

ETSB in uncharted waters

By Matthew McCully

If the Eastern Townships School Board, with its schools and centres closed until May 1 at the earliest, can teach the local population anything, it's how to roll with the punches.

On one hand, it's business as usual for the upkeep of schools and centres. The board approved a handful of renovation projects. Knowlton Academy's request for an alcohol permit for a party planned for the end of May was also approved, assuming things will be back to normal by then. The board also adopted a resolution to merge Adult Education at the Brome Missisquoi campus with New Horizons and Distance Education, effective July 1. The goal of the merger, according to interim Director General Michel Soucy, is to share resources within adult ed centres and offer students more opportunities for learning.

On the other hand, the board is currently grappling with how to continue its primary mandate to educate without teachers or students or classrooms.

There are also those old ghosts-Bill 40, staff collective agreement negotiations and elections for new service centre directors that will come back to haunt the board at some point.

On Monday the ETSB got the green light to make teaching modules and learning activities available, but according to Chairman Michael Murray, the issue is how they could be administered.

"We have the means of doing it, but it has to be equitable," Murray said.

If half a class continued studies, but the other half, because of learning difficulties or lack of internet couldn't keep up, that would present a challenge when students return to school, the chairman explained.

"We have to keep everybody on the same level."

"These are very stressful times right

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An update from our seniors' residences



COURTESY

By Taylor McClure Special to The Record

While those businesses and establishments that have been deemed essential across the country have all had to adapt in order to keep up to date with a situation that is always evolving over the last two weeks, this has been especially the case for seniors' residences.

The Record checked in with

three local seniors' residences, Le Renaissance Manoir St-Francois, Wales Home, and Grace Village to get an update on the precautions they are taking to keep their residents and care staff safe while continuing to provide the best quality of life that they can.

Out of the safety for its personnel and residents, the Manor is strictly adopting the measures put in place by the provincial government.

"We respect weekly what the

government is requesting of us," emphasized Gabriela Rotariu, Director of the Manor. "We are putting in all the measures of the government; we are making sure that residents are not very close. It's not something easy to do but we all have to do it, not only them."

With the cancellation of all group activities, visits from friends and family, and the regulations set in place limiting the senior population from leaving their homes, the Manor is

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Weather



TODAY:
MAINLY SUNNY

HIGH 10
LOW 2



FRIDAY:
60 PER CENT
CHANCE OF
RAIN
HIGH 6
LOW -6



SATURDAY:
SUNNY

HIGH 9
LOW 2



SUNDAY:
RAIN

HIGH 3
LOW 1



MONDAY:
PERIODS OF
RAIN OR SNOW

HIGH 0
LOW -6

Week 2 vs Week 22



ROSS MURRAY

Week 2: Anxiously refreshing social media to hear the latest updates on the Coronavirus pandemic.

Week 22: Anxiously refreshing social media to hear the latest stupid thing Madonna said.

Week 2: When working from home, it's important to replicate as much as possible your workplace routine.

Week 22: What are pants?

Week 2: Beginning to master Zoom to facilitate work meetings with colleagues.

Week 22: Drumming up the nerve to say something about colleague's atrocious home décor.

Week 2: Daughter stoically braving separation from boyfriend like she's in a romantic movie where lovers are tragically kept apart during wartime.

Week 22: Daughter now in a committed relationship with a body pillow attached to a Javex bottle with Harry Styles' face on it.

Week 2: Daily briefings by government leaders are informative and reassuring.

Week 22: Daily briefings consist of Today's Best Pet Videos.

Week 2: Explaining to children that, sorry, it's not your fault the government has banned public gatherings, it's just the way it is.

Week 22: Explaining to children that, sorry, it's not your fault the government has banned loud open-mouth chewing, it's just the way it is.

Week 2: Watching investments in oil and gas going down, down down.

Week 22: Watching investments in hand cream and sanitizer going up, up, up.

Week 2: "I've never truly suffered hardship in my lifetime, so really I see this is an opportunity for emotional growth."

Week 22: "AAAAAGHHH! I'M OUT OF HAIR GEL!"

Week 2: Difficult though it may be, this crisis is bringing the family closer together.

Week 22: Family members have established independent territorial governments in separate rooms, with the kitchen as neutral territory and frequent, bloody skirmishes in the bathroom.

Week 2: Unable to stop touching face.

Week 22: Still unable to stop touching face.

Week 2: Taking advantage of down time to learn a new instrument, take up painting, maybe write that novel you've always had in the back of your mind.

Week 22: Have memorized word-for-word the entire second season of "The Office."

Week 2: Lying awake at night worrying about the virus, your job, the economy.

Week 22: Napping is now your full time job.

Week 2: Investing in surgical masks to protect against Coronavirus.

Week 22: Investing in earplugs to protect against losing one's mind in this godforsaken house!

Week 2: Finding creative ways to stay social by getting together with friends online.

Week 22: Finding creative ways to earn an income by selling your kidney online.

Week 2: Improvising a makeshift home gym, because it's important to stay fit during this indefinite period of

isolation.

Week 22: Improvising an elaborate pulley/conveyor system from the kitchen to the sofa, because those bags of Doritos aren't going to deliver themselves.

Week 2: Recognizing that, as part of the greater good, we may have to sacrifice certain civil liberties in order to combat the threat of this deadly virus.

Week 22: Supreme Leader Donald Trump dissolves Congress and replaces it with an "advisory board" consisting of Ivanka, Jared and the cast of "Big Brother 22."

Week 2: "I'm growing out my beard!"
Week 22: Divorce papers arrive in the mail.

Week 2: Singing "So Long, Marianne" from apartment balconies.

Week 22: Sending semaphore signals from apartment balconies.

Week 2: Avoiding physical contact with neighbours and joking about it.

Week 22: Avoiding eye contact with neighbours since The Leaf Blower Incident.

Week 2: Expressing disdain for people who violate social distancing guidelines for their own selfish fulfilment.

Week 22: Going to a crowded beach because you've really, really earned this.

Week 2: Stocking up on non-perishable staples like dried beans.

Week 22: Still haven't cooked a single meal using dried beans.

Week 2: Expressing gratitude for universal health care.

Week 22: Putting finishing touches on comprehensive 617-page proposal for universal health cat.

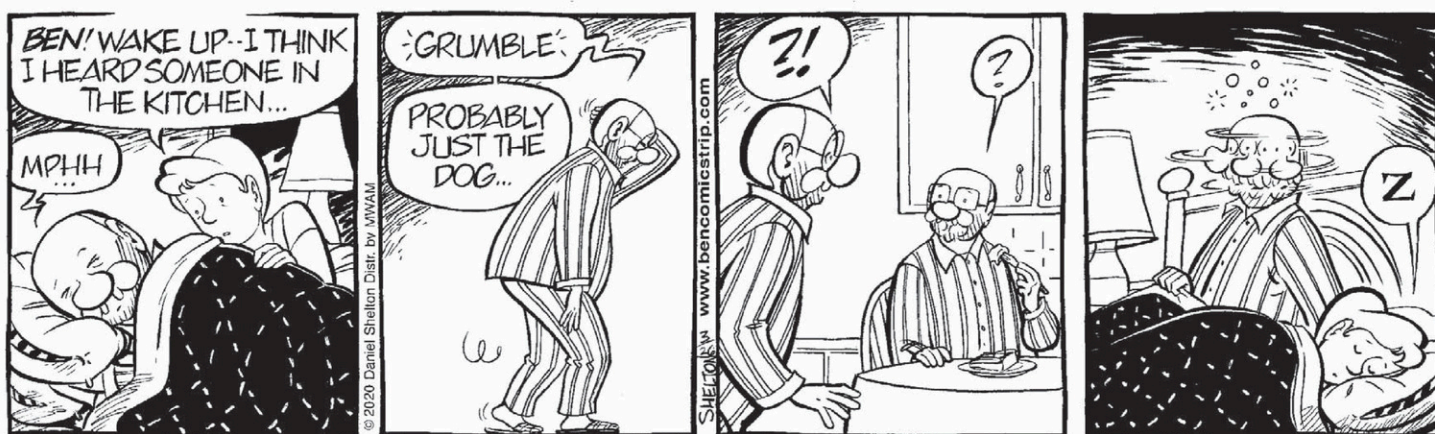
Week 2: Convincing senior parents to heed government warnings and just stay home.

Week 22: Convincing senior parents to heed government warnings and just stay home.

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Ben by Daniel Shelton



House approves new benefits for workers losing income

The Canadian Press

up to four months.

It's being called the Canada Emergency Response Benefit and is designed to streamline the programs the Liberal government had previously proposed as part their \$27 billion in direct support to Canadians.

The application program for the new benefit should open in early April.

The federal government will now spend \$52 billion in direct support to Canadians struggling with the financial fallout of COVID-19.

Mandatory quarantine for travellers returning to Canada has also now been put in place.

Deputy Prime Minister Chrystia Freeland says the government will take contact details for all people coming into the country and will follow up with them to make sure they are self-isolating. Essential workers coming up from the U.S. will be exempt.

The House of Commons has adopted emergency legislation for up to \$82 billion in relief for Canadians impacted by the COVID-19 outbreak.

Prime Minister Justin Trudeau says new federal benefits for those losing income due to COVID-19 will be in people's pockets within 10 days of their applications.

Trudeau says the application process for the new programs will open soon.

The government has now merged new EI programs related to COVID-19 into a single allowance to streamline the program so people can get the funds faster.

The new benefit for workers losing income because of the COVID-19 pandemic will provide \$2,000 a month for

Providing assistance to the population: a call to everyone

Submitted by the Town of Brome Lake

The Town of Brome Lake is seeking the help of its citizens to create a vast network of mutual aid. A call to everyone is being made to those interested in volunteering as well as to the most vulnerable.

For those who volunteer, services could range from home delivery of essential goods (food or medication), moral support by phone, medical transportation or technical support for online orders. Contact information to indicate interest can be found at the bottom of this press release.

"The Town is already in contact with some vulnerable people through

our links with community organizations. However, in times of crisis, we want to have as complete a list as possible," said Town of Brome Lake Mayor Richard Burcombe. "The better informed we are, the more effective our interventions will be. It is for the good of all."

Here is the information to provide us if you need help:

- Age
- Whether or not you're in quarantine
- Specific medical conditions
- Needs

All information can be sent to the Town by phone at 450 243-6111 or by email at reception@ville.lac-brome.qc.ca.

Seniors' Residences

CONT'D FROM PAGE 1

doing its best to encourage social distancing while still providing a quality of life for its residents.

"They cannot go out unless it is for their walk and the walk has to be on the property and they have to be accompanied by an employee, these are the new regulations," explained Rotariu. "We have been trying to entertain them differently. We have been telling them jokes every day on the intercom. We give them a surprise at 2:30 in the afternoon and this could be fudge, a popsicle, or a game. I also had an employee sing a song on the intercom the other morning."

The Manor will also continue with their Vie Active exercise program when possible. "When we do Vie Active we are doing it outside on the balconies, when the weather permits. Not with the same intensity of course."

The residence has a grocery delivery system in place that volunteers that have offered to do residents' grocery shopping, and they are trying to eliminate the stress surrounding the current situation as much as possible by simply keeping in touch with residents.

"To make things less stressful we communicate with them and we talk to them very often. We knock on their doors with their present or entertainment. We communicate with them constantly."

The Wales Home in Richmond also emphasized how communication was key in order for them to make sure that they have the situation under control and that everyone is safe.

"We have a pandemic team set in place that meet daily and reports are sent out to board members" mentioned Brendalee Piironen, Director of Wales Home. "We are issuing letters and press releases to families and we have a pandemic bulletin board in our lobby, employees are always updated."

Rather than wait for press releases to be sent out, the Wales Home makes sure to follow the news and they act upon new developments immediately.

Many of the measures that the Wales Home currently has in place were already implemented before the Premier even announced his regulations.

"We are not taking any chances and we are minimizing the risk as much as possible," said Piironen. "We are proud of the measures we already had in a place on a daily basis and the additional measures that are being set in place, everyone is taking this very seriously."

Like the Manor, all visits to the Wales Home are banned unless someone is at end of their life. If that is the case, the home's Director of Health Services will carry out an evaluation of the family member wanting to visit, asking questions like whether they have travelled recently, and if they pass the criteria they will be allowed in.

The Wales Home has upped their regular cleanings, they are consistently putting out reminders for people to follow protocols, like washing faces and hands when entering and leaving the long-term care units. There is minimal circulation in the building, and social distancing is set in stone.

That in mind, the staff are trying to

keep things as normal as possible for their residents.

"The activity department is doing very small group activities and they are doing one on one activities with people in long term care," Piironen said, explaining that residents are not allowed to leave the property but can go for supervised walks to get some fresh air.

The home's computer specialist is also busy setting up Facetime so that residents can keep some sort of contact with their loved ones during this time.

"Want residents to have quality of life but we want them to be safe at the same time."

Piironen expressed particular gratitude to those who are working out of necessity and to anyone making the extra effort to follow regulations out of the safety of employees and seniors.

With seniors' residences being closed off to everyone but personnel, Grace Village is currently trying to find ways to break social isolation without compromising ministry directives.

"Before the Ministry even mandated it, we went into the first shutdown to everyone but immediate family," said Doug Bowker, Director at Grace Village. "Then we wanted a full shutdown which was only a couple of weeks ago. We shut off all visitors, friends, family, volunteers, we shut it all down and this is terrible for our seniors. They are already isolated and now they are even more isolated."

Having to cancel all their group activities has been a major downfall for the residence. "We had to stop all group activities, which hurt, but the two recreational staff are spending all

of their time going around doing one on one activities with our residents. While we can't do groups, they are very busy going one on one to reduce and eliminate the isolation."

Window visits have also been set up to help curb this isolation. "We instituted an invitation to people to do window visits since all of our residents are on the ground floor. We have a schedule and family members and friends can make an appointment and come stand outside the resident's window and talk to them on the phone."

They have also set up a special e-mail address for family and friends to send a message and these will be printed and hand delivered to residents by care staff.

Like the Manor and the Wales Homes, Grace Village are taking the always changing measures and regulations very seriously.

All staff that are arriving for their shift are screened every day before entering the building, there are daily consultations with doctors, and residents cannot leave the property. "Because we have enclosed court yard gardens that have really good walking paths, we have left them open but we have shut down external walks."

A certain degree of normalcy is what this residence is striving for. "We are doing everything we can to make life as normal as possible for seniors that can't get out in a world that is completely abnormal now. The bottom line is that we have the lives of 120 seniors that we support and nothing can be put that at risk."

New sinks at the Marché Tradition in Ayer's Cliff

By Gordon Lambie

Guy Patry, owner of the Marché Tradition in Ayer's Cliff, told The Record that the community has responded very well to the installation of two new knee-activated handwashing sinks in the entryway to the store.

"It is very important for everyone who enters the store to wash his hands," Patry said, explaining that the sinks have been set up so that people don't need to use their hands to turn on the flow of water.

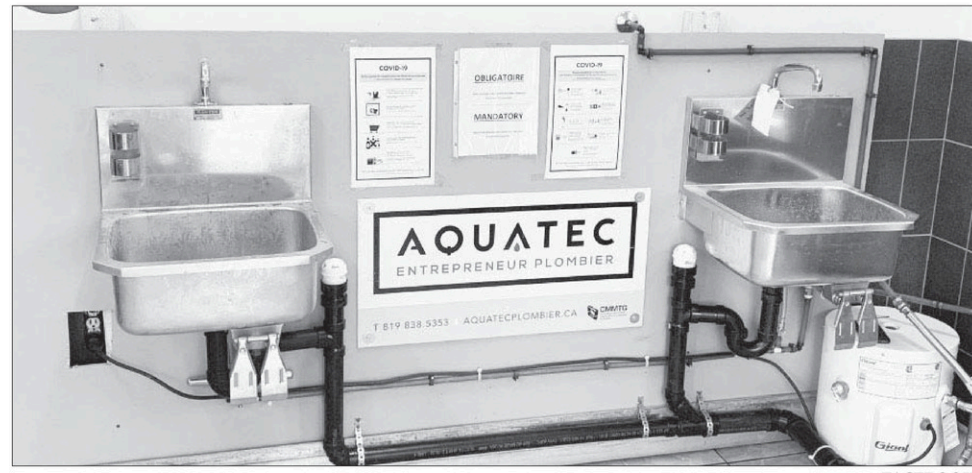
The sinks are one of several new hygiene measures put into place at the

grocery store to help make the business as safe as possible for clients and employees alike. After washing their hands, Patry said that people who enter the store are also given a spray of hand sanitizer. He added that all of the carts are being regularly wiped down with disinfectant wipes.

"People appreciate it very much. He said.

The grocery store has also adopted a free delivery service for seniors and others who cannot leave their homes, which he said is being used by about 40 people in the community.

"We support one another," he said.



FACEBOOK

ETSB

CONT'D FROM PAGE 1

now. People need time to navigate this territory," Murray said, adding that teachers and administrators have been doing a wonderful job of reaching out to the community.

"You have to remember, people have been sent home from work. It's not a nice situation," commented ETSB Vice-Chair Joy Humenuik, saying that

putting something else on top of all of that would be difficult for some parents. "We're still in panic mode. We have tech over and above most school boards. At the same time, we don't want to add on something else to people's plates that are already overflowing."

Using any of the resources made available by the ETSB is completely voluntary.

The Record asked how parents without internet could access the learning material. The board replied that parents should not go to schools or the board office. Instead, they can call the office (819) 868-3100 to make arrangements.

During his DG report, Soucy said that Heroes' Memorial, Waterloo and Granby are three of the emergency daycares open in the Townships to assist front line workers. "In the coming days, they will need some time to recharge. I'm sure people will answer the call," he said.

Murray said the word from QESBA was that given the current situation with COVID-19, the legal challenge against Bill 40 has been delayed.

The spring conference, held annually for board members across the province, has been cancelled.

The big question of the night was what will happen when school resumes and how it will affect next year.

As it stands, school will resume May 4 (because May 1-a Friday- is a PED day).

According to commissioners, there have been calls from parents asking how the end of the year will play out. Murray said the board is having frequent meetings with managers and staff to keep everyone up to date, but given the fact that the situation is changing daily, no clear answer about testing, graduation or end of year results was addressed during the meeting.

When asked if there were contingency plan in place if school were to be cancelled for the balance of the year and how students would be reintegrated, Eva Lettner, Director of Instructional Technology and Pedagogical Services replied that the board's plan is to focus on essentials.

"A formative assessment will be key," Lettner said, to evaluate the students upon their return and concentrate on the essentials to bridge the gap and ensure they are prepared moving forward.

"It won't be easy, and it won't be anything close to perfect," Murray said, while applauding the efforts of the ETSB community during this difficult time. "Thanks and congrats again to everyone for doing their share."

During question period Appalachian Teachers' Association President Megan Seline asked how the new adult education merger would affect teachers and students.

Soucy replied that the merger would not impact the teachers of the different centres, and said students would benefit from more learning opportunities.

Seline also asked, given the current situation, what would happen to staffing plans, the hiring process, deadlines for vacancies and protocol to fill vacant positions.

Jeffrey Pauw, Interim Assistant Director General and Director of Human Resources said the board is working on the situation on a daily basis and hopes the staffing procedure will not be affected. "Hopefully we will be able to share information with school councils once we have identified the needs next year, and share that by the April 30 deadline."

Seline followed up asking about special needs requests. "We will do our best to do all that we are supposed to," Pauw said, adding that the dates in collective agreement still stand, and that there will be a consultation process.

Seline also asked about governing boards and board based committees like the teacher advisory committee.

According to Pauw, governing boards are considered public meetings, so for the moment they are suspended. "All non-critical meetings are postponed," he said. For important ones, there is the possibility rescheduling. "We will do what we can to conduct those meetings," Pauw said, reiterating the need to avoid public gatherings.

"Some deadlines will be tough to meet," commented Pauw, waiting for instruction from the ministry on how to proceed.

THE RECORD

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Thank you for your understanding.



The Border Report

The free workshop was developed to help guide students through the steps of finding a summer job

Phelps Helps' summer jobs workshop is back on!



By Phelps Helps

Due to extraordinary circumstances, the original Summer Jobs Workshop set to take place earlier this week at Phelps Helps was cancelled. Although students are currently home, it presents them the perfect opportunity to prepare for summer jobs. With that, Phelps is happy to announce that the workshop has back on and available to students online.

The free workshop was developed to help guide students through the steps of finding a summer job. Students can find resources to create or update their CV, learn essential interview skills, browse local summer job opportunities, and apply to the positions that interest them the most, all from home!

free access to individual one-on-one support with the Compass Coordinator, who can guide them through any of the steps and resources via phone, email, video chat, or Facebook messenger.

There are summer job opportunities available to students of all levels, including high school, vocational training, CEGEP, and university!

The registration form to access the Summer Jobs Workshop is accessible on the Phelps Helps Facebook page or can be sent directly to the students by request. For more information on this event, contact Elizabeth Courchesne, Compass Coordinator, at ecourchesne@phelpshelps.ca.

Phelps was founded in 2012 and has grown organically from a single high school tutoring program to nine unique programs, providing the Stanstead area with free educational and career



COURTESY

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FRONTIER ANIMAL SOCIETY

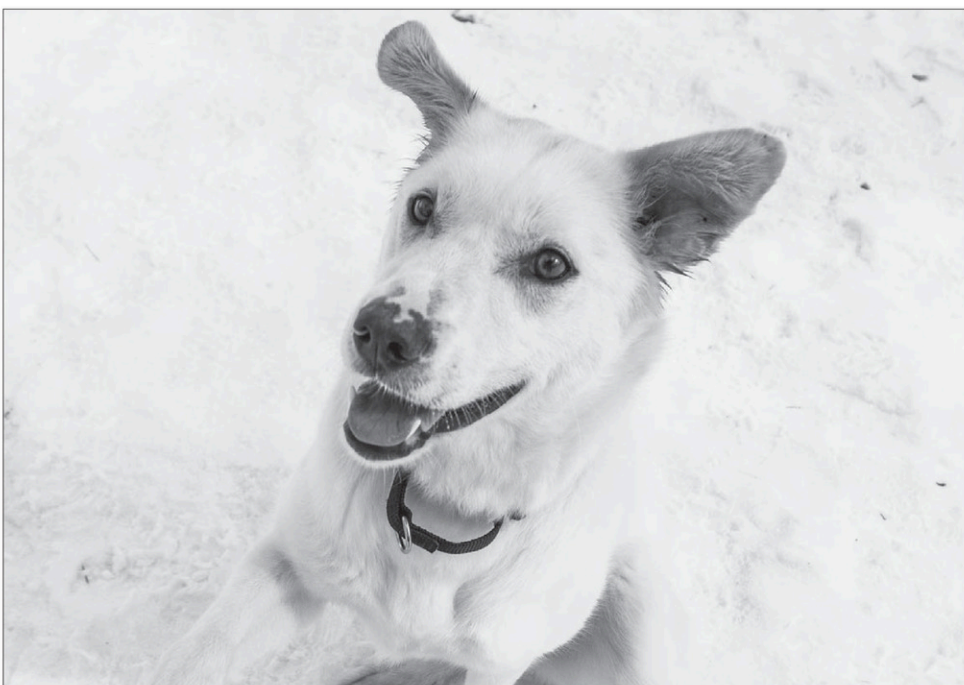
Featured pet: Kudos

Kudos is a friendly, happy, enthusiastic and outgoing young dog who has a wonderful zest for life. She is a beautiful and rather petite husky mix probably with lab but that's our best guess. Kudos loves attention and loves to run and play in our fenced in dog park. We've noticed that when a car drives by, she has a tendency to want to chase after it, so for her safety, she should always be on leash except when in a securely fenced yard. Her love of playing fetch, however, seems to outweigh her desire to chase cars so when we hear one coming, we can easily distract her with her ball.

Kudos loves her treats and is quick to sit and give her paw. She is dog social for the most part and seems to want to play, but proper introductions are needed.

who is active and will give her the exercise and mental stimulation she needs. If you are looking for a little extra motivation to get outdoors and get more exercise, she may be the perfect solution. Kudos is learning to walk on leash but her adopter should expect to continue working on this with her. Being agile and light on her feet, with a little more training, she will likely be a great jogging partner. Kudos is 1 to 2 years old and weighs 18 kilos (40 pounds) so she is a nice manageable size.

If you think you might be the right match for this lovely young dog, we'd love to hear from you. To inquire about adoption, please send an email to frontieranimalsociety@gmail.com or better yet, give our adoption coordinator Brenda a call at 819.876.7747 any day of the week between 8 a.m and 8 p.m. Adoption visits are by appointment only.



DAILY JOKES

You know you live in Canada if:

- Someone in a Home Depot offers you assistance... and they don't work there
- Pike is a type of fish, not some part of a highway
- You have switched from "heat" to "A/C" in the same day and back again

- You install security lights on your house and garage, but leave both unlocked
- You design your kid's Halloween costume to fit over a snowsuit
- You have worn shorts and a parka at the same time
- You attend a formal event in your best clothes, your finest jewellery and your Keens.

- You understand the sentence, "Could you please pass me a serviette, I just spilt my poutine."
- You stepped on someone's foot. You apologise, then apologise for making them apologise (Source: The Great Canadian Bucket List)

EDITORIAL

I could get the same thing for a small payment each and every month to my computer-phone-television service provider but why?

Self-isolating with a movie and my VCR



TIM BELFORD

Week two of “social distancing” and “self isolating” and I’ve discovered that old technology is a lifeline.

Being a troglodyte in a wired world I don’t have a smart phone, nor an iPod Touch. Nor am I connected to Netflix or any other computer-sourced form of entertainment. What I do have is a DVD player and - wait for it - a VCR player. For those of you too young to remember, a VCR is a movie that comes rolled up on tape that you put into a machine and press ‘play.’ It also has useful buttons like ‘fast forward’, ‘stop’ and ‘rewind’.

I also have a couple of hundred movies on VCR and DVD that friends and family have noticed and sadly shaken their heads at. “Why do you keep them? You can’t even give them away at a garage sale,” I was told. Ha!

My last experience with isolation for health reasons was back in the early 1950s when my older brother and I contracted mumps together. We were bed ridden for some time and unable to do much of anything but grumble to each other. One particular day our dull existence was brightened when my father’s younger brother, uncle Terry, arrived with a cardboard box for us to examine. Inside were two small

snapping turtles. Watching them move around the box and getting them to ‘snap’ onto a wooden pencil provided an afternoon’s respite from the boredom of isolation.

In this present time of stress, my afternoon routine has become a trip to the movies. This week alone I have sailed the seven seas with Errol Flynn, playing a dashing privateer, in *The Sea Hawk* and I have watched John Wayne and Victor McLaglen carry out the best movie fistfight ever filmed, in *The Quiet Man*. I’ve revisited Butch Cassidy and the Sundance Kid and am looking forward to viewing *The Great Race* with Jack Lemmon and Tony Curtis. All of this thanks to a collection of video dinosaurs.

I know, I know, I could get the same thing for a small payment each and every month to my computer-phone-television service provider but why? They’re already paid for and the quality is good. And they’re right at hand.

When the movie industry was in its initial development it was billed as a chance to escape reality and for millions of people it was just that. The importance of that ‘escape’ was obvious as films continued to be made and viewed throughout two major wars and a devastating depression. In those times of immense stress and uncertainty it allowed theatre goers a much needed moment of distraction and calm.

Even if you aren’t lucky enough to have a VCR or a copy of Errol Flynn’s *Robin Hood*, you can still sit back, put your feet up and dip into a bowl of popcorn and enjoy an afternoon at the movies with whatever device you have. Which reminds me, I’ll have to nip down to the SAQ for the third time this month to pick up a two-week’s supply of refreshments.



Letters

DEAR EDITOR:

Just to give sincerest thanks to all the staff, for providing us with our daily Record. It is greatly appreciated. And also for adding some brain exercises, as in word search etc. The Record has been delivered at this house for years and years, since my parents built our house on Bradley Street, in 1941 and the end street Vimy, was a cow pasture. I am not sure if they subscribed back then, but I do know it has been coming here for quite some time, with Steven Elkas being our paper boy and with whom I went to school.

We realize that distribution is difficult, wishing you success in that area.
DONNA MOULAND SMITH

DEAR EDITOR:

As markets fluctuate and our dollar devalues, we are facing more than one ‘virus’.

Our economy is challenged by cheap Arab oil flooding our markets. It is a situation similar to that in Germany after WW1. Hitler’s solution was war. (Hitler was insane) It was easy to target the Jews and inflame a desperate nation. Hate is a very dangerous virus.

It is easy to disseminate prejudice toward (other) oil producing nations. This ‘virus’ is spreading.

We must not repeat history.
NICK RUSSELL

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

DAILY JOKES

What do you call ten Arctic hares hopping backwards through the snow together?

A receding hare line

THE RECORD

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DAILY JOKES

Fishing rink

A guy goes ice fishing for the very first time. All of a sudden, he hears a voice. “There are no fish under the ice!” He ignores it and moves to another area, cuts a hole, and tosses his line in. Again, he hears the booming voice: “There are no fish under the ice!”

He nervously looks up and asks, “Lord? Is that you?”
“No, this is the rink manager!”
(Source: Reader’s Digest Canada)

Stanstead College Girls Hockey to join JWHL

Submitted by Stanstead College

The Stanstead College varsity girls hockey team will officially join the Junior Women's Hockey League (JWHL) in the U19 division for the 2020-21 season.

The Varsity Girls Hockey Spartans have been members of the North American Prep Hockey Association (NAPHA) since 2009-10, winning the league championship in 2011 and for the past five seasons (2016-2020). During the regular NAPHA season this year, the team had a record of 6-0-2. Overall this past season, the varsity girls were 46-15-4.

The JWHL was founded in 2007 as a league for girls hockey teams that regularly produce NCAA-calibre players. The league has produced over 700 NCAA and USport student-athletes as well as numerous national and Olympic team members for the US, Canada and several other countries. The league started with four teams, expanding to 12 teams in 2012-13.

Teams face each other three times during the regular season and compete in the JWHL Challenge Cup, to which Stanstead has been invited the last number of years. There is also a JWHL post-season championship.

The league consists of teams from Canada and the USA, including North American Hockey Academy (Boston), Ridley College (St. Catharines, Ont.), Boston Shamrocks and Ottawa Lady 67s.

"Girls hockey at Stanstead College has evolved tremendously over the past decade through the efforts of outstanding coaches, teachers and

student-athletes," said James Rioux, Stanstead's Director of Hockey Operations. "The scope of our schedule has expanded to many areas across New England and North America, while the success of our team and players has attracted the eyes of recruiters at numerous levels. As a school community, we are pleased with the growth of the program and especially the kind of citizens we have been able to welcome to the school and develop into high level students in the classroom and athletes on the ice and beyond."

Discussions about joining the JWHL have been ongoing the past year. Being invited to the annual JWHL Challenge Cup in Washington the past few seasons as well as the Merrimack event outside Boston has allowed the varsity girls to get a taste for what the league is all about.

"In the end, we feel this will be a tremendous step for our girls and team to play against competitive programs in a truly professional set-up," said Mr. Rioux. "With the JWHL's professionalism, marketing and focus on college development, we are excited about the upcoming schedule and visibility prospects for our girls and our program."

JWHL co-founder Kush Sidhu said, "We are pleased to welcome Stanstead College to the JWHL family. Stanstead's history of developing elite student-athletes and their commitment to high standards align with our core values. We look forward to a strong working relationship with James Rioux, Head Coach Bernie Pimm and the Stanstead College community."



COURTESY

LNAH season officially cancelled

Record Staff

In a statement published on Wednesday, the LNAH semi-professional Hockey League announced the official cancellation of its 2019-2020 season. The announcement follows suit with similar decisions made by professional and semi-professional sports leagues of all kinds in light of the need for prolonged avoidance of social gatherings.

"The entire LNAH community is very disappointed with this decision with

series that promised to be most exciting this spring," the notice reads. "However, public health must be prioritized and it is in this context that we stand behind the decisions taken by government authorities.

As a result of this decision, made in light of the restrictions put in place by the Legault Government, the Vertdure cup series will not go ahead as originally planned, nor will it be postponed to a later date. A teleconference with team owners is planned for March 30 to follow up on what happens next.

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



Fever



Cough



Trouble Breathing

Protecting yourself saves lives.



Cough into your sleeves



Throw your used tissues into the trash



Wash your hands



Keep your distance



Stay at home

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

1 877 644-4545

Votre gouvernement

Québec

Today in History

Today in History for March 26:

On this date:

In 1821, the Hudson's Bay Company and the Northwest Company amalgamated under the name Hudson's Bay Company.

In 1830, Joseph Smith first published "The Book of Mormon." Smith maintained it was derived from golden plates, written in Reformed Egyptian, he had discovered with the aid of an angel.

In 1840, George Smith, famed English Assyriologist, was born. During several expeditions to the site of ancient Nineveh, (1873-74), Smith unearthed over 3,000 cuneiform tablets, including one which told the story of an ancient deluge, similar to Noah's Flood.

In 1885, the first battle of the Northwest Rebellion took place between North West Mounted Police and Metis troops at Duck Lake, Sask. Metis under Louis Riel battled police under Supt. L.N.F. Crozier, who was in charge of defending the area. The shot that began the battle was fired over a misunderstanding when representatives of the two sides came out to negotiate with each other. Crozier gave the order to retreat after a battle lasting about 45 minutes, in which 17 of his men were killed. The Metis lost five men.

In 1885, George Eastman manufactured the first commercial motion-picture film in Rochester, N.Y.

In 1898, the world's first game reserve, the Sabi, was designated in South Africa.

In 1902, British-born financier Cecil Rhodes died. He used the enormous wealth he acquired from his commercial exploitation of southern Africa to launch the Commonwealth scholarship program which bears his name.

In 1908, Prince Edward Island banned all automobiles. The first car had appeared on the island three years earlier, causing such a controversy that the law outlawing the operation of any motor vehicle was passed. That law lasted until 1913.

In 1911, playwright Tennessee Williams was born in Columbus, Miss. He died in 1983.

In 1917, the Seattle Metropolitans became the first U.S. team to win the Stanley Cup, defeating the Montreal Canadiens.

In 1921, the racing schooner "Bluenose" was launched at Lunenburg, N.S. Captained by Angus Walters, she raced five times for the North Atlantic fishermen's championship and was never beaten. The "Bluenose" was also a fishing boat. She returned from her first trip to the Grand Banks as highliner of the Lunenburg fleet, having caught

more than the other ships. Sold during the Second World War, the "Bluenose" was wrecked near Haiti in 1946. The schooner - a member of Canada's Sports Hall of Fame - is commemorated on the Canadian dime.

In 1929, The Congregation of the Sacraments within the Roman Catholic Church published a document instructing that a plate of silver or metal gilt be held under the chin of the communicant at the reception of the holy communion.

In 1956, what's believed to be the largest volcanic action of the 20th century took place on the Soviet Union's Kamchatka Peninsula. An eruption by "Mount Bezymianny" released 2.4 billion tonnes of material. Because the mountain was 50 kilometres from the nearest population centre, no one was killed.

In 1964, Defence Minister Paul Hellyer announced plans to integrate Canada's army, navy and air force into a single military service.

In 1969, Lord Constantine became the first black member of the British House of Lords.

In 1971, East Pakistan proclaimed its independence, taking the name Bangladesh.

In 1979, the Camp David peace agreement was signed in Washington by Egyptian President Anwar Sadat and Israeli Prime Minister Menachem Begin and witnessed by U.S. President Jimmy Carter.

In 1982, groundbreaking ceremonies took place in Washington, D.C., for the Vietnam Veterans Memorial.

In 1986, two teams of scientists, one American and one French, contended independently they each had discovered new viruses related to AIDS.

In 1987, Ontario Liberal Sheila Copps became the first sitting Member of Parliament to give birth. She had a girl.

In 1989, the Soviet Union's first open election in almost 70 years saw Russian voters elect Boris Yeltsin as president.

In 1992, an Indianapolis judge sentenced former heavyweight boxing champion Mike Tyson to six years in prison for raping a beauty pageant contestant. Tyson was paroled after three years.

In 1992, Barbara Frum, a leading broadcast journalist of her generation, died of leukemia in Toronto at age 54. She's remembered for her years as host of CBC Radio's "As It Happens" and CBC television's "The Journal."

In 1997, the bodies of 39 members of the Heaven's Gate cult were found in a house in Rancho Santa Fe, Calif. They had committed suicide over several days by eating drug-laced food. They believed they could hitch a ride on a UFO following the Hale-Bopp comet.

In 1997, the "National Enquirer" announced it had paid \$2 million for North American rights to 10 photos of Michael Jackson's five-week-old son. The money went to a Jackson charity.

In 1997, Calgary-based Bre-X Minerals admitted there was a strong possibility that the estimated size of its Indonesian gold deposit had been "overstated." The find was later found to be a hoax.

In 2000, Russian voters elected Prime Minister Vladimir Putin to succeed Boris Yeltsin as president.

In 2003, Ontario declared a provincial health emergency as the number of SARS (Severe Acute Respiratory Syndrome) cases jumped to 62. Anyone who had recently visited Toronto's Scarborough Grace Hospital was asked to go into quarantine at home for 10 days to limit the spread of the pneumonic outbreak.

In 2007, Democratic Unionist Party leader Ian Paisley and Sinn Féin leader Gerry Adams agreed to form a unity government in Northern Ireland.

In 2007, Quebecers elected a Liberal minority government - the first minority government in the province in more than 125 years. Jean Charest's Liberals were reduced to 48 seats from 72. The Action Democratique Party became the official opposition with the Parti Quebecois falling to third with 36 seats - the worst performance by the PQ since 1970.

In 2009, both the 2002 Olympic gold medal men's and women's hockey teams were inducted into the Canadian Olympic Hall of Fame. Also inducted were 2002 pairs skaters Jamie Sale and David Pelletier. Their silver medal was upgraded to gold after a judging vote-swapping scandal was uncovered.

In 2010, on the heels of capturing Canada's first Olympic ice dance title, Tessa Virtue and Scott Moir were golden once again, claiming their first world figure skating championship.

In 2010, an explosion split the South Korean naval ship "Cheonan" in two and sank it as it patrolled the tense maritime border with North Korea; 46 of the 104 sailors onboard died. (On May 20, South Korea released a report concluding a North Korea torpedo sunk the ship.)

In 2011, Canadian actor and comedian Roger Abbott, who captivated the country with his hilarious take on the nation's newsmakers for decades on "The Royal Canadian Air Farce," died after losing a 14-year-battle with leukemia. He was 64.

In 2012, the Ontario Court of Appeal ruled a ban on brothels put prostitutes at risk and was therefore unconstitutional. In October, the Supreme Court of Canada agreed to hear the federal government's appeal.

In December 2013, the SCOC struck down the country's prostitution laws in a unanimous 9-0 ruling, giving Parliament one-year to produce new legislation, which it did with Bill C-36. It was passed in November 2014 and took effect on Dec. 6, 2014, and criminalizes the purchase of sex, but provides legal immunity to those who sell it.


In 2013, the Italian Supreme Court vacated a decision on the acquittal of American exchange student Amanda Knox and her ex-boyfriend Raffaele Sollecito in the 2007 slaying of her British roommate Meredith Kercher and ordered a new appeals trial, where the murder conviction was upheld. In March 2015, the Italian Supreme Court overturned the conviction to bring an end to the high-profile case.

In 2018, Canada joined the U.S. and several European countries in expelling over 100 Russian diplomats following a nerve-agent attack in the United Kingdom early in March that left a former Russian spy and his daughter in critical condition.

In 2018, Prime Minister Justin Trudeau formally exonerated six Tsilhqot'in chiefs who were hanged by B.C.'s colonial government following a deadly confrontation with white road builders during the so-called "Chilcotin War of 1864."

In 2019, attorneys for "Empire" actor Jussie Smollett announced charges alleging he lied to police about a racist and homophobic attack had been dropped. Smollett's attorneys said in a statement that the black and gay actor's record had been wiped clean. Smollett had been indicted on 16 felony counts related to making a false report that he was attacked by two men. Smollett said he'd "been truthful and consistent on every single level since day one."

(The Canadian Press)



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RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

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

Discounts: 2 insertions or more: 15% off

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

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

Text only: \$16.00 (includes taxes)

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

WEDDING WRITE-UPS:

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

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

DEADLINES FOR DEATH NOTICES:

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

NEA Crossword Puzzle

Your Birthday

THURSDAY, MARCH 26, 2020

Answer to Previous Puzzle

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

- ACROSS**
- 1 Put on ice
 - 6 Speck of land in the ocean
 - 11 Imposed taxes
 - 13 Diamond-shaped knitting pattern
 - 14 Halloween hue
 - 15 Array
 - 16 It may be spliced
 - 17 Minor falsehood
 - 19 Have supper
 - 20 Postponed game
 - 24 Curved path
 - 27 Sz. option
 - 28 Dallas cagers
 - 31 Thawed
 - 33 Prepare an egg
 - 35 Ache
 - 36 Sneezer's need
 - 37 Applied henna
 - 38 Cosmonaut space lab
- DOWN**
- 39 Ben & Jerry rival
 - 40 Heirs' legacies
 - 43 Jalopy
 - 46 Even so
 - 47 Profound
 - 51 Depleted (2 wds.)
 - 54 Hemmed and hawed
 - 56 Previously
 - 57 Pitched, as a ship
 - 58 Atelier item
 - 59 Neglected, as a garden
 - 1 Folk dance shoe
 - 2 This spot
 - 3 Physiologist — Pavlov
 - 4 Cruise ship
 - 5 Chair part
 - 6 Keogh relative
 - 7 Pfc. boss
 - 8 Ancient harp
 - 9 He directed Marlon
 - 10 College book

- 12 Stood up to
- 13 Lectern
- 18 Wabash loc.
- 21 Improves upon
- 22 Out caller
- 23 Art colony town in New Mexico
- 24 Poet — Lowell
- 25 Sax mouth-piece
- 26 Modeling medium
- 29 Bud holder
- 30 Wind-driven spray
- 32 Oak or sycamore
- 34 Psst!
- 36 Laugh self-consciously
- 38 Ginnie —
- 41 Category
- 42 Marshy hollow
- 43 3D shape
- 44 Between ports
- 45 NBA officials
- 48 Slothful
- 49 Watermelon leftover
- 50 Whirlpool
- 52 Forest mom
- 53 Web addr.
- 55 Swear solemnly

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

Channel your energy wisely. Concentrate on what you can do for others and for yourself. Less talk and more action will bring about positive change. Discipline and hard work will pave the way to success. Let your experience help you open doors that have not been accessible in the past.

ARIES (March 21-April 19) - An objective attitude will help you avoid trouble. Listen and assess situations before you share your opinion. Approach new topics with curiosity and the desire to learn. Adopt a healthy lifestyle.

TAURUS (April 20-May 20) - Others will judge you on your performance as both a leader and a team player. Be prepared to take full responsibility and to fine-tune the ultimate product.

GEMINI (May 21-June 20) - Don't lose sight of your goal, or you will end up procrastinating instead of accomplishing. An unexpected question will leave you in a vulnerable position. Be honest and concise with your response.

CANCER (June 21-July 22) - If you use your imagination on the job, you will impress someone overseeing what you do. Take an authoritative stance if you want to receive more responsibility. Personal gain is apparent.

LEO (July 23-Aug. 22) - Attend events to connect with people in higher positions. The more contacts you make, the easier it will be to get ahead. Being in the right place at the right time will lead to success.

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

what you want. Being precise when working toward personal or professional goal will help you implement a successful plan. A romantic encounter will spice up your life.

LIBRA (Sept. 23-Oct. 23) - Take a mental health day, or learn something that will help you find a more enjoyable job. Keep in mind that you can be moderate and still have a good time.

SCORPIO (Oct. 24-Nov. 22) - Let your heart rule your head, and follow your intuition. A noteworthy change at home will also bring you closer to someone you love. A healthier lifestyle is encouraged.

SAGITTARIUS (Nov. 23-Dec. 21) - Don't let stubbornness ruin an excellent opportunity. Be prepared to take advantage of an offer. An adjustment will improve your life and give you the freedom to try something new.

CAPRICORN (Dec. 22-Jan. 19) - Refuse to let your emotions get the better of you. Look at what you can do and follow through with your plans. Personal growth will attract the attention of someone extraordinary.

AQUARIUS (Jan. 20-Feb. 19) - Stick to a budget and avoid making hasty decisions. Joint money matters will lead to a stressful situation. A responsible attitude will stop others from taking advantage of you.

PISCES (Feb. 20-March 20) - Do what comes naturally. Communication and honesty will be necessary if you want to be successful in love, life and finance. A clear conscience will ease stress.

THURSDAY, MARCH 26, 2020

Different leads, different results

By Phillip Alder

Ralph Waldo Emerson wrote, "The louder he talked of his honor, the faster we counted our spoons."

For a bridge player, the more often he plays his honor cards, the more winning tricks he can count.

When I am teaching inexperienced players about signaling on defense, the first class is usually about playing spot cards - high-low to encourage and low-high to discourage. But the next week I encourage playing honor cards whenever possible. Even the sleepest of partners will notice an honor card appearing unexpectedly on the table.

There are several reasons for putting up an honor card when you could have played a spot card. This three-no-trump deal features one of the rarest. What was the key honor play after West led the spade queen to South's king?

Declarer had eight top tricks: two spades, three hearts and three diamonds. He had to establish a club trick. He was in danger only if West had five spades and a high club after both of South's spade honors had been removed.

To try to make it hard for the opponents if the club honors were split, declarer played a heart to the king and

North				03-26-20
♠ 7 6 4 3				
♥ A K 5				
♦ K Q 8				
♣ 6 5 2				
West		East		
♠ Q J 10 9 8		♠ 5 2		
♥ 9 8 2		♥ J 10 6 3		
♦ 10 6 3		♦ J 9 7 4		
♣ A 8		♣ K 10 9		
South				
♠ A K				
♥ Q 7 4				
♦ A 5 2				
♣ Q J 7 4 3				
Dealer: South				
Vulnerable: Both				
South	West	North	East	
1NT	Pass	3NT	All Pass	
Opening lead: ♠ Q				

called for a club. Luckily for the defenders, East knew that one time to play second hand high is when a defender has one card left in partner's long suit, and declarer still has a stopper in that suit. Here, East played his club king. When East held the trick, he returned his second spade, establishing his partner's suit while West still had the club ace as an entry.

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.

"RNHBD URVN LP KHBD UVV LXNKN
CNUSK XUK XNVWNJ EN XUBJVN
VHTN'K LSUDNJHnk." — WULLH WUDN

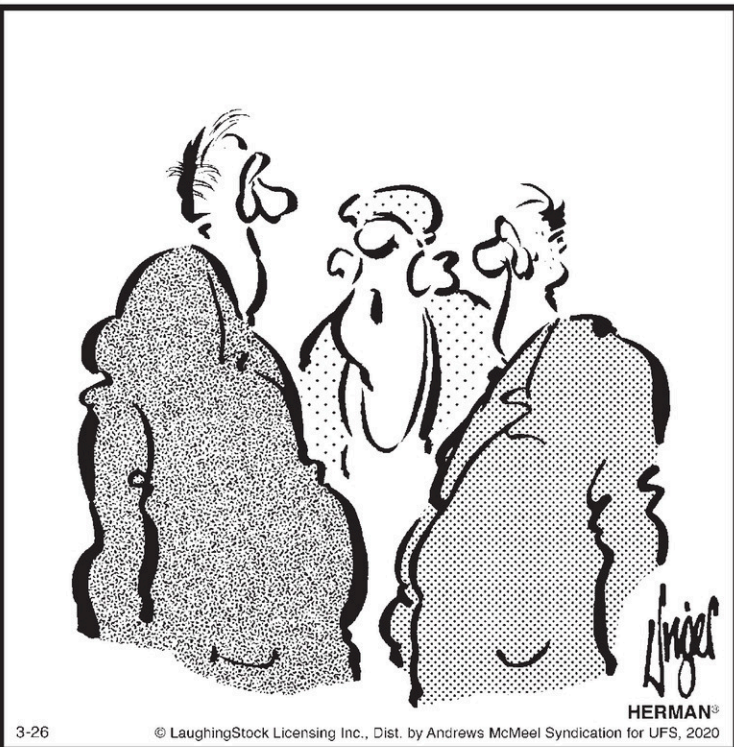
Previous Solution: "Just once how I'd like to see the headline say, 'Not much to print today, can't find anything bad to say.'" — Anne Murray

TODAY'S CLUE: H sɪnθə x

REALITY CHECK

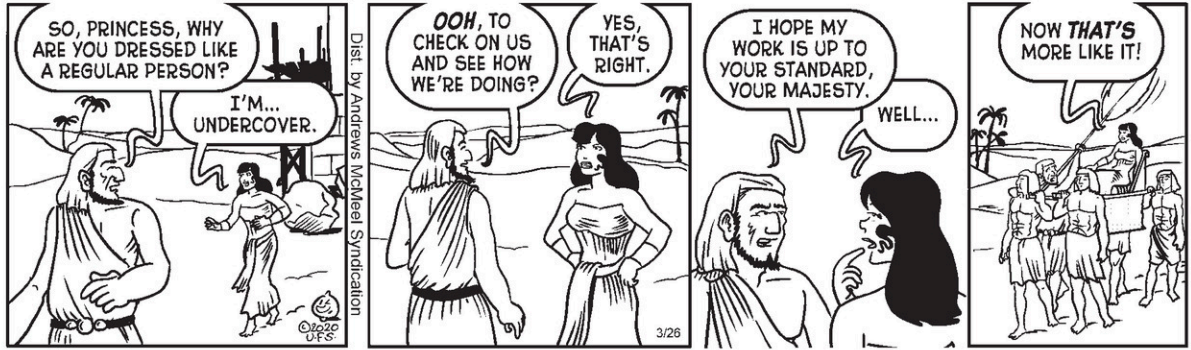


HERMAN

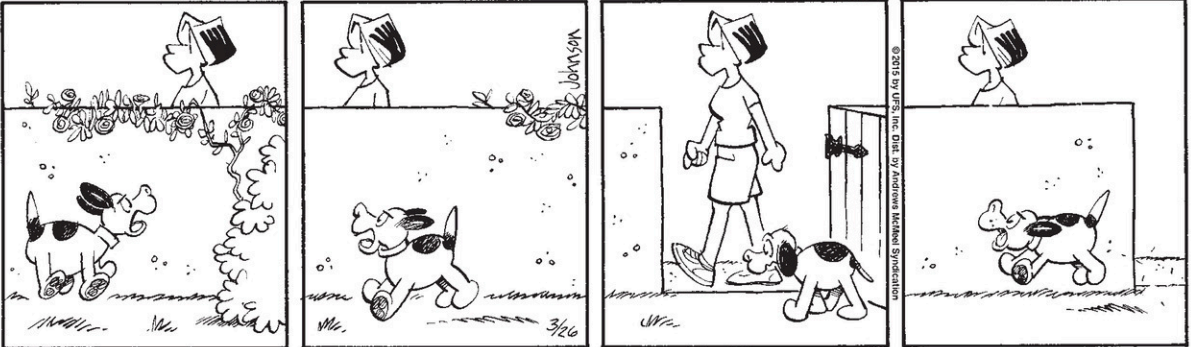


"The only time he's got a 48-inch chest is when he stands on his head!"

ALLEY OOP



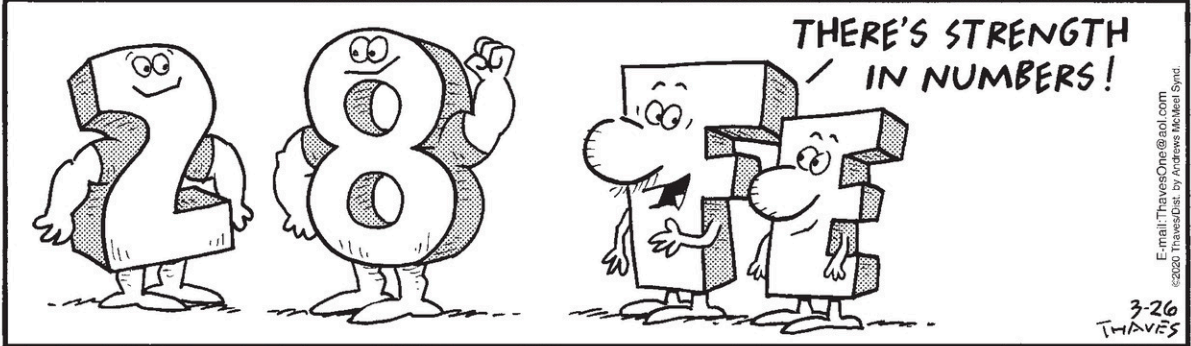
ARLO & JANIS



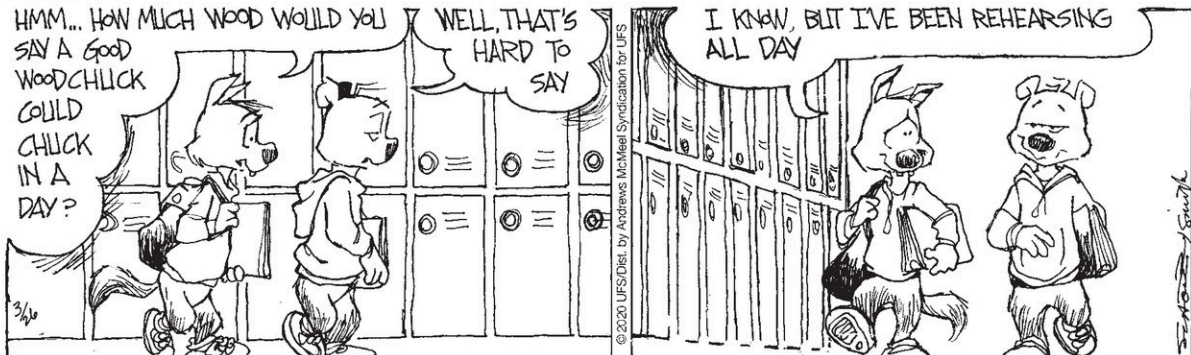
THE BORN LOSER



FRANK AND ERNEST



GRIZZWELLS



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THE RECORD
 819-569-9525

Job opportunity - Reporter

The Record is seeking a full-time reporter to work in its newsroom thanks to funding provided by the Local Journalism Initiative, a Canadian Heritage program, administered in Quebec through the Quebec Community Newspapers Association.

The Record is the only English-language daily newspaper serving the Eastern Townships and has been recognized as the 'Voice of the Eastern Townships' for 123 years. It covers some 27 communities with significant English-speaking populations situated throughout the vast territory of the Eastern Townships

The Record is seeking a bilingual reporter with excellent English-language writing skills who understands the mandate of community journalism and the important role the newspaper plays in keeping readers informed on the social, political and economic issues that concern them in their daily lives. The position would include covering municipal council meetings, school board meetings, environmental and agricultural consultations, the courts and researching subjects that affect the community.

Given the vast territory, the successful candidate would need to be bilingual, flexible, have access to a vehicle and able to work well with the newsroom team to produce stories of the highest standard for both print and the web.

Qualifications

The ideal candidate is:

- . a graduate of a college or university journalism program and/or significant professional experience working as a journalist
- . an excellent communicator in English with a good working ability in French
- . familiar with basic computer software including InDesign
- . a capable photographer
- . a licensed driver, preferably with a car
- . deadline-oriented

An ability to work some evenings and weekends is essential (with time off provided during the week as compensation). Appreciation of community journalism and familiarity with the Eastern Townships are strong assets.

Applicants are invited to send a one-page covering letter along with a résumé to Sharon McCully, Publisher, The Record, at outletjournal@sympatico.ca
Deadline for application: Immediate

Pouding Chômeur - Poor Man's Pudding

By Thelma Day
 Thel's Kitchen

Thel's Kitchen can be found at: <http://thelmaday.blogspot.com/>
 Her everyday blog, Thelma's Days, can be found at <http://thelma-day.blogspot.com/>

It's maple syrup time here in Quebec. The sap running from the maple trees is used to make maple syrup, a sweet syrup used in cooking and baking. This dessert is a traditional French Canadian pudding.

Ingredients:

- Cake**
 1/4 cup butter
 1/2 cup sugar
 1 egg
 1/2 tsp vanilla
 1 cup flour
 1/2 tsp baking powder
 3/4 cup milk. (I used Almond Milk)

- Maple Sauce**
 3/4 cup pure maple syrup
 3/4 cup brown sugar
 3/4 cups 35% cream
 1/4 cup butter

Directions:

Preheat oven to 325 deg. F.
 Grease a small baking pan., approx 8 x 6.
 With an electric mixer mix the butter and sugar until blended.
 Add egg and vanilla and blend together.
 In another bowl, whisk together the flour and baking powder. Add this flour mixture, and the milk, to the butter mixture.
 Pour into greased pan.

MAPLE SAUCE

Bring the maple syrup, brown sugar, cream and butter to a boil, stirring constantly.
 Reduce heat and simmer 2 minutes.
 Pour sauce gently over cake.
 Bake 325 deg. about 35 minutes or until cake is light brown, and when a toothpick inserted comes out clean.
 Enjoy!



What's for dinner? Depends what's in the fridge and pantry

By Elizabeth Karmel

Just about now, you might be tired of cooking and eating what's in your refrigerator. We are all used to asking what's for dinner? What are we in the mood for - pizza, sushi, Mexican? And then going to a restaurant to get it.

Now, with the coronavirus forcing many of us to stay home more, it's time to look at mealtime and cooking at home a little differently. Instead of asking, 'What I am in the mood for?' I am looking more closely in my pantry and my refrigerator and letting my ingredients dictate what I make.

For example, a few months ago, I was lured to purchase a big bag of mixed unsalted nuts because they were labeled "Omega-3 Nut Mix." I thought I would eat a handful of "anti-oxidants"

a day for my health, but they have gone largely uneaten. So, this week, I mixed up my favourite sweet and savory spices with both brown and white sugar and made my baked Sugar and Spice Candied Nuts. Sure, the sugar adds a few more calories, but now they are a delicious and welcome nibble instead of sitting unused in the pantry.

Likewise, I had a head of broccoli in the refrigerator that needed cooking. I couldn't bear the thought of steamed broccoli, so I decided to roast it simply with olive oil and kosher salt at 400 degrees Fahrenheit until the tips were deeply caramelized. Broccoli is addictive roasted this way, as is cauliflower, and any leftovers are delicious the next day with a drizzle of balsamic vinegar and good olive oil.

If you have a pork tenderloin and a package of bacon in your fridge or freezer, you can make a simple two-ingredient main dish. A bacon-wrapped pork tenderloin dresses up your pork preparation with few ingredients and only a little more effort. If the bacon is room temperature, it will stick to itself as you overlap each piece and wrap the tenderloin. I do this with beef tenderloin as well. The smoky flavour and fat of the centre-cut bacon both protects and bastes the lean meat as it roasts. I grill mine indirectly, but you can roast it in an 350 degree Fahrenheit oven set on a rack in a sheet pan. When the bacon-wrapped tenderloin is done, sprinkle it with your finishing salt and carve into thick slices to enjoy the benefit of the bacon crust.

Finally, while you are cooking dinner at home, think about each meal in simple terms: a main (usually an animal protein, or a bean or hearty vegetable dish), a green or other non-starchy vegetable, and a starch. That menu combination is easy enough to prepare and still very satisfying. During this time of uncertainty, ease and comfort are equally important. If you are making a stew or a pot of gumbo that has vegetables and protein in it, all you need to add is a starch like rice or fresh, hot cornbread.

And enjoy the cooking. A friend of mine at Traeger Wood Fired Grills sent an email this week and reminded me that "good food equals good mood." Pass it along!
 (The Associated Press)

Dear Annie

THURSDAY, MARCH 26, 2020

Dear Annie: I have a cousin who is married, and he and his wife are very close to my wife and me. We started spending time together, not because of my cousin and me but because our wives hit it off and developed a close friendship. We spend the holidays together, visit one another at least once a week and go out together.

My cousin has two young daughters, one with his wife and another with his ex (who cheated on him, by the way), and he brings them along with us to spend the day together. Lately, my wife and I have been noticing that my cousin's wife has changed dramatically. She used to be more lively, talkative and happy, but now she seems distant and quiet, and sometimes she comes up with excuses to not go out with us. We think this change came about because we found out a couple of months ago (through my wife) that she is cheating on him.

She is employed at a correctional facility, and apparently, her lover is also employed there. We think that she suspects we know something about her infidelity, and that she might be trying to avoid us. My wife was able to obtain proof of this infidelity, and we don't know how to proceed.

Should we confront her about this? As I said, we are close, and it hurts me to see that she is doing this to my cousin, who has already gone through a situation like this. I see his wife going about her business with us and the rest of my family as if nothing has happened, and it makes me uncomfortable. She (SET ITAL) knows (END ITAL) that her husband's ex cheated on him, and she accepted his daughter as her own.

My cousin was deeply hurt after he found out about his ex's cheating, and he has told us repeatedly that he will not tolerate another infidelity. He has tried to hurt himself on a couple of occasions. I am worried that if he finds out

from someone else, he might try to hurt his wife or himself, or if he finds out that we knew about it all along and didn't tell him anything, then he might get upset with us and not want anything to do with us. I don't want this situation to escalate into something worse and know that I could have done something to stop it. What should I do? - Cousin Clueless

Dear Cousin Clueless: Sit this one out. Mind your own business. It is always hard to see people you love in trouble, but sometimes the best thing you can do is send them kind thoughts and hope that things will work out or they will reach out to you. If he does, you can be an empathetic friend and tell him how much you support and love him.

Dear Annie: When responding to Sleepless in Roanoke, you asked readers what other natural sleep aids work well. My doctor recommended the herbal supplement valerian. I have been using it for years to help me fall asleep when my mind is busy or my restless leg syndrome is working overtime. It works great. I have never had to try anything else. The capsule smells bad (she said that is how you know it's fresh), but it doesn't taste bad. - Sleeping Well

Dear Sleeping Well: Thank you for your suggestion. I hope it helps other people who have similar problems falling asleep, though I recommend everyone talk to their doctor before deciding what supplements will work best.

"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.

SUDOKU

DIFFICULTY RATING: ★★★★★

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3/26

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PREVIOUS SOLUTION

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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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