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THURSDAY, FEBRUARY 17, 2022

Hospital numbers back below 2,000

Record Staff

There were 1,995 people in hospital with COVID-19 across Quebec on Wednesday, a decrease of 57 compared to the previous day. This marks the first time that there have been fewer than 2,000 since early January. According to Santé Quebec, 841 of those people were admitted to hospital for COVID, while the remainder are covid positive and therefore require adapted care, but are in hospital for other reasons.

There were 129 people in the province's intensive care wards with the virus, down three from Tuesday. 105, or 81 per cent of those people, were in the ICU specifically because of their Covid infection.

The province recorded 24 new deaths linked to the virus on Wednesday, for a total of 13,790 since the start of the pandemic in March of 2020.

In the Eastern Townships there were 90 people in hospital with Covid, down five from Tuesday, with only four in intensive care. The region also recorded no new Covid-related deaths.

In terms of vaccination, the province continues to report thousands of new doses administered per day but coverage levels for first and third doses have plateaued compared to earlier in the campaign. As of Wednesday, first dose coverage across the province was at 91 per cent overall, with the rate among five to 11-year-olds sitting at 64 per cent, second dose coverage was at 86 per cent overall, with the rate for 5-11-year-olds at 37 per cent, and third dose coverage was at 49 per cent overall. Speaking to media on Tuesday, Provincial Public Health Director Dr. Luc Boileau said that the progress of the booster campaign has been stalled by the large number of people who caught the virus over the last two months and therefore have to wait to get an additional shot.

Sherbrooke emergency health clinic to close down next month



GORDON LAMBIÉ

By Michael Boriero
Local Journalism Initiative

The clinique des médecins d'urgence (CMU) in Sherbrooke has announced that its doors will be closing on March 31, as the clinic has struggled to meet patients'

demands and recruit physicians over the past several years.

In a press release, the clinic's management team said that it was a difficult decision, but also a necessary one, since they were no longer able to meet the standards set by the Ministry of Health and Social Services. Patients

will have access to the facility until the end of March.

While the clinic is shutting down, the CMU management team noted that it won't impact the other groupe de médecine de famille (GMF) located in the same building, or any other GMF in

CONT'D ON PAGE 3



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Weather



TODAY:
RAIN

HIGH 8
LOW -8



FRIDAY:
LIGHT SNOW

HIGH -8
LOW -18



SATURDAY:
FLURRIES

HIGH -5
LOW -16



SUNDAY:
A MIX OF SUN
AND CLOUDS

HIGH -2
LOW -2



MONDAY:
SCATTERED
FLURRIES

HIGH 4
LOW -6

Love in a Photograph



LINDA KNIGHT SECCASPINA

Today I received this photo of my youngest son and his brand-new baby daughter. I can feel the love between the two oozing out of the photograph. It seems like yesterday he was a small boy himself and I remember the falls, the accidents and the worries that he will have to endure with his two daughters. But he will also have the memories, the laughter and the stories to remember just as I have now:
Aug. 6th, 2006
Around 2:30 a.m. a large shadow lurks inside the doorway of my bedroom and wakes me up.
"Mom, Mom, have you got any tweezers?"
Mothers have to be prepared, but somehow I think I can be excused if I am not carrying tweezers in my PJ pocket at that time of the morning. The son shows me his hand that has swollen up very badly. Seems he got mixed up with some brambles and thorns on his ATV, and it is definitely causing some sort of infection. I look for Benadryl, and within seconds he can't move his hand and the swelling is worse.
"Let's go to the hospital," I said.
It's not a long journey mind you, about two blocks down the street, but the "production" must begin. I have to get dressed, haul the car out without waking up the dogs and everyone else



COURTESY

My son Perry and his daughter Romi

in the house, and worry every second hoping he will be okay.
Emergency is like a ghost town, no one there, except for one lone lady at the desk. She eyes us with irritation as we disturb her reading and asks us what's wrong. I show her my son's hand and she asks if he has taken Benadryl. With his hand now swollen up like The Incredible Hulk I want to scream that we are beyond that at this point.
When asked to produce his health card the son has of course lost his health card and yet another hospital card. She asks if he has ever been here before. At that point I want to laugh and say, "Yes, actually, he has been here so much as a child the doctors said they were going to name a wing after him."
The nurse tells him to come into the emergency section and I hear Larry King interviewing Kathy Griffin on the waiting room TV. I tell him to go by himself, as if he is old enough to drink and vote he's good! I figure if I have to be up at 3 a.m. I might as well enjoy myself, and I am actually considering it "a Saturday night out" at this point.
I don't want to seem callous, but I have

been through every disease and injury of the week with this son, so I know I can watch television in peace here. He will definitely pull through with a huge Hallelujah and some sort of prescription.
Thirty minutes later a doctor in scrubs walks by me, half asleep and hardly able to open his eyes. They had to call someone to come in, as someone else had gone home sick. He looks at me with one eye open and bangs into the door frame—yes, my son will get good care here.
Ten minutes later, the son comes out with a prescription for the infection. He is told the thorn is in deep and not to take it out just yet. The Larry King interview is over, we leave and drive the two blocks home. By the time we pull into the garage he is almost asleep and I am wide awake with tears coming down my face relieved that he is okay.
Being a parent can be a frustration sometimes— it's like using a blender with no top on it, but you make do. Then you remember that years ago— his very first breath took yours away—and it still does. You never know the love of a parent until we become parents ourselves—just like this photograph.

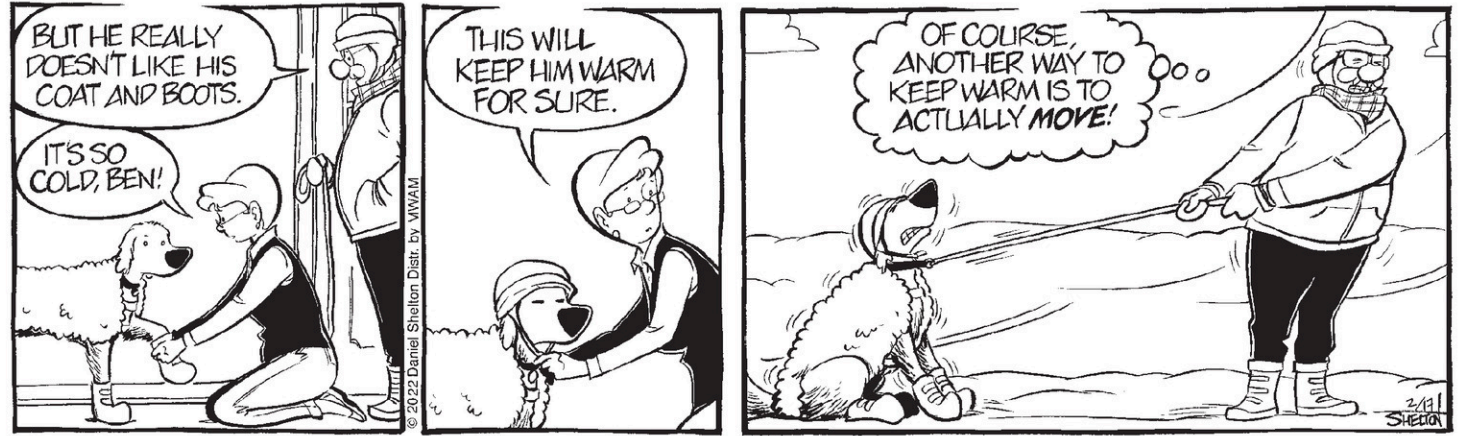


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Ben by Daniel Shelton



Hooked on School Days survey suggests students can find hope with a little support

By Gordon Lambie

To kick off "Hooked on School Days" across Quebec on Monday, the Réseau québécois pour la réussite éducative (RQRÉ) published the results of a survey saying, among other things, that 77 per cent of youth surveyed were feeling optimistic about their future. Although that might seem to stand in stark contrast to the results of a study released by the Université de Sherbrooke just last week indicating a very low level of optimism in a similar age group, the coordinator of the group that plans Hooked on School Days in the Townships each year said that the results are not as contradictory as they seem.

"The difference is that the Leger survey asked students to look ahead to their future," said Josianne Bergeron of Projet PREE, who shared that the organization reached out to the U de S research team after they published their results to ask about the difference in outlook. Bergeron discouraged comparison,

pointing out that the survey was a one-time poll with a smaller sample size rather than a scientific analysis, but she also pointed out that the university's research was more about feelings in the moment. "It is possible to be pessimistic right now, but still hope for the future," she explained.

Questions of optimism aside, Bergeron said that the other findings of the RQRÉ survey are very worth considering, notably the fact that that 47 per cent of the 500 respondents said that they feel negatively impacted by the pandemic and nearly one in three young people (32 per cent) has considered dropping out of school as a result.

"The situation that students are living right now is not great," Bergeron said, qualifying that with the fact that 81 per cent of respondents said that they felt competent and able to succeed in their academic goals.

In their reflection on the information from the survey, the RQRÉ notes that 89 per cent

of respondents said they were surrounded by at least one person who had a positive influence on their academic progress.

"The overall picture the survey paints is encouraging. Young people in school seem to be resilient and confident about their future, but we need to remain vigilant because we know that the situation is difficult right now for young people, especially those in the older range," said Audrey McKinnon, Executive Director of the RQRÉ. "What the data confirms, however, is the importance of encouraging and supporting young people with whom we are involved directly or indirectly. All the actions of their immediate and extended circle can make a difference and have a real impact on them staying in school."

According to Bergeron, Projet PREE always gets statistics about local dropout rates at a delay, because students are given a year before officially being considered to have dropped out of school. As a result of that delay, there isn't a clear

sense yet at this point of just how many more young people in the area have dropped out of school during the pandemic. That being said, however, the coordinator said she is pleased to note that Hooked on School Days activities have become a natural part of school life in the region.

"This is our 13th edition," she said, sharing that despite the move to more online activities over the last two years, she's aware of a number of different approaches being adopted both inside and outside the classroom this year.

Bergeron also shared that the 2022 programming for the week has included a larger number of activities that specifically reach out to the English speaking community, and pointed out with pride that students from Saint-Francis Elementary School in Richmond were selected to be one of only five classes across Quebec to ask questions to spokesperson and football star Laurent Duvernay-Tardif during a provincewide videoconference.

Sherbrooke health clinic

CONT'D FROM PAGE 1

the Eastern Townships. It will, however, affect residents who don't have a family physician.

Henry Khouri, president of the Massawippi Valley Health Centre (CSVM), told The Record that he could only speculate on the reasons behind the clinic's decision based on his own experience trying to recruit physicians and provide much-needed health services in the region.

"We hear of doctors retiring, but we don't hear of them being replaced, quite frankly. There is a shortage of physicians, which is much more serious than the shortage of nurses that the government is talking about all the time, which is real," said Khouri in a phone interview.

Khouri said that the CSVM in Ayer's Cliff was put in a difficult position nearly two years ago when one of his full-time family physicians decided to step away. It led to a massive backlog of patients with wait lists reaching as far as two to three months before getting an evaluation.

The clinic has since been able to wipe the backlog clean after Khouri

was able to recruit three physicians — two of which he was able to draw out of retirement. They were attracted to the CSVM's flexible schedule, he said, unfortunately, not every clinic in the region can offer that.

"We have five physicians on staff, part-time, right now, and five nurses. We've added resources as much as we can, but as you know, even though we're a government clinic, we're a cooperative, so we find our own funding," Khouri explained.

Provincial funding is scarce, he continued, and doctors and nurses are overworked and stressed, adding that his clinic was able to make adjustments, thanks to a stroke of luck in finding retired physicians willing to work part-time, and on their own schedule.

The Ayer's Cliff clinic has seen an influx of patients since the start of the pandemic. They've attracted nearly 500 new patients in the last six months, pushing their total number of patients to roughly 2,600, according to Khouri, sharing that he doesn't like to turn anyone away.

But while he wants to help as many people as possible, the CSVM won't be able to absorb everyone

living without a family doctor. He noted that another clinic, the GMF Memphré, is also closing down in March. People desperate for medical attention will start to flood hospitals.

"What do they do when they need to see a physician? They go to the emergency and they block up emergency rooms. I'm sure we've been able to decongest the local emergency rooms by giving people options, and that's the big problem," he said, adding the system is broken.

On Wednesday, The Record spoke to Dr. Suzanne Gosselin, medical co-manager at the CIUSSS de l'Estrie -CHUS, about the Sherbrooke clinic's decision to shut down its operation. Gosselin said that a clinic's decision to close lands solely on the clinic, not the health network.

When asked about possible solutions to finding physicians to work in clinics, she noted that it's not up to the region's local health authority, but the ministry. The number of physicians they're allowed to hire in a region is based on the number of posts that the ministry gives them.

"The reality for the Eastern Townships is a lot of physicians

are going into retirement, but we're not obtaining as many new posts as the number of physicians entering retirement, so there is a negative balance between practicing physicians and physicians who leave," said Gosselin.

When a physician is recruited to a post, the physician has the choice where they want to practice, so it's an added challenge, she explained, adding it's not easy for each clinic to recruit new physicians every year. CMU's physicians will likely find other jobs in Sherbrooke, she said.

There has been a lot of work done over the past few weeks with the clinics in the territory, who are accepting more and more people without a family physician, Gosselin noted, and there is also the Guichet d'accès à un médecin de famille (GAMF), which is slowly coming into place.

"Over the next few months, we're working to put this register into place, which will allow people without a family physician to call and get a referral to the right health professional," said Gosselin, adding there are roughly 30,000 people in the Townships without a family physician.

Breakfasts are back at the Waterloo legion

By Mable Hastings

Legions have long been the social hub for many communities; especially those active in the small rural areas where they provide for many social gatherings and much community involvement and exchange. Legion Branch 77 in Waterloo, Quebec is no exception to this. Deeply affected by the pandemic, small local branches have found themselves struggling to survive and support their projects and causes. The efforts of legion members are proudly focused on supporting fellow veterans however their outreach is far beyond this role with many becoming a focal point for

community activity. With close to 250,000 members in 1,350 branches, the Royal Canadian Legion reaches across the vast country and abroad to connect us to the past, the partake in the present and to reach into the future. The non-affiliated legion is not associated with any political party or organization and they do not accept financial assistance from any government party for their operations. Branches can however pursue grants through federal, provincial and municipal government programs for projects outside of their normal operations.

As a community link, in some small areas the Legion building might host local weddings, funerals, barbecues, dances and music evenings, bingos, fundraisers and any number of other community events. The legion often supports local sports programs and volunteer projects instilling fun, participation and community implication. Christmas baskets, supporting families and participating in projects to better the community might also be projects in which a local legion might become involved or even take the lead in seeing through.

For the Waterloo Legion 77 located on Lewis Est in Waterloo, Quebec, the ease in restrictions due to the pandemic means the return of a much-loved community gathering with its legion breakfast that will re-start on Sunday, February 20th from 8:30 a.m. to 12:30 p.m. For anyone who has ever attended a legion breakfast they will assure you that you will not go away hungry! The ample servings, visit with friends and neighbours and the welcome from the legion members is the perfect way to enjoy a Sunday morning.

"We are so anxious to get some of our activities going again after this long Pandemic," shares Rose Everett who is responsible for the hall rental at the Waterloo Legion. "We are looking forward to greeting our friends and those who come from all over the townships for our breakfasts," she added.

Despite all of the challenges the pandemic has put upon them, legion volunteers have been out helping in their communities. Some cooking and delivering meals, checking in on seniors and veterans and some have even been making masks and distributing them. During this difficult time, local legion branches have had to find ways to help, support and encourage their communities.

"Like so many others, we are just looking forward to returning to normal," said Everett. "The breakfast on Sunday, February 20th will be a great place to start!"

Everett stressed the fact that volunteers are always needed to help with activities and anyone interested in lending a hand is encouraged to call those listed below. As with most things, "many hands make light work," and working alongside these volunteers may be just the thing to fill a few hours of someone's free time.

For more information about the Waterloo Legion Branch 77 contact: Doug Ashleigh, President at 450-539-2930, for information on the hall rental contact: Rose Everett at 450-539-2988 and for breakfast info contact: Carol Padner at 450-539-1253.



Karine Cantin, Jean Des Rosiers

Auberge Le Sunshine

Industry: **Lodging, food store, café bistro**
Form of financing: **Working capital, new projects**
Location: **Stanstead**

« The personal loan that I received through the Youth Strategy program allowed me to replenish the working capital of Auberge le Sunshine and to carry out certain projects such as online commerce and the acquisition of a bread oven," explains Karine Cantin. »

Karine Cantin, co-owner of Auberge le Sunshine, received a personal loan through the Youth Strategy program. It allowed her to maintain a working capital and to carry out certain projects such as the acquisition of an oven to cook bakery products on site. It was also an opportunity to update the website and implement online commerce. Mrs. Cantin explains that "our objective is to diversify our products and services to consolidate and develop our business."

Ms. Cantin notes that "the Youth Strategy program procedures are really simple and fast. As always, I received impeccable and personalized service from the CAE Memphrémagog consultants. This support allows us to keep our business afloat and to look forward to the future with optimism."

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COURTESY

The Border Report

Now, instead of hiding, she sits at the door patiently awaiting the arrival of her favourite volunteers. Ida has also discovered that play can be fun and she even has a favourite toy.

Hooked on school



This week, the results from a study conducted by a research group at the University of Sherbrooke’s medical school exposed high levels of depression and anxiety in the youth of Quebec. The study’s sample included students between the ages of 12-25 in a portion of Quebec which included the Eastern Townships. This is exactly the demographic that is served by Phelps Helps and so we had our ears peaked during a public presentation of the findings this past Wednesday.

The lead doctor in this effort, Dr. Melissa Généreux, spoke with compassion and urged everyone involved in the lives of young students to act swiftly. One of her main recommendations was to work at reinforcing a sense of optimism in our youth, something that she suggested has been eroded away by the stress brought on by social distancing over the last two years.

As always, we are ready to jump into action at Phelps Helps. The privilege of being able to support and encourage

young people is what gets us out of bed in the morning. The study’s conclusion is a tough point to face, however, our mission is all about getting at the tough stuff. This is especially the time of year when motivation can wane and feelings of guilt and shame easily bubble to the surface. That is why we are very grateful that *Hooked on School Days* has arrived.

Hooked on School Days is a government led initiative that strives to inject the weary heart with a solid dose of inspiration. Its aim is to remind students that though the finish line seems far away it is reached in little steps made every day. The colours of the campaign are green and white. Green is for youth and hope. White is for the many different colours that come together, in the form of supportive adults, whose concerted efforts enable young people to forge ahead.

At Phelps Helps we will be refreshing our participants’ sense of purpose with a few activities. The elementary students will be asked to turn negative



COURTESY

thinking on its head. Targeted exercises from *The Big Life Journal* will help students begin building neural networks that favour a more positive mindset. They will be asked to think of who their mentors are in life. We believe that it is so important to give kids the opportunity to realize that they have choices when it comes to how they view the world and themselves.

The high school students will be asked to come up with a favourite quote about perseverance. Though they may seem like nothing but words strung together in a sentence, an awesome quote can propel a person forward when they are feeling mired

in the mud. Different quotes impact us in different ways at different times. We will be encouraging our students to find out what quote makes them feel reinvigorated right now. We will be decorating our walls with their meaningful messages.

Phelps Aide Phelps Helps was founded in 2012 and has grown organically from a single high school tutoring program to six unique programs, providing the Stanstead area with free educational and career support. For more information or to volunteer, please email us at info@phelpshelps.ca, visit our website at www.phelpshelps.ca.

FRONTIER ANIMAL SOCIETY

Featured pet: Ida

5-year-old Ida has worked very hard to overcome her fearfulness and she is finally ready for a home of her own.

Rescued from the outdoors almost two years ago, Ida did not have an easy time adapting to her new life at our shelter. Lacking socialization, she was fearful of people and after several months, although more accustomed to our presence, she still could not be touched. Our plan at that point was to find her a barn placement but with the onset of COVID-19, our options were limited. Ida was safe, warm and well fed, but she was not a happy cat.

Socializing adult cats requires a lot of time and a lot of patience and luckily for Ida, Patty, one of our longtime volunteers, decided to give it a go. Patty began by stroking Ida with a spoon only to be met with growls and

hisses. Eventually though, Ida settled down and became more accepting of Patty’s presence. Admittedly, the fact that Patty always came with a pocket full of Ida’s favourite treats was also a pretty good motivator.

It would take nine months before Patty finally had a breakthrough. One afternoon, without any coaxing, she walked right up to Patty and started rubbing against her legs. Patty gently moved her hand towards Ida and for the first time ever, she was able to pet this once terrified cat.

Slowly but surely, Ida has overcome her fear and in the last two months she has blossomed. She now readily approaches people she knows asking for pets and she enjoys being brushed. Now, instead of hiding, she sits at the door patiently awaiting the arrival of her favourite volunteers. Ida has also discovered that play

can be fun and she even has a favourite toy.

Now it’s time for Ida to move onto the next chapter of her life; a life filled with happiness and love.

Ida will do best with a patient and loving adopter who will give her the time she needs to settle into her new home and feel secure. She has made such great progress at the shelter and we know that in a quiet and calm home she will blossom. Ida enjoys the company of other cats and should have no problem sharing her new home with another friendly and welcoming cat. She is not, however, comfortable with dogs.

If you can be the one to provide this resilient and determined little cat the home she deserves, we’d love to hear from you. To inquire, please give our cat adoption coordinator Linda a call at 819.868.2684.



COURTESY

EDITORIAL

Politics has no business in sports. But then again, neither does government sanctioned genocide, 're-education' camps or mind control.

Nothing funny about the Olympics



TIM BELFORD

So, how are the Olympics going? Seriously, what's been happening? I ask this question for the simple reason that I haven't been watching any of the events on the television.

Occasionally I've glanced at the newspaper reports or watched the nightly roundup on CBC or CTV sports, but for the most part I've completely abandoned the 2022 Winter Olympics coverage.

I realize how upset Chinese Premier, Xi Jinping, will be, but it had to be done. The reason I've decided to go without the minute-by-minute television coverage as part of my daily existence is that the 2022 Winter Olympiad is being staged in China. Yes China, a country that doesn't deserve to host a hopscotch tournament let alone an international sporting event.

No, I'm not part of some international organization dedicated to freedom or human rights. I'm not a member of Amnesty International, Doctors without Borders or the ACLU – although I probably should be. It's just that I can't see the Olympics as anything other than an acknowledgement of China as an acceptable partner in what should be a better world.

The IOC defends allowing China to host an Olympic Games with the unbelievably feeble justification that "politics should never be mixed with sports"; that somehow it doesn't matter how the host country treats its citizens as long as the world's athletes get together to skate, ski, slide and

smile for the cameras.

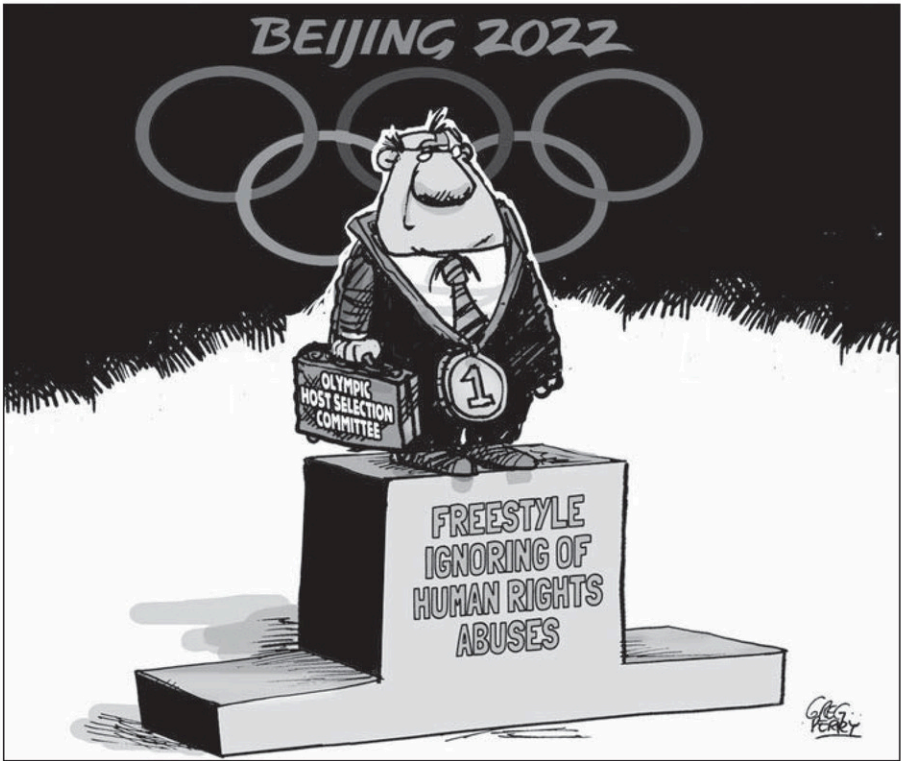
You would think that the IOC might have learned from experience. Back in 1936, the organization used the same justification to hold the Berlin Olympics in a NAZI-controlled Germany. "Sports and politics shouldn't mix," they said, even if the politics of the host nation included the eradication of its entire Jewish population and the elimination of pesky lesser human beings such as gypsies, slavs and the physically and mentally disabled.

It wasn't as if the IOC didn't know what was going on. The Germans did temporarily take down the signs that kept Jews from shopping in certain areas, holding certain jobs and living in certain neighbourhoods but what was going on was no secret.

Four years later, the smiling Olympic host, Herr Hitler, had taken over Austria, Czechoslovakia and Poland. France was crumbling, Britain was in his sights and the concentration camps with their furnaces were in full swing. It would cost millions of lives, including around 45,000 Canadians, to finally set things right.

The Chinese government, in turn, has demonstrated its willingness to subjugate anyone or any ethnic population to its own master plan. Despite its repeated denials, China has orchestrated the displacement and internment of its Uyghur population solely because of ethnic and religious differences. It uses the latest in sophisticated technology to track, control and contain any dissenting voices – including those of Christians, Tibetans or Muslims. In short, no matter how many spectacular venues have been created, no matter how much artificial snow, no matter how many artistically staged photo-ops, China should be shunned by the entire world.

The IOC is right. Politics has no business in sports. But then again, neither does government sanctioned genocide, 're-education' camps or mind control. A good thing too. If they were events, the Chinese would take all the gold.



Letters

DEAR EDITOR,

I have a two-fold purpose in writing to you today. First, I would like to congratulate The Record on 125 years of service to the people of the Eastern Townships. It is certainly an accomplishment that needs to be celebrated, especially in this era when newspapers are disappearing at an alarming rate. I say alarming because good journalism is supposed to be one of the checks and balances that safeguards democracy. Woodward and Bernstein cracking open the Watergate shenanigans immediately comes to mind....although I suppose that reference betrays my vintage.

My second purpose is to convey my dismay at the Record's recent tone. I was glad to see the front-page banner that proclaimed "Covering the Convoy" last week. (Monday, February 7) I anticipated a story or two that explored local reactions, perhaps interviews with folks from here who actually went to Ottawa with or without their trucks. The Record has always done very well at finding local connections to larger news stories. Imagine my surprise and disappointment when I turned to the "story" and found nothing of substance at all. The piece was filled with conjecture, assumption, derision and ridicule: lazy journalism at its worst. Finding the article under the editorial banner does grant it some leeway, I suppose, as editorials columns are by definition nothing more than an opinion. And while I firmly believe every person is equally entitled to hold their own opinion, I am not foolish enough to believe that all opinions hold equal weight. For instance, I will always value the opinion of someone with experience and expertise in the game over that of a Monday-morning quarterback pontificating from the safety of his/her Lazy-boy.

Fair and balanced journalism should present all sides of an issue in such a way as to empower citizens to form their own opinions. What it should not do is choose a "side" and then heap scorn and insults on the perceived opposition. I suspect there may have been some Townshippers at the protests in Ottawa and Quebec City. Unfortunately, The Record's editorial stance on the convoy has almost guaranteed that I won't be reading about their experiences or motivations in my local paper. Why would anyone bother sharing their views or concerns with an entity that has offered them nothing but contempt?

The Record is such a vital link for our diminishing Anglo population in the Townships; I hope it survives for at least another century. But in order for that to happen, bias must not be allowed camp out between its pages. But let's put the various merits of journalistic integrity aside: at the very least, denigrating and alienating even a small portion of your readership is not a good business model.

MARY-ELLEN KIRBY,
BULWER

Editor's note: The Record stands by everything published regarding the convoy in Ottawa, including the editorials, and remains open to opinions on all sides of subjects of public interest.

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Hamelin becomes Canada's most decorated male Winter Olympian with 5,000m relay gold

The Canadian Press

Charles Hamelin's final Olympic race was one for the record books. Hamelin, 37, capped off his Olympic career in golden fashion as he helped his teammates win the men's 5,000-metre short-track speedskating relay on Wednesday.

The medal – his sixth – makes him the most decorated Canadian male Winter Olympian of all time, and ties him with long-track speedskater Cindy Klassen as the only other Winter Olympian with a half-dozen podium finishes. He has three golds, one silver and one bronze from previous Olympics.

Hamelin and Canadian teammates Steven Dubois, Jordan Pierre-Gilles of Sherbrooke and Pascal Dion won the race in a time of six minutes 41.25 seconds.

South Korea won silver in 6:41.69, while Italy claimed bronze in 6:43.431.

The medal means Hamelin is now tied for most Olympic medals won by any Canadian man, with sprinter Andre De Grasse. He's the oldest man to win a short-track speedskating medal, and joins women's hockey players Caroline Ouellette, Jayna Hefford and Hayley Wickenheiser as the only Canadian Olympians with four gold medals.

Dubois, meanwhile, has now won three medals – one of every colour – at the Beijing Games. He had earlier won silver in the 1,500 and bronze in the 500.

He becomes the second Canadian Olympian to complete the medal set in Beijing. Long-track speedskater Isabelle Weidemann won a gold, silver and bronze on the Ice Ribbon oval.

Meanwhile, at the Ice Cube, Brad Gushue's rink secured a semifinal berth without hitting the ice for a match.

Canada was guaranteed a top-four finish when the men's round-robin session was completed. Losses by Switzerland and Russia cleared the qualification route for 5-3 Canada.

"It's a big stress relief to be honest," Gushue said.

Jennifer Jones began her day by putting her Canadian rink back in the playoff conversation with a 7-6 victory over Tabitha Peterson of the United States. Jones improved to 4-3 with her third victory in a row.

A second match against China wraps up later Wednesday.

Canada was 1-3 earlier in the week – a far cry from medal contention – before beating Russia, Britain and the U.S. in consecutive matches.

"We just go out there and try to enjoy it," said Jones. "I always feel it's such a privilege to be on the ice. So we're never really scared to lose or make mistakes. We're just trying to go out there and do our very best."

"We just want to keep winning so we can keep curling."

A fourth loss wouldn't have eliminated the Canadians, but it would have been a serious blow to their semifinal

aspirations in the women's curling draw.

Jones was tied for third place with Japan's Satsuki Fujisawa after 10 sessions. The top four teams in the 10-team field will advance.

"I feel like we're playing with tons of confidence," said Canada vice Kaitlyn Lawes. "It doesn't hurt when the skipper is making some amazing shots."

Canada closes out round-robin play Thursday against Denmark's Madeleine Dupont.

In Zhangjiakou, the cross-country duo of Antoine Cyr of Gatineau, Que., and Graham Ritchie of Parry Sound, Ont., set a best-ever result for Canada in the men's classic team sprint in an Olympic Games.

The Canadians held their own for much of the six-leg race until the Norwegians, Russians and Finns pulled away. Canada crossed the finish line fifth, a little over 22 seconds behind the gold-medal winners from Norway.

Canada's last Olympic medal in cross-country skiing was in Turin in 2006.

In the women's four-person biathlon relay, the Canadians struggled to keep up en route to a 10th-place finish. Canada finished 4:30.4 behind the gold-medal-winning team from Sweden in the 24-kilometre race.

Canada's foursome was made up of Emma Lunder from Vernon, B.C.; Calgary's Megan Bankes; Emily Dickson of Burns Lake, B.C.; and Sarah Beaudry from Prince George, B.C.

Canada has not won a medal in biathlon since Myriam Bedard's two golds in 1994.

On the slopes, Max Moffatt of Caledon, Ont., placed ninth in men's freeski slopestyle with 70.40 points against some stiff competition.

Alexander Hall of the United States won gold with 90.01 in his first run. Hall called it the best slopestyle run of his career.

In his first run, the 23-year-old Moffatt ended a rail slide too early, leading to a score of 47.18. Then in the second run he was a little tighter in his technical elements for 65.31.

"Unfortunately, I felt like I had a little more gas in the tank to try and get a better run down," said Moffatt, who won silver in slopestyle at the X-Games in Aspen, Colo., last month.

"Just got caught up in the rails there, but that's slopestyle, that's the way it goes."

Meanwhile, a stumble for alpine skier Erik Read took him out of contention in the men's slalom.

Read, from Canmore, Alta, was making good time in his second run when a mistake saw him take a little spill halfway down the hill. He quickly got back up and finished the race 5.01 seconds behind gold-medal winner Clement Noel of France. Read placed 24th.

Calgary's Trevor Philp failed to complete his opening run and did not ski in the second run.

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

Let's continue to protect ourselves.

Votre gouvernement

Québec

Death

Death

Douglas Alton PAGE



Douglas Alton Page, 87, of Sherbrooke, Quebec passed away on February 7, 2022, of natural causes, surrounded by family.

Douglas is survived by his wife (of 60 years) June Duffy; children Lindford (Monique), Sonya (John), Colleen (Pierre), Jonathan (Victoria); siblings Rose Faith, Anne (Dr. John) Taylor; grandchildren Mathew (Caroline), Jessica,

Dylan (Chantal), Rowan, William, Page, Thomas, Madison, Tyler; and seven great-grandchildren.

An accomplished printer, entrepreneur, and business owner, Douglas started Progressive Publications (1970) Inc. while operating a successful family market garden and Charolais cow/calf farm. Douglas conveyed his passion for Charolais cattle, horses, and his garden with everyone that visited. With interests deeply rooted in his community, Douglas was an active member of the board of directors of the Sherbrooke Hospital and was a 4H leader in Lennoxville. Douglas and his wife also enjoyed extensive travel.

A special thank you to the McGill University Health Center and Hôtel Dieu Sherbrooke.

Due to Covid restrictions, a memorial service will be held at a later date.

In lieu of flowers, donations may be made to the Canada Mathare Education Trust (<https://www.cmetrust.org/donate>).

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Date Book

THURSDAY, FEBRUARY 17, 2022

Today is the 48th day of 2022 and the 59th day of winter.

TODAY'S HISTORY: In 1801, the U.S. House of Representatives resolved an electoral tie by electing Thomas Jefferson president and his opponent, Aaron Burr, vice president.

In 1933, the Blaine Act initiated the repeal of Prohibition in the United States.

In 1974, a disgruntled U.S. Army private stole an Army helicopter at Fort Meade in Maryland and landed it on the White House lawn.

In 1996, world chess champion Garry Kasparov defeated the IBM supercomputer Deep Blue in the last game of a six-game match, winning the series by a final score of 4-2.

TODAY'S BIRTHDAYS: Hans Morgenthau (1904-1980), political scientist; Red Barber (1908-1992), sportscaster; Hal Holbrook (1925-2021), actor; Jim Brown (1936-), football player; Rene Russo (1954-), actress; Larry the Cable Guy (1963-), comedian; Michael Jordan (1963-), basketball player; Michael Bay (1965-), filmmaker; Billie Joe Armstrong (1972-), musician; Joseph Gordon-

Levitt (1981-), actor; Paris Hilton (1981-), socialite; Ed Sheeran (1991-), singer-songwriter.

TODAY'S FACT: The House of Representatives conducted 36 votes (one tie, 35 indecisive) before Thomas Jefferson was chosen as president over Aaron Burr.

TODAY'S SPORTS: In 1943, Joe DiMaggio of the New York Yankees enlisted in the U.S. Army Air Force. He was released on medical discharge in September 1945 due to chronic stomach ulcers.

TODAY'S QUOTE: "You have competition every day because you set such high standards for yourself that you have to go out every day and live up to that." - Michael Jordan

TODAY'S NUMBER: 38 million - certified U.S. album sales for "Eagles: Their Greatest Hits 1971-1975" (released on this date in 1976), the first album certified platinum by the Recording Industry Association of America.

TODAY'S MOON: Between full moon (Feb. 16) and last quarter moon (Feb. 23).

No, ingesting marijuana will not prevent Covid-19



ASK THE DOCTORS

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

Dear Doctors: Please help us explain to our kids that using marijuana doesn't keep you from getting COVID-19. We're particularly focused on our two older sons, who are quoting a study that says it supposedly does, and who are in college in a state that just legalized recreational cannabis.

Dear Reader: The study your sons are

referring to comes from researchers at Oregon State University's Linus Pauling Institute. According to their findings, which were recently published in the Journal of Nature Products, two compounds found in cannabis were effective at protecting cells from SARS-CoV-2, the virus that causes COVID-19. The study has generated an enormous amount of press, and small wonder. Imagine if it were indeed true that marijuana, which is also known as cannabis, was the answer to preventing COVID-19. Unfortunately for marijuana enthusiasts, that's not what this study is saying.

To understand why, let's start with cannabis. It's a genus of flowering plants that contain hundreds of chemical compounds, including cannabinoids. One of these cannabinoid compounds is a psychoactive substance called tetrahydrocannabinol, or THC. When people talk about marijuana, they're referring to cannabis that contains THC and gives users the high they experience when they smoke or ingest the substance.

However, when it comes to this new research, THC is not the cannabinoid that is being discussed. Instead, the study focuses on two other compounds, cannabigerolic acid and cannabidiolic acid, which are shortened to CBGA and CBDA, respectively. They are abundant in hemp varieties of cannabis that do not have psychoactive properties. And while CBGA and CBDA are present in strains of cannabis referred to as marijuana, it's only in very small amounts.

In a search for a compound that can attack the coronavirus at the molecular level, the researchers had identified CBGA and CBDA. These cannabinoids can bind to the distinctive spike protein on the surface of the coronavirus, which it uses to breach cell membranes. That spike protein is the same structure that is targeted by vaccines and in antibody therapy. When something binds to the coronavirus spike protein in the right way, it disrupts the crucial pathway that the virus uses to infect cells. In subsequent lab tests, the researchers mixed CBGA and CBDA with kidney

cells and coronavirus. They found that, when used in certain concentrations, the cannabinoids kept the virus from infecting the cells. The hemp extracts proved similarly effective when tested against several viral variants.

While the findings are both fascinating and potentially promising, the important words here are "lab test." That means the results have thus far been observed only in cultures growing in a petri dish in a laboratory. The road from a lab-based observation to a successful drug is long and arduous. This includes developing a targeted delivery system, animal experiments and the complex process of human clinical trials.

For those who may be hoping for antiviral results from the tiny amounts of CBGA and CBDA found in marijuana, it's helpful to know that heat from smoking, vaping or cooking destroys those two compounds. While CBGA and CBDA may someday play a role in preventing COVID-19, we are years away from a definitive answer.

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

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

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

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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.

COVID cut me off from my kids

Dear Annie

THURSDAY, FEBRUARY 17, 2022

Dear Annie: I'm a mother of three children who mean everything in the world to me. I gave them everything I could and loved them with all my heart.

The pandemic was the start of lots of hard things. My daughter, who is the youngest, moved in with her older brother because of financial difficulties. But he had also been laid off from a pharmacy position he had held for 15 years and was having difficulty finding a new position. He was going to charge her rent to help with his situation.

I had offered to have her come home to live with me and my new husband rent-free. She chose to live with him, I think partially to stay as independent as possible. She was 27. He was 39. They were very close, even though they are 12 years apart.

She wasn't able to consistently pay him, and he became more frustrated because of his situation.

I was going through my own challenges, as my husband was laid off and was finishing a program for engineering in order to upgrade his skills and get a better job for himself.

My oldest boy in desperation called and asked for help. It took a lot for him to ask me. He never had before.

I had to say no because of my financial limits, and he cut me off and has never forgiven me. My daughter has done the same after they argued, and he told her she had to leave.

Before this, my children were part of my life, and we were close and always able to work things out. It's been almost two years now, and I still struggle with what to do, cry when I think about them and miss them so badly. I worry about them, and as a mom, I don't think I'll ever feel anything as painful.

Financially, I know I made the right decision, as all of our savings are gone, and we work hard and go from paycheck to paycheck even though we are in our 60s.

I didn't think I'd ever be without my children, and I don't know what to do. – Heartbroken

Dear Heartbroken: As a parent, there is nothing harder than being without the love and company of your children. I am so sorry that you have been distant from them for the past two years.

However, boundaries are important, even with family. Given your financial

situation, you had no choice but to deny your son's request for money. Had either your son or your daughter been truly desperate, they would have taken you up on living with you and your husband rent-free (a generous offer, I might add).

The past two years have been taxing for us all, and it sounds like both of your children are hitting rough patches both personally and professionally. The best thing for you to do – in fact, the (SET ITAL) only (END ITAL) thing you can do – is show them an outpouring of unconditional love. Call them. Write them letters. Show them how much you care. In time, they will make their way back to you.

Dear Annie: Our 48-year-old daughter decided four years ago to legally change her name and deny us as family. I am her stepmother, but she has been my daughter since she was 10 years old. My husband and I are in our late 60s and 70s, respectively.

Our daughter has had a history of obtaining wonderful jobs but then having a problem with a co-worker, which always leads her to either quit or be fired. We have tried to discuss her issues with her but to no avail.

She asked four years ago if she could come live with us and we refused. She had been on government assistance from her previous job for almost a year and had not found anything of interest to her. She felt that taking a lower-paying job – as many of us have done to survive – was beneath her. We agreed to help with a few hundred dollars a month for about six months but then stopped. (Neither of us has a large income as we are both retired.)

She sent virulent, hateful letters to my husband and his ex-wife (her mother) and myself, saying her father and mother abused her, and that I had no right to think of her as my daughter.

I believe she needs counseling, but she does not accept that idea. I have offered to go with her. I have sent texts every birthday and holiday stating she is always welcome at our house should she decide to come.

I miss her, and I am feeling uncertain that I made the right decision. Were we very wrong? I pray for her every week of my life and always will. – Heartbroken Parents

Dear Heartbroken Parents: You weren't wrong. You're squarely in the

right. If only that made the situation any less painful.

Your daughter appears to have some sort of mental block and does not know how to live without interpersonal conflict, as evidenced by her work history. She may have a personality disorder – something a therapist would help diagnose and treat, should your daughter ever take your advice and see one.

I'm sorry that you and your husband are grieving this lost connection with a child, and I hope in time she seeks to mend it. In the meantime, continue to affirm to yourself that you are doing all you can. Pray for her, but also pray that you can find some acceptance of the situation.

Perhaps the most frustrating fact of life is that we cannot force our loved ones to seek help. All we can do is seek peace within ourselves and hope to lead by example.

Dear Annie: I'm 60 years old and live with my daughter and three grandsons. I love them dearly. I babysit while she works and goes to school. She also has a boyfriend. I've been here for two years now, and I'm flat worn out from watching kids seven days a darn week. I cook, clean and do laundry.

My daughter thinks I should put in for rent and pay a portion of the utilities. But I babysit anytime for free, including weekends while she spends the night at her boyfriend's place. And I clean her house and cook. I work seven days a week with no respect. So the question, Annie, is should I be paying rent, too? – Frustrated Grandma

Dear Frustrated Grandma: According to the International Nanny Association, the average gross weekly salary for a live-in nanny is \$670. The average cost of three hours of housekeeping is \$36, according to the Bureau of Labor Statistics. And the average fee for a personal chef to make dinner five days a week for a family of four is \$200. By my calculations, you're saving your daughter \$906 dollars a week, or \$3,624 a month. Ask her to take that out of your rent.

"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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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

ONLINE WORKSHOPS

Mental Health Estrie invites you to attend a free virtual workshop, open to all and presented in English. On Wednesday, February 23 at 6:30 p.m. on Zoom, MHE will host guest speaker Dr. Kerri Gibson-Grant for a presentation on "Parental Mental Health." For more information, or to register for this event, please visit mentalhealthestrie.com, our Facebook & Instagram pages, email outreach@mentalhealthestrie.com, or call (819) 565-2388.

RICHMOND

Richmond County Historical Society. Century Property Certificates have been given by Richmond County Historical Society over a period of years. These certificates are given to residents whose family has lived on the same property for 100 years or more. As part of the 50th anniversary celebrations in 2012, Richmond County Historical Society granted twenty-two Century Property Certificates, six 150-year certificates and four for 200 years and more. Since 1967, 135 Century Property Certificates have been granted. Without doubt, some families were missed. If anyone knows of a family that qualifies, meaning 100 years and more (1922 or earlier) on the same property, please contact Bev Taber Smith at 819-239-8804 or custodian@rchs-shcr.ca, email outreach@mentalhealthestrie.com, or call (819) 565-2388.

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CELEBRITY CIPHER

by Luis Campos

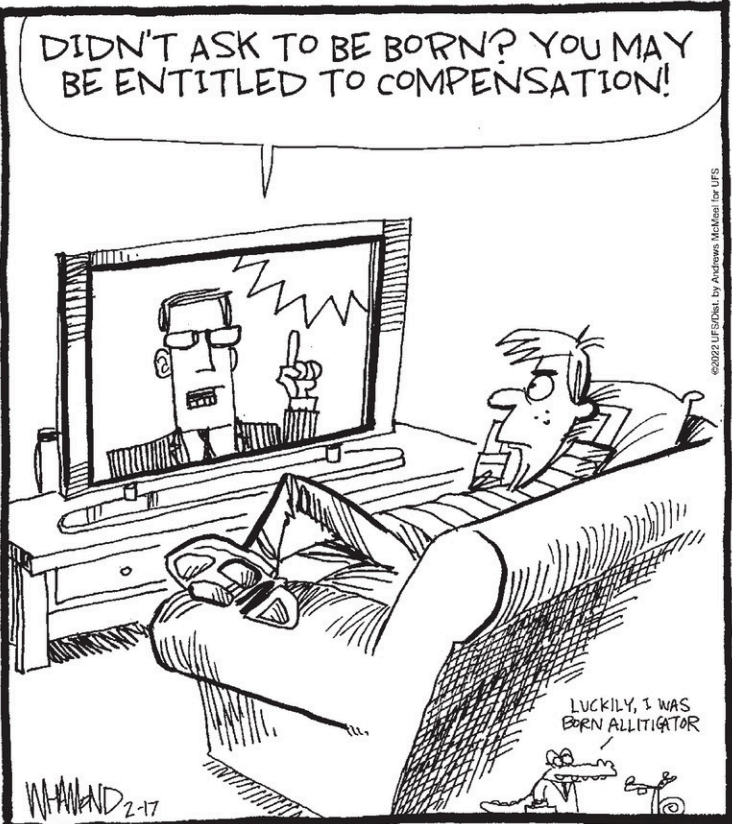
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

“MITL ZNVNVUNZ, EPKN PT VWZN LFJO
KPLLPO' PO XWIZ MNJOT. PL'T EWAN
JOB IOBNZTLJOBPOD, RWTPLPAPLX.”
— NB TFNNZJO

Previous Solution: "Some people get rich studying artificial intelligence. Me, I make money studying natural stupidity." — Carl Icahn

TODAY'S CLUE: *P equals R*

REALITY CHECK



HERMAN



“So I’m half an hour late!
So what?”

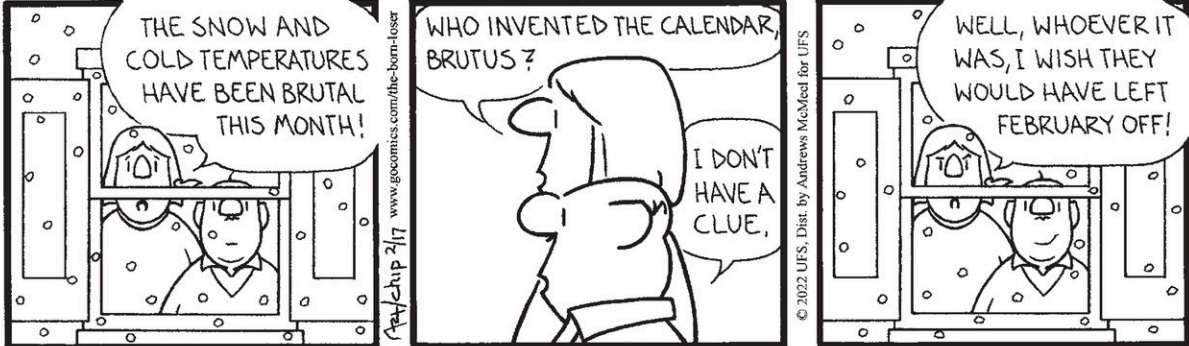
ALLEY OOP



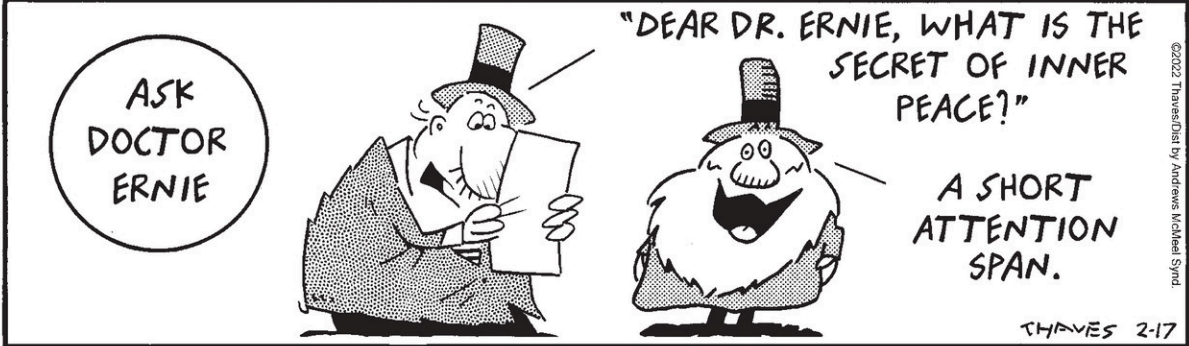
ARLO & JANIS



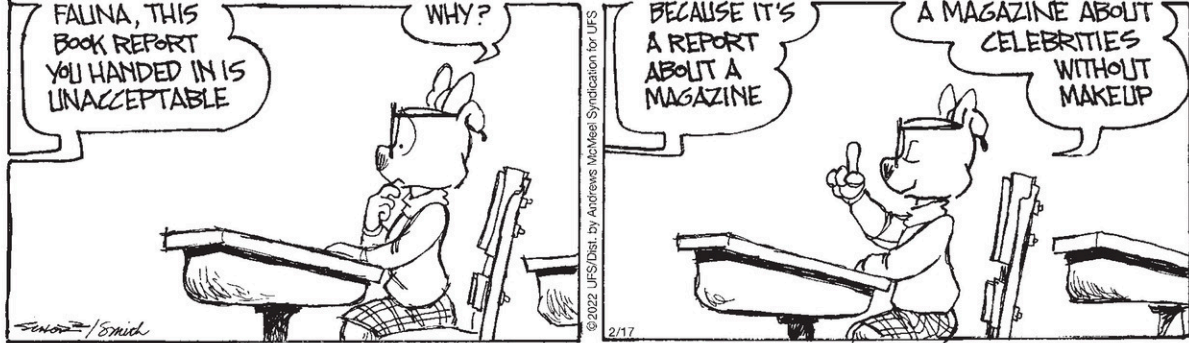
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WORD SCRAMBLE

Rearrange the letters to spell something pertaining to breathing.

T M O H U

Answer: Mouth

SUDOKU

DIFFICULTY RATING: ☆☆☆☆☆

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

2/17

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PREVIOUS SOLUTION

2	8	5	3	9	6	1	4	7
3	6	1	5	7	4	8	9	2
7	4	9	8	2	1	5	3	6
6	1	3	4	8	7	9	2	5
5	7	4	2	3	9	6	1	8
8	9	2	1	6	5	4	7	3
4	5	6	7	1	2	3	8	9
9	2	8	6	4	3	7	5	1
1	3	7	9	5	8	2	6	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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NEA Crossword Puzzle

ACROSS

1 Rough file

5 Salon treatment

9 Creeping vine

12 Canyon reply

13 Met highlight

14 Tai language

15 Out of control

16 Saturday morning fare

17 Joke with

18 Sniffs out

20 Physicist Nikola —

22 “Most Wanted” org.

23 Web address

24 Bills of fare

27 Approved

30 Click-on item

31 Ginger —

32 Jamie — Curtis

34 Rocker part

35 NBA coach — Unseld

36 Singing brothers

37 Wedding party members

40 Sales rep’s goal

41 Alcott girl

42 Hall-of-Famer Mel —

43 Rockne of Notre Dame

46 Shy

50 Farm flapper

51 Chess piece

53 Earthen pot

54 “How — — doing?”

55 Strong wind

56 Fan dancer Sally —

57 Calendar abbr.

58 Harrow rival

59 Move in the breeze

DOWN

1 Learn about

2 Summit

3 Down the tubes

4 Tease (2 wds.)

5 LaBelle or LuPone

6 Love god

7 Big carnival city

Answer to Previous Puzzle

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

8 Lama’s chant

9 Kinds

10 Rockies ski resort

11 “Star Wars” guru

19 ABC rival

21 England’s Isle of —

23 Luau instruments

24 Soccer’s Hamm

25 Light brown

26 — de plume

27 Cheers for toreros

28 Red Muppet

29 Bug repellent

31 Crooked

33 That senora

36 Card catalog names

38 Fez

39 Appear

40 Liquid meas.

42 Bucket of song

43 Mongol ruler

44 Jules Verne captain

45 Where to earn a deg.

46 Sugar cane cutter

47 Blemish

48 Wrist-to-elbow bone

49 Godiva’s title

52 Mare’s tidbit

Your Birthday

THURSDAY, FEBRUARY 17, 2022

Stay on target. Focus on what you want to achieve. Express your desires and explore your options. Take the initiative and change whatever isn’t working for you. Put your heart, soul and intelligence into getting what you want. It’s up to you to strive for peace and happiness. Live life your way.

AQUARIUS (Jan. 20-Feb. 19) – Nurture relationships. Recognize what others want and need from you, and it will be easier to get what you want in return. Don’t feel pressured to agree with everything others say.

PISCES (Feb. 20-March 20) – Come up with a plan and follow through. Strive to outdo any competitor. You don’t have to change anything; be yourself and do your best. Romance is encouraged.

ARIES (March 21-April 19) – Focus on what must get done. Don’t let others’ changes or uncertainty upset you or cause you to second-guess what you are doing. Stick to your game plan and make the most of your day. Remain calm.

TAURUS (April 20-May 20) – Do as you please, even if you face opposition. Satisfy your needs, and you’ll feel empowered. An unusual connection with someone will surface if you take the road less traveled. Listen and learn.

GEMINI (May 21-June 20) – Take a step back if someone interferes. Reset your plans and start over. Control your emotions and put on a happy face, regardless of what others do. Set your sights on your goal and go for it.

CANCER (June 21-July 22) – Tidy up

around the house, and you’ll feel more at home and relaxed. Decluttering your space will help you sort through what you can donate or sell. Keep the necessities handy to ease stress.

LEO (July 23-Aug. 22) – Don’t take a gamble. Stick to what you are familiar with and avoid uncertainty. Don’t feel the need to step into the spotlight unless you are prepared to take on more responsibility.

VIRGO (Aug. 23-Sept. 22) – Do whatever it takes to implement change. Shift into high gear and seek out those you know you can count on to do a good job. An unusual suggestion will help you reach your goal.

LIBRA (Sept. 23-Oct. 23) – Put an end to a situation that isn’t healthy or in your best interest. Question what you are doing and what you want to do next. Don’t take your eyes off the prize.

SCORPIO (Oct. 24-Nov. 22) – Be open to other people’s opinions, but don’t give up your beliefs. Take what you hear, learn and experience, and formulate a unique plan. Once you pick a path, others will follow.

SAGITTARIUS (Nov. 23-Dec. 21) – Be careful who you trust and believe. Verify facts and be willing to do the work yourself to avoid unnecessary expenses and putting yourself in a vulnerable position. Use your intellect.

CAPRICORN (Dec. 22-Jan. 19) – Take on whatever comes your way with enthusiasm. Don’t wait for others to act; be the first to strike, and make your position clear to anyone who wants to mess with your plans. Follow your heart.

THURSDAY, FEBRUARY 17, 2022

The danger ought to be abating

By Phillip Alder

Robert Hall, an economist, said, “The innocence of the intention abates nothing of the mischief of the example.”

I read that three times before thinking that I got the gist of it. For two days, I have been trying to explain the danger-hand concept. Here’s hoping that this example will abate any doubts you still have, I wrote innocently!

How should South play in three no-trump after West leads his fourth-highest spade seven and East puts up the queen?

North was right to jump to three no-trump. With a long minor, no singleton or void, and insufficient power to consider a slam, just go for the nine-trick game. Yes, it is unlucky that five clubs fails here, but three no-trump can survive the bad breaks.

In some cases, it is right for declarer to duck trick one from this holding, but this isn’t one of them!

South has six top tricks: one spade (given the first trick), three hearts, one diamond and one club. The extra winners can come from either minor suit. But which one should declarer attack?

The first trick marks West with the spade ace. (If East had the ace and

North02-16-22

♠ 5 2

♥ K Q

♦ 10 9 8

♣ A Q J 8 7 4

West

♠ A 10 8 7 4

♥ 9 6 2

♦ K 5

♣ 6 3 2

East

♠ Q 9 6

♥ 8 7 5 4 3

♦ 6 3 2

♣ K 5

South

♠ K J 3

♥ A J 10

♦ A Q J 7 4

♣ 10 9

Dealer: South

Vulnerable: North-South

SouthWestNorthEast

1NTPass3NTAll Pass

Opening lead: ♠ 7

queen, West would have led the 10 from a suit headed by the 10-9-8-7.) So, if East gets on lead, a spade through declarer’s remaining jack could be – and, here, is – fatal. East is the danger hand.

South should play a heart to the queen and run the diamond 10. Yes, it loses, but even if West finds the best defense of a club shift, declarer wins with dummy’s ace and runs for home with one spade, three hearts, four diamonds and one club.