



A Phoenix player's dream come true

Page 4

THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

Ayer's Cliff Fair's Volunteer Park

Page 5

\$1.00 + TAXES

PM#0040007682

WEDNESDAY, JULY 28, 2021

Townships surpasses 80 per cent vaccination rate for first dose

Record Staff

The vaccination campaign in the Estrie is ahead of the province, with 80.5 per cent of the eligible population having received at least one dose of vaccine, compared to 73.2 per cent for Quebec as a whole.

The region reported four new cases of COVID-19 on Tuesday. All four cases were in the Sherbrooke regional health sector. The CIUSSS de l'Estrie-CHUS is currently reporting eight active cases in the region, seven in Sherbrooke and one in Val Saint-François.

The province reported 73 new cases of COVID-19, bringing the total number of people infected to 376,901. There are currently 803 active cases in the province.

No new deaths were reported yesterday. Hospitalizations were down by one for a total of 66, with 21 patients in intensive care. An increase of one from the day before.

At the federal level, Prime Minister Justin Trudeau said yesterday the country has now received enough vaccine to adequately vaccinate every eligible Canadian, over 66 million doses in total. He added that only half of one per cent of new cases are people who are fully vaccinated, encouraging anyone who has not done so yet to go get the shot.

According to media reports on Tuesday afternoon, Ontario may soon specify in its updates whether new cases reported are in vaccinated or unvaccinated people.

Blueberry season escapes damaging May frosts



COURTESY

Thérèse Charbonneau, co-owner of Paradis des Fruits Dunham

By Michael Boriero

While Quebec's strawberry production took a hit this summer due to damaging frosts in May, blueberry season was able to continue unabated, and in some cases, produce one of the most fruitful years in recent memory.

Thérèse Charbonneau, co-owner of Paradis des Fruits Dunham, said it has

a lot to do with location. Her farm is in a special microclimate zone in the Eastern Townships. She managed to cultivate as much as she normally does in a regular season.

"I feel very privileged where I am because I have a very nice crop of blueberries, raspberries, corinths, autumn fruits [...] I didn't have a lot of frost damage," said Charbonneau.

It is peak blueberry season,

according to the berry farmer, and business has been running smoothly, despite ongoing pandemic health and safety measures. She has seen a lot of visitors this summer, and all of them are looking for fresh blueberries.

"We're an eco-friendly, family-owned farm, and we have a lot of variety of fruits that we offer, like blueberries there's more than 20 varieties and

CONT'D ON PAGE 3

The Record e-edition

There for you
24-hours-a-day
7-days-a-week.
Wherever you are.

Access the full edition of the Sherbrooke Record as well as special editions and 30 days of archives.

Renew or order a new 12-month print subscription and get a 12-month online subscription for an additional \$5 or purchase the online edition only for \$125.00

Record subscription rates
(includes Quebec taxes)

For print subscription rates,
please call 819-569-9528
or email us at
billing@sherbrookerecord.com

12 month web only: \$125.00
1 month web only: \$11.25

Web subscribers have access to the daily Record as well as archives and special editions.

- Subscribing is as easy as 1,2,3:
1. Visit the Record website: www.sherbrookerecord.com
 2. Click e-edition.
 3. Complete the form and wait for an email activating your online subscription.

Weather



TODAY:
SUNNY

HIGH 23
LOW 7



THURSDAY:
60 PER CENT
CHANCE OF
SHOWERS
HIGH 22
LOW 14



FRIDAY:
SHOWERS

HIGH 17
LOW 11



SATURDAY:
MIX OF SUN
AND CLOUD

HIGH 22
LOW 13



SUNDAY:
60 PER CENT
CHANCE OF
SHOWERS

HIGH 21
LOW 12

HAND IN HAND

People with stroke, heart conditions want virtual care to continue post-pandemic



Submitted by the
Heart and Stroke Foundation

Virtual healthcare has potential to reduce the burden on the healthcare system and provide benefits to patients and caregivers long after COVID-19 related public health measures roll back. Heart & Stroke spoke with experts, reviewed current evidence, surveyed people living with stroke or a heart condition, and funded a telephone poll of Canadians, revealing great promise and a continued desire for virtual healthcare opportunities.

Access to virtual healthcare has accelerated over the past 14 months as the pandemic disrupted the healthcare system, allowing patients to stay in touch with healthcare providers and continue progress on their recovery. While this approach to technology is not new, the pandemic has accelerated its use, for example in under-utilized areas such as prevention and rehabilitation.

According to a Heart & Stroke online survey of more than 3,000 people living with stroke, heart disease or vascular cognitive impairment (VCI) and caregivers, more than half want the option for virtual appointments in the future, beyond COVID-19 - an increase from a similar survey carried out a year prior. The survey also brought to light:

Virtual appointments were most often the only option offered during the pandemic.

The number of people who participated in virtual appointments

increased during the past year from about five in 10 people attending a virtual appointment at the beginning of the pandemic to about eight in 10 in Spring 2021.

Over half feel competent or very competent using the technology required.

Eight in 10 confirm virtual appointments are convenient and they were able to ask questions and get answers.

Nine in 10 do not have privacy concerns.

"As we plan for a post-pandemic future and public health measures begin to lift, virtual healthcare will remain an effective and efficient tool for patients, providers and the healthcare system," says Dr Patrice Lindsay, Director, Health Systems Change, Heart & Stroke. "Virtual care is meant to complement, not replace, in-person visits. But virtual healthcare has enormous potential to provide quality care for people living with stroke or heart conditions as well as reduce the burden on the healthcare system from prevention to acute care, disease management, rehabilitation and end-of-life care."

Research has shown that a virtual healthcare diagnosis can be up to 91 per cent accurate across a wide range of conditions. As well virtual healthcare can improve management for patients with heart failure, chronic coronary artery disease and other chronic conditions.

Virtual healthcare has shown to reduce wait times and preliminary studies reveal patients miss fewer of these appointments. Appointments can be booked quickly, it is easier for people with mobility issues or who do not have their transportation and caregivers can conveniently join. Other benefits include decreased travel, less time taken off work

and fewer childcare and other costs such as transportation and parking.

"Virtual care has been a blessing. It has allowed me to save the time and energy I would have spent on getting ready and driving or walking to my appointments. Virtual appointments mean that I have more energy for other activities during my day and they are easier to fit into my schedule because I take them from home," says Céline Bédard, a 48 year-old mother of five from Gatineau who had a stroke on March 4, 2020.

Virtual care helps beat inequity

"Virtual care opens up new options for accessing healthcare especially for people in underserved communities," says Dr Inderveer Mahal, a family doctor in Vancouver. "In remote and northern regions, including Indigenous communities, the growth of virtual care has the potential to redress health inequities by helping people connect to a range of health services without leaving their communities. With the help of outreach workers, people who live in shelters or tents can actually more easily attend virtual appointments - if they are provided the technology and a safe space to do so."

There is still much to be done to ensure the full potential of virtual healthcare is realized and everyone across the country can access and benefit from it equally. Some groups continue to face challenges getting healthcare services, including through virtual healthcare.

"As we plan how we deliver healthcare going forward, Heart & Stroke is committed to working with health systems planners, governments and other partners to ensure the momentum of virtual healthcare is maintained and it becomes embedded in the system in an equitable and person-centred way," says Dr. Lindsay.



Global Excel is proud to support local organizations that enrich our shared community.

Doing business around the world, proudly established in the Eastern Townships.

Ben by Daniel Shelton



Volunteer divers to monitor zebra mussels in Lake Memphremagog

Record Staff

The Memphremagog Conservation Inc. (MCI) and Denis Mongeau of Plongée Magog have joined forces to carry out a volunteer activity to control zebra mussels by scuba diving in Lake Memphremagog.

More than 15 experienced volunteer divers will participate in the activity, which will take place on Friday, July 30 in Magog. The first colonies of zebra mussels were discovered in Lake Memphremagog in the summer of 2018 by Plongée Magog. MCI investigated the problem and confirmed that well-established populations were present in the northern part of the lake. This invasive exotic species has since threatened the biodiversity and ecosystems of Lake Memphremagog and can cause major problems by settling on drinking water intakes, docks or boats.

"In Lake Memphremagog, the invasion of the zebra mussel is recent and low densities are still observable. We would like to study the impact of

removal activities on the populations of Lake Memphremagog and see if it is possible to maintain zebra mussel densities at a relatively low level," commented Ariane Orjikh, executive director of MCI in a press release.

Denis Mongeau of Plongée Magog added that the diving group is happy to partner with MCI and help preserve the biodiversity of Lake Memphremagog.

MCI is also asking boaters and shoreline residents of Lake Memphremagog to double their efforts to limit the spread of exotic aquatic species like the zebra mussel. "The only way to prevent the spread of new exotic species in Lake Memphremagog and in other bodies of water in Quebec is to wash, empty and dry your boat, or any aquatic equipment, such as fishing or diving equipment, when you change lakes," Orjikh said. Boats can be washed at the various free washing stations around Lake Memphremagog, or directly at home if the precautionary measures detailed on the website of the Ministère de la Faune, des Forêts et des Parcs are followed.



COURTESY MCI

Ariane Orjikh, executive director of Memphremagog Conservation and Denis Mongeau of Plongée Magog during a zebra mussel monitoring expedition in 2020.

Blueberry season

CONT'D FROM PAGE 1

6,000 bushes protected by a net, so that we can let them ripen to the sun," said Charbonneau.

The net around her blueberry crop is one of the key's to the farm's success. It allows the berries to grow naturally in the sunlight, while fending off stiff competition from birds in the area. However, she also had to deal with challenges created by the pandemic.

"We have to adapt, each year there are different adaptations, but with the pandemic there is more, you know, and also with labour, sometimes it's difficult," Charbonneau said, adding that there are currently enough workers on the farm, but they can always use more hands.

Blueberry Hill Farm, which is a short drive away from Paradis des Fruits, has experienced one of its best seasons, according to Valerie Perron, a seasonal worker at the farm. She said the May frosts hit them, but it only affected smaller plants.

"Well here we didn't have a lot of damage. It's actually like the best year for us. We have a lot of blueberries, they're big and really sweet," said Perron, sharing that the farm lost about five per cent of its blueberry crop, which is better than most years.

She believes that the microclimate is unique because of the mountains next to Dunham. There was a rain

issue this summer, though, which they solved by pumping water out of the lake beside the farm. Perron has also noticed a lot of customers coming in to pick blueberries.

"We're working outside, and people are outside, so they don't have to wear a mask," said Perron. "It's not a big deal, we put out the hand sanitizer and we have glass between us and the people."

Violaine Joly-Seguin, an agronomist in the region who specializes in blueberry growth, told The Record that it was a slow start to the summer, but it has picked up in July. Farmers were lucky, she noted, because of their location, they managed to escape serious frost damage.

"We had a very cold period during the ripening season, so we needed a lot of rain in June, and this year was perfect. We struggled last year because we were lacking water and rain," said Joly-Seguin. The blueberry market is not very large in Quebec, she continued, so a lot of farmers depend on a successful harvest to keep their businesses afloat. And she said that the media overhyped the frost damage that swept through parts of Quebec in the spring.

It is something that many farmers will remember forever, she noted, but it was only a handful of producers, out of roughly 300 blueberry farms,

that lost their crops. The rest of them survived, and most are thriving due to an increase in Quebecers seeking outdoor activities.

"You need to have a little bit of grey, you know, it's not all black or all white,

so just because there was one, or three, or 10 growers who had frost damage [not] all the blueberries in Quebec are lost. We had damages, but it's not all the blueberries," said Joly-Seguin.



COURTESY

Trudeau says Canadiens' selection of Logan Mailloux shows 'lack of judgment'

The Canadian Press

Prime Minister Justin Trudeau says that as a lifelong Montreal Canadiens fan he's "deeply disappointed" by the team's selection of Logan Mailloux in the NHL draft.

Mailloux, who was picked by the Canadiens on July 23, was fined by a Swedish court last year after he was convicted of charges related to sharing, without her consent, a photo of a woman performing a sexual act.

Trudeau told reporters in Moncton, N.B., today that the Canadiens organization showed a lack of judgment by drafting Mailloux and that the team owes an explanation to fans.

The 18-year-old Mailloux, who had asked teams not to draft him, told reporters on Saturday that sharing the photo was "stupid" and "irresponsible."

The selection of Mailloux has also been criticized by Isabelle Charest, Quebec's minister responsible for the status of women, and by organizations that work with women who are victims of sexual violence.

Canadiens general manager Marc Bergevin told reporters Saturday that the gap between Mailloux and the next best player the Habs could have picked was too large to ignore and that he believes the defenceman would have been drafted by another team if the Canadiens hadn't picked him.

Phoenix forward lives out dream scenario on draft weekend

By Michael Boriero

With the 150th overall pick in the National Hockey League (NHL) 2021 Entry Draft, the Montreal Canadiens selected Sherbrooke Phoenix forward, and former first overall pick in the Quebec Major Junior Hockey League (QMJHL), Joshua Roy.

"I don't have words to describe how I'm feeling to get drafted by the Montreal Canadiens. My home team, my favourite team, it's just incredible. I had an amazing day with my family and some of my friends," Roy said in a phone interview with The Record.

The 17-year-old from St-Georges-de-Beauce was glad to be surrounded by friends and family during the nerve-racking event. He said that ever since he was five years old, he can remember watching the Canadiens with his parents.

Roy grew up with Montreal fanatics, so when his name was put up on the draft board next to the Canadiens logo, his family erupted in cheers. As a fifth round selection, he understands there is a lot to prove going forward, but he is ready to put in the work.

"I'm going to show up to camp with a good mentality, I've been training hard all summer, so I'm going to be ready and just prove people they were wrong not picking me before that," said Roy.

Roy was traded to the Phoenix for a slew of draft picks last year. He started his QMJHL career with the Saint John Sea Dogs, however, it was never a good fit for Roy. He broke into the league as a 16-year-old, putting up 44 points in 60 games for the Sea Dogs.

Now he is under the tutelage of Sherbrooke head coach Stephane Julien. Roy is a bonafide sniper. And he proved his worth last season, registering his best goals-per-game output since entering the QMJHL in 2019. He had 22 goals in 35 games.

But Sherbrooke had a difficult season. They were never able to get their feet under them following a COVID-19 outbreak early in the year. The Phoenix decided to go for a full rebuild, shipping out their captain Samuel Poulin, and several veteran players.

"We're going to have a good season this year. We're still young, but we have a lot of talent. With our coach, Stephane Julien, we can't not work, like you have to work if you want him to make you play, so it's just perfect for us," said Roy.

While he focuses on the upcoming Phoenix season, Roy is aware that he will be under the microscope, now that his name is attached to the Canadiens organization. But he has always been able to zone out all of the outside noise stirred up by social media.

It's hard to control those platforms, he explained, and everyone always has an opinion. Roy is not troubled by pressure, though, even at such a young age. He tackles the things within his power, like working on his defensive game, which has been an issue for him.

"It's my defensive game. I worked a lot on it, and it's getting better a little bit, but I need to improve it, if I want to play in the NHL later. I need to work on my conditioning. I already lost a lot of weight, since the beginning of the summer I lost 15 pounds," Roy said.

THE RECORD APP

Available for iOS, Android, Windows, BlackBerry.

Eastern Townships cultural communities benefit from confederation funds

The Fédération des communautés culturelles de Estrie (FCCCE), the Sherbrooke-based group working to bring together cultural community organizations for common advocacy and support in the Eastern Townships, received over \$115,000 from the Federal...

Stories that speak for themselves

Have your articles read to you with instant audio narration.

Search Sherbrooke Record in your app store, install app, and read - it's that easy!

branded editions in pressreader



VINCENT L. ROUSSEAU
 Sherbrooke Phoenix player Joshua Roy (wearing number 10 in the picture above), from St-Georges-de-Beauce was picked by the Montreal Canadiens in the NHL 2021 entry draft.

Ayer's Cliff Fair commemorates 175 years of volunteerism with the new Volunteer Park

By Arianna Myers
Special to The Record

round volunteers, explained Angus Mackinnon, who has been a volunteer director at the Ayer's Cliff Fair for over 30 years.

In honour of 175 years of volunteerism at the Ayer's Cliff Fair, the 175th Anniversary Fair Board Committee decided to create a public park with a commemorative monument at the centre.

"The designers of the monument are Louise Doucet and Satoshi Saito, who are world-renowned sculptors from Way's Mills," shared Mackinnon. "The artists are very excited about this project," because although their sculptures have been featured in public spaces across the world, most notably at the 1998 Nagano Winter Olympics in Japan, this will be the first time that they have had a public exhibit of their work in their own community.

The monument, which will be entitled Memoire, in memory of the volunteers from the Ayer's Cliff Fair, will be installed and unveiled on the morning of Tuesday, Aug. 3 at Volunteer Park. Therefore, if people are interested in seeing the design of the monument, they will have to be patient and wait until next week, explained Mackinnon.



To increase the anticipation, "the designers came up with something that the local community will be able to identify with," expressed Mackinnon. "I can guarantee that the monument will be the most photographed item in Ayer's Cliff for at least the next 10 years."

In addition to the commemorative monument, many people have contributed to planting blueberry plants, sunflowers, and various types of ornamental grasses in Volunteer Park. The volunteers have included several fair board directors, villagers and their families, the local 4-H club, and students from Ayer's Cliff Elementary School, said Mackinnon.

Volunteer Park was designed by Stuart Webster, a landscape architect who grew up in the area and recently moved back to the Eastern Townships from Montreal. According to the Ayer's Cliff Fair's website, the rows of crops were inspired by the region's picturesque landscape, and the blueberry plants, which reflect the Ayer's Cliff Farmer's Market as well as the sunflower seeds planted by children from Ayer's Cliff Elementary School,

were inspired by the local community.

According to a blogpost on the fair website, volunteers were highlighted in a special way by Webster. The ornamental grasses in rows were planted to depict the rows of crops seen on farmland all over the region. "We chose Schizachyrium 'Standing Ovation' for its silvery colour, fall colour and for the name...as all the volunteers over the last 175 years deserve a standing ovation," the blogpost explains.

The official inauguration of Volunteer Park will be on Saturday, Aug. 28, the weekend that the fair typically takes place each year. According to Mackinnon, many members of the board of directors, mayors, and other local representatives, and Marie-Claude Bibeau, Member of Parliament for Compton-Stanstead and Minister of Agriculture and Agri-Food will be present at the event. Anyone who has volunteered, or is interested in honouring the volunteers from the Ayer's Cliff Fair's past and present is invited to gather at Volunteer Park next month.



Friday File: Boutique Elle Dit



KATHRYNE OWEN

In an effort to capture the stories of Townshippers in new and dynamic ways, The Record has enlisted the help of Kathryn Owen, who creates weekly videos interviewing locals and touring interesting places in the area. The videos are posted every Friday on our website and social media.

In November of 2020, Liz Dunn opened Boutique Elle Dit on Queen Street in the heart of Lennoxville, and the place lives up to its fancy name. Though its contents are all gently used articles, everything is carefully washed and repaired before

it is presented. Pieces are divided into manageable areas, and most importantly, cater to all sizes and styles. Whether you wear size 0, or size 28 - you can find something at Elle Dit. Liz's hope for the store was to create a space where everyone feels welcome, and leaves happy. And her plans for this little shop don't stop there. Join us on Friday Files this week to learn how Liz hopes to use the store to create ties in the community.

Check out the Friday Files on our website at www.sherbrookerecord.com or our Facebook page.

PHOTOS BY ARIANNA MYERS

EDITORIAL

Devastating European floods shocked even the climate scientists who have been predicting them. Parts of Tokyo were drenched by the heaviest rainfall since measurements began.

The climate is changing rapidly, but the oil industry isn't

By David Suzuki

It's easy to think we're beyond denial over the climate crisis, now that even oil industry executives are talking about taking it seriously. But, as with many politicians, what industry leaders say publicly often belies what they're doing behind the scenes.

An investigation by Greenpeace project Unearthed has drawn the curtain back on this duplicity. Investigators posing as recruitment consultants contacted two senior Exxon lobbyists who revealed the company's ongoing campaign against efforts to address the climate emergency.

During a May Zoom call, Keith McCoy, a government affairs director in Exxon's Washington, D.C., office, admitted the company's public support for carbon pricing was little more than a talking point.

"Nobody is going to propose a tax on all Americans and the cynical side of me says, yeah, we kind of know that but it gives us a talking point that we can say, well what is ExxonMobil for? Well, we're for a carbon tax," he said.

Dan Easley, who left Exxon in January after working as chief White House lobbyist during the previous U.S. administration, talked about the company's wins under Trump, including a corporate tax rate cut, which was "probably worth billions to Exxon."

Under our current system, money is more valued than life. We share a planet, fuelled by the sun, that provides everything we need to live and live well. But we invented a system based on profit and endless growth, one that encourages rapid exploitation of nature, avaricious accumulation and rampant consumerism.

Early 20th century industrialists figured that if everyone drove around in inefficient gas-guzzling behemoths sold as "freedom," it would be a win-win, providing endless profits for

the auto and oil industries. And we were off! No worries that fossil fuels — concentrated stores of solar energy that took millions of years to form — are finite and should be used wisely. Who cares that burning them extravagantly creates pollution and drives climate disruption, putting our health and all life in peril?

There's money to be made, the bulk of it concentrated in the offshore accounts of a few.

This summer, "heat domes" spread across western North America, coinciding with record low tides to wipe out billions of hardy intertidal plants and animals such as clams and mussels. June heat records broke worldwide, from northern Europe to India, Pakistan and Libya.

Devastating European floods shocked even the climate scientists who have been predicting them. Parts of Tokyo were drenched by the heaviest rainfall since measurements began.

Last year, another global heat record was broken. If June's record-breaking temperatures are any indication, this year will be among the top 10 hottest, with even hotter years looming.

What the hell are we doing?

Why are we letting industry get away with disrupting the climate past the point of survivability? Why are we letting governments subsidize and promote oil, gas and coal with tax and royalty breaks, pipeline purchases and nonsensical "war rooms" and inquiries? Why do we put up with major media outlets and industry continuing to spread dangerous climate misinformation when the science couldn't be clearer? Why do we listen to deniers at all?

The only necessary conversations about the climate crisis now are about solutions. Because industry and governments have been yammering about a gradual transition for decades while doing as little as possible to



transition at all, we've missed the opportunity for "gradual."

Rapid change doesn't mean total disruption or upheaval, if we do it right. In fact, many measures necessary to resolve the climate and biodiversity crises — shifting to renewable energy, electrifying almost everything, increasing energy efficiency, protecting carbon sinks like forests, wetlands and grasslands — would also increase equality and fairness, reduce pollution, improve public health, create good jobs and even prevent pandemics.

It's all interconnected. That means what we do as individuals matters. But, as much as personal measures like conserving energy and switching from cars to active or public transport

are important, what's really needed is public pressure. Get involved with others in your community, join climate strikes and actions, write to or call your political representatives and talk to people you know to help build momentum.

People who derive their wealth and privilege from continued, wasteful exploitation of fossil fuels are not going to change overnight. Now we have to.

David Suzuki is a scientist, broadcaster, author and co-founder of the David Suzuki Foundation. Written with contributions from David Suzuki Foundation Senior Writer and Editor Ian Hanington.

Learn more at david Suzuki.org.

Why I Love The Record



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

I have been a subscriber of The Record for over 50 years. It has gotten continually smaller over the past years.

I think I am hooked on The Record and if the price doesn't get out of control, I will continue to get it.

My favourite is the "Ben" comic. Please don't take Ben away from me.

Good luck in the future.

I have a first class delivery guy for The Record.

PATRICIA NORRIE

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

THE RECORD

6 Mallory, Sherbrooke, Quebec J1M 2E2
 FAX: 819-821-3179
 E-MAIL: newsroom@sherbrookerecord.com
 WEBSITE: www.sherbrookerecord.com

SHARON McCULLY PUBLISHER (819) 569-9511
 MATTHEW McCULLY MANAGING EDITOR (819) 569-6345
 GORDON LAMBIE ASSOCIATE EDITOR (819) 569-6345
 SERGE GAGNON CHIEF PRESSMAN (819) 569-4856
 JESSE BRYANT ADVERTISING MANAGER (450) 242-1188

DEPARTMENTS
 ACCOUNTING (819) 569-9511
 ADVERTISING (819) 569-9525
 CIRCULATION (819) 569-9528
 NEWSROOM (819) 569-6345

PRINT SUBSCRIPTIONS

For print subscription rates, please call 819-569-9528 or email us at billing@sherbrookerecord.com

ON-LINE SUBSCRIPTIONS

QUEBEC:	1 YEAR	108.72	5.44	10.85	\$125.00
	1 MONTH	9.78	0.49	0.98	\$11.25

Rates for out of Quebec and for other services available on request.

The Record is published daily Monday to Friday. Back copies of The Record are available.

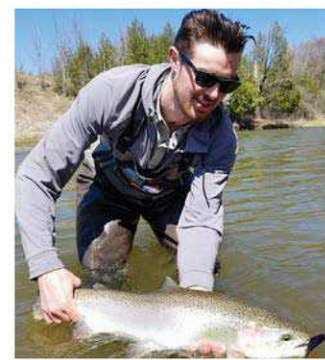
The Record was founded on February 9, 1897, and acquired the Sherbrooke Examiner (est. 1879) in 1905 and the Sherbrooke Gazette (est. 1837) in 1908. The Record is published by Alta Newspaper Group Limited Partnership.
 PM#0040007682

Return undeliverable Canadian addresses to The Record, 6 Mallory Street, Sherbrooke, QC J1M 2E2

Member
 ABC, CARD, CNA, QCNA

KNOWLTON OFFICE
 5B VICTORIA STREET, KNOWLTON, QUEBEC, J0E 1V0
 TEL: (450) 242-1188 FAX: (450) 243-5155

Just keep casting



ON THE HOOK

ANDREW HOWARTH

Just over a week ago, I embarked on a fishing trip which—unlike my usual ‘solo’ outings—involved me guiding two relative beginners to a range of prospective species from panfish to muskie. Since I almost always fish alone, this trip proved as educational for me as it did my two novice angler friends.

In most fishing situations, weather is a major determinant of success. When booking an extended fishing trip, anglers will nearly break their fingers from the strain of crossing them in hopes for stable weather. Drastic changes, such as a sudden increase in water level, or a violent temperature drop, are common enemies of good fishing, and have spoiled innumerable fishing trips. As luck would have it, this most recent trip began with the passage of a remnant tornado that ravaged parts of southwestern Ontario just hours prior. This misfortune made setting up camp an adventure, and left us sleep-deprived on the first of three nights.

Despite the probable negative implications of such unstable weather for fish activity, we set out the following day, hoping to locate some feeding fish with fast-moving lures. To acquaint my peers with some effective and user-friendly techniques, I rigged their rods with spinnerbaits and topwater lures that would require nothing more than simple casting and retrieving. Unsurprisingly, the fish were noticeably sluggish, having probably fed heavily just before the violent storm’s arrival on the previous day. I learned my first lesson(s) of the trip while enviously watching my friends casting spinnerbaits and poppers along a weed edge, while I casted flies into the open abyss as I had on countless previous outings: I don’t spend enough time fishing classic lures and presentations, and the most conventional ways of fishing are often the most fun.

The second lesson that I received on this trip was more of a reminder than a new insight: some fish species are inherently user-friendly, and others simply aren’t. It wasn’t until our second full day of fishing—after very little ‘action’ on day one—that I nervously rigged bobbers and live bait in a somewhat desperate attempt at more steady action. At this point, the less experienced of my two angler friends became a proud and enthusiastic ‘panfisher.’ The term ‘panfisher’ derives from the word ‘panfish,’ which refers to

a group of fish including yellow perch, crappie, and several sunfish. Virtually all anglers are familiar with panfish, because these are often the first fish we catch as ‘youngsters.’ As I watched my friends consistently catch bluegill, pumpkinseed, and rock bass, I was reminded of the fun and skill-honing opportunities that these fish afford. I also resolved to spend an afternoon crappie fishing before the end of July.

Any time a fishing trip exceeds or defies my expectations, I find myself contemplating it for entire days and weeks. Since the aforementioned trip, I’ve found it impossible to ignore my excitement about re-visiting some old favourite species and fishing techniques that I’ve partially forgotten. Yet, there is still much to be said for the techniques and fish that I’ve come to appreciate as an experienced angler: recently, I’ve spent the vast majority of my summer fishing time casting big flies to muskie and bass, and—with some notable successes—gained the confidence to invest hours of fishless effort for something truly special. However, it’s quite difficult to instill this confidence in a beginner. The third and final lesson that I took from this trip was about the value of a very simple mantra: ‘just keep casting.’ As I implored my peers to keep up their monotonous efforts, knowing that one of us would likely be rewarded in the final hour of daylight, I felt the characteristic jolt of a muskie hitting my fly boatside. Predictably, chaos ensued, and the end result was a solid muskie in our net. To me and my peers, it was the perfect reminder and affirmation that all an angler can do sometimes is keep casting.

Of course, I would have preferred to see both of my friends land multiple fish just a fraction of our one muskie’s size. I’m disappointed that our fishing trip began on such an unfortunate note, with mother nature seemingly conspiring against our fishing prospects. But, I’m confident that my friends and I learned at least one valuable lesson: a doubtful angler should just keep casting.



ANDREW HOWARTH

Despite much anticipation and build-up, encounters with muskie and other game fish are often frantic, and our memories of them blurry. It’s worth remembering, though, that what matters most about these memories are the emotions they evoke, and the lessons they teach us.



To be won this Friday :

\$150,000
for vaccinated adults



2 x \$10,000
scholarships for
12 to 17-year-olds



The sooner you’re vaccinated,
the sooner you can enter

Enter now!

Quebec.ca/VaccinationContest



Death



Patrick McFarland

Patrick McFarland, 65, of Hastings, peacefully passed away on July 25th, 2021, surrounded by loved ones,

after a short battle with cancer.

Pat was born in Sherbrooke, Quebec to Philip and Gabrielle (nee Lassonde) McFarland. He moved to Ontario in 1988, and was an active and passionate member in various branches of the Royal Canadian Legion, as a veteran of the peacekeeping mission in Cyprus. He loved outdoor activities, camping and travels.

Pat is survived by his sons, Aaron (Melissa) McFarland of Lindsay, Alexander (Melanie) McFarland of Toronto, his beloved granddaughter Natalie, his brother Stephen McFarland of Quebec and his sister Susan McFarland of Ottawa. He will always be loved and remembered by Etela Vojnic of Peterborough, his partner of 15 years.

A visitation will be held at Brett Funeral Chapel, Hastings on Saturday, July 31st from 1:00 p.m. until 2:15 p.m., followed by a mass at Our Lady of Mount Carmel at 2:30 p.m., and a reception at the Hastings branch of the Royal Canadian Legion. In lieu of flowers, please consider a donation to Peterborough Hospice.

Online condolences may be made at www.brettfuneralchapels.com.

Brett Funeral Chapels
76 Bridge St. N., Hastings ON
PHONE: 705-696-2222

Death



Mary Elizabeth Cheal

It is with great sadness that we announce the passing of our beloved mother Mary Cheal (Kydd). Born June 23rd, 1936 in St-Jacques de Leeds, QC to Ralph Cheal and Ella Warcup.

She leaves to mourn her children Patricia (Woodson) Pickering ON, Keith, Roseneith ON, Martha (Peter) Sherbrooke QC, Julia (René) Canton de Hatley, and Lorraine Sherbrooke QC. Grandmother to 9, Great Grandma to 9, and as if we didn't already know she was great, she became Great Great grandma earlier this month.

Sister to Arthur (late Margaret), late George (Margaret), Keith (Joanna), Late Richard, and special sis to Tom and Barb. Aunt Mary to many near and far, and Mother Mary to so many. Stepmother to Shane, Don, Tim and Diane.

Family and friends will gather at the Steve L. Elkas Complex, 4230 Bertrand-Fabi, Sherbrooke, QC on Friday, July 30, 2021 from 6:00 p.m. to 9:00 p.m. and on Saturday, July 31, 2021 from 9:30 a.m. to 10:30 a.m., followed by the funeral service at 10:30 a.m. in the funeral home chapel. The service will be available online at funeraweb.tv.

Mom was a smiling, happy go lucky, faithful loving lady and her love for life, family, nature and God showed us this every day.

Mom was very strong, not only in her faith but until her final breath. She faced life challenges saying "Let God's will be done." Mom was an inspiration. Her joie de vie was contagious and felt by all those who crossed her path. Mom's last four years were fulfilled by the loving, compassionate care from the staff at Grace Village where she felt so at home.

Donations may be made to the Dr. WJ Klinck Foundation (for Care), 1515 Pleasant View, Sherbrooke, QC, J1M 0C6 would be appreciated.

STEVE L. ELKAS FUNERAL HOME
4230 Bertrand-Fabi, Sherbrooke QC
info@steveelkas.com

PHONE: 819-565-1155
FAX: 819-820-8872
www.steveelkas.com



Death

Datebook

WEDNESDAY, JULY 28, 2021

Today is the 209th day of 2021 and the 39th day of summer.

TODAY'S HISTORY: In 1914, Austria-Hungary declared war on Serbia, marking the official beginning of World War I.

In 1932, President Herbert Hoover ordered the U.S. Army to evict the Bonus Army protesters from government property in Washington, D.C.

In 1945, heavy fog caused a diverted U.S. military B-25 bomber to crash into the Empire State Building in New York City, killing 14 people.

In 2005, the Irish Republican Army renounced violence as a political tactic and ordered its units to disarm and cease all terrorist activities.

TODAY'S BIRTHDAYS: Beatrix Potter (1866-1943), children's author/illustrator; Jacqueline Kennedy Onassis (1929-1994), first lady; Bill Bradley (1943-), basketball player/U.S. senator; Jim Davis (1945-), cartoonist; Sally Struthers (1947-), actress; Hugo Chavez (1954-2013), Venezuelan president; Scott Pelley (1957-), TV journalist; Dana White (1969-), UFC president; Manu Ginobili (1977-), basketball player; Harry Kane (1993-), soccer player.

TODAY'S FACT: Jacqueline Kennedy Onassis was fluent in French, Spanish and Italian.

TODAY'S SPORTS: In 1989, Vince Coleman's stolen-base streak ended at 50. The Cardinals outfielder's record-setting streak included six steals from the 1988 season.

TODAY'S QUOTE: "What heaven can be more real than to retain the spirit-world of childhood, tempered and balanced by knowledge and common-sense." – Beatrix Potter

TODAY'S NUMBER: 126 – postseason games won together by San Antonio Spurs teammates Manu Ginobili, Tim Duncan and Tony Parker, the most by any trio of players on a single team in NBA history.

TODAY'S MOON: Between full moon (July 23) and last quarter moon (July 31).



Healthy diet could help with healthy sleep

ASK THE DOCTORS

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

Dear Doctor: I know you recently talked about sleep problems, but I'm having trouble and hope another question is OK. I read that some foods make it harder for you to sleep well. What are they? If you cut them out of your diet, will you start sleeping better?

Dear Reader: Getting a good night's sleep has always been a popular topic of discussion in this column. And with the stresses and uncertainty of the last 18 months, the volume of questions about sleep has increased.

People for whom nighttime is a battle are likely familiar with the standard advice about good sleep hygiene. This includes a cool and quiet bedroom, a regular bedtime that you actually stick to for more than just a couple of days, daily physical exertion, and avoiding screens and other bright lights for at least two hours before retiring.

Now, thanks to some recent research, the food-sleep connection is emerging into the mainstream, as well. The idea that food can affect sleep has deep roots. The practice of sipping a cup of warm milk to encourage drowsiness

dates back centuries. And most of us know that a rousing jolt of caffeine, while welcome in the morning, negatively affects sleep when indulged in too late in the day.

Over the last decade or so, a number of studies have focused on the food-sleep connection, with interesting results. Although their methodologies differed, the researchers came to similar conclusions. They found that when the study participants ate a diet that favored fresh and fiber-rich fruit, vegetables and leafy greens, as well as unsaturated fats, they reported an improvement in their overall sleep. This included falling asleep, staying asleep and quality of sleep. A diet high in sugar, salt, ultra-processed foods and saturated fats, on the other hand, was associated with both lower sleep quality and an increase in sleep disruption.

Dietary choices also turned out to have an effect on daytime alertness, with the less healthful diet taking a negative toll. The Mediterranean diet, with its focus on fresh fruits and vegetables, healthful oils, beans and legumes, seafood and lean proteins, was seen to be especially beneficial to the sleep patterns of middle-aged and older adults. A study that focused on fatty fish, which is a good

source of vitamin D and omega-3 fatty acids, found that it appeared to help with sleep efficiency. Interestingly, carbohydrate consumption that was too low also appeared to negatively affect sleep. And while some of this is related to blood sugar control, researchers now believe the more healthful way of eating, which has a positive effect on metabolism, also plays a role in resetting our body's circadian clock.

Unlike the one-and-done nature of sleep medications, we approach good sleep hygiene on multiple fronts. It takes discipline to stick to a regular bedtime, to put away our phones and screens, and to say no to a sugary late-night snack. But it's over time and with consistent effort that we get our best shot at something many of us crave, which is a restful and refreshing night's sleep.

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.)

Dear Annie

WEDNESDAY, JULY 28, 2021

Dear Annie: My ex-husband was very controlling and always had to have the upper hand in conversations. Today, we do all of our communicating through email only, but he still needs to end all correspondence on his terms.

We have been divorced for three years now, but he still thinks he can control me because we have a joint parenting plan, which is an entirely different subject.

But I have a fiance, and we are very happy together and planning our lives together. Both my girls, ages 10 and 8, love my fiance and are more comfortable with him than with their real dad.

During the past two years, my ex-husband has gotten in touch with my fiance's ex-wife and is coaching her on ways to get my fiance into legal trouble by calling the Department of Children and Family Services about him, making claims that are wrong. As of now, nothing has happened to him to get him into trouble with the law.

The reason we know that my ex is involved is because whenever my fiance's ex emails him, the wording of her emails is the same as the emails that my ex sends me. It also has been confirmed with both sets of children that they talk about us every night and are looking for ways to get my fiance into legal trouble.

We have no proof to take this to our lawyer, but it is getting stressful. Going to a lawyer and filing a case without proof is the last thing we want to do, especially when time, money and our children's well-being are at stake.

Can you help? – Desperate for Solutions

Dear Desperate: The best solution

is to seek the advice of professional legal counsel. A good attorney will advise you on how to proceed and only file a complaint if there are reasonable grounds. Try as best you can not to get bogged down in petty little fights with your ex, and focus instead on living a good life. I agree that the guy sounds like a first-class louse, but always remember that the best revenge is living well.

Dear Annie: I read your response to "Brokenhearted." She was hurting because her sister didn't believe her abuse. Depression is a process. My biggest hurdle in managing it was the belief that it was a flaw of mine. That there was something wrong with me. I read "The Body Keeps the Score." It was liberating. The book, in my perspective, was a work of correlating physical changes in the body as they related to mental changes. What a life-changer. I realized that the evolution of my depression was not my fault. I did pretty darn good, considering what I went through. I no longer allowed people's opinions to shape me. I arrived at a very empowered and healing place. I can't recommend the book enough. Good call. – The Body Keeps Score

Dear Body: Congratulations on your dedication to living a full and empowered life. Taking control of your mental and physical health is one of the greatest gifts you can give to yourself and the world.

"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.

Love, Honor & Cherish

Congratulations

Jennifer Daigneault & Allan Guilbault

July 6th 1996 to 2021



Happy 25th Anniversary!

With love and best wishes for many more years together

From Dad & Mom

Sideny & Margaret (Bryant) Daigneault and Family

Who invented the banana split? (Plus other frosty facts)

Ice cream aficionados enjoy it in many different forms—from cups to cones—but sundaes truly can be the ultimate treats. The impressive and often enormous "banana split" may be the king of all sundaes, with ice cream shops scooping them out in record numbers when the weather warms. Because banana splits are so large, they're often the perfect desserts to share on date night.

When taking a spoonful of banana split, some people may ponder where this sweet reward came from. As with many food origin stories, various people lay claim as the inventor of the banana split. A trusted historical account points to Latrobe, Pa. as the home of the first banana split. Legend has it that Latrobe pharmacy owner David Strickler sliced a banana in two, added scoops of vanilla, chocolate and strawberry ice cream, three kinds of flavored toppings, and whipped cream in 1904. Strickler also enlisted the help of a glassmaker to create the first "banana boat" vessel to house his newfangled dessert.

Other cities, including Boston and Wilmington, Ohio, also claim to be

birthplaces of this beloved dessert. In fact, Wilmington holds fast to their banana split creation story and even hosts its annual Banana Split Festival.

Even though these dessert giants battled it out as banana split inventors, Walgreens pharmacy ultimately is credited with helping to make banana splits popular across the country after adopting the dish as the pharmacy's signature dessert.

There's never a wrong time to enjoy a banana split, but they're especially tempting in summer. Dig into these other fun banana split and ice cream facts.

- The banana scientifically is classified as a berry because a berry must contain seeds inside the flesh and not outside.

- Around 0.074 pounds of bananas per person per day are consumed in the United States.

- The first banana split cost 10 cents. That may seem like a bargain, but it was double the cost of other sundaes.

- Romans purportedly sent people into the mountains to collect snow that they flavored with fruits and juices to create an early version of ice cream.



- Around 50 percent of the volume of ice cream is air, which gives the dessert its light and creamy texture.

- You'll want to make your banana split with a ripe, yellow banana. A green banana starts out very starchy. As the fruit yellows, the starch turns into sugars.

- A traditional recipe for a banana

split contains around 1,000 calories. Dairy Queen lists their banana split at 510 calories per serving.

Banana splits are delectable desserts that may have originated in Pennsylvania, but are now known across the globe.

(Metro Creative)

CELEBRITY CIPHER

by Luis Campos

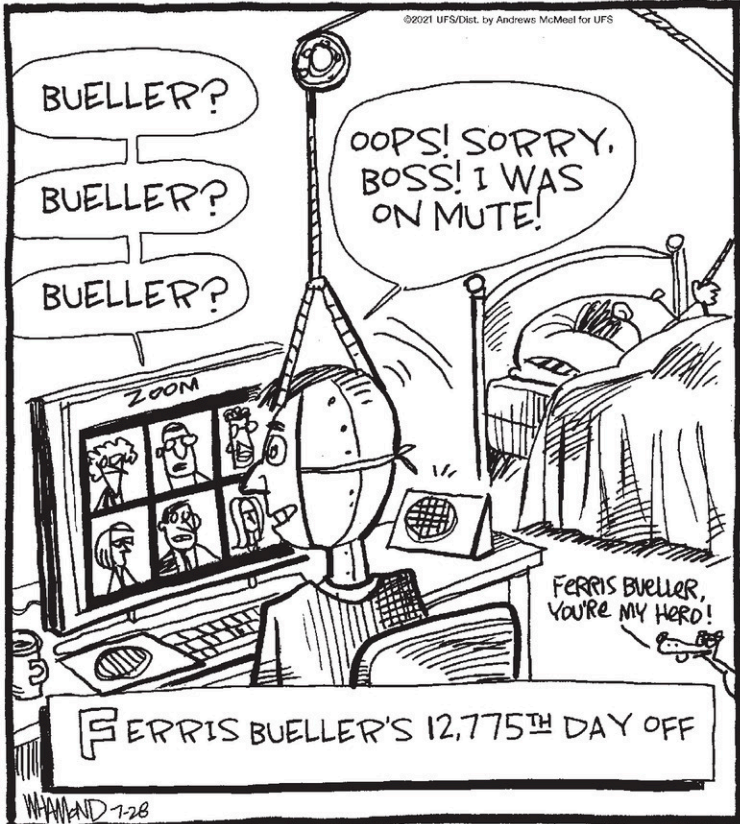
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

"IYASBI GI U WMBUYXAS EAS
 AFMSHAWGLZ AOIBUHCM I ULV
 UHXGMFGLZ UZUGLIB ZSMUB AVVI."
 — OGCC OSUVCMN

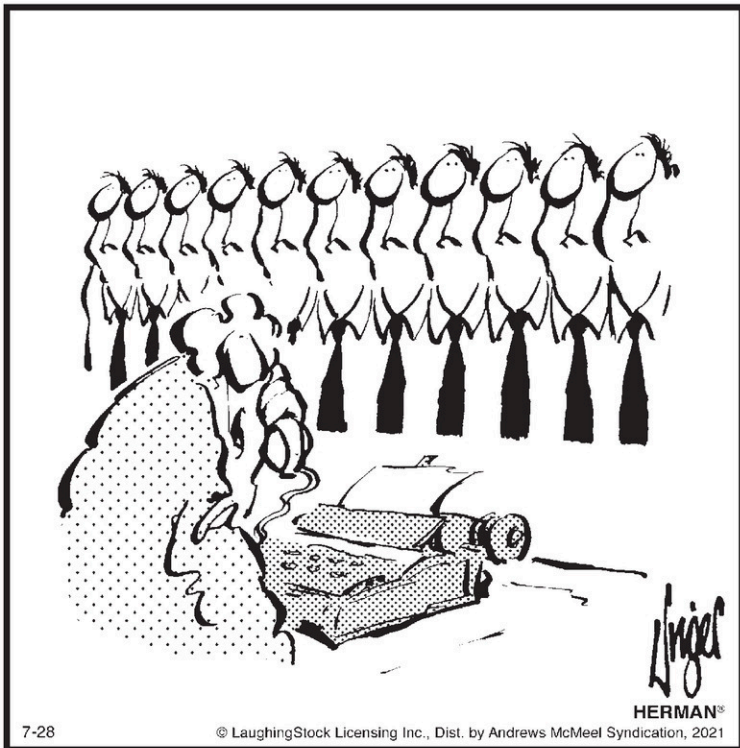
Previous Solution: "I've met people who are baffled by children, as though they were never children themselves." — Maya Rudolph

TODAY'S CLUE: F equals E

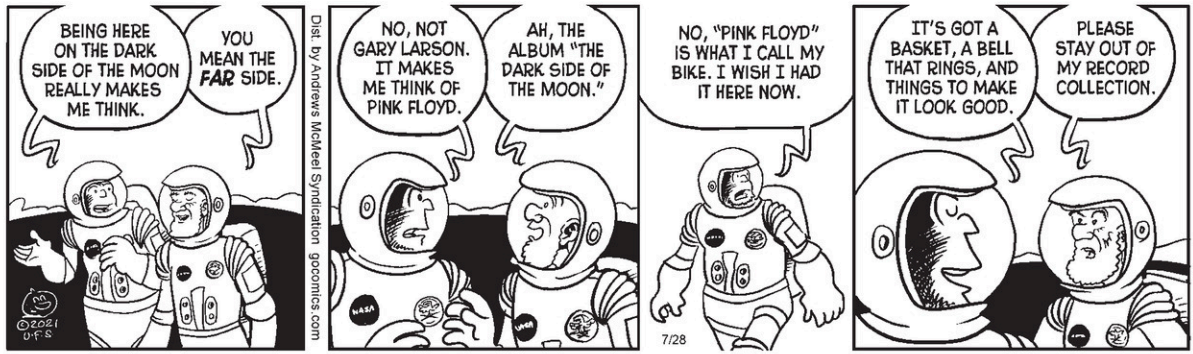
REALITY CHECK



HERMAN



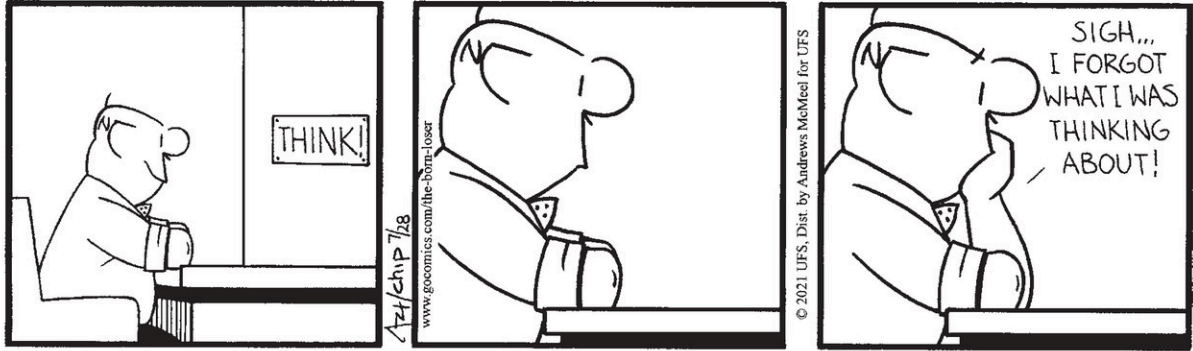
ALLEY OOP



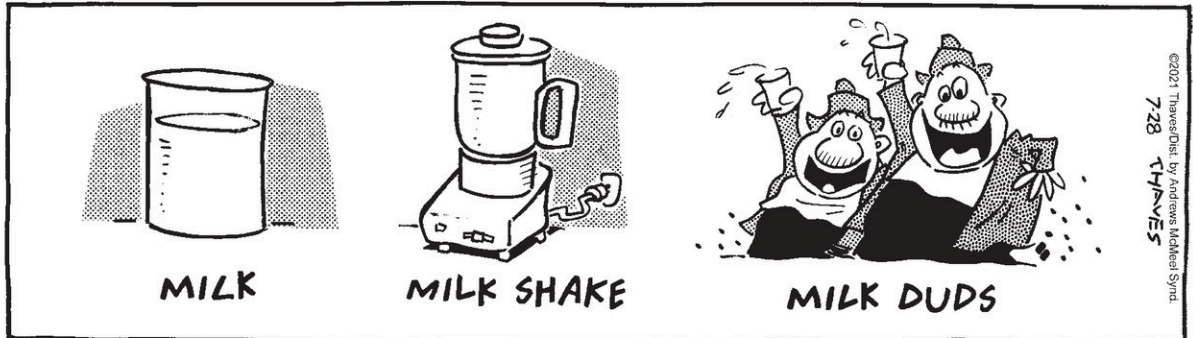
ARLO & JANIS



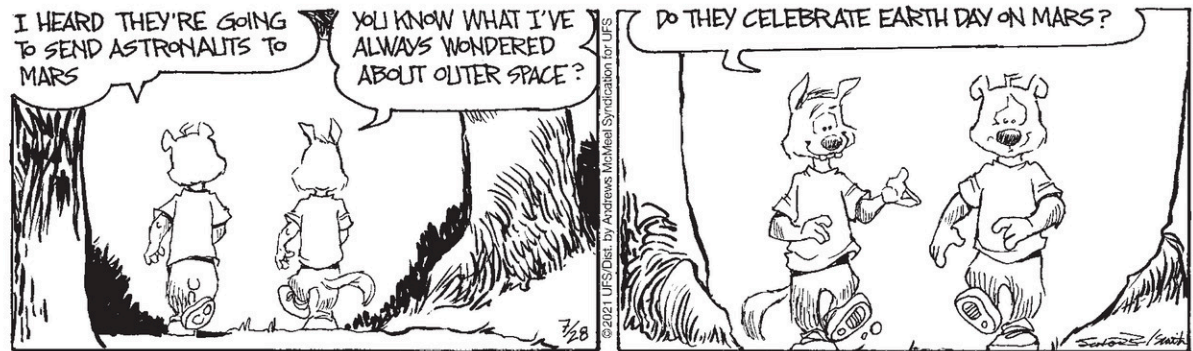
THE BORN LOSER



FRANK AND ERNEST



GRIZZWELLS



THATABABY



HEALTH CHECK

Go grocery shopping with dietitians.

When you choose products with the Health Check symbol, it's like shopping with the Heart and Stroke Foundation's dietitians, who evaluate every participating product based on Canada's Food Guide.

www.healthcheck.org

Check for Health Check™

Diabetes The New EPIDEMIC

Diabetes Québec

Information and donations:
 (514) 259.3422 or 1.800.361.3504
 www.diabete.qc.ca

REACT NOW!

Call Sherbrooke: (819) 569-9525 between 8:30 a.m. and 4:30 p.m.
 E-mail: classad@sherbrookerecord.com
 or Knowlton: (450) 242-1188 between 9:00 a.m. and noon

CLASSIFIED

Deadline: 12:30 p.m. one day prior to publication
 Or mail your prepaid classified ads to
 The Record, 6 Mallory, Sherbrooke, Quebec J1M 2E2

125 Job Services

SERVICES TLH. I have over 18 years of experience as a caregiver taking care of elderly, people living with a disability, young children. Able to provide: meal preparations, house cleaning, personal care, respite care and transportation to an appointment. Trustworthy, reliable, and responsible. Rates depend on service. In North Hatley area. By phone number: 819-571-8918, email address: Baby-girl.64@hotmail.com

145 Miscellaneous Services

2/4s wood, for shed. 819-562-4187.

275 Antiques

WE BUY from the past for the future, one item or a household, attic or basement, shed or garage. We like it all, give us a call. 819-837-2680.

290 Articles for Sale



Make your classified stand out, add a photo for \$10. per day. Deadline: 2 days before publication. Phone: 819-569-9525 or send an email to: classad@sherbrookerecord.com

MS lives here.

There's one thing you can predict in life. MS makes life unpredictable.

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

Immediate access to your emergency health data

MedicAlert
 ALWAYS ON CALL
 www.medicalert.ca

For more information
1-800-668-1507

How to get kids interested in cooking

Parents introduce their children to all types of new hobbies and skills. There are plenty of opportunities to open kids' eyes to the world around them. One of the more useful lessons parents can teach their children is how to cook.

Knowing how to cook is a vital skill that can help children become more independent and ensure they know how to survive later in life on their own. So many young adults go off to college without the ability to do more than power up a microwave or boil noodles. Ordering takeout all the time is expensive, and frozen dinners often lack the nutrition of homemade dishes. Learning how to cook a variety of foods at an early age can lay the foundation for a lifetime of healthy eating and fun in the kitchen.

Parents can encourage children who show early inclinations in the kitchen, but also help reluctant learners to develop some basic cooking skills. Here are some ways to make cooking something kids can look forward to.

- **Involve children in meal planning.** Get input from your children about what they might like to see on the menu. While there may be some items that are expected, including comfort foods like mac-and-cheese, parents may be surprised at how mature

their children's palates can be. Maybe they've heard about a dish on television or learned about a specific ethnic cuisine at school and want to give it a try.

- **Watch cooking shows together.** How-to cooking shows and competitions appear on both cable and network television. Kids may enjoy watching Gordon Ramsay mentor young chefs; Robert Irvine help to renovate a failing restaurant; or Ann Burrell assist self-proclaimed "worst chefs" shed those monikers. Cooking shows can introduce kids to food-related terminology and get them heated up about cooking their own meals.

- **Ask for help in the kitchen.** Tailor cooking activities to youngsters' ages. Little ones can begin by adding and stirring ingredients. As they get older, children can segue into chopping or even mixing foods on the stove. Many kids like being taste testers and offering advice on whether a food needs more spices. By middle school, many kids have the wherewithal to plan meals themselves and cook them from start to finish.

- **Be adventurous.** Introduce kids to various flavors by not only cooking various dishes at home, but by dining out at different restaurants. This can encourage kids to appreciate different cultures and cuisines.



SUDOKU

DIFFICULTY RATING: ☆☆☆☆☆

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

7/28 © 2021 Dist. by Andrews McMeel Syndication for UFS

PREVIOUS SOLUTION

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

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

Learn More. Achieve More.

If you or an adult you know would like to improve reading, writing or math skills, look under **LEARN** in the Yellow Pages™ or visit www.LookUnderLearn.ca

ABC
 Literacy/Canada

NEA Crossword Puzzle

Your Birthday

WEDNESDAY, JULY 28, 2021

your guard up, your mind open and your emotions under control. You have plenty to gain if you focus more on what you are trying to achieve and less on what others do or say.

- ACROSS**
- 1 Emulated a crow
 - 6 Crowd together
 - 11 Find
 - 12 Attire
 - 13 Troops
 - 14 "Emma" novelist
 - 15 The Bee —
 - 16 "Big Blue"
 - 18 Frequently
 - 19 Barge pusher
 - 23 Literary compilation
 - 26 Hosp. personnel
 - 27 Writer — Grey
 - 30 Back out
 - 32 Lurch
 - 34 Frank
 - 35 49th state
 - 36 Hurt
 - 37 Wolfed down
 - 38 Recipe meas.
 - 39 Bookworm, maybe
 - 42 Receive a high score

- 45 Boat implement
 - 46 Party tray cheese
 - 50 Lose
 - 53 Get away from
 - 55 Film on copper
 - 56 Burned and looted
 - 57 In a lather
 - 58 Famed violin
- DOWN**
- 1 Central part
 - 2 Crowning point
 - 3 Pants measurement
 - 4 Hot time in Paris
 - 5 Made blueprints
 - 6 Winter woe
 - 7 — Alamos, New Mexico
 - 8 Herr von Bismarck
 - 9 Gourmet's staffer
 - 10 Super-man's alias

Answer to Previous Puzzle

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

- 11 Hang back
- 12 Hunter's garb
- 17 Small shot
- 20 Persuading
- 21 Flowering shrub
- 22 Skater Lipinski
- 23 Eyebrow or rainbow
- 24 Lowest high tide
- 25 Kendrick or Faris
- 28 Sparrow's dwelling
- 29 Cartoon shrieks
- 31 Adams or McClurg
- 32 Party provisioners
- 33 Take a snooze
- 37 "Just as I thought!"
- 40 "Naked Maja" artist
- 41 Wallpaper, etc.
- 42 DJs' gear
- 43 Ta-ta, in Turin
- 44 "Como — usted?"
- 47 Computer fodder
- 48 Parroted
- 49 Sz. option
- 51 Backtalk
- 52 Some
- 54 Roost

Sign up for interesting courses to expand your mind, skills and awareness. Strive for perfection, and engage in practices that will help you advance. Preparation will be the key to turning this year from mundane to sublime. Take a deep breath, gain control and take a leap forward.

LEO (July 23-Aug. 22) – Look for a moneymaking opportunity. It's up to you to make decisions to help you achieve the lifestyle you want. Keep your eyes open to discover a practical way to excel.

VIRGO (Aug. 23-Sept. 22) – Press on courageously. Seize the moment and embrace exciting prospects. Don't be afraid to nudge anyone who is holding you back. A passionate attitude will help you get your way.

LIBRA (Sept. 23-Oct. 23) – Speak up and share your thoughts. Take part in events that address matters that concern you. Don't hesitate to become a spokesperson or act on behalf of an organization that shares your beliefs.

SCORPIO (Oct. 24-Nov. 22) – Observation is favored. Listen, gather information, formulate a plan and prepare to make adjustments that free you from things that are standing between you and what you want to achieve.

SAGITTARIUS (Nov. 23-Dec. 21) – Stick close to home. Put time, effort and money into making your surroundings fit your lifestyle. Change begins with you, and a challenge will spark enthusiasm to turn your dream into a reality.

CAPRICORN (Dec. 22-Jan. 19) – Keep

WEDNESDAY, JULY 28, 2021

Go higher, and either does worse

By Phillip Alder

Peter Landesman, a screenwriter, film director, producer, journalist, novelist and painter, said, "Fourteenth- and 15th-century drawings are almost unheard-of. As a result, they generate jealous desire among dealers and curators. Museums in particular value rarity and pedigree more than attractiveness."

See if you can spot the rarity in today's deal from a 21st-century tournament. Also, what is the par contract, the best possible result for both sides?

South, with six losers, was slightly aggressive in bidding game, but he knew it could be laydown. East's double of four spades was speculative, but players often do that sort of thing in pairs events, especially if needing a good result to place. Also, here East was theoretically right because South had four losers. Although South could establish the diamond jack by leading twice toward his hand, the discard would serve no purpose.

However, West understandably led the club queen. But when declarer incorrectly ducked that, West shifted to the heart 10. Declarer ducked that too, so West went back to clubs, South capturing East's king with his ace.

				North	07-28-21
				♠	K 7 5 2
				♥	K J 3
				♦	7 4
				♣	8 7 5 4
West				East	
♠	—			♠	J 9 4
♥	10 9 8 7 6 5			♥	A Q 2
♦	9 5 3			♦	K Q 10 8 6
♣	Q J 9 2			♣	K 3
				South	
				♠	A Q 10 8 6 3
				♥	4
				♦	A J 2
				♣	A 10 6
Dealer: South					
Vulnerable: Neither					
South	West	North	East		
1♠	Pass	2♠	Pass		
4♠	Pass	Pass	Dbl.		
Pass	Pass	Pass			
Opening lead: ♣ Q					

Declarer drew three rounds of trumps, West throwing hearts, and exited with the diamond two from hand. West went in with his nine and cashed the club jack: down one.

What was the unusual feature of the deal?

East doubled the final contract, but West won all four defensive tricks!

Strangely, the par result is four spades doubled and down one (after any lead but a club!) because East-West can make four hearts. The only game for North-South is three no-trump.

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