

Phoenix win Western Conference, prepare for playoff vs Armada

By Bird Bouchard

For the second straight season, the Sherbrooke Phoenix have won the Western Conference in the Quebec Major Junior Hockey League.

During their final regular season game of the season, the local hockey team needed to get two points Saturday night in Victoriaville to secure first place in the Western Conference.

Finding themselves down 3-1 halfway through the second period, the Phoenix would battle their way back to force overtime. For the second time in a span of a week, a familiar name took on the role of hero.

Joshua Roy's second goal of the game, scored 3:09 into overtime, gave the visiting Sherbrooke Phoenix their 50th victory of the season in a 5-4 win over the Victoriaville Tigres.

In the win, Jacob Melanson picked up his 50th goal of the season, tying him for the fourth most goals in the QMJHL this season.

"This has been our goal the entire season," said Phoenix goalie Olivier Adam. The netminder picked up his 29th win of the season between the pipes, tying him for the fourth most wins in the league.

Adam said he's done a good job remaining focused and highlighted his consistent play. He believes he can help the team have a deep playoff run this season.

CONT'D ON PAGE 7

Groundbreaking ceremony held for Youth Performing Arts Centre



LAWRENCE BELANGER

Sherbrooke and Quebec officials, with invited guests, pose for the ceremonial groundbreaking of the new youth theatre.

By Lawrence Belanger Local Journalism Initiative

Local politicians and stakeholders gathered outside the Centre des Arts de la Scene Jean-Besré on Friday to celebrate the construction of the long-awaited youth theatre for the city. A symbolic groundbreaking ceremony held last Friday marked the start of the project, a few weeks after the financial package was finalized.

"Today we are starting a project that originated in the 1980s," proclaimed Sherbrooke Mayor Évelyne Beaudin. Bringing the project to fruition was not easy, Beaudin explained, "Several determined people have passed the torch over the decades," she continued.

According to a press release about the groundbreaking, the infrastructure

will "consolidate a true cultural hub in downtown Sherbrooke" and bring together creation, production and presentation activities in the performing arts in a single location.

"We are leaving our children a place that will stimulate them, make them think, and make them dream," said Beaudin of the impact the facility will have on the region. "We are leaving future generations a powerful development tool."

Mathieu Lacombe, Minister of Culture and Communications, and Minister responsible for Youth attended the event. "In Quebec, there are innovative and creative cultural venues that promote the encounter between the living arts and young people. Our government is proud to support a project that is long overdue. A place

that will give children and teenagers access to culture and specialize in dance and theatre," Lacombe said.

Élisabeth Brière, Member of Parliament for Sherbrooke, called the moment a result of several years of effort by citizens and local elected officials. "I am very pleased that Canadian Heritage has doubled its investment...reaffirming that [the federal government] is there for our young people in the Eastern Townships and for Sherbrooke's cultural Community."

"The journey of this project is a concrete example of the impact of a political will

made of vision for the community, determination and sincere

CONT'D ON PAGE 3

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Weather



TODAY:
A MIX OF SUN
AND CLOUD

HIGH OF 8
LOW OF -8



TUESDAY:
CLOUDY

HIGH OF 2
LOW OF -5



WEDNESDAY:
SUNNY

HIGH OF 7
LOW OF -12



THURSDAY:
A MIX OF SUN
AND CLOUD

HIGH OF 3
LOW OF -12



FRIDAY:
CLOUDY

HIGH OF 3
LOW OF -2

Owl's Head Hoot and Slush Cup celebrates 50 years!



THE SCOOP
MABLE HASTINGS

On Saturday, March 25 Owl's Head Ski and Golf and the Canadian Ski Patrol celebrated 50 years at their annual Hoot Slush Cup, a highly anticipated spring fundraising event to profit the ski patrol that offered a day of memory making for all to enjoy in Potton.

The Canadian Ski Patrol is a national, non-profit, registered charitable organization that is volunteer-based and provides advanced first aid and emergency response services at more than 230 ski resorts and Nordic centres, as well as hundreds of recreational and sporting events across Canada. These patrollers are a welcomed site at the Owl's Head Ski mountain assuring the safety of all and offering vivacious smiling faces patrolling the trails.



JEREMY ELDRIDGE

Hundreds of attendees joined in the fun with a plethora of activities including DJ, animation, games, food, apres ski, prizes and more. The amazing slush cup began at 2 p.m. and was the highlight of the annual gathering. This year's cup did not

disappoint as costumed participants put on a great show for the crowd of spectators gathered.

For the event, the Neil Smith family from Potton offered freshly prepared and delicious maple taffy on snow as part of the Owl's Head Home Owners' Association tent with all profits going to the Ski Patrol. A local maple syrup producer from Potton, Smith and his family are happy to support the ski patrol in this way and they also look forward to selling their produce of this year's traditionally prepared syrup at local events in Potton in the months to come. Reserve your syrup by calling 819-571-1233.

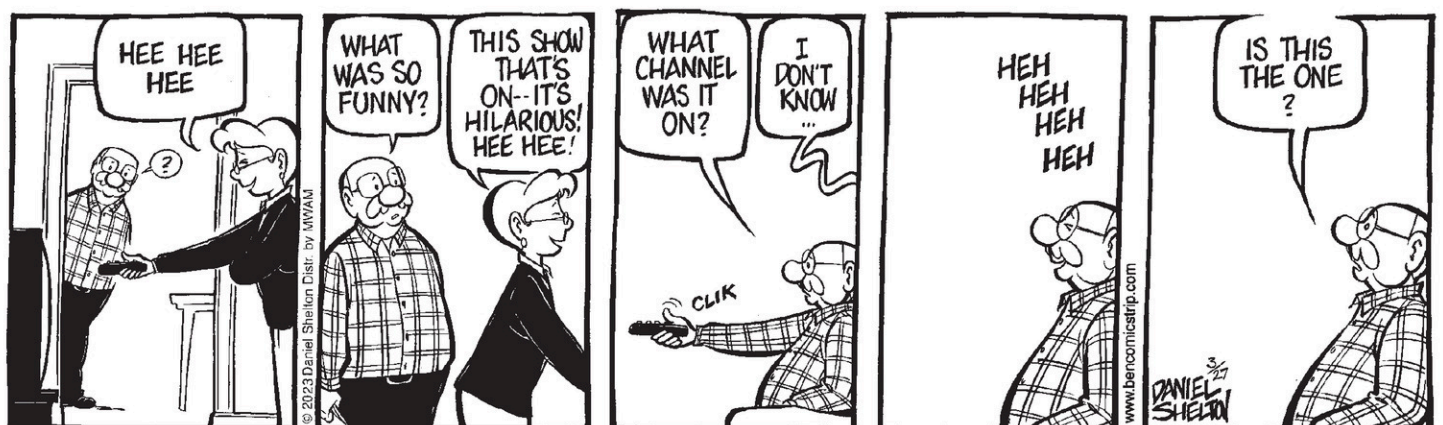
Ski Owl's Head and the Ski Patrol extend their appreciation to all who supported, donated to, attended and helped at this year's Hoot in making it a wonderful success.

Owls Head Ski reminds everyone that getting your 2023-24 season pass now gives you access to the mountain at any time including the rest of the 2022-23 season and with some of the best spring skiing to come, there's no better time to take advantage of this promotion!



EMILIE HEBERT LARUE

Ben by Daniel Shelton



Local News

The deal was announced on Friday during U.S. President Joe Biden's trip to Ottawa. It was described in U.S. documents as a "supplement" to the 2004 treaty known as the Safe Third Country Agreement.

Asylum seeker deal between U.S. and Canada won't stop drama at border, advocates say

By Marisela Amador
The Canadian Press

The new asylum seeker agreement between Canada and the United States will not deter migrants from trying to cross into Canada outside official ports of entry, Quebec immigration advocacy groups say.

Restricting access to the border and preventing migrants from accessing a safe pathway into the country will only incentivize bad-faith actors, said Abdulla Daoud, executive director of Montreal-based The Refugee Centre.

"This type of decision-making in the past has led to the creation of many human traffickers and smuggling rings," Daoud said in an interview on Friday. "Canada never really had to deal with that too much. But now I think we're going to see the numbers increase because these individuals are

not going to go away."

The deal was announced on Friday during U.S. President Joe Biden's trip to Ottawa. It was described in U.S. documents as a "supplement" to the 2004 treaty known as the Safe Third Country Agreement. That treaty prevents people in Canada or in the United States from crossing the border and making a refugee claim in either country— but until now, it only covered official points of entry.

As of Saturday, the treaty started to apply along the nearly 9,000-kilometre border, including at popular unofficial crossings like Roxham Road in Quebec, through which tens of thousands of asylum seekers have entered Canada in the past few years.

All was quiet there on Saturday morning, with only members of the media on-hand awaiting the arrival of new would-be asylum seekers.

A new sign installed on Friday and unveiled at midnight when the new agreement took effect now warns newcomers that it is illegal to enter Canada through Roxham Road.

"You will be arrested and may be returned to the United States. Refugee claimants must request protection in the first safe country they arrive in," the new sign reads.

Those working directly with people seeking asylum say they doubt such warnings will have much impact.

Eva Gracia-Turgeon, executive director of Home of the World, a shelter for asylum seekers and migrants in Montreal, said it is possible that would-be refugees who are determined to cross into Canada may end up dying by taking dangerous routes into the country.

"It's very possible that people will try to cross over using more hidden places

and get stuck in the woods for two weeks and end up losing their lives," Gracia-Turgeon said in an interview. "We are talking about not only individuals but also families and pregnant women and young children who are going to cross. So potentially, there will be more drama at the border."

One American official also voiced concern about the impact the new deal would have on residents on the U.S. side of the border.

"This becomes a local issue when you still have an influx of people coming here," said Billy Jones, an assembly member in the New York state legislature. "If they are denied entry, where are they going? What are you they doing? As well as the humanitarian part of it. We don't want people stranded along the border, oftentimes not prepared for the conditions that we have out here."

These are the three things you should expect in the federal Liberals' upcoming budget

By Nojoud Al Mallees
The Canadian Press

The federal Liberal government is expected to release its budget for the 2023-24 fiscal year on Tuesday.

Here's a look at three big things to expect:

Investments in the clean economy

Ottawa is expected to make big investments in clean energy and technology in the upcoming budget as it tries to keep competitive in the transition toward a greener economy.

Canada's main competitor is the United States, which decided last summer to invest nearly US\$400 billion over ten years in the Inflation Reduction Act.

The law targets that investment

in key areas tied to the clean economy: critical minerals, battery manufacturing, electric vehicles and renewable energy, including hydrogen.

As part of Canada's efforts to keep up, the government is expected to introduce new tax credits in the budget that would encourage the development of renewable energy sources such as wind and solar power.

Promises on affordability

The Liberals have sought to signal that more help is on the way for vulnerable Canadians who are struggling with the cost of living.

In a speech delivered in Oshawa, Ont. last Monday, Finance Minister Chrystia Freeland said the budget would include targeted inflation relief. But she warned the federal government

won't have the capacity to compensate all Canadians for the rise in prices caused by global inflation.

The NDP has called on the federal government to extend the temporary boost to the GST rebate that was offered in the fall. When he was recently asked about the potential move, Prime Minister Justin Trudeau would not say if it was in the cards.

NDP Leader Jagmeet Singh has also called for federal funding for school lunches.

Following a U.S. decision to target hidden and unexpected consumer fees, the government intends to include its own crackdown on "junk fees" in the budget.

Big health-care spending

Last month, the federal government

offered provinces and territories nearly \$200 billion in funding for health care over the next 10 years. The spending on those agreements is expected to be allocated in the upcoming budget.

But the NDP, which agreed to support the Liberal minority government on key votes in exchange for movement on its priorities, is looking for far bigger commitments on the health front.

As part of the deal, the Liberals have already agreed to create a federally funded and administered dental care program this year. It would replace the dental benefit for children in low-income families that was rolled out in the fall.

The agreement also commits the Liberals to passing legislation to create a national pharmacare program by the end of 2023.

Groundbreaking ceremony

CONT'D FROM PAGE 1

commitment," said Lilie Bergeron, Executive Director of Côté scène, a local organization promoting youth arts that will also helm the facility once finished. Bergeron said the project was more than 20 years in the making, getting teary-eyed talking about the long-building anticipation and future impact the facility will have. "We have dreamed for so long of this machinery swarming around us!" she said, referring to the construction that was already in the early stages.

The construction contract in the

amount of \$14,559,205 was awarded to

Groupe Decarel Inc.

Per the press release, the department of Canadian Heritage is contributing \$5,400,000 to

the project, while the largest single contribution is from the Ministère de la Culture et des Communications du Québec, for a total of \$9,300,000. Responding to concerns about all the money being invested in Sherbrooke for this and other projects, such as the Grandes-Fourches reconstruction, from the provincial government,

Beaudin pushed back that the city would not have to wait for other projects. "It's not how it works," she explained, referring to the grant process for capital projects.

The City itself has committed \$6,090,000, and Côté scène \$1,000,000. The total cost of the project, which includes professional fees and stage equipment, is estimated at \$21,790,000.

The mayor thanked the Minister of Culture and Communications, the Minister of Canadian Heritage, Pablo Rodriguez, as well as provincial

and federal representatives, for their work in securing the funding for the project. She specifically cited the work of Bergeron and her team at Côté scène, "without whom this project would not exist."

"I have come away from this experience filled with gratitude for the people who are involved in politics. Thank you for your tenacity, your perseverance and your sincerity in wanting to make things happen," said Bergeron in turn.

Officials expect the building to be complete by the end of 2024.

John Griffith

Son of a County Kilkenny family in Ireland, who became Mayor of Sherbrooke in 1875

By Jean-Marie Dubois (Université de Sherbrooke) and Gérard Côté (Lennoxville-Ascot Historical and Museum Society)

John James Griffith was born in 1814 in Quebec. He was among the ten children of Johanna O'Brien (1782-1865) and of Joseph Griffith (1773-1865), from County Kilkenny, Ireland. The family had immigrated in 1812 to St. John's, Newfoundland. Around 1814, they settled in Quebec, living in Drummondville before 1818, and then moving to a part of Orford Township in 1826 that would later belong to Sherbrooke. Joseph was a cobbler and one of the first Irishmen to settle in Sherbrooke. For many years, during their visits to the Townships, the



AERIAL PHOTOGRAPH HMQ93135-6 OF THE GOUVERNEMENT DU QUÉBEC

John-Griffith Street in 1993 at the end of its construction

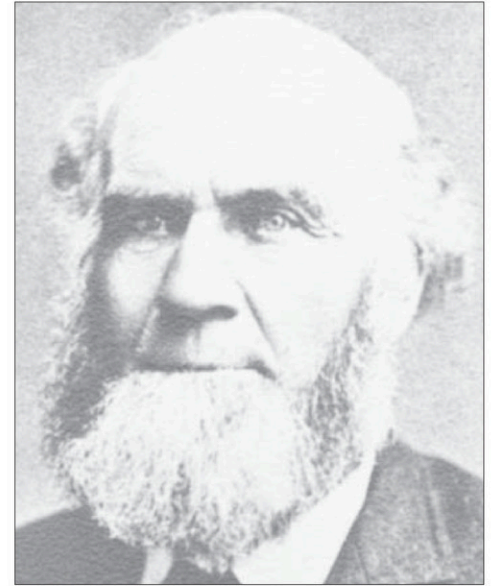
missionaries would stay at the Griffith family. Later in life, Johanna and Joseph went on to live in Richmond, sometime between 1851 and 1859. However, they lived in Waterville when they died in 1865 and they are buried in Sherbrooke's Saint-Michel cemetery.

In 1848, John married Ann McKenty (ca 1821-1892) in St. Columban (Saint-Michel since 1855), the first Catholic parish established in Sherbrooke in 1826. Ann was born in Ireland and lived in Shipton Township. The Griffiths had three children, born in Sherbrooke: William F. (1849-1882), Anne Maria (1855-1928) and Charles Edward (1860-1901).

From the beginning of 1840 until 1878, John Griffith ran a general store in Sherbrooke. He was one of the shareholders of the Magog & Sherbrooke Turnpike. This was a new and more direct road opened between 1852 and 1854 from Sherbrooke to Magog, in order to make traffic easier between the Grand Trunk's Union Station in Sherbrooke and the Magog wharf for the water taxi on Lake Memphremagog. In 1854, John also had erected the first business block in Sherbrooke on Commercial Street (Dufferin since 1904) at the corner of Water Street (des Abénaquis since 1933).

The block at first bared his family name and later on, the name of the former newspaper, Le Pionnier. John Griffith moved his general store there. The post office was also located there until 1884. In 1881, it was the location of the Sherbrooke Library and Art Building until the building in 1886 of their own block at the corner of Commercial and Factory (Frontenac since 1904) Streets. In 1874, John Griffith was also one of the 29 founding members of the Sherbrooke Permanent Building Society, a building society that would become in 1926 the Sherbrooke Trust. In 1877, the Sherbrooke Permanent Building Society relocated until 1913 in the Griffith block. John Griffith was a board member of the Stanstead and Sherbrooke Fire Insurance Co. He also held many government duties, such as Justice of the Peace during 45 years for the St. Francis judicial district, bankruptcies commissioner, tax collector and permit inspector.

Member of the Sherbrooke County Council prior to the incorporation of Sherbrooke as a municipality in 1852, John Griffith became a City Councillor of the first Sherbrooke City Council, where he sat from 1852 until 1882. In 1875-1876, he became the sixth Mayor of Sherbrooke, the first one of Irish



GAUDREULT, AMÉDÉE (1954) LES MAIRES DE SHERBROOKE. SHERBROOKE, P. 9.

descent. He was re-elected in 1881-1882 but did not return after because of poor health. He died in Sherbrooke, April 3, 1885. His wife live on in their home on Montreal Street near Commercial Street, until her own death in 1892.

In 1990, the City of Sherbrooke remembered their past mayor by naming John-Griffith a new street running off Malouin Street, East of the Sherbrooke Golf Club.

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EASTERN TOWNSHIPS RESOURCE CENTRE

Mead Haskell Baldwin: Brother, Son, and Soldier

By Jazmine Aldrich

History is made up of the stories of individuals: their choices, their experiences, and their relationships. These stories can be abstracted with time – that is – until we reconnect with the traces they left behind. They become more than a name: they are someone who lived – in a different time than us and under different circumstances – but who nevertheless experienced the ups and downs that make up a life.

This brings me to the story of Mead Haskell Baldwin. While I could never tell you every detail of his life, I will introduce you to some of his experiences as a young man, which I learned about through the records left by he and his family.

Mead Haskell Baldwin was born on September 28, 1891 in Baldwin's Mills. He was the second son of Willis Keith (W.K.) Baldwin of Baldwin's Mills and Lill Mead Ferrin Baldwin of Holland, Vermont. Mead was also the younger brother of then-five-year-old Harold Ferrin Baldwin. The only two children of W.K. and Lill, one gets the impression that Harold and Mead were brothers by blood but friends by choice.

Harold and Mead travelled the western Canadian provinces and United States together as young adults. The brothers worked as surveyors in western Canada towards the end of 1910, and spent Christmas of that year in Los Angeles, California, returning to Baldwin's Mills in May of 1911. When at home, the young men occupied themselves with running the various family businesses, including the sawmill, general store, and post office while their father was away.

By 1913, Mead had left home and completed a business course at the Eastman National Business College in Poughkeepsie, New York; he then pursued work as a bookkeeper in Minneapolis, Minnesota – where he remained until July 1917 when he voluntarily enlisted with the American Expeditionary Forces.

During the First World War, Mead served with Bakery Company No. 343 – a supply unit of the United States Army's Quartermaster Corps. Mead's baker training was given at the



PHOTOS P173 ELVYN M. BALDWIN FAMILY FONDS

Harold Ferrin Baldwin and Mead Haskell Baldwin at Christmastime 1896, taken in Claremont, New Hampshire

Dunwoody Institute in Minneapolis, beginning August 1, 1917. He served from October 1917 until March 1918 at Fort Riley, Kansas. Following a brief period at Camp Merritt, New Jersey, Mead's unit landed on French shores on April 15, 1918 and remained overseas for the next fourteen months. Mead was discharged at Des Moines, Iowa on June 19, 1919; he then returned to Minneapolis to reintegrate into civilian society.

In a heart wrenching letter to the United States Veterans' Bureau in 1926, W.K. recalls that Mead "reached home [Baldwin's Mills] in August 1919, broken in spirit. [...]. The buoyancy of youth had changed to moroseness or melancholy." Little more is known of his postwar life in Baldwin's Mills until tragedy struck the family two years later. On February 17, 1921, less than a month after Harold had married Ruth Stevens May, Mead's life came to a sudden end following several weeks of suffering from what would likely be diagnosed as post-traumatic stress disorder in today's terms.

The Baldwin family shocked: W.K.

Baldwin – by then serving as the Member of Parliament for Stanstead – returned to Baldwin's Mills from Ottawa. In the month following Mead's death, he offered to fund one third of the costs associated with building permanent highways from Baldwin's Mills to Coaticook and Stanstead, as well as funding their maintenance for a decade – all in memory of his late son.

The community mourned the loss of Mead, recalling in the Sherbrooke Daily Record his "sterling manhood and worthy qualities." Letters of sympathy poured in from near and far. Mead's former fiancée, Helen Wilma Kielgas

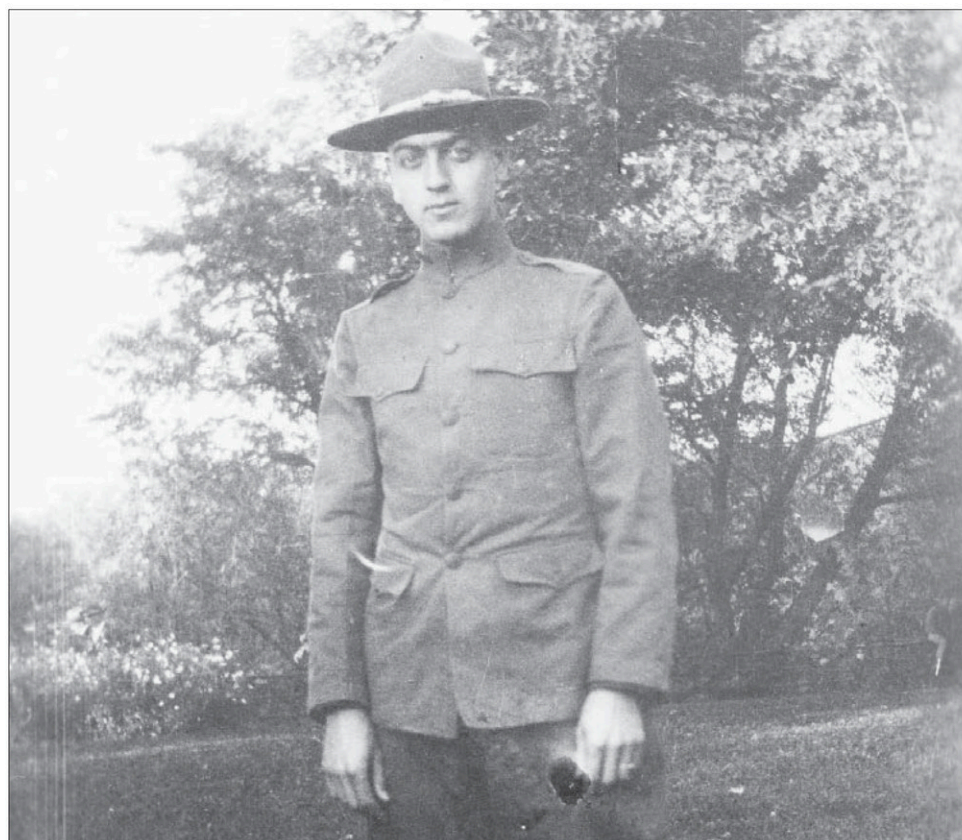
of Duluth, Minnesota, recalled him to Lill as "the kindest and most generous of men, one who intentionally hurt no one, one who was a true friend, idolized and loved his mother."

Mead's death marked his loved ones and his community; while his is a difficult story to tell, it is a testament to the love that endures long after someone is gone.

If you would like to learn more about the history of the Baldwin family, please contact the ETRC Archives by email at etrc2@ubishops.ca or by telephone at 819-822-9600, extension 2261.



Mead Haskell Baldwin and Helen Wilma Kielgas swimming in Lake Minnetonka, Minnesota in August 1917



Mead Haskell Baldwin in his military uniform, around August 1917

EDITORIAL

For the record, this was the 2023 edition of Bettman's response: "I know there's been constant speculation about that."

Has time come to ice the dream of Nordiques' return to QC?



PETER BLACK

the mind Péladeau has in his heart of hearts moved on from the Nordiques project. It would be cruel to compare it to his brief spell as leader of the Parti Québécois.

The blog Hockey30 contains an anonymous entry dated March 9 that claims since the NHL last officially rejected a Quebec City bid for an NHL franchise in 2016, Péladeau, though he talked the talk, has lost interest in potentially being on the hook for a billion dollar (or more) franchise fee in a market that still has serious weaknesses.

In 2018, the Seattle Kraken organization agreed to pay approximately \$980 million Cdn to join the NHL club. One would expect, with inflation and greed and all, that fee would be in the same ballpark should the NHL want to expand.

No major professional sports league, incidentally, appears to be in a rush to add teams. The National Football League, with the same total of 32 teams as the NHL, has mused about expanding to Europe of all things.

Even if Bettman's NHL should find itself in an expansive mood, there remain grave doubts whether Péladeau, even if he was still seriously interested, would be considered a suitable fit for the toney cabal of owners.

We're sure Bettman still has on file a letter dated 2018 from Luc Proulx, a shareholder of one of Quebecor's entities, TVA, the television network with a significant sports presence in Quebec. Proulx warned Bettman and NHL owners that Péladeau was "a troublesome individual" who is "currently unfit to become a governor of the NHL."

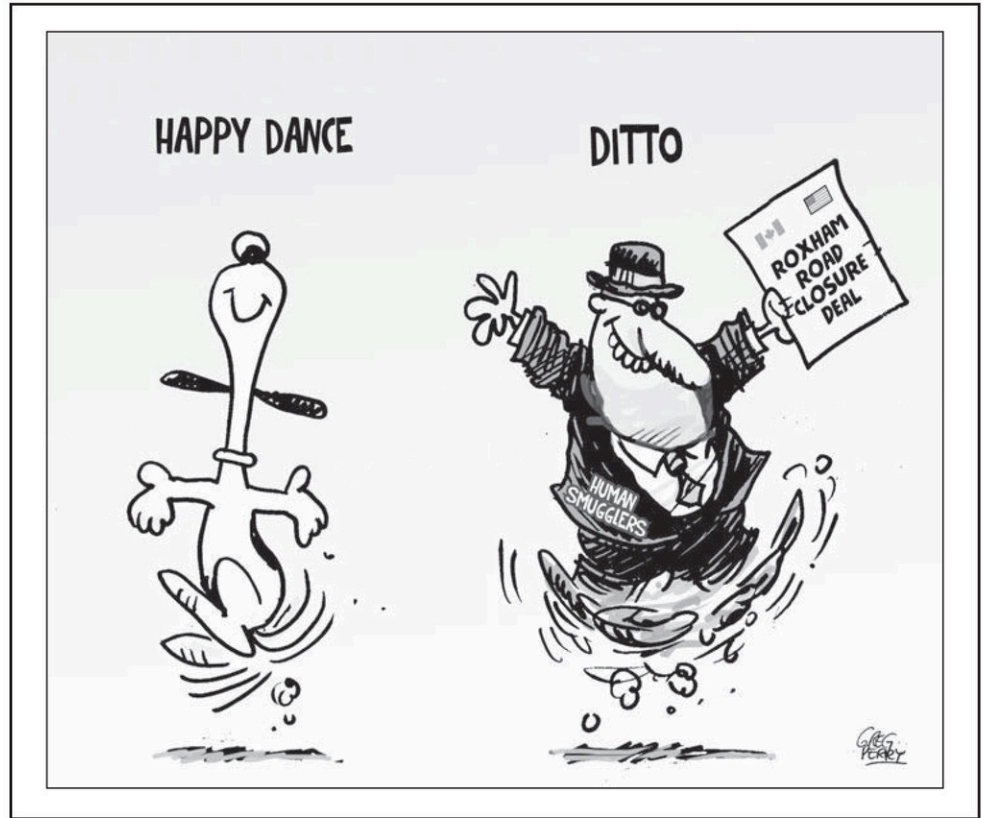
That may be so, and perhaps

It's become a seasonal ritual. Each time the National Hockey League (NHL) governors gather for their annual meeting in some sunny resort, commissioner Gary Bettman will be asked by reporters about league expansion and inevitably whether a return of the Nordiques to Quebec City is in the cards.

For the record, this was the 2023 edition of Bettman's response: "I know there's been constant speculation about that. We're not in an expansion mode. If we decide to participate or have the possibility of expansion we'll let the people of Québec City know - those who might want to own a team."

"Those who might want to own a team" we take to mean Pierre-Karl Péladeau, the forever boss of Quebecor and for at least a decade the person presumed to have the bucks and the will to pursue an NHL franchise for Quebec City to assuage the gnawing ache in the psyche of the capitale nationale since the 1995 departure of the Nordiques.

We say presumed because there is some doubt out there in the cyber world of hockey addicts who are of



Péladeau, despite his and his allies' gung-ho public desire for a return of the NHL, recognizes a lost cause when he sees one, but his quest may not be over.

According to veteran hockey broadcaster and commentator Gord Miller, Péladeau's recent purchase - on his personal dime - of the Montreal Alouettes Canadian Football League (CFL) franchise may aid a potential NHL bid.

"I think it's a savvy play," Miller told a Montreal radio station recently. "If he brings (the Alouettes) some stability and he shows he can run a pro sports team in a big market and do well with it, I think that helps."

Whether acquiring the money-losing Alouettes is part of Péladeau's grand long-term strategy to eventually get an NHL franchise is anybody's guess. In the meantime, with

Quebecor owning the Quebec Major Junior League's Quebec Remparts and Blainville-Boisbriand Armada and having a broadcast partnership with the Trois-Rivières Lions, Péladeau has more than enough hockey on his plate to keep him in the game, so to speak.

Beyond divining the Quebecor boss's passion for an NHL franchise, the (white) elephant in the room is whether the big-league-quality Videotron Centre, built in 2015 for the now-bargain price of \$370 million, will ever see a professional hockey anchor tenant.

Péladeau's true pensées aside, the time may have come for Quebec City to abandon once and for all the Nordiques fantasy and find another pro sports dream. How about a CFL franchise or a women's hockey team?

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Local Sports

“For most of us, it’s our last year and last chance to win it all. Everyone on this team wants to win a championship very badly.”

Phoenix win Western Conference

CONT'D FROM PAGE 1

“It’s my last year. Every game is important. I’ll be focused and I’ll bring a consistent level of play to help us win some big games,” he said.

Making two big saves in the overtime period Saturday night, Adam showed his confidence levels are high heading into the playoffs.

“Everybody on our team has confidence in him. He’s been amazing for us all season and we can really trust him,” said Joshua Roy.

The Phoenix assistant captain said the team has a lot of 19 and 20-year-old players that won’t return next year. After falling to the Charlottetown Islanders in the Semi-Finals of the playoffs a season ago, Roy said now is the time to win it all.

“For most of us, it’s our last year and last chance to win it all. Everyone on this team wants to win a championship very badly. You’ll see us all bring our A game,” he said.

The Phoenix (50-13-3-2, 105 points) will now play the Blainville-Boisbriand Armada (22-37-6-3, 53 points) in the first round of playoffs. The Phoenix will have home ice advantage and will host the first two games of the series at the Palais des Sports where they welcomed 111,448 fans this season, a new Franchise record.

According to Roy, the fans have played an important role this season.



PHOTOS BIRD BOUCHARD

Anthony Munroe-Boucher (27) of the Sherbrooke Phoenix battles for a loose puck against Thomas Belzile (21) of the Victoriaville Tigres in a game on March 24. The Phoenix defeated the Tigres 7-1.

Having finished with a 29-1-3-1 record on home ice, the Phoenix had the best winning percentage on home ice in the league.

“The crowd gives us a lot of momentum. They’re always loud and we feel their energy. They push us to give them our very best every game,” said Roy.

In four games played against the Armada in the 2022-23 season, the Phoenix outscored their opponents 16-5. Sherbrooke has won their last eight matchups vs the Armada, dating back to December 12, 2021.

Following the first two games of the series on March 31 and April 1 at the Palais des Sports, the series will then shift back to Blainville-Boisbriand on April 4 and 5. If necessary, the series will then alternate home teams with the Phoenix hosting Game 5 on April 7, the Armada hosting Game 6 on April 9 and the Phoenix hosting Game 7 on April 11.



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Date Book

MONDAY, MARCH 27, 2023

Today is the 86th day of 2023 and the eighth day of spring.

TODAY'S HISTORY: In 1794, the U.S. Congress passed the Act to Provide a Naval Armament, establishing the force that would become the U.S. Navy.

In 1886, Apache leader Geronimo surrendered to U.S. forces at Skeleton Canyon in Arizona.

In 1915, Mary Mallon, better known as Typhoid Mary, was quarantined on North Brother Island in New York City.

In 1964, the strongest recorded earthquake in U.S. history (magnitude 9.2) struck Alaska, killing more than 120 people.

In 1998, the Food and Drug Administration approved Viagra, a medication to combat impotence.

TODAY'S BIRTHDAYS: Wilhelm Roentgen (1845-1923), scientist/inventor; Henry Royce (1863-1933), founder of Rolls-Royce Limited; Ludwig Mies van der Rohe (1886-1969), architect; Gloria Swanson (1899-1983), actress; Sarah Vaughan (1924-1990), singer; Quentin Tarantino (1963-), filmmaker;

Mariah Carey (1969-), singer-songwriter; Nathan Fillion (1971-), actor; Fergie (1975-), singer-songwriter; Buster Posey (1987-), baseball player.

TODAY'S FACT: Silver prices plummeted on this day in 1980 when brothers Nelson Bunker Hunt and William Herbert Hunt attempted to corner the silver market and failed.

TODAY'S SPORTS: In 1939, Oregon defeated Ohio State 46-33 to win the first NCAA men's basketball tournament.

TODAY'S QUOTE: "When I sing, trouble can sit right on my shoulder and I don't even notice." - Sarah Vaughan

TODAY'S NUMBER: 5 - consecutive No. 1 singles for Mariah Carey, beginning with her August 1990 debut single, "Vision of Love," and ending with her October 1991 single, "Emotions." Carey is the only artist in history to reach No. 1 with her first five singles.

TODAY'S MOON: Between new moon (March 21) and first quarter moon (March 28).

Cancer support groups can be helpful in battling depression



ASK THE DOCTORS

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

Dear Doctors: My father is being treated for colon cancer. It was caught early, and his doctor is optimistic. The problem is, he's getting really depressed. His doctor suggested a cancer support group. How do those work? Are they helpful? My dad isn't very chatty and would need to be persuaded.

Dear Reader: Most of us are aware of the physical effects of cancer and cancer treatment, such as pain, exhaustion, nausea and hair loss. But the disease can take a steep mental and emotional toll, as well.

People who learn they have cancer often feel shock, anger, fear, sorrow and disbelief. Studies show that living with a serious disease can also leave someone with a profound sense of isolation. It arises because, in that moment of diagnosis, they have suddenly become different from everyone around them. With an urgent new schedule of doctor and clinic and hospital visits, they are separated from the familiar and reassuring rhythms of daily life. It's a burden that, when added to the physical rigors of illness and treatment, often leads to the depression you've recognized in your father.

Cancer support groups are gatherings of fellow patients who, in sharing their thoughts, feelings and experiences, help each other cope. Many cancer patients say they find attending a support group helps them to deal with the numerous stresses of living with the disease. When talking to another person

dealing with cancer, you don't have to explain yourself. They already know what you're going through. The daily physical, mental and emotional battles that are unique to cancer patients are common ground.

These groups are useful not only for emotional support, but also as a place to discuss the nuts and bolts of living with this disease. Patients help each other learn what to expect at each stage of treatment, how best to deal with doctors, how to manage side effects, strategies to stay strong and healthy, what foods to eat and where to find additional support services. Even something as seemingly inconsequential as advice on the best place to park can make daily life easier.

Your father doesn't have to be a chatty person to take part in a support group. Participation, while welcome, isn't required. The groups take place in person and also online. Some are for anyone with any type of cancer. Others are more specific, with a focus on a certain type of cancer or a certain age group. If your dad is open to exploring support groups, it would be a good idea to research what is available in your area. His medical team, and the clinics or hospital involved in his treatment, are a good resource. So is the National Cancer Institute's data base. You can reach it by typing supportorgs.cancer.gov/home.aspx into your web browser.

If there are several options in your area, your dad can try them out to find the best fit. People often initially focus on how they may benefit from taking part in a support group. However, over time, they often find that helping others in their same situation is equally rewarding.

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

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

Do just one thing

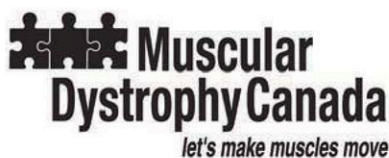


by Danny Seo

Washing your clothes in cold water does more than save energy and money on your utility bill: It also preserves your clothes. The fibers of your clothing last longer when they're washed in cold water; they actually deteriorate when washed in hot water. The only time you really need to wash in hot water is if you need to remove stubborn stains that are oil-based, or to disinfect items like hand towels and bedding. Otherwise, 9 out of 10 washes on average should be done in cold water.

To win the fight against neuromuscular disorders, it takes more than just words... it takes action.

TAKE ACTION. PLEASE GIVE.



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

Last straw with mother-in-law

Dear Annie

MONDAY, MARCH 27, 2023

Dear Annie: How much is one person supposed to take? My mother-in-law has no filter and will say anything she wants at any time, just to insult.

I have been married to "Frank" for more than 30 years, and the whole time my mother-in-law says the most insulting things, and Frank wouldn't dream of telling her to stop.

Years ago, it was about when we were going to have kids. She started telling everyone in the family not to ask me about it because, according to her story, I didn't answer in a nice way. Even though my husband heard her say this, he of course said nothing. She posts on Facebook for everyone to see and also tells my children how she wishes she could spend more time with them and always plays the "woe is me" scenario.

My husband recently celebrated a birthday, to which my mother-in-law posted, "I would have given anything to make your day special today, where have the years gone?" Then we went to her place and got his birthday card, and she said in the card, "Too bad I couldn't have made your day special, but next year it's my turn to make your day special."

My husband got mad at me when I said she made your day special because she gave him a few gift cards. He puts his mother on a pedestal, and no matter what, he only gets mad at me - never her.

She said she thought I had put on some weight; he smiled and laughed and shrugged his shoulders. I should not have to take her rude, insensitive remarks while my husband sits back and feels sorry for her. He has a wife and kids, and his life doesn't have to revolve around her. I am fed up with her and my husband both and the disregard for my feelings and her rude comments. - Enough Is Enough

Dear Annie: While it sounds like your mother-in-law is being very competitive with you, it also sounds like you are being competitive with her.

Yes, you are his wife, and of course you should take front and center, but she is his mother, and there should be a level of respect by both parties. As far as her rude comment about your weight, that is completely unacceptable, and it is understandable that you tell her if she continues to speak to you that way, she is not welcome in your home.

Ask yourself if you include her in your husband's birthday celebrations. You win more bees with honey than vinegar, so try to be patient. Don't rule out marriage counseling. A good therapist will help your husband see that his adoration of his mother - at your expense - is unhealthy.

Dear Annie: Your answer to "Too Much Power" was perfect. Thank you for pointing out that emotional abuse is indeed abuse and a form of domestic violence. As is typical of abusers, he was blaming the victim.

As somebody who experienced childhood abuse and neglect, I can say that I am working on healing and not being so sensitive. But it's just not as simple as he makes it out to be. It takes time, often years, even decades, to heal.

Abuse is never the victim's fault. Thank you for your perfect response to his gaslighting. - 50-Something "Overly Sensitive" Man in Michigan

Dear 50 Something: Thank you for your letter and kind words.

Dear Annie: Let me start off by saying I got married at 19 and divorced at 24. My ex-husband and I had three kids during this time, two females and one male. I got remarried at 26 and had a son. My second husband already had three girls from previous relationships. One of his girls I have never met because her mom moved to Texas, however, his other daughters and I get along great.

When we got married, his daughters were 16 and 23. My husband and I have a 20-year age gap between us. We have now been together for 10 years. His youngest daughter is bisexual and has three kids of her own, and his older daughter has transitioned to a man, so now he's technically my stepson. I have never had a problem with this.

A few weeks ago, my youngest daughter, who is 12, told me she was gay, and then said she was joking. I told her if she decides one day it isn't a joke that I will love her no matter what and accept that. Well, today she told me she is bisexual. Again, as long as she is happy, I don't care.

Well, my parents are VERY conservative Christians and are always talking about my now-stepson, making rude comments, saying I need to call him a "her," etc. My daughter hasn't come out to them, and I know they will try to "pray away the gay." I want to respectfully tell them to accept her and get over it, or get lost until they can. Also, let me add that a few days ago, we went out to eat with my parents, and my daughter was making a bracelet with colors of the bisexual pride flag for her friend at school. They saw it and started to say how disappointed they were in her for hanging out with a bi kid and that she shouldn't participate in anything related to that.

How do I respectfully tell my parents to accept my kids or get lost? - Stressed Out Mom

Dear Stressed Out: First, a big shoutout to you and your husband for being wonderful, supportive parents. I can tell you've created a home where your beautiful blended family feels loved and comfortable being themselves, and talking to you about

what's going on in their lives.

Some of the time, unacceptance stems from a lack of understanding. Start by talking to your folks one-on-one to explain your children's perspectives and identities, what some of the terminology they may not be familiar with means. Remind them that no matter what, their grandchildren are still exactly the same people they've always been at the core - if anything, now more authentically themselves - and as long as they are happy and safe, none of the other details should concern them.

If, after a serious conversation, they are still unwilling to budge, let them know they are not welcome in your kids' lives until they do. Being a teen is hard enough without feeling inadequate and judged by those who should be in your corner. Until your parents are able to treat your children as fairly and lovingly as they once did, they should keep their distance from the family altogether.

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

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

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In 2018, an important initiative was started for the anglophone community of the Eastern Townships. The AGRHS Easter basket campaign is now proudly a part of the local traditions. Since the beginning, we have been fortunate enough to receive generous donations from our community and its members.

This year, your support will be essential in making Easter a positive and hopeful experience for our less fortunate families.

The families of the Alexander Galt Regional High School sector (elementary and High School) will be able to benefit from these baskets.

We hope that we can continue to rely on your support as it remains an important staple to the success of our Easter basket campaign

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(tax receipts for donations of \$10 and over will be issued)

Thank you for your generosity!

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.

“EZ IMY YZO, FZO EZ IMY JYVEZZEV,
EI'H FCC FJSGI LFEIM LSW AY. E
TFZ'I OYLEZY EI, JGI EI MFH OYLEZY O
AY.” — AFWEFM TFWYX

Previous Solution: “We all require and want respect, man or woman, Black or white. It's our basic human right.” — Aretha Franklin

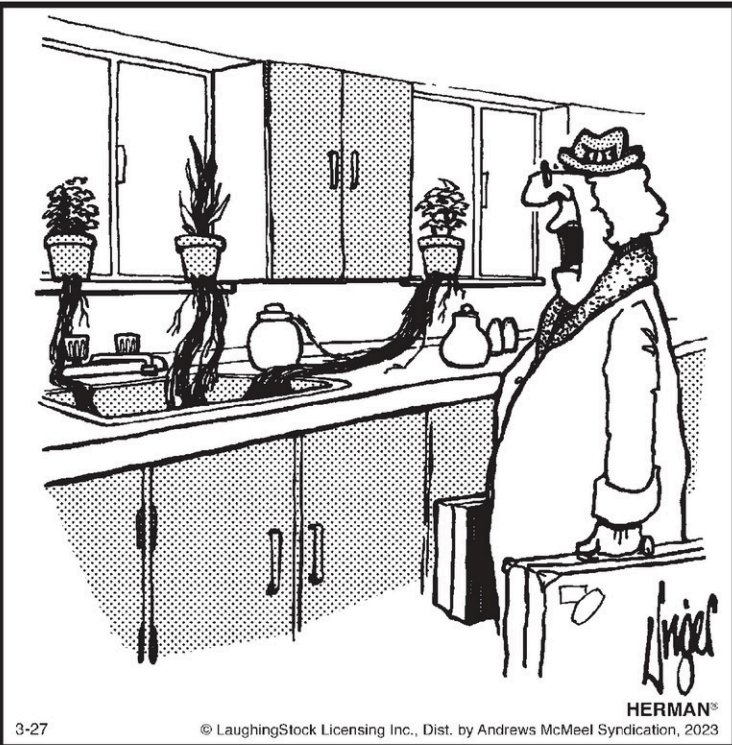
TODAY'S CLUE: A sjenbæ X

REALITY CHECK

IN WHAT WOULD HAVE BEEN THE FUNNIEST COMIC OF ALL TIME, DAVE UNFORTUNATELY HAD HIS SPEECH BALLOON SHOT DOWN BY A FIGHTER JET

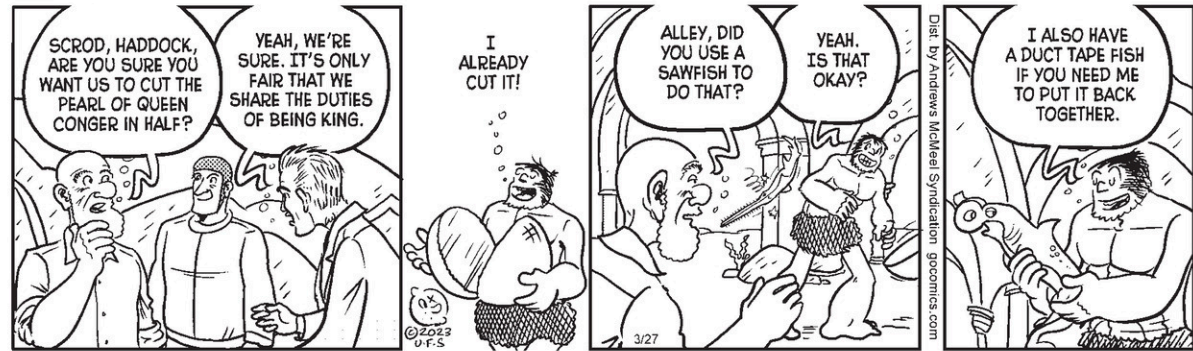


HERMAN



“Did you forget to water my plants while I was away?”

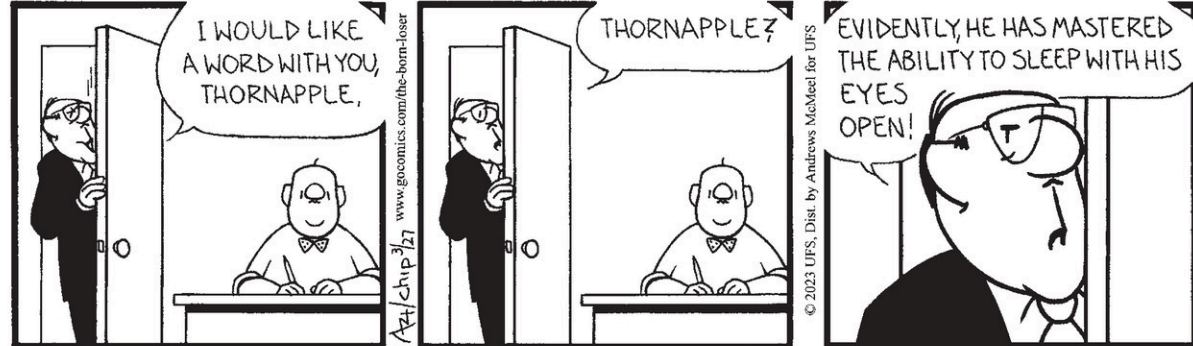
ALLEY OOP



ARLO & JANIS



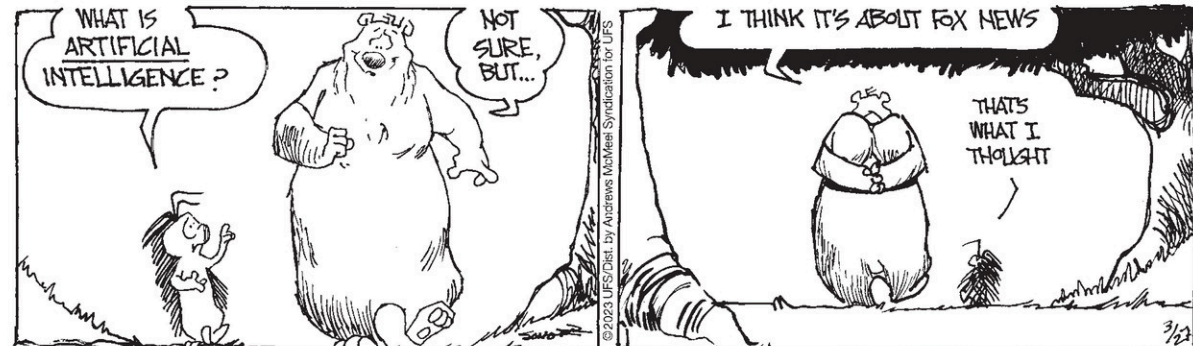
THE BORN LOSER



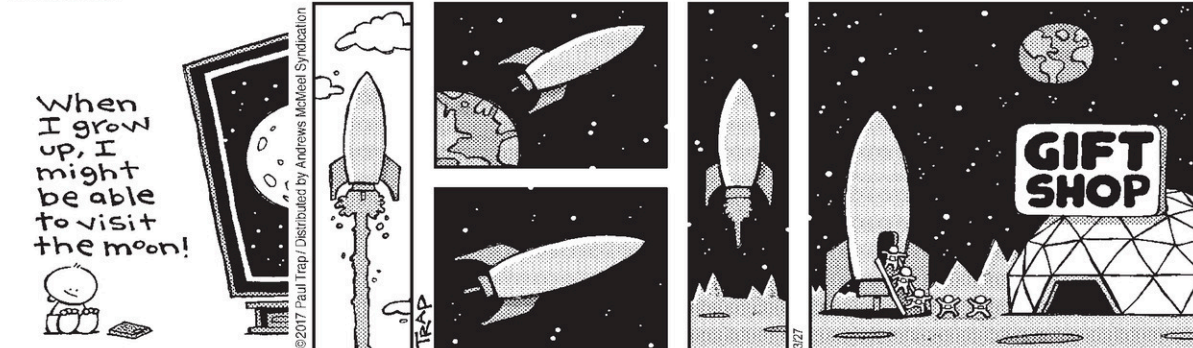
FRANK AND ERNEST



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DIFFICULTY RATING: ☆☆☆☆☆

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3/27

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PREVIOUS SOLUTION

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2	5	4	6	3	7	9	1	8

HOW TO PLAY:

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

THE RECORD

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NEA Crossword Puzzle

Your Birthday

MONDAY, MARCH 27, 2023

will be the way to go. A financial opportunity or contract looks inviting. Let your intelligence lead the way, and use your voice to promote opportunity. Seek help from others.

LIBRA (Sept. 23-Oct. 23) - Don't let your emotions get in the way of your search for truth. If information you receive sounds far-fetched or contradictory, do more digging. Don't act without having all the facts.

SCORPIO (Oct. 24-Nov. 22) - Try something new, and socialize with people you find interesting and informative. Revisit an emotional issue you have yet to resolve. Put boundaries in place. Don't let yourself be taken for granted.

SAGITTARIUS (Nov. 23-Dec. 21) - Brace yourself if you are dealing with outside influences. Stick close to home and work on something important to you. Peers or family members will encourage you to follow your heart.

CAPRICORN (Dec. 22-Jan. 19) - A change geared toward improving your mental and physical health will bring long-lasting effects. Growing as an individual will give you a new lease on life. Romance is in the stars.

AQUARIUS (Jan. 20-Feb. 19) - Don't be too quick to dismiss someone's actions. Avoid associating with someone who can make you look bad. Use your experience and intuition to guide you in a positive direction.

PISCES (Feb. 20-March 20) - Take pride in your work and how you run your home. Listen to what others say, but do what works best for you. A deal is only in your best interest if the results align with what you want.

Express yourself, communicate your intentions and seek out individuals who can help you reach your goal. Your dedication and determination will help you finish what you start if you don't let anxiety or anger hold you back. Be innovative and passionate, and the world will open to you.

ARIES (March 21-April 19) - Research and preparation will set your mind at ease. Knowing what you are up against will be key. Choose your words wisely and share with like-minded people. Don't lead someone on.

TAURUS (April 20-May 20) - You'll charm others with your insight. Concentrate on getting things up and running before you share your plans. Someone you love or respect will spark an unexpected change of heart.

GEMINI (May 21-June 20) - Pitch in and do what you do best. Your insight and ability to delegate will ensure your success. Be a leader who chooses the best person for each job, and watch your dream come true.

CANCER (June 21-July 22) - You may feel like taking on the world, but until you steady your emotions and are prepared to follow through with your plans, you are better off working alone. Leave no room for error.

LEO (July 23-Aug. 22) - Think about the possibilities before making a move. Don't gamble with your reputation or health. You're not obligated to do everything yourself. Ask for help and you will get it. Seek out like-minded people.

VIRGO (Aug. 23-Sept. 22) - Action

Answer to Previous Puzzle

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- ACROSS**
- 1 Soccer goal
 - 4 Bohemian
 - 8 Arizona city
 - 12 Envir. monitor
 - 13 Rx amount
 - 14 Where to earn a deg.
 - 15 Tyrannosaurus —
 - 16 Connect incriminatingly
 - 18 Ground crew order
 - 20 Pipe material
 - 21 Schlep
 - 23 Every
 - 26 Nave neighbor
 - 29 Collars
 - 32 Short distance
 - 34 Do nothing
 - 35 Spanish gold
 - 36 Age
 - 37 Wire measure
 - 38 Sea, to Cousteau
 - 39 Mosquito or gnat
 - 40 Diligent insect
- 41 Pirate — Lafitte**
- 42 Gorillas or chimps**
- 43 Youngster**
- 45 Cease**
- 47 Fabric meas.**
- 49 Honshu port**
- 53 Named**
- 58 Grease**
- 59 Refresh the fern**
- 60 Helper**
- 61 Tar's reply**
- 62 Vanished — thin air**
- 63 Go by**
- 64 He played Opie**
- DOWN**
- 1 Dork
 - 2 Touche provoker
 - 3 Ride-seeker's shout
 - 4 "Toodle-oo!"
 - 5 RAM counterpart
 - 6 Recipe meas.
 - 7 Puppy's cry
 - 8 New Mexico's flower

- 9 Italian article
- 10 Engineer-ing sch.
- 11 Livy's hello
- 17 Folksinger Burl —
- 19 Music notation
- 22 Dwarf
- 24 Bird song
- 25 Steed
- 26 Mme. Gluck of opera
- 27 Aim
- 28 Like pretzels
- 30 Region
- 31 Carried
- 33 Applies foundation
- 39 Walks quietly
- 41 "The Return of the —"
- 44 Temple city of Japan
- 46 Junction points
- 48 Be grouchy
- 50 Nowhere near
- 51 Boxing knockout
- 52 Two fives for — —
- 53 Left Bank pal
- 54 Wrestler's coup
- 55 L.A. zone
- 56 Tijuana aunt
- 57 Magazine execs

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MONDAY, MARCH 27, 2023

One marathon is longer than another

By Phillip Alder

Three decades ago, I completed four New York City marathons. Halfway through you say, "never again," but at the end you say, "can't wait for next year."

The bridge equivalent takes even longer, when you play almost continuously for 24 hours. You enter as a "pair" of two or three players. The latter lineup permits each of you to have some sleep.

Today's deal occurred during a marathon at the Young Chelsea Bridge Club in London.

At 3 a.m., bridge can take on a nightmarish quality. Probably West should have raised clubs immediately. Also, if he had passed over four hearts, that would have ended the bidding, but a moment later, he was defending against a slam.

In the warm light of morning — after, say, 7 a.m. — a diamond lead would stand out, which gives the defenders one spade and one diamond. However, West led a club. Declarer ruffed and knew that the normal play in spades was to run the 10. Then, if that lost, a top honor would be cashed next. However, South realized that if he drew trumps, *

North				03-27-23
♠ A K 9 8 7				
♥ Q 3				
♦ A 6 3 2				
♣ 8 3				
West		East		
♠ J 6 2		♠ Q 3		
♥ J 8 6		♥ 7		
♦ Q 7		♦ K 9 8 4		
♣ 9 7 6 5 4		♣ A K Q J 10 2		
South				
♠ 10 5 4				
♥ A K 10 9 5 4 2				
♦ J 10 5				
♣ —				
Dealer: West				
Vulnerable: Both				
South	West	North	East	
	Pass	1♠	2♣	
2♥	Pass	2♠	3♣	
4♥	5♣	5♥	Pass	
6♥	Pass	Pass	Pass	
Opening lead: ♣ 7				

lost a spade trick, ruffed a club return and played a spade to dummy's king, he would have no hand entry if East discarded. He would be unable to pick up West's remaining honor. So declarer adopted a different approach.

He ruffed the opening lead, drew trumps and played a spade to the king. When only low cards appeared, he led a low spade off the dummy. When the suit split 3-2, he claimed, but he would have been all right if West had had Q-J-x-x of spades.