leaving my home at all costs.

Social interactions and mental stimulation from work are greatly

missed, but what can I do when I smell and cannot help it? – Alienated Alice

Dear Alienated: What a cruel condition. Our culture has become more sensitive to many ailments and disabilities, but I'm afraid this one might still be a far frontier.

I'm sure that you've spent plenty of hours researching this already. But a quick rundown of some possible treatments according to the National Institutes of Health, on the slim chance you haven't tried these: Avoid foods with high levels of trimethylamine and its precursors, including milk, eggs, liver, peas, beans, peanuts, soy, Brussels sprouts, broccoli, cauliflower and seafood; ask your doctor about taking laxatives (to reduce the amount of time food spends in your system) as well as low doses of antibiotics; use soaps with moderate pH; take nutritional supplements such as activated charcoal; avoid stress and anything else that causes sweating.

You should see what accommodations an employer might be able to make for you. For instance, if you work in an office, can you have your own space?

Join an online support group and consider attending counseling to help deal with the emotional component. Try to remind yourself that when people react to the trimethylaminuria, they're not reacting to the real you.

And to those of us who are unaware, let this be a wake-up call: Don't turn your nose up at someone who offends it. The person might have no control over how he or she smells.

Dear Annie: "An Earful" wrote to you about her sister, who repeats herself in the process of explaining her "stress, problems and anxiety." She sounds just like my own sister. A wise, dear friend of mine once suggested that such people often repeat themselves because they don't feel heard, and that paraphrasing their words back to them – without correction nor advice – enables them to stop repeating themselves.

It worked like a charm with my sister. After the second iteration (so I knew she felt she hadn't explained herself well enough), I would interrupt her, saying, "Hang

on, hang on. I want to make sure I've understood what you're trying to say." Then I rephrase my genuine understanding of her words together with adding, "and I think it makes you feel..." Then I shut up, not offering any explicitly unasked-for advice. She happily either affirms or adds to my understanding and then moves on. It doesn't stop the talking, but it does provide a more enriched two-way communication and prevents most of the repetition. – Blessed Friend and Sister

Dear Blessed: And how blessed she is to have such a friend and sister of you. This is excellent advice. Thanks for writing.

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

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

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CELEBRITY CIPHER

by Luis Campos

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

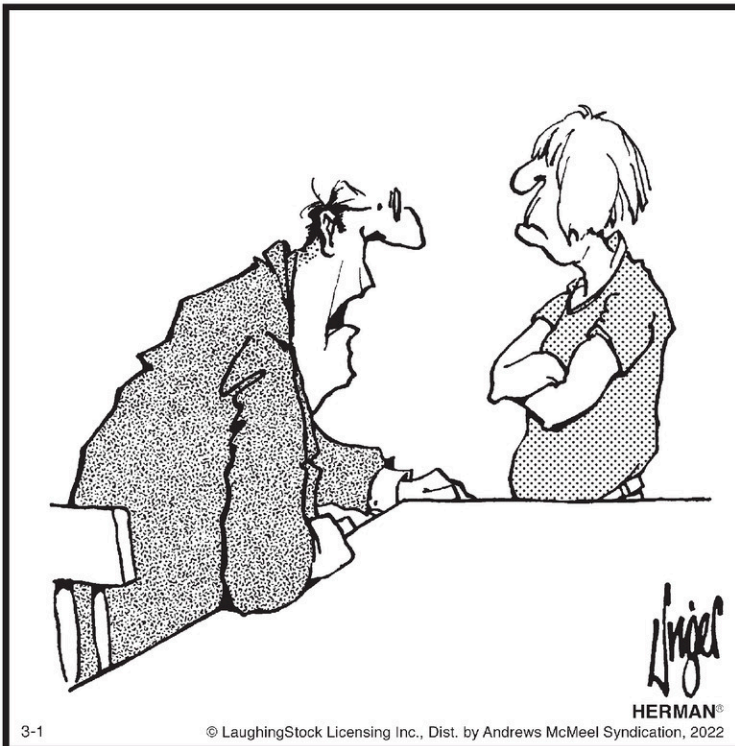
" P G P M F Y B E L K P K X H E S M J V X A ,
L M J D P M F Y A J M P , P G P M F A C B E L B Y
D X K K P S ' K H Z B A X ' B E V P T B D J ."
— W P E F X E V P T B D X E X D A M P Y Y
K H Z B A X E F J E L ' J

Previous Solution: "People see ... the glamorous side, but they don't see you traveling 600 miles a night, eating truck stop food." — Jason Aldean
TODAY'S CLUE: S sjanbe A

REALITY CHECK



HERMAN



"You're not getting an encyclopedia!
You can walk to school
like I had to."

ALLEY OOP



ARLO & JANIS



THE BORN LOSER



FRANK AND ERNEST



GRIZZWELLS



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Enjoy delicious, heart-healthy Alaskan cod

Fish can provide a host of flavors and make for a healthy addition to one's diet. Alaskan cod, for example, is easy to find and, because it's high in certain omega-3 fatty acids, packs quite a heart-healthy punch. In fact, the U.S. Department of Agriculture notes that wild Alaskan cod contains the same levels of the beneficial omega-3 fatty acids eicosapentaenoic acid, or EPA, and docosahexaenoic acid, or DHA, as salmon.

Men and women who want to improve their diets but not sacrifice flavor can try the following recipe for "Roasted Wild Alaskan Black Cod with Kambu Dashi, Kale and Sage," courtesy of Jill Lightner's "Edible Seattle: The Cookbook" (Sterling Epicure).



Roasted Wild Alaskan Black Cod with Kambu Dashi, Kale and Sage Serves 4

- 1 tablespoon plus 2 teaspoons kosher salt
- 5 dried porcini mushrooms
- 2 tablespoons extra-virgin olive oil
- 1 yellow onion, thinly sliced
- 2 cloves garlic, smashed
- 2 inches peeled fresh ginger, thinly sliced
- 1 stalk celery, thinly sliced
- 2 bay leaves
- 3 pounds fish bones and scraps
- 4 sheets dry kombu or 1 pound fresh Pacific kelp
- 1/2 cup dry white wine
- 4 6-ounce Wild Alaskan Black Cod fillets
- 2 tablespoons butter
- 1 tablespoon finely chopped shallots
- 1 leek, roughly chopped
- 1 teaspoon kosher salt
- 1 cup stemmed, thinly sliced kale
- 1 tablespoon chopped fresh sage

and 1 teaspoon salt and cook until the vegetables are fragrant and sweating, about 5 minutes. Add the fish bones and scraps, kombu and wine and simmer for 10 minutes. Add 3 quarts water and simmer slowly over medium heat for 1 1/4 hours, skimming off any impurities, gray matter and excess ingredients that float to the surface of the broth. Strain the broth through a fine-mesh strainer, discard the solids and simmer the broth again for 15 minutes. Remove from the heat and keep warm.

3. Preheat the oven to 185 F. Line a sheet pan with parchment paper. Place the cod fillets on the pan and season liberally with the porcini salt. Place the pan in the oven for 38 minutes.

4. While the fish is baking, place a sauté pan over medium heat and add the butter, shallots, leek, and remaining 1 teaspoon salt. Sauté until tender but not browned. If the vegetables start to brown, add a couple of tablespoons of the broth. When the leek is tender, add the kale and sage and sauté until the kale is soft.

5. Divide the kale among 4 serving bowls. Using a spatula, place the black cod on the kale, pour the broth on and around the fish, and serve.

(Metro Creative)

SUDOKU

DIFFICULTY RATING: ☆☆☆☆☆

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

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PREVIOUS SOLUTION

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

HOW TO PLAY:

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

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NEA Crossword Puzzle

Your Birthday

TUESDAY, MARCH 1, 2022

ACROSS

- 1 Canine warning
- 4 Cuddled
- 8 Novak of "Vertigo"
- 11 Inspect
- 12 Range in Asia
- 13 Trench
- 15 Make lace like granny
- 16 Urchins
- 17 Off-road vehicles
- 18 Kind of preview
- 20 Take hold of
- 21 Road hazard
- 23 Burning
- 24 Racket
- 27 Baker's need
- 29 Cook's vessel
- 32 Mix the salad
- 33 Pea soup
- 34 In the past
- 35 Hilo guitar
- 36 Common ailment
- 37 Cable car
- 38 "Luck — — Lady"
- 39 Overflow with
- 40 Roll call reply
- 41 Daisy — Scragg
- 42 Mesozoic, for one
- 44 Stage direction
- 47 Diplomat
- 51 Sign over, as property
- 52 Rope fiber
- 55 "Gotcha!"
- 56 Sasquatch cousin
- 57 Grammy winner — James
- 58 Cup edge
- 59 Last mo. of the year
- 60 Military force
- 61 Aurora, to Socrates

DOWN

- 1 Understands
- 2 Meg or Nolan
- 3 Nerve network
- 4 Japanese verse
- 5 Horror film street
- 6 Pool length
- 7 Put down, slangily
- 8 Former retail giant

Answer to Previous Puzzle

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

- 9 Minute amount
- 10 Dallas hoopsters
- 14 Cookbook amt.
- 19 Sofa ends
- 20 Win at rummy
- 22 Chewy candy
- 23 Peanut, for one
- 24 Pencil end
- 25 Steelmaker's fuel
- 26 On a voyage
- 28 Mouse cousin
- 29 Cut off
- 30 Seaweed derivative
- 31 1899 gold rush town
- 37 Better late — never
- 39 Paving material
- 41 Doctor
- 43 Compensate
- 44 Ben & Jerry rival
- 45 Can't do without
- 46 Chapeau's place
- 48 Hollow
- 49 Akron's home
- 50 Canine noises
- 52 Domestic fowl
- 53 Timetable info
- 54 "The Challenge" network

1	2	3		4	5	6	7		8	9	10	
11				12					13			14
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51					52	53	54		55			
56					57				58			
	59				60				61			

Sit on all information you receive until you verify what's coming down the pipeline. Speaking too quickly will lead to conflicts and errors. Listen carefully, follow the dots and focus on performance, presentation and building a strong base. Refuse to let anyone pressure you into anything; time is on your side, so use it to your benefit.

PISCES (Feb. 20-March 20) - It's OK to change your mind. When in doubt, don't worry about taking a step back and assessing the situation. Draw on your resources and the people you trust, and you'll find the best path.

ARIES (March 21-April 19) - Have patience; if you act quickly, mistakes will happen. Keep your plans secret until you can confidently present what you have to offer. Don't expect to win over someone who prefers to run the show.

TAURUS (April 20-May 20) - A clear head is required when dealing with others. Be a good listener, and you'll come across information that can help you make positive suggestions. An act of kindness will pay off.

GEMINI (May 21-June 20) - Concentrate on what's important to you and refuse to let anyone lure you off course. An adamant approach will deter interference and encourage you to do the best job possible.

CANCER (June 21-July 22) - Stick to what you know and do best. Look on the bright side and use your skills innovatively, and you'll come out on top. A partnership will be a learning experience. Romance is favored.

LEO (July 23-Aug. 22) - Don't let an outsider mess with your plans. Stick close to those who have your back, and you will outmaneuver anyone who gets in your way. Don't feel pressured by changes made by others.

VIRGO (Aug. 23-Sept. 22) - You have plenty to look forward to, so don't waste time worrying about something you cannot change. Plant your feet firmly on the ground and work to make a difference. Follow your heart.

LIBRA (Sept. 23-Oct. 23) - Mental stimulation will help you stay out of trouble. Seek the facts. Once you have evidence to substantiate your beliefs, you can move forward. Don't trust hearsay.

SCORPIO (Oct. 24-Nov. 22) - How you go about putting changes in play will affect the outcome. Don't make guesses when your success depends on accuracy, know-how and skill. Romance is in the stars.

SAGITTARIUS (Nov. 23-Dec. 21) - Live and learn. Listen carefully and refuse to let your emotions get in the way of a good decision. Don't believe everything you hear. An exaggerated statement will prove costly.

CAPRICORN (Dec. 22-Jan. 19) - Reorganize how you handle money matters and how you approach work and living conditions. A positive change will make a massive difference to your mood and conduct. Romance is on the rise.

AQUARIUS (Jan. 20-Feb. 19) - Don't feel obligated to respond or change because of what someone decides to do; focus on what's important to you and move along. Trust your instincts, not what others try to lead you to believe.

TUESDAY, MARCH 1, 2022

Other factors may be helpful

By Phillip Alder

In "Operating Manual for Spaceship Earth," R. Buckminster Fuller wrote, "Of course, our failures are a consequence of many factors, but possibly one of the most important is the fact that society operates on the theory that specialization is the key to success, not realizing that specialization precludes comprehensive thinking."

Is that true? Surely those who specialize have to see the big picture. In bridge, for example, because A happened, you may be able to draw conclusion B.

How did that apply in today's deal? South was in four spades. West led the club ace, then shifted to the heart nine (top of nothing). East won with the king, collected the club king and tried to cash the heart ace. After ruffing, how did declarer deduce the trump layout? Also, what do you think of the auction?

Considering the bidding first, South was not enthusiastic about his opening bid because he might have had an awkward rebid. However, usually it pays to open, and it is advantageous to be bidding spades. North's four-spade raise was debatable. That was a "weak freak," showing a lot of spades and few points. The response risked missing a slam, but North judged that unlikely and hoped

North		03-01-22	
♠	A 8 5 4 3		
♥	J 6 4		
♦	K J 8		
♣	Q 3		
West		East	
♠	Q 6 2	♠ —	
♥	9 8 7 5	♥ A K 10 3 2	
♦	9 6 3 2	♦ 10 7 5 4	
♣	A 4	♣ K J 9 5	
South			
♠	K J 10 9 7		
♥	Q		
♦	A Q		
♣	10 8 7 6 2		
Dealer: South			
Vulnerable: Both			
South	West	North	East
1♠	Pass	4♠	All Pass
Opening lead: ♣ A			

to silence the opponents.

If spades were 2-1, there was no problem; but what if they were 3-0? Who would have the three?

It had to be West because his (debatable) opening lead marked him with only two clubs. He was unlikely to have 11 red cards, and leading from a doubleton meant he was looking for a ruff, which he would not have done with a spade void.