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Riding to remember

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THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

Sherbrooke pools reopened

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WEDNESDAY, JULY 29, 2020

Youth called on to continue respecting COVID-19 measures

Record Staff

The Quebec government is calling on the province's youth population to mobilize and unite after a recent uptick in COVID-19 cases among people between 20 and 29 years old.

Deputy Premier Geneviève Guilbault gave young Quebecers her vote of confidence in a press release Tuesday. There needs to be concrete action to control the situation, she said, and it starts with respecting health guidelines.

"You have in your hands the power to protect your loved ones by limiting the transmission of COVID-19. If you are in any doubt, don't wait for public health to call and get tested. Do it for yourself, but also for your loved ones," said Guilbault.

The government is looking to young people to encourage their friends to maintain physical distancing regulations and continue to wear a mask when it is required. Health Minister Christian

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Suspected tornado rips through the town of Saint-Mathias



PETER WEBB

Environment Canada suspects a small tornado was what mangled houses and municipal buildings in Saint-Mathias on Sunday.

By Matthew Sylvester
Special to The Record

The calm rains in the small town of Saint-Mathias-de-Bonneterre were interrupted by a rare sight for the area as a small tornado tore through the centre of the town on Sunday afternoon. The twister first landed near residents before travelling down the route 210 and striking a few municipal buildings.

"It was all over in just a few minutes," said Peter Webb, whose house was almost directly in the path of the tornado. "I was in my kitchen, I had just gone inside after it started raining, and the wind came up like I've never seen it before," he said. Webb described the grey mass of the storm as sounding like a locomotive as it lurched towards his kitchen window.

"I grabbed my phone and ran for the basement," he said. Luckily, the storm

changed direction and instead cut a path through the woods between Webb and his neighbor's house. A few fallen trees was the extent of the damage. Others weren't quite as lucky.

Webb shared pictures of the property just across the street from his. In addition to the uprooted trees, one wall of their garage had been kicked out and the entire structure was leaning. "I'm lucky that didn't happen to me,"

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THE RECORD

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HIGH 24
LOW 14



FRIDAY:
MIX OF SUN
AND CLOUD
HIGH 25
LOW 14



SATURDAY:
MIX OF SUN
AND CLOUD
HIGH 26
LOW 15



SUNDAY:
MIX OF SUN
AND CLOUD
HIGH 26
LOW 15

HAND IN HAND

Grace Village Care Foundation



Fondation de Soins **VILLAGE GRACE**
GRACE VILLAGE Care Foundation

The mission of the Grace Village Care Foundation is to support the compassionate care of the elderly through the provision of charitable funds to Massawippi Retirement Communities (Grace Village).

Founded in 2004, this registered foundation provides an opportunity for residents, family members, friends, foundations and corporations to financially support the work of Grace Village. It also allows Grace Village, as a not-for-profit operation, to remain focused on what we do best - helping seniors enjoy their later years in a beautiful, secure environment.

The Foundation was originally named the Dr. W. J. Klinck Foundation, after one of the Eastern Townships' great humanitarians, Dr. William John Klinck (1911-2005). The name changed in 2019 in order to better reflect the primary focus of the Foundation.

There are four different Funds where the donations are directed. As many Townshippers know, Grace Village is still in the midst of its Capital Campaign, paying for the new \$14 million Care Pavilion in Lennoxville. Two of the other funds are the Better Living Fund, which supports special projects and equipment needs, and the Endowment Fund, investing in the future work of the Foundation.

Right now, the Foundation is focusing on a Seniors for Seniors campaign - particularly if you've been wondering what to do with that \$300 cheque for seniors from Prime Minister Trudeau.

Many of us have received this payment from the federal government towards extra costs related to the COVID-19 pandemic. There's a special group of seniors in the Eastern Townships who really need our help

under normal circumstances - senior residents of Grace Village who cannot afford the full cost of their care.

The Grace Village Care Foundation is challenging you to help the more vulnerable members of our community, and donate that \$300 payment you received towards our fourth fund, the Dr. Klinck Resident Support Fund. These times are difficult for senior care homes and their Foundations, particularly this year as many have had to cancel their biggest fundraisers, we included cancelling our Golf tournament and 1000 Apple Pies.

We do have good news - a generous donor has agreed to match donations towards the Dr. Klinck Fund up to \$100,000.

Make this non-taxable \$300 count, and get a tax receipt - supporting each other during this pandemic is the only way we will get through this together!


Go to www.gracevillage.ca/donations to learn more about the Foundation and to donate online. You can also contact us at 819-569-0546 x5033, or email gvfoundation@masscom.ca. Our address if you would like to donate cheque or cash is 1515 rue Pleasant View, Sherbrooke, QC J1M 0C6.




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Ben by Daniel Shelton



Panel 1: A woman says, "HEE HEE HEE-MY PACKAGES ARRIVED!"

Panel 2: A man asks, "WHAT DID YOU ORDER?" and she replies, "A BUNCH OF CLOTHES!"

Panel 3: The man says, "STAY HERE WHILE I GO TRY THINGS ON!" and the woman replies, "WAIT-SOMETHING DOESN'T FEEL RIGHT..."

Panel 4: The man is looking at a bag and says, "THIS IS MORE LIKE IT."

Local News

According to a BEI press release, the police officers weren't immediately able to assist the woman in her request. She left the station and went back to work.

Drummondville woman asks police for help, is found dead the next day Police watchdog to investigate

Record Staff

The Bureau des enquêtes indépendantes (BEI) has been called in to investigate an incident that occurred in Drummondville on July 27, 2020, when a 57-year-old civilian died following a police intervention by the Sûreté du Québec (SQ).

The woman reportedly went to the SQ station in Drummondville at approximately 1:30 p.m. on July 26 to request police assistance to force her son, who had been living with her for the past few weeks, to undergo a psychiat-

ric evaluation.

According to a BEI press release, the police officers weren't immediately able to assist the woman in her request. She left the station and went back to work.

The following day at approximately 9:30 a.m. a person reportedly contacted the SQ to check in on the woman because they had not heard from her.

When they arrived on the scene, the police allegedly discovered the woman who had requested assistance the previous day, seriously injured, inside her residence.

She was reportedly taken to a hospital, where she was pronounced dead.

The BEI's mandate is to investigate any incident where a person is injured or killed during a police intervention. When an incident occurs, the police force in question has a legal obligation to immediately inform the BEI.

A BEI media representative explained that because the Drummondville woman had approached the SQ for assistance the day before she died, the circumstances surrounding her death are considered related to the police intervention and will therefore be

investigated by the police watchdog.

Eight BEI investigators have been assigned to investigate the incident.

The BEI has called on the Service de police de la Ville de Montréal (SPVM) to act as a supporting police force in the investigation. The SPVM will provide two forensic identification technicians who will work under the supervision of BEI investigators.

The BEI is asking anyone who may have witnessed this event to contact it via its website at www.bei.gouv.qc.ca.

By Matthew Sylvester
Special to The Record

Hundreds will take to the trails on Saturday to honour Delphine Langevin, a Sherbrooke athlete who lost her life last Friday after colliding with a vehicle during her attempted 2,365 kilometre bike tour of the Gaspé peninsula.

The accident, which took place on route 132 in the town of Sainte-Madeleine-de-la-Rivière-Madeleine, was said to have been caused by a truck swerving into the oncoming lane to avoid hitting a breaking vehicle ahead of it. The Sûreté du Québec began an investigation regarding the collision shortly after it occurred, but there has been no

indication to date of criminal intent by anyone involved.

Friends and family will pay tribute to Langevin by symbolically completing her tour together. Using the biking app Strava, which allows cyclists to count how many kilometres they travel during a trip, the group of 400 strong plans to cumulatively finish the remaining 1,448 kilometres Langevin had left to go in her planned trip when it was cut short by the accident.

Jenny Davidson, one of Langevin's close friends and the organizer of the ride, said that she was always setting difficult goals for herself. "Other people talk about doing crazy things," she said. "[Langevin] actually did them."

The main group will begin and end

the ride at the entrance to Capelton Mines at 10 a.m. with stops in Lennoxville and North Hatley. Others will be following along using Strava in order to add their kilometres to the pool. A group in Montreal will bike to the home field of the Saint-Lambert Locks rugby club, which Langevin has spent a lot of time with. Another made up of friends she made during a backpacking trip in France also plans to add some distance to the effort.

Davidson suggests that cyclists who want to help reach the kilometre goal join the group "Des kilos pour Delphe" on Strava and bike along their own route to ease social distancing for the riders at Capelton.



COURTESY

Friends and family band together to honour a Sherbrooke athlete by finishing her ambitious cycling trip.

Youth called on

CONT'D FROM PAGE 1

Dubé explained that the situation is still fragile.

"It is important to get tested proactively, regardless of age, and to cooperate fully with public health teams when they conduct their investigations. Let us not let our guard down; rapid reaction time is our best ally," he said, adding that a small transgression, though unintentional, can result in a large spread.

The press release asks that anyone, but young people in particular, who shows symptoms of COVID-19, or who participated in activities where health and safety measures are difficult to uphold, should consider taking a coronavirus test.

The provincial government also noted that screening is available in all regions of Québec, with or without an appointment. Tests can be done during the day or evening. For more information on how to proceed, the public is invited to call the info-coronavirus line at 1 877 644-4545.

The Estrie administrative region saw an increase of five confirmed cases on Tuesday, bringing the cumulative total to 1,027 since the start of the

pandemic. At the moment none of those sick with the virus in the region are hospitalized.

Across the province, the total number of confirmed cases climbed by 169, with two new deaths.

Hospitalisations decreased by seven to 193 and one more person was admitted to intensive care.



Notice is hereby given that due to the COVID-19 pandemic, the **Wales Home Foundation's** twenty-ninth **Annual Meeting** will be an invitation-only event.

This meeting's purposes are to receive the financial statements and the Auditor's Report for the year ended March 31st, 2020, to elect a Board of Directors, to appoint Auditors, and to consider other business that may properly arise before the meeting.

Jim Thompson
President – July 2020



Notice is hereby given that due to the COVID-19 pandemic, the **Residence Wales Home's** 101st **Annual Meeting** will be an invitation-only event.

This meeting's purposes are to receive the financial statements and the Auditor's Report for the year ended March 31st, 2020, to elect the Board of Governors, to appoint Auditors, and to consider other business that may properly arise before the meeting.

Glenn Brock
President – July 2020



Notice is hereby given that due to the COVID-19 pandemic, the **CHSLD Wales Inc.'s** ninth **Annual Meeting** will be an invitation-only event.

This meeting's purposes are to receive the financial statements and the Auditor's Report for the year ended March 31st, 2020, to elect a Board of Directors, to appoint Auditors, and to consider other business as may properly arise before the meeting.

Glenn Brock
President – July 2020

Developing mindful habits: Meditation

Celebrating
15 years serving the
English-speaking
community



Mental
Health
Estrie

Submitted by Pier-Olivier Paradis,
Summer Student at Mental Health
Estrie

Mindfulness, and everything that relates to it, has seen an incredible surge in interest and popularity in recent years. A short definition of mindfulness would go as follows: awareness of one's moment-to-moment internal states and surrounding, observed from a non-judgemental perspective. While this can be applied to numerous practices or in different activities, from therapy to eating our meal, meditation – another topic that has seen a lot of interest from the public – can foster mindfulness in each of our lives. Simply put, meditation is about training our attention to achieve a mental state of calm. It happens to be relatively simple to get into the habit of mindful meditation, given the staggering amount of resources that have been made available to us on the web, some of which will be presented here.

Before getting into a description of how to work on a new habit of meditation, here are some research-based reasons why developing such a habit can be helpful. As previously mentioned, mindful meditation trains our attention and awareness in order to bring some mental processes under greater voluntary control, which fosters mental well-being, a capacity for calmness, clarity, and concentration. It is a self-regulation practice, and, as such, can have a clear impact

on our emotion regulation. In fact, research consistently demonstrates that mindful meditation increases positive affect, while decreasing anxiety and negative affect. It also decreases emotional reactivity, helping to be more effective at disengaging from emotionally upsetting thoughts and to focus on something else. Improved emotion regulation can translate into more rewarding relations! Some researchers found that a person's ability to be mindful can help predict relationship satisfaction, since it relates to one's ability to respond well to relationship stress and with communicating one's emotions to their partner.

There are also advantages that relate to cognitive functioning. For instance, mindfulness practices and self-reported mindfulness correlate with cognitive flexibility, that is, the capacity for objective appraisal along with appropriately flexible and adapted action. Evidence also demonstrates how regular practice can improve our ability to focus and to suppress distracting information (like a notification on our cellphone!). Research finds that during highly stressful times, subjects that practiced mindful meditation showed an increase in their working memory – something crucial for reasoning, manipulating and processing information. By contrast, subjects that did not undergo this practice experienced a decrease in the functioning of their working memory.

When turning to meditation, where do we begin? There is a plethora of

tools to facilitate the practice of mindful meditation, such as applications for our smartphones or websites offering useful insight on how to begin. "Headspace" (Pier-Olivier's favorite meditation app) offers a large variety of meditations on their platform, with topics such as dealing with anxiety and distress, reframing loneliness, navigating pregnancy, or even tackling difficulties in falling asleep. Headspace also has a "Science Blog" dedicated to informing the public on all that relates to mindfulness and meditation, discussing evidence stemming from research made by psychologists around the world. They also outline four simple steps on how to start meditating, which we will now further summarize. The first step is to decide on a time and place that works for you. Research shows that it is easier to create a new habit if we do it at the same time, and at the same place, every day. The second step is to decide on an amount of time to meditate, which is particularly important for beginners. Starting with small and manageable chunks of time (i.e., 3, 5, or 10-minute sessions) can be an easier way to get into the practice of meditation. As you get more used to it, you can gradually increase the length of the session. The third step is to make sure you are sitting comfortably. Whether you choose to sit in a chair or on the floor, there is no need to sit with your legs crossed! Simply let your hands rest where it feels comfortable and keep your back straight. The last step is to decide whether you want your meditation to be guided or unguided. If you are new to this practice, guided meditation is recommended as it will allow you to learn the ropes. A guided meditation is led by an experienced teacher, either in person or via an audio or video recording (as in the Headspace application).

Headspace is only one of many platforms that can help you start, or just

try out, this new habit. "Calm" is another similar app offering meditations with different topics, just like "The Mindfulness App", "Buddhify", and "Insight Timer". Some offer their services on their website, taking away the requirement to have a smartphone. Some will require a subscription, and some will not. As with all things, everyone is different, meaning that trying out different platforms will allow you to see what suits you best. Don't be afraid to also explore different meditations – the whole point of this activity is to spend some time on yourself and, of course, to enjoy it!

Mental Health Estrie (MHE) is committed to supporting English-speaking families and individuals affected by mental illness. MHE has support groups for family members and friends caring for people living with mental illness, as well as many other useful resources. Please do not hesitate to contact us for more information. To reach us please call 819-565-3777 or email mhe.info@bellnet.ca Visit <https://www.facebook.com/MentalHealthEstrie/> or www.mentalhealthestrie.com for updates.

To provide feedback on this article, email Pier-Olivier at mhestrie.po@gmail.com

To view the content referred to in this article, visit:

What are the benefits of mindfulness

<https://www.apa.org/monitor/2012/07-08/ce-corner>

Mindfulness meditation: A research-proven way to reduce stress

<https://www.apa.org/topics/mindfulness-meditation>

Headspace's Science Blog

<https://www.headspace.com/science>

Meditation platform suggestions:

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

<https://app.www.calm.com/>

<https://insighttimer.com/>

The hair dye

covered skill, she immediately phoned me, eager to make an appointment.

I reminded her that my hair trimming undertakings had resulted in several of my recent victims (I mean, clients) seeking psychological therapy after I had a go at their hair; but Auntie Beth just laughed it off, putting it down to my sense of humor and reassuring me she didn't need a haircut, only a bit of help applying the new hair dye she had just purchased.

And so I found myself in her living room the next morning, reading the instructions for the application of Henna, a plant-based hair color powder with a distinctive, rich, herbal fragrance, somewhat reminiscent of dry hay.

While I was preparing the formula, mixing the powder in a mug of hot

water until a thick muddy concoction formulated at the bottom, Auntie Beth brewed us two cups of her famous loose-leaf green tea.

We then went to her room, where she positioned herself on a chair in front of her vanity, and I placed the two teacups and the mug of Henna on a nearby shelf.

She showed me how to use the tint brush, scooping up a gob of soupy Henna and applying it to one strand of hair, after which she handed me the Henna, motioned me to continue, grabbed one of the teacups and started sipping.

About half an hour later, when I was done smearing her scalp with Henna (and she was done slurping on the green tea), and just as I was placing a shower cap over her head to let the Henna set, I noticed a brown mustache

developing on Auntie Beth's upper lip.

How odd.

And how, even odder, the fact that when we took the shower cap off, her hair was the exact same color as before. (Though, admittedly, fragrant of herbs)

But the oddest thing of all, one would certainly argue, was Auntie Beth's enthusiastic reaction when she saw her reflection in the mirror. She had never seen such a ravishing change, she said, and she felt stylish, glamorous, sassy, and twenty years younger!

"Now," said stylish, glamorous, sassy, and twenty-years-younger-looking Auntie Beth, "the only accessory missing is a new pair of glasses, to match my new look! Will you come with me to the optometrist tomorrow?"



DIDI GORMAN

A few months back I wrote about how, during the coronavirus lockdown, I had incidentally become a hairdresser (of sorts) for my immediate family.

When my 89-year-old relative, Auntie Beth, learned about my newly-dis-

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Grace Village celebrates their hardworking heroes

Submitted by Grace Village

for your hard work. Here at Grace Village, we are the exception to the rule in a pandemic that affects seniors so severely, and it is because of you.”

Thanks to the Grace Village team’s great care and dedication, the private seniors’ residence has stayed coronavirus-free since the outbreak in March. Under these extraordinary circumstances, the Grace Village residents have been able to experience a ‘new normal,’ and precautionary measures have kept them safe all while staying in touch with their loved ones. Grace Village has been facilitating virtual visits between residents and their families since March and they have become a staple in the residents’ routines.

“These past few months have been extremely challenging, especially for those in long-term care homes,” Schulte said in her video address. “It brings me great pleasure to thank the 140

team members at Grace Village for the tremendous work you have done caring for the residents under your roof. All the sacrifices you have made have kept this special community safe. I want to show my appreciation for all the love you give to each Grace Village resident. You have gone above and beyond – this dedication is what being a Townshipper is all about. Today’s team appreciation lunch is a great way to celebrate you and your dedication.”

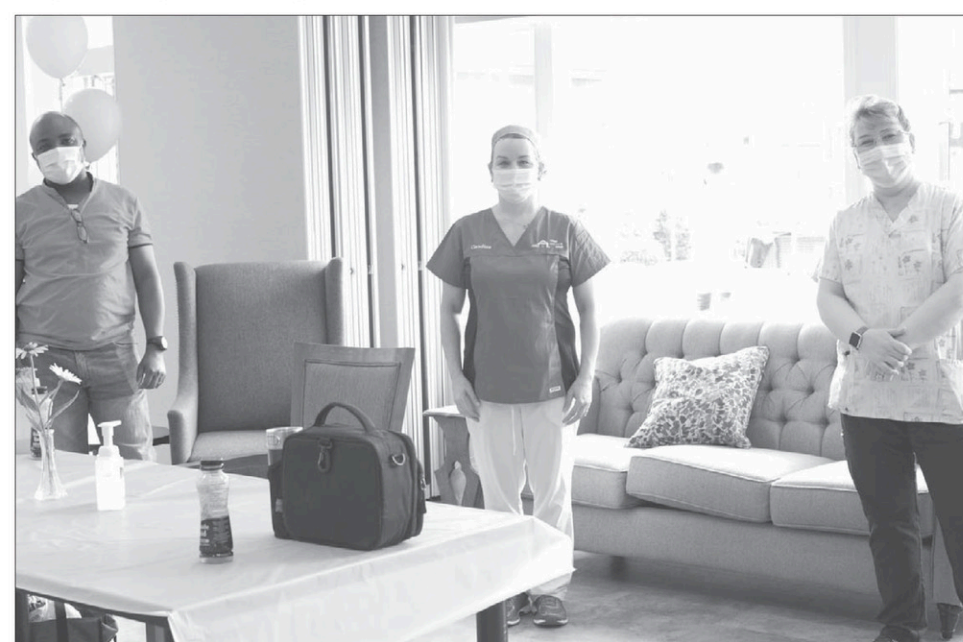
The minister also addressed the seniors living at the home directly saying, “I know the pandemic has been challenging for you. Make sure to take care of your mental health. Make sure to take the time to connect with your loved ones. Physical distancing cannot become social distancing. You have maintained positive attitudes and are a testament to living gracefully through challenges. You have

shown what we can do and what we can overcome together. I would also like to thank my colleague Minister Marie-Claude Bibeau for her hard work in advocacy. She has been a champion for you. Despite the changes in your everyday lives, I know you will not let the pandemic affect your way of life at Grace Village.”

Bowker was joined by Grace Village’s doctors, Dr. Robert Frazer and Dr. Mario Soulard in saying thanks.

“You have sacrificed so much to keep our residents safe and to maintain a degree of normalcy in their lives” the director added. “Because of your efforts, we can trust that our residents, their families, as well as all of us will stay safe during this crisis. That’s why you are the heroes of this place.”

PICTURES COURTESY



Next census to collect language rights data

Record Staff

With the aim of providing more accurate and reliable data for the use of organizations that serve minorities with linguistic rights, the 2021 census will include questions related to linguistic education. According to information provided by the office of the Minister of Agriculture and Agri-Food, Marie-Claude Bibeau, the modifications were made earlier this month.

In addition to the usual questions regarding quality of life, culture and community across

Canada, the questionnaire will now also include questions about language of instruction including whether or not a person attended French or English school, and/or any immersion programs they were involved in.

Census data is used in government policy creation, among other things, to assess need for issues like employment equity, access to education, income supports and employment, and affordability of housing

The next population census is set to take place in May of 2021

Sherbrooke pools reopened

Record Staff

After having closed all its pools and beaches on Monday as a preventative measure, the City of Sherbrooke opened them all back up for their regular hours on Tuesday. According to a press release issued by the city, the Public Health department investigation into the confirmed case of COVID-19 among the lifeguarding staff indicated that there was no contact with pool visitors or other lifeguards in the time since the individual became contagious.

Tornado

CONT'D FROM PAGE 1

He said. Webb explained that he runs his business of making and repairing guitar amplifiers out of the shed next to his house. A huge tree had fallen just metres away from it.

Damage to the rest of the town included the church and old school, which both were stripped of some roof and siding, and the community structures beside the town ballpark. The playground was ripped to shreds, and

the tin roof of the sheltered community stage was peeled back like a can of tuna. The second floor of a nearby resident’s house was mangled by the wind and falling trees.

While there is still some doubt about whether the storm was a tornado or a strong downburst, Environment Canada meteorologist Simon Legault explained that the preliminary investigations suggest that the evidence is consistent with a tornado.

“The way the damages occurred,

it’s like it was pushed around rather than in a single direction.” Legault explained that this is characteristic of a tornado. Where a downburst pushes winds in the direction that the clouds are already travelling, a tornado will spin debris in all directions. The fact that the storm was over quick and the damage was very localized also points to a twister being the culprit.

Webbs seemed to echo this sentiment. “What I saw was a tornado,” he said. “There wasn’t a funnel, like what

you see in the movies, but you could see that grey mass moving and changing directions.”

Legault explained that while tornadoes like this are rare in the area, they aren’t totally unheard of. Environment Canada receives an average of 6 or 7 reports of tornadoes in southern Québec annually. “That number is probably low,” Legault said. He claimed that the low population density in the area means that a lot of tornadoes probably touch down in the woods and are nev-

EDITORIAL

Through it all, I wondered why they never heard what Inuit were saying about a term we consider racist.

Edmonton finally drops the Eskimos — and may my grandchildren never hear the E-word again

By Norma Dunning Professor, University of Alberta

It's a good day in Edmonton. It's a good day in Canada. It's a good day for Inuit.

After all the years that I and other Inuit Canadians have been complaining about the name of Edmonton's team in the Canadian Football League, it's good to know the franchise has finally decided it will no longer be known as the Eskimos.

It's been a long time coming, and it has finally arrived.

I've been an outspoken critic of Edmonton's refusal to rename its CFL team. As an Inuit writer and researcher, this has been a very personal cause for me.

My cause lies in the names of Joel, Isaac, Ellie, Mack and Aurora — my grandchildren, who I am hoping will never have to experience the E-word. They are brilliant and beautiful children who deserve to grow up in a world where racist terms won't harm them.

Years of campaigning

After years of campaigning for a name change, I wasn't confident the team would do the right thing.

One of Canada's top sports columnist said it would be "insane" to make the change now, given the costs associated with rebranding the team. I heard DJs on a local radio station lamenting that there wasn't a need for yet another sports team to change its name.

Through it all, I wondered why they never heard what Inuit were saying about a term we consider racist.

As someone who has publicly criticized the team for years, I've been called the b-word and the c-word, among other things. To those people who filled my Facebook page with the most horrible language and the worst name calling, all I can say is shame on you again.

It's tragic to know that in 2020, there are still so very many people who will not hear the Indigenous side of an issue or who will sigh and say that they are sick of the constant change and everyone

having a cause.

I am not alone in my constant campaign against the name. I stand next to Prime Minister Justin Trudeau, Edmonton Mayor Don Iveson, national Inuit leader Natan Obed and artists Tanya Tagaq and Susan Aglukark.

TRC head called for change

Sen. Murray Sinclair has been suggesting the need for a name change since he released the Calls to Action from his Truth and Reconciliation Commission in 2015. The commission listed several ways sports could lead to reconciliation, including the promotion of anti-racism awareness in sports. It only took five years for Edmonton to pay attention.

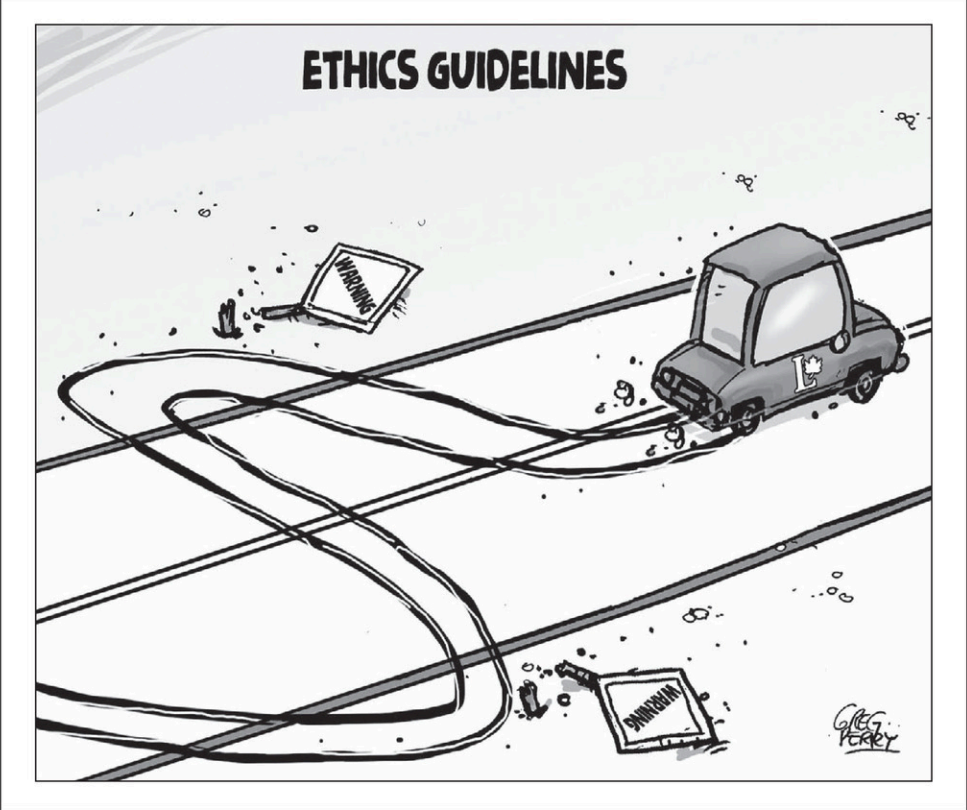
As an advocate for a name change, it's been disturbing that the general public doesn't understand the harm created by the E-word. They want to stay loyal to a team name instead of considering the opinions and feelings of the Inuit, the smallest Indigenous Canadian group that have the highest amounts of disparity.

Ignoring those feelings suggests it's OK that Inuit Canadians live their lives in poverty, that there remains food insecurity in the Canadian North based on the price of food alone and that most Inuit parents eat once a day so that their children can eat three times in a day. It's OK that teen suicide and drug and alcohol abuse is rampant and yet there are a lack of treatment centres in northern communities.

The word evokes stereotypes

The debate about the team name also revealed that most non-Indigenous Canadians don't want to examine their own racism. They don't want to think about what that E-word does to future generations of Inuit youth and small children. They don't want to think about what the E-word makes people think of — that cute little guy in a fur-ringed parka, standing next to a seal breathing hole with a harpoon in his hand.

Most of Canada doesn't want to think about how that E-word leaves Inuit Canadians in the time of long ago, as if



we are not a progressive peoples who get out of bed and go to work as doctors and lawyers, nurses and teachers and who work towards a much better future for our children and the future generations that will come after us.

But now, at the end of a very long and sometimes hurtful campaign, I would like to thank the stakeholders and sponsors of the Edmonton team for their good conscience and acting on what they felt was right.

At the end of it all, all that matters

to me is that Joel, Isaac, Ellie, Mack and Aurora will never have that word spoken to them. They are my heart. They drive my work, and I will always speak for them and all Inuit children. Ma'na. Thank you.

Norma Dunning does not work for, consult, own shares in or receive funding from any company or organisation that would benefit from this article, and has disclosed no relevant affiliations beyond their academic appointment.

Letters

Re: Letter in the Sherbrooke Record regarding chickens in the Town of Stanstead

DEAR MR. CORRIVEAU

I am writing back to you because I think that some of the information you wrote in a letter to the Sherbrooke Record, published on July 20, needs to be clarified.

As a former municipal councillor, there are a number of things I thought you should have known already. For instance, you say that "a person" is responsible for the animal by-law in Stanstead. That is not true. The SPA de l'Estrie is the competent authority that enforces our by-law regarding pets. You say that "the person could easily do the job" of catching and keeping the chickens for those who do not respect the by-law. At the meeting you attended on July 15th, we said a number of times that this was not their mandate and that they do not have the proper facilities to keep any farm animal at their location. Our general manager mentioned that he contacted them and that they told him that they have no plan on handling farm animals, such as chickens. Therefore, how can you argue that they "easily do the job" if they don't, never did, and don't plan to do that job?

As for the numbers you throw in your letter, I believe that your point is misleading and dishonest. Of course, if you add up the population of the 9 cities you mentioned in your letter, you have the vast majority of the population of the whole province: you named 5 of the 10 most populous cities of the province! How does any of the cities you mention, even the smaller ones like Victoriaville or Granby, compared to Stanstead in any way, shape or form? Victoriaville, the smallest you named, has more staff that we have total in just in one department. So, no, I don't think the numbers speak for themselves.

Speaking of numbers, may I remind you that we are not the wealthiest of all communities in the Eastern Townships? There isn't one service that we offer to our population that doesn't cost more every year. Reversely, our revenues, mostly tied with the property's assessment, isn't increasing as fast. This means that every project or ideas proposed to the municipal council has to be studied carefully, so that we do not end up having to raise the taxes too much every year. I don't have to remind you that, as a former councillor, haven't I?

This doesn't mean that we won't go forward with the by-law. It simply means that we need to take our time, gather all the pertinent information we can get and weigh to pros and cons carefully. Throwing numbers is easy. But if they aren't representative of Stanstead's reality, it's just deceitful.

PHILIPPE DUTIL
MAYOR OF THE TOWN OF STANSTEAD

THE RECORD

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Local Sports |

Expos lose home opener, fall to 0-3 on the season

Record Staff

The Sherbrooke Expos remain winless three games into a shortened 15-game season. The Expos dropped two close contests last week, including their home opener against Saint-Jean-sur-Richelieu.

Sherbrooke faced regional rivals Coaticook Big Bill on Friday night. They lost that match 5-4 on the road. Coaticook scored four times in the fifth inning. With bases loaded, the Big Bill took advantage of an error at home plate.

In the seventh inning, Ismaël Pena put the Expos back in the game with a three-run circuit. However, that was all Sherbrooke could muster up late in the game. Sherbrooke pitcher Claudio Ortiz took the loss after playing nearly five innings.

The Expos returned to Amédée-Roy Stadium on Sunday following the loss to host the St-Jean-sur-Richelieu Pirates. According to a press release, there were 247 spectators in attendance the home opener.

The Pirates came out swinging halfway through the match and ultimately defeated Sherbrooke 11-9, spoiling the team's opening day. Saint-Jean-sur-Richelieu scored five runs in the fifth inning to take a 6-0 lead.

The Expos responded with three runs at the bottom of the fifth, but it wasn't enough to spark a comeback. The Pirates added three runs in the sixth and two more in the seventh inning to claim the victory.

At the end of the night, nearly every Pirate finished with a hit, 13 in total, except Mathieu Bissonnette. Sherbrooke's batters finished with a combined 11 hits, including two for John Anthony Lantigua.

Seven pitchers were used in the game with the victory going to Pirates pitcher Jacob Gosselin-Deschênes. Sam-

uel Greene took the loss for the Expos. He played just over four innings, while Jonathan Cardin and Ismaël Pena closed out the game.

Sherbrooke hosts the Victoriaville Cactus at Amédée-Roy Stadium on Sunday evening. Management is reminding fans of the team that there is a 300-person limit at the stadium. Physical distancing is mandatory inside and outside of the venue.

They also installed hand washing stations at the entrance of the stadium, and there are several stations scattered throughout the building. It is also mandatory to wear a mask and people must sign their names in a register prior to entering the stadium.



NATHALIE MICLETTE, LBMQ

Game on: NHL returns after months long hiatus due to the COVID 19

The Canadian Press

NHL hockey returns today after a months-long hiatus due to the COVID-19 pandemic.

The Montreal Canadiens are in Toronto to take on the Maple Leafs and the Edmonton Oilers meet the Calgary Flames at Rogers Place as part of today's three-game exhibition schedule that kicks off Phase 4 of the league's return-to-play plan.

The Pittsburgh Penguins and Philadelphia Flyers square off in Toronto in today's other game.

Edmonton and Toronto are serving as hub cities for the 24 NHL teams that are returning to action, though the Canadiens and Flames are listed as the home teams tonight.

Each team will play an exhibition game at Scotiabank Arena or Rogers Place between today and Thursday before the playoff qualification round begin on Saturday.

The NHL suspended its season March 12 due to the spreading global pandemic and announced its four-stage return plan May 26.

Empty parks, we don't want to relive that.



More than ever, we need to protect ourselves.

Quebec.ca/coronavirus

1 877 644-4545

Votre gouvernement

Québec

Death

Death

Death

Celebration of Life

GUILBAULT, Arthur
(1939-2020)



At the Brome-Missisquoi-Perkins Hospital in Cowansville, QC, on Thursday July 16, at

the age of 80, passed away Arthur Guilbault, beloved husband of the late Roberta Côté.

He leaves to mourn his children, Barbara (Jonathan), Penny, Pamela (Kevin) and Allan (Jennifer), his grandchildren, Rebecca (Marc-Antoine), Courtney (Charles), Ashton and Emma (Casey), his great-grandsons Edouard and William, many nephews and nieces, other relatives and friends.

A graveside service will be held on Saturday August 1st at 3pm at Mansonville Protestant Cemetery in Mansonville. The Rev. Judith Ball officiating.

The family wishes to thank all the staff at the Manoir Lac Brome for the good care given to Mr. Guilbault.

Donations can be made in his memory to the Mansonville Fire Department would be appreciated.



Ernest W. Kirby (1927 - 2020)

Passed away peacefully at the CSSS Memphrémagog on Saturday, July 11, 2020 at the age of 93.

Cherished husband of late Pierrette Gaudreau, loving father of Lynne (Laurent Corriveau), precious grandfather of Alexandre, Sébastien, Véronique and of his great-grandson William.

He also leaves to mourn his sister Béatrice (late Joe Sévigny), his brothers Georges (late Tootie) and Robert (late Betty); his sisters-in-law Lise Gaudreau, Lily Gaudreau and Huguette Charbonneau (late Jacques); his brother-in-law Jean-Paul Lajoie (late Georgette); his nieces, nephews, other family, many friends and companions of the Royal Canadian Legion.

Visitation will take place at Complexe funéraire Ledoux on Saturday, August 1st, 2020 from 9 a.m. to 11 a.m. Service will follow at 11 a.m. at the chapel of the complex, for close family.

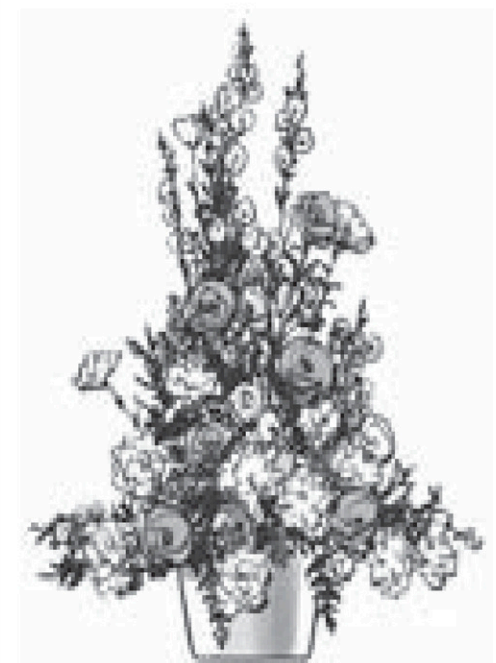
Family would like to thank the doctors, staff and volunteers at the CSSS Memphrémagog for the compassion and professional care given to our dear Ernest.

In lieu of flowers, donations in his memory may be made to Fondation de l'Hôpital Memphrémagog <https://fondationhopitalmagog.org/je-donne/> or at l'Envolée, team of palliative care volunteers <https://lenvoleemagog.org/don/>

COMPLEXE FUNÉRAIRE LEDOUX
155, rue Sherbrooke, Magog QC
info@ledouxmagog.com

PHONE: 819-843-4473
FAX: 819-843-4563
www.ledouxmagog.com

COOTE, Evan - Celebration of life for Evan on Saturday, August 1 at the South Durham United Church. Visitation at 1 p.m. followed by service at 2 p.m. Burial to follow in church cemetery.



DÉSOURDY FUNERAL HOMES
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Datebook

WEDNESDAY, JULY 29, 2020

Today is the 211th day of 2020 and the 40th day of summer.

TODAY'S HISTORY: In 1899, the first Hague Conventions defining the "laws of war" were signed.

In 1948, the first Olympic Games since 1936 began in London.

In 1958, President Dwight D. Eisenhower signed the National Aeronautics and Space Act, creating NASA.

In 1965, the first 4,000 paratroopers from the 101st Airborne Division arrived in Vietnam.

In 1981, Prince Charles and Lady Diana Spencer were married at St. Paul's Cathedral in London.

TODAY'S BIRTHDAYS: Alexis de Tocqueville (1805-1859), writer/historian/political scientist; Benito Mussolini (1883-1945), Italian dictator; Theda Bara (1885-1955), actress; Isidor Isaac Rabi (1898-1988), physicist; Clara Bow (1905-1965), actress; Dag Hammarskjöld (1905-1961), Swedish diplomat; Elizabeth Dole (1936-), U.S. senator; Peter Jennings (1938-2005), TV news anchor; Ken

Burns (1953-), documentary filmmaker; Tim Gunn (1953-), TV personality; Martina McBride (1966-), singer-songwriter; Stephen Dorff (1973-), actor/producer; Josh Radnor (1974-), actor.

TODAY'S FACT: General Motors Corp. acquired the Cadillac Automobile Co. for \$4.5 million in GM stock on this day in 1909.

TODAY'S SPORTS: In 2003, Bill Mueller of the Boston Red Sox became the only major league batter in history to hit grand slams from both sides of the plate in a single game. The Red Sox defeated the Texas Rangers 14-7.

TODAY'S QUOTE: "You can be too rich and too thin, but you can never be too well read or too curious about the world." - Tim Gunn, "Gunn's Golden Rules"

TODAY'S NUMBER: 700 million - estimated number of people worldwide who watched the wedding of Prince Charles and Diana Spencer on television.

TODAY'S MOON: Between first quarter moon (July 27) and full moon (Aug. 3).

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Do just one thing



By Danny Seo

Is your tea kettle in need of a good cleaning to remove mineral deposits inside? It's important to not use harsh products like bleach or chemical cleaners, since you'll be sipping tea using water you've boiled in the pot. Instead, fill the tea kettle with citrus peels from lemons, limes and oranges. The natural citric acid helps break down the mineral deposits. To do this, just fill your kettle with peels and water and bring to a boil, then turn off the heat and let the citrus mixture sit for an hour to work its magic.

MS lives here.

MS is the most common neurological disease affecting young adults in Canada.

MS Multiple Sclerosis Society of Canada
1-800-268-7582 www.mssociety.ca

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Text only: 40¢ per word. Minimum charge \$10.00 (\$11.50 taxes included)
Discounts: 2 insertions or more: 15% off
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BIRTHDAY, ANNIVERSARY & GET-WELL WISHES, ENGAGEMENT NOTICES:
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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.

Call me by my name

Dear Annie

WEDNESDAY, JULY 29, 2020

Dear Annie: My daughter, "Connie," left home when she was at 17 to join the army. I was going through a separation, and then divorce, from her father. Before leaving, she was very unruly and hard to handle. So her father and I decided to sign her up for the army since she was underage. I still had a 16-year-old son at home to raise as well.

This is the issue: Because of what I was dealing with (separation/divorce), I told her that, due to her behavior, signing her up for the military was all felt I could do. I also mentioned to her that her behavior was the cause of my marriage falling apart. Her father was having an affair and didn't want her around.

Now, she has returned home with her husband and two beautiful teens. She has been verbally abusive to both kids, telling them at times she will kick them out if they misbehave. I know this stems from what I did to her. Nevertheless, I have apologized for sending her off to the military and accusing her of tearing my marriage apart, but I couldn't handle her or the marital upheaval I was going through at that time.

One other thing is that she no longer wants to be called Connie (her middle name), but since her time in the army, she uses and wants to be called by her first name. I have not agreed to the name change and still call her Connie. She is now in her late 30s. - Regretful

Dear Regretful: It's time to let yourself off the hook. Beating yourself up over the decisions you made more than 15 years ago does not do anyone any good. It also keeps everyone focused on the past rather than the present. Have a heart-to-heart with your daughter and share with her what you were going through at the time. Do this, not to make excuses for your words and behavior, but to tell her that if you had known better at the time, then you would have done better. Now, you are here to share that wisdom with her.

The only way we learn not to repeat the same patterns as our parents is to be aware of them. By sharing your growth and regrets, she might begin to see how to change her own behavior. As a sign of moving forward and creating a new relationship with her, consider calling your daughter by whatever name she prefers. Using her name of choice is a sign of respect. Model the behavior you'd like to see from your daughter and your grandchildren.

Dear Annie: We had to cancel our trip to celebrate my 9-year-old granddaughter's birthday due to COVID-19. It occurred to me that, if I could find a photo of her mom (our daughter) on her 9th birthday, my granddaughter might get a kick out of seeing her mom at her same age. I found the right album, took a photo of the photo using my iPad and sent it to her. Her dad immediately sent me a text, saying that she

had just loved it and that it had raised her spirits.

I got to thinking that I should send lots of people a single fun picture of themselves that I had taken over the years, and ask them if they could guess what year the photo had been taken. My texts were going crazy, as everyone was guessing about the year, and the event that the photo was from. We had fun, reminiscing about what had brought us together, for the event in the photo, and how young we were, etc.

Some of these people live all over the world, and some are close but may as well be on the other side of the world right now. Most photos they hadn't ever seen, and I barely remembered a few myself. It was a fun way to reconnect, and I thought I would pass it along. - Barb

Dear Barb: What a fantastic way to foster connection and enjoying beautiful memories with loved ones near and far! Thank you for the suggestion.

"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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PREVIOUS SOLUTION

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

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

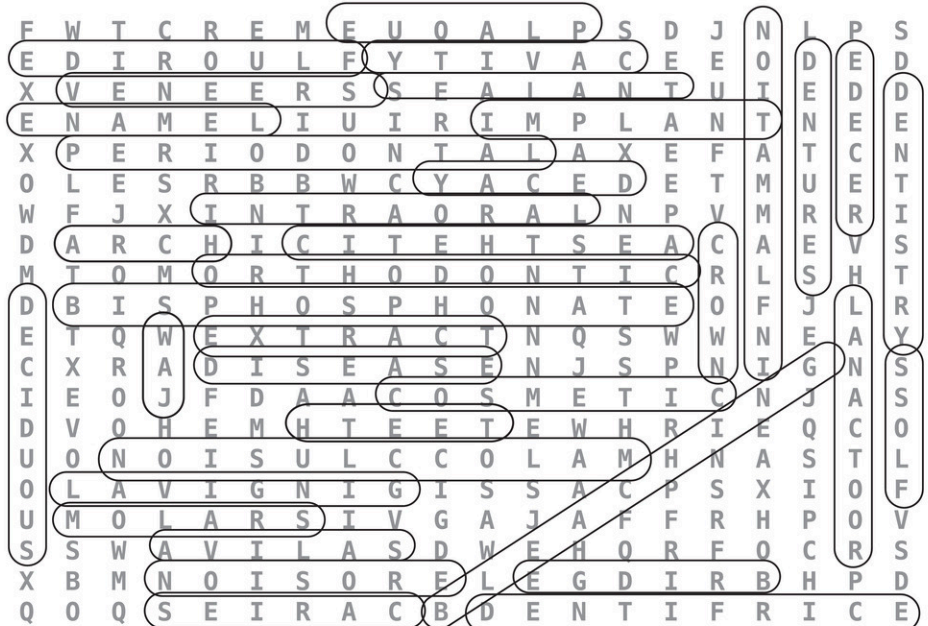
DENTAL HEALTH WORD SEARCH

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

Find the words hidden vertically, horizontally & diagonally throughout the puzzle.

WORDS

- AESTHETIC
- ARCH
- BISPHOSPHONATE
- BLEACHING
- BRIDGE
- CARIES
- CAVITY
- COSMETIC
- CROWN
- DECAY
- DECIDUOUS
- DENTIFRICE
- DENTISTRY
- DENTURES
- DISEASE
- ENAMEL
- EROSION
- EXTRACT
- FLOSS
- FLUORIDE
- GINGIVAL
- IMPLANT
- INFLAMMATION
- INTRAORAL
- JAW
- MALOCCLUSION
- MOLARS
- ORTHODONTIC
- PERIODONTAL
- PLAQUE
- RECEDE
- ROOT CANAL
- SALIVA
- SEALANT
- TEETH
- VENEERS



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.

“OX'K IFWWH AYDW CFHK SLW'X BORD
XL XJBR JZLFX PJRDFN. O'P BORD,
'HLF RWLA HLF'ED ADJEOWC PJRDFN,
EOCYX? AD JBB JED.” — MLW YJPP

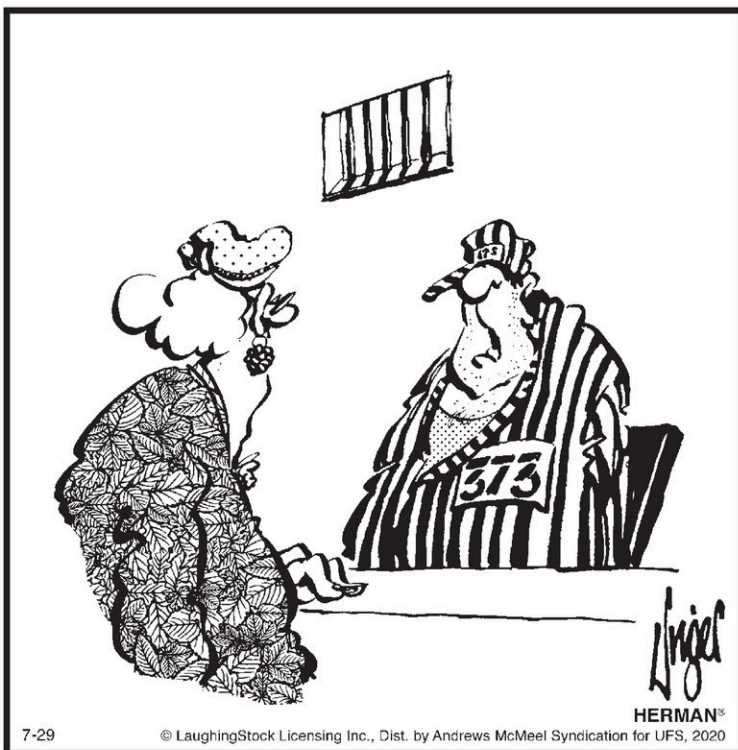
Previous Solution: “Most things don't work out as expected, but what happens instead often turns out to be the good stuff.” — Judi Dench

TODAY'S CLUE: *f equals l*

REALITY CHECK

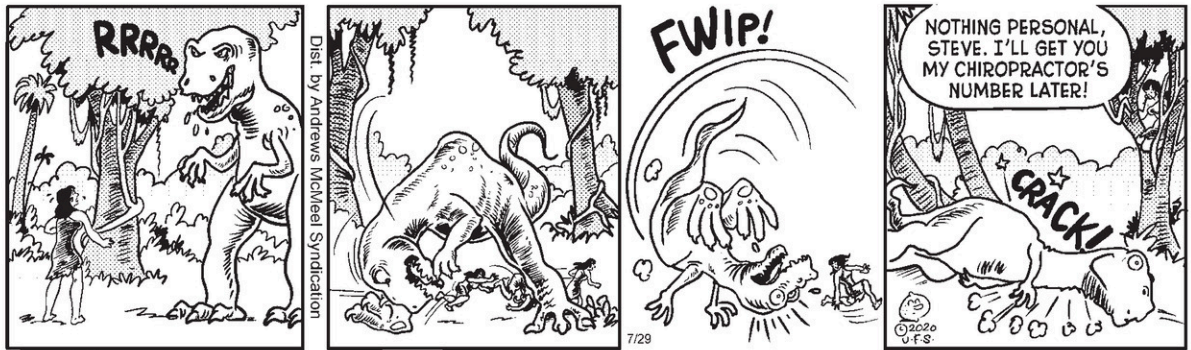


HERMAN

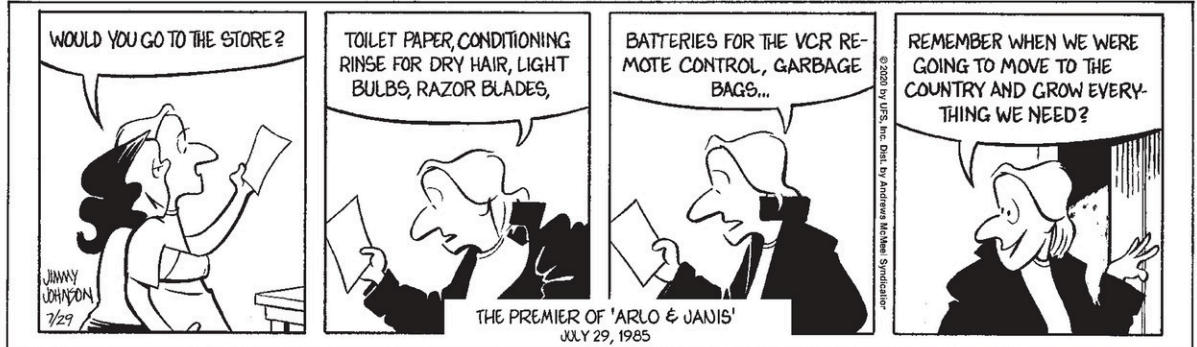


“My stomach's having a tough time getting used to well-cooked food.”

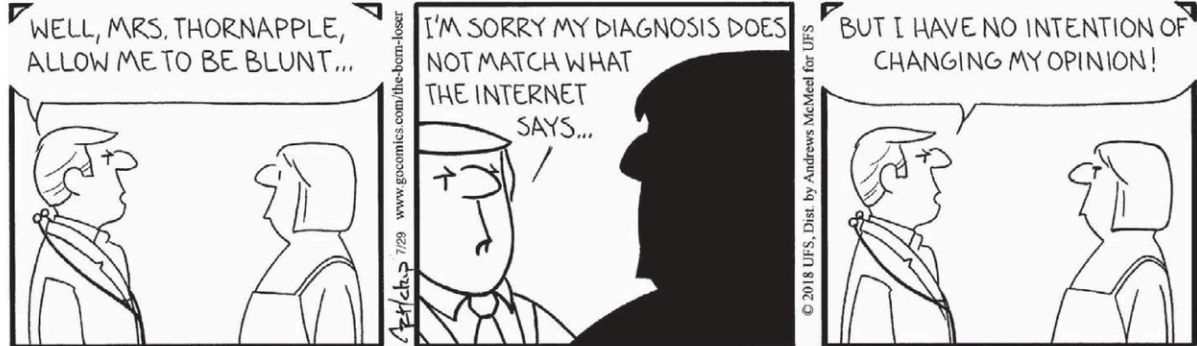
ALLEY OOP



ARLO & JANIS



THE BORN LOSER



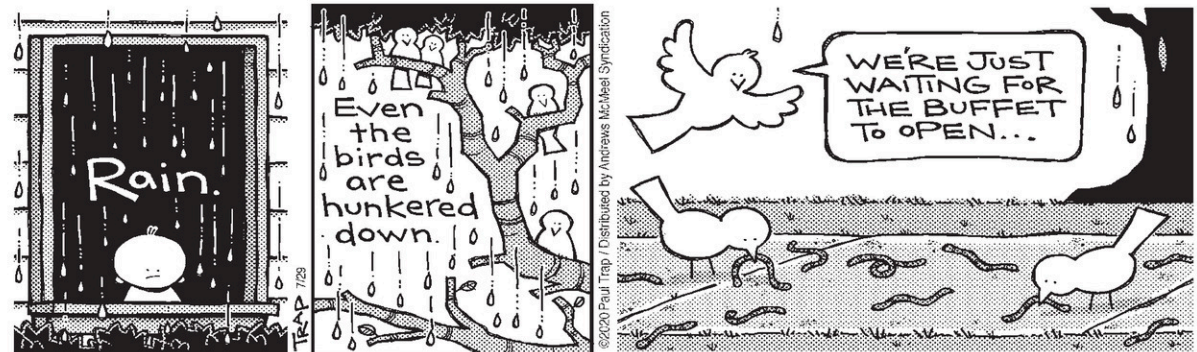
FRANK AND ERNEST



GRIZZWELLS



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 E-mail: classad@sherbrookerecord.com
 or Knowlton: (450) 242-1188 between 9:00 a.m. and noon

CLASSIFIED

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 Lets You Live Life.

Theory suggests thymus plays role in severity of covid

ASK THE DOCTORS



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

Dear Doctor: What's the connection between the novel coronavirus and the thymus gland? A friend of ours who is a doctor says it's probably what keeps young kids from getting so sick. I've never even heard of the thymus. What does it have to do with coronavirus?

Dear Reader: From the earliest days of the novel coronavirus pandemic, the data revealed a puzzling disparity. Older adults were at increased risk of grave illness when infected with the virus, but children seemed to have a certain level of protection. And while it has since become clear that children can indeed become seriously ill if they become infected, they do so at far lower rates than adults. The reasons for this are still being investigated, but some researchers have recently suggested the role of the thymus gland as a possible factor.

If you place your finger at the notch at the top of your breast bone and draw a vertical line downward a few inches, you've traced the location of your thymus. It's made up of two roughly triangular lobes, which sit behind the breastbone and between the lungs. The thymus has several functions, but perhaps its most important role is to

help produce the cells that will become T-lymphocytes, or T-cells. (The "T" stands for thymus-derived.) These are white blood cells that protect the body from bacteria, fungi, viruses and other pathogens.

T-cells, which are the ninjas of the immune system, start out in the bone marrow as stem cells. The immature stem cells exit the marrow, move through the blood and enter a specific region of the thymus. There, they undergo a complex process that teaches them how to recognize a wide range of potentially dangerous and deadly invaders. As T-cells, their job is to circulate throughout the body and, when they encounter the molecular signature of the pathogen they've been trained to recognize, to attack. T-cells also activate other immune cells, produce proteins known as cytokines and have a role in regulating immune response.

The thymus is unique in that it reaches maturity in utero and is at its largest and most active in children. Starting at puberty, it gradually becomes less active, and the glandular tissue begins to shrink. This continues throughout a person's life. By the time someone has reached their mid-60s, the thymus is largely inactive. By their mid-70s, the gland has been mostly replaced with fat. This decrease in thymus function is believed to be one of the reasons that, in their later years, older adults become more susceptible to disease and infection.

Emerging research into COVID-19 has shown a marked decrease in the number of T-cells in some gravely ill patients. Scientists are now asking whether age-related thymus decline, which means T-cells aren't quickly replaced, may play a role in the severity of illness seen in older adults. The flip side of this is whether, due to their robust production of T-cells, children's immune systems are able to stay one step ahead of the novel coronavirus. It's only a working theory, but it shows promise, and research into how this may affect and inform treatment continues.

(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.)

⊙ * * ☐ ☹ ☼ ~ Ⓞ ☽ ✧ * ✨ ✕ ✨ + ☼ * ☾ * ♂ ✨ ✨ ☽ ☽ ☽
A B C D E F G H I J K L M N O P Q R S T U V W X Y Z
CRYPTO FUN
 ☐ ☾ ☽ ✨ ♂ ☼ ~ ✨ +
 Determine the code to reveal the answer!

Solve the code to discover words related to writing.
 Each number corresponds to a letter.
 (Hint: 23 = t)

A. 22 17 16 23 4

Clue: Compose

B. 4 6 16 23

Clue: Change

C. 23 4 24 23

Clue: Copy

D. 21 19 17 17 4 21 23

Clue: Make right

Answers: A. write B. edit C. text D. correct

CLASSIFIEDS WORK!

(819) 569-9525

THE RECORD Classifieds

NEA Crossword Puzzle

Your Birthday

WEDNESDAY, JULY 29, 2020

a plan to move forward. A change at home or to a meaningful partnership will help ease a stressful situation. Physical activity is encouraged.

AQUARIUS (Jan. 20-Feb. 19) – Look for a position or business arrangement that will allow you to use your skills to bring in more cash. Personal training, physical challenges and romance are priorities.

PISCES (Feb. 20-March 20) – Slow down. If you push too hard or too fast, you'll fall short. Avoid controversy at home and with close friends or relatives. Strive to get things done on time.

ARIES (March 21-April 19) – Listen and observe, but don't buy into someone else's plan. Consider what you can do on your own and how best to use your skills to get ahead. Romance is favored.

TAURUS (April 20-May 20) – You know what you need and want. Set your sights and standards high. Consider who is on your side and who isn't. Align yourself with like-minded people and reach for the stars.

GEMINI (May 21-June 20) – Don't buy into gossip. Verify everything you hear and look for secrets, motives and underhandedness before you get involved in a joint venture.

CANCER (June 21-July 22) – An innovative approach to business deals and your personal life will help you excel. Share your thoughts to tweak someone's interest. Don't let a challenge stand in your way.

Adopt the latest trends and stay ahead of the competition. Do the research necessary to help you save money and get the best deals possible this year. Focus on progress, and be ready to do the work and put in the time. Personal gain, love and physical fitness are favored.

LEO (July 23-Aug. 22) – Verify information you receive before sharing it with others. You'll make a difference if you work meticulously and are mindful of others. Love, romance and self-improvements are favored.

VIRGO (Aug. 23-Sept. 22) – You will succeed if you are practical and intent on doing your best. Your diligence will win you praise as well as rewards. Don't sacrifice your dreams for anyone or anything.

LIBRA (Sept. 23-Oct. 23) – Clear up uncertainties that stand in your way. Take a peaceful approach, even if someone else raises his or her voice. Handle things with care.

SCORPIO (Oct. 24-Nov. 22) – Before you make an investment, be sure you can afford to put your money on the line. Look for safeguards to ensure that you only have to deliver what you agreed to do.

SAGITTARIUS (Nov. 23-Dec. 21) – Don't let someone manipulate you. Find common ground and a way to make your experience better. Romance is favored. Keep making progress.

CAPRICORN (Dec. 22-Jan. 19) – Review an exciting prospect and formulate

Answer to Previous Puzzle

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

- ACROSS**
- 1 Give credit
 - 5 Too compliant
 - 9 Assoc.
 - 12 Therefore
 - 13 Creole veggie
 - 14 Door opener
 - 15 Sweater fronts
 - 16 Archie or Jughead
 - 17 Kenya's loc.
 - 18 Called from the Alps
 - 20 Go-ahead (hyph.)
 - 22 Four qts.
 - 23 Block a broadcast
 - 24 NASA rocket
 - 27 Become expert in
 - 30 Mimic
 - 31 — out (relax)
 - 32 Weather system
 - 34 Pull
 - 35 Startled cries
- DOWN**
- 1 Tax
 - 2 Hydrox rival
 - 3 Got older
 - 4 Small bouquet
 - 5 Traveler's stop
 - 6 Was very thrifty

- 7 Sooner than anon
- 8 Toto's home
- 9 Hunky-dory
- 10 NBA officials
- 11 Pita treat
- 19 — Cruces, N.M.
- 21 CPA's sum
- 23 Rips
- 24 Behave
- 25 Barnstorm
- 26 Links org.
- 27 Kitten's comments
- 28 Vogue rival
- 29 Hearty laugh
- 31 Field mouse
- 33 Journalist's question
- 36 Common bugs
- 38 Tub
- 39 Evoke — Paul
- 42 Incorrect
- 43 Blackjack
- 44 Verdi number
- 45 Parachute part
- 46 Yule song
- 47 Kappa preceder
- 48 Flair
- 49 Pace
- 52 Roe

| | | | | | | | | | | |
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| 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 | |
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| 34 | | | | 35 | | | | 36 | | |
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| 43 | 44 | 45 | | | 46 | | | 47 | 48 | 49 |
| 50 | | | | 51 | 52 | | | 53 | | |
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| 57 | | | | 58 | | | | 59 | | |

WEDNESDAY, JULY 29, 2020

The temptation of overtricks

By Phillip Alder

George Bernard Shaw wrote, "I never resist temptation, because I have found that things that are bad for me do not tempt me."

At the bridge table, though, many players are tempted by overtricks, even when trying to win one puts their contract at risk. Yes, if you are playing in a matchpointed duplicate, those overtricks can be lucrative, making the risk worthwhile. But if you are playing for money or in a teams match, concentrate on making your contract.

In today's deal, how should South play in three no-trump after West leads a fourth-highest diamond five: four, 10, jack?

Stayman is a good convention when it uncovers a desirable 4-4 major-suit fit. The rest of the time, it gives free information to the defenders.

South starts with eight top tricks: four hearts, three diamonds (given trick one) and one club. If he wishes just to make his contract, he has a guaranteed line of play. At trick two, he leads a spade from his hand.

Suppose West wins with his queen and plays another diamond to dummy's king. Declarer leads a second spade and establishes his ninth trick.

But what if overtricks are important? Then, probably, South will take a club finesse. Here, it loses, and East exits

| | | | |
|---------------------|------|-----------|----------|
| North 07-29-20 | | | |
| ♠ 10 8 3 | | | |
| ♥ K 10 8 3 | | | |
| ♦ K 4 | | | |
| ♣ A Q 10 7 | | | |
| West | | East | |
| ♠ A Q 2 | | ♠ 9 7 6 5 | |
| ♥ 9 7 6 2 | | ♥ 5 4 | |
| ♦ Q 9 8 5 3 | | ♦ 10 6 2 | |
| ♣ 4 | | ♣ K J 9 2 | |
| South | | | |
| ♠ K J 4 | | | |
| ♥ A Q J | | | |
| ♦ A J 7 | | | |
| ♣ 8 6 5 3 | | | |
| Dealer: South | | | |
| Vulnerable: Neither | | | |
| South | West | North | East |
| 1NT | Pass | 2♣ | Pass |
| 2♦ | Pass | 3NT | All Pass |
| Opening lead: ♦ 5 | | | |

with a diamond. Declarer cashes dummy's club ace, but West discards a heart. Then, when South turns to spades, both of those honors are offside, and he goes down. Yes, it was very unlucky that all four black-suit honors were offside, but if you had no need of an overtrick, you should be happy to see that, ready to snare the greedy.