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MONDAY, JANUARY 24, 2022

Hospital numbers continue slow decrease

Record Staff

There were 3,283 people hospitalized with COVID-19 in the Province of Quebec on Sunday, 49 per cent of which were considered primary cases. This marks a slight decrease from the peak of 3,425 recorded on Jan. 18, but remains higher than at almost any other point so far during the pandemic. At 273, the number of people in intensive care with Covid was down from where it was as of the last report in The Record, although there was some fluctuation over the weekend. The province recorded another 160 deaths related to the virus from Friday through Sunday's update. The number of deaths attributed to COVID-19 since the start of the pandemic in the Eastern Townships climbed to 471 as of Friday, with the addition of seven. The local public health department reported 133 hospitalizations, including 18 people in intensive care. The local update also listed 481 confirmed cases of COVID-19 employees of the CIUSSS de l'Estrie - CHUS. The CIUSSS also began sharing data on the coverage of the third-dose campaign for vaccination on Friday, indicating that 41.2 per cent of people over the age of five in the region have received a booster shot. Meanwhile, 57.1 per cent of children aged five to 11 have now received a first dose (compared to 61 per cent across the province) and 5 per cent have either received a second or had Covid in addition to that initial dose (compared to 3 per cent across Quebec.)

Aube-Lumière records record poinsettia sales



MARIE-CHRISTINE MARCOUX_MÉLANIE GRÉGOIRE

Marie-Christine Marcoux and Mélanie Grégoire campaign co-chairs

Record Staff

The Maison Aube-Lumière announced the results of its 30th annual poinsettia campaign last week, revealing that the sale succeeded in raising \$167,419 for its palliative care work in the Sherbrooke area. At a time when fundraising is so difficult, we feel extremely fortunate that our flagship campaign has been so successful," said Patrick Ferland,

Chairman of the Board for the palliative care home. "Our donors, volunteers, sponsors, employees and collaborators have all pitched in, masks on, to create this incredible end result. Thank you to everyone for this wonderful continuity, this exemplary dedication and all this wonderful work." According to the Aube-Lumière team, the result is the largest it has ever been in the history of the fundraiser, and comes as a result of the sale of

6,400 poinsettias between Nov. 19 and Dec. 18 as well as additional donations. The funds raised by the poinsettia campaign go towards meeting the home's annual target of \$1.5 million to offset the cost of providing free care for people living with end stage cancers and their families. Since its founding in 1997, the Maison Aube-Lumière has welcomed more than 3,500 people.

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Weather



TODAY:
MAINLY SUNNY

HIGH OF -12
LOW OF -18



TUESDAY:
A FEW FLURRIES

HIGH OF -3
LOW OF -19



WEDNESDAY:
A MIX OF SUN
AND CLOUDS

HIGH OF -18
LOW OF -25



THURSDAY:
A MIX OF SUN
AND CLOUDS

HIGH OF -10
LOW OF -13



FRIDAY:
FLURRIES

HIGH OF -5
LOW OF -15

Ken Jones respite program Christmas card fundraiser



THE SCOOP MABLE HASTINGS

In November the Missisquoi North Volunteer Centre (CABMN) Ken Jones Respite committee in support of the Ken Jones Centre providing respite for caregivers and a weekly (Thursdays) social group for persons with physical and intellectual challenges began working on a special holiday fundraiser to raise much needed dollars to keep the program running as it has for over twenty years in Potton.

“The KJC clients worked with great enthusiasm to create the artwork,” explained committee member, Fiona Campbell who took the helm in leading this endeavour. “They were extremely proud of the results and of the cards themselves that were purchased by many in the community and beyond,” she added.

Cards sold for \$2.50 each or a variety pack with one of each of the cards was available for \$11.50. Cards were titled with Christmas themes and to the delight of many, added the perfect touch in wishing family, friends and neighbours the very best of the holiday season.

The gross amount raised with this initiative was \$1350 dollars and once the cost of cardstock, envelopes and printing was deducted, the net fundraiser was \$829.00!

“It is hard to determine the time that went into the project,” said Campbell. “We can however extend our sincere appreciation to the CABMN staff for their help and support and the amazing committee volunteers and individuals who gave of their time at the Christmas Market as well as the KJC clients who worked on the cards, worked at the market sales table and



COURTESY OF FIONA CAMPBELL

the family and friends who helped to sell the cards,” she said. “Without the many hands and hearts who gave time and those who purchased the cards, we would not have had such a wonderful fundraiser for such a great cause.”

The Ken Jones Respite program meets every Thursdays (providing Covid directives permit) from 8:30am to 2:30pm. New clients who meet the criteria are always welcome and more information is available by calling the Youth and KJC Centre at 450-292-4886 where you can leave a message for a call back or by contact the CAB Main Office at 450-292-3114. Visit the website at: www.cabmn.org

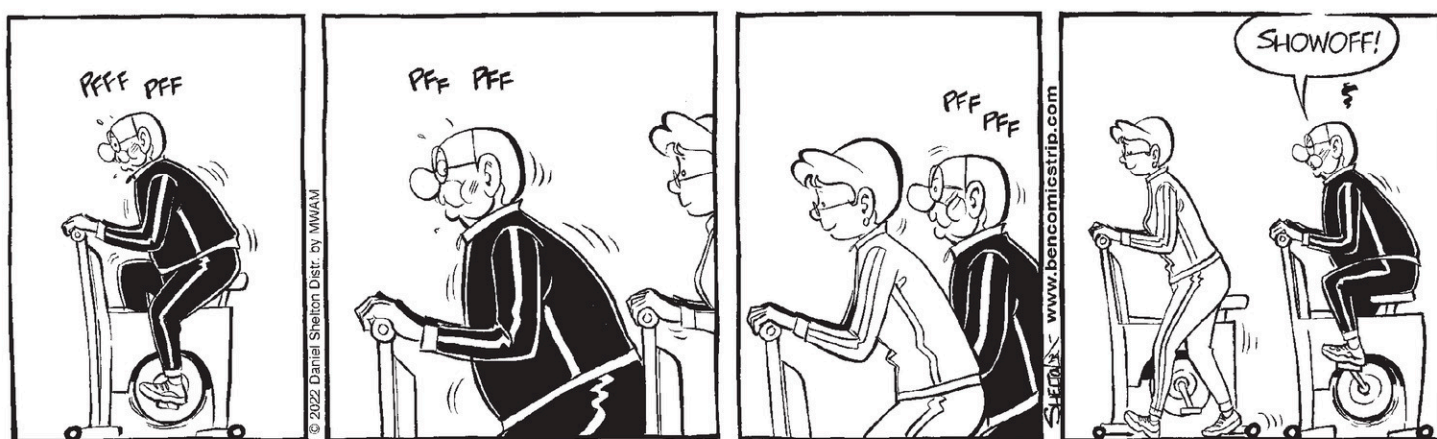
The Ken Jones Respite committee made up of community volunteers meets monthly and welcomes monetary donations as well as those of both time and talents. To reach the committee

contact Chairperson, Sharon Fewtrell by calling the CAB main office.

“As a member of the committee who had the pleasure of dealing with many of those who purchased these beautiful works of art created by our clients, I must extend our sincere appreciation for the support, kindness and extremely positive feedback received,” Campbell shared. “My husband and I have long supported the Ken Jones Centre and the Sunshine House residence where some of our clients live and in our many years involved, the community and extended community has been remarkably supportive,” she concluded.

As for the Ken Jones Centre participants who did the artwork when asked about the project, one of them summed it up quite nicely pointing to the card he contributed... “I love it! I’m ready to do it again next year!”

Ben by Daniel Shelton



Local News

Farfan said there is a trend of demolishing heritage buildings rather than making the upgrades and improvements that are needed to preserve their authenticity.

QAHN makes heritage a priority with Local Built Heritage Restoration Initiative

By Taylor McClure
Special to The Record

The Quebec Anglophone Heritage Network (QAHN), a province wide non-profit organization that promotes the preservation of Quebec's history and heritage with a focus on English-speaking communities, has received a \$50,000 grant from the Secretariat for Relations with English-speaking Quebecers to support restoration work and upgrades of five museums in Quebec, three of which are located in the Eastern Townships.

Under the Local Built Heritage Restoration Initiative, the five museums, including the Eaton Corner Museum, the Richmond County Museum, and the Colby-Curtis Museum, will share the financial aid to help fulfill important projects.

"We have about 100 member institutions across Quebec and quite a few in the Townships. We are lucky because there are a lot of beautiful historical museums, most of whom who are members of our network," said Matthew Farfan, executive director of QAHN. "We were really happy to be able to support a few of them. If we are lucky, and things work out, this could be a recurring thing; we are always trying."

The new initiative will help fulfill the "wish list" of the five institutions involved. "Things that are on the wish list tend to get pushed off on the back burner and postponed and that can happen for years. If they aren't existential things that need to be done on a building, like if the roof leaks or

something, things like that tend to get done, but if there are things that can be put off they are often put off. We really wanted to find out the what the priorities of the local institutions were and that's what these little projects are."

The financial aid will help the Eaton Corner Museum and the Richmond County Museum make their space more accessible. "The Richmond Museum, it's a beautiful historical home there, they have only been in there for a few years, and like all new digs, or early home, it has things that need to be adapted to modern uses. One of the things they need is access for people who are elderly or mobility challenged, including restrooms inside. It's a challenge with the space they have because like a lot of historical museums, there isn't a lot of space."

The Eaton Corner Museum is also looking to update its building to better suit people's needs. "Similarly, they need to build a ramp and a small porch at the back of that museum. It's in a beautiful former church and obviously it's not modern and it doesn't have those types of conveniences. It's high on their list of priorities."

The Colby-Curtis Museum is focusing on providing an educational experience. "At the back is an annex, a beautiful space in itself, which for many years served as a boutique. It's a bright space with beautiful wide pine floors and it's a really nice atmosphere, but it's not insulated and there are walls that need to be reconfigured. The idea is to convert this to an educational



COURTESY Richmond County Museum in Melbourne is one of five heritage institutions receiving support from QAHN through the Local Built Heritage Restoration Initiative.

room for kids. They recently launched an educational program with the local French and English schools and there is an education coordinator there to build up the program. So that's kind of fun and a bit different."

Other museums receiving funding include the Kempffer House Interpretation Centre in New Carlisle, which also wants improve access to its building, and the Greenwood Centre for Living History in Hudson to help with restoration work on the interior and exterior of its historic buildings.

Farfan said there is a trend of demolishing heritage buildings rather than making the upgrades and improvements that are needed to preserve their authenticity. "People think it's easier to tear them down and they think it's cheaper, but many

studies have shown that it's actually not and it's better for the environment to renovate and restore, than to tear down and send everything to a landfill. It also makes for a much more interesting experience, obviously, going to a museum and seeing an early period home or educational room."

QAHN hopes that the financial contribution will go a long way and that the initiative is all about supporting the priorities of the five institutions. "It's important that we respect and contribute to the maintenance of our built heritage so if there is any way that we can help do that, we are all for it. I wish we could do more. We are hoping to find more ways to continue doing this type of work. The money is getting out to where it is needed and that's really important."

Barn destroyed by fire in St-Claude

Record Staff

A farm building was destroyed by fire in the municipality of St-Claude, near Windsor, on Saturday morning. According to a report from the Richmond region fire department (SSIRR), who responded to the blaze alongside teams from St-Claude and Windsor, firefighters were on the scene from 7:15 a.m.

onwards, but the building was a complete loss.

Although the structure served as both equipment storage and a stable, no animals or people were injured in the blaze.

The response team was made up of more than 25 firefighters, who worked to try to control the blaze in temperatures near -30 for several hours. As the work turned from attempts to

extinguish to fire control, the SSIRR reports that a backhoe was bought in to help with demolition.

As of the most recent information available, the firefighters had not identified the cause of the fire.



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Beaulne Museum, supporter of local history

By Johnathan Houle
Special to The Record

further increasing the number of interested visitors.

The Beaulne museum prides itself on its art exhibits, which promote local and provincial artists. Director Toé elaborated further, "We have many collections of art with most of our collection appearing on rotation. The rotation usually consists of 15-20 exhibits a year and they come from all over Quebec. We have pieces from people in the Townships, but also pieces from artists living in Montreal, Quebec city, Trois-Rivières."

Unfortunately like many industries, the Beaulne museum has been struggling in many ways through the pandemic.

"We've been hit hard by the pandemic," Toé said. "When the government tells us to close, we close, but even when the doors are open, the number of people coming through our doors are nowhere near our usual levels."

With the pandemic limiting the foot traffic in the museum, it's been demoralizing for the museum staff as they see their hallways being frequented less and less. The pandemic has had a noticeable impact on one of the well-known services that the museum offers.

"It's been especially hard for our English tea service as it used to bring in a lot of visitors to the museum, but with all the regulations and protocols regarding food services, it's been hard for our understaffed museum to provide our services to the people. Our tea service was an important part of our



COURTESY OF FRANÇOIS THIERRY TOÉ

Director François Thierry Toé next to artwork currently on display at the Beaulne Museum, painted by artist Isabelle Frot.

experience and it often brought in new visitors every year. Our usual visitors were disappointed that we couldn't offer the proper experience last year. However, we are cautiously optimistic that we will be able to provide a normal service for visitors this coming summer."

To adapt to the new environment, the museum has released online exhibits to attempt to attract visitors through other methods. However, while the number of visits

through their website has increased, it is still nowhere near their desired number.

Director Toé hopes for an increase in the visitors in the new year. "Our art rotation offers a variety of pieces from our local artists, so there is always something new and interesting to experience. For those interested in art, history, or both, I urge people to support their local museums and I invite everyone in the region to visit the Beaulne Museum either through the website or in person."

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New microbrewery in Richmond

By Nick Fonda

The midst of a pandemic that shuts eateries and drinking establishments is hardly the best time to open a bar and microbrewery, but it didn't prevent Dominic Guay, Eric Cardinal, and François Forcier from launching L'Ardoise, Coopérative Brassicole on the corner of Main and Adam Streets in Richmond.

"We are currently open for take outs only," says François Forcier, "Thursdays and Fridays from 4 to 7 p.m. and Saturdays from noon to 5 p.m. We opened our doors in October before we had to close again in late December, and during that period we found business quite brisk. We were open Thursdays to Sundays, and we were drawing upwards of 100 clients per week. About 90 per cent of those people were from Richmond, so we were very pleased, all things considered."

The idea of launching a microbrewery dates to a few years ago when François moved back to the area from Montreal.

"We've known each other practically since we were toddlers," explains Eric Cardinal. "We all grew up in the same neighbourhood in Drummondville and we've been close friends since high school. Our studies and later our professions took us in different directions, but we were always in touch. Once we were all geographically close again, we thought that embarking on a project would provide a good excuse for us to spend time together."

That the three friends decided to open their fledging business in Richmond is the result of several factors.

"I first became aware of Richmond when I was travelling back and forth from Drummondville to the Cégep de Sherbrooke," notes Eric. "All three of us like the place—the river, the hills, but also the history of the place and the fact that you hear both English and French on the street. We were really glad to find a building on Main Street that suited us well."

"It's central for us personally," he continues. "I'm now living in St. Claude, Dominic lives in St. Lucien, and when François came back from Montreal, he bought a house in Richmond. At the same time, Richmond is a crossroads and there's a lot of traffic coming or going to Drummondville, Victoriaville, and Sherbrooke. We see that as being potentially good for business."

"Another factor," adds François, "is the fact that Richmond didn't already have its own microbrewery."

In the last few decades, industrial brewers like Molson and Labatt have seen increasing competition from microbreweries that have established themselves not only in urban centers like Sherbrooke (which has three microbreweries) but in smaller places like Windsor, Waterloo, and Asbestos. There are currently at least 150 such breweries across Quebec.



Dominic Guay, Eric Cardinal, and François Forcier (left to right) in their new brewery.

NICK FONDA

Curiously, only Eric had any kind of previous brewing experience.

"I've made wine at home," he says, "and I experimented a little with liqueurs, but that experience was practically irrelevant. When we decided to embark on this project, I enrolled at the Institut Brassicole du Québec in Montreal, and took a course to learn as much as I could about brewing beer on this scale."

(The IBQ offers a wide range of courses, from day-long workshops for the hobbyist homebrewer to intensive, month-long courses for professional brewers that entail registration fees of \$4500/session.)

"We're learning as we go, but we've had a lot of help," adds François. "We meet and talk quite regularly to a consultant brew master in Montreal who has been mentoring us and guiding us. We've also been in touch with some of the microbreweries in the area such as Confrérie Artisans Brasseurs in Windsor, La Grange Perdu in Ham Nord, and Microbrasserie Moulin 7 in Val des Sources, and they've all been very supportive and helpful."

Even so, the project has been demanding on different levels.

"There's a lot of paperwork involved," says François. "There are a lot of regulations and restrictions to abide by. There are permits to obtain and there's a lot of bureaucracy to navigate."

The project also required capital investment.

"We purchased the building," says Dominic, "but we are only using about a third of it for L'Ardoise, which is on the ground floor. The apartments upstairs are rented so we've had at least some revenue despite the pandemic. There was a bar here previously, but we nevertheless had to do renovations to accommodate the brewery."

A large, open, fastidiously clean space several steps below floor level houses the four large stainless-steel vats, tubing and piping that make up the brewery. It can be seen through large glass panes so that clients (the bar can accommodate 60 in normal times, and the terrasse another 50) who wish to can watch their beer being brewed.

"All the equipment was imported from the States," François points out. "Getting it across the border was a longer and more difficult process than it would have been in normal times."

Brewing beer is mostly a question of waiting.

"It takes three or four hours to get a batch started," François explains. "We have to mix malt, hops, yeast, and water. The fermentation process that transforms the ingredients into beer takes three to five weeks, with pilsners and lagers taking longer. We've only made four different beers so far—pale ale, bitter, saison (a low-alcohol Belgian beer), and stout—but eventually we'll be making eight traditional beers. We've opted to

make beers that we ourselves like to drink."

The Coopérative Brassicole operates on a slightly different business model than most storefronts.

"We'll be paying taxes like any other business," says François with a smile, "but there are advantages to operating as a co-op. It's a more democratic structure and it provides both room to grow and continuity. Now there are just three of us, but at some point, there may be others who join us."

All businesses take some time to become fully operational, even more so in these pandemic-restricted times.

"We're confident about the future of the microbrewery," says François. "We just received our first shipment of cans. So far, we've only had beer on tap. We are now able to sell our beer in cans. We won't be able to seat clients, but they will be able to come in to buy cans of our beer."

"All three of us have our day jobs," says Eric, "so we can afford not to draw salaries for the work we do at L'Ardoise. But we're hopeful that will change. It may take a year or two before we reach our break even point but it will come."

If you wish to stop by L'Ardoise to pick up a few cans of beer, it is best to verify the opening hours on Facebook or on their website (microbrasserielardoise.com) or by calling the Cooperative Brassicole at 819 644-0345.

EDITORIAL

The deal is the biggest in the video gaming world and, once approved by the usual authorities, will make Microsoft the world's third largest player in the industry...

Video gaming has exploded since the early days of Asteroids



PETER BLACK

My first exposure to video games was in a watering hole near Parliament Hill in Ottawa, a favourite of political and media types, where, as I recall, the "cocktail cabinet" box with a black and white screen was located in the billiard room. The game was Asteroids. I was better at snooker, as were most other patrons of the club.

None of us would have guessed that within much less than a lightyear, those little primitive blinking lights on the screen would become dazzling and hyper-realistic graphics and video games - gaming - would become the leading distraction for humanity and a kajillion dollar industry - actually, \$179 billion in 2021, and conservatively estimated to grow to \$270 billion by 2025.

Last year the Canadian industry contributed \$5.5 billion to the Gross Domestic Product, an increase of 35 per cent over two years, according to a report from the Entertainment Software Association of Canada.

At least 23 million Canadians, or 64 per cent of the population confess to playing video games on a regular basis. The figure for adolescent males skews that stat somewhat - some 90 per cent of whom are glued to the console or cell phone for countless hours of the day.

Fortunately for many young folks with a passion and maybe some programming skills, jobs in the industry are plentiful. Last year some 33,000

people were employed in game creation in Canada - 41 per cent of them women - an increase of 17 per cent over 2019.

Montreal is the acknowledged leading Canadian hub of video game development, ranked fifth in the world behind London, San Francisco, Austin and Tokyo. This is in no small part due to the influence of the massive Ubisoft operation, implanted in 1997 thanks to direct government incentives.

Down the road, though, the sleepy provincial capital, whose workforce has been traditionally dominated by bureaucrats and insurance industry types, has seen spectacular growth in video gaming. The city is home to at least 90 companies, employing directly some 3,000 people, and generating about \$200 million in revenue.

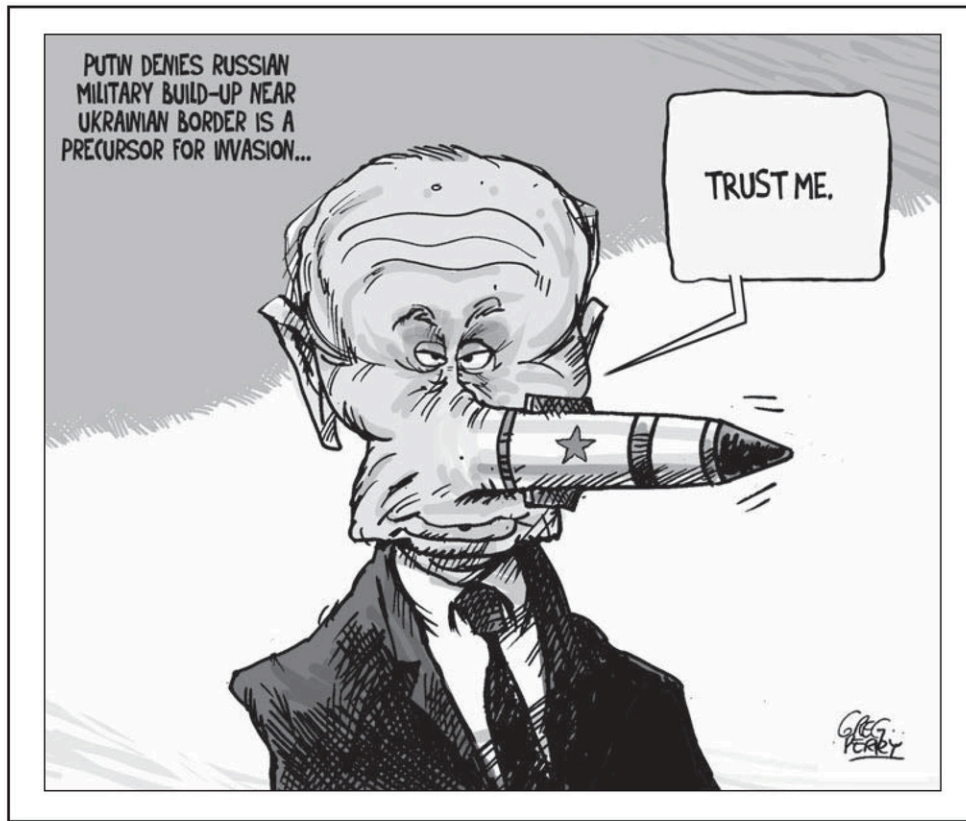
One of the major players in the vieille capitale's video game hub is Beenox, whose founder, Dominique "Dee" Brown, at 17 years of age turned his restless teen dream into an innovative studio that caught the attention of American big boy Activision.

The Santa Monica-based company was created in 1979 by some disgruntled programmers working for Atari, the makers of the aforementioned Asteroids game. Activision liked Beenox so much they bought the company in 2005, with the team of 30 staying put and expanding in what was becoming the video game hub in the St. Roch district of the city.

Since then Beenox, which now employs 330 people, has worked on such blockbuster games as Call of Duty, Spiderman, Guitar Hero and Skylanders.

Brown was on his sailboat near the Bahamas last week when he heard the news that rocked the videogame industry. Brown had checked out of the business in 2012 to launch himself into another passion, a far cry from video programming - chocolate.

Seeking a new entrepreneurial adventure, Brown bought the familiar Chocolat Favoris company and turned it into a dominant player in the Canadian chocolate retail business, with 52



shops in Quebec, Ontario and British Columbia.

Last summer he decided to take a break and take his wife and two children on a sailing adventure along the American seaboard, raising money along the way for the *Enfant Soleil* charity.

Brown's "little video game studio that could" is now part of the Microsoft empire, built by another restless teenage entrepreneur, Bill Gates. Microsoft put \$70 billion US on the table to acquire the Activision-Blizzard company that owns Beenox and a host of other studios

around the world.

The deal is the biggest in the video gaming world and, once approved by the usual authorities, will make Microsoft the world's third largest player in the industry behind Chinese giant Tencent and Japan's Sony Corp.

As for Asteroids, my portal to the future of gaming, Atari, after tanking and nearly disappearing into the gaming cosmos, is attempting a comeback with Asteroids: Recharged, "with vibrant visuals and powerful new abilities."

I have no new abilities so I think I'd still be better at snooker.

Pandemic has had major effect on Quebec's youngest

News Matters Staff

The pandemic had many repercussions on the living conditions of young Quebec children and their families, especially those already in vulnerable situations, The Suburban reports. COVID-19 crisis has had a negative impact on diet quality, screen time, families' financial situation and their ability to obtain healthy food, the mental health of children and their parents, and domestic violence. Some of these effects are more pronounced among children in disadvantaged environments, according to a recent portrait by the Observatoire des tout-

petits on how Quebec's youngest are faring. "More than ever, it is crucial that we implement mutually consistent measures aimed at reducing social inequality and giving every child the opportunity to develop their full potential," said director Fannie Dagenais. "The choices we make as a society over the next few years will be decisive." The accumulation of sources of stress within families may have contributed to an increased risk of mental health problems in young children during the pandemic, especially financial stress, difficulty in accessing mental health resources and social isolation.

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Local Sports |

Bishop's football welcomes new offensive coordinator

By Michael Boriero

The Bishop's University Gaiters men's football team has been keeping busy during the offseason, announcing last week the hiring of former National Football League (NFL) and Canadian Football League (CFL) quarterback, Jonathan Crompton, as offensive coordinator.

Crompton had a number of brief stints in the NFL between 2010 and 2012 before heading to the CFL. He joined the Edmonton Elks for a handful of games in 2013, and then ultimately landed with the Montreal Alouettes in 2014, leading them to the Eastern Final.

Although he parted ways with the Alouettes in 2017, and retired shortly thereafter, Crompton, who now lives in North Carolina, developed some ties to Lennoxville and Bishop's University. His familiarity with the Sherbrooke borough helped shape his decision to accept the job.

"Well, when I got contacted obviously I had a sit down with my wife to talk about the pros and cons and then we actually got to go on a visit, but I've been familiar with Bishop's because when I was in Montreal that's where we had our camp," said Crompton.

While he was officially sworn in as offensive coordinator on Jan. 18, Crompton told The Record that he has been in contact with the football team for over a month. He has, more specifically, spent time building a rapport with Gaiters head coach Chérif Nicolas.

"We've gotten to know each other over the past month, month and a half, and I definitely do think it's going to be a good, just overall, good situation for everybody, myself included, with what Bishop's has going on in the long run," Crompton said.

Nicolas has twice led the Gaiters to the Loney Bowl in his five-year tenure at the university. And his success hasn't gone unnoticed. He recently signed a contract extension with Bishop's University. Now the pair will need to put their heads

together to revitalize the offense.

The Gaiters willed their way into the championship game thanks to timely defensive plays and a bruising ground attack, but their offense fell flat several times throughout the regular season. Crompton isn't dwelling on the past, though, focusing instead on creating a dynamic strategy.

"What's in the past is in the past, I mean, I'm not here to speak on that. All I can do is focus on getting the system in place, obviously, it's still a work in progress at the moment, it's only January," said Crompton, adding that he and Nicolas are starting from square one.

At 34 years old, this is Crompton's first foray into coaching university athletics. He was the offensive coordinator for West Henderson High School in North Carolina over the past two years. And he was previously a quarterbacks coach for the Toronto Argonauts in 2019.

He told The Record that he is excited for this next chapter of his football career. He might not be throwing a ball downfield while 300-pound linemen come barreling in to take him down anymore, but he has found a new purpose in shaping the minds of student-athletes.

"It's always a fun adventure, I'm just fortunate enough to share this part with my wife and our dogs," said Crompton. "Luckily we have the ability to go, you know, I mean, obviously with Covid [...] we're very fortunate in that sense and just excited for the opportunity."

The pandemic hasn't been easy on anyone, he continued, but Crompton has always tried to take things day-by-day. He doesn't like to get bogged down with negativity. It's easy to succumb to all of the chaos in the world, he explained, but it's not healthy, or wise, to live that way.

"I try to stay positive in it because there's so much negative in the world that it's easy to get caught up in that, so I try to do my best, obviously, I'm human just like everybody else, but I try to stay positive in every situation, [and] see the good in the outcome," said Crompton.



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Datebook

MONDAY, JANUARY 24, 2022

Today is the 24th day of 2022 and the 35th day of winter.

TODAY'S HISTORY: In 1848, gold was discovered at Sutter's Mill, setting off the California Gold Rush.

In 1984, the first Apple Macintosh computer went on sale.

In 1995, the O.J. Simpson murder trial began as the prosecution made its opening statement.

In 2003, former Pennsylvania Gov. Tom Ridge was sworn in as the first secretary of the Department of Homeland Security.

TODAY'S BIRTHDAYS: Pierre de Beaumarchais (1732-1799), playwright; Edith Wharton (1862-1937), author; Robert Motherwell (1915-1991), artist; Ernest Borgnine (1917-2012), actor; Oral Roberts (1918-2009), evangelist; Neil Diamond (1941-), singer-songwriter; Aaron Neville (1941-), singer; John Belushi (1949-1982), actor; Nastassja Kinski (1961-), actress; Mary Lou Retton (1968-), Olympic gymnast; Ed Helms (1974-), actor; Kristen Schaal (1978-), actress/comedian; Daveed Diggs

(1982-), actor; Mischa Barton (1986-), actress.

TODAY'S FACT: The first Apple Macintosh computer had a 9-inch monitor and 128 kilobytes of RAM. It was priced at \$2,495.

TODAY'S SPORTS: In 1980, Fred Wilpon and Nelson Doubleday bought the New York Mets for an estimated \$21.1 million, at the time the most ever paid for a baseball franchise.

TODAY'S QUOTE: "Ah, good conversation - there's nothing like it, is there? The air of ideas is the only air worth breathing." - Edith Wharton, "The Age of Innocence"

TODAY'S NUMBER: \$81 million - estimated value (not adjusted for inflation) of the gold extracted from California in 1852, the peak year of the California Gold Rush.

TODAY'S MOON: Between full moon (Jan. 17) and last quarter moon (Jan. 25).

Do Just One Thing



By Danny Seo

Many of us reach for salt to de-ice sidewalks and driveways during the winter. It's effective, but when the ice melts, the salty mixture can wreak havoc on plants and our waterways. A more natural alternative is alfalfa meal, which you can find at gardening and feed stores. Totally natural, this fertilizing compound melts ice and adds traction to prevent slips and falls. Plus, your lawn and plants will feed on it come spring. And unlike most fertilizers, alfalfa meal smells nice, too.

Study links e-cigarette use to erectile dysfunction



ASK THE DOCTORS

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

Dear Doctors: Our teenage son's vaping habit has his mother and me quite worried about his health. Nothing we've said so far has had any impact. I recently read that vaping can cause erectile dysfunction in young men. Is that true? If so, we may have finally found a persuasive argument for him to stop.

Dear Reader: Although electronic

cigarettes were initially developed to help smokers quit, manufacturers quickly developed hundreds of products aimed directly at the youth market.

Nicotine-based e-cigarettes come in a wide array of candy and fruit flavors. Many of them deliver amped-up forms of nicotine beyond what traditional cigarettes contain. Their allure is reflected in the latest National Youth Tobacco Survey, which found that more than 2 million middle and high school students are regular e-cigarette users. Unfortunately, the explosive growth of these products has outpaced their regulation and oversight, which leaves most of their ingredients a mystery.

Nicotine itself is a highly addictive chemical. It can raise blood pressure, increase heart rate, suppress insulin production and promote the buildup of plaque in the artery walls. Propylene glycol, which is one of the delivery agents in e-cigarettes, is used in the manufacture of solvents, antifreeze and the artificial smoke in fog machines.

E-cigarettes are still relatively new, so facts about the short- and long-term health effects of inhaling the chemicals they contain are just beginning to

emerge. This includes research that links inhaling the heated tobacco vapor of an e-cigarette to increased risk of developing asthma and chronic obstructive pulmonary disease. And now, as you've mentioned in your letter, a new study has tied vaping to erectile dysfunction, or ED.

According to researchers at New York University, the use of e-cigarettes doubled the risk of ED in men age 20 and older. The findings, published last fall in the American Journal of Preventive Medicine, were based on two years of data collected in a federally funded study into smoking habits and health outcomes in the U.S. Of the 13,700 men who answered a question about ED, those who used e-cigarettes every day were more than twice as likely to experience erectile dysfunction as were those who had never vaped.

Previous studies have drawn a strong connection between both smoking and nicotine to ED. This is due to the effects of nicotine, as well as the thousands of chemicals present in cigarette smoke, on the vascular system. However, the higher likelihood of ED in the regular vapers was a surprise. So was the lower

end of the age range. Studies in rats have linked the chemicals in e-cigarette liquids with low sperm count and low testosterone in men, which may be playing a role.

While the severe lung injuries that were in the news a few years ago were linked to black market cannabis products, nicotine-based e-cigarettes are far from harmless. Persuading a teen to change his habits already is hard enough without a highly addictive substance in the mix. We hope the new information about the link to erectile dysfunction will help you make your point.

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

(Send your questions to askthedoctors@mednet.ucla.edu, or write: Ask the Doctors, c/o UCLA Health Sciences Media Relations, 10960 Wilshire Blvd., Suite 1955, Los Angeles, CA, 90024. Owing to the volume of mail, personal replies cannot be provided.)

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

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

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

Friend or thief?

Dear Annie

MONDAY, JANUARY 24, 2022

Dear Annie: I have a very dear friend who is like family. I am 20 years older than she is, and at times I feel more like a surrogate mother than a big sister.

I know she has mental health problems, including anger management, trust issues, obsessive-compulsive disorder and, at times, I think, narcissistic tendencies. But she truly is a good person at heart. I encouraged her to get into therapy, and she has blossomed and grown over this past year. I support her 100% in any way that I can.

She is a single mother who works two jobs. She has three boys, and they are her world. My husband and I take the boys after school while she works her second job because they are like grandchildren to us.

The other day, I was getting ready to make Christmas cookies and thought I was losing my mind. Two of the prepackaged cookie dough packages were missing. The boys saw my bewilderment and informed me that their mom took them to make them cookies the previous week.

Tonight, when I went to make the cookies for our house and church, I discovered that I'm missing a cookie sheet. So, I've been thinking back, and a lot of things have gone missing, and I simply thought that I must not have bought what I thought, or used all of something and not remembered. I have asked her before about things missing or if she "accidentally" picked something up, and she would be honest and return it the next day. Nothing of major value

by any means. Simple silly things like a candle or a pair of scissors or hand lotion.

Well, after the incident with the cookie dough, which really upset me, I bought a few bottles of wine to give as gifts, left them in the bag and taped a note on them: "Do Not Touch." When she came by after work to eat and get the boys, she saw this and got upset and was personally offended. My husband says to let it be because we love those boys so much and she's doing so well. We can afford to replace the little things.

I feel that she and I should have a conversation, and I feel her therapist should know.

To be honest, I'm afraid this will end up like our son, who robbed us blind and cut ties with us because we finally had to say enough was enough and file charges. I'm afraid the little things will become larger and the boys will think this behavior is acceptable if we don't stop it now. Please help. – Stuck in Maryland

Dear Stuck in Maryland: You are correct to be concerned for your friend – not because of *what* she is stealing but for the fact that she is stealing from you at all. It shows a lack of trust. The fact that she took a little note and blew it way out of proportion tells me she is feeling guilty about something. As Shakespeare said, "The lady doth protest too much."

If anything, sitting down with your friend and trying to get her professional help is the kindest thing. Make sure when you approach her that it is not with a "got ya" mentality but rather one of concern for her mental health.

Dear Readers: Before the start of 2022, I asked you all to send me your goals and resolutions for the new year. These are some of my favorite reader submissions:

– To pull up my bootstraps and address those who have been disrespectful toward me. Physical violence leaves visible scars. Verbal and emotional violence don't.

– I decided to improve my mental and physical health in 2021, and I did, with the help of the weight loss app Noom (not an ad, just a fact). Since I started actively being kinder to myself, I feel a lot better, and losing weight really made me proud of my strength. Now in 2022, I need to maintain it and branch out more. New friendships need to be explored. New creative ideas need to be made real. My husband and I are planning a real vacation – something we never do!

– This year, and every year thereafter, I resolve to be a person that people would like to be around. I will be attentive, engaging and true to myself and others. It makes perfect sense to find the good in each situation. I will be grateful for each day.

– My goals for 2022 are to love others better and develop greater charity; to school my eight children better; to be of greater support and help to my sweet husband; to get our house in order and keep it generally clean; to get most projects done on time (it's a work in progress); and to be a more positive wife and mother!

– My resolution is to ease up on worrying and to trust in my own parenting skills. My 17-year-old son has grown up with lots of challenges, but this year, I will place more faith

where there is skepticism, and let him jump from the nest and fly on his own. Of course, as parents, we all worry about our kids, but this will be HUGE for us both. I'm going to work on not worrying and not being the helicopter mom, and focus more on making myself healthy and happy.

– This year, I vow to drink more water. We oldsters need to stay hydrated and often forget. Another thing I'll do is keep a daily journal and specifically record one thing a day I am grateful for. (Studies prove it's a great project for improved mental health, and you will so appreciate reading it in your later years.) I will also really try to maintain a positive attitude, which can be especially difficult these days. I have absolutely cut off negative people who complain, drag me down and make me feel sad. The power of positive thinking has never been more needed than now, so surprise others with a heartfelt "thank you," a smile, or a gentle squeeze of the arm in lieu of a hug. I am doing my best, and others compliment my efforts.

I hope these thoughts encourage you, dear reader, as you envision what you and your life will become this year. Here's to a 2022 that's filled with happiness, healthiness and an abundance of love.

"How Can I Forgive My Cheating Partner?" is out now! Annie Lane's second anthology – featuring favorite columns on marriage, infidelity, communication and reconciliation – is available as a paperback and e-book. Visit <http://www.creatorspublishing.com> for more information.

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

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CELEBRITY CIPHER

by Luis Campos

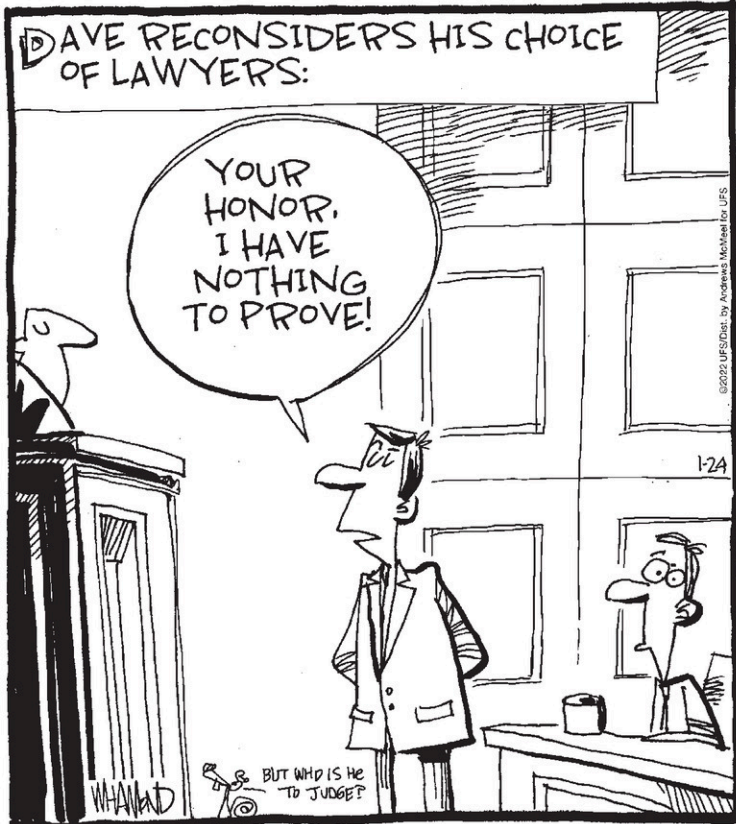
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

" C R C E V H V W N W R J E J R J O H M P Y M R
O M G R W N W C Y H V W L M M X M I X X J O E
T W K M N W O M G J A H G J I I O I W K H H V W S ."
— W X V W I S E

Previous Solution: "Kids shouldn't see all the violence they do these days. But the industry just doesn't care." — Linda Blair

TODAY'S CLUE: P equals R

REALITY CHECK



HERMAN

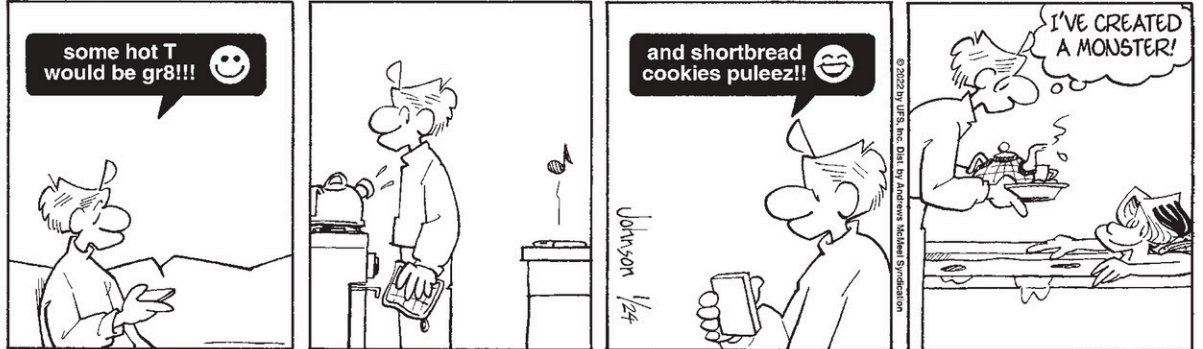


"If you're gonna do yoga every night, I want my own TV."

ALLEY OOP



ARLO & JANIS



THE BORN LOSER



FRANK AND ERNEST



GRIZZWELLS



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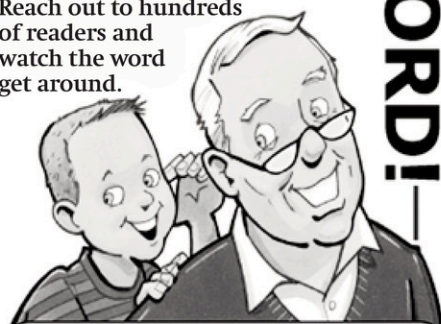
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NEA Crossword Puzzle

- ACROSS**
- 1 Pharmacist's weight
 - 5 Fortify
 - 8 Potpie ingredients
 - 12 Arizona city
 - 13 Eastern philosophy
 - 14 Phone, slangily
 - 15 TV statuette
 - 16 Mount Vernon state
 - 18 Tigger's pal
 - 20 Get the picture
 - 21 Mattress problem
 - 22 Frayed
 - 25 "Just as I thought!"
 - 28 Sizzle
 - 29 "Blue Tail Fly" singer
 - 33 Aromatic resin
 - 35 Pasternak heroine
 - 36 Ticklish Muppet
 - 37 Bad-mouth
 - 39 Wild duck
 - 40 Health resorts
 - 42 Cut timber
 - 43 Egyptian monument
 - 46 "Uh-huh"
 - 49 401(k) cousin
 - 50 Part of speech
 - 53 Stamp
 - 56 Lepton locale
 - 58 Poetic twilights
 - 59 — peeve
 - 60 Fill the hull
 - 61 Mine find
 - 62 PC abandon key
 - 63 Polite cough
- DOWN**
- 1 Use henna
 - 2 Type of roast
 - 3 Arsenal supply
 - 4 Town official
 - 5 Off-road vehicle
 - 6 Pay hikes
 - 7 Gourmet mushrooms
 - 8 Upsilon follower
 - 9 Many centuries
 - 10 Soprano's piece

Answer to Previous Puzzle

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

- 11 Glitch
- 17 Mild expletive
- 19 Tee-hee cousin (hyph.)
- 23 Spirit
- 24 Pickle choice
- 25 Be an accomplice
- 26 Strong and healthy
- 27 Mme. Gluck of opera
- 30 Colorado ski resort
- 31 Proof word
- 32 Tweeted
- 34 First flight
- 37 Avril follower
- 38 Part of PBA
- 40 Mexican shawl
- 41 Shallow dishes
- 44 Make an offer
- 45 Tailless marsupial
- 46 Cousteau's middle name
- 47 Chalet feature
- 48 Supplication
- 51 Where Bryce Canyon is
- 52 Leaf juncture
- 54 Suffix for hero
- 55 List ender
- 57 13th Hebrew letter

SUDOKU

DIFFICULTY RATING: ☆☆☆☆☆

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

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PREVIOUS SOLUTION

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

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

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15					16			17				
	18			19		20				21		
				22		23				24		
25	26	27		28					29	30	31	32
33			34						35			
36							37	38				
39					40	41				42		
				43	44				45			
46	47	48		49				50		51	52	
53			54				55		56			57
58					59				60			
61					62				63			

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NEA Crossword Puzzle

Your Birthday

MONDAY, JANUARY 24, 2022

what you share with others. Someone will take advantage of you if you put yourself in a vulnerable position. Keep your secrets to yourself and focus on exploring new interests.

Stop fretting and start moving. Rethink your financial strategy and figure out how to stretch your money to fit your budget. Put a regimented plan in place and you'll feel optimistic about the future and how you can improve your standard of living. Do what feels right, not what someone else is doing. Find your happy place.

AQUARIUS (Jan. 20-Feb. 19) - Don't tangle with someone unpredictable. Watch from a distance, and you'll learn what not to do when confusion and uncertainty are prevalent. Wisdom comes with experience.

PISCES (Feb. 20-March 20) - Pay attention to the reactions you get from others. Adjust to accommodate those who aren't happy with what's happening. Do what's best for the majority and be ready to compromise.

ARIES (March 21-April 19) - You know what you want and how to get your way. Use your intelligence and ability to persuade others to see things from your point of view. Don't take an emotional or physical risk.

TAURUS (April 20-May 20) - A pointed opinion will help you stay on track and ensure that no one gets the wrong impression. Consider what's possible and stay on track until you reach your destination.

GEMINI (May 21-June 20) - Your vision will be on target, and your dreams are closer than you think. Dedication and discipline will help you stay focused on what's important and ward off any interference.

CANCER (June 21-July 22) - Be careful

LEO (July 23-Aug. 22) - Team up with someone who brings out the best in you. Discuss your ideas and work through any discrepancies before you proceed. A contract looks promising. Try to get on the same page as a partner.

VIRGO (Aug. 23-Sept. 22) - Make alterations that encourage productivity. A pleasing workspace will give you the push you need to be creative. Raising the bar will encourage others to try harder. Be a team player.

LIBRA (Sept. 23-Oct. 23) - Pursue what makes you feel passionate. Don't hang back in hopes that someone will do the tedious work for you. Doing your fair share will lead to success. Be a leader, not a follower.

SCORPIO (Oct. 24-Nov. 22) - Emotions will surface if a disagreement unfolds. Recognize all sides of a situation and keep the peace. Make subtle changes that don't affect others. A positive change at home will add to your comfort.

SAGITTARIUS (Nov. 23-Dec. 21) - You'll dazzle someone who can influence your position. Consider what you want to do and update your qualifications and resume to suit your needs. Don't oversell yourself.

CAPRICORN (Dec. 22-Jan. 19) - Look past what's right in front of you, and you'll see the big picture and know exactly how to handle confusing or unorthodox situations. An unexpected gesture will take someone by surprise.

Answer to Previous Puzzle

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

- ACROSS**
- 1 Road crew's need
 - 4 Single no more
 - 7 Ben & Jerry rival
 - 10 Sporty truck
 - 11 Promising rookie
 - 13 Sheltered side
 - 14 Cradle
 - 15 Divert
 - 16 NBC rival
 - 17 Bronco snaggers
 - 19 Fractional part
 - 21 Gents
 - 22 Apple TV+ sitcom "— Lasso"
 - 23 Did something
 - 26 Master conductor
 - 30 Outward appearance
 - 31 Musical note
 - 32 Unvarnished
 - 33 Boathouse item
 - 34 Diving bird
- DOWN**
- 1 Bath fixture
 - 2 Egyptian sun deity
 - 3 Start over
 - 4 About half of us
 - 5 Big birds
 - 6 — Moines, Iowa
- 35** Chop fine lettuce
- 36** Kind of
- 39** Stormed about
- 40** Geological period
- 41** Wire measure
- 42** Barge route
- 45** Exile
- 48** Paris street
- 49** Missouri range
- 51** Craven or Unseld
- 53** Jackie's tycoon
- 54** Caravan stop
- 55** "What — you doing?"
- 56** Sallow
- 57** Tiny legume
- 58** Slicker

- 7 High spirits
- 8 Liability
- 9 "Gross!"
- 11 Sized up
- 12 Ms. Zellweger
- 18 Prognostication
- 20 Badges
- 22 Give a lecture
- 23 Love, to Picasso
- 24 Ta-ta, in Turin
- 25 Time in office
- 26 Grimace
- 27 Math course
- 28 Sports event
- 29 Ran up a tab
- 31 Compos mentis
- 35 Surrealist artist
- 37 Bond rating
- 38 Home with a dome
- 39 Places to skate
- 41 Soprano — Callas
- 42 Gullet
- 43 Atmosphere
- 44 Herr's refusal
- 45 Foundation
- 46 Dog-paddled
- 47 Zeus' spouse
- 50 Phaser blast
- 52 Hr. part

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MONDAY, JANUARY 24, 2022

How many trumps are in the dummy?

By Phillip Alder

In an auction that did not include a transfer bid, what was the longest trump suit you have seen come down in the dummy?

Hobart Brown, who was a sculptor, said, "Money doesn't always bring happiness. People with 10 million dollars are no happier than people with nine million dollars."

Is a player with 10 trumps happier than one with nine? Probably. But before last month, I had not seen more than eight trumps appear on the board. Then this deal occurred.

During the pandemic, like thousands of others, my wife and I have played at a casual Bridge Base Online table against two robots. Then, our opponents do not mind if we discuss a deal afterward or get a glass of wine, and because they play almost instantly, we can complete about twice as many deals per hour as at an in-person game.

One drawback of robots is that they only note your no-trump range. Otherwise, they assume that you bid like them. Well, Kitty and I open two diamonds with a weak major two-suiter (at least 5-4), and the robots assume it

North		01-24-22	
♠	9 2		
♥	—		
♦	A Q J 10 9 8 4 3 2		
♣	A 3		
West		East	
♠	J	♠ K Q 8 5 3	
♥	A Q 9 4 3 2	♥ J 6 5	
♦	K 5	♦ 7 6	
♣	K Q 9 7	♣ J 5 2	
South			
♠	A 10 7 6 4		
♥	K 10 8 7		
♦	—		
♣	10 8 6 4		
Dealer: East			
Vulnerable: Both			
South	West	North	East
			Pass
2♦	2♥	5♦	All Pass
Opening lead: ♣ K			

is a weak two-bid. This results in some strange auctions. But, given the opening bid, not really this one.

West's two-heart overcall was natural. This made me feel more confident — perhaps partner had good spades. So I jumped straight to five diamonds. Not exactly what Kitty wanted to hear, but then she saw me table — if you can table on a computer screen — nine trumps!

Unfortunately, after West led the club king, Kitty had to lose three tricks and go down one.