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PM#0040007682

MONDAY, APRIL 25, 2022

Covid border restrictions loosened for fully-vaxxed travellers

By Gordon Lambie

The Government of Canada has announced the lifting of additional border restrictions with regard to COVID-19. As of April 25, unvaccinated or partially vaccinated children aged 5-11 who are accompanied by a fully vaccinated parent, step-parent, guardian or tutor will no longer be required to complete a pre-entry COVID-19 test for entry to Canada.

People entering the country are still required to provide documentation via the ArriveCAN app, and Pre-entry tests will still be required for partially vaccinated or unvaccinated travelers 12 and older who are currently eligible to travel to Canada.

Last week Quebec announced that the requirement to wear masks in public spaces will continue to remain in place in the province until at least mid-May to allow time for the sixth wave to ebb.

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Solidarity march takes sanctuary issue to the streets



GORDON LAMBIE

By Gordon Lambie

Close to 200 people marched from Sherbrooke's Marché de la Gare to Plymouth-Trinity United Church on Saturday afternoon to express their solidarity with the members Rodriguez-Flores family who sought

refuge in the church in November of last year and have not left the building since. The walk concluded a week of action meant to highlight the family's situation and maintain pressure on the federal government to remove the deportation order that would send them back to Mexico and grant them

legal status to remain in Canada.

Before leaving the public market, those assembled for the demonstration heard from members of the support committee that helped to organize the event, who shared the context that led the family to take sanctuary in the

CONT'D ON PAGE 3



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Weather



TODAY:
A MIX OF SUN
AND CLOUD

HIGH OF 18
LOW OF 11



TUESDAY:
CHANCE OF
SHOWERS

HIGH OF 14
LOW OF 5



WEDNESDAY:
SHOWERS

HIGH OF 7
LOW OF -1



THURSDAY:
SNOW OR RAIN

HIGH OF 3
LOW OF -2



FRIDAY:
CHANCE OF
FLURRIES OR
RAIN SHOWERS
HIGH OF 6
LOW OF -1

Leadership building retreat weekend for Mansonville S.A.D.D. youth



THE SCOOP MABLE HASTINGS

The Mansonville chapter of Students Against Destructive Decisions (SADD) sponsored over the past 35 years by the Missisquoi North Volunteer Centre (CABMN) in Potton held a youth leadership building retreat this weekend, Saturday, April 23 to Sunday April 24. The event was held at a local Airbnb location in the perfect setting for learning, self-expression, team-building and leadership skills sharing. Animated by Ethan Ball and assisted by Eleanor Cote, the two brought a wonderful experience to the youth taking part.

A "retreat" is the gathering of youth in a non-familiar location to partake in a variety of workshops with others where confidentiality, encouragement and skills are shared as well as games, discussion groups and public speaking activities. Basically, the youth are encouraged to learn about themselves, learn about others and discover how they can be leaders in today's world. The CABMN Youth Programs have been holding SADD leadership retreats for many years. However, after skipping a few years, this seemed like new territory to the animators and the youth attending.

"As with most things, we learned together as we went along," said Ethan Ball, who animated the two-day event with his co-pilot, Eleanor Cote. "The weekend theme was 'who you are vs who you'll be'" explained Ball.

The retreat began similar to all other retreats, at the youth centre.

Bustling by, carrying in supplies bin-by-bin, was Eleanor Cote. In toe Ethan readies for a first big monologue.

Revising rules and going over expectations a final time, keen Retreat

goers file by the entrance and wait to be delivered to the destination, three kilometres away, but now further than they could really imagine.

Workshops included: a photo-taking workshop, numerology and various horoscope signs and their descriptions (giving the youth a look at the "type" in this regard to compare to others), this allowed the opportunity to discuss people's strengths and difficulties. Consensus workshops, team-building and strengthening exercises, reflection exercises and an evening campfire, glow stick tag in the dark and a voting game before bedtime.

During Saturday evening's dinner, the youth had to dress up as a person who they felt would have a positive impact on the group if invited to dinner. Vicky Gaulin, a 13-year-old group member chose to come as Cathy Riendeau, the local Familiprix Pharmacist. Decked out in a stethoscope and white coat, she explained her choice as follows...

"Cathy Riendeau seems very successful, and I think she could really teach us all something," said Vicky.

After dinner, the group celebrated (group member and avid Montreal Canadiens fan) Ken Clifford Jr's birthday and played him a special message sent in by retired Montreal Canadiens great, Guy Carbonneau, who wished Ken and the entire SADD group great success on their unfolding leadership building weekend.

The weekend saw gifts from the Hatley clothing company (Little Blue House) thanks to Jason Forget as well as food prepared by Resto Bolton (delicious) and spaghetti sauce prepared by Jason Ball. Eleanor Cote was in charge of logistics, supplies, meal coordination and SUPPORT for all activities. Jeremy Eldridge delivered food and June Peacock helped do the shopping. The Gosselin Family provided delicious homemade chocolates leftover from Easter.

After a morning breakfast of fruit, yogurt and toast, the fuelled up group was privy to "Ethan memories workshop," where Ball shared his morning ritual as a kid of watching the animated series, Arthur, and sharing how when he was in SADD as a kid, he got to meet the voice actor, Daniel Brochu, who voices Buster on the show. This sharing was followed by a character-building game.



COURTESY

The kids played outside and roasted marshmallows into the night, then played hide-n-go-seek in the dark (with glow sticks for the sake of ever finding anyone again).

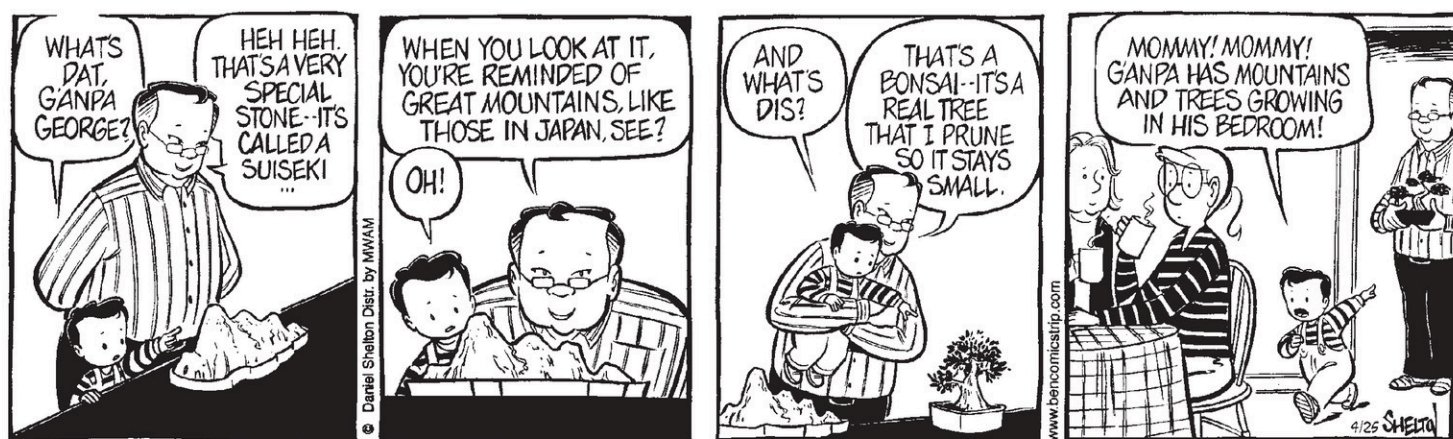
"Our final circle was held using the song Real World by Matchbox Twenty," said Ethan. "It felt like the right song as we all headed back out into our various realities in life."

With cleanup under their belts, the two animators left the rental property feeling proud. "I'd want to thank Eleanor for helping as she filled in gaps and was there at my side helping me along the entire time. I couldn't have done it without her," shared Ball.

"I enjoyed this weekend and look forward to planning another where (hopefully) a lot more participants can attend," Ball concluded.

For more information about SADD or other youth programs of the CABMN, visit www.cabmn.org or the group's Facebook page.

Ben by Daniel Shelton



Local News

“And in keeping with the family’s wishes, all activities will reflect the image of the late hockey legend: they will be humble and accessible.”

National funeral for Habs great Guy Lafleur to be held May 3 in Montreal

The Canadian Press

Montreal Canadiens legend Guy Lafleur will have a national funeral to be held May 3, Quebec’s premier said Sunday.

Premier Francois Legault announced on Twitter that Lafleur’s family had agreed to national honours for the late hockey great, with the funeral to be held at 11 a.m. at Mary Queen of the World Cathedral in downtown Montreal.

Ahead of the funeral, Lafleur will lie in state at Bell Centre on May 1 from noon to 8 p.m. and May 2 from 10:30

a.m. to 3 p.m.

Legault had made the offer to the family in the hours following Lafleur’s death Friday at age 70 following a battle with lung cancer.

The premier described Lafleur as someone who showed Quebecers how to be winners. He said the government was looking at other tributes including the possible renaming of a highway in the Outaouais region in western Quebec where Lafleur was raised.

“This national funeral in homage to the memory of Mr. Guy Lafleur testifies to all the admiration and all the love that Quebecers have for him,”

Legault said in a statement on Sunday. “He will have marked our history and our national culture forever. We will therefore pay him a deserved tribute, for the great man he was.”

National honours were also granted to Canadiens stars Maurice Richard and Jean Beliveau when they died.

The Montreal Canadiens organization released a statement announcing events leading up to the funeral.

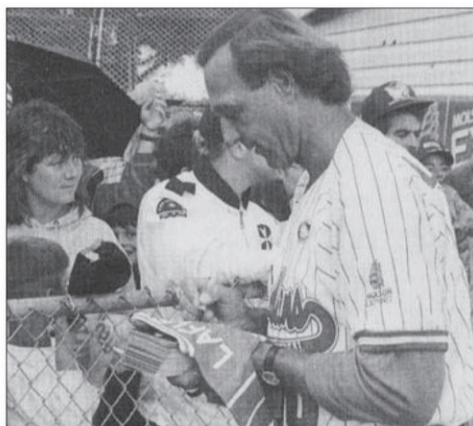
“Out of respect for the public, which has supported Guy over the years, the

Lafleur family has agreed to share their grief with the community,” the organization said.

“And in keeping with the family’s wishes, all activities will reflect the image of the late hockey legend: they will be humble and accessible.”

A special pre-game ceremony will be held as the Montreal Canadiens take on the Boston Bruins on Sunday night.

Canadiens players will wear a ceremonial No. 10 patch on their jerseys in tribute to Lafleur, a Hall of Famer and five-time Stanley Cup champion.



“Some of the kids that I met, they knew my career better than I know it! It’s very interesting to see kids following your career and knowing about what you did and they were not even born at the time,” said Lafleur, adding that although many of the youngsters he encounters now never saw him play in an NHL game, they look to him as someone who has achieved the success they strive for.



Guy Lafleur was happy to meet and sign an autograph for Gregory Wilson.

CATHY WATSON/CORRESPONDENT

Some photos from our Record archives of Guy Lafleur in the Townships over the years

Solidarity march

CONT'D FROM PAGE 1

Church, as well as some of the difficulties they have faced as a result of that decision. Organizers pointed out that the family originally fled their home country after Georgina Flores’ business was torched by a cartel when she refused efforts at extortion and forced recruitment into the local drug trade, and reiterated the fact that the same cartel later

attempted to burn their daughter Claudia alive.

Élisabeth Brière, the Liberal Member of Parliament for Sherbrooke, also spoke briefly, reiterating her support for the cause and the fact that she has already delivered a letter asking for the family to be given permanent residency status to the Minister of Immigration, Sean Fraser. She added to that the fact that she also intends to hand deliver a petition on the subject

presented to her and Marie-Claude Bibeau, the Federal Agriculture Minister, on Friday.

That petition, hosted online at change.org, had over 3,000 signatures on it at the time it was presented to the local MPs. As of Sunday afternoon, the number of signatures was approaching 13,500.

Members of the support committee also made an appearance at Sherbrooke’s City Council meeting on

Tuesday of last week, asking that the family be made “honorary citizens” in the same way as Saudi blogger Raif Badawi. Although the city did not make a formal decision about that request, Deputy Mayor Rais Kibonge was among those who walked the whole way on Saturday.

At the other end of their March, those members of the crowd who had masks entered the church to cheer and encourage the family directly.

Border restrictions

CONT'D FROM PAGE 1

Friday’s report on the COVID-19 situation in the province saw the overall number of people hospitalized with the virus in the province increase by only five, to 2,410. The proportion of those people who were in hospital specifically because of their Covid diagnoses also increased slightly,

with the number going from 981 on Thursday to 989.

The overall number of people in intensive care with Covid across the province remained stable at 88, but the number in ICUs because of the virus decreased by one, to 57.

Despite the slowing rate of new hospitalizations, Quebec still reported 34 new Covid-related deaths on Friday,

for a total of 14,812 since the start of the pandemic.

There were also 10,833 health care workers absent for Covid-related reasons throughout the entire network, going into the weekend.

After reaching a new peak of people in hospital with COVID-19 on Thursday, the number of hospitalizations in the Eastern Townships decreased by nine

on Friday to 161 with four in intensive care. Although lower than the 170 recorded on Thursday, this number was still higher than at any other point in the Pandemic other than January of 2022.

The number of Covid-related deaths in the region also increased by six on Friday, bringing the total for the Townships to 575.

EDITORIAL

There may be some unfathomable reason why no provincial premier has made a successful leap to prime minister. But Jean Charest has the best shot of anyone in a long time to make history.

Will Charest be the first ex-premier to become prime minister?



PETER BLACK

The differences between the Canadian and American political systems are pretty stark for two countries that grew up together in basically the same neighbourhood and shared for quite some time at least one parent, notably a British imperialist monarch.

One difference that doesn't get a lot of attention is the general pattern of the provenance of presidents and prime ministers. We're referring here to the propensity of Americans to pick state governors for commanders-in-chief. Of the 46 presidents from George Washington to Joe Biden, 19 occupied a governor's mansion either directly before or sometime during their career, before moving into the White House.

Four of the seven most recent presidents were governors, all four, coincidentally, from southern or western states. With the exception of George H.W. Bush's single term, former governors - Jimmy Carter, Ronald Reagan, Bill Clinton and George W. Bush - ruled from 1977 to 2009.

In the current early stakes for the 2024 presidential election, a recent Washington Post article compiled a list of nine potential Republican Party candidates who are not Donald Trump. Five of them are current or former governors, with Florida's Ron DeSantis leading the pack.

For what it's worth, the Post also ranked two sitting governors among the potential Democratic Party candidates should Biden not try to become the first octogenarian elected U.S. president - he turns 80 in November.

Here in Canada former provincial premiers have ruled this country a grand total of 68 days in the 155 years from Confederation to the present. Sir Charles Tupper, a leading figure in Nova Scotia's entry into the Canadian federation, headed a care-taker government after the Conservative cabinet ousted Sir Mackenzie Bowell.

Tupper, though, had been premier of the colony of Nova Scotia before it entered into Confederation, so technically even he doesn't count.

Since Tupper's asterisk of a turn as prime minister, only one has even come close to seizing the brass ring of Canadian politics. That was Robert Stanfield, a century removed from Tupper as Nova Scotia premier. The heir to the underwear empire came within two seats of toppling Pierre Trudeau in the October 1972 election.

Historians and poli-sci types have a field day speculating what might have become of the country had Stanfield made Trudeau the Elder a one-term wonder.

Since Stanfield's brush with prime



ministerial success, rare has been the provincial premier to make a credible run for the top job. There are, however, a few notable might-have-beens.

New Brunswick Liberal premier Frank McKenna, who retired in 1997 after a successful 10 years in office, was the hands-down favourite to replace Paul Martin after his 2006 election defeat. He resolutely refused, again, leaving politics wonks to wonder what a McKenna showdown with Stephen Harper might have looked like in the 2008 election when the Conservative leader faced Stéphane Dion.

Bob Rae, former New Democratic Party premier of Ontario, did decide to run for Liberal leader in 2006, but finished third behind Dion and Michael Ignatieff. When Ignatieff tanked the Liberals in the 2011 election, Rae's decision to not run for leader again, though he was the front-runner, opened the door wide for Justin Trudeau in 2013.

Which brings us to the most recent bid by a former provincial premier to seek to upgrade to prime minister of Can-

ada. Jean Charest is, of course, a very rare case, though. He's already been leader of the former Progressive Conservative Party, the consolation prize for winning one of two seats that survived the anti-Tory tsunami of 1993.

In 1998 he heeded the call from the Quebec Liberals to come save Quebec from the sovereignist menace, and after winning the 2003 election, served as premier until 2012. That said, Charest was a provincial Liberal of convenience and quite frankly Quebec Liberal values were probably indistinguishable from PC values before federal conservatives ditched the "progressive" bit.

There may be some unfathomable reason why no provincial premier has made a successful leap to prime minister. But Jean Charest has the best shot of anyone in a long time to make history.

But first he needs to best Pierre Poilievre and the rest of the Tory pack in September, and then beat Trudeau, Freeland, Anand, Champagne, Joly or whom-ever leads the Grits in 2025.

The race is on to make the final ballot for the Conservative party leadership

By Stephanie Taylor
The Canadian Press

Conservative leadership candidates have until next Friday to submit the paperwork, \$300,000 worth of

fees and nomination signatures needed to ensure they are on the final ballot.

Some have already handed it all in, while others are working to raise the money by the deadline. That will shape who will, and will not, be on the final

ballot.

Who's verified as a candidate:

Pierre Poilievre: The Ottawa-area MP has been attracting crowds by the thousands as he tours the country, campaigning on a message of freedom, and selling memberships at his events.

Jean Charest: The former Quebec premier recently promised to reform the country's health-care system and uphold the childcare deals the Liberals have signed with the provinces. His campaign says it has amassed a team of more than 1,000.

Leslyn Lewis: The third-place finisher in the 2020 leadership race has also been speaking to hundreds of people at her stops in the party's Western heartland.

Who else might be:

Patrick Brown: The mayor of Brampton, Ont., has been crossing the country selling memberships to immigrant and racialized communities, pitching himself as a defender of religious freedom. His campaign says it has submitted the \$300,000 in fees and

looks forward to being on the final ballot.

Roman Baber: The campaign of the independent Ontario MPP said it expected to submit all the necessary fees to stay in the race "very shortly." Baber campaigns against COVID-19 lockdowns.

Scott Aitchison: The rural Ontario MP, who recently promised to end supply management, has said he's very close to raising his \$300,000.

Leona Alleslev: The campaign of the party's former deputy leader said it had all the necessary nomination signatures, but was still working on fundraising. Alleslev's team also questioned whether the high cost of entry was designed to keep people out.

Marc Dalton: The British Columbia MP is telling supporters to donate to his campaign if they want him to be on a final ballot.

Joseph Bourgault: A businessman from rural Saskatchewan, Bourgault recently said he collected more than 500 signatures, but still had more than \$175,000 left to fundraise.

THE RECORD

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Summer day camps struggle to find personnel

By Michael Boriero
Local Journalism Initiative

Parents seeking to send their children to their municipal day camp over the summer might hit a few road blocks, as spaces are limited due to lack of personnel and interest among teenagers.

According to Valérie Desrosiers, communications coordinator at the Association des camps du Québec, it's a common problem that comes up essentially every year. The day camp employee pool is shrinking, and many eligible workers are opting for higher paying jobs in other sectors.

"It's a challenge every year, even before the pandemic. It has always been a challenge to recruit personnel for day camps, but also sleep away camps and family camps. This year, yes, we know there are some camps that are facing difficulties, we see this," said Desrosiers.

However, she noted that while some day camps are struggling to fill out their staff, many day camps are full and ready for the start of the summer season. They may have needed to double their recruitment efforts, Desrosiers explained, but they were able to complete their rosters.

The association is trying to get to the bottom of the worker pool shortage, though, and why many day camps need to hustle in order to find interested workers. She said a survey they just conducted should paint a clearer picture, but she'll need time to review the results first.

"It really depends, if we talk about, well, there's the salary. Maybe people think they can make more money somewhere else. There are others who think it isn't an interesting job, you do need a certain energy level to work for a day camp," Desrosiers told The Record.

But while that might be one of the reasons why people shy away from summer day camps, Desrosiers added that the job isn't just for people with experience working with children. There's a lot of training involved, as well as extensive supervision within

each staff.

It appears young workers are unaware of the invaluable assets that can be gained by working at a day camp, she said. An employer that has a resume come across their desk with day camp experience will see leadership, as well as risk management and public speaking skills.

"We find that this is a dream job. But the pandemic might have changed our habits, so we need to try to reconnect. There might also be a certain fear due to the pandemic. And it's also often former campers that go on to become day camp monitors," Desrosiers continued.

However, she added, if camps are forced to take in less kids due to a lack of personnel, then the cycle of those kids becoming future day camp monitors starts to crumble. This is the situation that the municipal day camp in Eastman is currently dealing with its population.

In a Facebook post last week, the town sent out a notice explaining the local day camp will only be open to Eastman residents since they were only able to hire three monitors this year. Normally, the camp accepts kids from Austin, Bolton-Est, Stukely-Sud, and Saint-Etienne.

According to Eastman Communications Coordinator Geneviève Lapalme, this is the first time the municipality has been forced to downsize the services at its day camp. It has been a difficult year, she explained, and now many parents will need to find other options.

"It has been since at least February that the positions have been posted for coordinators and animators for our day camp and unfortunately we received very little interest. We have only three animators, rather than the normal seven animators we need to run our camp," she said.

Lapalme told The Record that in a regular year the camp has roughly 50 kids per week, but now it'll be around 30 per week in order to meet safety standards. And she noted that it's not just in Eastman. Magog, Austin, Waterloo and other municipalities are



GORDON LAMBIE

Day camps like these face staff shortages this summer

having a hard time.

"There's a limited worker pool and the working conditions are maybe more interesting in different sectors, even if we offer great working conditions, and we increased our base salary this year to be competitive, but clearly it wasn't enough," Lapalme said in a phone interview.

She added that the municipality has put a lot of time and effort into making the camp a place where kids want to spend their summer months.

And they created a supportive working environment. She just hopes this doesn't cause any issues with families outside Eastman.

"It's really heartbreaking that this situation has happened and we hope that the residents of the other municipalities will understand and that they can find something else," said Lapalme, adding this will likely put parents in a precarious situation with their children this summer.

Mold decontamination fraud in Sherbrooke

Record Staff

The Sherbrooke Police Service urges caution as there is currently a private company that has been circulating in the area soliciting for the past few days. This company is offering to decontaminate mould (specifically in attics), raising fears of serious health problems if nothing is done. The "representatives" of the company have been showing up at homes without having an appointment and they are very insistent.

It should be noted that door-to-door solicitation for profit or otherwise is prohibited in the City of Sherbrooke unless a permit or authorization has been requested and obtained from the Finance Department.

The City recommends that citizens demand to see this permit or authorization when they are solicited at their home. If there is any doubt as to whether or not the municipal regulations in this regard are being respected, do not hesitate to contact the Sherbrooke Police Department at 819 821-5555.

THE RECORD

Internship Opportunity

Are you interested in learning more about your community? Do you enjoy meeting people and have natural curiosity?

The Record, the Eastern Township's only English-language daily newspaper, is seeking a reporter to cover news and events for its daily print publication and online edition, from its headquarters in Sherbrooke, Quebec.

The ideal candidate will be a university graduate in a related field with exceptional English-language writing skills, and an ability to communicate in French. Access to a vehicle would be considered essential.

This one-year internship will provide an opportunity for the right candidate to get hands-on experience working in a daily newsroom.

Interested candidates should send a cover letter with a sample of their writing and resume to

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

National Volunteer Week

April 24-30, 2022

Volunteering Is Empathy In Action Volunteers Bring Heart To Canada's Communities



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Let's celebrate Canada's volunteers. The empathy, compassion and generosity of volunteers creates connected communities and builds a stronger Canada.

The National Volunteer Week theme for 2022, Volunteering Is Empathy In Action, affirms the strong connection between volunteerism and empathy. This profoundly human connection is at the heart of healthier individuals and stronger communities.

Empathy is a quality that can help people relate to others and build awareness around different experiences. It connects people in ideas and actions and helps create bonds forged in common goals and aspirations.

Volunteering can help us develop empathy, to see the world through the eyes of others. It can

connect people from diverse backgrounds and life experiences, expanding our views. It can build our capacity to work collectively and contribute to a vibrant, inclusive society.

From coast to coast to coast in formal and informal settings, volunteers create caring, collaborative, and compassionate communities. During National Volunteer Week 2022, we celebrate the contributions of Canada's millions of volunteers: their actions, their understanding, and their genuine concern for the world around them.

Volunteering, putting empathy into action, can build communities where people feel happier, healthier, and more welcome - creating a stronger, more connected Canada.

(Source: <https://volunteer.ca/nvw>)



APRIL 24 - 30, 2022

NATIONAL VOLUNTEER WEEK

"The greatness of a community is most accurately measured by the compassionate actions of its members."
- Coretta Scott King

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Thank you Volunteers!

The theme for National Volunteer Week is “Empathy in Action,” reflects on the strong connection between volunteerism and empathy. This profoundly human connection is at the heart of healthier individuals and stronger communities.

The Town of Richmond, and the Townships of Melbourne and Cleveland unite to thank all of our volunteers for their dedication and generosity. You change the lives of those to whom you reach out to.

We are proud of you and thank you for all your hard work!



Death

Liz Warlund



Liz quietly passed away on April 20, 2022 after struggling with COPD.

Many will remember her as a teacher at Galt, a piano player, friend, and neighbour. She was active at St. Mark's, the University Singers, Chorale Amadeus, and her two bridge clubs; Reach for the Top, school trips to Scotland, and the 1970s/80s teacher strikes. She loved talking with former students and always remembered details of their youth.

She leaves her daughters Sarah Goblot (David Goblot) and Katie; her grandchildren Magali, Leander, and Oli; and brother Andrew Louson (Linda Martin), niece Ellie Louson Record, and nephews Jerry Louson and Tom Fenton.

Something special about Liz was that she cultivated thriving relationships with her cousins (the Taylor's) and their children and grandchildren. Her wonderful friends were also family, in her mind. She surrounded herself with these bonds and was able to thrive.

Donations in her memory can be made to Literacy Unlimited.

In Memoriam

**Oswald Arthur PERRON
November 20, 1924-April 25, 2021**

*Dearest Father,
A year has pasted already, seems like
yesterday.
I loved been with you.
Our talks, laughter or just moping
around all day.
Just being close to you, fulfilled my day.
Every time we would see each other, my
life was enriched by you.
You were and still are a very exceptional
Dad.
You were the best.
A good husband to our Mom, a great Dad
and mentor.
Hands of a giant, but soft to the touch,
with a big caring heart.*

We miss you very day.
You are not forgotten.

THE PERRON FAMILY



Date Book

MONDAY, APRIL 25, 2022

Today is the 115th day of 2022 and the 37th day of spring.

TODAY'S HISTORY: In 1859, British, French and German engineers began construction on the Suez Canal in Egypt.

In 1898, the United States declared war on Spain.

In 1945, U.S. and Soviet troops met at the Elbe River in Germany, signaling the defeat of German defenses.

In 1953, Francis Crick and James D. Watson published an article describing the double helix structure of DNA.

In 2011, a four-day tornado outbreak in the southern United States began, producing 358 confirmed tornadoes and killing more than 300 people.

TODAY'S BIRTHDAYS: Oliver Cromwell (1599-1658), soldier/politician; Edward R. Murrow (1908-1965), journalist; Ella Fitzgerald (1917-1996), singer; Meadowlark Lemon (1932-2015), basketball player; Jerry Leiber (1933-2011), songwriter/producer; Al Pacino (1940-), actor;

Hank Azaria (1964-), actor; John Henson (1965-2014), puppeteer; Joe Buck (1969-), sportscaster; Renee Zellweger (1969-), actress; Jason Lee (1970-), actor; Tim Duncan (1976-), basketball player.

TODAY'S FACT: In 1901, New York became the first state to begin requiring automobile license plates.

TODAY'S SPORTS: In 1950, Chuck Cooper became the first African American drafted into the NBA when he was selected by the Boston Celtics with the first pick of the second round.

TODAY'S QUOTE: "Most truths are so naked that people feel sorry for them and cover them up, at least a little bit." – Edward R. Murrow

TODAY'S NUMBER: 26,723 – nautical miles traveled by the U.S. Navy's nuclear-powered submarine USS Triton during its 60-day, 21-hour submerged circumnavigation of the world, completed on this day in 1960.

TODAY'S MOON: Between last quarter moon (April 23) and new moon (April 30).

Rheumatic fever caused by strep infection

ASK THE DOCTORS

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

an ongoing strep infection, the child's immune system can go into overdrive. But instead of targeting just the bacteria, it attacks the body's own tissues, as well. For this reason, rheumatic fever is regarded as an autoimmune disease. Although the reasons why this occurs are not fully understood, researchers believe that certain molecular features of group A streptococcal bacteria trick the body into attacking its own tissues. This is a mechanism known as molecular mimicry.

Because rheumatic fever affects the heart, blood vessels, joints, skin and brain, it has a wide range of symptoms. These include fever; pain, swelling, heat and tenderness in the joints of the elbows, wrists, ankles and knees; a distinctive rash; shortness of breath; chest pain; a racing heartbeat; weakness; and persistent fatigue.

You asked in your letter about the effect of rheumatic fever on your brain,

but also said that your family doctor's primary worry was about the health of your heart. His concern is well-founded. Although the word "rheumatic" refers to inflammation of the joints, connective tissues and muscles, the disease often adversely affects the heart. Widespread inflammation can do damage to the heart muscle and the heart's valves.

While heart issues are seen as a primary risk of rheumatic fever, the disease also can affect the brain. Neurological symptoms include a disorder known as Sydenham chorea, which can appear up to six months after the infection has cleared. It's estimated to occur in up to one-fourth of cases of rheumatic fever, and affects girls more often than boys. Symptoms can be both physical and cognitive, and can range from mild to severe. They include muscular weakness; jerky, uncoordinated movement; facial tics; slurred speech; and a stumbling gait. Some patients

have trouble with reading and writing, and they may experience anxiety or emotional instability.

Although most children recover completely, in rare cases the condition can persist or recur. There is some evidence of a link between recurrent cases of Sydenham chorea and the later development of obsessive-compulsive disorder, autism and attention deficit/hyperactivity disorder. Up to 80% of those with Sydenham chorea also develop myocarditis, which is inflammation of the heart.

So much time has elapsed since your original illness, it would be difficult to say if Sydenham chorea has played a role in your life. One thing we can assure you of, however, is that when it comes to the complexities of the digital world, you are not alone in feeling a bit overwhelmed.

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Visibility for Foster youth

Dear Annie

MONDAY, APRIL 25, 2022

Dear Annie: Something not spoken about regarding oppression, disadvantages and privilege is the privilege people have when they have family.

I grew up in foster care, and I see nearly zero percent representation of former foster youth anywhere in the media or in stories or headlines, unless, of course, it is about someone who entered foster care as a small child and then was adopted into a family.

The problem is that this is a misrepresentation of former foster youth. The vast majority of foster youth never get adopted.

Here are a few alarming statistics: Our homeless population across the country is nearly 50% made up of former foster youth; 7 out of 10 girls in foster care have a child before the age of 21; and half of all babies born to

foster youth are taken and placed into foster care.

We have high rates of suicide, drug and alcohol addiction, and early death. Our rate of post-traumatic stress disorder rivals that of war veterans by twice as much. We graduate with a high school degree at nearly 30% of the population, and only 3% graduate from a four-year college.

Every single social justice issue brought forth is about issues that never look at the most pressing and concerning parts of our country and world. With these outcomes, you'd think I would have died by now. Nobody adopted me, and I was kicked out of every single foster home I lived in. And I'm here gaining a degree and raising my own babies.

But every foster youth story is about someone who gets adopted. It's never about the outcomes we actually face.

There is nothing about that in public

discussions of oppression and privilege.

It is a privilege that people seem to think everyone is afforded - to have a family.

I think your readers need to understand that, especially when I see stories about people who were adopted and then get reunited with their biological parent(s) in later years.

The entire point of these issues is never discussed, and quite frankly, it makes me extremely sad to see. - Family Privilege

Dear Family Privilege: What an important point you make! Very often the media gets on a bandwagon of exploring one group of victims or another, and I understand your frustration at being left out. Let's hope there is more coverage about the trials and tribulations of foster youth. You sound like an amazing mother, and your children are fortunate to have you. Thank you so much for your letter.

Dear Annie: People often write to you complaining about social media posts, and you suggest they block or unfriend the poster.

Another option is to "unfollow" the person. I have quite a few friends and relatives who have strong opinions that are different from mine. Their brash, crude and sometimes untrue memes popped up on my page all the time.

By "unfollowing" them, I can still go to their pages and see their social activities when I want to, but their political memes and name-calling aren't in my face every time I log on. - Unfollow

Dear Unfollow: Thank you for your great suggestion, based on your success at staying in touch without being offended or getting riled up.

Dear Annie: I'm writing to share my feelings about giving up and just being done. I've come to the conclusion that nothing really means diddly anymore, going from day to day in an effort to find happiness and the illusion of caring in anybody. No one gives a rip.

Let me cut through all the nonsense and masks. At 65, I've come to the conclusion that everyday niceties and greeting other folks are just people engaging in what everyone expects to hear. "How are you?" "Fine." "How are you doing?" "Great." But if we were to really answer truthfully, no one wants to hear it. It's negative. Whining. Unmanly. We hold the pain internally, wearing the mask that portrays all is great, leading down the road of same ol', same ol'.

I feel so guilty for feeling blue and

depressed. I'm so blessed in life. I have a nice home, successful kids, good retirement, stuff - and comparing this to others who struggle day to day - guilt! Yet the internal blah is there nonetheless.

My children's careers took them away across the states. I'm a single dad and grandpa. I get out with friends, but I'm always the third wheel. I give my time and share. I love deeply.

I just wish that when I'm asked how things are, I could answer openly and truthfully: "I'm lonely."

Folks have their own masks to hide behind, same as me. We all are a bunch of phonies.

All I see around me are other angry Americans anymore. Angry on the road. Angry in the stores. Angry over politics. Short! Rude! Untrusting. Scammers. Liars. Like it's all expected. Fraud insurance for profit. Schemes. No one has any regard for anyone else. The attitude is, "I'd better get it before some other guy does."

The world has gone completely insane. So, I ask you how to cope. Am I alone feeling like nothing really matters anymore? Is it just a free-for-all? I wish I had someone to walk with holding hands and feeling again, someone who can relate and gently tell me everything is going to be OK. - Done With It

Dear Done With It: No matter how blessed or fortunate we are in life, it's not abnormal to feel down from time to time - especially considering the difficulties we've all faced these last few years. But just because the world is full of angry people doesn't mean you have to be one of them.

The best cure for loneliness is fulfillment. Find some hobbies or volunteer work to fill your days and get involved in giving back. Being part of the good in your community might help adjust your current outlook on life. If possible, maximize your time around your kids and grandkids. Perhaps online dating or joining a group or club might lead you to the companionship you seek. Try to find the good in every day, no matter how small. There is so much to be thankful for.

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

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

SUDOKU

DIFFICULTY RATING: ☆☆☆☆☆

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

4/25

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PREVIOUS SOLUTION

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

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



Make a **donation** or become a **volunteer**

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CELEBRITY CIPHER

by Luis Campos

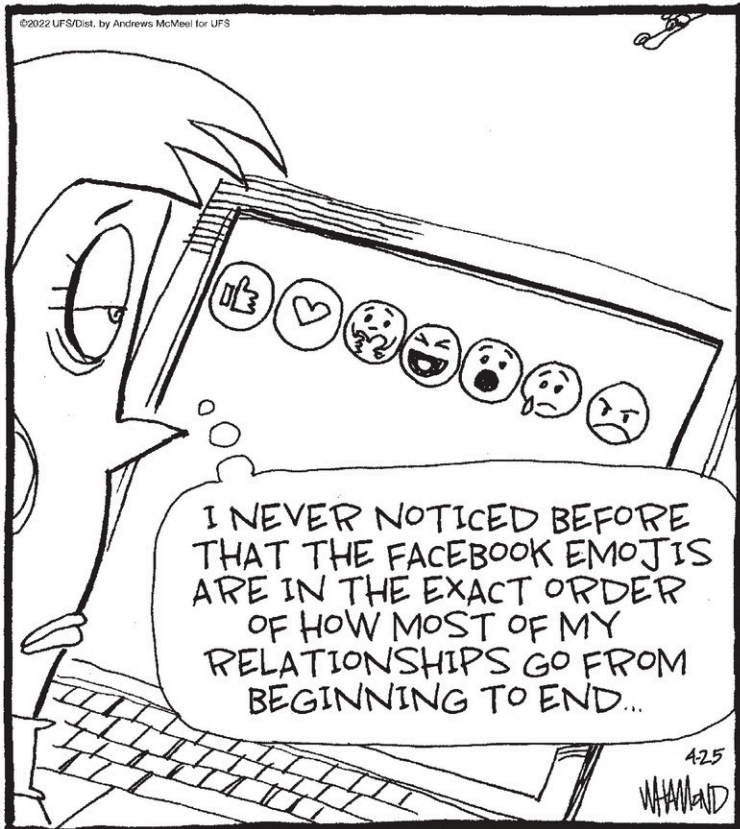
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

“YAGJI BXNNGYDA GJ R YGI ZGDT GM
R PFGVLAN JXMAHGKA SBRJ HXGJI
RJ XYMFVNA ZGDT RJH TRLGJI JX
TXJAW.” — NAJAA CADDIAIAN

Previous Solution: “Earth will be here no matter what we do. Let’s work together to save the world — for us.” — Bill Nye

TODAY’S CLUE: Z sjnba 0

REALITY CHECK

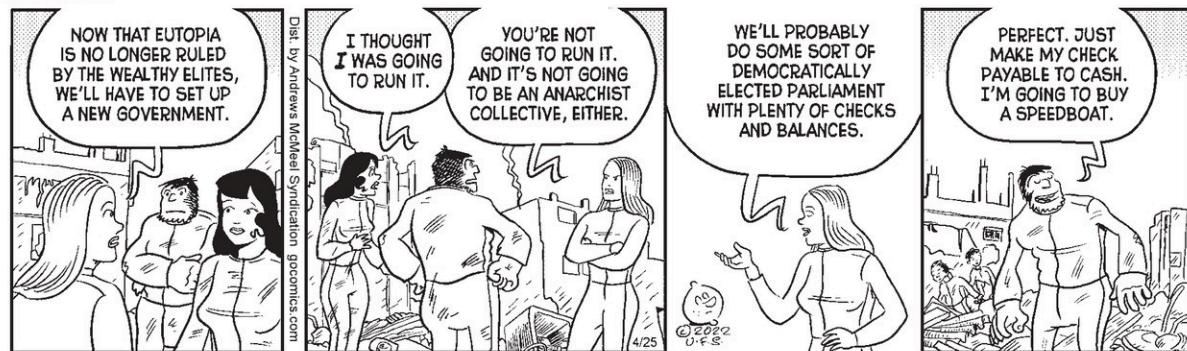


HERMAN

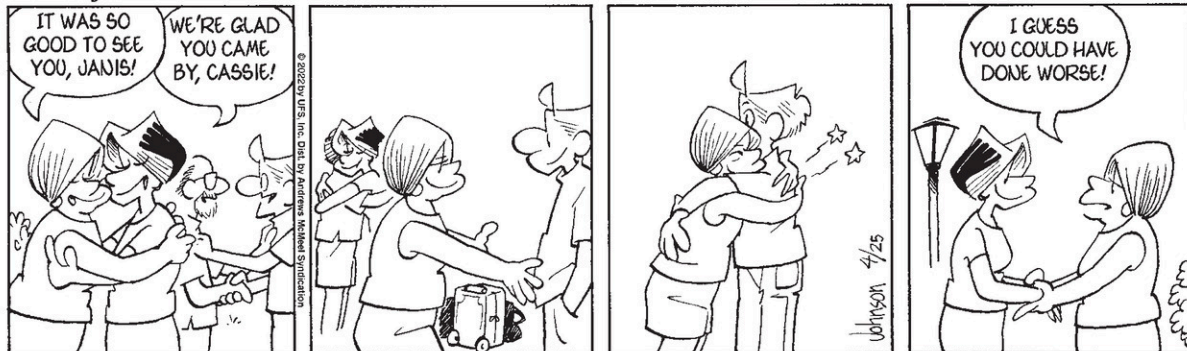


“Okay, you wanna play rough... gimme the beads back!”

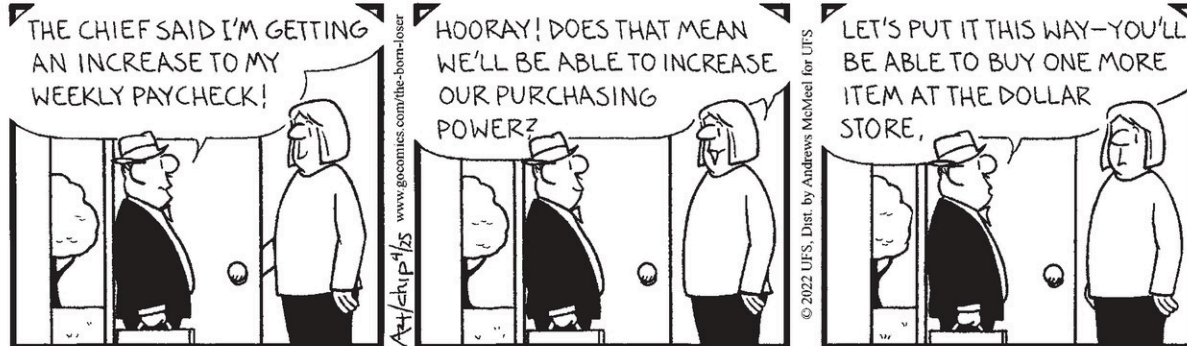
ALLEY OOP



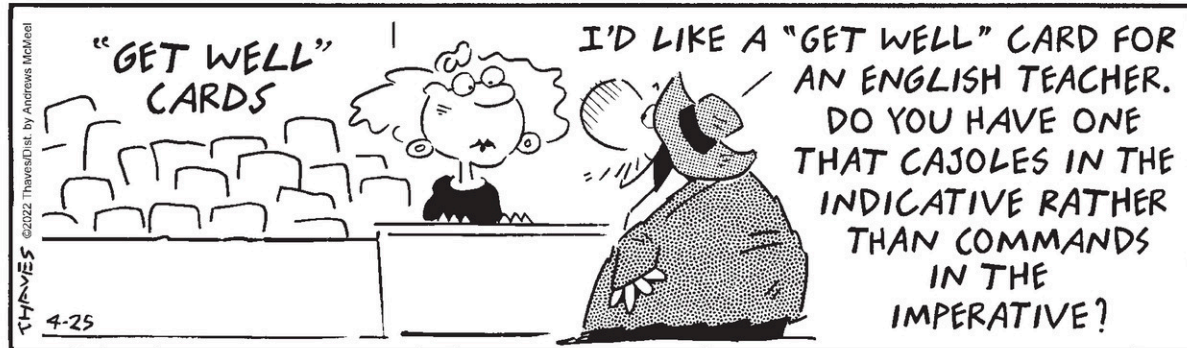
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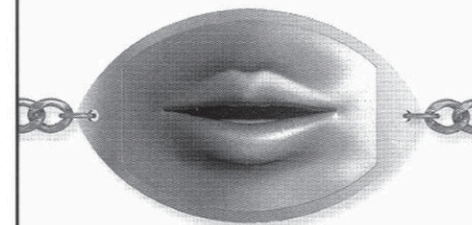
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NEA Crossword Puzzle

Your Birthday

MONDAY, APRIL 25, 2022

LIBRA (Sept. 23-Oct. 23) – Concentrate on what you are trying to achieve. Refuse to let others' actions slow you down or cost you mentally or financially. Pay attention to living expenses and time-sensitive payments.

SCORPIO (Oct. 24-Nov. 22) – You'll understand what others want if you step back and look at the big picture. Think outside the box to come up with an innovative plan. Personal gain is apparent. You can solve problems today.

SAGITTARIUS (Nov. 23-Dec. 21) – You'll face opposition if you are stubborn or overbearing. Work behind closed doors so you can complete your tasks without interference. Avoid manipulation.

CAPRICORN (Dec. 22-Jan. 19) – Rethink your long-term plan and adjust your course of action. Bring about a change at home that will improve your relationships with loved ones and make your surroundings more convenient.

AQUARIUS (Jan. 20-Feb. 19) – Plod along until you get the results you want. Put your heart and soul into something meaningful, and you'll gain a new perspective. Don't feel obligated to follow in someone's footsteps.

PISCES (Feb. 20-March 20) – Don't show your emotions when dealing with colleagues or competitors. Know what others expect of you and stay ahead of any deadlines you face. Refuse to let sensitive issues throw you off guard.

ARIES (March 21-April 19) – Tidy up loose ends. Don't give anyone a chance to disrupt your plans. Maintain focus and keep your goals simple. Don't put your money or health at risk. Patience will pave the way to success.

Show compassion and understanding for others, and offer people hands-on help. Your efforts will make a difference and change how you see things moving forward. Participation will open doors to new opportunities. You can make positive choices and changes. Put your energy into what counts, and it will be a good year.

TAURUS (April 20-May 20) – Share your story while accommodating others. Participation will encourage you to explore options that haven't been available in the past. Step into the future with optimism and courage.

GEMINI (May 21-June 20) – Do it yourself if you want something done. Counting on others will lead to disappointment and anger. Avoid competitions with people who don't play fair. Practice moderation and honesty.

CANCER (June 21-July 22) – Display what you have to offer. Diversity and spontaneity will attract attention and support. An investment or joint venture looks promising. Greater opportunity is heading your way.

LEO (July 23-Aug. 22) – You'll be tempted to follow someone's lead, but you must first consider the ramifications. A disciplined attitude will help you stay on track and minimize loss. Hard work will pay off.

VIRGO (Aug. 23-Sept. 22) – Keep an open mind. You'll receive information that can change how you live. Discuss your thoughts and intentions with someone close, and you'll come up with an acceptable plan.

Answer to Previous Puzzle

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

- ACROSS**
- 1 Tank
 - 4 Popular one-named singer
 - 8 Clock's front
 - 12 — — carte
 - 13 Small container
 - 14 A single time
 - 15 Checkers side
 - 16 Made clear
 - 18 Ache
 - 20 Mongkut portrayer
 - 21 Give — — whirl
 - 23 Russian refusal
 - 26 Pork sausage
 - 29 Knife handle
 - 32 Grassy expanse
 - 34 Albright or Falana
 - 35 Yale alumnus
 - 36 Royal symbol
 - 37 "How — — doing?"
 - 38 Imitate
 - 39 Nave neighbor
- DOWN**
- 40 Make taboo
 - 41 Bouquet
 - 42 Call for
 - 43 Tide type
 - 45 Talk on and on
 - 47 PC competitor
 - 49 Temple figure
 - 53 Unreasonable irritableness
 - 58 Tasty tuber
 - 59 Commuter vehicles
 - 60 Menial worker
 - 61 QB objectives
 - 62 Attractive
 - 63 Sight from Messina
 - 64 Fair-hiring letters

- 8 Napkin
- 9 Traveler's refuge
- 10 Skilled person
- 11 Was in front
- 17 Dad's sister
- 19 Ora or Moreno
- 22 Yet to come
- 24 Wed impulsively
- 25 Concise
- 26 Have a big mouth
- 27 Kind of numeral
- 28 Skirt cut (hyph.)
- 30 Dog chow brand
- 31 Tempestuous
- 33 Under the covers
- 39 "Diana" singer
- 41 Outback mineral
- 44 Divert
- 46 Sports venue
- 48 Zorro wear
- 50 Eight bits
- 51 Commanded
- 52 "— — sorry!"
- 53 Floor tile material
- 54 Water, in Montreal
- 55 Amatol ingredient
- 56 After taxes
- 57 Swindle

1	2	3		4	5	6	7		8	9	10	11
12				13					14			
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MONDAY, APRIL 25, 2022

From the ether to the concrete

By Phillip Alder

Over the last couple of years, we have played lots on online bridge. However, isn't it better to be back in person? The game is much more sociable and enjoyable. Also, you don't spend time worrying that your opponents are taking advantage of the situation. It was so unfortunate that everyone was under suspicion, when almost everyone was honest.

I had looked forward to my first in-person game with my wife, and the first deal was today's.

In answer to two clubs, my reply denied an ace or two kings. We do not employ a double negative to warn of a very weak hand, but my wife wouldn't have stayed short of game anyway.

With faint hope, I tabled my dummy. "Very good luck, partner," I quipped.

West led the club ace, under which East dropped the queen, indicating the queen-jack. West continued with two more rounds of clubs, declarer ruffing.

My wife could have entered the dummy via the heart jack and taken one trump finesse, but she realized that there was little advantage in this play. It would help only if East had king-doubleton. A greater risk was a bad trump break. Declarer led the spade queen from her hand.

If East had won with his king and *

North 04-25-22			
♠ 8 2			
♥ J 9 4			
♦ 9 7 6 4 3			
♣ 9 4 2			
West		East	
♠ 5 4		♠ K 7 6 3	
♥ 10 6 2		♥ 8 7 5	
♦ J 10 8 2		♦ Q 5	
♣ A K 7 5		♣ Q J 10 3	
South			
♠ A Q J 10 9			
♥ A K Q 3			
♦ A K			
♣ 8 6			
Dealer: South			
Vulnerable: Neither			
South	West	North	East
2♣	Pass	2♦	Pass
2♠	Pass	3♦	Pass
3♥	Pass	3♠	Pass
4♠	Pass	Pass	Pass
Opening lead: ♣ A			

played his last club, the ruff would have been taken on the board. Therefore, East ducked. But now my partner entered dummy with a heart to the jack and took a trump finesse. When it won, she cashed the spade ace. The king didn't drop, but my wife just led out red-suit winners until East opted to ruff.

"Well played, darling!" quoth I.
"Thank you, Phillip."