

Estrie catching up

Record Staff

There are 12,000 doses of AstraZeneca available to people in the region in the coming weeks, Estrie Public Health Director Alain Poirier told reporters yesterday.

Anyone 45 years and older can make an appointment through the portal3.clicsante.ca website, or visit the Sherbrooke Exhibition Centre (centre de foires) between 5 and 8 p.m. to receive a dose.

According to Poirier, 4,239 of the 5,200 available appointments were filled between April 17-19. The rollout is proving popular and moving quickly. While the Estrie region was lagging slightly at 27.4 per cent of the population vaccinated, the region is on track to catch up with the rest of the province, now over 28 per cent.

Poirier added that the issues last week with getting test results has been fixed, so people presenting any symptoms of COVID-19 should get tested immediately. Negative results are coming back 98 per cent of the time within 24 hrs, the public health director said.

The CIUSSS de l'Estrie-CHUS has started administering a second dose of vaccine to CHSLDs in the region and should be finished by May 8. Next on the list will be private residences, Poirier said, but there was no timeline available yet.

Quebec reported 1,217 new cases of COVID-19 on Wednesday, bringing the total number of people infected since the beginning of the pandemic to 340,397. There were also six new deaths reported, bringing the total to 10,838.

Richmond students benefit from a little "community building"



COURTESY

RRHS teachers Joseph Kirby and Ralph Niggebrugge with Brent Wheeler of Herwood alongside some of the tools and lumber donated to the school

By Gordon Lambie

The wood shop students at Richmond Regional High School got a pleasant surprise earlier

this year after a project to build new benches for the town of Richmond resulted in a large donation of wood and new equipment.

"We're talking about \$5-6,000 of

wood, and about \$3,000 of tools," said Joseph Kirby, who is teaching the Industrial Arts groups working on the project. Kirby explained that the resources were given by Windsor-

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LOW -2



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CHANCE OF
FLURRIES

HIGH 10
LOW 2



SATURDAY:
SUNNY

HIGH 15
LOW 2



SUNDAY:
PERIODS OF
RAIN

HIGH 12
LOW 2



MONDAY:
MIX OF SUN
AND CLOUD

HIGH 13
LOW -1

Searching for a good hair day



LINDA KNIGHT SECCASPINA

As I look in the mirror at my hairstyle today it should be labeled as: 'I tried'. It feels like anything that happens today is going to be held together by a hair scrunchie. I have come to realize in my golden years that you can't control everything, and your hair was put on your head to remind you of that.

For as long as I remember I have watched my elders throughout the years spare no expense to keep those wisps and odd bits of hair neat and tidy. I was born with straight hair that had a will of its own and my grandmother attempted to thwart that will every chance she got. Mary Knight came from a lifetime of bad hair days. She lost a lot of her hair entrusting it to the old professional salon hair dryers of the day that overheated and did not have timers. From that day on she invested in the acrylic fibers of the Eva Gabor Wig Company and wore her wigs crooked over her thinning hair until the day she died.

Not wanting her granddaughter to suffer the same fate my hair was constantly chopped into a bob with badly cut bangs. I have a few old black and white photos of such badly cut

hair that the old Tressy dolls found in the bottom of a toy box looked better coiffed. From the hand cut bobs my hair follicles progressed to pin curls, and then to the almighty home permanent. There was no talking to my stylist, Mary Louise Deller Knight. She would adjust her wig from side to side in frustration while she wrapped an old plastic tablecloth around me.

The smell of a Toni Perm still haunts me like it was yesterday. Just seeing the little plastic squeeze bottle coming towards me still gives me nightmares. Did you know there were actually rules and instructions for those perms? My family knew their own version all by heart, as it had been handed down by word of mouth through many generations. I don't think I can ever forget the words: "Let me know when it starts burning!"

When the timer dinged and the perm was over, the towels were taken out to be boiled in hot water because they smelled. The lingering scent almost rivalled Vick's Vapor Rub— on the top ten most hated list. Half way through being almost blinded by the smell of rotten eggs and vinegar, Grammy Knight went outside to shake her wig. It seems that her Eva Gabor wig wasn't that comfy when she was stressed out. I had figured that she was probably reliving her days of bad perms while she gave me one.

The year 1961 finally nipped the perm in the bud. When the movie "The Parent Trap" came out, I went to the Lido Hair Salon in Cowansville with a picture of Hayley Mills's pixie cut and said, "Do this!" I was finally sick of feeling like Rapunzel caught in the tower with a head full of fuzz. Hear no perm, speak no perm, and

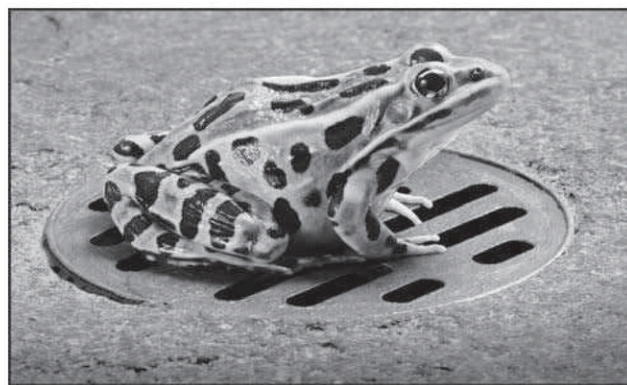
see no perm—evermore I thought to myself.

In the 60s and 70s the brush rollers neatly covered with a scarf came into vogue. In every supermarket of the era women were seen with see through scarves to protect their 'doos' from the elements and also showing off their expertise in hair styling at the same time. To be seen living in hair curlers meant the locals knew you were going to be doing something fancy soon. No mention was ever made about the ugly sleepless nights you had laying on those tiny torture devices. Beauty is pain, right? Eventually the rollers and yourself were able to come to some sort of mutual arrangement during the night, and maybe, just maybe, you were able to doze off.

Of course there were other hair fashion goals of ironing my hair and sleeping in empty Orange Juice can curlers I had made. Seeing my hair was dead straight I have no idea what I was trying to prove, but the added Noxema slathered on my face at night always just completed the look and set my enthusiasm high.

Through the years I went through hair crimpers, hot curling irons that I still have scars from and hair colours from every colour of the rainbow. Maybe the solution was just to ignore everything about your hair and realize there was always lipstick and cleavage.

So now when I wake up and have that flippy thing going on with my hair I just remember that all those princesses from Disney gave me an unrealistic expectation about my hair. So now I know that a heartfelt smile triumphs over any bad hair day and actually I now have a ton of obscene gestures for that morning mirror.



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Ben by Daniel Shelton



Local News

Looking to make sure that the students had something concrete to work on, Kirby said that he called on the students to come up with a project that would stand out in the community.

Stanstead down a councillor and a treasurer

By Matthew McCully

The Town of Stanstead's April 12 meeting opened with the resignation of Joshua Richer, councillor for Seat 5. Mayor Philippe Dutil read Richer's letter to council explaining the reason for his departure

and thanked him for his past three years of service to the municipality.

In his resignation letter Richer said that since the sale of his property in September, 2020 he has been living temporarily in another town.

While he continued to serve the Town of Stanstead and intended to

complete his four-year mandate, Richer said following certain steps taken by citizens and council members, he was in a difficult position and did not want the town to be responsible for costs associated with defending his right to retain his seat in front of the commission municipal du Quebec.

Richer's resignation will take effect at the end of the month.

During the meeting Town Manager Jean-Charles Bellemare said Chantal Charest was leaving her job as treasurer with the town to work for another municipality. A job posting to find a replacement is on the town's website.

Quebec provincial police to take part in body camera pilot project

The Canadian Press

Quebec's public security minister says provincial police will take part in a body camera pilot project.

Genevieve Guilbault told reporters today the plan will be announced

in the coming days and will involve provincial police officers stationed in four regions.

Montreal police officers were the first police force in Quebec to take part in a body camera pilot project, between May 2016 and April 2017.

The city's police force produced a

report in 2019 concluding cameras had little impact on police interventions, created logistical issues and left officers feeling like they were under surveillance.

Montreal Mayor Valerie Plante, however, has said recently she's in favour of police wearing body cameras

and that she is open to Montreal taking part in the provincial pilot project.

Guilbault says there is a lot to consider regarding police body cameras, including storing footage captured by the cameras and the costs associated with outfitting officers.

Community building

CONT'D FROM PAGE 1

based Herwood Pallets. "It's absolutely amazing. I was speechless for a while there."

To get to the story of the donation, Kirby went back to the start of the school year, when the new option class was created as a way of helping to give more opportunities to a larger incoming class at a time when some "normal" activities were limited by Covid restrictions. Although students don't usually end up in the school's shop until later on in their high school careers because of the added responsibilities and maturity needed in a shop environment, the teacher said that the first years have taken to it well.

With the cost of lumber higher than usual right now and equipment in the shops not in prime shape, however, Kirby said that there was some juggling involved early on to find ways to get the

resources needed for the groups while also respecting a limited budget.

"Just trying to have enough wood for the entire school year was a challenge," he said, noting the greatly increased cost of lumber at the moment while adding that, "The shop is a dangerous place to be, and when there's nothing to do it becomes even more dangerous, because people get idle."

Looking to make sure that the students had something concrete to work on, Kirby said that he called on the students to come up with a project that would stand out in the community.

"I'm a community guy," he said, sharing that community connection is something that has been important to him from his upbringing in Sawyerville through a decade of work in schools in Alberta.

In the end it was the school's

secondary five students who came up with the idea of building garden box benches that could be installed around the town.

"This is a project that would be relatively difficult for any students, let alone sec 1, but the creativity that has come out of it has been great," the teacher said, calling the initiative a "fantastic opportunity" to connect in-class learning to the wider community.

To help get the ball rolling on the initiative Kirby applied for an "IBelong!" Community Service Learning Project grant offered through the Community Learning Centre network in Quebec, and also reached out to Richmond's Mayor Bertrand Ménard with the help of Community Development Agent Siu-Min Jim.

"He presented his project and it looked very interesting, but when he said they had a \$2,000 grant, I thought; that won't even cover the cost of the wood," Ménard told The Record, sharing that he encouraged the class to write a letter to the council for more support, but also immediately thought of the Wheeler family and their business, Herwood, in Windsor.

"I've always had a good relationship with (Jason) and Shane," the Mayor said, explaining that he put Kirby in touch with Herwood on a Friday and the three were meeting by the following Monday.

"They came to see us with the project and it was good; something to give back to the community," recalled Jason Wheeler, Herwood CEO and an RRHS Alumnus, pointing out that that he had fond memories of wood shop at the school from his own time there, and has seen the positive impact the classes can have on students who prefer to work with their hands, both

through his own children's time at the school and in other graduates who have come to work for his company. "I'd like to continue helping to develop that program in the school. We're willing to stay onboard; it's an investment in the community."

Despite the skyrocketing cost of lumber, Kirby said that the Wheelers agreed to supply all the wood they needed to construct their 12 planned benches and more in a heartbeat. The tools, he added, were also the Wheelers' idea.

"The brothers were extremely excited about helping out their community," he said. "(Jason) said make me a wish list and we'll see what we can do."

Now into the production phase, Kirby said that the classes have committed to making 12 benches but he expects there will be more in the long run. Although a few of those are destined for the RRHS campus, the majority will end up in several locations around town, including at parks, at the bus terminal, and near the local seniors' homes.

According to Ménard, the town will take care of filling the planters, once they are installed, as a part of their commitment to the project.

"I believe this is what education is all about; trying to make a lasting difference," Kirby said, adding that thanks to a helping hand from Robert McConnell at the Lennoxville Vocational Training Centre, the benches will all be branded with the RRHS logo as a constant reminder to the students of what they put out into the world.

"It's a chance to put something real into the community," he added, "and I think it is going to do wonders."



COURTESY

The framework to one of the benches that will eventually be installed around Richmond

Golf clubs witness a surge in memberships

By Michael Boriero

With team sports still on pause in the province due to the ongoing pandemic, many Quebecers have turned to individual outdoor sports, like golf and tennis, as they seek ways to stay active, interact with friends and family, and bring a little normalcy back into their lives.

Last year, people rushed to golf courses all across the province, after the Quebec government deemed the sport meets health and safety measures. And that wave has carried over into 2021. Clubs are also noticing a significant membership increase in the younger population.

"I think the young people are doing that also; they couldn't play soccer, they couldn't play baseball, so they started golf and this year, we had 270 members last year, and we're close to 400 now," said Guy Faucher, golf director at Milby Golf Club.

According to Faucher, the club has been stuck at about 270 members for the last six or seven years. Not only did Milby experience a dramatic increase in memberships, but roughly 150 members are under 35 years old, which is special, he said.

"It's good for golf for sure," Faucher explained. "The relief we're going to have [as] people are getting older every

year, so we need some young guys to come back and play golf; they are the members of the future."

Faucher, who is in his 35th year as head pro at Milby, told The Record that the club opened to its members, and the public, on April 10. Normally, they open around April 20, he said, but the warm weather prompted them to speed up the process.

The rules are essentially identical to last year, he added. Golfers need to keep a two-metre distance, where masks indoors, or when they can't keep a safe distance outside, and everyone must wash and disinfect their hands. The only difficulty is in the club house.

"It's inside that is tough, you have to eat, go to the bar and the measures are tough for that, but for golf we're outside, so if you're over two metres it's no problem," said Faucher.

The Old Lennox Golf and Ski, meanwhile, opened its 9-hole course last weekend. Lennoxville Golf Director Bert Collins said that although the temperature isn't great right now, people are anxious to get out. The first weekend went well, he continued.

"This year, I must say, there's a lot of people coming over, they want to play, they want a membership right away," said Collins.

The club has already reached over 200 members this year, and Collins



RECORD ARCHIVES/MATTHEW MCCULLY

Lennoxville Golf Director Bert Collins

expects that number to jump to 300 by the time the golf season is in full swing. They see a lot of Bishop's University students, he said, they come after they finish their online classes.

Collins explained that everything is done through online reservations. People are discouraged from showing up without a tee time. It's easier to manage, he said, and everyone appears to be on the same; they just want to play golf.

"We're doing I'd say, like last year and the people that play golf they really respect that [...] I see some members really respect everything we're doing because they don't want to lose their privilege to play golf," Collins said.

Dufferin Heights Golf Club General Manager Eric Taylor said the official opening day for the course is April 23. However, it depends on the weather, as the Eastern Townships is going through a brief cold spell. He also reported a jump in memberships.

"I would say that last year was a bit of a funny year because in March obviously everything stopped, but if you want to compare it to two years, at the same date, we're probably looking at 20 per cent [increase] in memberships," said Taylor.

This is his sixth year working at the

club, and in that time, they have always done reasonably well in memberships. He believes the growing numbers are a direct result of the pandemic. There were a lot of new golfers last year, he added, and they want to continue this summer.

"Absolutely, that's part of the equation for sure, I think last year there were some that tried it for the first time or for the first time in a long time, you know, just getting back into it and they enjoyed it," Taylor said.

Golf Quebec Assistant Executive Manager François Roy said there was a 19 per cent increase in rounds of golf played in 2020. This takes into account people who golfed once or twice and those who went out 100 or more times.

He is confident the province will see another increase this coming season. Every year, there are 1.1 million active golfers in the province, according to Roy, whether they are experienced, picking up their clubs for the first time in years, or beginners.

"I truly believe that we will continue to see more and more new golfers on golf courses. It's an individual sport, but it's also a team sport. You can play two by two, two against two [...] so you can play your own score, but you can also play a game, a match with your friends," said Roy.



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The Border Report | *Lewis said this will have an impact on Quebecers, too. The towers are expected to reach a maximum height of 120 feet.*

Celebrating Clea



This past year has been full of considerable changes (and challenges) for most of us, and we at Phelps have been fortunate to have been able to navigate through these. The changes are not over and we have more exciting news to share - it is with both happy and sad hearts that we announce that Clea Corman will be leaving the Phelps Helps Team.

Clea joined Phelps Helps in 2012 as the second ever employee and has played an instrumental role in what Phelps has become. She has worked tirelessly across several programs and departments which spans from volunteer recruitment, fundraising, marketing and most recently as Program Coordinator for the High School Program. Clea has helped to build up each of the positions and has gone above and beyond to apply the very best of herself to each role. Her appetite for knowledge has recently driven her decision to start a Masters in Educational Psychology at the University of Victoria which

she is completing remotely.

We know that our high schoolers have created solid ties to Clea as well as her unwavering commitment and support - she will be sorely missed. As an antidote, we are happy to also announce that Elizabeth Courchesne, who currently heads our Compass Program, accepted the position as High School Coordinator. Elizabeth already works with our high schoolers and not only is she well liked and respected, but she has a deep understanding of the challenges and obstacles that our students face. She is best placed to help even more students achieve their goals.

As with all change, this is also an exciting time for Clea who will be taking on a senior role in another organization in the Eastern Townships and we know that she will excel - they are lucky to have her. The Phelps Team and board want to thank Clea for all of her hard work and dedication and wish her all the



COURTESY

best in her new adventures. We look forward to seeing her as a volunteer soon!

Phelps Aide Phelps Helps was founded in 2012 and has grown organically from a single high school tutoring program to six unique

programs, providing the Stanstead area with free educational and career support. For more information or to volunteer, please email us at info@phelpshelps.ca, visit our website www.phelpshelps.ca or call our offices at 819-704-0799.

Privacy remains a key issue in border surveillance tower project

By Michael Boriero

Vickie Lewis, a Derby Line, Vermont resident, is concerned about her privacy, and the privacy of thousands of people living along the Canada-U.S. border, as the U.S. Customs and Border Protection (CBP) pushes its plans to build high-powered surveillance towers.

"Many of us who live very close to this proposed project are worried about a number of things," said Lewis.

According to Lewis, residents believe it is an invasion of privacy. These are law-abiding citizens, she explained, they don't need the government overseeing their backyard activities. They are also worried about the emissions coming of the towers and the visual impact.

The CBP wants to install several Remote Video Surveillance Systems (RVSS) towers along the border in Vermont and New York, including in communities like Highgate Center, Franklin, Richford, North Troy, and Derby Line.

Lewis said this will have an impact on Quebecers, too. The towers are expected to reach a maximum height of 120 feet. However, there is currently a temporary tower in place close to Lewis' home that is roughly 60 feet tall. She said it's an eyesore in the rural area.

"The one that's there now just looks ridiculous, it's a funny looking thing, but the one that they're proposing is going to be much taller than this temporary one," said Lewis.

The tower's location in Derby Line

will make it easy to look across the border, she added. Stanstead is just a two-minute drive from the small U.S. town. Lewis said this project should concern Quebecers, but she isn't sure if they know about it yet.

Lewis said that pre-pandemic, she would attend Stanstead town council meetings with her husband. But with the border closure, she has been disconnected. While the CBP stated the towers will be used to keep an eye on remote areas, she remains skeptical of the project.

"I know that I've reached out to all of my state senators and representatives about this, sadly it doesn't look like our town is going to take opposition to it," Lewis said, adding that the best way to tackle the issue is to run public consultations.

The CBP has previously mentioned that the towers would help them better manage their resources and personnel. The Record reached out to Stanstead Mayor Philippe Dutil about the surveillance project, but he is not giving comments at this time.

Stanstead Communication Coordinator Rachel Burnham said, "any concerns should be addressed to our Compton-Stanstead deputy, the Honourable Marie-Claude Bibeau." The town is not involved in discussions regarding the towers.

"The proposed surveillance plan is an international political issue, and though we understand the concerns of citizens on both sides of the border, the Town of Stanstead has no jurisdiction in the matter," said Burnham.

EDITORIAL

If you think back on it, today's generation of Canadians is the most immunized that has ever existed. In my own case, I entered the 1950s on the wave of the polio vaccine.

Quebec gets the vaccine roll-out right



TIM BELFORD

I got my first shot of COVID vaccine last week and I am pleased to say things went amazingly well.

I use the word 'amazingly' since, given the government's track record, I wasn't expecting to have things go so smoothly. After all, this is the same administration that has spent the last year and a half reacting to the health crisis by taking two steps forward and three steps back in some sort of awkward pandemic version of line dancing.

To be honest, I'm not overly fond of needles. Like everyone in today's world I have had my share of 'shots' but it doesn't make taking another one any easier. At the same time, I am willing to accept the necessity of the occasional prick for the good of my and the general public's health.

If you think back on it, today's generation of Canadians is the most immunized that has ever existed. In my own case, I entered the 1950s on the wave of the polio vaccine. I got shots for measles, mumps, chicken pox and diphtheria. I've had flu shots every year as a new variant of that seasonal curse raises its head and this year the nurse threw in an anti-pneumonia shot just for fun. I've taken tetanus shots, typhoid shots and shots for Hepatitis B. I think I even got one for dengue fever when I ventured to the Caribbean.

This latest shot was administered

by a soft-spoken, gentle nurse who assured me it would hurt a bit and then told me to take a deep breath. By the time I let the air out it was all over. Yes, there was some residual soreness in my shoulder for the next couple of days and I did feel a little more tired than usual but that was it.

This hasn't always been the case with those who have administered the various vaccines and pain killers I have taken over the years. On one memorable occasion the nurse in question took three stabs at my shoulder before she managed to get it right. The worst experience I had was at the age of nineteen when I managed to rupture my left kidney throwing an errant block in a high school football game.

I spent fourteen days in hospital, the first three completely sedated because of the rather intense pain. After that, I received a pain killer every twelve hours. Most of the injections - into my posterior I may add - were expertly given. The one exception was an older nurse who had either never learned the proper procedure or who didn't care. Normally, I was asked to roll onto my side and the needle was inserted. With the older nurse it seemed, and I can offer no 'proof' here, that the command to "roll over" came as she passed the door to my room and the needle hurled, javelin style into my bare buttock.

Thankfully the COVID-19 vaccine, whether you get Pfizer, Moderna, AstraZeneca or any of the others, doesn't seem to take any extraordinary athletic ability to administer.

Everyone working at the main distribution point at Sherbrooke's exhibition building from parking attendants to greeters, from registration personnel to nurses, down to the cleaning staff, were kind, helpful and friendly.

So don't be what Gazette columnist Josh Freed calls a "Covidiot." Take one for the team and get your shot.



Letters

DEAR EDITOR,

This is my sister's story about Prince Philip, the Duke of Edinburgh. My sister, Frances Wright Hayter, is married to a career army officer, now retired. They live in Barrie, Ontario, and on Lake Muskoka. When her husband was in charge of the Royal Canadian Regiment in London, Ontario, Prince Philip was due to come to stay with them in the old grey brick house; to present new colours to the regiment, then to be accompanied by them and his party to Niagara for some other presentation. Since I was married to an Englishman who had emigrated to Montreal in 1948, my sister phoned me: should she dress up for breakfast, buy kippered herrings (which are actually delicious), and special English jam? She had many worries. Well, my husband had made great strides in becoming Canadianized. He wanted to fit in, flattened his vowels, and learned to drink coffee - although he always had his pot of strong tea when we visited my mother-in-law in England (still rationed following WWII). There were always eggs or fish, oatmeal, bread, butter (still sold by the quarter-pound), jam - a sort of buffet, help yourself, for breakfast. Anyway, there was not much with which I could help her.

He arrived with only two others, a driver and a personal assistant to help with dressing and buffing shoes and buttons - even at that he was heard muttering, "I can bloody well drive myself."

At breakfast he arrived in the kitchen in slippers and dressing gown like one of the family, had a bit of everything, and asked Fran's husband what time he had to be at the ceremony, his plan being to do a bit of sightseeing - perhaps get to see either Lake Huron or Lake Erie. All went well, however, the next day there was a vicious storm and was it wise to fly by helicopter to Niagara? So, it was decided that Fran and John Hayter would fly first and call back if all was well at the venue. They touched down safely, and the welcoming committee, thinking it was the prince, snapped to attention. The band played - no one had thought to notify them of the precautions. So John stepped out, saluted, followed by Fran, who did her best royal wave, and they found no one to whom to explain the whole thing. They reviewed the Guard of Honour. John Hayter is tall, blond, and blue-eyed - he would have been a fine stand-in for Prince Philip.

On another visit to Canada, the prince contacted John - he was eager to see the Muskoka Lakes area of Canada - could John arrange something? Both my brother and sister had summer houses on Lake Muskoka, and it is to my eyes, the most beautiful part of Canada. I have not been to the east coast, however.

So the prince arrived at my sister's house on Lake Muskoka. Being a naval man, he liked the idea of going through the locks at Port Carling, into Lake Joseph, also somehow he'd heard that my sister had seen a brown bear in the woods, so he had to see the exact spot. Finally, a nice drink out on the lake at sunset, which I've done many times. Beautiful. And he left. He was a very good husband for our queen, he had a long life. She will be lost without him. I'm sure her children will rally 'round.

LOUISE WRIGHT EMANUEL
BROME LAKE (KNOWLTON)

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
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Local Sports

Stanstead College builds new Hockey Performance Centre and second girls' team

Work will begin soon on a new state-of-the-art hockey training facility on the Stanstead College campus. In addition, starting this fall, the hockey program will have a second girls' team that will compete at the U16 level.

The Hockey Performance Centre is to be located in what is currently the vehicle garage between the Amaron and W. John Mackay Gymnasiums.

This 60-by-30-foot space will have skateable artificial ice, regulation boards and plexiglass, radar gun and readout sign, stick-handling machine, two shooting tarps, resistance machine and a skate-changing area. Construction on this new facility will begin in the coming weeks. The new centre, requiring an investment of around \$75,000, was made possible through the generosity of a number of former players going back as far as 1954.

"The facility will serve as a hub for athletes to train year-round on their individual skills, and especially shooting pucks," said Director of Hockey Operations James Rioux. "With the school adding an additional girls' team, this facility will also allow us to offer additional training time for our student-athletes."

While the centre is primarily for the college's hockey teams, attendees at summer hockey camps on the campus will likely have the opportunity to use the facility as well.



Stanstead College Hockey Performance Centre

To make room for the performance centre, school vehicles as well as the maintenance department will move to the old Stanstead College Arena on Riverside Street.

The Stanstead College hockey program currently runs two elite-level varsity teams for boys and girls plus a highly competitive and successful U16 prep boys team and a thirds team. The additional U16 girls' team will allow the school to meet the growing demand for girls' hockey within the scope of the prep school educational experience.

"We've always had a high demand for girls' hockey at the school and this area of Quebec," Rioux said. "By adding a second team, we are providing the girls with more opportunities to reach their hockey potential while acquiring an excellent Stanstead College education."

Submitted by
Stanstead College



PHOTOS COURTESY

Hockey Performance Centre mockup



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Quebec.ca/COVIDvaccine

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The vaccine. A safe way to protect ourselves.



Datebook

THURSDAY, APRIL 22, 2021

Today is the 112th day of 2021 and the 34th day of spring.

TODAY'S HISTORY: In 1889, the Oklahoma Land Rush began as thousands of settlers were allowed into the state to claim land at high noon.

In 1954, live television broadcasting of the U.S. Senate's Army-McCarthy hearings began.

In 1970, an estimated 20 million Americans participated in nationwide demonstrations marking the first Earth Day.

In 2000, federal agents seized 6-year-old Elian Gonzalez from his relatives' house in Miami to return him to his father in Cuba.

TODAY'S BIRTHDAYS: Henry Fielding (1707-1754), author/playwright; Immanuel Kant (1724-1804), philosopher; Vladimir Lenin (1870-1924), Soviet leader; J. Robert Oppenheimer (1904-1967), physicist; Bettie Page (1923-2008), model/actress; Aaron Spelling (1923-2006), screenwriter/producer; Glen Campbell (1936-2017), singer-songwriter; Jack Nicholson (1937-), actor; John Waters (1946-), filmmaker; Peter Frampton

(1950-), singer-songwriter; Jeffrey Dean Morgan (1966-), actor; Amber Heard (1986-), actress; Marshawn Lynch (1986-), football player; Machine Gun Kelly (1990-), rapper.

TODAY'S FACT: The Senate's Army-McCarthy hearings were the first nationally televised congressional inquiry.

TODAY'S SPORTS: In 2004, former professional football player Pat Tillman was killed by friendly fire while serving as an Army Ranger in Afghanistan.

TODAY'S QUOTE: "Seek not the favor of the multitude; it is seldom got by honest and lawful means. But seek the testimony of few; and number not voices, but weigh them." – Immanuel Kant

TODAY'S NUMBER: 9.4 – percentage of Oklahoma's population that is Native American, according to the U.S. Census Bureau.

TODAY'S MOON: Between first quarter moon (April 20) and full moon (April 26).

Huntington's disease is progressive, inherited



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

Dear Doctor: My husband was recently diagnosed with Huntington's chorea. Is this the same thing as Huntington's disease? We would like to know what we can expect in the future with this condition. Are there any new treatments yet? What does this mean for our children?

Dear Reader: Yes, Huntington's chorea and Huntington's disease refer to the same condition. It's a neurological disease in which ongoing damage to nerve cells in the brain leads to the steady deterioration of the individual's motor skills, speech and memory. The changes that occur in the brain can also affect emotions, judgment and cognition.

Huntington's disease is an inherited condition. It's caused by a faulty gene that produces an abnormally long segment of a protein that is essential

to brain function. These elongated segments get cut into smaller fragments that cluster together and accumulate on nerve cells in certain regions of the brain. This leads to a gradual and ongoing disruption of brain function.

Huntington's is a progressive disease. Once the symptoms appear, they continue and worsen over time. In most cases, they become noticeable between the ages of 30 and 50 and typically begin gradually. Although their onset and progression can vary from person to person, they fall into three basic categories. Changes to movement can include increasing clumsiness; difficulty with posture, balance and gait, involuntary muscle spasms that result in jerky movement, abnormally slow eye movement, and difficulty with speaking or swallowing. Cognitive changes can include difficulty concentrating, increasing forgetfulness, memory lapses, and difficulty with logic and reasoning. The disease can also take a toll on an individual's emotions and their personality. Some patients find that they begin to experience sudden mood swings, irritability or anger, frustration, anxiety and depression.

As the symptoms manifest and become more severe, the person eventually becomes unable to work or to manage the tasks of daily life. Someone with advanced disease will require full-time care. Because of the loss of motor function, people with advanced Huntington's disease become susceptible to pneumonia, which is one

of the primary causes of death in these patients.

Unfortunately, at this time there is no cure or treatment for the disease. Instead, a range of medications are used to manage the physical and emotional symptoms, as well as therapies to help the patient deal with them.

The children of someone who develops Huntington's disease have a 50% chance of having inherited the mutated gene, and thus developing the condition. People with a history of the disease in their family can choose to meet with a genetic counselor to discuss whether they want to be tested for the presence of the mutation that causes the disease. It's a difficult and deeply personal decision. Some children of Huntington's patients choose not to know. Others, who plan to have families or want time to prepare should they test positive, decide to move forward.

For more information about all aspects of the disease, as well as support and advocacy, visit the Huntington Disease Society of America, at hdsa.org. It's a very good resource for patients and their families.

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.)

Do Just One Thing



By Danny Seo

Leaving your home for several weeks or even months means you should take steps to reduce waste while you're away. This is a good time to unplug energy hogs like refrigerators and freezers; just be sure they are empty and leave the doors open so they dry out completely. Turn off the main water supply; it may not save you money, but it'll give you peace of mind that there won't be a plumbing break. Turn off the electric water heater at the main breaker switch; there's no point in keeping water hot for weeks at a time if it's not being used. And switch off modems, cable boxes and small kitchen appliances by unplugging them.

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

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

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

DEADLINES FOR DEATH NOTICES:

For Monday's paper, email production@sherbrokerekord.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@sherbrokerekord.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.

Husband is COVID-shaming

Dear Annie

THURSDAY, APRIL 22, 2021

Dear Annie: I have friends and family who have traveled for vacations during the COVID-19 pandemic. My husband and I have taken trips during the pandemic, too, but only road trips, and we stay at Airbnb rentals (by ourselves). Some of my relatives, meanwhile, went to Hawaii, justifying it as helping Hawaii's economy. Some have flown upwards of five times during the pandemic. Many even traveled during the holidays and got together with people outside their household for multiple days.

These friends and relatives are not anti-maskers. They proudly tout all the extra safety precautions they take when traveling, and they get tested beforehand. But my husband is sickened by their behavior, and he's begun opting out of our weekly family Zoom calls. He says he's lost all respect for them.

He's saddened by this situation and isn't enjoying himself. He feels very alone in his quest to do the right thing, surrounded by those who prioritize themselves over the safety of greater society.

I'm disappointed in their actions, too – but not enough to cut them out of my life.

When we've pressed these relatives about why they feel the need to travel and take unnecessary risks, they say that our vacations have been just as risky; flying is safe (this is a big one); it's their prerogative; and they're not endangering anyone. They feel as though my husband is harshly judging and shaming them. And to be honest, he is.

I'm trying to support all parties involved. I'll never force my husband to be friends with people whom he doesn't respect – but at the same time, I'm grieving the loss of the unity between everyone. Thankfully, we live far away from these friends and relatives, and they're not really part of our regular daily lives. But the family members are people I like to see two or three times a year – and I'd like to visit them with a happy husband! Do I have to give up that fantasy? – Dealing with the Fallout

Dear Dealing: Remind your husband that there are folks who have been even more careful than you have, people who have barely set foot outside their yard, let alone left their town. They might consider your road trips reckless. My point is COVID-shame not, lest ye be COVID-shamed.

Still, it's not surprising that many of us have been so quick to judge during a year that has been so turbulent. Judging others gives us a sense of control. Hopefully, as the pandemic recedes and life eventually returns to normal, your husband will let go of these resentments. In the meantime, continue to talk with these friends and family as you normally would, paying no mind to his crankiness.

Dear Annie: Your column caught my eye when you printed a prayer for Lent about fasting from negative emotions. While reading, I even got a sheet of paper and divided it in two columns: one with the negative behaviors (to fast from) and the other with the corresponding positive behavior. As I looked at the poem and wrote down the points, I thought it would be a good start for new year's resolutions (and can be used by everyone): "Say kind words; be thankful or filled with gratitude; be patient; be filled with hope," etc.

This past year has really been one of testing and has been hard on many people to have a positive attitude. I thank the Lord for watching over us. – Bonnie

Dear Bonnie: Happy to hear you liked the poem, and I appreciate your letter as a reminder to stop and count my blessings. The days I feel the least like making a gratitude list are the days I need it the most.

"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.

2021 Mazda CX-30



Less teeny than the CX-3, this crossover is nonetheless a subcompact, so don't expect miracles in terms of space

Photo: D.Boshouwers



By Derek Boshouwers

With the Mazda CX-30, still the latest newcomer to the Japanese automaker's lineup until the just-introduced MX-30 arrives at Canadian dealers this fall, Mazda squeezed out a space in its lineup for an in-between small crossover between the mouse-like CX-3 and the CX-5 compact SUV.

There's no question the CX-30 bears clear resemblance to both its smaller and larger siblings, but the designers also managed to give it a fairly distinct appearance. So what we have is in essence a subcompact crossover that delivers more practicality than the CX-3, but not quite the family-friendly roominess of the 5. Is it the porridge that's just right? Well, for some urban dwellers with small or no families other than maybe a dog to transport around, I'd say yes, because it's practical to manoeuvre around the city and its fairly fuel-economical, certainly more than the CX-5.

Like its brethren, the 2021 CX-30 is stylish and eye-pleasing, another testament to the wisdom of the automaker's Kodo design philosophy. There's some of the Mazda3 in its lines and proportions, and in fact the two models, which share the same platform, are pretty close when it comes time to measuring things horizontally. But still, this is no way a hastily remodeled car.

The interior is up to what you'd expect from a Mazda, and from a brand-new model. Not having a premium brand of its own like most of its competitors, the "little" Japanese carmaker has successfully positioned itself a cut above the mass-market crowd, particularly as you climb the trim ladders. So the cabin of the GT variant I test-drove is a fine-feeling place, with quality of construction evident and pleasingly high-end materials. You get leather trim and optional leather seating, and a classy dashboard that spans the width of the interior.

Now, this remains a not-luxury model, of course – unlike with the CX-5, there's no Signature trim here – so don't expect everything on a platter. Standard stuff from the GX base model (\$24,550 with FWD, \$26,550 with AWD) on includes heated front seats, Apple CarPlay and Android Auto, keyless entry with push-button start and alloy wheels. With the GS (\$27,350 with FWD, \$28,850 with AWD), Mazda throws in a heated steering wheel, dual-zone automatic climate control, and additional air vents on the back of the centre console.

Get the GT (\$33,850 with AWD) and you get a power-adjustable driver's seat and a power tailgate, but not ventilated front seats or heated back seats. The GT also comes with a 12-speaker premium audio and full leather seating.

Safety-wise, the CX-30 isn't bereft of systems, though the base model doesn't include everything you might hope for if you consider that safety tech is not an area to skimp in. You have to move from the base model to the GS to get automatic emergency braking with pedestrian detection in the front, lane-keep assist, and adaptive cruise control that works in stop-and-go traffic. Then the GT trim adds reverse automatic braking, though not with pedestrian detection, traffic sign recognition and a head-up display.

In terms of overall space, if you're coming from a CX-3 you'll find this definitely provides more elbow, leg and headroom, but the difference is not actually that dramatic, and frankly you're still a long way from a roomy cabin of the CX-5. The CX-30 does not sit halfway between the two other Mazdas in this respect – it's closer to the littler CX-3, no question. And as usual, that's felt most acutely in back, where the seats are usable but a bit cramped if you're at all tall and/or large.

Behind those seats, you get 572 litres of cargo space, or 1,280 litres after folding down the second row. Those aren't category-slaying figures. No miracles here, especially given that the cargo space itself is kind of narrow – not what you'd hope for from a utility model. As we've seen so often, there's a price for having a sleek and not-boxy exterior, and usually it's paid here.

Under the hood
The CX-30 starts off with a 2.0L engine developing 155 hp and 150 lb-ft of torque; it's switched out for a 2.5L unit for the GS and GT trims that brings a

more-interesting 186 hp and an equal amount of maximum torque. Beyond that there's the new Turbo edition, which goes much further in delivering 250 hp and 320 lb-ft of torque. Our GT had the i-Active all-wheel-drive system, and as good Canadians we much appreciated it for its competence and reliability. The transmission for either engine is a competent 6-speed automatic, which can be made to behave more dynamically with the drive modes, specifically Sport.

Note that there's no Eco among those modes, which some will find a shame given that the fuel economy you get from the CX-30 is generally decent but not spectacular. Officially, the combined rating for the smaller engine powertrain is 8.6L/100 km, and 8.9L/100 km with the bigger engine; my average for the week, with the GT version with the latter engine but with the cylinder deactivation system in place, was... 8.6L/100 km, so right on the official nose. That's about average for the subcompact crossover category. My only whine here has to do with the fact that Mazda has made much of developing fuel-efficient combustion-engine powertrains in recent years in lieu of seriously pushing towards greater electrification. If so, the results as seen with the CX-30 make it hardly seem worth all the trouble; and in fact, Mazda seems to be accepting reality – it has just presented for the Canadian market the upcoming MX-30, its first all-electric vehicle.

In any event, questions of space and fuel economy aside, the fact is this little CX-30 delivers the kind of positive driving experience you've come to expect from a Mazda. It's peppy in acceleration, great in corners with good road grip and tight steering, and you feel more connected to the road than in many of its rivals. It's not quite as lively as the Mazda3, but then it does deliver more interior space (especially vertically) and better visibility on the sides and back than that sedan/hatchback model.

The suspension feels a little stiff at times and you'll feel the bumps more than you would in the 3, likely as a result of the more-vertical stance, but it's nothing dramatic. Some folks like that kind of stiff feel when on the road. Just don't expect velvety smoothness. And you'll enjoy the quick response you get to throttle and brake inputs.

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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.

“ VZ RSLKS VBS EZARH XSVVSA VBLP
OZY GZYPH NV, TZFSVNFST OZY BLKS
VZ CNDJ YC ZVBSA CSZCRS'T VALTB.”
— XNRR POS

Previous Solution: “Responsibility without power, the fate of the secretary through the ages.” — Ariel Dorfman

TODAY'S CLUE: F equals G

REALITY CHECK

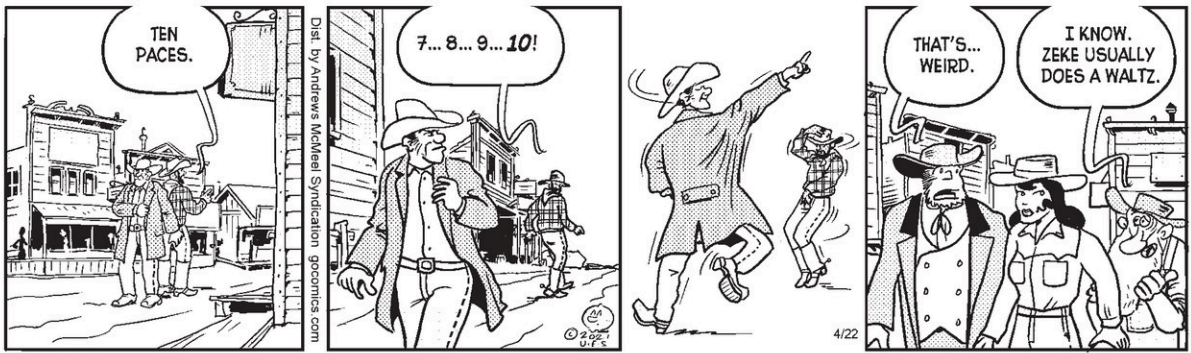


HERMAN



“Nice job, Percy. See you next time.”

ALLEY OOP



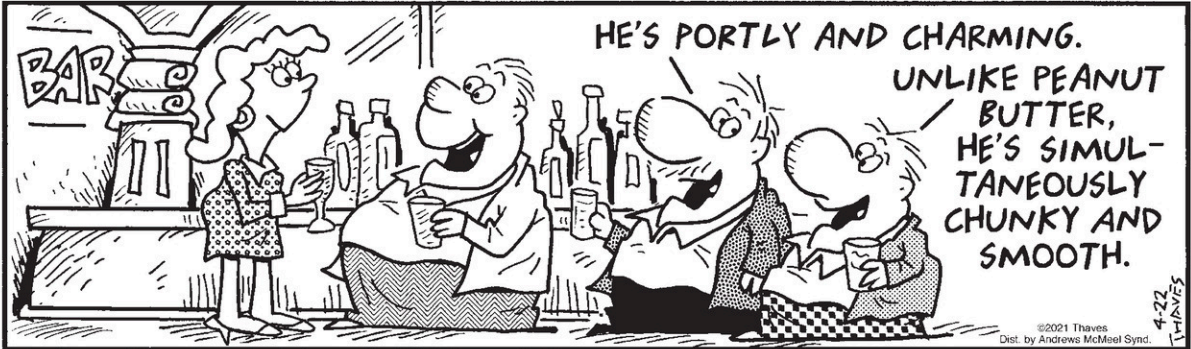
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Spring cleaning: tips for safe use of household chemical products

(NC) As the days get noticeably longer and milder, we emerge from winter hibernation and giving our home a good spring cleaning suddenly appears on the to-do list.

Household cleaning chemicals can have an important role in keeping kitchens and bathrooms clean. However, if they're not used safely, they can find their way beyond the kitchen or bathroom walls, posing a risk to your health and those around you.

By following these tips, you can keep you and your family safe when you tackle household chores.

Carefully read the product label.

Is there a hazard symbol on the label? If there is, be sure you understand what it means and carefully follow the warnings.

Use chemicals carefully.

All that fine print under "directions for use" in household chemical products is there for a good reason. It explains how to use the product safely.

Let the fresh air in.

Ensure proper ventilation by opening windows or doors and running exhaust fans during and after cleaning.

Don't mix chemical products.

Never mix household chemical products together. Some mixtures can produce harmful gases. Bleach products should never be mixed with other cleaning products.

Store household chemicals safely.

Keep all household chemical products in their original containers, safely stored where children cannot see or reach them. Try not to store products that may release harmful fumes or catch fire



inside your home. These items include solvents, gasoline, fuels or varnishes. Store them according to the instructions on the product's label in a separate building if you can, or in an area that is well vented to the outside.

Dispose products properly.

Check your city or town's guidelines for instructions on how to dispose of hazardous household waste. As well, check the label for disposal directions. Don't pour unused chemical products down the drain or burn or bury them.

Find more information on keeping a healthy home at canada.ca/healthy-home.



TOWNSHIPS

If you want to drink, that's your business. If you want to stop, we can help. Call Alcoholics Anonymous 1-888-424-2975, www.aa.org

RICHMOND

The Richmond County Historical Society will be holding its annual general meeting on May 16 2021 from 2 p.m. to 3:30 p.m. via Zoom. All are welcome to attend. You must, however, register for this event by e-mailing president@rchshcr.ca before the end of day on May 1. The Agenda and relevant documents will be circulated to registrants. Looking forward to seeing you there!

SUDOKU

DIFFICULTY RATING: ★★☆☆☆

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

4/22

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PREVIOUS SOLUTION

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

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

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NEA Crossword Puzzle

Your Birthday

THURSDAY, APRIL 22, 2021

that direction. Pick up a license, degree or whatever qualifications you require to improve your chance to advance in an area that excites you.

SCORPIO (Oct. 24-Nov. 22) - Listen to your intuition. You have plenty to gain if you are productive. Put the past behind you, and concentrate on the people, places and pastimes that make your life better. Romance is featured.

SAGITTARIUS (Nov. 23-Dec. 21) - Put your energy where it will bring the highest returns. Refuse to let anyone play with your emotions or push you in the wrong direction. Expand your interests and do something that makes you happy.

CAPRICORN (Dec. 22-Jan. 19) - Take care of your responsibilities. Make changes at home that will add to your entertainment and make your life easier. Spending time with a loved one will lead to wise decisions.

AQUARIUS (Jan. 20-Feb. 19) - Think about what you are doing, how you handle your money and the changes you can make to improve your current situation. Put your energy where it counts, and strive to do your best.

PISCES (Feb. 20-March 20) - An opportunity to change the way you work or how you earn your living looks promising. Learn to use your skills in new and exciting ways, and you'll end up with extra cash.

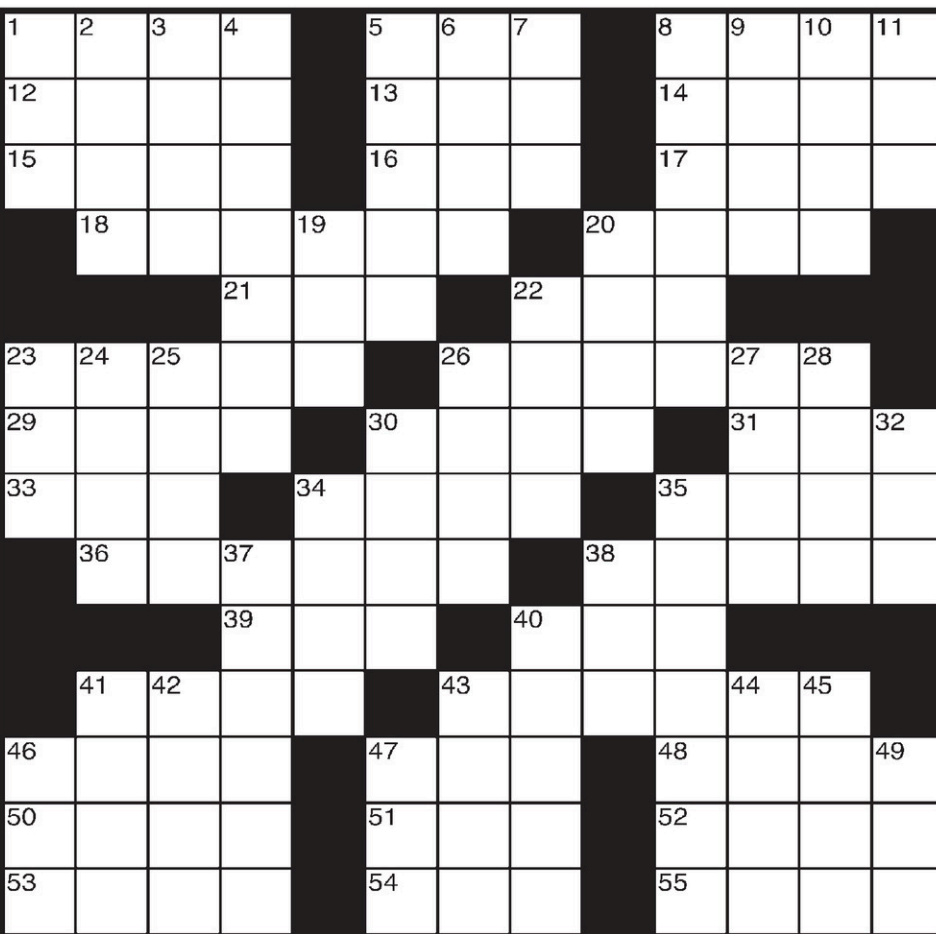
ARIES (March 21-April 19) - Settle into something you enjoy doing, and an unexpected opportunity will come your way. Fix up your space to accommodate a new project. Don't wait for someone else to make the first move.

Answer to Previous Puzzle



- ACROSS**
- 1 Study hard
 - 5 Easy toss
 - 8 Child's ride
 - 12 BMW rival
 - 13 Ben & Jerry rival
 - 14 Type of arch
 - 15 Not bogus
 - 16 Lime cooler
 - 17 Outing
 - 18 Finger-paints
 - 20 Good, in Guatemala
 - 21 Miller or Blyth
 - 22 - Paulo
 - 23 Poem of lament
 - 26 Draw back
 - 29 Directed
 - 30 Go down the tubes
 - 31 Chinese dynasty
 - 33 Dumpster
 - 34 Shock
 - 35 Link
 - 36 Type of tire
 - 38 Check endorser
- DOWN**
- 1 Coupe
 - 2 Wishes one hadn't
 - 3 Actor Sandler
 - 4 Distance
 - 5 Ascertain
 - 6 Betting factor
- 39 Omitting none**
- 40 Vitality**
- 41 Parks or Lahr**
- 43 Came across as**
- 46 People**
- 47 Bagel partner**
- 48 Historical periods**
- 50 McClurg of sitcoms**
- 51 Great Lakes cargo**
- 52 Observance**
- 53 High-fiber food**
- 54 Actor - Danson**
- 55 Bias**

- 7 "So long!"
- 8 Liquid dose
- 9 Hideous monster
- 10 Herr's refusal
- 11 Slangy affirmative
- 19 Whichever
- 20 Use a parachute
- 22 Narrow cut
- 23 Wane
- 24 Cougar's home
- 25 - St. Vincent Millay
- 26 Take a spill
- 27 Bok -
- 28 Cod kin
- 30 Mare's offspring
- 32 Born as
- 34 Dump, so to speak
- 35 Complains
- 37 Obscure
- 38 Dessert cart item
- 40 Distressed
- 41 Presage
- 42 Director - Kazan
- 43 Achy
- 44 Estrada or Satie
- 45 Sticky fruit
- 46 Winter mo.
- 47 House site
- 49 Fix a seam



Follow through with your plans. A productive strategy will push you into unusual territory. Strive to be and do your best. Don't settle for less when discipline and hard work can lead to so much more. A partnership will lead to new opportunities and personal growth.

TAURUS (April 20-May 20) - Stubbornness will lead to uncertainty. Size up whatever situation you face, and make a decision. Spending too much time on something you cannot change will end up holding you back.

GEMINI (May 21-June 20) - Expand your options, be open to suggestions and make positive changes at home. Abide by the rules and take bureaucratic matters seriously. Moderation and accuracy are essential.

CANCER (June 21-July 22) - Coordinate with people who bring out the best in you. What you learn and accomplish will encourage you to form a healthy relationship and a positive and prosperous plan.

LEO (July 23-Aug. 22) - Proceed with caution. Limit what you share with others. Be a good listener, and it will give you the competitive edge you need to get ahead. Distance yourself from indecisive people.

VIRGO (Aug. 23-Sept. 22) - Stand your ground and make things happen. Use your knowledge, experience and know-how to reach your goal. Refuse to let anyone take charge or hold you back. Romance is in the stars.

LIBRA (Sept. 23-Oct. 23) - Consider what you enjoy doing most, and head in

THURSDAY, APRIL 22, 2021

You spell tomato, I spell tomato!

By Phillip Alder

My editor and I have had some discussions about changing English spellings to American when the original was penned by an Englishman - or, in this case, an Irishman. Recently, the Associated Press Stylebook has permitted greater flexibility, but I spotted an editor-endplaying quotation from Oscar Wilde: "It is clear that humour is far more superior than humor." (Curses! - ed.)

Two Englishman are rehearsing "You say tomato, I say tomato." They pause, and one asks, "What's funny about that?"

This deal features seriously good play by Tony Priday, who was one of England's best-ever players.

East's opening showed a weak two-bid in either major. South's double promised a good hand, and North's three-spade cue-bid indicated a maximum pass.

Against four hearts, West led the spade jack. South looked destined to lose two tricks in each major, but ... he carefully covered with dummy's spade queen. Otherwise, three rounds of spades, with West pitching a minor-suit card, would have defeated the contract. East won with the spade king, cashed the spade ace and shifted to a club to declarer's ace.

Priday cashed the club king, then led

North		04-22-21	
♠	Q 6	♥	A K 5 4
♦	Q 10 9	♣	9 5 4 2
West		East	
♠	J 10	♠	A K 7 5 4 3
♥	Q 9 8 7 3	♥	-
♦	7 4 2	♦	8 6 5
♣	J 10 6	♣	Q 8 7 3
South			
♠	9 8 2	♥	J 10 6 2
♦	A K J 3	♣	A K
Dealer: North			
Vulnerable: Both			
South	West	North	East
		Pass	2♦
Dbl.	Pass	Pass	2♠
Pass	Pass	3♠	Pass
4♥	Pass	Pass	Pass
Opening lead: ♠ J			

the heart jack: queen, king, spade three. Declarer took three diamond tricks ending in the dummy and ruffed a club in hand.

It was trick 10. Dummy had the A-5-4 of hearts and club nine, West held the 9-8-7-3 of hearts, and South retained the 10-6 of hearts, spade nine and diamond jack. Declarer led his spade, West ruffed with the heart seven, and dummy's club was discarded. West couldn't take another trick.