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WEDNESDAY, JULY 21, 2021

Bill C-208 passes, but amendments are coming

By Matthew McCully

While Bill C-208, an act to lessen the tax burden on intergenerational transfers of small businesses, farms and fishing corporations recently passed into law, the federal government was quick to point out that amendments are on the way.

A press release from the Finance Department was published on Monday explaining the government's intentions moving forward, citing a commitment to facilitate genuine intergenerational share transfers while protecting the integrity of the tax system.

"The government is clarifying that it does intend to bring forward amendments to the Income Tax Act that honour the spirit of Bill C-208 while safeguarding against any unintended tax avoidance loopholes that may have been created," the press release reads.

Simply put, until recently, it was more beneficial taxwise for a farmer to sell their business to a stranger than to a member of their family.

C-208, introduced as a private member's bill by Manitoba Conservative MP Larry Maguire, was designed to

CONT'D ON PAGE 3

It's ice cream season



SHANNA BERNIER

With summer well underway, it's the prime time for treats at the region's many ice cream parlours and snack shacks. For Beatrice and Meredith that meant a trip out to the Coaticook Dairy on Tuesday to enjoy a cool and colourful afternoon snack.

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Weather



TODAY:
CHANCE OF SHOWERS

HIGH 20
LOW 9



THURSDAY:
MIX OF SUN AND CLOUD

HIGH 23
LOW 11



FRIDAY:
CHANCE OF SHOWERS

HIGH 23
LOW 10



SATURDAY:
CLOUDY

HIGH 24
LOW 14



SUNDAY:
CHANCE OF SHOWERS

HIGH 22
LOW 14

HAND IN HAND

National Drowning Prevention Week



The Lifesaving Society is a non-profit organization whose mission is to promote safe interactions with water to prevent drowning and other injuries. Our core values are security, professionalism, efficacy, accessibility, and engagement.

The Lifesaving Society designates the third full week in July as National Drowning Prevention Week (NDPW) to focus community and media attention on the drowning problem and drowning prevention. That makes July 18 to the 24 Quebec's 28th annual drowning prevention week.

NDPW provides a focus around which community educators can share information, run public demonstrations, deliver public training events, and otherwise promote drowning prevention messages and events.

This year the Lifesaving Society is emphasizing seven key themes over the course of the week based on the major risk factors as identified in drowning reports from the past several years. The overall theme of the week is "Drowning is preventable."

1. Prevent Drowning: Over 400 Canadians die in preventable water-related incidents annually. Even one drowning is one too many.
2. Supervise Children: Always directly supervise children

around the water - if you are not within arms' reach, you've gone too far.

3. Boating Safety: Choose it. Use it. Always wear a lifejacket when in a boat.
4. Learn to Swim to Survive: In most drownings, the victim never intended to go in the water and was often close to safety - could you survive a sudden and unexpected fall into the water?
5. Stay Sober In, On, and Around the Water: Alcohol consumption is a factor in many water related fatalities. Both alcohol and cannabis use impair balance, judgment, and reflexes. Stay sober when in, on or around the water.
6. Open Water Safety: Make smart choices before going in, on or around the water.
7. Be Water Smart All Year: You can save a life, yours, and someone else's. Take a learn to-swim, lifesaving or first aid class today.

Canadians drown while involved in a wide variety of activities in many types of aquatic settings that range from rivers to backyard pools. Public education is delivered through the Society's swim programs, National Drowning Prevention Week and various community action initiatives. The overall goal is to increase awareness of the risks associated with activities in, on and around water and ice; and modify at-risk behaviours to eliminate drowning and water-related injury.

In the year 2020, the province of Quebec reported 95 drownings in total, 36 more than the year before. The significant increase is speculated to be as a result of a greater number of

people spending time out on the water in variably supervised environments.

Based on statistics from the Office of the Chief Coroner for Quebec, 81 per cent of those who drowned in Quebec between 2013 and 2017 were male, and 73 per cent of drownings occurred between May and September. In terms of major risk factors, a lack of life jacket played a role in 60 per cent or more of drownings across age groups, while 85 percent of those 65 and older who drowned were out on the water alone. In the case of children under five, 85 per cent of drownings were linked to distracted or absent supervisors.

As of July 1, 2021, the province had already recorded 39 drownings

The society is also highlighting the recent changes to swimming pool safety norms in the province. To test your knowledge of the rules surrounding backyard pool safety, visit: <https://www.perfectswimming.com/en/home>



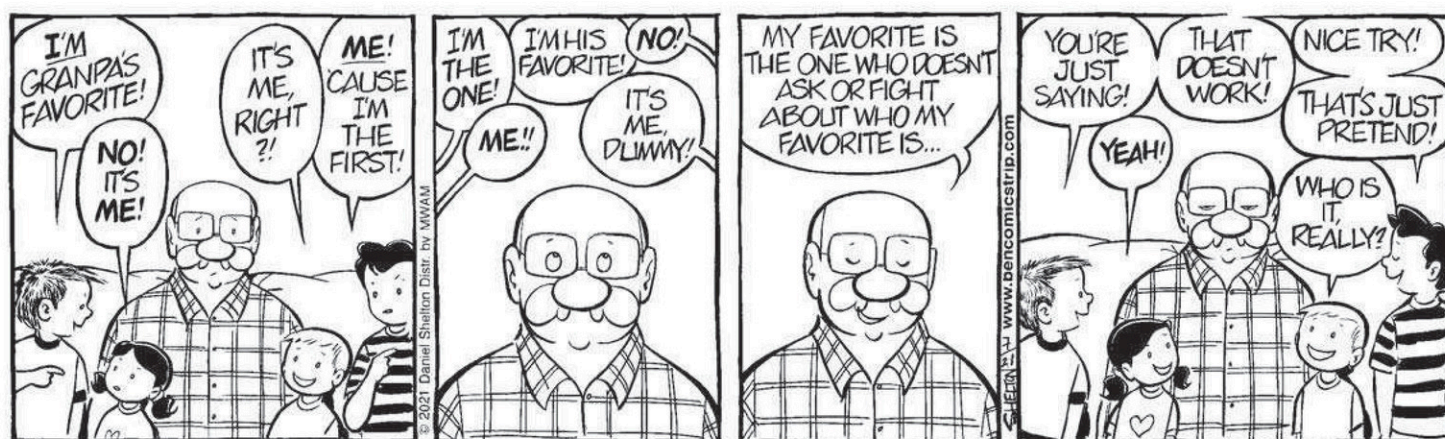
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Ben by Daniel Shelton



Local News

Unlike Lyme disease, there is currently no preventative treatment for anaplasmosis after being bitten, and an infection is still possible even if the tick is removed within 24 hours of the initial bite.

Local COVID reporting dialed back as daily numbers drop

Record Staff

As of Tuesday, July 20, the public health department in the Eastern Townships has reduced its updates on local COVID-19 numbers to Tuesdays and Fridays only. The region reported only one new case in Tuesday's report, from the Haute-Yamaska area, and continued to report ten active cases overall. There were six people in hospital, one of whom was in intensive care, and no new deaths.

The Province of Quebec reported 76 new cases of COVID-19 on Tuesday, bringing the total number of people infected to 376,416, with 640 active cases. As a result of an adjustment to reported cases, mostly in the Montréal area, 91 cases were removed from the total number of cases since the start of the pandemic.

No new deaths were reported, keeping that total at 11,236, and the number of people in hospital due to the virus decreased to 77, 21 of whom

were in intensive care.

Vaccination rates in the Eastern Townships reached 70.4 per cent for a first dose and 63.8 per cent for a second, with coverage continuing to be highest in the Memphrémagog area and lowest in the Des Sources and Haut-Saint-François areas.

Across the province, a total of 10,167,756 doses have been administered in Québec, accounting for first dose coverage in 83 per cent of the population 12 and up, and

adequate vaccination in 49.1 per cent. Broken down by age group, every category eligible to be vaccinated except for those 18-29 and 30 to 39 have surpassed the 75 per cent target for first doses.

Over the course of the last four weeks, 67 per cent of new Covid cases were reported in individuals who were either not vaccinated or less than 14 days after their first dose and a further 29 per cent were not yet fully vaccinated.

Public health warns of anaplasmosis in local ticks

Record Staff

Although people often associate the danger of ticks with Lyme disease, The CIUSSS de l'Estrie - CHUS is warning the public of an unusually high concentration of anaplasmosis, another tick-borne bacterial infection, in the Eastern Townships. Specifically, the regional public health

department has logged six cases in the Bromont area, representing the first cluster of this kind in Quebec.

Anaplasmosis is carried by the same type of ticks as Lyme disease, but is characterized by

- fever and chills
- headaches
- muscle pain
- nausea, vomiting, and

diarrhea (in 20 per cent of cases)

- and skin rash in rare cases

Unlike Lyme disease, there is currently no preventative treatment for anaplasmosis after being bitten, and an infection is still possible even if the tick is removed within 24 hours of the initial bite. As a result, the public health department is strongly encouraging careful prevention measures for those

working or spending time outside such as wearing covering clothing, using DEET or icaridine-based insect repellent and staying on trails.

Anyone who discovers that they have been bitten by a tick is encouraged to remove it using fine-tipped tweezers, place the tick inside of a container, note the date and location where the bite took place, and call 811.

Quebec invests over \$1 million in natural gas distribution projects

Record Staff

Energy and Natural Resources Minister Jonathan Julien has announced that the provincial government will invest \$1,035,000 for two projects in the Montérégie to extend the natural gas distribution network.

"Natural gas is a profitable transition energy for Quebec. The supply of gas will be an important asset

for these two municipalities and their businesses, which are active in poultry farming and greenhouse cultivation," said Julien.

The projects will be handled by Energir. It aims to support economic development and reduce the region's carbon footprint. The first project, which carries a \$660,000 investment, will extend the network by 3.3 km in

the town of Saint-Paul-d'Abbotsford.

Quebec is investing \$375,000 for the second projects. The plan is to extend the distribution network by nearly 1 km in the heart of Saint-Denis-sur-Richelieu. The extension will give the Poulailier Robitaille poultry farm access to natural gas.

The financial comes from a \$25 million envelope announced during the economic and financial update

last November. Energir Vice-President Renault Lortie said the company is eager to participate in these agricultural projects.

"Access to natural gas is an opportunity to reduce costs for customers in addition to providing security of supply [...] users will have access to energy that will increasingly meet their desire to reduce their carbon footprint," said Lortie.

Bill C-208

CONT'D FROM PAGE 1

facilitate succession without penalizing farmers because of the capital gains rules that make transferring shares between family members expensive.

Earlier this year the Union des producteurs agricoles (UPA) called on the federal government to support Bill C-208 and also C-216, a bill supporting supply management.

Marie-Claude Bibeau, Minister of Agriculture and Agri-Food and MP for Compton-Stanstead voted in favour of the supply management

bill, but voted against C-208, saying in a March interview that the bill clashed with the government's fiscal responsibility.

It has since passed into law with 199 yes votes and 128 no votes, but changes are about to be proposed.

One loophole that concerns the federal government is the opportunity for "surplus stripping," where dividends are converted to capital gains to take advantage of the lower tax rate, without any genuine transfer of the business actually

taking place, which compromises the integrity of the tax system.

The Finance Department highlighted four key issues that should be addressed through amendments to C-208:

The requirement to transfer legal and factual control of the corporation carrying on the business from the parent to their child or grandchild;

The level of ownership in the corporation carrying on the business that the parent can maintain for a reasonable time after the transfer;

The requirements and timeline for the parent to transition their involvement in the business to the next generation; and

The level of involvement of the child or grandchild in the business after the transfer.

The government intends to bring forward draft legislative amendments for consultation intended to make sure the bill facilitates genuine intergenerational transfers and is not used for artificial tax planning purposes.

KEEPING IN TOUCH

Supporting future health care workers in the Eastern Townships



By: Michelle Lepitre

students from the Estrie region who were studying full-time in the fields of health and social services and were committed to returning to the region to begin their careers.

For the upcoming academic year, we are thrilled to announce that we will be distributing a minimum of four bursaries to health and social services students from our two community networks. In this article, we would like to introduce you to the two bursary recipients for the Estrie network. We offer Catherine-Marie Blais and Tanya Marisa Rodrigues our congratulations and we wish them all the best in their future careers!

Catherine-Marie Blais

After following a career path in research for a few years, Catherine-Marie decided to re-orient her career towards a more patient-focused specialty: nursing. After completing a bachelor's degree in psychology and neurosciences, and a master's degree in health law, Catherine-Marie began doctoral studies in neuroscience in Munich, Germany. As time went by, though, she began to feel a growing need to do something that would help



PATTY BRITO

Through the Dialogue McGill Health and Social Services Community Leadership bursary program, Townshippers' Association helps to support local bilingual students who plan to work in the fields of health and social services.

Townshippers' Association's two community health and social services networks have been partnering with Dialogue McGill each year since 2009 to help recruit and retain bilingual health and social service workers in the Eastern Townships region. Since 2011, the Association has also been fortunate enough to be able to distribute \$197,000 in bursaries to bilingual post-secondary

people and make a positive difference in their lives. This desire led her to begin a bachelor's degree in Nursing Sciences in 2020. Now going into her second year, Catherine-Marie is confident that nursing will allow her to combine her passion for medicine and caring for people with her desire to accumulate health knowledge.

A native of the Townships, Catherine-Marie has also been involved in the local community in Sherbrooke, volunteering to play violin for hospitalized patients at the CIUSSS de l'Estrie - CHUS during the holidays, volunteering for the Expo-Sciences en Estrie high school science competition, and acting as a liaison agent for international participants and speakers for conferences organized by the Faculté de médecine et des sciences de la Santé de l'Université de Sherbrooke.

Catherine-Marie's passion for science and medicine shines through in both her work and her personality, and it will undoubtedly help her to excel in her chosen profession.

Tanya Marisa Rodrigues

Tanya is a second-time bursary recipient who began studying nursing full-time at Champlain College in 2019. She is a university-graduate from overseas who chose to start her studies in Quebec over, from scratch, after arriving here in Canada. Despite being a full-time mom, a full-time student, and a part-time worker, Tanya continues to find time and energy to volunteer in her community. She is actively involved on the Champlain College campus in Lennoxville, where she participates in the Champlain Students' Association, the Mental Health Committee of

Champlain, and the Champlain Regional Board of Governors. When time permits her to, Tanya also gives back to the local community, volunteering for organizations such as Lennoxville & District Community Aid and Townshippers' Association, among others. Although she is already working in the health care system locally, Tanya's career goal is to work in the emergency and intensive care units in Sherbrooke's hospitals, while continuing to advocate for, and help, English-speaking patients who might feel overwhelmed when receiving healthcare information in French. Tanya's determination and generosity of spirit can clearly be seen in both her professional and volunteer work, and her dedication and kindness will no doubt help her to become an extraordinary nurse.

To learn more about the Dialogue McGill Health and Social Services Community Leadership bursary program, visit our website: <https://townshippers.org/mcgill-bursary-program>.

This monthly column keeps you in touch with Townshippers' Association's activities and news. Other ways to keep in touch:

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Ayer's Cliff residents fear once quiet village is losing its small town charm

By Arianna Myers
Special to The Record

Increases in population, expanding businesses, and tourists seeking relief after months of lockdown have heightened the demand for public parking in many small towns across the Eastern Townships, particularly in the once quiet village of Ayer's Cliff.

Growth in a small town such as Ayer's Cliff brings many benefits, namely it strengthens the economy and has the potential to provide a better quality of life for local residents.

"While I do think that we need more parking places in the centre of town, I am quite thrilled to see more people because many small businesses have suffered from the pandemic in the last 16 months," said retired business owner and local Ayer's Cliff resident, Janice Voggenreiter.

However, not everyone in Ayer's Cliff has embraced this inevitable growth as a positive force, and the lack of public parking has upset some local residents while trying to find parking spots in order to run their daily errands.

"Although growth is great for business, we also have to respect what many of our citizens want," shared Vincent Gérin, who was elected as the mayor of Ayer's Cliff in 2017. "Therefore, the municipal council has been thinking about a plan to address the parking situation in Ayer's Cliff for quite a few years now, particularly in the last couple of months."

"There is a lot of parking space in town, in fact, there is somewhere around 40 to 50 spots in the parking lot behind the library alone, but the real issue is that the parking lots in the centre of town are not well organized," shared Gérin.

Therefore, the council recently voted to fix the layout of the parking lot on Rue Wulftec by creating new parking signs, laying down new gravel, adding new cedar posts and ropes, and limiting most of the parking times to two hours, said Gérin.

According to Gérin, these improvements, which will make the parking spots more accessible for local residents and tourists, "should be done by the end of July."

Moreover, the Municipal Council also has long-term plans to create more parking spaces. The town is currently trying to make an agreement with the Stanstead County Agricultural Society to use the Ayer's Cliff fair grounds for public parking, and it also has plans to create a new parking lot at the bottom of Chemin de Brown's Hill, said Gérin.

Along with concerns about the lack of parking, local residents have also raised concerns about the increased traffic in the village.

Linda Di Giantomasso and Lucille Renault, who live on Main Street, had to shut down their charming Bed and Breakfast this year after nearly 20 years due to the noise of the countless semi-trucks that speed through the village each day.

Every time a big semi-truck passes by Main Street, their house shakes.



ARIANNA MYERS

"In the past couple of years, especially since the beginning of the pandemic, the shaking has gotten so bad that mirrors have fallen off our walls and it has even become difficult to hear ourselves speak over the noise," said Renault.

To address this issue, a three-way stop with pedestrian crosswalks on the corner of Tyler and Main Street is in the works, shared Gérin. This traffic control project was supposed to be completed in the spring earlier this year, but the Quebec Ministry of Transportation has been slow to

address the issue due to different factors, particularly the COVID-19 pandemic.

However, rather than a three-way stop in the centre of town, Di Giantomasso and Renault think that the town should place a radar speed sign or a yellow flashing light on the outskirts of Ayer's Cliff to adequately address the problem.

Local residents are hopeful that these improvements will prevent Ayer's Cliff from losing its small town charm.

Kingsey Townline troubled by mining prospects

By Gordon Lambie

A citizens' group made up of property owners living on the border of Cleveland Township and Saint-Felix de Kingsey is voicing concern about the possibility of mining in their back yards after several exploration claims were purchased in the area in the fall of 2020.

According to Noémi Cantin, the Comité citoyen Vivre sans mine, came together out of concern for the local environment after 32 claims were purchased in the area around Kingsey Townline road.

"Some say it's not a big deal but it is not true that it is zero risk," said Cantin, sharing that although so far the work that has been carried out by the prospector, Claude Duplessis of Enertourbe Inc., has been non-invasive, the rights of a property owner to oppose resource exploration or exploitation under their property is very limited after the very earliest stages of the process. "The subterranean does not belong to you, as a property owner," she added, pointing out that if a claim shows signs of resources worthy of

extraction, the holder of the claim has more or less free reign to do so provided that they have been given access to the property.

"This is a small area, but it is all green space and agricultural land," she said, sharing concerns that more extensive drilling or a full-scale mining operation could have long term impacts on life in the region that reaches beyond 60 property owners in 2 municipalities.

Contacted about the claims and the concerns of the local group Duplessis said that the Vivre Sans Mine group has been quite aggressive in their opposition to his work so far and argued that their fears are exaggerated.

"I'm not there to be a bad guy, but everyone is afraid," he said, arguing that mining is a necessity of modern life. "Everyone has a cell phone, power in their houses, cars, and equipment made of metal. There's a potential of having metals there, and I am looking into it. It's not a mine yet."

Based on the survey work he has done so far, Duplessis said that he's been able to determine that the area covered by the claims he purchased does feature some kind of

underground deposit, but how much and of what he cannot yet be sure. As a result, he is looking to strike a deal with a local landowner for permission to drill.

"I could go now and drill in the road if I wanted to, but I don't want to be a disruption," the prospector said. "I'm not there to piss them off."

Duplessis suggested that the group opposing his work is being oppositional for the sake of being against something, and basing their concerns on fear rather than reality.

"Everybody is afraid because the image of a mine they have is something with a big hole, he said. "I'm confident that people will understand that if there are mineral resources, wealth for the region, there, they should cooperate."

At this point in time Duplessis said that he is focusing his energy on trying to clarify his point of view to the local population in the hope that an agreement can be reached.

While the prospector may feel the committee's concerns are out of proportion, the Municipal Council of Cleveland Township does not seem to agree. In June, they passed a resolution to take a position against

all exploration and exploitation projects on their territory.

According to Camille Auble, Cleveland's Director General, the position paper doesn't hold the legal power to prevent future mine development, but it does serve as a framework for future action.

"The law does not give the municipality the power to say no," he said, "the position that the council chose to take is that they do not encourage this."

As a result, although Cleveland has no legal way to prevent further work by Duplessis or other, future prospectors, the municipal administration has been given the directive to support the work of the committee instead, as much as possible.

For Cantin, the lack of legal barrier is a big concern.

"Once the drilling is done, if (Duplessis) finds what he is looking for, he can sell his mining claim to the highest bidder," she said, noting that that exact situation has played out in other Quebec municipalities like Grenville sur la Rouge and Saint Michel des Saints in recent years. "If there is mining, it will impact the whole region."

EDITORIAL

When an emergency has national consequences, the federal government may, with legislative authority, intervene or share the management responsibility." What happens when the parliament is dissolved?

We should not have an early election

By Charles S. Shaver, MD

Justin Trudeau is on the verge of calling an election. Under law, this means that parliament will be dissolved for 36-50 days. Much can happen in such a long period.

Although born in Montreal, I lived for 24 years in the United States, and never studied the parliamentary system in high school or university. I imagine that many new Canadians are in the same position. Here is what I have learned:

During this period, the Privy Council guidelines state that, "The Government cannot assume that it will command the confidence of the House after the election; it is incumbent upon a government to act with restraint." This is the "caretaker convention." Although it must have a free hand to deal with natural disasters, government activity in matters of policy, expenditure, and appointments should be restricted to matters that are "routine, non-controversial, or urgent and in the public interest."

Three main areas are now of great concern: stimulating the economy and an orderly opening of the US-Canada border, dealing with natural disasters such as wildfires, and coping with possible surges in the COVID-19 pandemic.

Perrin Beatty of the Canadian Chamber of Commerce warned recently, "When we get into an election, governments tend to shut down. They don't want to make decisions that are profound." Again, the Privy Council states that during an election, the government must "Avoid participating in high-profile government-related domestic and international events, including federal/provincial/territorial events, international events, and the signing of treaties and agreements." Justin Trudeau has promised to permit fully-vaccinated Americans to enter Canada by Aug. 9, and those from other countries by September. In view of the increased number of cases in the US, France, and the UK, will all these agreements be fully signed before he calls an election?

Due to climate change, over 800 persons in BC have died of hyperthermia and there are now about 300 wildfires at any one time (plus others in Alberta, Saskatchewan, Manitoba, and Northern Ontario. Ottawa is providing air and evacuation support. Yet according to Cordy Tymstra et al. on wildfire management, "About 10 per cent of emergencies in Canada require engagement and assistance from the federal government. When an emergency has national consequences, the federal government may, with legislative authority, intervene or share the management responsibility." What happens when the parliament is dissolved?

Canada now has vaccinated a slightly higher proportion of its population than has the US, where, in 12 states, less than 40 per cent of persons are fully vaccinated. As Dr. Rochelle Walensky, head of the CDC has concluded, "This is becoming a pandemic of the unvaccinated." COVID-19 rates are up in all 50 states and case rates have risen by 70 per cent in one week. Yet the vaccination rate of British Columbia is similar to that of Kentucky, Quebec to Indiana, and Ontario to California. Los Angeles County recently reported the largest increase in new cases since March and will reimpose mandatory mask wearing.

Recall that Yukon, with a 72% rate of fully vaccinated persons on June 1, had no active cases. However, by July 6 it had 360 and by July 13, 480. BC, Alberta, and Saskatchewan have eliminated most restrictions. It remains to be seen how many cases will occur a couple of weeks after the Calgary stampede.

One would have expected that the Olympic athletes would have been fully vaccinated. They had COVID-19 tests before flying to Tokyo and on arrival. Yet somehow, so far 58 have somehow tested positive. Medicine is not a precise science. Israel, previously a model, is encountering delta variant resistance to vaccines. As new Prime Minister Naftali Bennett stated, "Anyone who hoped that vaccines on their own would solve the problem- they won't."

During the election period, although



federal MPs receive their salary, those who are not cabinet ministers have no legal status. Note that of the 78 MPs from Quebec, 35 are Liberals, but only 10 are in the cabinet. There are 25 Liberal backbenchers, 32 members of the Bloc Quebecois, 10 Conservatives, and one NDP - all without a voice in parliament during the election.

Moreover, should the pandemic or a natural disaster require urgent action, recall that the War Measures Act was replaced in July 1988 by the Emergencies Act. It differs from the former in that any temporary laws are subject to the Charter of Rights and Freedoms, and importantly, "A declaration of an emergency by the Cabinet must be reviewed by Parliament."

It is most opportunistic for the Liberals to call an early, unnecessary, unwanted election. In the interest of all Canadians (66.9 per cent who voted against them in the last election), there are too many unknowns during the next few months. We need to retain the ability to recall parliament for an emergency session so that backbenchers and opposition MPs have a forum to discuss and question policy and funding initiatives, and can hold Trudeau's government accountable.

Ottawa physician Dr. Charles S. Shaver was born in Montreal. He is Past-Chair of the Section on General Internal Medicine of the Ontario Medical Association. The views here are his own.

Letters



Are you one of the hundreds of Sherbrooke residents who regularly walks around Lac Des Nations in Sherbrooke? Have you noticed the pristine condition of the walking paths?

Have you noticed this couple, he with his litter picker tool, she with her plastic bag filling up with litter? I first came across them about a month ago on two occasions. They told me they go out every day. On Saturday, we crossed paths again. I thanked them for their efforts and asked to take their picture. If you see them, please thank them too. And any other good Samaritan you might come across.

HEATHER KEITH

THE RECORD

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Local Sports

An Olympics like no other, Tokyo perseveres to host Games

By Chris Lehourites
The Associated Press

It's an Olympics like no other, and the Tokyo Games are surely that, but this is an event that has persevered through wars, boycotts and now a pandemic over its 125-year modern history.

The Tokyo Olympics have already broken new ground because of the 12-month delay caused by the coronavirus pandemic, pushing it into an odd-numbered year for the first time. But with no fans permitted in Japan, foreign or local, it has the distinction of being the first Games without spectators.

"We're in uncharted territory," said Steve Wilson, the former president of the Olympic Journalists Association who covered the Olympic movement for The Associated Press for nearly three decades until 2017.

"These will be Games without the carnival atmosphere, celebration and fun that we've come to expect and look forward to. Definitely one for the history books."

There have been many other unusual editions of the Olympics in the past, however. The United States and many of its allies boycotted the 1980 Moscow Games to protest the Soviet Union's invasion of Afghanistan. The Soviets and many of its allies reciprocated four years later by boycotting the 1984 Los Angeles Olympics.

Dozens of countries, mainly from Africa, boycotted the 1976 Montreal Games to protest New Zealand's sporting ties to the South African apartheid regime. South Africa was banned from competing from 1964 to 1988 because of apartheid.

World War I and World War II forced the Olympics to be cancelled altogether, so there were no 1916, 1940 or 1944 Games. The separate Winter Olympics didn't exist at the time of World War I, but World War II forced two of them to be called off.

The 1940 Games were supposed to be held in Tokyo, but upon the return of the Olympics in 1948, London was chosen as host. Tokyo had to wait until 1964 to host the Games for the first time.

And then there was 1920, an Olympics held in Antwerp, Belgium, that took place as the world was emerging from both World War I and a flu pandemic that killed more than 50 million people.

"In a minimum of time, they organized the Games, but they were relatively improvised Games," Roland Renson, a Belgian sports historian, told the AP last year. "They had to do it with the means they had at their disposal,

and they were at that time far from abundant in a city so heavily hit by war."

The coronavirus pandemic even affected Antwerp's 100-year anniversary, forcing last year's celebrations to be cancelled.

Another odd Olympic occurrence came at the 1956 Melbourne Games, when the equestrian events were held in Stockholm because of animal quarantine regulations in Australia.

And then there is the 1906 Athens Olympics, or maybe the lack of a 1906 Olympics.

Originally called the "Athens International Olympic Games" and sanctioned by the IOC, they are now known as the Intercalated (or Intermediary) Games of 1906, hosted halfway between the normal four-year Olympic cycle. They were ruled unofficial in 1949, according to Olympic historian David Wallechinsky.

Tragedy has also marked the Olympics, most notably when 11 members of the Israeli team were murdered by the Palestinian terrorist group Black September at the 1972 Munich Games and when a bomb exploded in the Olympic Park at the 1996 Atlanta Games.

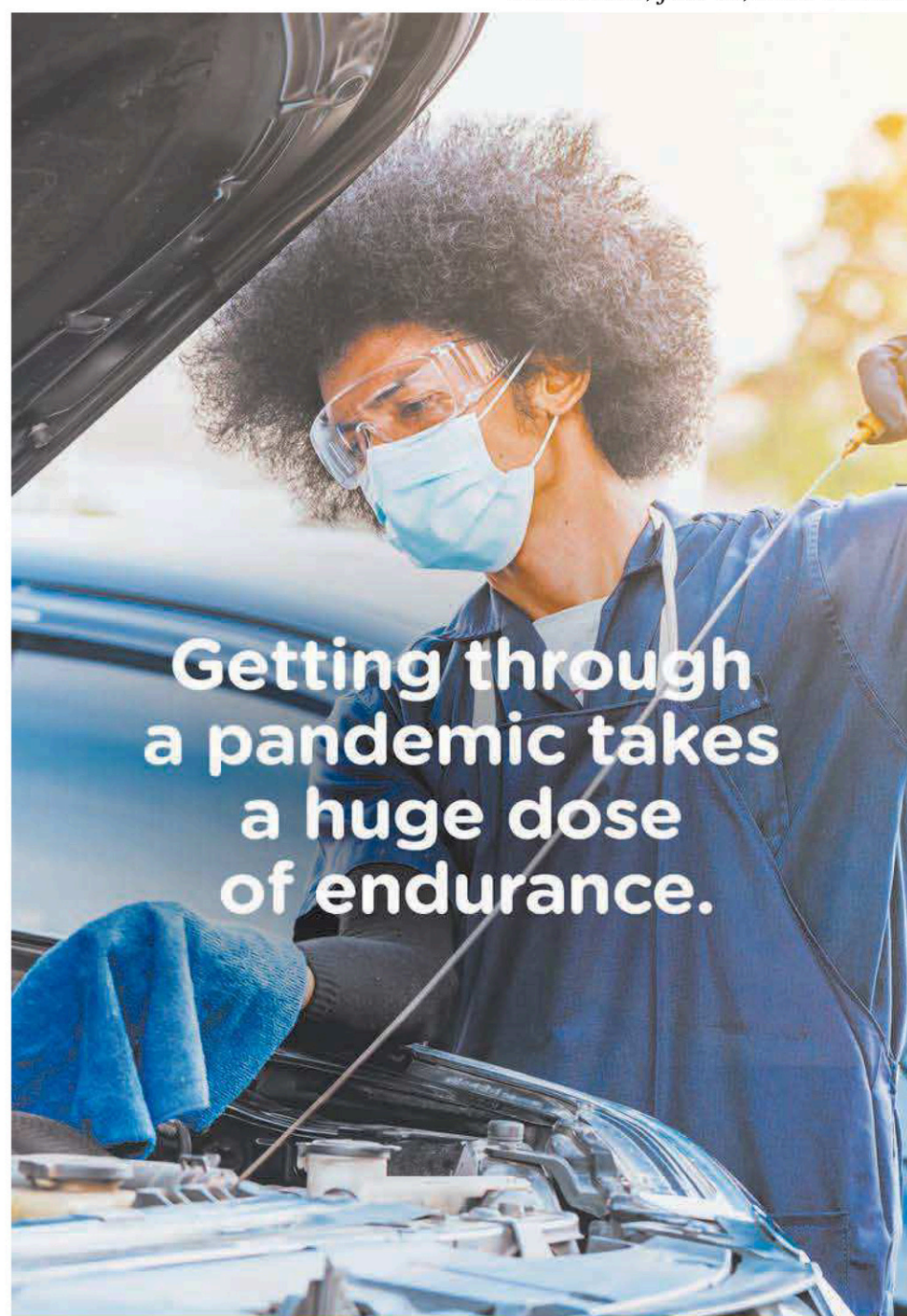
Other host cities have turned down the right to host the Games. The 1908 Olympics, for instance, were originally awarded to Rome, but they were relocated to London following the eruption of Mount Vesuvius because the Italian government decided its financial resources would be better spent on rebuilding Naples.

Rome finally hosted the Games in 1960.

One particular Olympics has an especially controversial past: the 1936 Berlin Games. Although the Games were awarded about two years before Adolf Hitler became dictator, they went ahead under Nazism. Jesse Owens, an African American track great, went on to win four gold medals, but he was supposed to compete in only three events, the 100 metres, 200 metres and long jump.

Marty Glickman and Sam Stoller had been two of the presumed team members for the 4x100-meter relay. They were replaced by Owens and Ralph Metcalfe, who won the race alongside Frank Wykoff and Foy Draper in world record time.

"What made the situation ugly," Wallechinsky wrote in "The Complete Book of the Olympics" in 2012, "was that Stoller and Glickman were the only Jews on the U.S. track team, and they returned to the United States as the only members of the squad who didn't compete."



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Death

**Pauline
Underwood
Badham
1942-2021**



Pauline Underwood Badham died peacefully in the Palliative care Unit in Magog in her 78th year.

She leaves to mourn, her daughter Kim (Jerry), her grandson Christopher (Chelsey), their two girls: Brielle and Breyah; her dear friend Linda and many other friends.

There will be no funeral or service as per her wishes.

Special thanks to the Team at Palliative care (Magog) who went above and beyond helpful and compassionate.

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Increased exercise benefits gut microbiome



ASK THE DOCTORS

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

Dear Doctor: I think I remember reading that when you start exercising more, it changes your gut microbiome. How does that work? I thought it's what you eat and drink that matter the most.

Dear Reader: The way in which physical exercise affects the body has been a subject of interest for thousands of years. Texts dating back to 600 B.C. show that a physician in India prescribed exercise to his ailing patients. Today, we have abundant evidence that exercise affects virtually every facet of bodily function. That starts with the obvious – the muscles

– and moves on to include the heart, lungs, liver, kidneys and other organs, and metabolism, endurance, immune response, circulation, hormone levels, gene regulation and blood sugar control.

Now, with the workings of the gut microbiome a new frontier in medical discovery, researchers are asking if exercise plays a role there, as well. The answer appears to be yes. A number of studies conducted in recent years have found that exercise has a beneficial effect on the number, type and diversity of the trillions of microbes that call our guts home. That's important because these colonies of bacteria, viruses, yeasts and fungi have been shown to be vital to our health, well-being and longevity.

A few years ago, researchers from the University of Illinois asked a group of sedentary women and men to add exercise to their daily routines. They began with 30 minutes of gentle exercise, such as walking three days per week. Over the course of six weeks, the volunteers worked their way up to an hour of vigorous activity, still three times per week. An analysis of stool samples taken at the start and finish of the study found that, even though their diets had not changed, the volunteers' gut microbiomes had shifted. Each individual's gut changed in unique ways. However, all of the volunteers had one thing in common: Each

person's gut showed a marked increase in the concentration of short-chain fatty acids. These are the byproducts of fermentation and are produced by the friendly microbes living in the gut.

Short-chain fatty acids serve as a main source of nutrition to the cells of the colon, and they are important to colon health. They also appear to have anti-inflammatory properties. Research has linked short-chain fatty acids to a reduced risk of a range of inflammatory diseases and conditions, including Type 2 diabetes, obesity, heart disease and inflammatory bowel disease. What was particularly interesting about this study was the volunteers were both lean and obese, and the beneficial changes linked to the addition of exercise were seen in both body types.

And, yes, you're correct that what you eat also plays an important part in optimal gut health. Eating from a wide variety of fiber-rich fresh vegetables, fruits, grains and legumes keeps gut microbes happy. Added sugar and salt have a negative effect on the gut, as do artificial sweeteners. And naturally fermented foods, such as yogurt, kefir, sauerkraut and kombucha, are known to give the gut microbiome a boost.

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.

Datebook

WEDNESDAY, JULY 21, 2021

Program came to an end as the shuttle Atlantis landed at Kennedy Space Center in Florida.

TODAY'S BIRTHDAYS: Ernest Hemingway (1899-1961), author; Marshall McLuhan (1911-1980), author/theorist; Isaac Stern (1920-2001), violinist; Don Knotts (1924-2006), actor/comedian; Yusuf Islam aka Cat Stevens (1948-), singer/songwriter; Garry Trudeau (1948-), cartoonist; Robin Williams (1951-2014), actor/comedian; Brandi Chastain (1968-), soccer player; Josh Hartnett (1978-), actor; CC Sabathia (1980-), baseball player; Juno Temple (1989-), actress.

TODAY'S FACT: Turkish adventurer Erden Eruc completed the first solo, human-powered global circumnavigation on this day in 2012, after traveling 41,196 miles in 1,026 days by rowboat, kayak, bicycle, canoe and on foot.

TODAY'S SPORTS: In 1959, the Boston Red Sox (the last major league team to integrate) fielded their first African American player when Pumpsie Green entered a game against the Chicago White Sox in the eighth inning.

TODAY'S QUOTE: "There is nothing to writing. All you do is sit down at a typewriter and bleed." – Ernest Hemingway

TODAY'S NUMBER: -128.6 – temperature (in degrees Fahrenheit) at Vostok Station, Antarctica, on this day in 1983, the lowest temperature recorded at an inhabited location in world history.

TODAY'S MOON: Between first quarter moon (July 17) and full moon (July 23).

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

BIRTH NOTICES, CARDS OF THANKS, IN MEMORIAMs, BRIEFLETS:

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

Discounts: 2 insertions or more: 15% off

With photo: additional \$18.50. **DEADLINE:** 11 a.m., day before publication.

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

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With photo: \$26.00 (\$29.90 taxes included) **DEADLINE:** 3 days before publication.

WEDDING WRITE-UPS:

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

Today in History

Today in History for July 21: On this date:

In 1667, the "Treaty of Breda," which restored Acadia to France, was signed in the Netherlands. The treaty provided for France's restoration to England of part of the island of St. Christopher's, West Indies, in exchange for Acadia, captured from the French in 1654 by Britain's New England forces.

In 1704, Gibraltar was attacked by the British under Sir George Rooke.

In 1773, Pope Clement XIV issued the brief, "Dominus ac redemptor noster," officially dissolving the Society of Jesus (Jesuits). This politically-based suppression later left conspicuous gaps in Roman Catholic education and foreign missions.

In 1796, Gov. John Graves Simcoe and his family left York (Toronto) for England; he never returned to Upper Canada.

In 1796, Scottish Poet Robert Burns died. He was 37.

In 1797, in the first execution of its type in Canada, American spy David McLane was publicly hanged, beheaded and disembowelled.

In 1816, Paul Reuter, founder of the Reuters news agency, was born in Kassel, Germany. He died Feb. 25, 1899.

In 1831, Leopold I was proclaimed king of the Belgians.

In 1836, riding on wooden tracks near Montreal, Canada's first passenger train travelled about 25 kilometres.

In 1873, Jesse James and his gang staged the first train robbery in the United States. They stole \$3,000 from a train in Ohio.

In 1886, the cardinal's hat was conferred upon Elzéar Alexandre Taschereau, 66, archbishop of Quebec. He was the first Canadian to be made a cardinal in the Roman Catholic Church.

In 1899, author Ernest Hemingway was born in Oak Park, Ill. Plagued by ill health, he died of a self-inflicted gunshot wound at his home in Idaho on July 2, 1961.

In 1904, the Trans-Siberian railway was completed. It took 13 years to construct the 7,400-km line.

In 1911, communication theorist Marshall McLuhan, who coined the phrase "the medium is the message," was born in Edmonton. He died Dec. 31, 1980.

In 1925, the famous "monkey trial" ended in Dayton, Tenn. John T. Scopes was found guilty and fined \$100 for teaching Darwin's theory of evolution. Scopes, who was defended by famed lawyer Clarence Darrow, later had his conviction overturned. The case was portrayed in the film "Inherit the Wind."

In 1944, American forces landed on

Guam during the Second World War.

In 1959, the United States launched the first nuclear-powered merchant ship, the "N.S. Savannah."

In 1961, the government-built town of Inuvik, N.W.T., was officially opened. The town, the largest Canadian community north of the Arctic Circle, was constructed to replace the old settlement of Aklavik, which was being threatened by flood and erosion. Located on the Mackenzie River delta, the town's economy is centred on nearby oil and gas exploration.

In 1961, Captain Virgil "Gus" Grissom became the second American to rocket into a sub-orbital pattern around the Earth, flying aboard the "Liberty Bell 7."

In 1963, Giovanni Battista Montini was elected Pope Paul VI.

In 1969, "Apollo 11" astronauts Neil Armstrong and Edwin "Buzz" Aldrin blasted off from the moon aboard the ascent stage of the lunar module for docking with the command module.

In 1972, the CRTC approved the creation of a third television network - Global TV. It was licensed to serve five Ontario cities.

In 1973, Canada ended all ceasefire monitoring activities in Vietnam.

In 1975, a bill creating a federal human rights commission with powers to stop discrimination by businesses under federal jurisdiction was introduced in the Canadian House of Commons. The bill outlawed discrimination by employers on grounds of race, sex, colour, religion, age or marital status.

In 1976, 14-year-old Romanian gymnast Nadia Comaneci won the all-round gold medal in women's gymnastics, obtaining perfect scores on the balance beam and the uneven bars.

In 1980, draft registration began across the United States. Nearly four million young men aged 19 and 20 were required to register in a move ordered by President Jimmy Carter as part of a U.S. response to the Soviet drive into Afghanistan.

In 1983, martial law was lifted in Poland after more than 18 months.

In 1984, in the first known death of a human caused by a robot, a factory worker in Jackson, Mich., was crushed against a safety bar.

In 1988, Canada's War Measures Act of 1914 was set aside when the new Emergencies Act was given royal assent.

In 1989, Donald Brittain, acclaimed film maker who received over 70 international awards, died in Montreal at age 61.

In 1991, pitcher Ferguson Jenkins - born in Chatham, Ont. - became the first Canadian member of major league

baseball's Hall of Fame at Cooperstown, N.Y.

In 1998, Canada stepped up its drive to expel war criminals by increasing spending to \$46.8 million.

In 2003, Romeo Phillion, who claimed that he was wrongfully convicted of murdering a firefighter in Ottawa in 1972, was released on bail after 31 years in prison while the federal government reviewed his case. In March of 2009, the Ontario Court of Appeal struck down his conviction and ordered a new trial. On April 29, 2010, on his 71st birthday, the Crown officially withdrew the charges. (In 2012, he sued for \$14 million but the lawsuit was dismissed by the Ontario Superior Court of Justice. An appeal court then ruled Phillion should at least have a chance to put his case to a jury. In 2015, the Supreme Court of Canada cleared the way for him to sue police when it refused to hear the appeal to block the lawsuit. Phillion died Nov. 2, 2015.)

In 2005, China dropped the yuan's peg to the U.S. dollar and revalued it 2.1 per cent higher against a basket of unspecified currencies.

In 2005, in an unprecedented move, 122 Canadian imams and other Islamic religious leaders denounced terrorism and vowed to confront religious extremism in a signed declaration in Toronto.

In 2006, two Canadian soldiers, Cpl. Francisco Gomez, 44, and Cpl. Jason Patrick Warren, 29, were killed when their convoy was attacked by suicide bombers near Kandahar, Afghanistan.

In 2008, Radovan Karadzic, 63, the wartime Bosnian Serb leader, was arrested after eluding officials for nearly 13 years. He was accused of genocide, war crimes, crimes against humanity and other atrocities relating to the 1995 massacre and other acts against Muslim, Croat and other non-Serb civilians in Bosnia and Herzegovina during the 1992-95 war.

In 2008, a federal appeals court threw out a \$550,000 fine against CBS Corp. for the 2004 Super Bowl halftime show that ended with Janet Jackson's breast-baring "wardrobe malfunction."

In 2009, the Competition Bureau gave the merger of Suncor Energy Inc. and Petro-Canada its stamp of approval, provided the companies sold 104 gas stations in southern Ontario. The merger, the largest in Canadian history, became final on Aug. 1.

In 2010, the head of Statistics Canada, Munir Sheikh, resigned over the Conservative government's decision to axe the long-census form.

In 2010, ex-media mogul Conrad Black was granted bail on \$2 million bond and ordered to remain in the United States. Within hours of the

hearing, Black was released from prison in Coleman, Fla. (In 2011, a judge ordered Black back to prison to serve another 13 months.)

In 2010, New Brunswick business magnate John E. (Jack) Irving, who helped expand his family's empire in the province by leading several construction and engineering companies, died at age 78. Working with Arthur and his other brother James, Jack helped build upon the legacy of their father, K.C. Irving, to expand and develop the Irving Group of companies into a worldwide corporation.

In 2011, the space shuttle Atlantis returned from a re-stocking mission of the International Space Station, bringing an end to NASA's 30-year program. The shuttle is now on display at the Kennedy Space Center in Cape Canaveral, Fla.

In 2011, retired Brig.-Gen. Daniel Menard pleaded guilty before a military court martial to having intimate relations while leading Canada's mission in Afghanistan, and then urging her to cover it up. His punishment included a \$7,000 fine and a symbolic demotion to the rank of colonel.

In 2011, Elwy Yost, the longtime affable and enthusiastic host of TVOntario's "Saturday Night at the Movies," died at the age of 86. He hosted the show for 25 years before retiring in 1999.

In 2011, the federal government launched a website identifying 30 suspected war criminals in an effort to drum up new leads that could help track and deport them. Within a month, six people were apprehended.

In 2011, Pentagon chief Leon Panetta certified formally that gays can serve openly in the U.S. Armed Forces, repealing the 17-year-old don't ask, don't tell prohibition. (It took effect on Sept. 20.)

In 2013, Belgium's King Albert abdicated after a 20-year reign; his son Philippe took over as the fractured nation's seventh king.

In 2018, the U.S. scored as time expired to edge Canada 9-8 in the senior men's gold medal game at the world field lacrosse championship in Israel.

In 2020, The \$60-million acquisition of the Torstar Corp. newspaper group by NordStar Capital LP was approved as expected, despite a last-minute revised proposal from a rival group. A preliminary count of votes tallied after a brief online meeting showed the deal recommended by Torstar's board received the necessary support from the company's shareholders.



(The Canadian Press)



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CELEBRITY CIPHER

by Luis Campos

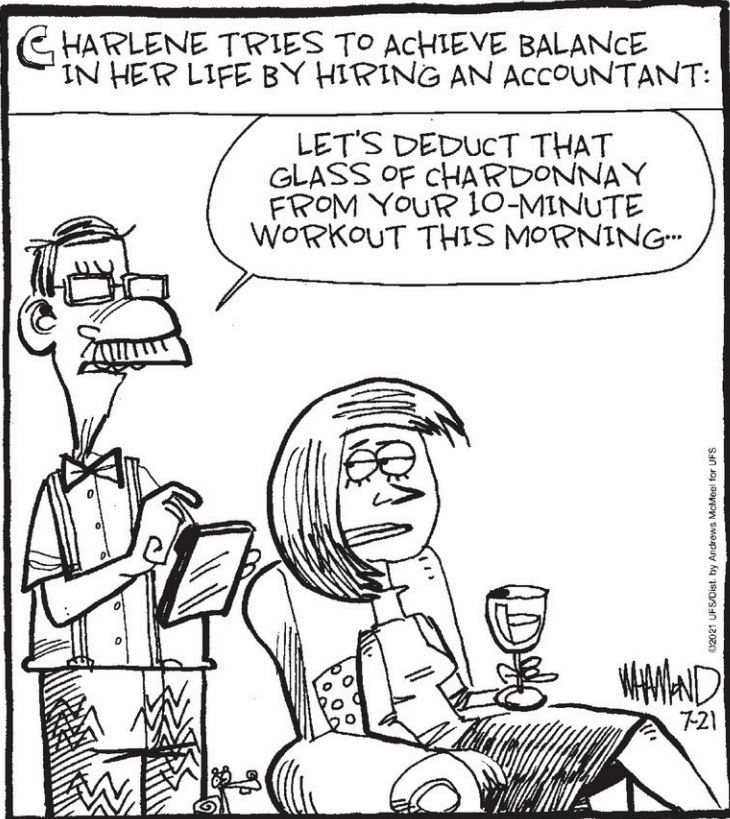
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

“ J E D C Z E X X O B R P V P V B M R W I P
X I E R W K J M P I H R Z E F W S ? P H O D R D U
B Z V X I E R W R X W Z R J - R O I W W K E I W . ”
— K P N O B W S N E Z Z W S S J

Previous Solution: “Your wrinkles either show that you’re nasty, cranky and senile, or that you’re always smiling.” — Carlos Santana

TODAY’S CLUE: A equals F

REALITY CHECK

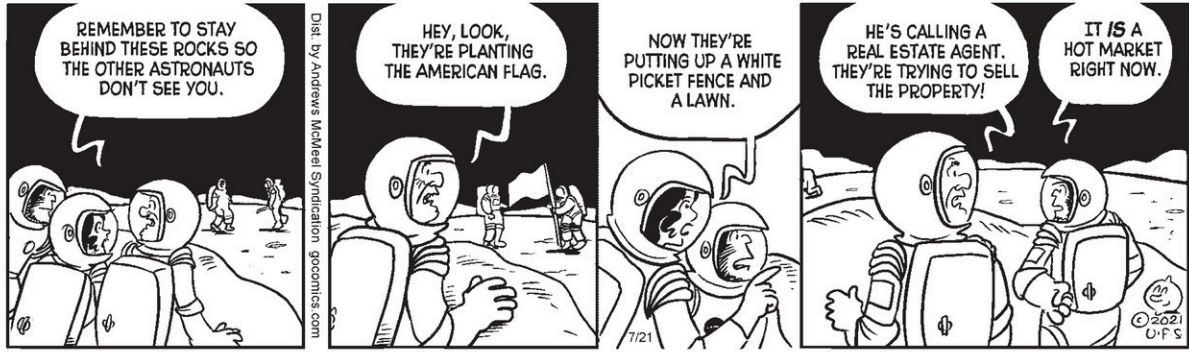


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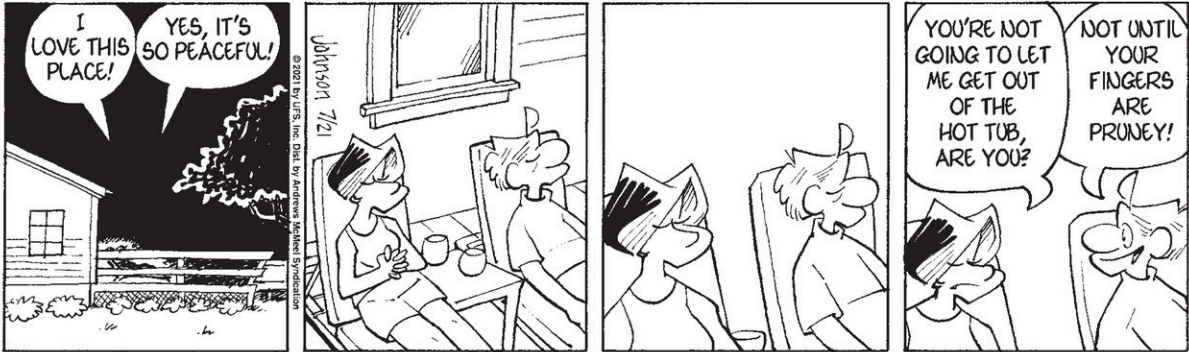


“Don't tell me, let me guess.”

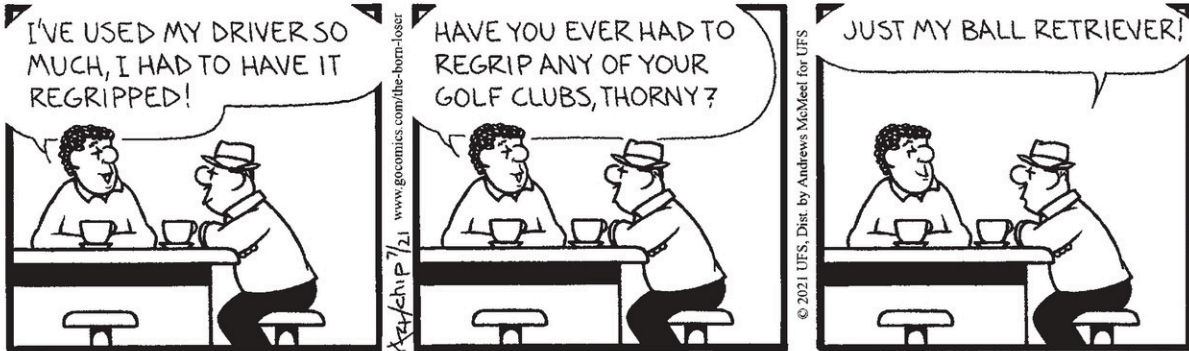
ALLEY OOP



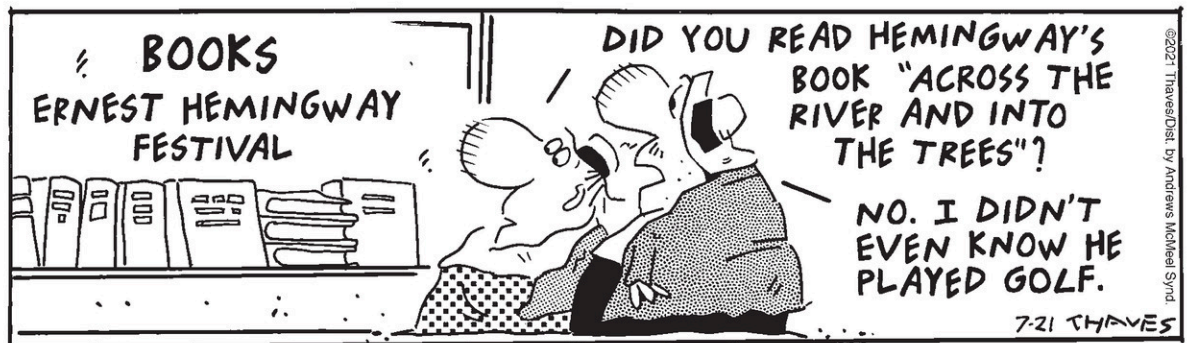
ARLO & JANIS



THE BORN LOSER



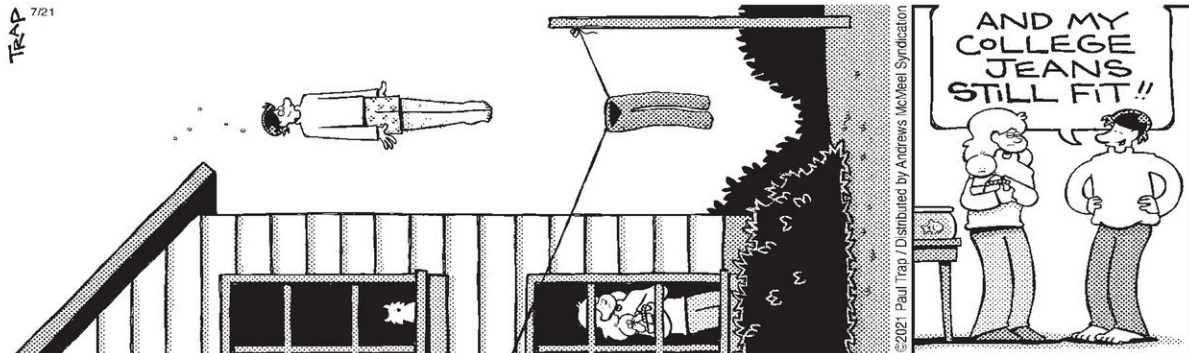
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Friends have bad table manners

Dear Annie

WEDNESDAY, July 21, 2021

Dear Annie: I recently dined out with three friends. The restaurant was very busy, and we waited for nearly two hours for our food. We were drinking and enjoying a band, so it wasn't that bad.

I went to the restroom and was literally gone for three minutes. When I came back, the food had been served except for mine. My place-setting was empty. My three friends were chowing down and told me the server couldn't remember what I ordered. And I was like: "What does that mean? Does that mean my dinner order was not placed? What is the server doing about it?" And they shrugged. I looked around for the server and didn't see anybody.

The restaurant was extremely crowded and busy, and there were no servers in sight. I didn't know how long it would be until I would see wait staff

and was annoyed and a little panicked that I might have to wait two hours for dinner all over again.

I got up and walked around the restaurant until I found someone to help. Turns out that my food was waiting for me in the kitchen all along, and it was brought to me. I was annoyed that my friends made no attempt to solve the issue in my absence but happily ate their own dinners.

One of them could have texted me or come to the restroom to say that food was being served. I definitely would have done this for any of them. All they did was eat their meals, which is bad table manners anyway, and let me fend for myself.

I was visibly annoyed for several minutes after, but I got over it and didn't allow the incident to ruin the night. I think one of my friends is now mad at me because I was upset about the situation. And now that makes me mad all over again because this is a friend of mine who, in the past, has actually put our wine glasses side by side to make sure I didn't have more than she did.

So, how does she deny me the right

to have been angry that I had bad service? I feel they should have tried to help while the server was available. Again, I was gone for all of three minutes. I think I made her feel guilty for not helping, and that's why she's mad. Thoughts? - Hungry in NJ

Dear Hungry in NJ: No one is perfect. You get annoyed with your friend about her pettiness with the wine glass, and she gets annoyed with you about being annoyed that your food might not have been ordered. It sounds like your friends were thinking more about themselves than about you. That can happen, and in the end, it is your choice to either accept their faults and try to focus on the good of your friends, or to relive your anger at one dinner. You would be a lot happier if you let it go.

"Ask Me Anything: A Year of Advice From Dear Annie" is out now! Annie Lane's debut book - featuring favorite columns on love, friendship, family and etiquette - is available as a paperback and e-book. Visit <http://www.creatorspublishing.com> for more information.

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

SUDOKU

DIFFICULTY RATING: ☆☆☆☆☆

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7/21

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PREVIOUS SOLUTION

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

Find the words hidden vertically, horizontally, diagonally, and backwards.

WORDS:

ADVISORY
 AMENITIES
 AQUATIC
 BICYCLE
 COASTAL
 ENJOYMENT
 FACILITIES

FIELD
 FITNESS
 HISTORIC
 KAYAK
 LAUNCH
 MAP
 NOTICE
 OBSERVATION
 PARK

PRESERVATION
 PUBLIC WORKS
 RECREATION
 SERVICES
 SPORTS CENTER
 SWIMMING
 TRAILHEAD
 VISITORS

NEA Crossword Puzzle

Your Birthday

WEDNESDAY, JULY 21, 2021

good about what you achieve. Distance yourself from anyone who puts you down or plays mind games with you. Pay attention to detail.

CAPRICORN (Dec. 22-Jan. 19) – You'll advance if you pay attention to detail and handle matters personally. An open mind and the ability to recognize a deal will lead to financial gain. A joint venture looks promising.

AQUARIUS (Jan. 20-Feb. 19) – Reconnect with someone who has helped you out, and you will pick up where you left off and find common ground that can result in an ongoing partnership. Don't let a change at home discourage you.

PISCES (Feb. 20-March 20) – An opportunity is good only if you take advantage of it. Don't let something pass you by because you don't believe in yourself. Step up and make things happen. Now is the time for a bold vision.

ARIES (March 21-April 19) – You can wheel and deal, but before you make a final decision, check the facts and figures. A fitness routine will give you clarity as well as help build physical strength and stamina.

TAURUS (April 20-May 20) – Inconsistency will be your downfall. Do your part to get the facts straight. Vacillation will allow someone to step in and take charge. Take a stand if you feel someone is outmaneuvering you.

GEMINI (May 21-June 20) – Consider the validity of what's being said or offered. Refuse to let anyone lead you down a rabbit hole. Show discipline, verify information and stay focused on physical accomplishments.

Do your research and put everything in its place before you move into high gear. Time is on your side. Feeling ready will be critical when it comes time to present what you have to offer. Change is inevitable, but turning an opportunity into something tangible will take work and patience.

CANCER (June 21-July 22) – Think matters through to the end before you begin. Having a plan in place will ease your mind and help you decipher what's legit before getting involved. Preparation will be vital.

LEO (July 23-Aug. 22) – Plan something cost-efficient but packed full of excitement and fun. An adventurous day that tests your skills and awakens your soul will change your life forever. Stop contemplating and start living.

VIRGO (Aug. 23-Sept. 22) – Beware deception and emotional manipulation. Take nothing and no one for granted and don't rely on others to do things for you. Stay focused on what's important to you.

LIBRA (Sept. 23-Oct. 23) – Show more interest in making a difference. Get involved in a group or organization, and you'll feel good about the contribution you make and the people you meet. Romance is on the rise.

SCORPIO (Oct. 24-Nov. 22) – Channel your energy into decluttering your space and making room for something you want to pursue. A change of plans will offer insight into an unexpected partnership. Learn from experience.

SAGITTARIUS (Nov. 23-Dec. 21) – A physical challenge will help you feel

Answer to Previous Puzzle

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

- ACROSS**
- 1 "— House"
 - 7 Consomme
 - 12 Team spirit
 - 13 Weep noisily
 - 14 Is of use
 - 15 Discernment
 - 16 Dapper
 - 17 Havens
 - 18 Cruising
 - 19 Make tracks
 - 20 Calls it quits
 - 24 No future
- 42 A Little Woman**
- 43 Sci-fi landers
 - 47 Do in
 - 49 Market worth
 - 50 Dough
 - 53 Treaty ratifier
 - 54 Worm seekers
 - 55 Sounded like a clock
 - 56 Cactus defense
 - 57 Mocks

- DOWN**
- 1 Fridge maker
 - 2 Exploding stars
 - 3 In a foul mood
 - 4 Rum drink (2 wds.)
 - 5 Join forces
 - 6 "— Misera- bles"
 - 7 Spring beer
 - 8 Awakens
 - 9 Resistance unit
 - 10 Single digit
 - 11 Sweetie-pie

- 13 Tractor's garage
- 17 Independ- ence
- 19 Take a cab
- 21 Birds' beaks
- 22 Germ killer
- 23 Minority group
- 25 Complain persistently
- 27 Glove com- partment items
- 28 Range in Asia
- 29 Thin gold layer
- 31 Elf (Var.)
- 32 Plumbing joint
- 38 Sheet material
- 40 Faint difference
- 42 Pleased sighs
- 44 Snow crystal
- 45 Toward the edge
- 46 Pits or stones
- 48 Bowling alley
- 49 Marble streak
- 50 Fem. title
- 51 Caveman Alley —
- 52 Geisha's tie
- 53 Urban rds.

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				

WEDNESDAY, JULY 21, 2021

If you get help, take advantage

By Phillip Alder

Henry Carey, who was a cousin of Queen Elizabeth I, wrote, "Confound their (something), Frustrate their knavish tricks." Confound their what?

When an opponent makes a mistake at the bridge table, it is frustrating if you fail to take advantage. In today's deal, South finished in five spades. After the heart-king lead and a heart to the ace, East shifted to the diamond jack. He was hoping that South had queen-third and West ace-fourth. How should South have proceeded?

West, despite the unfavorable vulnerability, was tempted to bid six diamonds on the third round. Theoretically, though, pass was right because six hearts doubled could have cost 500, making it more expensive than five spades making.

East's diamond-jack lead at trick three was ill-conceived. To defeat five spades, East had to shift to a trump, removing a key dummy entry before the club jack was established.

South won with his diamond ace, played a club to dummy's ace, ruffed a club with the spade two, led a trump to dummy's 10, ruffed another club, played a spade to dummy's ace and ruffed a third club. The club jack was high, but South couldn't get into the dummy. If

		North	07-21-21
		♠	A 10 3
		♥	10 9
		♦	10 5 4
		♣	A J 9 6 5
West		East	
♠	—	♠	8 5
♥	K Q 7 6 2	♥	A J 8 3
♦	Q 8 7 3 2	♦	K J 9
♣	7 4 3	♣	K Q 10 8
		South	
		♠	K Q J 9 7 6 4 2
		♥	5 4
		♦	A 6
		♣	2
Dealer: South			
Vulnerable: East-West			
South	West	North	East
4♠	Pass	Pass	Dbl.
Pass	5♥	5♠	All Pass
Opening lead: ♥K			

only he had ruffed all three clubs with high spades, at trick 10 he could have led the spade two to dummy's three and discarded his diamond loser on the club jack. As it was, South had to concede down one.

Carey wrote, "Confound their politics, Frustrate their knavish tricks." How enjoyable it would be to confound any government's politics. Almost as much fun as winning a knavish trick at the bridge table!