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MONDAY, JUNE 7, 2021

Numbers continue to drop as Quebec moves ahead with reopening

By Gordon Lambie

The situation regarding COVID-19 in the Province of Quebec continued to improve over the weekend, with Sunday's report bringing fewer than 200 new cases for the first time since the beginning of last September.

There were a total of 686 new cases reported across the province between Friday and Sunday, but the total number of active cases fell by 605 over the same period, going from 3,356 to 2,751.

There were 38 new cases of the virus reported in the Eastern Townships over the weekend, but the total number of active cases in the region fell by 62 over the same period of time, to reach 169.

CONT'D ON PAGE 3

Townships on heatwave alert



COURTESY

Rosie took over the backyard slip 'n slide over the weekend to try and stay cool. Temperatures are supposed to climb even higher in the coming days.

By Gordon Lambie

The local public health department is warning the population to be mindful of the heat over the coming days. Warm weather that moved in over the weekend is expected to intensify on Monday and Tuesday,

with temperatures rising well into the 30s and humidex values reaching as high as 40 degrees Celsius.

In a press release issued on Sunday, the CIUSSS de l'Estrie - CHUS pointed out that prolonged periods of extreme heat can result in a range of negative health effects, from dehydration to

heat exhaustion, and can also aggravate existing health concerns in sometimes fatal ways.

"Vigilance is all the more important during the first episodes of extreme heat since the body has not necessarily

CONT'D ON PAGE 3

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## Weather



TODAY:  
SUNNY  
HIGH OF 33  
LOW OF 20



TUESDAY:  
SUNNY  
HIGH OF 32  
LOW OF 17



WEDNESDAY:  
SHOWERS  
HIGH OF 22  
LOW OF 8



THURSDAY:  
MIX OF SUN AND CLOUD  
HIGH OF 19  
LOW OF 8



FRIDAY:  
MIX OF SUN AND CLOUD  
HIGH OF 23  
LOW OF 11

# Students Against Destructive Decisions (SADD) Mansonville Chapter holds awards ceremony



THE SCOOP  
MABLE HASTINGS

The Covid pandemic has made the past 16 months of youth centre activities at the Missisquoi North Volunteer Centre (CABMN) Youth Centre a challenging and creative time for the Ethan Ball, Coordinator and Eleanor Cote, Animator of the programs offered through the non-profit. Being able to keep the youth interested and implicated has meant changing things up and finding new ways to stay connected to the youth in the community.

One group that has maintained its involvement is the SADD chapter that has found a variety of ways to follow pandemic directives yet remain a congealed, active and supportive group in the community. With twelve implicated youth and two youth participants with part-time residence



The SADD gathered for an awards dinner

PHOTOS COURTESY

in Potton, the group ranges in ages from 11 to 16 with some dynamic participants contributing to its success and sustainability.

On Saturday, June 5 the SADD group was invited to a special awards ceremony held at the youth centre located at 282 Principale in Mansonville. The event started at 4:00 p.m. and continued through to 9:00 p.m., with awards (the Ducky's), the awarding of the official SADD member of the year plaque spanning three years of recipients being recognized, Kate Eldridge (2017 and 2018), Savannah Jersey (2019) and Nora Webster for 2020, as well as continued excellence in volunteerism certificates that was presented to members. For Inspiration

and fun Youth Centre Coordinator, Ethan Ball presented each SADD member with a personalized prize recognizing individual characteristics of each youth: the always tardy award, the newbie award, the super model award and so on.

It is impossible not to implement some fun in an activity when youth gather and therefore, a pizza dinner and a variety of Covid safe games were organized with a variety of prizes to win. The games included "fear pong," "costume department improve" and an impromptu auction of farm animals. The fun continued with spontaneous karaoke and outdoor antics when the downpour of rain permitted.

Animator, Eleanor Cote was presented with an award of a set of baking dishes in recognition of all of her baking throughout the year that was delivered to SADD and MAYO/JAM youth in some of their weekly at home delivery packages made by the duo of Cote and Ball throughout the pandemic.

"In a year like no other," stated Ball, "I truly feel that we have had the participation of youth like no others. Going forward I am confident that this group will continue to grow and inspire others in the community."

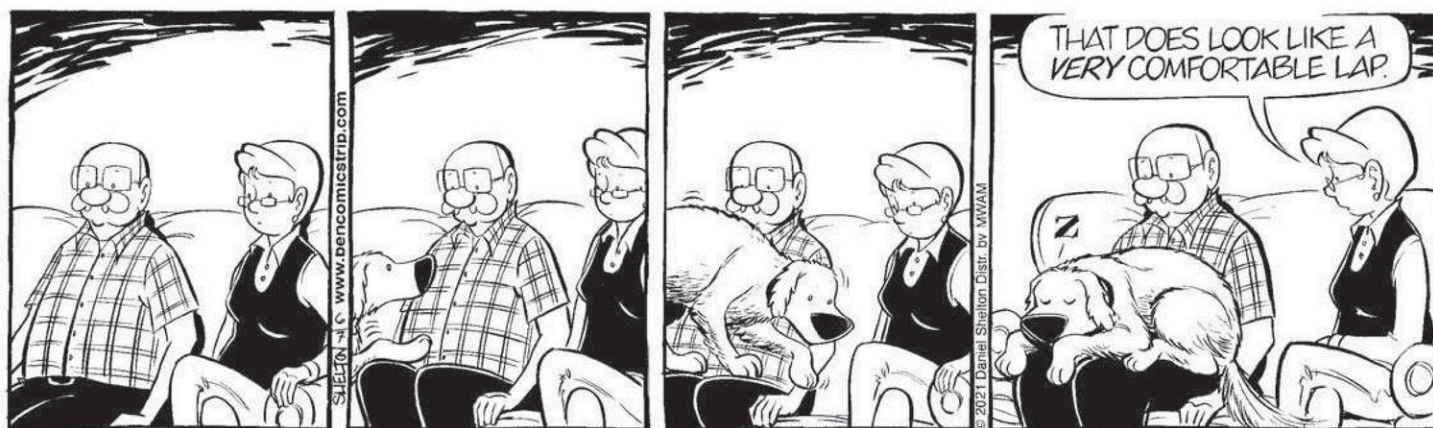
Visit the Youth Centre Facebook page at: Mansonville Maison des Jeunes / Youth Centre-Missisquoi North

For more information about the Missisquoi North Volunteer Centre visit: [www.cabmn.org](http://www.cabmn.org)



SADD board 2021

## Ben by Daniel Shelton



# Local News

In a special weather statement issued Sunday morning for most of the Eastern Townships, Environment Canada warned of a hot and humid air mass affecting Southern Quebec until Tuesday resulting in hot days and warm nights.

## Health and social services professionals on strike

Record Staff

The members of the Alliance du personnel professionnel et technique de la santé et des services sociaux (APTS) announced on Friday that they are planning four days of strike action on Monday and Tuesday, June 7 and 8, as well as on June 21 and 22. The pressure tactics are part of the negotiation process currently underway between the APTS and the Quebec government.

Essential services will be maintained in the CIUSSS de l'Estrie - CHUS facilities as provided for by law. However, the population should expect slowdowns or postponements of certain services.

Sectors will experience reductions

or postponements of non-emergency services and activities such as rehabilitation, medical imaging and operating rooms for certain surgeries.

Services related to the pandemic, such as screening and vaccination, as well as intensive care will not be affected by the strike.

Unless previously notified of a postponement, people should present for their appointments as scheduled. Emergency services, as always, will remain available to the population.

The APTS includes psychosocial staff, nutritionists, special education technicians, medical laboratory technicians, medical imaging technologists, etc., some 4,500 staff members of the CIUSSS de l'Estrie-CHUS.

## Heatwave

CONT'D FROM PAGE 1

developed all the coping mechanisms in such situations," the notice points out.

To help control the effects of the heat, Public Health recommends that the population take steps like spending a few hours a day in a cool or air-conditioned environment, as possible; drinking plenty of water and not waiting to feel thirsty to do so; limiting physical activity; checking in with friends and loved ones; and taking a cold bath or shower as often as needed, or using a wet towel to stay cool.

The health authority also recommends people be on the lookout for symptoms such as

general discomfort, intense fatigue, dizziness, confusion, loss of balance or behavioural challenges, nausea, vomiting, unusual headaches, difficulty breathing, swelling or fluid retention in the lower limbs, chest pain, and sudden chills or fever. In children and babies, people are encouraged to be on the lookout for reduced or dark urination, dry skin lips or mouth, unusual irritability or confusion, rings around eyes, intense drowsiness, difficulty breathing, abnormal skin colour, elevated body temperature, headache, vomiting, or diarrhea.

The notice also takes into account the fact that many of those symptoms

## Happy birthday, Ferne Murray!



Photo by Lennoxville Borough President Claude Charron, who paid Ferne Murray a visit on Saturday to say happy birthday.

By Matthew McCully

The Record would like to wish a happy 100th birthday to Ferne Murray, a true pillar of the Lennoxville community.

Involved in the business community

for years managing the wool shop, Murray also gave much of her time volunteering with her church and local community groups.

Even though parties are still off the table for the moment, reaching 100 years is cause for celebration.

## Reopening

CONT'D FROM PAGE 1

to be the area with the greatest number of active cases, at 53, followed by 41 in Sherbrooke, 22 in the Haute Yamaska, 20 in Memphrémagog, 10 in Coaticook, nine in Des Sources, six in the Haut-Saint-François, four in the Val Saint-François, three in the Pommeraiie area, and one not associated with a particular area.

There were no new deaths, and only one of the 25 people hospitalized in the region due to the virus was in intensive care on Sunday.

Monday marks the day that those 80 years of age and older can start to reschedule their second vaccine dose after the time limit between doses was reduced to eight weeks last

week. New appointment dates will open up for a new age group each weekday, with those 75 and up able to reschedule as of Tuesday, those 70 and up as of Wednesday, and so on. The process will continue in five-year intervals up to June 23, at which point everyone 18 years of age and older will be able to reschedule their second dose, if desired.

To date 6,085,750 doses of vaccine have been administered across the province, accounting for first-dose coverage in 65.3 per cent of the total population. Of that total, 351,667 doses have been given out in the Eastern Townships.

are also on the watch list for COVID-19, but encourages the use of judgment and observation to consider whether they may be a result of the heat.

Shopping malls, movie theatres, museums and public libraries are offered as examples of public places where people may be able to cool down, although many have reduced capacity limits and require the wearing of masks at the moment due to control measures for COVID-19. Despite the discomfort associated with the wearing of a mask or face covering in the heat, the healthcare authority says that to date there has been no indication from health research that doing so significantly impacts internal

temperature, which is at the heart of the more serious medical concerns previously mentioned.

In a special weather statement issued Sunday morning for most of the Eastern Townships, Environment Canada warned of a hot and humid air mass affecting Southern Quebec until Tuesday resulting in hot days and warm nights.

The Environment Canada notice adds the note that children and babies should not be left alone in vehicles or poorly ventilated rooms, even for a few minutes.

Anyone experiencing health concerns is encouraged to call 811, or 911 in the case of an emergency.

## Quebec invests over \$1 million in security and crime prevention projects

Record Staff

Deputy Premier, Minister of Public Security and Minister responsible for the Capitale-Nationale region, Geneviève Guilbault, granted \$1,375,000 to municipalities across Quebec this week.

The financial support will go toward sponsoring 37 projects aimed at improving and strengthening security in the province. The grant comes from the Programme de soutien aux municipalités en prévention de la

criminalité (PSM).

Municipal organizations and Indigenous communities can use this financial assistance to establish safer living environments for their citizens. According to a press release, it will hopefully improve the planning process behind crime prevention.

"Your government is committed to ensuring that our municipalities have the resources to improve their crime prevention services and programs. The safety of our citizens is non-negotiable," said Guilbault.

# EDITORIAL

Belinda Stronach - you may remember her as a former Conservative MP and then briefly a Liberal minister - owns, through the family conglomerate, most of the major thoroughbred horse racing tracks in the United States.

## Quebec horses still racing despite track woes elsewhere



PETER BLACK

I've only been to a horse racetrack once in my life - Montreal's Blue Bonnets - and, to borrow from Carly Simon's You're So Vain, my horses naturally lost. It was a lot of fun, nevertheless, but gazing at the sparse crowd in the sweeping stands, there was the sense of the end of an era, of decline and doom.

Doom did come for the "sport of kings" in Quebec in 2009, with the bankruptcy and closure of the four major harness racing tracks in the province, in Quebec City, Gatineau, Trois-Rivières and the aforementioned Blue Bonnets, which a government agency bought and renamed the Hippodrome de Montréal. It hosted a U2 concert in 2011 before being demolished in 2018. It is now a huge shopping mall.

Despite the death declarations a decade ago, horse racing did not actually expire. It rose from the ashes, so to speak, and now the last and only track in Quebec is the Hippodrome 3R in Trois Rivières. With the relaxed pandemic restrictions, racing resumed at the track on June 6. As a point of trivia, Jessica Turenne, 25, was to make her debut as a professional sulky driver on the same track where her father Serge died in a horrendous racing accident 20 years ago.

In 2019, the last full season of harness racing at Hippodrome 3R

before the pandemic struck, some 100,000 folks showed up for the races, with a total \$3 million in purses.

Plans were in place to double the number of cards from 40 to 80 for the coming season, to capitalize on what industry watchers say is a promising increase in both betting fans and horse owners, breeders and trainers. Off-track betting parlours around the province, and internet wagering around the world have been game-changers for Hippodrome 3R.

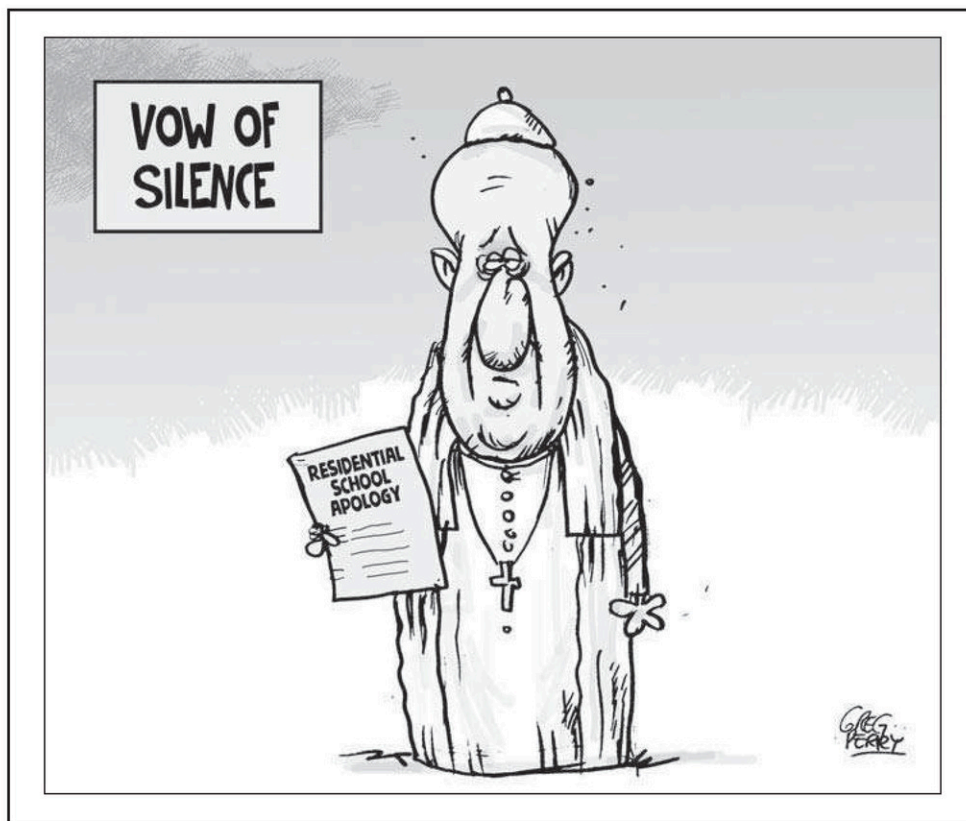
This modest renaissance of horse racing in Quebec is in stark contrast to the full-blown crisis in the business south of the border, at the centre of which is a notable Canadian. A recent in-depth story in The New Yorker titled "Blood on the Tracks" delves into the horrors of the racing industry in the United States, with the appalling toll of dead horses.

Belinda Stronach - you may remember her as a former Conservative MP and then briefly a Liberal minister - owns, through the family conglomerate, most of the major thoroughbred horse racing tracks in the United States. One of them is Santa Anita, in California, where two years ago some 40 horses died in the space of 13 months, sparking calls for reform of the industry or an outright ban on the sport. The use of drugs and the quality of tracks are blamed.

Stronach, in an Associated Press interview last year, noted the expired steeds represented 0.009 percent of the 420,00 horses who raced during the period of the noted fatalities. That said, Stronach says she is determined to spearhead a reform of an industry under assault, with race-day drug bans and better track maintenance.

"There is an opportunity to evolve the sport and I think others are waking up as well and recognize that we have to evolve," Stronach said.

Still, in the wake of the Santa Anita outrage, a Washington Post editorial



called for the abolition of horse racing. "No other accepted sport tolerates the cruelties that routinely result in the injury and death of these magnificent animals. The rot in horse racing goes deep. It is a sport that's outlived its time."

Harness racing does not face the same animal rights issues as thoroughbred racing. As much as a horse pulling a sulky is working hard it does not compare to the heart-bursting

stress a fine-boned horse endures galloping at terrifying speed with a jockey on its back.

The Quebec Jockey Club, which oversees harness racing in the province, introduced in 2019 strict new rules on the use of the crop on horses, in response to animal welfare concerns. The impact, club officials say, was positive for bettors, spectators and race times. And, we imagine, the horses also approve.

## Letters

DEAR EDITOR,

I never thought that the Record would stoop so low as to become a sensationalist newspaper. I refer to the front page article of Thursday, June 3, 2021 by Michael Boriero. Under the banner headline "We need to know these stories", it reads "Cree Bishop's student speaks out on Kamloops mass grave discovery".

I looked up the definition of mass grave in several reference sources and the consensus seems to be that a mass grave is where multiple human bodies are interred together in one grave. My understanding is that the discovery of the unmarked graves are not in that category at all. I read somewhere that the Spanish Flu was hitting the residential schools particularly hard. Possibly this contributed to the interment of bodies without proper records being kept. Who knows how many other factors contributed to the existence of unmarked graves.

It is not fair to casually throw the term "Mass Graves" around. Maybe Michael Boriero is too young to even remember the mass graves in the Balkans or even later in the Middle East. Those are easy to Google, as are the horrendous mass graves from the Nazi regime in World War Two.

I am not defending the people who ran the Residential Schools. But the term "Mass Graves" suggests open pits where numerous bodies of students were unceremoniously dumped with malicious intent. Until it is shown that such was the case I would appreciate the somewhat kinder term of "unmarked graves".

SIMON LANGEVELD,  
MELBOURNE, QC.

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# Manny McIntyre, Canada's first Black professional baseball player

By Michael Boriero

Vincent Churchill "Manny" McIntyre was the first Black Canadian to sign a professional contract in baseball's modern era, when he inked a deal with the Sherbrooke Canadians, a farm team of the St. Louis Cardinals, in 1946 — 75 years ago.

McIntyre, who passed away in 2011 at the age of 92, grew up playing baseball and ice hockey near Fredericton, New Brunswick, but although he excelled in both sports, the hulking athlete failed to gain much recognition due to the colour of his skin.

He was inducted into the New Brunswick Sports Hall of Fame in 1997, and posthumously inducted into Canada's Sports Hall of Fame in 2015. McIntyre also famously played hockey on the all Black line, or the Black Aces, alongside Herb and Ossie Carnegie.

Before he connected with the Carnegie's to form the historic hockey trio, McIntyre featured in baseball and hockey seniors leagues across the Maritimes, Quebec, and Ontario. He was an inspiration to many people, including an 11-year-old John Lutz.

"When I saw him playing hockey, it was like in modern days they would say that was a 'wow' moment. It was a moment where he became a hero to me," said Lutz in a phone interview.

Lutz used to watch McIntyre when he played for the Moncton Hawks, an ice hockey team in New Brunswick. He was enamoured by the athlete and his ability to play through adversity with a smile. McIntyre became Lutz's idol.

The 82-year-old dealt with hearing loss at a young age. He always felt different from his peers. When he saw McIntyre play for the first time, in a league dominated by White men, Lutz was struck by his resiliency and positivity.

While Lutz closely followed

McIntyre's career, it wasn't until decades later that he had a chance to meet his hero. Lutz's wife worked for the New Brunswick Multicultural Association. The president of the association helped him connect with McIntyre.

Lutz told The Record that he was in his late 40s or early 50s when he was first introduced to the aging baseball and hockey player. Although he was a grown man, Lutz said he reverted to his 11-year-old self the minute he was face-to-face with McIntyre.

"He was a hero, right up there with Babe Ruth and Willie Mays and so on," said Lutz. "And so once I got over that we related to one another as adults and then I got to know him."

Lutz was awestruck. However, after shaking off the mental block, he began to dive into McIntyre's life. He wanted to know all about his playing days, what it was like teaming up with the Black Aces, and dealing with racism and discrimination.

"I went to his place and we talked about his career — his baseball career, his hockey career. He was not well recognized, it was not a time where Black athletes were so publicly recognized, as is the case now," Lutz said.

The pair instantly hit it off. They were close friends up until McIntyre's last breath. Lutz even received the honour of delivering the eulogy at the athlete's funeral. He said that while Canada needs to remember McIntyre's athletic prowess, he was also a great person.

"He had character, he had a sense of confidence in himself, and he knew he was good, but he was also very friendly, and outgoing," said Lutz, adding that he could not imagine the amount of courage it took to play in a time where Black athletes rarely received a second glance.

McIntyre's time in Sherbrooke



PHOTOS COURTESY

Manny McIntyre wearing the Sherbrooke Canadians uniform.

was short-lived. He played 30 games and put up decent numbers, despite dealing with a hockey injury to his throwing arm. But he stepped away due to discrimination from his white teammates and racism when he crossed into America.

He wanted to play in Canada, where he believed people were more respectful, Lutz explained. And he has heard from important National Hockey League (NHL) figures, like former Montreal Canadiens head coach Scotty Bowman, that the Black Aces should have played in the NHL.

"He was passed over, the line passed over, for many opportunities to get into the NHL, it was pure, absolute pure, racism that prevented it," said Lutz, sharing that while McIntyre wasn't the most skilled player on the line, he was their protector, and often took care of their contracts.

McIntyre was always loved wherever he played hockey or baseball, he continued. He was named the most popular player in the Halifax District Baseball League in 1944, which is voted by journalists and fans. And Halifax was notoriously racist at the time, Lutz said.

He finds it difficult to imagine how McIntyre managed not only to survive in those days, but to thrive and be one of the most popular athletes. Lutz remembers his close personal friend as a caring, passionate and confident person.

He was a good and decent man. He was also a superb athlete," said Lutz. "He had great communication skills, great human relationships skills; and he took time for people."



Manny McIntyre signing a contract with the Sherbrooke Canadians. In the photo are coach Pappy Smith (left), Manny McIntyre, team owner W.J. Burns, and secretary K. Robichaud.

**Even once vaccinated,  
you still need  
to protect yourself.**





**Let's work together to keep respecting health measures  
so we can protect each other.**

[Québec.ca/coronavirus](https://quebec.ca/coronavirus)

Québec 

## Death

**Mae Rinkevicius (Nee Newell) 1924-2021**

It is with great sadness that the family of Mae Newell announce her peaceful passing on Wednesday, June 2nd, 2021. Mae will be lovingly remembered by her son, Brian, and her sisters Shirley, Betty and her brother Murray, her nieces, nephews and friends.

Visitation will be held on Monday, June 7th from 6 to 9 p.m. and on Tuesday, June 8th from 10 to 11 a.m. The ceremony will be celebrated at the chapel of the funeral home.

La Maison Darche, 505 Boul. Curé-Poirier Ouest, Longueuil, Qc, J4J 2H5

MONDAY, JUNE 7, 2021

Today is the 158th day of 2021 and the 80th day of spring.

**TODAY'S HISTORY:** In 1776, Richard Henry Lee proposed to the Continental Congress a resolution calling for a declaration of independence.

In 1929, Vatican City became a sovereign state.

In 1942, the Battle of Midway ended in a U.S. victory against Japan.

In 1971, a U.S. Supreme Court ruling set the precedent that vulgar writing is protected under the First Amendment.

In 2006, Abu Musab al-Zarqawi, leader of al-Qaida in Iraq, was killed by a U.S. airstrike.

# Datebook

**TODAY'S BIRTHDAYS:** Paul Gauguin (1848-1903), painter; James Braddock (1905-1974), boxer; Jessica Tandy (1909-1994), actress; Gwendolyn Brooks (1917-2000), poet; Dean Martin (1917-1995), singer/actor; Tom Jones (1940- ), singer; Liam Neeson (1952- ), actor; Orhan Pamuk (1952- ), author; Prince (1958-2016), singer-songwriter/musician; Karl Urban (1972- ), actor; Allen Iverson (1975- ), basketball player; Bill Hader (1978- ), actor/comedian; Anna Kournikova (1981- ), tennis player; Michael Cera (1988- ), actor; Iggy Azalea (1990- ), rapper.

**TODAY'S FACT:** Pope Julius II hired the Swiss Guard to serve as his personal protection in 1506. The paid mercenary force has been protecting

popes in Vatican City ever since.

**TODAY'S SPORTS:** In 1978, the Washington Bullets (now Wizards) won the franchise's first and only NBA championship.

**TODAY'S QUOTE:** "Art hurts. Art urges voyages – and it is easier to stay at home." – Gwendolyn Brooks

**TODAY'S NUMBER:** 1,000 – estimated population of Vatican City in 2021.

**TODAY'S MOON:** Between last quarter moon (June 2) and new moon (June 10).

## New research shows benefits of postbiotics

prebiotics and the gut microbiome has exploded in recent years. Along with the reputable research and findings that keep the topic in the news, we've been flooded with all sorts of sales pitches for a dizzying array of probiotic products and cures. (Probiotic clothing, anyone?) It brings to mind the early days of the gluten-free trend. Manufacturers of products that never contained gluten in the first place – such as almond butter, popcorn and even water – suddenly began carrying gluten-free labels. The result is a lot of noise that can obscure an important topic.

Let's start with a review of the basics. A microbiome is a unique community of microbes that are living together in a particular habitat. Microbiomes are found not only in and on the human body, but also in the world around us. This includes animals, plants, plant communities, the soil and bodies of water. Our homes, our workplaces and even our cars can each have their own unique microbiomes. When it comes to humans, we have distinct microbiomes in locations all over our bodies. Areas such as armpits, the scalp, our skin, feet, mouth and our navels all play host to unique

collections of microbes. These days, though, the word microbiome has become a sort of shorthand that refers to the trillions of beneficial bacteria, fungi, protozoa and viruses living in our gut. And that's where the terms that you're asking about come in.

As we've discussed here before, the word probiotics refers to the beneficial microbes found in certain fermented foods and beverages, as well in specially formulated nutritional supplements. Prebiotics are the indigestible carbohydrates, typically soluble fibers and resistant starches, that serve as a food source for the tiny inhabitants of your gut microbiome. And now, as you point out, we've begun to hear about something called postbiotics. The term refers to the compounds that are created as microbes dine on those indigestible carbohydrates we just mentioned. Basically, postbiotics are the waste products of your gut microbiome's metabolic activity. That means that any fermented food that contains or was made by live bacteria contains postbiotics. That includes yogurt, kefir, sauerkraut, certain pickled vegetables, tempeh, miso, kimchi and kombucha.

As researchers began looking more

closely at postbiotics, they came to suspect that these compounds have beneficial properties. Initial findings suggest that postbiotics may play a role in maintaining a balanced and robust immune system, support digestive health and help to manage the health of the gut microbiome. There is also evidence that postbiotics may help to lower inflammation, and may have a role in improving the regulation of blood sugar levels.

Rather than thinking in terms of supplements, add some fermented foods to your diet. And don't forget the fresh fruits, vegetables and leafy greens that are keeping the trillions of microbes in your gut healthy and happy.

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

*(Send your questions to askthedoctors@mednet.ucla.edu, or write: Ask the Doctors, c/o UCLA Health Sciences Media Relations, 10880 Wilshire Blvd., Suite 1450, Los Angeles, CA, 90024. Owing to the volume of mail, personal replies cannot be provided.)*



### ASK THE DOCTORS

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

**Dear Doctor:** I know what probiotics are, and I've heard of prebiotics. Now there's supposed to be something called postbiotics? What are they, and why do they matter? Sometimes it seems like this whole microbiome thing is a scam.

**Dear Reader:** We hear and understand your skepticism. The discussion about probiotics,

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# NEA Crossword Puzzle

# Your Birthday

MONDAY, JUNE 7, 2021

better relationships with friends and relatives, and physical improvements that build confidence.

**SAGITTARIUS (Nov. 23-Dec. 21)** – Don't believe everything you hear. Question anyone who is promising the impossible. Concentrate on what you can do to lower your overhead. Too much of anything will weigh you down.

**CAPRICORN (Dec. 22-Jan. 19)** – Don't labor over what you can't change. Give your undivided attention to what you can do to excel. Make changes at home that will add to your comfort and convenience. Be passionate and demonstrative.

**AQUARIUS (Jan. 20-Feb. 19)** – Control your emotions to offset a negative response. Pick your battles wisely, and stay focused on what's important to you. Use your intelligence to navigate your way through dicey situations.

**PISCES (Feb. 20-March 20)** – Rethink what you are doing with your life, then consider your options. Choose what's worthwhile, and walk away from situations that make you anxious. Work to make your life more stable.

**ARIES (March 21-April 19)** – Discipline and hard work will pay off. Play by the rules, verify the information you receive and don't apply force when you encounter a problem. Look for solid solutions that accommodate everyone's needs.

**TAURUS (April 20-May 20)** – Consider adjustments that will make your life easier. Stop putting everyone first, and start focusing on what you want to do. A personal change will boost your confidence and popularity.

Set high standards, control your emotions and study every possibility before taking action. Plan and negotiate fairly, and you will find common ground with like-minded people. Use your ingenuity, think outside the box and know your capabilities; everything will turn out as planned

**GEMINI (May 21-June 20)** – Take care of your responsibilities first. Refuse to let anyone or anything sidetrack you. Follow through with your plans, and put everything in place for what you want to achieve this week.

**CANCER (June 21-July 22)** – Observe, learn and update your image. Keeping up with trends will help you position yourself to excel. Expand your interests. Find alternative ways to socialize with people who have something to offer.

**LEO (July 23-Aug. 22)** – Aim to stabilize your situation. Take the most appealing path, not the one someone wants you to follow. Use your intelligence to make things work out in your favor.

**VIRGO (Aug. 23-Sept. 22)** – Listen carefully, and don't dismiss what others are capable of doing. Recognize your options and be proactive when bringing about changes that will improve your life and meaningful relationships.

**LIBRA (Sept. 23-Oct. 23)** – You'll pick up information and new skills quickly. Gravitates toward settings that are conducive to learning and stimulating your mind. Stabilize your life. Eliminate anything that doesn't suit your needs.

**SCORPIO (Oct. 24-Nov. 22)** – Formulate changes based on what makes you happy. Focus on health and well-being.

## Answer to Previous Puzzle

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

- ACROSS**
- 1 Basketball goal
  - 5 Hosp. personnel
  - 8 House shader
  - 12 Game for (2 wds.)
  - 13 Sooner than
  - 14 A gemstone
  - 15 Court dividers
  - 16 Skip over water
  - 17 Healing succulent
  - 18 Difficult
  - 20 Use a ladder
  - 22 Wide st.
  - 23 Compost
  - 24 Superstars
  - 27 Fell into disuse
  - 30 Teacup part
  - 31 House feature
  - 32 Cee follower
  - 34 First lady?
  - 35 Patrick's domain
  - 36 Hardware item
- DOWN**
- 37 Hooded pullover
  - 39 Tibet's capital
  - 41 1980 Turner launch
  - 42 Si, to Maurice
  - 43 Large bowl
  - 46 Kindle
  - 50 Region
  - 51 Web address
  - 53 Grounds for a suit
  - 54 Norse god
  - 55 Had fries
  - 56 Bond's alma mater
  - 57 Gets tanned
  - 58 Went first
  - 59 PC fodder

- 8 Pieces of land
- 9 Sovereignty
- 10 Poet's black
- 11 Ogled
- 19 Sony products
- 21 Certain undergrad
- 24 Fury
- 25 Met celeb
- 26 Forewarning
- 27 Singing bird
- 28 Millay or Ferber
- 29 – ex machina
- 31 Every other year
- 33 Flight board info
- 35 Sea eagle
- 38 Bodies of water
- 39 Drag along
- 40 Dropped a clue
- 42 Stopped a squeak
- 43 Southwest art colony
- 44 Lahore language
- 45 Rider's gear
- 47 Slightest trace
- 48 Slow run
- 49 Famed lava spewer
- 52 Numbered rd.

1	2	3	4		5	6	7		8	9	10	11
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54					55				56			
57					58				59			

MONDAY, JUNE 7, 2021

## Another trump suit to handle correctly

By Phillip Alder

Edith Summerskill, who was a British physician and member of Parliament, said in a speech to the Married Women's Association, "Nagging is the repetition of unpalatable truths."

I try not to sound like I am nagging my students, but I do constantly stress counting, especially at trick one. Now it's your turn. Last week, I gave six deals in which it was important for declarer to maximize his trump tricks. Almost immediately afterward, I saw this deal, which features one of those themes. How should South play in four hearts? West leads the diamond queen, and the defenders take three tricks in the suit, ending with East's ace. East shifts to the spade four. Try not to peek at the East-West cards.

North should have raised to three no-trump. Don't use Stayman with a strong doubleton.

With the opponents having their book (all the tricks declarer can afford to lose), he must play the trump suit without loss.

This is the correct approach: Win trick four with dummy's spade queen, then call for a low heart. Declarer does this to accommodate a singleton king in

		North	06-07-21
		♠	Q 9 5 2
		♥	10 7 5 2
		♦	K 8 5
		♣	A Q
West		East	
♠	10 8 7	♠	J 6 4
♥	4	♥	K 9 6 3
♦	Q J 10 9	♦	A 4 3
♣	J 9 5 4 2	♣	10 8 3
		South	
		♠	A K 3
		♥	A Q J 8
		♦	7 6 2
		♣	K 7 6
Dealer: South			
Vulnerable: Both			
South	West	North	East
1NT	Pass	2♣	Pass
2♥	Pass	4♥	All Pass
Opening lead: ♦ Q			

the East hand. (If that is the position and South starts with dummy's 10, West scores a trick with the heart nine.) When East plays low, declarer puts in his queen. After it wins, South crosses to dummy with a club. Now is the time for the heart 10, which here East will presumably cover. Declarer wins with his ace, noting West's discard. Back to dummy with another club, South plays a heart to his eight, draws the last trump and claims.

### CELEBRITY CIPHER

by Luis Campos

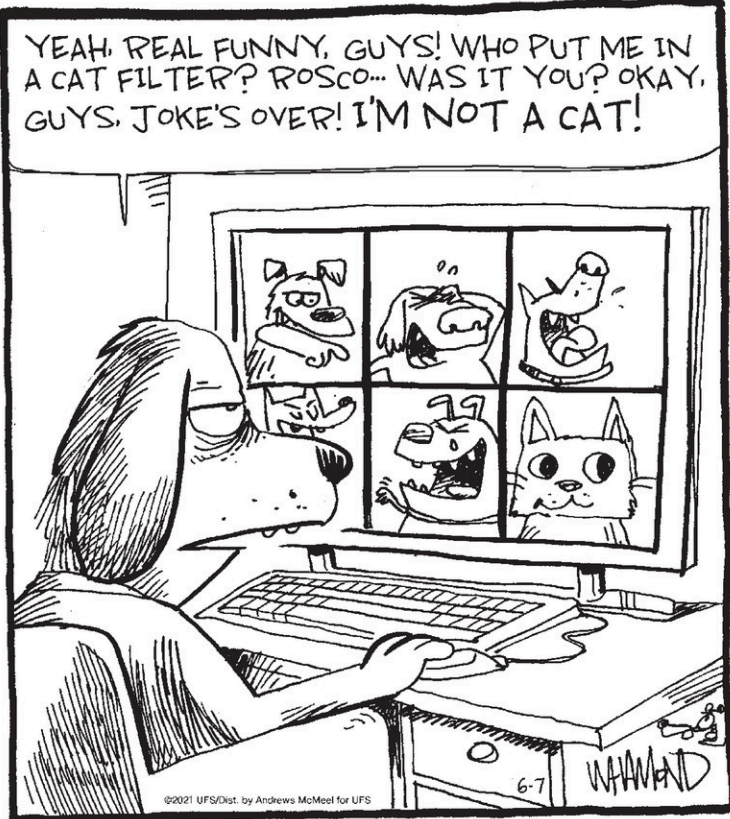
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

" R STJXXB VCI'D DLRIZ XRUT RE  
JOCYD DLT R-NCYXV-LJFT-OTTIE.  
XRUT RE CIXB JOCYD DLT R-DSRTV-  
DC-VC." — IRZZR PRCFJIIR

Previous Solution: "History does not long entrust the care of freedom to the weak or the timid." — Dwight D. Eisenhower

TODAY'S CLUE: C sjanbe N

### REALITY CHECK



### HERMAN



"I just got a late score. Romans 2,168; Carthaginians 1,804."

### ALLEY OOP



### ARLO & JANIS



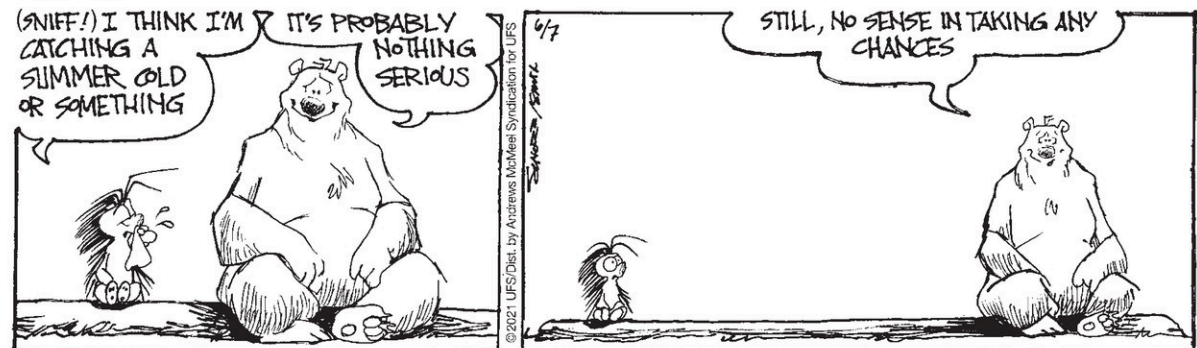
### THE BORN LOSER



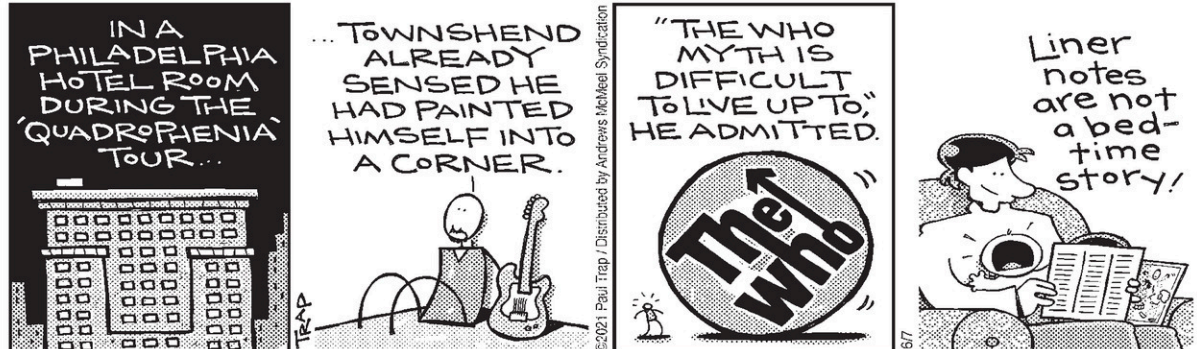
### FRANK AND ERNEST



### GRIZZWELLS



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# A heart growing colder

Dear Annie

MONDAY, JUNE 7, 2021

**Dear Annie:** My husband and I got married right before the pandemic. Before the marriage, we lived in different states, 3,000 miles apart. After we got married, the pandemic split us apart again geographically for eight months. We finally got back together, and I was glad to get the opportunity to work from home with him in his city.

We mostly stay at home, working from home and watching movies together. We were in a car accident a few days after we were reunited, and my leg was hurt, and I am not able to run or walk for long periods of time. He was not hurt in the accident.

It's been six months since the accident, and my husband has not shown any physical interest in me all this time. I occasionally hug him and hold him while watching movies, but he does not initiate any similar physical affection. We must have kissed four or five times since the accident, always at my request.

I keep telling him that I love him, and he acknowledges that, but when I ask him why he has lost interest in affection of any kind, he says he just has. Upon prodding further, he once said that it was because of the arguments we had when we were dating. Another time he said that after my leg is healed and we are able to go out more, we'll both feel better.

Other than the affection issue, everything else is good. I know I have extra belly fat that is difficult to get rid of, but I had the fat while dating, too. I have gone on a few hikes and walks with him, but with a walking stick, and sometimes I need help. I think he wants me to be completely self-reliant.

The arguments while dating were just about our past relationships that I left behind, but I don't think he is the kind of person who likes to forget the past. While we were separated during the pandemic, I was glad that we had stopped fighting about the past and assumed we had moved on, but now I think there is something stuck in his head that he refuses to let go of.

I am guessing he would want to blame me for it, but the problem is that he does not tell me what is really going on in his head, and we don't even argue anymore. Other than this issue, he has always been a great guy, helpful to family members and me. I assure you he is not having an affair; we spend all our time together.

I can continue living with him and working from home, but I think going back to my city and state and stopping day-to-day communication with him might get him to open up and resolve the issue.

My concern is that, considering the little amount of time we have spent since we met, we should be like newly married couples, making out all the time. Instead, we don't even hold hands like we did when we were dating. Before the pandemic split us apart, he used to express his love for me, and we would cook, clean and make out like normal couples. I am not planning to give up on us. What should I do? - Feeling Lost

**Dear Feeling Lost:** It sounds like absence made your husband's heart grow colder, rather than fonder. Shutting you out emotionally and physically is not the solution for a happy marriage. You are right to be upset, and you deserve all the love and tenderness that a marriage can offer, but moving back to another state will not help.

Suggest marriage counseling to him. In the meantime, try and let up on your expectations of what the honeymoon phase should look like. A lot of couples have a very difficult first year of marriage as they iron out this new way of living with someone. Be patient with your relationship and try not to have such an idealized notion of what it should look like.

With the help of a good therapist, you can iron out together what your individual needs are. Always remember to listen to his, and always voice what you need.

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

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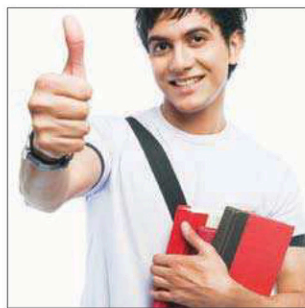
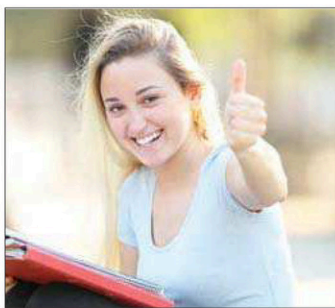
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PREVIOUS SOLUTION								
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2	1	5	9	3	4	8	7	6
5	7	9	4	8	2	3	6	1
6	8	4	7	1	3	9	5	2
1	2	3	5	9	6	7	8	4

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

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