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MONDAY, JUNE 14, 2021

Townships shift back to yellow in ongoing reopening plan

By Gordon Lambie

All regions that were still under orange alert across Quebec shift to the province's yellow alert level on Monday morning. Among other changes, this allows for private, indoor gatherings again provided that masks are worn, distancing is maintained, and no more than two households gather at one time.

Over the weekend the province picked up 513 new cases of COVID-19, 151 of which were reported on Sunday. This increased the total number of people infected to 372,989, with 1,836 active cases.

The total number of deaths in the province since the start of the pandemic increased to 11,172, but the number of hospitalizations decreased to 215, of which 58 represent people in intensive care.

Although a small number of new cases were reported in the Eastern Townships over the weekend, the overall number of active cases in the region fell from 109 to 86. The largest concentration of active cases in the region was in Sherbrooke, at 25, followed by Memphrémagog with 20, Granit with 14, Haute-Yamaska with six, five in each of Coaticook, the Val Saint-François, and Haut-Saint-François, four in Des Sources, and two in Pommeraié.

CONT'D ON PAGE 3

Champlain students celebrate graduation with adapted ceremony



MICHAEL BORIERO

By Michael Boriero

Champlain College Lennoxville students walked out of the campus's main building on Friday morning to thunderous applause and cheers in celebration of a difficult year marred by the COVID-19 pandemic.

The nursing students were the first group to make their way through the school and into a foray of parents, family, and friends. Cheryl Kidd

was emotional when she spoke to The Record about her daughter's graduation ceremony and what it means to her.

"My daughter impresses me every day; her bravery and courage to do all of this online. She is very tough. She took it very well, doing all of her schooling online," said Kidd.

Kidd, holding back tears, was beaming with pride. Her daughter, who graduated with top marks in her

class and landed a scholarship, also worked throughout the year, adding to the pressure of completing school assignments and studying for exams.

"She succeeded with 90 and plus in all of her marks and she even got a scholarship to go to Bishop's next year because of all of her grades," she said.

Sylvain Letourneau stood alone among the crowd, watching the ceremony via Facebook live, which

CONT'D ON PAGE 3

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Weather



TODAY:
60 PER CENT
OF SHOWERS

HIGH OF 22
LOW OF 14



TUESDAY:
SHOWERS

HIGH OF 20
LOW OF 12



WEDNESDAY:
RAIN

HIGH OF 16
LOW OF 8



THURSDAY:
SUNNY

HIGH OF 22
LOW OF 8



FRIDAY:
CLOUDY
PERIODS

HIGH OF 25
LOW OF 12

Missisquoi North Volunteer Centre (CABMN) celebrates volunteers who did check-in calls to seniors throughout pandemic



THE SCOOP
MABLE HASTINGS

On Thursday, June 10 Missisquoi North Volunteer Centre (CABMN) Coordinator of senior services, Monique Gilbert and long time CABMN senior services worker, Angelle Laplume organized a special celebration for volunteers who made calls to check-in on seniors living in the MRC Memphremagog Ouest (Potton, Bolton-Est, Saint-Etienne-de Bolton, Stukely and Eastman), throughout the Covid pandemic.

The CAB's Project VIGILE, a pilot project that screens, informs, liaises, and intervenes on behalf of seniors aged 70 and over, living in the territory served by the CABMN was already implemented and had just begun when it was affected by COVID-19. For this reason, the SAPA staff team recruited a group of extraordinary volunteer callers who knew how to make a difference and was able to make individual interventions in supporting seniors.

The celebration on June 10 was held at the Multi-functional shelter in Potton's Parc Andre Gagnon and included a lunch prepared by the Depanneur Bonisoir staff and included fresh sandwiches, salad, veggies and more.

While not all of the volunteers could be present the group of twelve that gathered were a joyous bunch with wonderful experiences and feedback to share regarding making the calls to so many of the areas precious population.



Seniors Services team, Angelle Laplume and Monique Gilbert welcome volunteers to the June 10 event

Regarding the calls, it was shared that while some whose age defined them as "seniors," were surprised to get a call, the majority appreciated being checked on during a time where no one was sure what the next month, week or even day might bring. There were heartfelt stories shared but the greatest joy seemed to come from connecting with so many new friends and hearing a bit about their ways of beating the Covid blues.

For Gilbert and Laplume the pride and gratitude they felt for the contribution this group of volunteers had provided was immense and so appreciated. Gilbert had prepared a fun trivia game with facts about the calls which during some weeks totalled close to 1000 phone calls! Even the group who had made them all happen, working at different times and on various days were surprised to hear how many calls and how many people they had connected with.

Prizes were awarded to each volunteer at random. These prizes were donated by businesses and individuals including: FamiliPrix Pharmacy in

Mansonville, Brome Bird Care in Knowlton, Owls Head Golf as well as Sylvie Boisvert and Claude Bedard. The prizes were a wonderful touch and created some fun excitement for those gathered.

In its Annual General Meeting report of activities, the CABMN Senior Services boasts the following accomplishments for the past year:

- 202 Individual interventions
- 241 Services provided
- 24 Workshops, trainings, and conferences (1241 participations)
- 9046 COVID-19 calls (400 volunteer hours)
- 110 Buddy Calls (55 volunteer hours)
- 269 VIGILE Heat wave emergency calls
- 45 Newsletters
- 586 participations in Heart & Energy group, and Walking Club.

For more information about the CABMN senior services or any of its other programs in the community or to sign up for the free weekly newsletter visit www.cabmn.org or call the Main Office at 450-292-3114.

Ben by Daniel Shelton



Local News

The committee chair hinted at “new and exciting programs” in the works for the next edition of Friendship Day.

Pipeline protest in Sherbrooke



GORDON LAMBIE

By Gordon Lambie

A group of protestors gathered at Sherbrooke’s Marché de la Gare on Saturday afternoon to share their concerns and raise awareness about a proposed project to expand the capacity of the Trans Québec & Maritimes Pipeline (TQM). The protestors called for local governments to hold off on support for the project, which would allow Alberta-based Pieridae Energy to transport liquefied natural gas to the Goldboro natural gas terminal project in Nova Scotia.

Friendship Day committee looking forward to a future return

By Gordon Lambie

For three decades, Lennoxville’s home-grown holiday, Friendship Day, was one of the signs of the start of summer in the community. From the morning parade to the evening fireworks, the festival was a celebration of everything that makes the town-turned-borough a friendly place to live and work.

Asked about what is happening behind the scenes as Friendship Day settles into its second year of Covid-based hiatus, planning committee chair Ryan Smith shared that no one need be concerned that the local celebration is gone forever.

“We are all looking forward to being back to easier times,” Smith said, stressing that it was not easy to cancel the 2020 or 2021 events, even if it was the only choice that made sense under the pandemic circumstances. “The time “away” has also given us the opportunity to readjust and establish new goals and best practices moving forward with hopes of simplifying the entire process. A few key members stepped down following the 2019 event and this has given new and returning members the opportunity to move into new roles.”



RECORD ARCHIVES

The committee chair hinted at “new and exciting programs” in the works for the next edition, and added that there is always room for more volunteers.

“We are a very small group and are always looking for ideas and help,” he shared. “We plan on using our social channels more often come the end of the summer to attract more volunteers, seek feedback and suggestions moving forward - this is an event for locals, put on by locals.”

Back to yellow

CONT'D FROM PAGE 1

The number of deaths in the region remained stable at 350, and the number of people in hospital for reasons linked to the virus fell to 15, one of whom was in intensive care.

So far, a cumulative total of 6,711,682 doses of vaccine have been received by Quebecers, 382,546 of whom are in the Eastern Townships. Total first dose

coverage in the province now sits at 68.6 per cent.

The province is still waiting on more Moderna doses to begin the process of moving up the second dose schedule for that vaccine, but this week people 35 to 59 who received a Pfizer shot for their first dose will be able to move up their appointment if

desired. This process begins on Monday with those 55 and older, and proceeds by five year intervals each day. The public health authority is strongly recommending the use of the Clic santé website to move up appointments, but assistance is also available if needed at the vaccination clinics in Magog, Sherbrooke, Val-des-Sources

(formerly Asbestos), Cowansville, and Granby over the course of the day on Monday.

The CIUSSS de l’Estrie – CHUS is also working on advanced second-dose appointments for those who received the AstraZeneca vaccine, with new dates and locations to be announced as they become available.

Champlain graduation

CONT'D FROM PAGE 1

the school set up because family members were not allowed inside due to Quebec’s COVID-19 health and safety measures. He said his daughter came a long way this year.

“She just finished nursing and I’m very proud of her [...] The capacity to work by herself and to go along with everything we went through,” said Letourneau.

Sherbrooke Mayor Steve Lussier was also taking in the unique graduation event. He told The Record that his daughter was graduating from Champlain’s arts program. She finished her studies in two years, he said proudly, despite all of the roadblocks this year.

“Well, I’m proud as a father [...] I told her to work hard in life and go for your

dreams,” Lussier said.

He added that he was impressed by the school’s faculty. They were resilient during the pandemic, Lussier explained, and they worked hard to keep their students on track. Many students chose to quit, or postpone, their schooling, he said, they need to be supported.

Johanne McCorkill said that her

daughter faced the challenge head on this year. She never wavered, other than a stressed-filled start to the semester, as students needed to adjust to the online schedule, she said. Her daughter can rest for a bit now.

“It has been hard the last year, but she pulled it off, with Covid and everything. It has been a tough year, but it is over,” said McCorkill.

EDITORIAL

The Canadiens only have one homie on the roster for the play-offs at the moment - journeyman centre Phil Danault. The Knights, by contrast, have four francos in the line-up.

When is it appropriate to appropriate hockey partisanship?



PETER BLACK

Well, the folks managing the CN Tower in Toronto sure lit up irate Maple Leafs fans when they decided last week to light the spire in the red, white and blue of the Montreal Canadiens.

(The Leafs, of course, conveniently lost to the Canadiens in the first round, like pouty drama queens, competing for a fake pandemic Cup evidently being beneath them.)

A tower official explained the move, saying the obelisk's lighting is used to promote awareness of "registered charities and causes." Presumably, in the case of the Canadiens, not being a charity, the cause for the tricoloured flashing was to cheer on a "Canadian team in international sporting competitions." In other words, the last team based in a Canadian city still skating in the cross-border quest for Lord Stanley's silverware.

As a monument belonging to the government of all Canadians, one supposes there is a certain mandate for the tower managers to use the iconic structure to root for the home side in the interests of national unity and patriotic spirit.

Toronto Mayor John Tory, suggested, we assume jokingly, "there should be a full and complete investigation" into Habs-Tower-gate. "Clearly somebody over there is a Habs fan and they had some kind of bet." We assume

Tory was not himself wearing a Habs jersey when he made said declaration, having lost the Leafs-Habs series bet with Montreal Mayor Valérie Plante.

Meanwhile, the appropriation of hockey partisanship by municipal officials took a new twist in Quebec City when a serious candidate for mayor showed up at a news conference sporting a Canadiens sweater with Carey Price's number 31.

Jean Rousseau, leader of Démocratie Quebec, explained the gesture as symbolizing how his party, like the Habs, is underestimated, yet they made it to the "four aces" of the NHL play-off semi-finals.

Though surely Rousseau's ambitions run beyond the semi-finals of municipal politics, it is a fact that, with longtime champion Régis Labeaume surrendering his chain of office come November, the field is wide open for a less brash underdog candidate.

Rousseau's bold embrace of les glorieux of Montreal, perhaps also signals something other than the triumph of the unlikely competitor. Is he suggesting it is now time to put to rest forever the hope of Quebec City getting an NHL franchise?

With the expansion fee the Seattle Kraken just paid off a hard \$790 million CDN, it's unlikely Vidéotron Centre operator Quebecor would pony up that kind of cash even if the league was ready to consider locating a 33rd franchise in la vieille capitale.

At the other extreme of politicizing hockey, there's Luc Ferrandez, the former Projet Montréal councillor and mayor of the Montreal Plateau borough and now talk radio host.

He tweeted, once it was confirmed the Canadiens would face the Vegas Golden Knights in the semi-final: "I sincerely hope for a loss for the Canadiens. I hope it hurts and that we tell ourselves forever that we could



have won with more Quebec players. PS: I admit that I am less interested in hockey than in the attachment of Montrealers to their team throughout history."

Ferrandez is right about the Quebecois count. The Canadiens only have one homie on the roster for the play-offs at the moment - journeyman centre Phil Danault. The Knights, by contrast, have four francos in the line-up, hailing from four corners of the province: Jonathan Marchessault (Cap Rouge), Marc-André Fleury (Sorel), Nicolas Roy (Amos) and William Carrier (LaSalle).

Among the flood of reactions to Ferrandez's tweet was this snarky comment: "What do you want, more

Quebecers or a Cup?" Another added, helpfully, "It's hockey, not politics!"

Another raised a prickly dilemma of partisanship: Which team will Céline Dion be rooting for? She, the longtime resident of Sin City, who famously donned a Golden Knights jersey during the 2018 play-off run when Vegas made it to the final. She, who was also just as famously pictured in a Canadiens sweater embracing Habs deity Maurice "Rocket" Richard.

Whether or not Canadians in droves hop aboard the Canadiens' Zamboni-pulled bandwagon, you can probably lay a bet with a bookie in Las Vegas that die-hard Habs fans resent just a little bit such unabashed appropriation of their loyalty.

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We recently asked readers why they enjoy reading the paper every day. Here is what they had to say:

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PAMELA GOODENOUGH

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Community Aid seniors men's group meets for first time in over a year

By Michael Boriero

After spending the past year interacting online due to the pandemic, Lennoxville and District Community Aid's seniors men's group met in the flesh, and not behind a computer screen, at Centennial Park on Friday.

"They have been meeting by Zoom for part of the past year, but not everybody was able to join in, so now they are all meeting together," said Sylvie Fowlis, director general at Community Aid, an organization that works with elderly folks in the area.

The men's group gathered under the park's gazebo, sitting at a distance in foldable camping chairs, wearing masks and cracking jokes. They were accompanied by a Community Aid volunteer, who listened to their concerns and needs for the summer.

It was a difficult process connecting the group online, according to Fowlis. They had a volunteer attend the Zoom meetings to help guide the men through the modern day communications platform. But not everyone was able to make it online.

"It was a minority, maybe a third of the people that felt comfortable

and got used to meeting, or had the equipment, or were connected to the internet, you know, it was all these various types of things that were happening and prevented them," said Fowlis.

There were eight men at the park Friday, but the director general told The Record that the number can vary, it depends who wants to come out. And they are all in their 70s and 80s, she said. The OPALS group, which is mainly women, will meet a third time on Thursday.

While the men's group is mainly catching up, discussing current events, and things they would like to see from Community Aid, the women's group holds social exchanges and exercise classes from time to time, Fowlis continued.

Although they all need to continue respecting Quebec's health and safety measures, Fowlis said this is an important outlet for seniors in Lennoxville. They have struggled, like so many in the province, to find freedom and stimulation.

"They were struggling, and I'm not saying necessarily the people that are there, but in general, a lot of people what they expressed was that they were struggling with the fact that they couldn't meet with people, keep in touch with people as much



MICHAEL BORIERO

as they were used to doing," Fowlis said.

However, she has noticed that while it has been rough for them, many seniors are taking the COVID-19 pandemic very seriously. They are extra cautious, she said, with several members refusing to meet in person

until they receive their second dose of vaccine.

"They have gone through a hard time, let's not forget that. We've found it hard, but they have also found it very difficult, but they have been very good at it, too," said Fowlis.

The recycling of expanded and extruded polystyrene in Potton

THE SCOOP
By Mable Hastings

On June 9, 2021 a press conference was held at the Municipality of Potton's ecocentre in Mansonville to announce an exciting new initiative in the township.

NexKemia Petrochemicals Inc. announced its pride in partnering with the Municipality of the Township of Potton as well as Eco-Captation, to make the recycling of expanded and extruded polystyrene (polystyrene foams) possible for the residents of the Municipality of the Township of Potton.

NexKemia, as a leading producer of expandable polystyrene (EPS) in North America, is keen to help facilitate the recovery of this material, as it is 100% recyclable.

"This is the first of several announcements to be made in the coming months regarding NexKemia's involvement in the circular economy. These many actions will have a significant and positive impact on our future

operations," says NexKemia General Manager, Pierre Beaudry.

Citizens can now bring their expanded and extruded polystyrene directly to Potton's ecocentre, operated by the municipality. The facilities, provided by NexKemia, are used to accumulate EPS foam before it is sent to Eco-Captation. Eco-Captation then pre-conditions the recycled EPS material and distributes it to companies using PS in their operations. This whole process ensures that EPS products are recycled, closing the loop.

"This is a first step in the right direction. The current polystyrene recycling model must be as close as possible to citizens so that it is easy for everyone to recover it. We thank the Municipality, as well as Eco-Captation for their help" says NexKemia's Business Manager, Stéphane Trépanier.

Eco-Captation is a proud partner of this initiative. This company currently processes more than 300 tons of polystyrene annually, coming from several municipalities and



NexKemia Polystyrene initiative

COURTESY

ecocentres in Quebec and it plans to increase its recycling capacities significantly in the years to come. Most recently, the latter has acquired

cutting-edge technology using artificial intelligence in order to be able to increase their production capacity.

**Even once vaccinated,
you still need
to protect yourself.**



Votre 
gouvernement



**Let's work together to keep respecting health measures
so we can protect each other.**

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

Québec 

Death



Victor Komery
(1927-2021)

Victor Komery passed away at CHUS Fleurimont in Sherbrooke in his 94th year on June 10, 2021. Beloved son of the late Denis Komery and the late Malaky Dubé, dear brother of Evelyn. He will be greatly missed by his cousins, family and friends.

Visitation will take place at the Steve L. Elkas Funeral Home (4230 Bertrand-Fabi St. Sherbrooke J1N 1X6) on Thursday, June 17th, 2021 from 9:00 to 11:00 a.m. Covid-19 restrictions will apply. A private funeral service will follow at 11:30 a.m. at the St-Ephrem Syrian Orthodox Church (150 13th Ave N., Sherbrooke). A burial service will follow at the Elmwood Cemetery at 12:30 p.m. In lieu of flowers, donations to the St-Ephrem Syrian Orthodox Church would be gratefully appreciated by the family (P.O. Box 671, Sherbrooke, QC J1H 5K5).

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info@steveelkas.com
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Added sugars in diet can cause fat accumulation in liver



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

Dear Doctor: Can you explain that study that says having too much sugar in your diet is going to make your body produce more fat? I always thought that the reason you gained weight was that you were eating too many calories.

Dear Reader: We believe you're referring to a study published in the *Journal of Hepatology* in March. (Hepatology is the study of the liver, gallbladder and pancreas.) Because it focused on the ever-fascinating topic of the health effects of added sugar in the diet, the results received a fair bit of media attention.

You mentioned calories and weight gain, but that wasn't the specific focus

of this study. Rather, researchers in Zurich wanted to learn how sugar consumption affects the accumulation of fat in the liver. This may sound obscure, but due to a potentially serious condition known as fatty liver disease, it's an important area of inquiry.

A healthy liver contains fat in small amounts. When fat begins to build up, though, it can cause inflammation. This, in turn, can lead to liver damage. One form of this condition, known as alcoholic fatty liver disease, is associated with heavy drinking. When fat accumulates in the livers of people who don't drink heavily, it's known as nonalcoholic fatty liver disease. It's estimated that 25% of people in the United States, including children, have some degree of nonalcoholic fatty liver disease. For most, the condition doesn't cause noticeable problems. But for up to one-third of them, the condition can progress and affect liver function.

Risk factors for nonalcoholic fatty liver disease include obesity, particularly when high levels of belly fat are present; insulin resistance; diabetes; elevated blood pressure; sleep apnea; and high blood lipid levels. And now, this new study suggests that certain types of added sugars can also play a role.

The researchers had 94 healthy men add a beverage sweetened with 80 grams of one of three different types of sugar to their regular diet. That's the equivalent of two cans of soda. Using

radioactive tracers, they monitored the effect on levels of liver fat during the seven weeks of the study. No changes to fat accumulation were seen in the men drinking glucose, which is the simple sugar our bodies produce and use for energy. But the group whose drinks were sweetened with sucrose or with a liquid form of fructose had double the fat accumulation of the glucose group. This effect continued for 12 hours after their last sweetened drink. The takeaway is that the added sugars we find in so many of our foods may be adversely affecting us, often in ways we can't see or feel, and causing harm.

The American Heart Association recommends that women and men limit sugar intake to 25 and 48 grams per day, respectively. That's about 6 teaspoons for women and about 9 for men. Sugar is so easily and widely available, it can be hard to avoid. But emerging research continues to show that, for your long-term health and well-being, it's an important step to take.

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

(Send your questions to askthedoctors@mednet.ucla.edu, or write: Ask the Doctors, c/o UCLA Health Sciences Media Relations, 10880 Wilshire Blvd., Suite 1450, Los Angeles, CA, 90024. Owing to the volume of mail, personal replies cannot be provided.)

Datebook

MONDAY, JUNE 14, 2021

Today is the 165th day of 2021 and the 87th day of spring.

TODAY'S HISTORY: In 1775, the U.S. Army was established.

In 1777, the Continental Congress adopted the Stars and Stripes as the national flag.

In 1900, Hawaii became a territory of the United States.

In 1982, Argentine troops surrendered their last stronghold in the Falkland Islands to the British, ending the Falklands War.

In 2007, Palestine's Fatah-Hamas unity government was dissolved after Hamas took control of the Gaza Strip.

TODAY'S BIRTHDAYS: Harriet Beecher Stowe (1811-1896), author; Alois Alzheimer (1864-1915), physician; Burl Ives (1909-1995), singer/actor; Ernesto "Che" Guevara (1928-1967), revolutionary leader; Donald Trump (1946-), 45th U.S. president; Pat Summitt (1952-2016), basketball coach; Boy George (1961-), singer-songwriter; Faizon Love (1968-), actor/comedian; Steffi Graf (1969-), tennis player; Diablo Cody (1978-),

screenwriter; Kevin McHale (1988-), singer/actor.

TODAY'S FACT: The highest rank in the Army, General of the Armies, was created for John Pershing in 1919. The rank was awarded posthumously to George Washington in 1976.

TODAY'S SPORTS: In 1987, the Los Angeles Lakers defeated the Boston Celtics in Game 6 of the NBA Finals, earning the franchise's 10th NBA Championship.

TODAY'S QUOTE: "The bitterest

tears shed over graves are for words left unsaid and deeds left undone." – Harriet Beecher Stowe

TODAY'S NUMBER: 2,755 – billionaires in the world, according to a Forbes report from April 2021. The billionaires on the list have a combined net worth of \$13.1 trillion.

TODAY'S MOON: Between new moon (June 10) and first quarter moon (June 17).

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NEA Crossword Puzzle

Your Birthday

MONDAY, JUNE 14, 2021

isfying position.

SCORPIO (Oct. 24-Nov. 22) – Keep your emotions under control, and you'll avoid getting into a disagreement with someone you love and respect. Don't spend unnecessarily or take on debt that will cause stress.

SAGITTARIUS (Nov. 23-Dec. 21) – Do your own thing and follow your heart. Refuse to let anyone talk you into something that isn't in your best interest. Discipline and hard work will pay off.

CAPRICORN (Dec. 22-Jan. 19) – Make adjustments to avoid going into debt. Home improvements should ease stress, not make matters worse. Do only what's feasible, regardless of the demands someone puts on you.

AQUARIUS (Jan. 20-Feb. 19) – Stop worrying about what others are doing. Concentrate on personal matters, important relationships and improving your surroundings. An idea you have will pay off. Set your plans in motion.

PISCES (Feb. 20-March 20) – Think twice before making an offer you may not want to fulfill. Look at every angle of a situation before getting involved. Put more energy into personal improvement and good health.

ARIES (March 21-April 19) – Don't rely on others when you can do things yourself. Focus on your objective. Don't put your health at risk to please a loved one. Be smart, take action and do what's best for you.

TAURUS (April 20-May 20) – Slow down, mull over your options and keep your emotions under control. Handle change with dignity and optimism, and you'll discover something that offers interesting incentives.

Change begins with you. Consider what you enjoy doing the most and the people who bring out the best in you, then build the framework for a future that excites you. Don't feel that you must follow in someone's footsteps or bend to others' demands. Your happiness is your responsibility, so take charge and turn your dream into a reality.

GEMINI (May 21-June 20) – Back away from a situation if you feel you are being pressured or bullied. Take the road that leads to peace of mind. Discipline and hard work will be necessary if you wish to reach your objective.

CANCER (June 21-July 22) – Trying to dodge your duties will be futile. Embrace your responsibilities instead of fighting the inevitable. You may not like the changes taking place, but they'll work out in the end.

LEO (July 23-Aug. 22) – Erratic behavior will lead to confusion and uncertainty. Make yourself clear and follow through on your promises. Your easygoing attitude will help you make friends and get things done.

VIRGO (Aug. 23-Sept. 22) – Take care of what's necessary, and then set aside time for reflection. Too much of anything will bog you down and confuse you. Don't act on something until you're sure about it. Growth is encouraged.

LIBRA (Sept. 23-Oct. 23) – Step up and do your part. An intelligent approach will lead to new beginnings. Dedicate more time and effort to doing your own thing and establishing yourself in a sat-

Answer to Previous Puzzle

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

- ACROSS**
- 1 Cream puff, slangily
 - 5 Tax shelter
 - 8 Scrub
 - 12 Auction site
 - 13 Cable honcho — Turner
 - 14 Maui dance
 - 15 Gossip, slangily
 - 16 USN officer
 - 17 All right
 - 18 Connive
 - 20 Optimistic
 - 21 W. Hemisphere group
 - 22 DDE's party
 - 23 Frighten
 - 26 Crusty roll
 - 29 Refs' cousins
 - 30 Staircase part
 - 31 Dale's favorite cowboy
 - 33 Slangy physique
 - 34 Go limp
 - 35 Newborn
 - 36 Take turns
 - 38 Uses solder
- DOWN**
- 1 Meld
 - 2 Stork cousin
 - 3 Artist Chagall
 - 4 Boas
 - 5 Particulars
 - 6 Magritte's name
 - 7 Pitches
 - 8 Rodeo yells
 - 9 Razor-billed birds

- 39 Exist
 - 40 Machine tooth
 - 41 Home furnishings
 - 43 Put in the fridge
 - 46 Tune
 - 47 Uproar
 - 48 Wax-coated cheese
 - 50 Fence opening
 - 51 Bind with string
 - 52 Nerve network
 - 53 Walked on
 - 54 Goal
 - 55 Jagged tear
- 10 Dispatch, as a dragon
 - 11 Cattle fodder
 - 19 Gourman-dize
 - 20 Stir up
 - 22 Trot or canter
 - 23 Add to a soundtrack
 - 24 Love, in Madrid
 - 25 Salon creation
 - 26 Curly-leafed veggie
 - 27 Periods
 - 28 Santa's garb
 - 30 Ceremony
- 32 Proposal response
 - 34 All-out fights
 - 35 "Taps" players
 - 37 Put out a runner
 - 38 Egg — yung
 - 40 Intimidated
 - 41 Thunder
 - 42 A law — itself
 - 43 Invent, as a phrase
 - 44 Churchill successor
 - 45 Computer input
 - 46 PFC boss
 - 47 Road map info
 - 49 Jo's sister

1	2	3	4	5	6	7	8	9	10	11
12				13			14			
15				16			17			
	18			19			20			
			21			22				
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29				30				31		32
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	36		37				38			
			39			40				
	41	42			43			44	45	
46				47			48			49
50				51			52			
53				54			55			

MONDAY, JUNE 14, 2021

It is money in the bank

By Phillip Alder

There have been several jokes starting "I have enough money to last me the rest of my life ..." Jackie Mason's punch line is "unless I buy something." Henny Youngman's is "if I die by four o'clock." I know someone who seriously claimed that she had so much money she wouldn't be able to spend it all. However, just over one year later, she was broke. Easy come, easier go.

At the bridge table, you can lose money easily, especially if you pay no attention to the clues available. Today's deal was sent to me by Jeff Rubens, the editor of The Bridge World magazine.

North's four no-trump was Roman Key Card Blackwood, the reply showing the heart queen and either two aces or one ace and the heart king. Five no-trump asked for specific kings. Note that North didn't care that South had one king; he needed to know which king.

Declarer had to establish a club trick on which to discard his spade loser. Normally, one would cash the club king, play to the ace and ruff a club, winning unless an opponent had five clubs. Luckily, South delayed his decision for a moment.

		North	06-14-21
		♠	A 5 3
		♥	K J 7 2
		♦	5
		♣	A J 6 5 4
West		East	
♠	4	♠	K Q J 10 9 7 6
♥	—	♥	8 3
♦	K 10 7 6 4 3 2	♦	Q J 9
♣	Q 10 9 8 7	♣	2
		South	
		♠	8 2
		♥	A Q 10 9 6 5 4
		♦	A 8
		♣	K 3
Dealer: East			
Vulnerable: Both			
South	West	North	East
			3♠
4♥	Pass	4NT	Pass
5♠	Pass	5NT	Pass
6♣	Pass	7♥	All Pass
Opening lead: ♠ 4			

After winning the first trick with dummy's spade ace, declarer drew trumps and cashed the diamond ace. East was known to have started with seven spades, two hearts and at least one diamond. This meant that West was far more likely than East to have the club queen.

Backing his judgment, South cashed the club king before playing a club to dummy's jack — success!

CELEBRITY CIPHER by Luis Campos

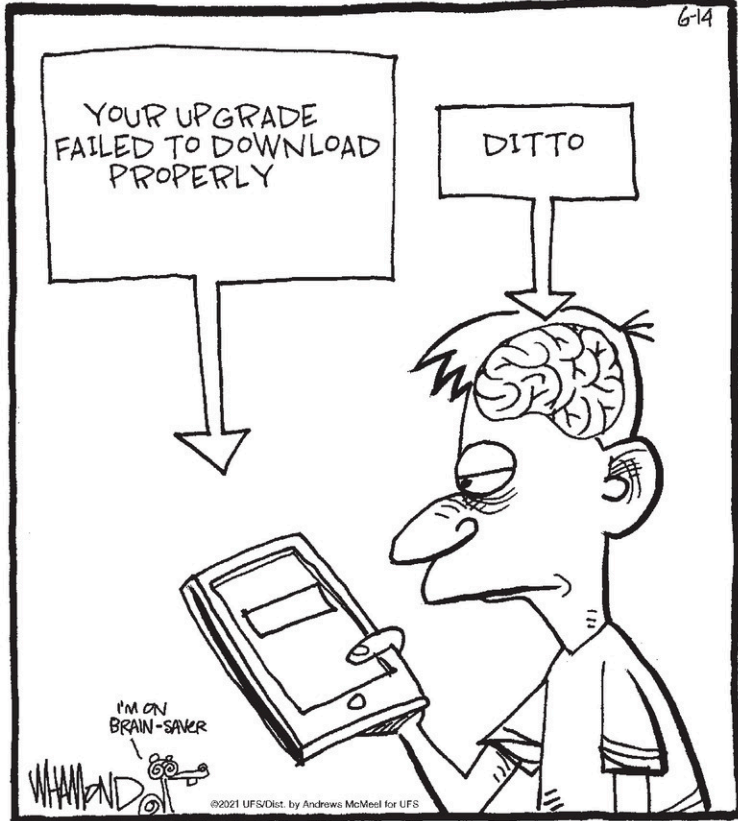
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

" P ' G B X Z H K Z M F C O H T V . I O ' J O K Z S O
T Z G O V G V L P S R F C P S R T . F Z I O V X
Z H X M E V R P S F C O Z E W G B P U T P T V S
C Z S Z X . " - T C V H S I C P F O

Previous Solution: "I played a funeral convention once. York Casket Company pays well, in case anyone's wondering!" — Chris Young

TODAY'S CLUE: x equals M

REALITY CHECK

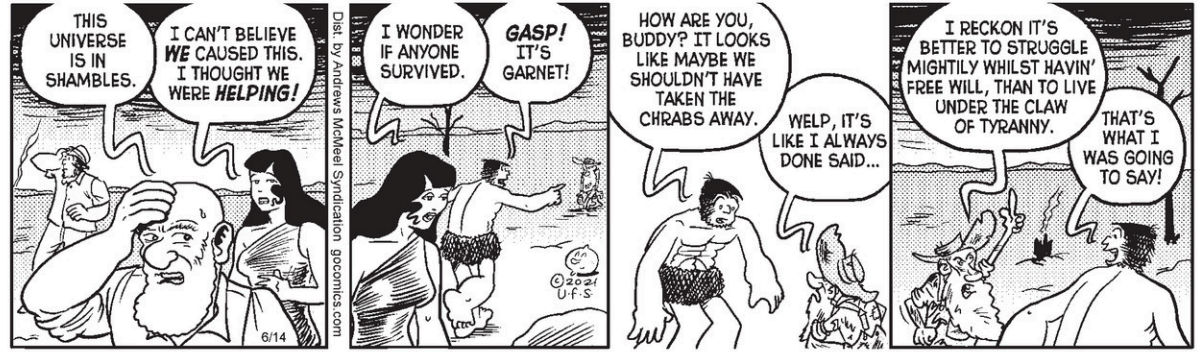


HERMAN

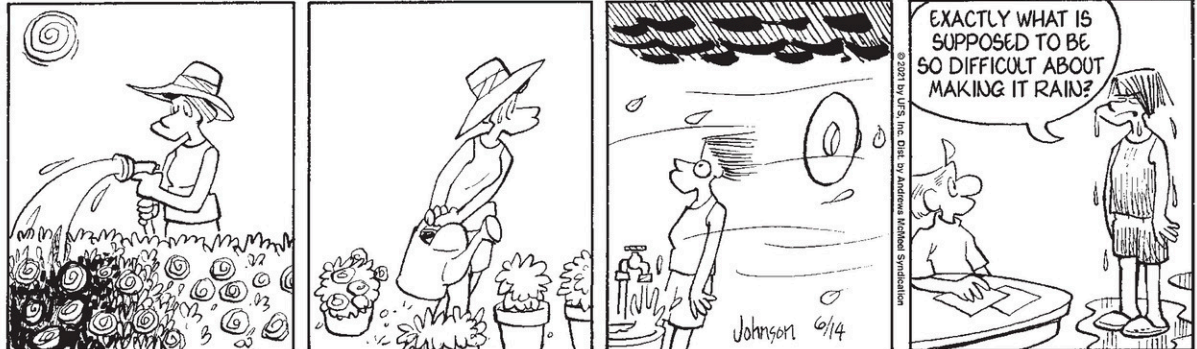


"I can't listen to you and him at the same time."

ALLEY OOP



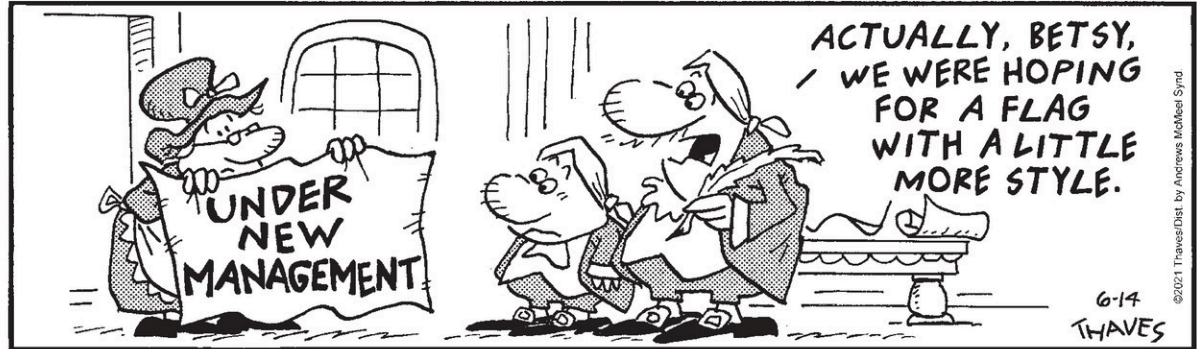
ARLO & JANIS



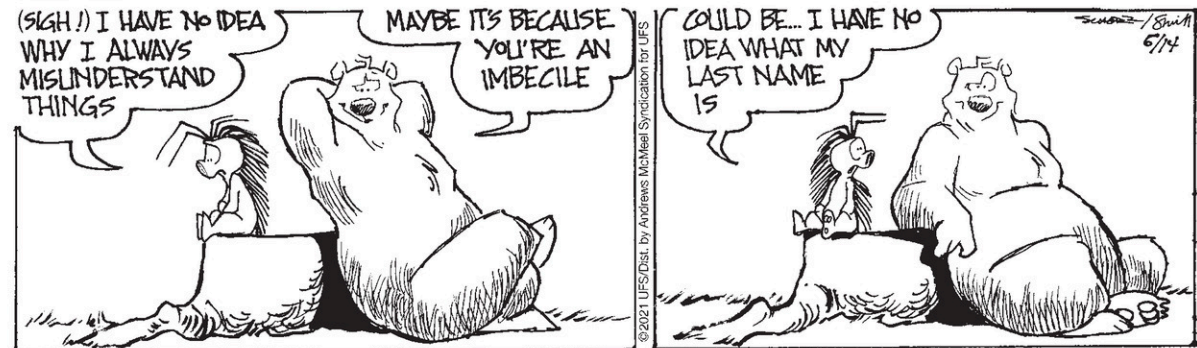
THE BORN LOSER



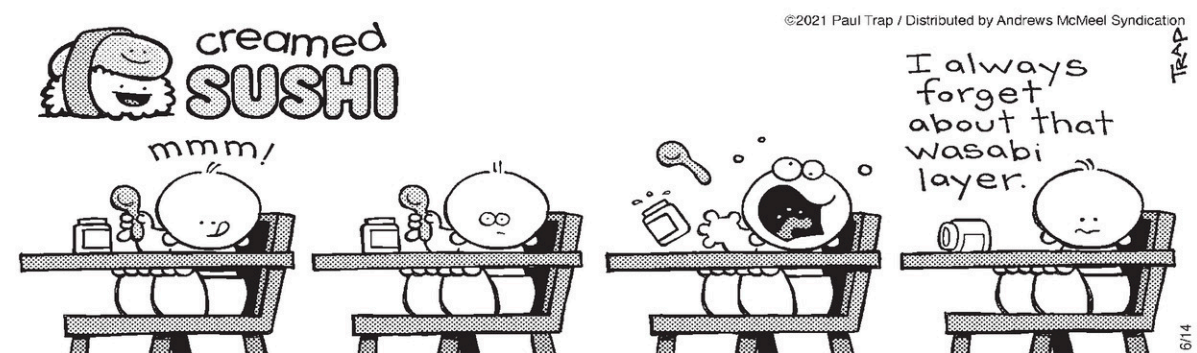
FRANK AND ERNEST



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 Or mail your prepaid classified ads to
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Baby shower etiquette

Dear Annie

MONDAY, JUNE 14, 2021

Dear Annie: I just finished sending a baby gift to the daughter of a friend of mine. She had a registry, and I selected a gift and had it mailed to her with a congratulatory message.

What really bothers me about this is how it was handled. About a month ago, I received an announcement card from the expectant mother and her husband about their impending big event.

My name was incorrect on the envelope; only half of it was there, and I almost threw it out, thinking it was junk mail. Enclosed was a maternity picture and information about the baby registry website.

I realize that there is a pandemic that dictates that we have to do things differently, but isn't this rather tacky? First of all, shouldn't this have been handled as a "virtual shower" so there could have been a Zoom event on a given day where the mom-to-be could be seen opening her gifts?

Secondly, shouldn't someone else close to this person, like a friend or family member, have sent this information out?

To me, this looks like a "showerless shower" thrown by the girl herself, and I'm annoyed that I felt compelled to send a gift under the circumstances. Otherwise, I probably would have sent a gift card and a nice baby card out of respect for the mother, but I barely know the girl! One of my friends went one step further and called this extortion.

What do you think, Annie? Is this the way things are done nowadays, and I am living under a rock? - Pushing the Envelope on Etiquette

Dear Pushing the Envelope: Things are being done very differently during the pandemic. People are having to hold off on getting together for large parties such as baby showers or weddings. Not wanting to do a Zoom call or virtual shower party is understandable.

I'm not sure that you were compelled to send a gift just because you received an announcement card that your friend's daughter is having

a baby. However, instead of focusing on all that your friend's pregnant daughter did wrong with this invitation, try to shift your focus to being happy for the couple. It will make you happier.

Dear Annie: So many people write in about their grown children not communicating with them much. My question for them is, when your children were young, did you talk *to* them instead of *at* them? Did you talk with the 2- or 3-year-old when they talked about the same thing over and over? How about the 5- or 8-year-old?

So many people talk at their children and never let the child just simply talk. People are so busy that they need to step back and enjoy their children instead of rushing around. Be involved in your child's life without the temptation to give advice or criticize choices. Let them come to you with their thoughts and ideas.

Lead by example. How often did you speak with your parents or grandparents? Remember, actions speak louder than words. - Happily Connected to All Generations

Dear Happily Connected: Thank you for your letter, which I am printing because you offer good suggestions not only for parents speaking to their young children but also for adults speaking to one another. Really listening to someone and not just waiting for your turn to speak, or to criticize, is truly a gift we can give to one another. I don't fully agree with you that the reason some adult children fail to connect with their adult parents is because they didn't pay enough attention to them when they were young. That puts a little too much pressure and guilt on young parents.

"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.

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

6/14

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PREVIOUS SOLUTION

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

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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