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IGA stores test home-brought packaging

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THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

Building pipeline to Saguenay not like in the 50s

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TUESDAY, APRIL 23, 2019

What's that ringing in my ears?

Church bells ring for Earth Day

By Gordon Lambie

In what has become a tradition in certain parts of the Townships, church bells rang out more than 400 times at 11 a.m. on Monday to "sound the alarm" for the planet on Earth Day.

"We've been ringing the bells here for about eight years," Reflected Carole Martignacco of UUEstrie, the Unitarian Universalist community in North Hatley.

Although the idea is not unique to the Townships, having been inspired by action at the Copenhagen climate conference in 2009, Martignacco explained that it was she and local United Church Minister Mead Baldwin who got the movement going locally.

"Mead and I put our heads together," she said. "I read about it and called him to say, would you like to do this?"

The premise behind the bell ringing is to highlight the rising level of carbon dioxide in the atmosphere and call attention to the fact that climate scientists say that urgent action is needed to help curb a rising tide of human-caused climate change. The bells ring out to indicate the current level of the gas in ppm or, parts-per-million.

"When we first started, we rang the bell 350 times, but in just a few years it

CONT'D ON PAGE 3

Easter weekend dampened by flooding in the Townships



PHOTO CREDIT: LÉNA DUBOS

Students tackled the flood in true Bishop's fashion, as some canoed in the backyards behind Reed St., and some tried to waterski on a flooded Little Forks St.

By Emilie Hackett
Special to the Record

After a close call for flooding earlier last week, Sherbrooke's municipal emergency preparedness organization (OMSC) released a statement on Saturday, April 20 that the St. Francis River had overflowed its banks in several different areas around Sherbrooke after it exceeded 21 feet.

The Aylmer Bridge probe recorded a

fast elevation on Saturday, with water levels climbing from 16.2 feet in the early hours of the morning to its highest level, 21.8 feet, at 10:30 p.m. Levels stabilized around 20.6 feet all of Sunday, and the river began going down around 8 a.m. on Monday morning. It was recorded at 19.1 feet at 2 p.m. on Monday, April 22.

Considering the situation, the municipal garage on Grandes-Fourches St., the ramps on Frontenac and Grandes-

Fourches St. and the SAQ's parking lot were closed in downtown Sherbrooke over the weekend. 300 people were preventatively evacuated, especially in the Queen-Victoria Boulevard and Bowen St. South areas. They returned to their homes Sunday night as water levels decreased.

Several feet of water accumulated on Little Forks St. and on Optimist Field in

CONT'D ON PAGE 3



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Weather



TODAY:
CLOUDY

HIGH OF 11
LOW OF 5



WEDNESDAY:
RAIN

HIGH OF 8
LOW OF 2



THURSDAY:
CLOUDY

HIGH OF 11
LOW OF 3



FRIDAY:
SHOWERS

HIGH OF 11
LOW OF 2



SATURDAY:
60% CHANCE
OF SHOWERS

HIGH OF 9
LOW OF -5

Running for fun with RRHS



DISHPAN HANDS

SHEILA QUINN

Class of 2019 students at RRHS have a little fresh air and fundraising in their future, and are inviting other schools to join them.

Soon-to-be graduate Kayla Matthews shares on how inspiration has taken her and a few classmates through the organizational process of pulling off an event that will hopefully lead to some support for the Montreal Children's Hospital:

'My friend Sabrina Loiselle came to me one day and told me that it would be really fun to have a run like we had in secondary one, and I told her that we are in Leadership class - we can organize one!'

Fellow students Hailey Lodge and Bryan Greenwood joined in on the collaboration. Kayla continues,

'All of us had been throwing ideas at each other for two weeks, then I said that we need to have a cause. We can run for a reason, and make a difference in people's lives. Sabrina, at the time, had just had surgery at the Children's Hospital in Montreal, and she saw the posters around asking for funds for the cancer treatment side of the hospital.'

With permission from their teacher, and after attending a teacher's council

meeting to lobby for support, and then the concept was approved by the Governing Board. The students contacted the hospital, explained their ideas and that they would like to fundraise money for the hospital.

'Then we decided that if we were going to raise money for kids with cancer, we weren't just going to aim for a small amount, so we took it upon ourselves to make this run as big as possible.'

The group took their project to a local green space to ask permission to use the grounds. They then began contacting schools from Sherbrooke, Windsor, Richmond, Victoriaville, Danville, among others. While they haven't had much response from the schools they have contacted, this is all part of the learning curve in event planning and fundraiser organization. They still hope to hear from some of them.

'I want to do this because I want to show people that it doesn't matter who you are, or how old you are, if you want to make a difference, you can do it. I want those kids to know that they aren't alone fighting for their lives, and that the people of the Eastern Townships are there fighting with them. Every single one of those kids deserves a second chance to live the same life that me and everyone running on May 2nd are so privileged to have. Maybe our donation won't change much, but it will most definitely be a start. I'm hoping that the actions of me, Hailey Lodge and Sabrina Loiselle will show everyone what they are capable of, as long as they work hard, and that they can change people's lives if they are truly inspired to do so. I want to leave my mark, not only on my school, but on my community as well, and I'm sure that all of our hard work will pay off. We just need a bit more help, and

we'd like to encourage others to donate, because even \$1.00 can make a difference.'

Participating in the Fun Run is a \$5.00 donation. \$4.00 will go to the Montreal Children's Hospital in their oncology and hematology department, and the students decided that \$1.00 will return to their school to help fund student activities.

Hailey Lodge elaborates, 'People who decide to run can bring any extra donations they wish! We hope to raise at least \$1,000.'

Richmond Regional High School teacher (and former RRHS graduate) Lindsay Mastine chimes in on her thoughts on the plans,

'The kids organizing it have been amazing. They have done so much work organizing. It was completely their idea, they just approached me asking if they could do it - I told them to go for it! They've done everything themselves! They contacted the town, the hospital that they are raising the money for, and they also contacted other schools in the region to come and participate. I'm proud of them, and of all of the hard work that they have done!'

Bravo to Kayla Matthews, Sabrina Loiselle, Hailey Lodge and Bryan Greenwood, and all other RRHS students (and beyond) who choose to participate. The process of putting together this event, and the act of giving back to others is an education in and of itself. May your event be a success beyond your hopes! Hats off to teacher Lindsay Mastine and teacher's council and RRHS Governing Board for supporting this experience.

The Fun Run will take place on May 2nd. Anyone wishing to make a contribution, or schools that wish to participate, may contact RRHS at 1 (819) 826-3702.

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Ben by Daniel Shelton

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LOCAL NEWS

During the dinner the committee announced that the title of Grand Volunteer 2019 was awarded to Rita Trudeau.

IGA stores test home-brought packaging

Record Staff

Six IGA branches located in Sherbrooke have been chosen to test the use of reusable containers by customers as part of a six-month pilot project.

In a context where Quebecers want to reduce the use of single-use plastics, Sherbrooke residents will be able to buy

fruit and vegetables, bulk products, cheeses, meats, charcuterie, fish, baked goods, and prepared foods with their own containers brought from home.

In the lead up to the beginning of the project, starting at the end of April, stores would like to talk to people to discuss the pilot project. They would like to hear their thoughts on the following

- To learn if there is a real consumer

demand for this type of initiative?

- To learn why these branches were chosen for the pilot project?

- To learn if it's complicated for the merchant to set up such a project?

Participating stores :

IGA extra Chapdelaine 775, Galt West - Sherbrooke

IGA Bouchard 6185, Ch. de Saint-Élie - Sherbrooke (Saint-Élie d'Orford)

IGA extra Couture 2240, King East - Sherbrooke (Fleurimont)

IGA Couture 150, Angus South - East Angus

IGA Marché Forgues Bromptonville 50, Bourgeois St.- Sherbrooke (Bromptonville)

IGA extra Chapdelaine 3950, King West - Sherbrooke

Richmond thanks its volunteers

Record Staff

Municipalities in the greater Richmond area celebrated National Volunteer Week by hosting a dinner in recognition of the contributions of local volunteers.

Organized by the City of Richmond in partnership with the Richmond Volunteer Center and the Kingsbury, Cleveland and Melbourne Municipalities, the event welcomed roughly 185 volunteers representing approximately 50 organizations.

This year organizations were asked to nominate a person to earn the title of Grand Volunteer of the Year 2019 in the greater Richmond area. The organizing committee received more than 35 applications.

During the dinner the committee announced that the title of Grand Volunteer 2019 was awarded to Rita Trudeau.

Strongly involved in her community for many years, Ms. Trudeau spent time as a director of the Richmond-Melbourne Lions Club, member and President of the Richmond Volunteer Center, a senior accompanist for medical visits and as a member of the Table de concertation pour les aînés du Val-Saint-

François. She also gives her time to the Treasures of Sharing. In short, her involvement in the community is beyond doubt and is greatly appreciated.



PHOTO COURTESY OF FRANÇOIS SÉGUIN
Rita Trudeau was presented a painting on slate from the artist Sandra Picken Roberts.

Lennoxville volunteer supper



PHOTO CREDIT: SHANNA BERNIER

Lennoxville held its annual volunteer recognition night last Thursday to celebrate and thank the countless individuals who help make the community what it is through their dedication and service. Those who came out were treated to a supper and the traditional large number of varied door prizes.

Earth day

CONT'D FROM PAGE 1

has changed dramatically," Martignacco said.

Although even 400 in a million might sound small, that carbon dioxide level is higher than has been in the atmosphere in millions of years, and has been linked to a corresponding increase in temperature around the world.

"It is alarming and we need to pay attention," the minister said.

Originally churches in Cookshire, Magog, Ayer's Cliff, were also involved in the bell ringing activity, although Martignacco said that she has not sure everyone has kept up the tradition. The instigators, in North Hatley and Waterville, have kept up the habit, however, sounding the alarm year after year.

"It was an interfaith thing, you know? Something we could all agree on," she said, underlining the fact that protecting the earth has a spiritual value as well

as environmental, scientific, and political value.

In the lead-up to this year's event, Martignacco said that said that one young member of the local community said that things have gotten to the point where the bells should be rung non-stop until the world takes action.

"There is no planet B, as they say," she reflected.



CONT'D FROM PAGE 1

Lennoxville, causing for the street to be closed. Residents on Reed St. were forced to evacuate on Saturday. By Monday afternoon, Optimist Field was almost dried out, while Little Forks St. only remained partly affected.

The Bishop's University campus was affected by flooding as well, as buildings and grounds staff installed sand bags and pumps around the Nicolls building and Champlain College, which were severely affected during the 2014 flood. The soccer field between the two buildings was also several feet under water. The main entrance was also closed as of 3:30 p.m. Saturday, following protocol when the river reaches 21 feet. Campus users were only able to enter using the main entrance in front of McGreer building and exiting by the St-Francis Bridge intersection, which are at higher levels.

Students tackled the flood in true Bishop's fashion, as some canoed in the backyards behind Reed St. and some tried to waterski on a flooded Little

Forks St.

Cookshire-Eaton's Eaton River reached its flooding level on Saturday, provoking emergency measures in the town. Residents on Eaton St., Albert St., Bellevue St., des Trembles St., and Castonguay St. were advised of a possible evacuation if conditions were to worsen.

The City of Magog reported on Sunday that showers less intense than expected allowed for a stable situation in their area. Although Lake Memphremagog's water level was relatively high, it was still considered normal for the spring season.

Although water levels have receded, this week's abundant rain could provoke another flood throughout the Townships.

Elsewhere in Quebec, Genevieve Guilbault, provincial Minister of Public Safety and Minister Responsible for the National Capital region, indicated on Friday, April 19, that the Canadian Forces would assist in municipalities affected by flooding over the weekend.

Financière agricole releases 2018 crop assessment

Record Staff

La Financière agricole du Québec has released its assessment of the growing season and last year's crop insurance program for the Estrie region. It reveals that in 2018, 818 agricultural businesses in the region were insured for values representing nearly \$62 million. Of these, 275 companies with compensable losses received more than \$1 million, including more than \$519,000 for hay and pasture and more than \$273,000 for cereals, grain, corn, and protein crops.

2018 Portrait Winter

There was a good winter survival rate for most perennial plants, with the ex-

ception of some legume fields.

Spring

Maple syrup provided mostly above-average yields of high quality, with the exception of north-facing groves where yields are below average.

The winter mortality of bees was higher than normal and the cool temperatures in June were unfavorable at the beginning of the first honeydew.

Seeding was delayed by a few days and completed at the end of May in excellent conditions.

Forage crop growth was delayed by below-normal rainfall and cool weather in May and June.

Summer

The hot and sunny temperatures were favourable to the emergence and growth of annual plants.

Dry weather was very favorable for forage harvesting, but led to below average yields due to legume frost, drought, and excessive rain late in the season. The heat and good weather was extremely favorable to the development and maturing of crops.

Fall

Late summer and early fall proved very suitable for harvesting cereals, forage corn, and market garden crops with above-average yields. Heavy rains and snow in November prevented the harvest of several soybean fields.

"Agriculture is an important sector of our economy, mainly for the regions in Quebec. La Financière agricole provides important support to farmers, thereby helping to keep their sector competitive

and sustainable when climatic hazards arise," commented Quebec Minister of Agriculture, Fisheries and Food, André Lamontagne.

La Financière agricole du Québec provides products and services in financing, insurance, and income protection to the agricultural sector. It promotes the development and stability of more than 24,000 Quebec agricultural and forestry enterprises. It also places agricultural succession at the heart of its priorities by offering direct financial assistance adapted to each circumstance and actively participates in the economic growth of Québec and its regions through insured values totaling \$ 3.9 billion and a loan guarantee portfolio of \$5.3 billion.

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Who's trying to keep you healthy?



DIAN COHEN

The existence of local health clinics such as the one in Ayer's Cliff is one more step in enhancing the health of the community. Municipalities invest in the health of their residents by providing parks, recreational facilities and quiet places such as libraries, environments that allow for exercise, play and reflection. However, these environments cannot guide individuals in obtaining a healthier lifestyle.

The health of any individual, physical or mental, has a direct impact on the family unit. It can mean loss of enjoyment, loss of income, stress, etc. Our community is made up of family units and this aspect of their well-being is not currently addressed by any governmental agency. The fact is that ours is an "illness-care" system. It is structured on a

medical model that is physician-and-hospital intensive: it comes into play once an illness, or an emergency has occurred. The system pays the physician only if there is a medical issue that requires treatment. There is no incentive to keep the patient healthy. The Canadian Institute on Health Information reports that Canada relies on doctors to provide care more than any other country; in other words, we underuse nurses, nurse practitioners, occupational therapists and the like. Given the region's aging population, it is noteworthy that the clinic in Ayer's Cliff focuses on illness prevention and health promotion, as well as providing primary medical care – and it uses its nurses to do so.

Nurses are the ideal health professional to work with patients, as their mandate is not to treat and cure but to teach and support individuals in their current state of health. Through various programs, CSVm uses the skill of its nurses to their full potential; significant health issues and health behaviours are entered into the electronic medical files and nurses provide information, guidance and feedback to the patients on their issues so that health can be maintained or improved. More importantly, for any individual who wants help to modify his/her lifestyle, the nurse acts as a coach and a resource.

Keeping people healthy can begin

very simply; for example, monitoring and offering of routine adult vaccination: one individual can infect up to 80 people; immunization guidelines have been modified in the last ten years; not only does immunization prevent disease transmission and possible complications, it also reduces time away from work; our youth and elderly are most at risk for complications.

Another simple procedure would be to monitor risk factors of major chronic diseases. Diabetes, cardio-vascular disease, chronic obstructive pulmonary disease are leading causes of death in Canada and Quebec – they affect more than one in three people and account for more than half of provincial health care spending. For us in the Townships, it's important to know that their incidence is higher in rural than urban areas. As is obesity, smoking and mental illness (depression and anxiety); studies suggest that rural residents are less likely to be screened for a variety of risk factors. Yet the present payment system is designed to pay when a patient comes in for treatment of an acute episode. Chronic disease management requires a multi-disciplinary approach: those at risk must be followed closely by a nurse and offered counselling and support on diet modification, exercise, other lifestyle changes as well as patient self-management.

Neighbourhood clinics that are focused on prevention have structured themselves to be able to follow-up with patients individually and in a group setting. Offering individualized and group support to individuals trying to adapt a healthier lifestyle strengthens their ability to succeed. The patients can be tracked and for those that are having difficulty, outreach will occur. Ongoing support and education can be offered to those who do not yet have any illness or disease. Major changes in individuals' health can often be seen within a year – the expectation is that continuous tracking of clinical risk factors will bring overall improvement in health goals.

BUT nurses are not paid by the government except when they work in hospitals and other approved institutions, and for this reason, they are seldom in environments outside of hospitals that allow for the work that I'm describing.

Tell me your experiences: cohendian560@gmail.com

Dian Cohen is a founding director of Mas-sawippi Valley Health Centre, a health cooperative in Ayer's Cliff, owned by the community. www.csvm.ca . These are her observations and suggestions. You can reach her at cohendian560@gmail.com

2019 Doris Mildred Parsons Bursary at Champlain

Submitted by David Sangster

On Tuesday, April 16, Julia Rochford, a second year Special Care Counselling student at Champlain College in Lennoxville, was awarded the Doris Mildred Parsons Bursary and was presented with a cheque for \$1,500.

The Butters Foundation gives the bursary annually to a second year student, of the three-year technical program, who exhibits dedication, determination, professionalism, leadership, warmth, and a positive attitude - both in her fieldwork setting and in class. Julia has exemplified these qualities, excelling academically in her theory-based courses, and demonstrating enthusiasm and professionalism in her fieldwork stage placements. Originally from Montreal, Julia's commitment to others in need earned her the Quebec Lieutenant Governor's Youth Medal in 2015, the Nancy Mandigo Community Involvement Award at the Trafalgar School for Girls in 2015, as well as the Trafalgar Cup for school spirit in 2017. Since her time at Champlain College-Lennoxville, she has worked as a Residence Advisor, volunteers as a Cougar Ambassador, and is a student representative on the College's Board of Governors, in addition to all of the work that she does as part of her SCC program. In her summers, she

has been involved in day camps for children with physical and intellectual disabilities at Camp Massawippi in Ayer's Cliff, and Camp VBS in Montreal. She is also the Chairperson of the Youth Committee of the St. Andrew's Society of Montreal. Her passion for helping others has been appreciated at her fieldwork placements at Grace Village and at Sherbrooke Elementary School.

Angel-May Rowsell was given an Honourable Mention, and a cheque for \$500. Hailing from Harrington Harbour, Angel-May is best known for her positive attitude, bright smile, and dedication to helping those in need. Her leadership skills were developed with the Junior Canadian Rangers, and her volunteer work did not go unnoticed back home, earning her the Strathcona Medal and Donald Cox Award in 2015, as well as the Jeremy Ransom Award in 2016. She brought all of her skills to her field placements as an activity animator at the Lennoxville Community Aid Center last winter, and is currently assisting students with various learning difficulties at Sherbrooke Elementary School. Caroline Hadlock and Amy Patrick had also been nominated by their peers to compete for the bursary. All four of the selected students met the bursary's criteria and are great representatives of our SCC program. The bursary is provided by the Butters Foundation due to a

generous endowment left by the estate of Doris M. Parsons. Ms. Parsons, of Moe's River, spent her career teaching secondary school in the Townships, was involved in a number of charitable

organizations, and felt strongly about supporting student excellence and achievement in the helping profession field of study.



COURTESY

From left to right: Caroline Hadlock, Nominee; David Sangster, Program Coordinator; Julia Rochford, Winner; Ron Creary, Director General of the Butters Foundation; Angel-May Rowsell, Honourable Mention; and Amy Patrick, Nominee.



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EDITORIAL

The base was almost obsolete from the day it was opened, thanks to advances in technology to detect bombers, and the new threat, nuclear missiles launched from great distances.

Building pipeline to Saguenay not like in the 50s



PETER BLACK

The Northern Ontario village of Ramore, just across the Quebec border, doesn't find itself mentioned in the news very often, certainly not since the 1970s.

Back then, April, 1974, to be precise, Ramore made headlines because the Cold War-era radar base was shut down. The United States Air Force had established the site in 1950, one of the string of Pinetree Line bases set up under of the North American Aerospace Defense Command (NORAD).

Kids, if you're reading this, don't laugh when you learn that the role of this radar station was to warn the more populated southern reaches of the continent of the approach of Russian bomber aircraft loaded with atomic bombs.

The base was almost obsolete from the day it was opened, thanks to advances in technology to detect bombers, and the new threat, nuclear missiles launched from great distances. Still, during its brief heyday, the Ramore base was a bustling self-contained facility and community populated by American, and

then Canadian military types.

Ramore is now in the news in relation to another dramatic project of the 1950s, having more to do with economic growth than nuclear annihilation.

The TransCanada natural gas pipeline project was not quite as ambitious as building a railway across the unimaginably vast Canadian territory, but it was just as fraught with challenge and controversy.

On the political level, the Liberal government of Louis St. Laurent most likely orchestrated its own defeat in the 1957 federal election by its handling of what is known as the Pipeline Debate. The Conservatives were outraged the government had imposed closure on the debate to approve the project in time for the construction season.

Conservative Leader John Diefenbaker, in a theme that would become familiar, accused the Liberals of selling out to American interests. In reality, the government had taken steps to make TransCanada majority Canadian-owned and had insisted on an all-Canadian route through the wilds of Northern Ontario rather than a detour through the United States.

The Liberal government had decided a pipeline was necessary to jolt a stagnant economy in eastern Canada, and to cash in on the recently discovered oil and gas fields in Alberta.

In any event, in the apparent complete absence of meaningful environmental assessment, public consultations, court challenges, indigenous opposition or road blockages, TransCanada built the 3,700 km pipeline from the Alberta-Saskatchewan border



through the Canadian Shield to Toronto and Montreal in the space of about three years.

Ramore has no particular significance to the TransCanada pipeline grid except for the fact the hamlet is on the line at a point close to the Quebec border from where a company wants to build a pipeline to the port of Saguenay. That project is called Énergie Saguenay, and calls for the building of a large-scale natural gas liquefaction facility on the waterfront.

Promoters of the \$10 billion project say it will be an environmental plus to have a plant of such scale powered by clean renewable hydro power, the same that makes a massive aluminium industry possible in the Quebec hinterland. The target date for first shipments of LNG out the fjord, down the St. Lawrence River and off to foreign markets is 2025.

Énergie Saguenay, while incorporated in Quebec and headquartered in Mon-

tréal, is backed by mostly American investors, notably James Illich, a former boss at American engineering giant Bechtel, and Jim Breyer, of Breyer Capital, a major player in Silicon Valley.

Gazoduc's proposed 750 km underground pipeline through the woods from Ramore to Saguenay is expected to cost about \$4.5 billion. It is a separate corporate entity from Énergie Saguenay, although the two are inseparable in their mission to transport natural gas, mostly from Alberta, across northern Quebec, to the Saguenay.

(We assume Alberta premier-designate Jason Kenney is aware of this project when he attacks Quebec's opposition to "dirty oil" pipelines).

Naturally, this being 2019, not 1956, there are many more regulatory hoops for the pipeline and LNG plant to leap through before the project gets approved. And, alas, for the promoters, there's little threat of a Russian invasion as a motivator to get the thing built.

Bestar continues growth with expansion in Sherbrooke

Record Staff

Furniture company Bestar, with head offices in Lac Mégantic, has announced the continuation of its growth in Estrie with the construction of a building of approximately 50,000 square feet in the Sherbrooke Regional Industrial Park.

Founded in 1948, Bestar is engaged in the design, manufacture, and distribution of a wide range of ready-to-assemble furniture and furniture products that meet the needs of consumers for quality, design and functionality.

The new building, which will accommodate activities related to the manufacture of new products in the early fall,

will be equipped with state-of-the-art equipment and create a dozen direct jobs in Sherbrooke in production operations. In order to improve its operational logistics, Office spaces will also allow the hiring of some positions at the administrative level.

With this investment in Sherbrooke, Bestar is continuing its development and completes the range of its products manufactured at the main plant located in Lac-Mégantic. Over the past four years, more than \$6 million in investments have been made in Lac-Mégantic and 80 new jobs have been created. Recruitment is still ongoing in Lac-Mégantic, where at least a dozen positions are to be filled in the coming months.

THE RECORD

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Local Sports

"We're a very confident group," Brown said post-game in an empty Leafs locker room. "We were saying it all last year, but now we really believe it to our core."

Canada continues to roll at world mixed doubles championship

The Canadian Press

Canada's Jocelyn Peterman and Brett Gallant improved to 3-0 at the world mixed doubles curling championship with a 9-0 win over Belarus on Monday.

Winnipeg's Peterman and Gallant, of St. John's, N.L., scored points in all six ends played against Tatsiana Tarsunova and Ilya Shalamitski of Belarus (1-2).

Canada has outscored opponents by a

combined score of 39-4.

"You're getting some fairly routine misses from the other teams, so it can cause you to lose a bit of focus," Canada coach Jeff Stoughton said. "But we have talked about that and just make sure you're zoned in when you throw the shot and worry about the other things after."

Stoughton is happy with the team's play so far.

"If they were struggling with draw weight or something like that, we'd be

concerned, but they're not," Stoughton said. "Things are going really well for them. It's nice they had to make more precise shots today and I know we have our toughest games coming up which leads into the playoffs, so I think the schedule is working pretty well for us."

Canada will have its first two-game on Tuesday, facing Denmark and Sweden.

Meanwhile, the Canadian women's team improved to 4-0 at the world senior championships at the same venue with a

12-2 win over Lithuania on Monday.

Sherry Anderson's Saskatchewan rink faces Australia on Tuesday.

In senior men's play, Canada is 3-0 after a 10-7 win over Germany.

Bryan Cochrane's Ontario rink meets the Netherlands on Tuesday.

Round-robin play continues through Thursday at all three world championships. The playoffs start Friday.

Maple Leafs not looking back ahead of Game 7, but ghosts of past failures remain

By Joshua Clipperton
THE CANADIAN PRESS

Connor Brown and the Maple Leafs sent all the right messages ahead of Game 7 last year.

He insists this time they actually mean it.

Toronto heads into the finale of a back-and-forth Eastern Conference quarterfinal with the Boston Bruins on Tuesday night with a firm belief. Ghosts of past playoff failures, however, still linger.

The Leafs led the Bruins 4-3 through 40 minutes of Game 7 at TD Garden some 12 months ago only to crash and burn in a 7-4 loss.

And while just two players — Jake Gardiner and the suspended Nazem Kadri — remain from an even bigger collapse in Boston in 2013, many Toronto fans are still scarred from a meltdown that saw the Bruins become the first team in NHL history to win a Game 7 after trailing by three goals in the third period.

Up 3-2 in this year's first-round series, Toronto had a chance to finish Boston off in Game 6 at home on Sunday. The Leafs came out swinging, the Bruins responded, and kept their opponent at bay long enough to force another winner-take-all affair.

"We're a very confident group," Brown said post-game in an empty Leafs locker room. "We were saying it all last year, but now we really believe it to our core."

"We feel as if we're a group that can go deep."

Despite the most recent setback, Toronto has reason to be optimistic.

While last year's series was close in that it went the distance, the teams are more evenly matched in 2019. Neither side has managed to win consecutive games — Toronto trailed 2-0 and 3-1 last spring — the Leafs have outscored the Bruins 13-11 at even strength, own a slight edge in puck possession at 5-on-5 and have out hit the Bruins 217-206.

Toronto has already won twice at TD Garden, including a disciplined, patient 2-1 victory in Game 5 where the Leafs had to wait until midway through the third period to break a 0-0 tie.

"We know how they play, they know how we play," Toronto defenceman Morgan Rielly said. "It really comes down to the commitment to do it right."

One area where the Bruins have had a clear advantage is on the man advantage.

Third overall in the NHL during the

regular season, Boston is 7-for-16 on the power play in the series compared to Toronto's three goals on 14 chances.

That disparity was the difference in a Game 6 where the Leafs scored early only to watch as the Bruins struck twice up a man, although the first came off a scrambled draw in the offensive zone.

Toronto found some answers in neutralizing Boston on three opportunities in Game 5 and will need a similar effort in Game 7 as the franchise looks to advance to the second round of the playoffs for the first time since 2004.

"We understand what they do," Brown said. "It's time for us to stop having the breakdowns."

The Leafs have a different look this time around following the free-agent acquisition of centre John Tavares, the trade for defenceman Jake Muzzin and the continued growth of Auston Matthews, who has five goals in his last four games, and Mitch Marner. Toronto goalie Frederik Andersen, meanwhile, owns a .925 save percentage after being one of the weak links in the chain last year.

"It's a new set of circumstances," Tavares said. "It's a lot of guys who haven't been here, including myself."

"I'm not a big believer of living in the past," Leafs head coach Mike Babcock added. "I don't carry a lot of stuff around from the past at all."

Boston has also made changes, but a battle-tested core remains the backbone of their lineup. Patrice Bergeron, Brad Marchand, Zdeno Chara and Tuukka Rask have won the Stanley Cup and been to another.

With their team facing elimination on Sunday, Marchand scored twice and added an assist, Bergeron and Chara were their usual solid selves, and Rask did enough to keep the Leafs at bay late.

The Bruins know the history between the teams, too, but like the Leafs don't put much stock in the past.

"I don't think anybody has a mental advantage," Rask said. "Every season is a new season. If you end up playing the same team, so be it, but it's a new series, new game."

"We have a lot of experience in the room, but we still have to play the game the right way."

The Leafs' formula on Tuesday won't be much different.

"We're a group that wants to be on the ice in big moments," Brown said. "We won't be timid."

Canadian gymnasts Tam and Smith finish fourth at trampoline World Cup

The Canadian Press

Canada's Rachel Tam and Samantha Smith just missed the World Cup podium in the women's synchronized trampoline event on Sunday.

Tam, from Toronto, and Smith, from Vancouver, had a total score of 47.020. New Zealand finished just 0.15 points

ahead of the Canadians with a total of 47.170.

"Today's competition surpassed our expectations," said Smith, who doesn't usually compete with Tam in synchro. "It was a little bit disappointing at the end to finish just off the podium, but we're really happy with our routine."

"It's always great to get some success-

ful competitions under our belt. So it was really nice to finish all of our routines today and we're looking forward to building off that and making this our consistent performance."

Belarus took gold with a score of 48.170 while Japan took silver with 47.640.

In the women's individual competi-

tion, world champion Rosie MacLennan was fourth after her compulsory routine but fell during her optional routine to finish 52nd.

Sarah Milette of Longueuil, Que., was the top Canadian in 21st. Montreal's Jeremy Chartier led the Canadian men with a 15th-place finish.

Death



**Verna
HARRON
(1947-2019)**

Passed away peacefully at the Magog Hospital on April 5th, 2019 at the age of 72. She was the daughter of the late Earl Harron and the late Helen Beattie.

Verna leaves to mourn her dear sister Judy (late Victory White). She was predeceased by her brother Arthur (Lisette). She will be dearly missed by her goddaughter Stacy as well as many nieces, nephews, other relatives and dear friends.

Judy would like to thank the caring staff at the Magog Palliative Care Unit for the excellent care and support provided to Verna.

Funeral services will be announced later.

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Death



**Stacy
GIGUERE**

Stacy Giguere passed tragically in his Edmonton home on Wednesday, April 10th at the age of 45.

Stacy leaves in mourning his daughter Jade, his parents Angela Miller of Knowlton, QC, Richard Giguere of Dunham, QC, his biological father Herb Sharman, his sister Marcia (Sylvain Bienvenue), his brothers Ryan (Maryse Gariepy) and Jordan (Jennifer Mitchell Roy). Loved by his extended family of aunts, uncles, cousins, nieces and nephews, (Reagan, Elysia, Lucas, Elliot, Haley, Reed).

He will be missed by all who knew his soul.

Stacy lived with passion and walked paths seldom followed.

We take strength in the faith Stacy held in recent years, and we continue to hold on to his faith in these difficult times.

Details regarding the celebration of Stacy's life will be communicated shortly.



Datebook

TUESDAY, APRIL 23, 2019

Today is the 113th day of 2019 and the 35th day of spring.

TODAY'S HISTORY: In 1635, the first public school in the United States, Boston Latin School, was founded in Boston, Massachusetts.

In 1908, Congress passed a bill establishing the U.S. Army Reserve.

In 1968, students protesting the Vietnam War at Columbia University in New York City began occupying campus buildings.

In 1969, Sirhan Sirhan received the death penalty for assassinating Sen. Robert F. Kennedy. His sentence was reduced to life imprisonment in 1972.

TODAY'S BIRTHDAYS: James Buchanan (1791-1868), 15th U.S. president; Max Planck (1858-1947), physicist; Shirley Temple Black (1928-2014), actress/diplomat; Roy Orbison (1936-1988), singer-songwriter; Lee Majors (1939-), actor; Sandra Dee (1942-2005), actress; Tony Atlas (1954-), bodybuilder; Michael Moore (1954-), filmmaker; George Lopez (1961-), comedian/TV personality; John Cena (1977-), wrestler/actor; John Oliver

(1977-), actor/comedian; Dev Patel (1990-), actor.

TODAY'S FACT: An estimated 300 hours of video is uploaded to YouTube.com every minute. The first video on the site, an 18-second clip entitled "Me at the Zoo," was uploaded on this day in 2005.

TODAY'S SPORTS: In 1954, Milwaukee Braves rookie Hank Aaron hit his first major-league home run.

TODAY'S QUOTE: "A new scientific truth does not triumph by convincing its opponents and making them see the light, but rather because its opponents eventually die, and a new generation grows up that is familiar with it." - Max Planck

TODAY'S NUMBER: 77 — days that "New Coke," introduced on this day in 1985, was on the market before Coca-Cola reintroduced the soft drink's original formula, under the name "Coca-Cola Classic."

TODAY'S MOON: Between full moon (April 19) and last quarter moon (April 26).

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Sawyerville UCW March 2019

On March 8, the World Day of Prayer was hosted by the Sawyerville UCW in the space we have used as our church since 2006, formerly the United Church manse. We counted 18 in all and shared different readings, some in French, from the service written by the people of Slovenia. The theme this year was "Come - everything is ready". There were hymns as well. Two were: Pass Me Not, O Gentle Saviour and Now We Thank Thee All Our God. Following the service was a time of fellowship and, of course, food! Sweet breads, cookies and cheese and a flatbread that I made from a Slovenian recipe - although as one lady put it "It takes a lot of chewing, doesn't it?" Never mind, I'll keep practicing!

March 20 was our monthly meeting. Last month, we agreed to begin at a later time, 2:30 p.m. as opposed to 2 p.m. President, Bonnie Fowler, welcomed us and had a couple of Irish quotes. As you ramble through life, whatever be your goal, Keep your eye on the doughnut and not on the hole!

And: As you get older three things happen, the first is your memory goes, and then you can't remember the other two!

Devotions began with an Irish blessing: May love and laughter light your days, and warm your heart and home. May good and faithful friends be yours wherever you may roam. May peace and plenty bless your world with joy that long endures. May all life's passing seasons bring the best to you and yours.

Our first hymn was We Shall Go Out With Hope of Resurrection, Voices United 586, sung to the tune of Danny Boy. Doreen Cairns read a poem about Lep-

rechauns, a story from A Cup of Chicken Soup and another poem from the Heritage Book 1997. This is the story told by Barry Spilchuk. Barry wanted to finish a book he was writing and asked his friends if he could stay in their guest house for a while. The first three days were blessed with uninterrupted rain and it was quite cozy (although, he said, by the end, he was thinking of building an ark!) Every day, his friends' little son came home from kindergarten and wanted to 'help'. On the last day of the downpour, the little fellow asked Barry why it was raining so much. Barry told him that sometimes God is sad and cries. The boy said that it must be because Valentine's Day over. He went out into the rain, looked up and said "Don't worry, God. Valentines Day may be over but Easter is coming soon!" It wasn't long after that that the rain stopped. I read a few Irish jokes and a story from a Chicken Soup Book, Answered Prayers. Here's one of the jokes from Catch the Irish Laughter by Dave Abbott: An American tourist was visiting the Ulster Museum in Belfast and asked the age of a particular fossil. The attendant told him it was three million years and nine months old. How on earth can they be so accurate?" asked the visitor. The attendant replied, "Well, sir, when I started work here they told me it was three million years old, and I'm here nine months." We sang In The Bulb There is A Flower, 703 Voices United, also known as Hymn of Promise. Always remember to forget the troubles that passed away, but never forget to remember, the blessings that come each day.

Secretary, Doreen Cairns, read the minutes of the

February meeting. They were declared as read. Ten members answered the roll call. Wendy Mackay gave the Treasurer's report. For Stewardship, Rev. Tami Spires spoke of Mission and Service and that this year's theme is Loving Our Neighbour. Moderator, Rev. Botts, has written some sermons for Lent that any preacher may use if they choose. For Church in Society, Tami said that Rev. Botts sent a letter to read in church on Sunday and it will also be sent to Muslim communities, expressing our wish to stand beside them in solidarity. Theda Lowry, for Cradle Roll and Sunday School, sent out three birthday cards for March. Rev. Tami told us that the new Regional Council is working on plans for an annual meeting and that members have been encouraged to hold smaller meetings with other members in their area. Also, the United Church Observer is getting a new name. It will be called Broadview beginning with the April 2019 issue. We made a donation to the Canadian Bible Society who are currently sending Bibles to Cuba.

We closed with the Mispah benediction: May the Lord watch between me and thee while we are absent, one from the other.

Supper was a "grand affair" with many different dishes including baked beans, macaroni, shepherd's pie and more. In keeping with our Irish theme, Bonnie made a lovely green jellied salad. And then, there were desserts - cookies, cakes and pies! Oh, how we feasted.

Next meeting April 17. I'll tell you all about it.

Submitted by Marlene Lowry

TOWNSHIPS' CRIER

TOWNSHIPS

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

LENNOXVILLE

Men's general meeting of the A.N.A.F. Unit 318, 300 St. Francis Street, Lennoxville will be held on Wednesday, April 24 at 7 p.m.

LENNOXVILLE

You are cordially invited to join us at 10 a.m. on Sunday, May 5 for our annual "Service of Hope and Inspiration" to be held at the Lennoxville United Church, 6 Church Street, Sherbrooke (borough of Lennoxville) when we will honour family members and friends whose lives have been affected by, or lost to, a life-threatening illness such as cancer. If you wish to honour your loved one with a floral tribute please call Frankie Noble (819-348-9118) by April 21 or just join us on May 5 and be inspired. Proceeds of sales of flowers will be shared between La Maison Aube Lumière and Leucan (Shaved Head Project).

LENNOXVILLE

The Barb and Dale Leonard memorial Cribbage tournament will be held at the Unit #318 "The Hut", 300 St Francis, Lennoxville on Thursday, April 25th. Registration at 7:00. Everyone welcome, bring your partner. For more information call Colleen Matthews at 819-835-9922.

RICHMOND

Tea & Talks. May 7. 2 p.m. - 4 p.m. at RRHS (375 rue Armstrong). A social afternoon for seniors to get together. And talk! Bring a friend to make it double the fun. Free refreshments.

NORTH HATLEY/LENNOXVILLE

The Saint Francis Regional Ministry of the Anglican Church is organizing Christian Meditation sessions. The approach used is centering prayer. This is a contemplative Christian practice which involves sitting in silence, letting go of thoughts and emotions in order to rest in the presence of God. All are welcome to join us on Tuesdays from 6 p.m. to 7 p.m. at St Barnabas' Anglican Church, 640 Sherbrooke Road in North Hatley and on Thursdays from 6 p.m. to 7 p.m. at St George's Anglican Church, 84 Queen Street in Lennoxville. The sessions have already begun. For more information, please contact Sam Borsman at 819 620 6058.

TOWNSHIPS

Mental Health Estrie, in collaboration with the CIUSSS de l'Estrie-CHUS and

community partners, invites you to learn more about accessing mental health services. Events will be held in 5 different MRC's between May 14 and 24. In Haut-Saint-Francois (May 14), and Brome-Missisquoi (May 16), Sherbrooke (May 17), Coaticook (May 21), and Memphremagog (May 24). A brief information session about the help available will be followed by a Q&A and an opportunity to meet local organizations serving your area. For specific dates, locations and times, please visit our website at mentalhealthestrie.com/news/ or our Facebook Page. For more information call 819-565-3777 or email mhe.info@bellnet.ca.

SAWYERVILLE

Sawyerville Elementary School Spaghetti Supper fundraiser on Saturday, April 27 from 4:30 p.m. to 6:30 p.m. at the Catholic Church, 4 Randboro Road, Sawyererville. Admission charged, children 5 and under free.

LENNOXVILLE

Bravehearts Relay for Life Fundraiser Mechoui on Saturday, April 27, 5:30 p.m., at The Hut, 300 St. Francis Street, Sherbrooke (Lennoxville). Admission charged, children 5 and under eat free. Tickets available at the Hut 819- 346-9122. Must have a ticket. For information contact Andrea Morin 819-345-4276 or Cheryl Porter 819-569-7191.

LENNOXVILLE

The annual Garage Sale to support the Bishop's/Champlain Refugee Student Sponsorship Project will be held in the Bishop's University Old Arena on Saturday, May 11 from 8 a.m. to 2 p.m. featuring a large selection of furniture, sports equipment, electronics, toys, clothes and household items. If you have items in good condition to donate please bring them to the lobby of the arena any day between 8 a.m. and 8 p.m. including weekends. Please note the last day for donations is Friday, May 3. We are not able to accept tires, mattresses, TV's or old computer monitors.

LENNOXVILLE

St-George's Church Hall, 84 Queen St., Lennoxville, 2019 Spring Rummage Sale, 10 a.m. to 7 p.m., on Thursday and Friday, April 25 & 26, with Bag Sale on Saturday, April 27, 8:30 a.m. to 12 noon. Articles may be left at the Church Hall week of April 21. Further info or pick-up of articles please call 819-562-6245 or 819-346-5056. Save your \$\$\$ - shop with us!

BULWER

The 500 card parties will be underway again at the Bulwer Community Center, Jordan Hill Road, on Thursdays, April 25 and May 9, at 1:30 p.m. Admission for cards and lunch with prizes following the card games.

LENNOXVILLE

Reserve now for the Mechoui to benefit Mental Health Estrie at 5:30 p.m. on Sat-

urday, May 4, at The Hut in Lennoxville (300 St. Francis Street, J1M 0B3). Call Irene Briand 819-566-2067, or any member of the Board of Directors; email mhe.info@bellnet.ca. Tickets also available at Clarke & Sons (2881 College Street J1M 2C2). Great food for a great cause!

HUNTINGVILLE

Grace Village will be hosting a concert by Ed Sealy, a Canadian country-gospel singer, on Tuesday, April 23 at 2 p.m. Ed Sealy was recently inducted into the "New Brunswick Gospel Music Hall of Fame," and is an "America's Old Time Country Music Hall of Fame" nominee. Come on out and enjoy some old-time country-gospel music! Entrance by donation.

LENNOXVILLE

St. Francis Valley Naturalist Club meeting, Wednesday, April 24 at 7 p.m. at the Amedee Beaudoin Community Centre, 10 Samuel-Gratham St., Lennoxville Borough. Program - Victor Grivegne-Dumoulin, biologist from the Universite de Sherbrooke and specialist in Bats will discuss bats and the survival problems they are having. Everybody is welcome.

NORTH HATLEY

Mechoui Beef, Pork and chicken at the North Hatley Legion, Saturday, April 27, 2019 at 6:00 p.m. reservations please call 819-842-2933. Upcoming: Mothers Day Brunch, May 12, 10:00 a.m. to 1:00 p.m. Reservations please call 819-842-2933

WATERVILLE/NORTH HATLEY

The Waterville-North Hatley United Church will hold their annual Spring luncheon on Thursday, May 2 from 11:30 a.m. to 1:00 p.m., which will include ham, baked beans, salads, bread, pies, coffee & tea. Bake sale table on site and admission charged.

SHERBROOKE

Uplands cultural and heritage centre is inviting all public to attend «Sherbrooke Place Names: 4 Case Studies», a talk on how streets in Sherbrooke were named in honour of Nina Owens, Kay Kinsman, Muffy Tippet and Minnie Gill, whose art is currently on display in the Art Bridge exhibition at Uplands. Bilingual conference by Gérard Coté and Jean-Marie Dubois, long standing members of the Toponymy Committee of the City of Sherbrooke. Tuesday April 30, 2019 at 7 PM. Uplands, 9 Speid Street, (Borough of Lennoxville). Info & reservations info@uplands.ca / 819-564-0409.

LENNOXVILLE

Lennoxville-Ascot Historical and Museum Society and Uplands Cultural and heritage centre welcome all public to attend a Tea & Talk on Nina May Owens (1869-1959), one of Canada's earliest women artists, whose work is presently displayed in the Art-Bridge exhibit at Uplands. The talk will be given by her granddaughter, Margaret Owens. Free entrance. Tea & scones will be served. Fri-

day May 10 at 1:30 PM. Uplands, 9 Speid Street, (Borough of Lennoxville). Info & reservations info@uplands.ca / 819-564-0409.

WATERVILLE (HUNTINGVILLE)

At last spring is here! Three Link Fraternity, Unity Lodge #8, IOOF, would like to invite you to our Grandma's Style Roast Beef Supper, Sunday April 28 from 4:30 p.m. to 6 p.m. at 4150 Route 147, Waterville (Huntingville). Delicious roast beef, mashed potatoes with gravy, corn, carrots with strawberry shortcake for desert! We have a family price. Remember, that this is all you can eat! Also we offer "takeout." Give us a call at 819-679-8493, tell us what time you will be by to pick up your order. As easy as that. This is a great opportunity to support our community projects. Stop in and see what we have been up to. Our Grandma's Style Roast Beef Supper this month on April 28th is to help the Securijour Project of the Coaticook Fire Department. This is a great project. The Fire Fighters take students for a day and they receive short workshops about farm safety, first aid, 4 wheeler safety and much more. If we can help educate one student it is worth it. Please come out and help, also you will have a great meal, and you will get waited on by a Fire Fighter. If you would like more information on this or any of our projects, please come to our supper or contact Unity Lodge #8, IOOF, at unity8ioof@yahoo.ca or 819-820-5672. Come on out, have a great meal, and help us help you and your community! See all of you on April 28.

LENNOXVILLE

HCC Senior Luncheon will be held at noon on Thursday, April 25 at Hope Community Church, 102 Queen St., Lennoxville. Entrance from parking lot, wheelchair accessible, elevator available. Everyone welcome. The next luncheon will be May 30th. This one will be the last one until September.

NORTH HATLEY

As winter draws to a close, The Age Friendly Municipality (MADA) Committee of the Village of North Hatley will be presenting its fourth and final Tea and Talk for seniors and caregivers on Tuesday April 30th at 1:30 pm at the North Hatley Community Centre (3127 Capelton Road, North Hatley). Special guest Tanya Gibson, Executive Director of Mental Health Estrie, will be speaking about how to access mental health services in English, and there will also be a presentation on accessing mental health services in French (guest speaker still to be announced). Coffee, tea and cake will be served. Admission is free and transport is available for area residents by contacting the municipality at 819-842-2754.



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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.

“ RHZ EU UNEVV NSB ADBHNBUN
 REDHOVB HZY NSB ADBHNBUN
 TDXCVBR XZ NSEU BHDNS.”
 — YHFEY UHZXMM

Previous Solution: “Every spiritual tradition has this idea of death and resurrection. It’s not unique to Christianity.” — Deepak Chopra

TODAY’S CLUE: g sjanba c

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.

“ Y GPHT VP CT XEVYUI OUVYN Y’K
 HNXAYUI VGT LPNT PD ILXUMKX. ...
 Y’NN BNTTH ZGTU UP PUT ZXUVB VP
 GYLT KT.” — XKTLYEX DTLTLX

TODAY’S CLUE: C equals B

Previous Solution: “Man is still the greatest miracle and the greatest problem on this Earth.” — David Sartoff

REALITY CHECK



HERMAN



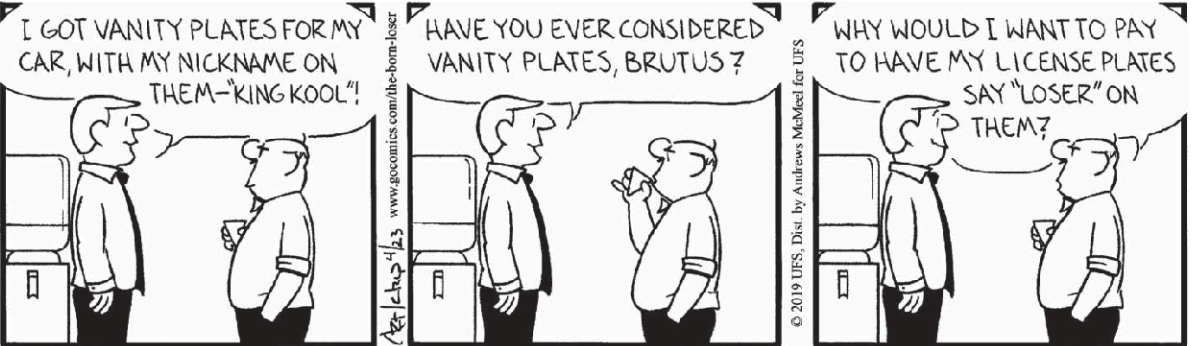
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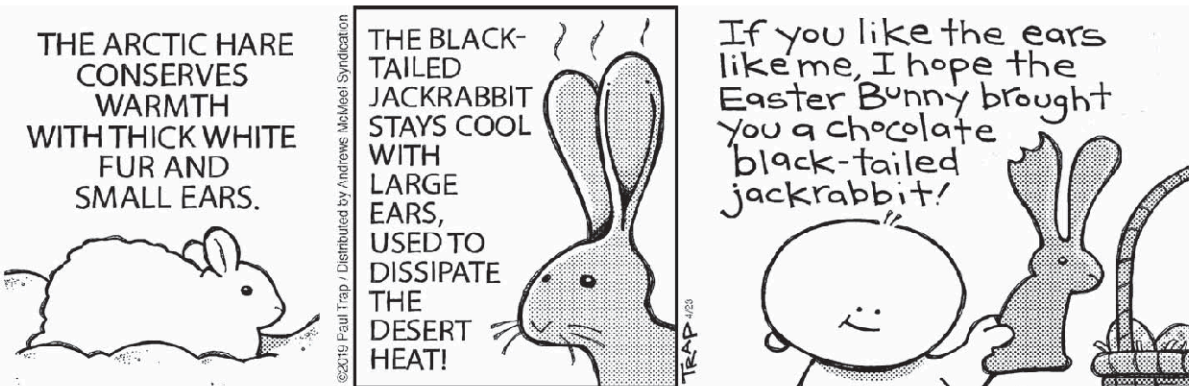
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Answer to Previous Puzzle

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

ACROSS
 1 Edible root
 4 Red or Dead
 7 Dice spot
 10 Wool giver
 11 Pottery fragment
 13 Cinemax rival
 14 Scatter seeds
 15 Spooky
 16 Racket
 17 Camel kin
 19 Too exacting
 21 Skippy rival
 22 Calif locale
 23 Indian
 26 Pet carrier feature
 30 "Family Ties" son
 31 Seabird
 32 Produce eggs
 33 Wash. time
 34 Kung fu expert
 Bruce —
 35 Siskel or Kelly

DOWN
 1 Toady's answer
 2 Wanted GI
 3 Whimper
 4 Armload
 5 Dumbo's wings
 6 "Exodus" character
 7 Prof., probably
 8 Wading bird
 9 Polo need
 11 Big rigs
 12 Put off until later
 18 Comet rival
 20 Snort of disgust
 22 Care about
 23 Absorbed
 24 Part of aka
 25 Leap in a tutu
 26 Ayla's creator
 27 Butter substitute
 28 Gaunt
 29 Watches
 31 Quit flying carefully
 35 Disco dancer (hyph.)
 37 Oilers org.
 38 Church part
 39 Upsets
 41 Tangy
 42 Manner
 43 Nile sun god
 44 All-purpose vehicles
 45 Skiing mecca
 46 West Coast sch.
 47 Wept over
 50 Koch and Wynn
 52 Command

Monday crossword above. Tuesday crossword on page 12

SUDOKU

DIFFICULTY RATING: ★★★★★

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

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PREVIOUS SOLUTION

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

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

PREVIOUS SOLUTION

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

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

DIFFICULTY RATING: ★★★★★

SUDOKU

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NEA Crossword Puzzle

- ACROSS**
- 1 Scoop
 - 4 Club, briefly
 - 8 Tibetan gazelle
 - 11 Mouths
 - 12 Raid
 - 13 Monumental
 - 15 — cit. (footnote abbr.)
 - 16 Succulent
 - 17 Goose egg
 - 18 Happen next
 - 20 Tooth type
 - 21 ER staffers
 - 23 — — tree
 - 24 Paris handles
 - 27 Refreshing taste
 - 29 Litter member
 - 32 Baja water
 - 33 Unser and Gore
 - 34 Rollover subj.
 - 35 Part of TNT
 - 36 — kwon do
 - 37 365 days
 - 38 Above, to Tennyson
 - 39 High plateau
- DOWN**
- 1 Mete out
 - 2 Press
 - 3 Felt boots
 - 4 Wrench type
 - 5 Old French coin
 - 6 Distress signal
 - 7 Highest degree
 - 8 City in Italy
 - 9 Fiery gem
 - 10 Opera by Verdi
 - 14 BMW, e.g.
- 40 Capri, e.g.**
- 41 Crestfallen**
- 42 Recipe amt.**
- 44 Seaweeds**
- 47 Instruct**
- 51 Bolivia neighbor**
- 52 Stratagem**
- 55 Brother's title**
- 56 Cat's paw**
- 57 FitzGerald's poet**
- 58 French monarch**
- 59 Mil. officer**
- 60 Gape open**
- 61 Nocturnal predator**

Answer to Previous Puzzle

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

- 19 — Minor
- 20 Fuel-consumption meas.
- 22 Said explicitly
- 23 Beat an incumbent
- 24 Western alliance
- 25 People devourer
- 26 Naturalist John —
- 28 Woe is me!
- 29 Bakery buys
- 30 Caspian Sea tributary
- 31 Trim
- 37 Omigosh!
- 39 Sultry — West
- 41 — Ste. Marie
- 43 End of a boat
- 44 NYC dwelling
- 45 Durocher and Tolstoy
- 46 Rum drink
- 48 Frizzy coif
- 49 Black bird
- 50 Ice pellets
- 52 Mr. Orbison
- 53 — Thurman of "Kill Bill"
- 54 Tool for cutting wood

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

Your Birthday

TUESDAY, APRIL 23, 2019

Keep your life simple and moderate this year. If you let your emotions take the reins, you will end up making unnecessary purchases or trying to buy love or favors. Take the high road and offer your time, knowledge and affection, not your cash, possessions or assets.

TAURUS (April 20-May 20) — Don't reveal secrets or give anyone information that will put you in a vulnerable position. Do what you do best and take care of your responsibilities.

GEMINI (May 21-June 20) — Promises aren't made to be broken, so only offer what you know you can deliver. Make helping others a priority, along with doing things for yourself. Romance is in the stars.

CANCER (June 21-July 22) — Look for an opportunity to implement a positive change in your life. Getting along with your peers or boss may not always be easy, but today it will be necessary.

LEO (July 23-Aug. 22) — It's OK to stand on the sideline and observe. Embracing a change for which you are unready will not make your life easier. Let situations develop further before you take action.

VIRGO (Aug. 23-Sept. 22) — Get in the game and play to win. Refuse to let an emotional issue cost you time and energy that would be better spent doing something constructive.

LIBRA (Sept. 23-Oct. 23) — Look over personal papers and make adjustments to them. An emotional problem will

escalate if you aren't quick to fix any misunderstanding or rumor before it's too late. Self-improvement should be a priority.

SCORPIO (Oct. 24-Nov. 22) — It doesn't pay to fret over something you have little influence over, when you should be using your time to make positive changes in your life, relationships and thought processes.

SAGITTARIUS (Nov. 23-Dec. 21) — Be honest when dealing with others. State facts and make your point clear. Don't leave any room for misunderstandings. Domestic matters should be taken care of personally.

CAPRICORN (Dec. 22-Jan. 19) — Be careful when it comes to money matters, donations and dealing with institutions or officials. Make sure you have your personal documents in order. A change at home looks promising.

AQUARIUS (Jan. 20-Feb. 19) — Be flexible until you reach your goal. How you deal with others and go about your business will make a difference. An opportunity is heading your way.

PISCES (Feb. 20-March 20) — Don't lose sleep over the actions of others. A lack of credibility and honesty prevails, so be careful not to pass along information you receive unless you can verify its authenticity.

ARIES (March 21-April 19) — Making travel plans, engaging in educational pursuits or asking for expert advice will bring you wisdom and clarity regarding a situation or individual you are dealing with or concerned about.

TUESDAY, APRIL 23, 2019

Play out of order with only two cards

By Phillip Alder

Adelle Davis, who was one of the world's first well-known nutritionists, advised, "Eat breakfast like a king, lunch like a prince and dinner like a pauper."

In bridge, though, kings might be brought to bear early, middle or late in the meal ... I mean, deal. When should the highest-ranking king be played in today's layout? South is in four hearts, and West leads the spade three.

Over one no-trump, almost all pairs use transfers into the major suits at the two-level, and at the three-level opposite two no-trump. But an excellent addition is a Texas transfer at the four-level. Then, if the responder uses Texas, he has at least six trumps and is planning either to stop in game or to push toward a slam. Instead, to transfer at the two-level (or three-level over two no-trump), then to bid four of the major is a slam-try with at least a six-card suit.

In this deal, North responds four diamonds, then passes when partner performs rebids four hearts.

When playing third hand high on defense (winning the trick if fourth hand does not beat your card), you play the bottom of your equivalent high

North		04-23-19	
♠	J 5 4		
♥	A J 10 8 7 3		
♦	Q J		
♣	Q J		
West		East	
♠	10 7 6 3 2	♠ A K	
♥	—	♥ 9 6 5	
♦	A 10 6 5 2	♦ 8 7 4 3	
♣	6 5 2	♣ 8 7 4 3	
South			
♠	Q 9 8		
♥	K Q 4 2		
♦	K 9		
♣	A K 10 9		
Dealer: South			
Vulnerable: East-West			
South	West	North	East
1NT	Pass	4♦	Pass
4♥	Pass	Pass	Pass
Opening lead: ♠ 3			

cards. With A-K-x, you win with the king. So, to win with the ace, then to cash the king shows a doubleton. At trick two, West must send a suit-preference signal to tell East where his entry lies — here, playing the spade 10 at trick two. Then, when East shifts to the diamond eight (top of nothing) at trick three, West can win and give his partner a spade ruff to defeat the contract.