

Estrie now firmly orange

By Gordon Lambie

With Monday marking a third day out of four where the number of new cases in the Estrie were above 40, Public Health Director Dr. Alain Poirier said that the region is now solidly in the orange.

"We are still orange, but a solid orange," he said.

Alongside 43 new cases, the region had 17 hospitalizations related to COVID-19, two of whom had been transferred from other regions that have met or exceeded their medical capacity.

Accompanied by Nancy Desautels, Associate Director of Emergency Measures

Public Security and Organizational Issues, Poirier said that although the public health department continues to monitor 38 outbreaks in institutions and businesses as well as one cluster in the Mégantic region, all seem to be under relatively good control.

Asked about what could be causing a rise to more than 40 new cases per day while local outbreaks are deemed "under control," Poirier said that roughly 30 per cent of public health

CONT'D ON PAGE 3

Highway 410 in the home stretch



MATTHEW MCCULLY

By Matthew McCully

According to a media rep from the ministère des Transports du Québec, work on the 410 extension is 85 per cent complete.

The final stretch of the highway,

connecting Route 108 with the 143 is expected to be accessible to drivers by the end of 2020.

The exact date is still unknown, the rep said, adding there are a number of factors to consider, namely the weather. However, the MTQ is aiming

to open up the final length of highway before the new year.

Work on the project will continue into 2021 as planned, the rep said, but the last minute fixes and fine tuning will not impede traffic in any major way once it opens.

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Weather



TODAY:
CHANCE OF
FLURRIES

HIGH -1
LOW -12



WEDNESDAY:
MIX OF SUN
AND CLOUD

HIGH 6
LOW 1



THURSDAY:
SUNNY

HIGH 14
LOW 6



FRIDAY:
MIX OF SUN
AND CLOUD

HIGH 14
LOW 4



SATURDAY:
SUNNY

HIGH 11
LOW 4

The legacy of Mary Hatfield and the farmers of love



DISHPAN HANDS SHEILA QUINN

Anyone who wonders if angels truly walk among us, clad in robes, wings tucked behind them, or in the trench coats and suits of Wim Wenders' films echoed in the character of Castiel in the Supernatural tv series, have not met Mary Hatfield.

Anyone who has, knows how angels dress. Jeans and glasses and curls, bright eyes and even brighter smiles, and they give hugs galore.

Mary is both one of all of us, and glimmering at a higher vibration. For many years she organized the Youth Forum events through what was then called the Quebec-Sherbrooke Presbytery of the United Church.

These events, populated by teens and young adults, were a youth-centric Townships Woodstock of sorts, weekends with sensitive theme subjects, guest speakers, attendees working in small groups discussing all types of life matters, sleeping in Townships school gymnasiums or church basements, attending church on the Sunday in the town where Yofo (a youth-given nickname) was held, the group by then bound to one another by fresh, new community, disheveled, a bit stinky, and forever changed.

We changed with every Youth Forum we attended. We grew. We could feel it. It was emotional. Visceral. Needed. We were hungry for it, and didn't really know it. For togetherness, for community.

Mary gathered us, but unlike a shepherd with a staff, she beamed and

we drew closer to her. At least that's how it felt, in all of the tremendous focus and dedication she gifted our community with. That is her angel superpower. She is a beacon.

And now Mary is resting, as comfortably as possible, here in the Townships, in palliative care.

Mary, you taught us to reach into the tough subjects and to be there with them. When we experienced losses ourselves, you were there. You came into the places that were dark because we didn't know them, and shedding your light on them, they weren't as dark, or at least our eyes adjusted, as did our hearts. (You visited us at home when our Dad died, a very tired mother and three shaken teenagers.) You went there, gracefully. You went into the topics and places, and made them places where people weren't alone there anymore.

You taught us that presence is sometimes all you need. To be there in the place together, to rise above it by walking in it, through it, familiarizing ourselves.

My youngest is now a delegate (youth leader), and his Youth Forum community sustained him through quarantine, meeting weekly from the first week through mid-summer and starting up again. They checked in, had a mini theme, dressed up, laughed, talked, mused, shared and this month they'll gather again virtually, missing being present with one another, but making the best of a tremendously challenging situation in our world.

Decades later, the themes still circle around the same topics, morphed a little by social change, but always community-centric, always related to acceptance, knowledge, knowing the world a little more, expanded worldview, and how to connect.

They always leave different, supersaturated in the best way, overflowing with love and belonging. It spills all over their houses and families following the events, like the laundry they bring home. Shanna Bernier carries the torch beautifully, even sending out care packages recently to young adults who have been feeling

lonely and isolated of late.

Mary, you taught us to walk together in the challenging topics – and here we are in the ultimate one that we, as a society, still try to avoid, but none of us will – the end of this life. So, let's walk.

Let's walk in reminiscing at how all things can grow. Let's walk in how you changed the world – because the Yofo kids have spread out everywhere, your flock now farmers instead of sheep, and they all farm love. So many of us, artists, activists, scientists, technology experts, writers, and oh so many countless youth workers, social workers, caregivers and parents. We sow your glimmer, your love, we sow because what you gave us overflows and never stops.

You have gifted generations of community with a light that will never go out, even when your body and spirit transition to a different way of existing. We know that is coming. We know we can't stop it. We can be brave and be with you in it. We can remember that we're all a part of all things, of everyone. We hope you can be as comfortable as possible, and that your cup can 'overflow with love' as we all loved to sing together.

I was reminded as I thought of you today, of the song 'Linger' that we sang at the closing of Youth Forums, and it feels like that is the best thing I can send out from all of us, your flock, your farmers, sowing fields and worlds of love. The world is better for your presence, it transformed us all.

'Hmmm, I want to linger. Hmmm, a little longer.

A little longer, here with you. Hmmm, it's such a perfect night. Hmmm, it doesn't seem quite right.

Hmmm, that this should be, my last with you.

Hmmm, and as the years go by. Hmmm, I'll think of you and sigh.

Hmmm, this is good night and not goodbye.

Hmmm, I want to linger. Hmmm, a little longer.

A little longer... A little longer here with you...'

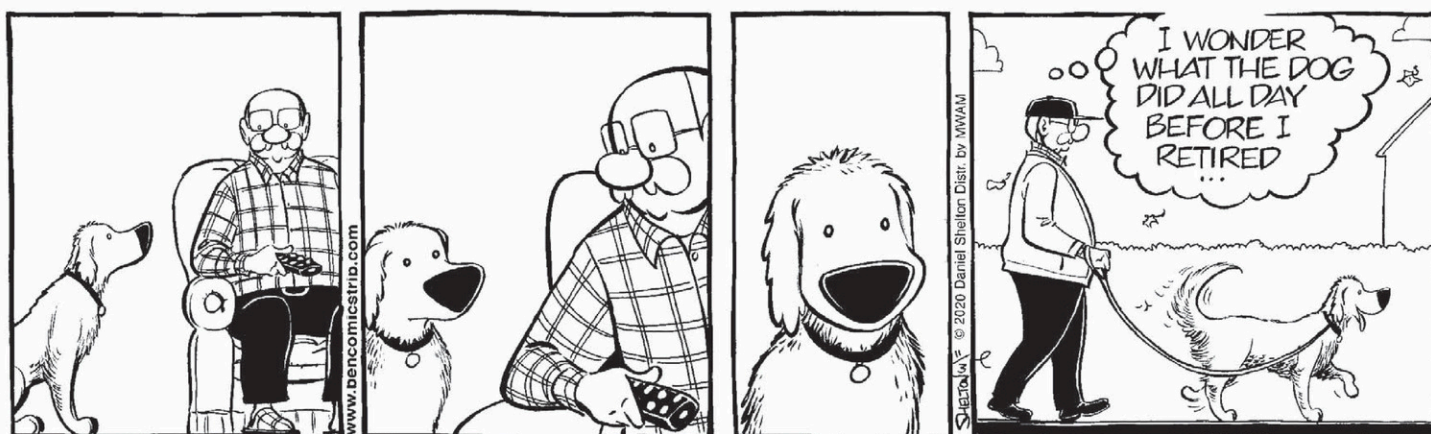
We'll sing on, Mary, and with us, your legacy, in the very least, is immortal.

We love you forever.

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Ben by Daniel Shelton



Local News

It's a perilous juggling act, the FQA said, where one must balance family life, work life, and social life. More often than not, this delicate balancing act results in a non-existent social life, low income and causes a detrimental impact on physical and mental health.

Autism Quebec celebrates National Caregiver Week

Record Staff

The Fédération québécoise de l'autisme (FQA) is reminding Quebecers to reflect on the importance of caregivers in the province, as the organization celebrates National Caregiver Week, which began on Sunday and runs until Nov. 7, 2020.

The annual recognition week highlights the unheralded work caregivers provide on a daily basis. The

federation took time to recognize the importance of volunteer healthcare workers in a statement Monday.

Caregivers are often overlooked, the statement reads. They volunteer their time without a significant cash incentive. They are often at risk of exhaustion and impoverishment, the federation declared.

The FQA also lauded the Quebec government's efforts to create a better support system for caregivers.

The National Assembly passed Bill 56 on Oct. 28, 2020, which promises to develop a national policy for caregivers and launch an action plan.

According to the FQA, when it comes to caregivers, especially family caregivers, daily tasks can be overwhelming, which can lead to a lack of self-care. The person they are taking care of becomes the top priority.

It's a perilous juggling act, the FQA said, where one must balance family

life, work life, and social life. More often than not, this delicate balancing act results in a non-existent social life, low income and causes a detrimental impact on physical and mental health.

The FQA asks that Quebecers take time to learn more about the responsibilities of a caregiver, whether they take care of seniors or someone with intellectual disabilities. Society as a whole needs to offer more support to caregivers, the federation concluded.

Magog installs disposable mask collection boxes in municipal buildings

Record Staff

Magog residents and employees are able to recycle single-use masks, after city officials had mask boxes installed in several municipal buildings.

The community centre, Centre d'arts visuels de Magog, Town Hall and Centre des services techniques are now equipped with boxes for the purpose of collecting disposable masks. The goal is to avoid sending these masks to a landfill and protect the environment.

The city will periodically gather the single-use masks to be treated and

transformed into raw material, which, in turn, will be used to make new items. Officials hope to reduce the city's ecological footprint.

In a press release, Magog Mayor Vicki-May Hamm said that ideally residents would wear reusable masks. However, she understands that some situations require the use of disposable masks, which is why she set this initiative in motion.

"By offering this alternative to the population, we allow citizens to do their part in the face of the environmental challenges brought about by COVID-19," said Hamm.



MATTHEW MCCULLY

Quebec invests \$100 million in mental health

Record Staff

Lionel Carmant, Minister of Health and Social Services, announced a \$100 million investment in psychosocial and mental health care and services for the people of Quebec, particularly targeted to reducing waiting lists.

The investment, originally scheduled to be announced along with the government's next economic update on Nov. 12, was pushed forward due to the circumstances of the last few days and the urgency of the situation.

"This is an unprecedented investment in mental health and psychosocial health to respond to a situation that is equally unprecedented," explained

Minister Carmant in a press release. "This investment will also allow us to act in a comprehensive manner: the needs are glaring and we are giving ourselves the means to take concrete action so that people will have faster access to services. I would like to remind all those who feel the need, especially with the events of the end of last week, that resources are available. Do not hesitate to ask for help," Carmant said.

The \$100 million will be divided into five components:

\$35 million promoting access to mental health services for people waiting for these services in the public system (\$25 million), as well as access

to mental health services for young people aged 17 to 29 who are currently waiting for psychological services at the college or university level (\$10 million).

An additional \$31.1 million is earmarked to maintain the enhancement of psychosocial and mental health services in health and social services institutions for the coming year, and \$19 million will be used to create teams of workers to meet with vulnerable people and promote, prevent, detect and intervene early in the field in order to address psychosocial problems.

Community mental health organizations will receive \$10 million in renewed funding for the coming

year, and \$4.9 million will go towards a digital suicide prevention strategy and the enhancement of the 1-866 APPELLE line.

In September 2020, the percentage of people reporting anxiety symptoms was 37 per cent, more than double the rate observed during the first wave of the pandemic.

Confinement amplifies certain risk factors for mental and psychosocial health deterioration and increased distress related to isolation, loss of employment and income, feelings of worthlessness, limited social contact, as well as cognitive and psychological deterioration because of isolation and loss of stimulating social activities.

Estrie orange

CONT'D FROM PAGE 1

investigations result in no clear origin for transmission, making it hard to name one particular problem area.

Even with the rise in cases, the public health director pointed out that the majority of people in the Estrie Region have never been sick with COVID-19, and 2,377 of the 2,775 people who have

caught the virus have recovered. While on the one hand this could be seen as good news, the doctor also pointed out that it means the population remains vulnerable.

"We are not immune," he stressed, arguing that even if the region has done well at following guidelines to

date, people should not imagine the area to have some magic resistance to the virus.

Quebec reported 1,037 new cases of COVID-19 on Monday alongside 12 more deaths, including one in the previous 24 hours.

Health officials said hospitalizations

increased to 499, three more than the previous day, while the number of people in intensive care dropped by three to 81.

Quebec has reported a total of 108,018 COVID-19 infections and 6,283 deaths linked to the virus since the start of the pandemic.

Are your savings safe?



DIAN COHEN

At this time of year I wish I lived in Blanc Sablon, so I wouldn't have to put my clocks back to Local Standard Time. It's hard enough knowing we have to endure six months of fewer daylight hours without having go about the house in a ritual of "falling back". Maybe it's Covid stress that makes this seem more onerous this year.

One thing for sure is more onerous: how to protect and grow the money you've saved for longer term use like a vacation, down payment for a house or retirement.

If you're a saver with no tolerance for risk, likely you've been buying bonds or Guaranteed Investment Certificates (GICs). If you're a conservative investor and have followed conventional rules, likely you've been operating on a 50-50 or 40-60 split for your savings: 40 to 50 per cent in fixed income like bonds and 50-60 per cent in equity like stocks of publicly traded companies. The idea behind this is that in normal times you'd be getting 3 or 4 per cent on the bonds which were more or less risk free, and the rest of your money would

grow as the companies in which you were invested grew. If you save and invest with a bank or other financial institution, you may have been investing in "balanced" mutual funds – that is, balanced between bonds and stocks.

Today, none of these strategies is a winning one. As long as the government keeps printing money to support the people whose jobs have disappeared because of the pandemic, interest rates will stay very low – today, the average yield on a 5-year government bond is 0.37 per cent, on a 10-year bond it's 0.64 per cent and on a long bond – that is over 10 years, it's 1.06 per cent. With an inflation rate hovering around 1 per cent, everything you make on the bond side of your savings is eaten up by inflation. If you're in mutual funds, you are paying the mutual fund managers as much as 2 per cent, so you're actually losing money on this part of your portfolio.

There's more to worry about. Say you're prepared to accept this situation for a couple of years, until the pandemic has a solution and interest rates get back to near normal, meaning they get back to 2 or 3 per cent. Since the face value of bonds moves inversely to the interest rate, the face value of a 1 per cent bond will fall as interest rates rise to 2 per cent or more – the worst possible double whammy.

What to do? The first thing is to make sure you understand exactly what your savings are invested in. If you're in this situation, grit your teeth and figure out how much you're actually gaining each year and how much you need to be growing to reach your goal. If you're already retired, and you do your



COURTESY

own investing, don't over-reach for income by buying the highest dividend stock you can find – look for the best companies whose products are likely to be in demand, that pay a reasonable dividend that grows along with the company itself.

If your savings are safe and you're reading this and thinking about your kids, even though they may roll their eyes, try to warn them to be careful about trading with the latest batch of online trading platforms such as Robinhood. This investing app charges no commission on trades, has 13 million customers, at least half of them first-time investors, and 80 per cent of Robinhood's assets under

management belong to millennials. There's also no one to call when the app goes down which is often – according to Downdetector, Robinhood has experienced outages every month so far in 2020. And the company is currently facing lawsuits due to outages in March. Try to impress on your kids that stock trading is not like playing poker, and that trading with a company that congratulates you with a confetti animation on your phone when you trade is not necessarily the way to growing your long-term assets.

Dian Cohen is an economist and a founding organizer of the Massawippi Valley Health Centre.

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Why Men Keep their Underwear Forever

By Linda Knight Seccaspina

This morning I had to bring a HOL-EY pair of boxers down to my husband Steve from the clean laundry and ask what was wrong with them. Actually, I threw them in front of him on the kitchen island. It was a 9:30 a.m. POP QUIZ from 'the wife'.

I was going to take a photo of them and text him but there was just nothing left of them – they were going straight to the garbage can. So, this had to be full on 'household shaming'. He looked at them, smiled and said,

"I'm sure if you want a photo to keep there are others upstairs!"

Did you know that an English survey found that men tend to hang onto their underwear for an average of at least seven years? But ladies, how long is long enough? Do you toss them after a certain period of time, or wait until they are considered an air conditioning unit?

Here are my personal reasons why men keep their underwear so long.

1. No skid marks...no replacement necessary!
2. Central air conditioning is what makes OLD underwear far more

preferable to new stuff.

3. Recently widowed or divorced men have no clue what size they wear.
4. As long as we're not making someone else wear it, I just don't see the problem, says my husband.
5. Women have delicates. Unless have an accident, we are good to go. They are often indestructible.
6. Oxyclean is probably ruining the underwear market in general, so I avoid multiple washings.
7. "Tighty Whites" aren't drugs or food whose age does determine its term of use.
8. I keep all my clothes until they're in tatters. Underwear deserves no special treatment.
9. I am certainly not going to stamp "do not use after dates" on them.
10. I mean, I chuck ones with holes more than an inch in diameter; anything smaller offers improved 'break wind' egress.
11. Has there been a scientific study that shows underwear more than a couple of years old holds onto dirt, sweat, and bacteria

Clearing Out
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Men's Underwear
At Greatly Reduced Prices in the Anniversary Sale

MEN'S UNDERWEAR
Reg. \$1.90. Short and ankle length. Our entire stock of \$1.00 garments at **79c**

MEN'S UNDERWEAR
Reg. \$1.80 lines. Knitted and dimity in Hatchway and buttoned styles. **\$1.15**

MEN'S UNDERWEAR
Reg. 2.00 lines in Hatchway and buttoned styles. Fine knitted garments and striped mainsook. In sizes 34 to 44. **\$1.45**

COURTESY

12. Keeping undies way over the expiration date is why God invented wives and girlfriends to buy men new underwear for Christmas.

Men, we women understand that

buying underpants probably doesn't top your list of enjoyable things to do, but we beg, no we plead, that you make this a priority in your life. And that my friends is why this mom buys her sons and significant other underwear at birthdays and Christmas every year.

Bishop's University students prepare for Take Back the Night march

By Reann Fournier
Special to The Record

This year, Bishop's University's annual Take Back the Night (TBTN) March is going to look a little different. In order to keep the BU community safe, the march coordinators have created new, innovative ways to reach the student population and greater community through an online forum, a 'zine', and a stay at home march.

Take Back the Night is a worldwide effort to combat sexual violence and violence against women. Since 2018, a small group of BU students have been organizing a march in solidarity with the worldwide movement.



"It's really a march to bring the BU community together," said Anika Malone, one of the head coordinators for this year's march. "It gives a space for survivors to take back the voice, spaces, and power that was taken from them."

Taking public health and safety into consideration, the Bishop's University TBTN group have decided to approach their campaign in a different way for 2020. "We've really had to diversify things this year, considering we can't conglomerate," said Malone. "We've actually redone everything for the event, starting with the forum."

For two years now, the BU TBTN group has hosted a forum for students to discuss their concerns about sexual assault and gender-based violence on campus. This year's forum took place last week and was both in person and streamed virtually. "The forum is really what sets the tone for the whole year," said Scotia Sharpe, the second coordinator for the march. "It's where students bring their complaints, ideas, and comments about what they want to see done in the community, and we base our work off of the response."

From the forum rose a list of desired actions from Bishop's students which includes support groups for men, extra security cameras and light in certain areas of campus, healthy sexual education, and a perpetrator data bank. These demands are all centered on minimizing harm in their community and moving forward to a safer, healthier university campus, and will be addressed by the new Sexual



PHOTOS COURTESY OF ANIKA MALONE

Photos from last year's TBTN March

Culture Committee.

"We were lucky enough to have the Indigenous Cultural Alliance speak at the forum and, since then, we've had our social media campaign blow up," said Malone. The student community has come together in support of the movement by posting to their social media using the hashtag #IPledge.

"There's been a bunch of individual friend groups, clubs, the rugby team, they're all participating and it hasn't slowed down," said Malone. "I even have had teachers send in videos."

The community support for the

march has yet to falter and, even with the pandemic restrictions, the coordinators and committee are excited to approach the cause in a new way. "We're basically bringing the march to people's homes," said Malone. "We're going to have a live feed that people can tune into the speeches and we'll have committee members leading chants around town where students live."

The stay at home march will be taking place on Nov. 12 at 8 p.m. "Our goal is to light up Lennoxville with sound in solidarity with survivors," added Malone.

New round of microgrants available in Des Sources and the Val-Saint-François

By Gordon Lambie

The Our Vital Community microgrants program has opened a new round of applications for 2020-21. The local grant program aims to fund initiatives by citizens and/or community organizations that support the English-speaking community of the des Sources and Val-Saint-François MRCs taking place between now and March, 2021. Grants of up to \$500 can be awarded to individuals, community groups or organizations, schools or municipalities. Projects funded are also eligible for support from the Richmond, Danville and Drummondville area CLC's Community Development Agents.

Andrea Barrie and Nancy Dea helped organize projects that were funded by the program at this time last year. Where Barrie, along with Karine Brochu, helped to organize weekly craft nights for English-speaking women in the community, Dea, through the Parent Participation Organization at Asbestos Danville Shipton Elementary School, helped to organize a series of movie nights. Although both projects

were cut short by spring shutdown, the organizers still acknowledged the important role the grants played in getting their ideas off the ground.

"The \$500 paid for the location," Barrie said, sharing that although there had already been a monthly scrapbooking group active in the community, having the space to do things on a more regular basis opened the doors to new people and new opportunities. "It was fun because you got to interact with different people from different age groups. We had a really good time," she added, explaining that in addition to coming together and working on projects, the group began to engage in skill-sharing activities where they learned from one another.

But for the restrictions brought on by the pandemic, Barrie said, the group would absolutely have applied for the grant again.

In Dea's case, the PPO had already been toying with the idea of a movie night activity within the school when the local Community Development Agent brought up the idea of applying for a grant.

"At first it was really just a school-based thing, but we realized that we had the potential to reach out to the community," she said, explaining that the school had been having difficulty connecting with its community.

Using the grant money to pay for the otherwise too expensive public screening permit, the organization put together a plan to host four public movie nights over the course of the year.

On their test run opening night, the group drew a crowd of 70; far above expectations.

In the end only two of the four nights ended up happening, but those two were successful, they said.

"Our goal was to make enough money after the four nights to pay for the permit this year without having to apply for the grant again, and we were on track to do that," the PPO member shared.

The Our Vital Community microgrant funding project is a part of a larger action plan shared in a partnership between Richmond, Danville, Drummondville CLC with the ETSB, CDC Des Sources, CIUSSS-

de-l'Estrie-CHUS, ValFamille and Townshippers' Association. The partnership, known as Partners for the Vitality of the English-Speaking Community of the Val-Saint-François and Des Sources, works collaboratively to make a collective impact on the health and well-being of the English-speaking community by ensuring greater access to health, social services and community resources in English in the Val-Saint-François and des Sources community as well as promoting the involvement of citizens and building links between them. The project received financial contributions from CIUSSS-de-l'Estrie-CHUS through the CHSSN funding by Health Canada, under the Action plan for official languages in Canada, as well as from the Valfamille concertation table.

The next deadline for Our Vital Community microgrants is Nov. 15, 2020 for projects that will take place up to March 15, 2021. For more information including application details, visit <http://richmondhigh.etsb.qc.ca/community> or contact Siu-Min Jim at 819 826-3702, extension 24026 or richmondclc@etsb.qc.ca.

EDITORIAL

After more than fourteen hours of negotiations with Casella, and more than \$7,000.00 in legal fees paid out of their own pockets, the four volunteers obtained a moratorium from the company for four years.

Send out the clowns

By Kyl Chhatwal

Remember 2015? We had our own election that year. It ended in a rout. Justin Trudeau and his Liberal Party won a thumping majority.

They beat Stephen Harper and his Conservatives, who had been ruling since 2006. Why did that happen? Well, after nearly a decade of Harper, Canadians were worn out, morally speaking.

Barbaric Cultural Practices Hotline. The hysteria over niqabs. Refusal to help Syrian refugees. It was not a political renewal that Canadians craved, but an ethical one. I have no idea if Harper was a good prime minister. I do know he wasn't exactly cuddly. Mostly, in 2015, Canadians just wanted the bad man gone.

Something similar is happening in the United States. As you read this, Americans are voting. The results of that vote should, if the polls are correct (and that's a really big if), send their own political persona non grata packing.

One of the fun things about turfing an unlikeable leader is that you also get rid of their supporting cast. Harper had more than a few unpalatable hangers-on that, blessedly, we haven't heard from much these past few years. Kellie Leitch, anyone?

So I thought I'd take a moment to pay an homage of sorts to all the Trumpian sycophants and grifters that, if the gods are kind, will disappear forever after inauguration day in January, thereby lightening the collective mood considerably.

These folks include, in no particular order:

Stephen Miller:

Observers of Trump have long noted that he has no dominant belief system, besides believing in his own dominance. Therefore, he acts as a vessel for other dangerous ideologies that he picks up at random, the way a child picks up shiny stones on a beach. For instance: How to explain his affinity for white supremacists? Well, we can probably thank Stephen Miller for that. He's the Grima Wormtongue of the Trump administration, the one whispering rotten nothings into the

Great Leader's ear, convincing him his country would be a lot greater if it was a lot whiter. Remember Trump's crazy inauguration speech, railing about "American carnage"? That was vintage Miller, in his one of his more uplifting moments.

Jared Kushner and Ivanka Trump:

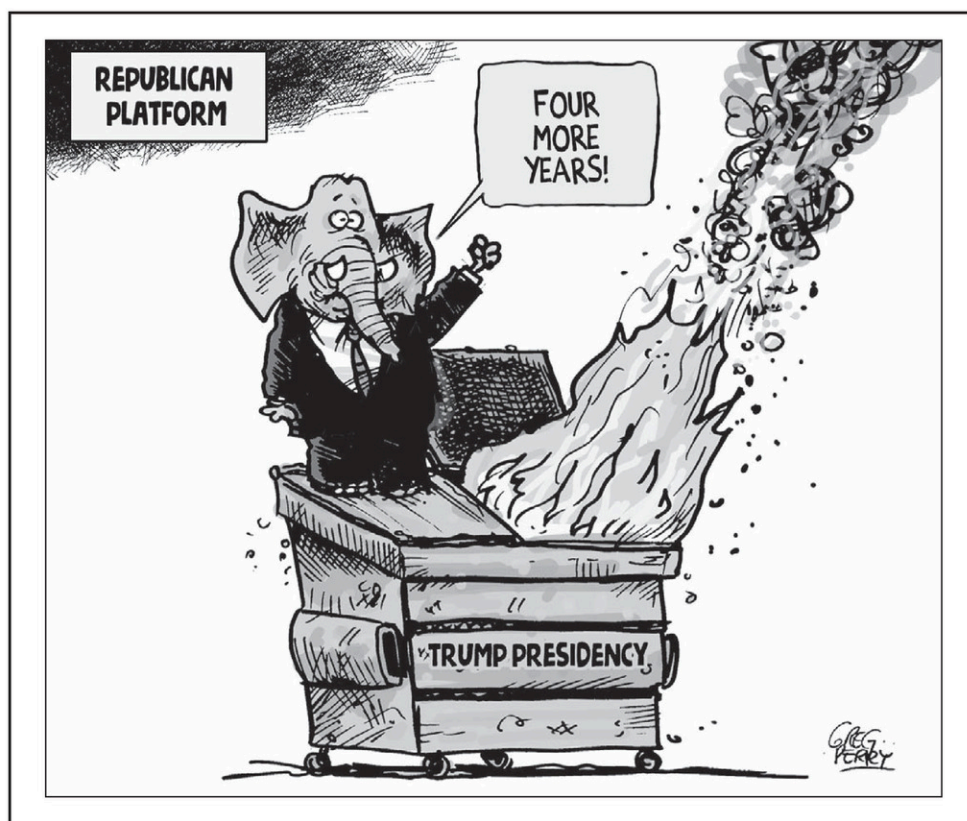
It was once reported that the president's eldest daughter and her tag-along husband actually despise Trump and mock him behind his back. I have no idea if this is true. But it seems fitting, since, if Ivanka has learned anything from dad, it is to harbour no genuine affection for anyone, and to treat people simply as means to furthering her own ends. One of the most hilarious hypocrisies of the 2020 campaign has been Trump accusing Biden of nepotism. Unless Trump loses resoundingly to Biden, you can bet the farm that Ivanka, with Jared planted firmly at her side, will one day make a run for the presidency herself. In terms of naked and ruthless ambition, the Macbeths have got nothing on this couple.

Kellyanne Conway:

Speaking of twisted marriages. Ms. Conway's husband, George T. Conway III, is one of Trump's most outspoken and motivated critics. And yet Kellyanne, until recently, was on the Trump payroll, wielding her considerable rhetorical gifts and utter lack of shame to defend every despicable thing Trump ever tried to do (i.e. put kids in cages, ban Muslims, etc.). How exactly the Conways make their relationship work has been one of the great mysteries of the Trump years. We all knew Trump had a gift for ending marriages, but most figured it was only his own.

Mike Pence:

There's a pretty good chance that, like Ivanka, Pence will run for president one day, so we may not be rid of him just yet. Pence's great contribution to his nation's polluted discourse is his knack for delivering Trump's whackiest ideas ("It's time for the Space Force!") in that grave, father-knows-best way of his. Another mystery of the Trump years is where exactly Pence parked his deep Christian convictions, in order to play lackey to the least Christian man



to ever be elected president.

I could list many more Trumpian lackeys—Devin Nunes, Jim Jordan, Mark Meadows, most of the Republican Senate. By next January, we could stop having to hear about all of

them! It's a tantalizing thought...

until we remember that Trump could still actually win this thing. So maybe let's save the celebrating until all the votes are counted.

Letters

DEAR EDITOR:

Deputies from the region, mayors, representatives of the MRC Memphrémagog, political attachés.

On November 1, 2019, the DUMP/MCI group, represented by three Americans and a Canadian, presented themselves in Burlington to the lawyers of the Casella Company to request an end to the treatment of 15,000 gallons of garbage juice (leachate) at the Newport plant which flows into Lake Memphremagog, a drinking water reservoir for 175,000 people. This plant has been recognized as non-compliant to treat this type of waste.

After more than fourteen hours of negotiations with Casella, and more than \$7,000.00 in legal fees paid out of their own pockets, the four volunteers obtained a moratorium from the company for four years.

On January 16, 2020, a meeting organized by DUMP/MCI in Newport Vermont, received a delegation of elected Vermonters and Quebeckers, made up of deputies from the region, mayors, representatives of the MRC Memphrémagog, political attachés who will discussed the Coventry issue.

Following an initiative by the mayor of Austin and president of the environment committee at the MRC Memphrémagog, Mrs. Lisette Maillé, Quebec players lunched together immediately after the Vermont meeting to establish a plan of action during this four-year moratorium.

The new member of Parliament for Brome Missisquoi, Ms. Lyne Bessette, was elected president of the committee.

An action plan was proposed so that everyone in their area of responsibility performs representations in Vermont so that the moratorium, which is due to end in 2023, be renewed in perpetuity.

No more toxic product spills in our drinking water.

Yes we had the coronavirus, yes American elections are taking place, yes everyone is very busy, yes the Casella Company continues its representations to Governor Scott and the Vermont Natural Resources Agency to resume the release of toxic product into the lake.

Today, 1 of November, the first year of the four-year moratorium is over.

What does the Bessette committee propose to do, in the second, third and fourth year of the moratorium?

My good friends, deputies from the region, mayors, representatives of the MRC Memphrémagog, political attaches, we are counting on you.

ROBERT BENOIT

PRESIDENT, MEMPHREMAGOG CONSERVATION

THE RECORD

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Local Sports

A slice of humble pie



ON THE HOOK

ANDREW HOWARTH

This might seem a tad masochistic to some, but one of my favourite things about fish and fishing are how frequently both seem to humiliate me. An unhinged ego simply can't survive a bad skunking, or the adversity that water and wind can impose. The facial expression of an angler returning from a trip with sweaty clothes and umpteen bug bites, or hip waders filled with ice cold river water and no fish to show for it, is an unmistakably enlightened one.

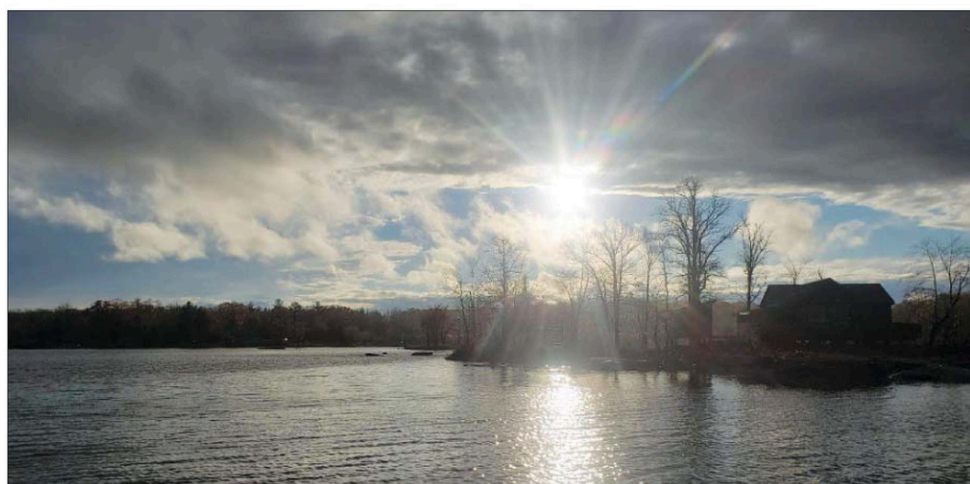
For obvious reasons, fall fishing differs from summer fishing. In general, the margins of error are narrower during fall, due in part to the season's less hospitable atmospheric conditions. The turning of all clocks backward by an hour in early November marks the end of 'sweater' fall and the beginning of 'jacket' fall—a shift that is also worth noting if you're an angler. As fall progresses, the windows of fish-catching opportunity become increasingly small, and dedicated anglers have fewer daylight hours to work with. Adverse weather makes it more difficult to fish effectively during these windows, and anglers must maintain constant awareness of conditions and related fish activity while preparing to capitalize on fleeting opportunities. Experienced fishermen and women know that it's best to fish when weather and water conditions are nearest to optimal, and that proper clothing and equipment are necessary to actually perform the act of angling. Upon zooming out, the approach seems quite simple and obvious: try to be out when the fish are biting, and make sure that you're comfortable enough to take advantage.

As you might have already imagined,

I spent the past weekend devouring a slice of 'humble pie' that I was served on my most recent fall fishing trip. My vision of things to come crystalized during the week of the trip, as I watched the weather forecast deteriorate over the course of several days. Knowing that my 'weekend off' would now consist of sub-zero temperatures, freezing rain, and high winds, I entertained thoughts of abandoning the initiative altogether. Thankfully, a kind friend convinced me that my conscience would weigh far less on Monday, if I would just put forth a respectable effort. Unfortunately, fishing to avoid probable 'what ifs' and regrets is less pleasurable than fishing because of favourable conditions and odds.

'Bad' fishing trips are rare—this statement is both cliché and true. I very rarely regret having gone fishing, but I spend hours dwelling on potential improvements after an unsuccessful foray. I don't know how much of this speculation about improvement is constructive, and how much is only consolation, but I genuinely enjoy fiddling with the puzzle pieces that might someday fit together and depict what Izaak Walton famously dubbed the "Compleat Angler". In hour thirty-six of last weekend's trip, I found myself contemplating this, while my hands grew numb to the cold, and my ears nearly deaf to the sounds of the howling wind. Only moments later, the storm clouds that had come to define the trip parted suddenly and unexpectedly, allowing the sun's intense rays to warm my back side and produce a full November rainbow directly in front of me. I don't believe this was anything but coincidental, and yet it seemed like the perfect resolution to my internal conflict.

I typically don't subscribe to any conventional notion of a higher power, but my experiences in nature occasionally grant me a window into the lived experience and feelings of the millions who do. I sometimes wonder if my time on the water is genuinely well-spent, and if my obsession with angling mastery is healthy. And yet, my efforts to answer such questions are rewarded periodically, in moments where the value of spending a stormy November day fishing become self-evident.



ANDREW HOWARTH

Perhaps 'seeing the light' is meant for literal, as well as metaphorical interpretation.



Be there for yourself the way you're there for others

It's normal for these uncertain times to bring out negative emotions or anxiety. You're there for your loved ones when they're not doing well. Remember to be there for yourself. There are solutions for getting better.

Quebec.ca/gettingbetter

Info-Social 811

Votre gouvernement

Québec

In Memoriam

KERR – In loving memory of my dear brother, James (Jimmy) Kerr, who passed away six years ago today, November 3, 2014.

*I miss him more and more each day,
Especially our daily chats.*

MARGARET (sister)

In Memoriam

SYLVESTER, William (Bill): 1943-2010.

*10 years have come and gone
But it feels like yesterday.
This day brings back sad memories
Of a loved one gone to rest,
And those who think of him today
Are the ones who loved him best.*

Sadly missed

LINDA (wife)

CHILDREN

**GRANDCHILDREN and
GREAT-GRANDCHILDREN**

Card of Thanks

MEIGS - Our sincere thanks to each and everyone who attended the graveside service for Jim. To Fr. Edward and Fr. Giuseppe for the service and homily. Thank you to Lauraine Denis for reading Jim's favourite prayer. Thank you to all who sent cards, flowers, donations in Jim's memory to St. Stephen's Anglican Church, and the many telephone calls. Your support to the family during this very difficult time was very much appreciated.

**SHARRELL AND FAMILY
DANY AND FAMILY**



Exploring treatments for excessive sweating



ASK THE DOCTORS

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

Dear Doctors: I've read your column for years but have yet to see anything about my problem. I tend to sweat a lot, not under my arms, but in my crotch area. It's embarrassing and even causes me to get a lot of UTIs. I've tried panty liners and medicated powders, wear only cotton underwear, but nothing works. I'm so frustrated. What can I do?

Dear Reader: Excessive sweating that isn't a response to either heat or exertion is known as hyperhidrosis. When sweat glands are overactive in one specific location, it's referred to as focal hyperhidrosis. The condition is believed to arise from overstimulation of the sweat glands by the autonomic nervous system, although why this occurs is unclear.

Excessive sweating in the armpits and around the head and face are the most common types of hyperhidrosis. The folds of skin beneath the breasts are another area of focal hyperhidrosis. Although less common, sweating in the area of the groin is a problem for many women. Researchers recently conducted a survey of close to 2,000 adults who are registered users of the International Hyperhidrosis Society website, found at sweathelp.org. In that survey, 43% of respondents reported experiencing excessive sweating in the groin area.

Our bodies use sweat to stay cool. When certain physiological signals let the brain know the body is at risk of exceeding its optimal temperature range, they direct the sweat glands

to release moisture. This results in an evaporative effect, which helps to cool the skin and regulate temperature. And while sweating in the crotch area is a normal function of this cooling system, sometimes the signals go awry.

Some women find relief with topical antiperspirants. These use chemical compounds to temporarily plug the pores through which sweat exits and reduce the amount of moisture that is released. However, antiperspirants can be irritating to delicate skin and tissues, and they should be kept away from the vagina.

Two therapeutics, which have been approved by the U.S. Food and Drug Administration for excessive underarm sweating, are finding off-label use in other types of focal hyperhidrosis. One, a prescription medication called Qbrexza, is a premoistened towelette saturated with a medication. It is applied once daily to the affected skin. Also approved for excessive underarm sweating is Botulinum toxin A, more widely known as Botox.

Some physicians are reporting success with off-label uses of these medications, including for hyperhidrosis in the crotch area. However, it's important to understand that neither of these medications are FDA-approved for hyperhidrosis in any region other than the underarms. When it comes to Botox, the amount of the drug required for the crotch area can make the treatment quite costly. It's also very important that the physician providing the treatment is well-versed in the specific injection strategies that are being pioneered.

If you haven't already, please consult with your health care provider. They can help you with strategies to lessen the incidence of UTIs and other infections. They can also offer guidance if you choose to pursue other options.

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. Owing to the volume of mail, personal replies cannot be provided.)

Datebook

TUESDAY, NOVEMBER 3, 2020

Today is the 308th day of 2020 and the 43rd day of autumn.

TODAY'S HISTORY: In 1957, the Soviet Union launched Sputnik 2 with a dog named Laika aboard. Laika was the first creature to be sent into orbit.

In 1964, residents of Washington, D.C., were eligible to vote in the presidential election for the first time since the city was established in 1800.

In 1992, Democrat Bill Clinton defeated incumbent Republican George H.W. Bush and independent candidate Ross Perot to win the U.S. presidency.

In 2014, One World Trade Center opened in New York City.

TODAY'S BIRTHDAYS: William Cullen Bryant (1794-1878), poet/journalist; Walker Evans (1903-1975), photographer; Charles Bronson (1921-2003), actor; Michael Dukakis (1933-), politician; Larry Holmes (1949-), boxer; Anna Wintour (1949-), fashion journalist; Roseanne Barr (1952-), comedian/actress; Kate Capshaw (1953-), actress; Dennis Miller (1953-), comedian; Phil Simms (1955-), football

player/sportscaster; Dolph Lundgren (1957-), actor; Evgeni Plushenko (1982-), figure skater; Colin Kaepernick (1987-), football player.

TODAY'S FACT: Though he didn't receive a single electoral vote, third-party candidate Ross Perot won 18.9 percent of the popular vote nationally in 1992.

TODAY'S SPORTS: In 2016, the Chicago Cubs ended the longest championship drought in Major League Baseball history at 108 years, defeating the Cleveland Indians in Game 7 of the World Series.

TODAY'S QUOTE: "To him who in the love of Nature holds / Communion with her visible forms, she speaks / A various language." – William Cullen Bryant, "Thanatopsis"

TODAY'S NUMBER: 162 – days Sputnik 2 was in orbit. Laika, its canine passenger, died within hours of the launch due to overheating.

TODAY'S MOON: Between full moon (Oct. 31) and last quarter moon (Nov. 8).

20 years. 10,000 wishes. 100% Canadian.

"Only 2 more
needles 'til
my wish!"



20 years 10,000 Wishes

1-800-267-WISH www.childrenswish.ca The Children's Wish Foundation of Canada

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

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

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

Discounts: 2 insertions or more: 15% off

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

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

Text only: \$16.00 (includes taxes)

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

WEDDING WRITE-UPS:

\$26.00 (\$29.90 taxes included) WITH PHOTO: \$36.00 (\$41.40 taxes included)

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

DEADLINES FOR DEATH NOTICES:

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.

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

Mental Health Estrie has officially launched its 2020-2021 HUGS for the homeless campaign. From November to March, we accept donations of NEW Hats, Underwear, Gloves, Socks and Scarves and other warm articles of clothing which are donated to local shelters for the homeless. Donations can be dropped off at 3355 College in Lennoxville (left side of the building, door #9 please deposit in the tall black bin with HUGS poster attached). Or we can do the shopping for you. Please make cheques payable to Mental Health Estrie and indicate HUGS on the memoline. Thank you to all for your continued support and help! For more information, phone 819-565-3777 or email mhe.info@bellnet.ca.

MS lives here.

Multiple sclerosis never hits just one person. It affects the entire family.

MS Multiple Sclerosis Society of Canada
1-800-268-7582 www.mssociety.ca

Losing that loving feeling

Dear Annie

TUESDAY, NOVEMBER 3, 2020

Dear Annie: I am 54, from Texas, married, and feel like I am in my 70s or 80s. My hair is almost all gray. I am out of shape and trying to raise a daughter through this pandemic. Staying home and doing homeschooling is not fun at all. I really feel like I am going through a major depression stage, and my marriage is getting to that most hated word for some guys – “divorced.”

My wife and I have been together for almost 10 years. We have a daughter together, and she's an exact duplicate of her mom in looks, attitude, moods and everything else. My daughter and I are just fire and ice; we cannot get along. I love her very much, but she's a mama's girl big-time. My wife works and is the breadwinner of the house, and I do the housework.

I feel depressed and am scared I am losing my wife and my manhood. Our marriage has not been all that great. Yes, we have our ups and downs, but I feel like we are drifting apart. Even though we may not be intimate, kiss each other or try to love each other, we are still together for our daughter. Call it an excuse or whatever you want, but it's the truth. That's the way our lives are.

My question to you is this: Why do I feel the way I do, facing what I face every day, with no energy for anything? I love my wife but the loving feeling is go-

ing away. What do I do? I need answers and your help. Please be honest with me and tell me what to do before I really lose everything. – Lonesome in Texas

Dear Texas: Filing for divorce or ending your marriage is never a decision you want to make lightly. It sounds like you are suffering from a major depression. You are in your 50s and deserve to feel your age, not like you're in your 70s or 80s. This is understandable, particularly during this pandemic, and it's time to get professional help – not only for yourself but for the sake of your wife and daughter.

When your health is not good, it is really hard to make any good decisions, so focus on getting healthy first. Tell your doctor about your depression and get yourself into a treatment plan immediately. Once you have a handle on your health, you can see how to “bring back that loving feeling” with your wife. Marriage takes work, but if you are too tired to even take care of yourself, how can you take care of your marriage?

Best of luck and please know that you are not alone. Many people are feeling sad and scared during this pandemic. But there is hope and help out there. Always remember that this is just a moment in time, and this too shall pass.

Dear Annie: My young adult daughter recently had a milestone birthday, so I asked friends and family to send a birthday card to her. She received many cards. I was very grateful to the people

who sent them.

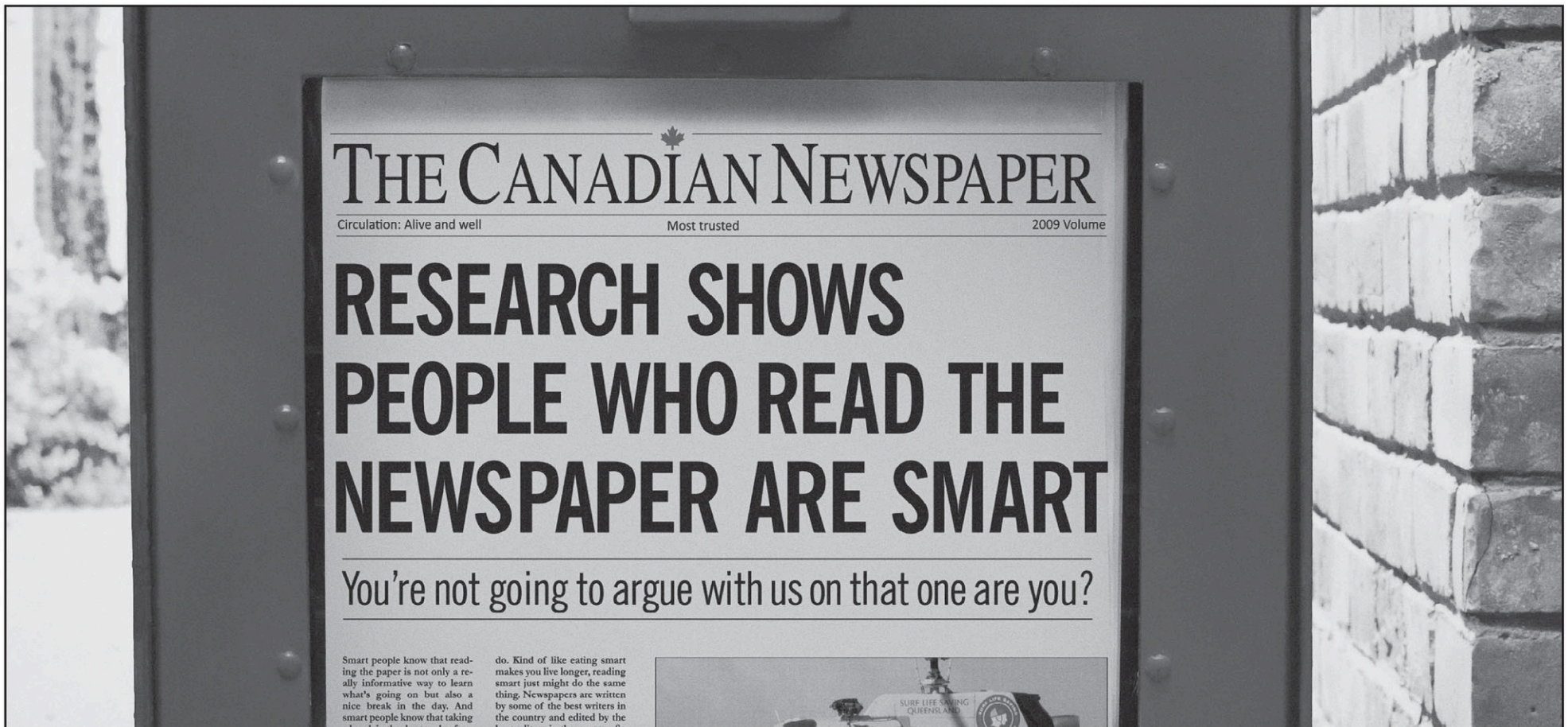
In these days of COVID-19, a divided nation and natural disasters, a card can really brighten a person's day. Plus, I am very proud of my daughter. She sent every one of the people she received a card from a thank-you note, saying how much the card meant to her. I feel like I raised my daughter right, with good manners.

So, just wanted to say: Send a card to someone you love. They will truly appreciate it. And if you receive a card, tell them thank you for thinking of you. Let's support each other. – Observation

Dear Observation: I love the idea of brightening someone's day with a card. There are other small things we can do, such as buying the person in front of you a coffee, giving genuine compliments freely and even just picking up the phone and calling a loved one. No act of kindness, no matter how small, is wasted. In fact, these acts produce a ripple effect, creating more compassionate and caring human beings taking care of one another.

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

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



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CELEBRITY CIPHER

by Luis Campos

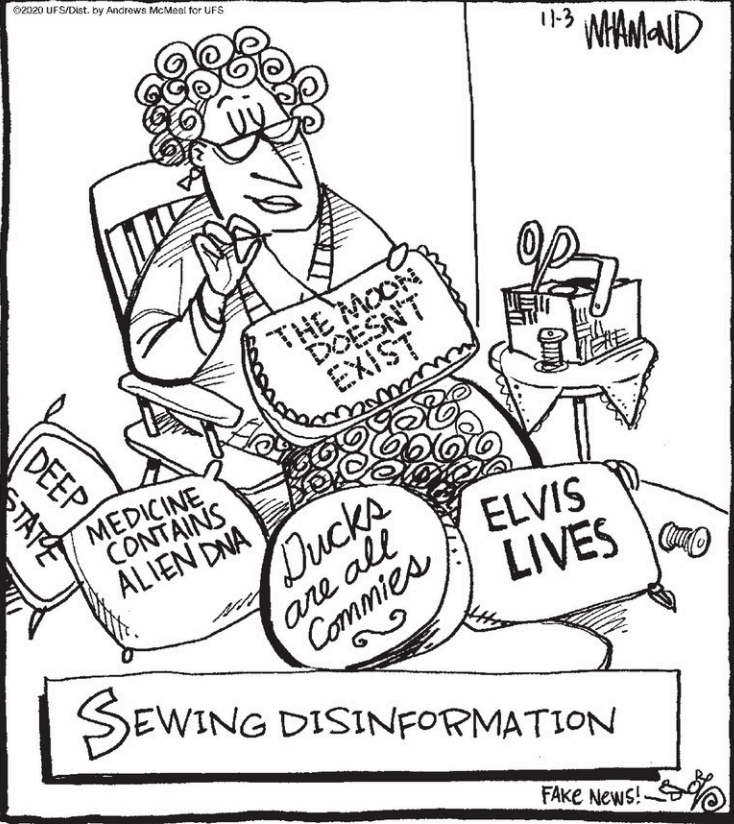
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

" X FYBC BYOXWA JRL. X FYBC OPC
EXAPO YI UL ICFYFG MXOXCWE
FXWXWA NV OY URDC OPCXS BYXMCE
PCRSJ." — KCOP KSYJCSXMD

Previous Solution: "We're all of us guinea pigs in the laboratory of God. Humanity is just a work in progress." — Tennessee Williams

TODAY'S CLUE: n sɪnbə N

REALITY CHECK

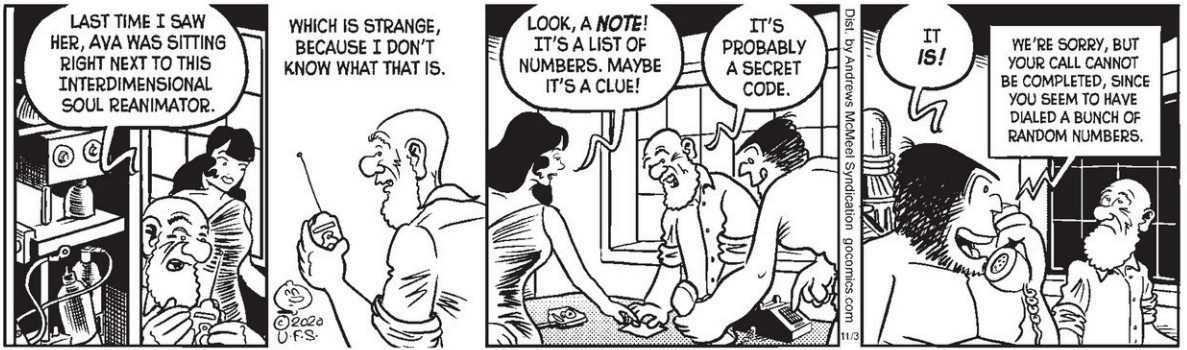


HERMAN



"What are you doing now?
Throw the Frisbee!"

ALLEY OOP



ARLO & JANIS



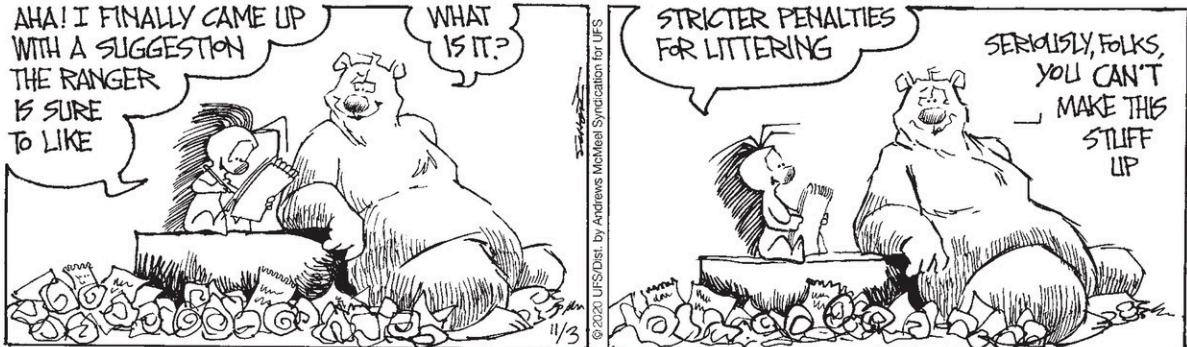
THE BORN LOSER



FRANK AND ERNEST



GRIZZWELLS



THATABABY



Go grocery shopping with dietitians. When you choose products with the Health Check symbol, it's like shopping with the Heart and Stroke Foundation's dietitians, who evaluate every participating product based on Canada's Food Guide. www.healthcheck.org Check for Health Check™

Diabetes The New EPIDEMIC REACT NOW! Diabetes Québec Information and donations: (514) 259.3422 or 1.800.361.3504 www.diabete.qc.ca

Call Sherbrooke: (819) 569-9525 between 8:30 a.m. and 4:30 p.m.
 E-mail: classad@sherbrookerecord.com
 or Knowlton: (450) 242-1188 between 9:00 a.m. and noon

100 Job Opportunities 100 Job Opportunities 100 Job Opportunities

THE RECORD

MARKETING AND SALES REPRESENTATIVE

The Record is seeking a dynamic, focused part-time marketing and sales representative to present its new digital package and App to readers, advertisers and institutions.

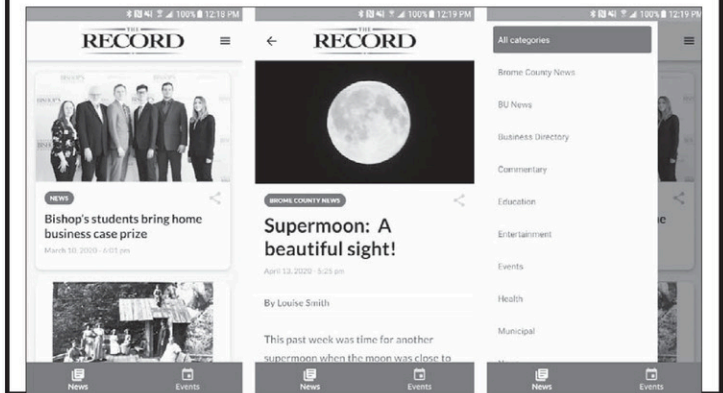
The successful candidate will have an understanding of digital technology, social media platforms, the various tools and strategies employed to expand the reach of print advertising, and the bilingual communication skills required to convey the benefits of digital options to local businesses.

Candidates must have access to a vehicle and be prepared to work a minimum 20 hours per week.

The Record is the Eastern Townships only English-language daily newspaper, serving the region since 1897.

Interested applicants should send a cover letter and resume to

Sharon McCully, Publisher, The Record,
 outletjournal@sympatico.ca



100 Job Opportunities 100 Job Opportunities 145 Miscellaneous Services

THE RECORD

CARRIER NEEDED in Lennoxville

The Record is currently looking for a carrier in Lennoxville to start **A.S.A.P.** for the following streets:

- Amesbury
- Charlotte
- Convent
- Queen (9 customers)

If interested, please contact our office by phone at **819-569-9528** or email at **billing@sherbrookerecord.com**

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CLASSIFIED

Deadline: 12:30 p.m. one day prior to publication
 Or mail your prepaid classified ads to
 The Record, 6 Mallory, Sherbrooke, Quebec J1M 2E2

Practice safe cooking to protect your family from fire

(NC) As the weather gets cooler and the holidays approach, family and friends gather in the kitchen to spend quality time together. While this space is one of the most social areas in the home, it can also be the most dangerous. In fact, cooking is one of the leading causes of home fires, according to the Canadian Association of Fire Chiefs. They share tips to help you stay safe and know what to do if a kitchen fire starts.

Arm yourself properly
 Install a photoelectric smoke alarm, which can detect the smoldering fire.

Replace batteries at least once a year and make sure to use trusted batteries like Duracell.

Equip your kitchen with a fire extinguisher and know how to use it.

Tips to prevent kitchen fires

Always stay in the kitchen while cooking.

Keep the stove and surrounding areas clear of items such as dish towels, pot holders and aprons.

Heat oil slowly over moderate heat.

Turn cooking devices off as soon as you have finished with them.

What to do in case of a kitchen fire

Always keep a lid nearby and slide it over the pot to smother the flames.

Never pour water on a grease fire. It will cause it to flare up and spread. Never discharge a multi-purpose fire extinguisher onto a pan fire, as this can cause a fire to spread.

If there's a fire in a microwave or oven, keep the



door closed and turn the power source off immediately.

When in doubt, just get out. Call 911 or the local emergency number after you leave.

"We encourage everyone to take fire safety seriously by practicing safe cooking," says Chief John McKearney, president of CAFC. "Your first line of defence is a working smoke alarm, so remember to install fresh Duracell batteries in your smoke alarm at least once a year."

SUDOKU

DIFFICULTY RATING: ☆☆☆☆☆

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11/3

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PREVIOUS SOLUTION

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

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

HANDY POINTERS



on writing a successful classified ad

It's easier than you think



Prepare an outline of your ad and then write it.

Be specific – buyers want useful information such as price.

Group related facts in the same sentence.

Avoid slang and abbreviations. Abbreviations are not needed because **The Record** charges by word rather than space.

Above all, don't forget your telephone number or address and when respondents may contact you.

Justice
I BELIEVE. I GIVE.
 CANADIAN CATHOLIC ORGANIZATION FOR Development and Peace
 1 888 234-8533 www.devp.org

NEA Crossword Puzzle

Your Birthday

TUESDAY, NOVEMBER 3, 2020

or courses you wish to take. Expanding your options and adding to your resume will help you find a more rewarding path. Romance is in the stars.

TAURUS (April 20-May 20) – You'll be offered invalid information from someone you thought trustworthy. Verify what you hear before you pass along anything that will make you look bad. You are only as good as your word.

GEMINI (May 21-June 20) – Your charm and flirtatious ways will work wonders for you. Keep your promises and avoid giving someone the wrong impression. Make personal improvements, fitness and health priorities.

CANCER (June 21-July 22) – Don't get upset over things you cannot change. Taking a unique approach to your responsibilities will set you apart from any competition you face.

LEO (July 23-Aug. 22) – Align yourself reliable people. Be direct, and refuse to make a decision or move without verification. Self-improvement is favored.

VIRGO (Aug. 23-Sept. 22) – Offer suggestions, but don't force your opinions on others. It's crucial to maintain peace and integrity going forward. If uncertainty sets in, back away. Don't mix business with pleasure.

LIBRA (Sept. 23-Oct. 23) – Learn all you can and look for ways to improve your health, appearance, knowledge and relationships with others. Distance yourself from individuals who are demanding, excessive or disruptive.

Look at the possibilities and use your strengths to get ahead. Dismiss negativity and people who drag you down. Clear a path to a better future. Balance and integrity will be crucial to your success. Be respectful and honorable, and don't hesitate to take the lead.

SCORPIO (Oct. 24-Nov. 22) – Walk away from situations that appear risky and avoid people who are trying to take advantage of you. Think twice before you donate money or get involved in a costly venture.

SAGITTARIUS (Nov. 23-Dec. 21) – Keep an open dialogue to offset accusations of evasive behavior. Don't let a money matter get out of hand. Joint ventures are discouraged.

CAPRICORN (Dec. 22-Jan. 19) – If you say something in haste, you will regret it. You are better off biding your time and listening to others. You may want change, but sound judgment and proper motives are essential.

AQUARIUS (Jan. 20-Feb. 19) – Make positive changes at home that will add to your comfort and bring you closer to your loved ones. Put muscle behind your plans. Romance is favored.

PISCES (Feb. 20-March 20) – If you are too quick to react, you will upset someone you love. Make a change that can help you get back on track or encourage a better way to earn a living.

ARIES (March 21-April 19) – Take a closer look at places you want to visit

Answer to Previous Puzzle

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

- ACROSS**
- 1 Cried
 - 5 JAMA readers
 - 8 Indian noblewoman
 - 12 Memsahib's servant
 - 13 Team cheer
 - 14 Swift horse
 - 15 Formal observance
 - 16 Proverb
 - 18 Economy
 - 20 Opera by Verdi
 - 21 Special knack
 - 22 Va. zone
 - 23 Slack-jawed
 - 26 Did as told
 - 29 Shipshape
 - 30 Dollops
 - 31 Soggy soil
 - 33 In the past
 - 34 Teacup edges
 - 35 Undressed
 - 36 Quaking trees
 - 38 Diamond corners
 - 39 Personal connections
- 40 Fruit-bearing tree**
- 41 Gridiron unit**
- 43 More than asked**
- 46 Discusses tiresomely**
- 48 Baha'i origin**
- 50 Coup d'—**
- 51 PC key**
- 52 Pedro's son**
- 53 Intuition**
- 54 Driver's fill-up**
- 55 Neutral or first**
- DOWN**
- 1 Kids' card game
 - 2 Throw off heat
 - 3 Hiking trail
 - 4 Treatment
 - 5 Rough sketch
 - 6 Spellbound
 - 7 Quiet sound
 - 8 Blue moon, e.g.
 - 9 Saharan
 - 10 Satellite launcher

- 11 Noted blue-chip
- 17 Caravan halts
- 19 Rage
- 22 Subsides
- 23 — —
- 24 Inverse of "nano-"
- 25 Turmoils
- 26 Klutz's mutter
- 27 Grounded birds
- 28 Kind of ranch
- 30 Cotton seeders
- 32 Some, to Yvette
- 34 Advances
- 35 Pestering
- 37 Long John Silver
- 38 Vast
- 40 Gab and song
- 41 Himalayan legend
- 42 Melville captain
- 43 Bartok or Lugosi
- 44 Great Lakes port
- 45 Emmy winner — Delany
- 46 Race the engine
- 47 Broom rider
- 49 Also not

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		

TUESDAY, NOVEMBER 3, 2020

The flu numbers from Australia

By Phillip Alder

Did you see that the influenza numbers in Australia plummeted from 2019 to 2020?

As you can guess, today's deal features players from that interesting country. It is taken from the match between Australia and Sweden at the 17th World Youth Team Championships, held in 2018 in Wujiang, China.

When Sweden sat North-South, its pair found the longest fit, playing in six clubs with nine trumps instead of six diamonds with only eight. However, the contract had no chance after East led the heart ace. Declarer (North) did not have the communications to pick up both minors and finished down one.

In the given auction, East's two-diamond overcall was the equivalent of a Michaels Cue-Bid, showing at least 5-5 in the majors. (This permits a two-club overcall to be natural.) South's double promised length and strength in at least one major and interest in trying to extract a penalty from the opponents. North's four no-trump indicated a minor two-suiter with longer clubs than diamonds. Then, when South preferred diamonds, North raised.

West led the heart eight. East won with his ace and shifted to a spade. Not good enough. The declarer, Francesca

North		11-03-20	
♠ —			
♥ 2			
♦ A K 10 7 3			
♣ A K 10 7 6 5 2			
West		East	
♠ K J 9 5 2		♠ Q 10 8 7 4	
♥ 8 6		♥ A Q 9 5 4	
♦ Q 8 5		♦ 6 2	
♣ Q J 9		♣ 8	
South			
♠ A 6 3			
♥ K J 10 7 3			
♦ J 9 4			
♣ 4 3			
Dealer: West			
Vulnerable: Neither			
South	West	North	East
	Pass	1♣	2♦
Dbf.	4♠	4NT	Pass
5♦	Pass	6♦	All Pass
Opening lead: ♥ 8			

McGrath, won with her ace, took two diamond finesses, played a club to the ace, cashed the club king, ruffed a club, ruffed a spade, drew West's last trump and claimed.

The winning defense against six diamonds was for East to lead his club at trick two. Stranded on the board, declarer would have been unable to reach her hand to pick up the diamond queen. Tough!