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# Waterloo's community fridge temporarily shut down

By Michael Boriero

Last week, the Centre d'action bénévole (CAB) aux 4 vents in Waterloo made an unfortunate announcement, sharing they will have to shut down the VÉGÉ-GO, a community vegetable fridge, for the remainder of the summer due to aggressive customers and harassment.

The fridge has been around for five years now. However, according to CAB's Food Service Coordinator Marie-Hélène Tellier, it has slowly turned into a source of frustration for volunteers and users. People have become more aggressive, she explained, and they expect a full fridge.

"It's the way they behave, the way they speak, and we tried for a month to explain that we give what we receive and we don't have control over what is given to us, so if we don't receive things, we cannot give things," said Tellier, adding people constantly demand more food.

The CAB also noticed people were taking advantage of the lack of supervision around the fridge. Tellier said some individuals have been taking five or six bags of produce every day and selling it to vulnerably residents. This isn't the mission of VÉGÉ-GO, she

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# Festival des traditions du monde de Sherbrooke returns to celebrate 25th edition



CASSIE MACDONELL

City council members Claude Charron, Joanie Bellerose, Raïs Kibonge, Hélène Dauphinais, Danielle Berthold, Christelle Lefèvre, Catherine Boileau, and Annie Godbout with Malika Bajjaje, director of FTMS at the programming launch on Tuesday Evening. Not pictured: Jennifer Garfat.

By Cassie MacDonell  
Local Journalism Initiative

The 25th edition of the Festival des traditions du monde de Sherbrooke (FTMS) is back in its regular format this summer and will be in full swing at parc Quintal From

Aug. 10 to 14. After having spread itself out into smaller activities throughout the city in the summer of 2021, festival-goers will once again be able to find more than 150 shows and workshops on one main site. Programming will take place on the festival's 10 stages, and food will be served from 13

international or intercultural kiosks while a diverse group of artisans and exhibitors present their wares.

In celebration of the 25th edition of the festival, the FTMS will also be taking to the streets of downtown Sherbrooke with a colourful and large-scale parade

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## Weather



TODAY:  
SHOWERS

HIGH 28  
LOW 16



FRIDAY:  
MIX OF SUN  
AND CLOUD

HIGH 25  
LOW 14



SATURDAY:  
MIX OF SUN  
AND CLOUD

HIGH 23  
LOW 13



SUNDAY:  
SUNNY

HIGH 27  
LOW 14



MONDAY:  
MIX OF SUN  
AND CLOUD

HIGH 31  
LOW 16

# Been caught stealing— Bank of Montreal



LINDA KNIGHT SECCASPINA

Another in the series of life in the Eastern Townships as a child...

Today I had to do some Bank of Montreal research for a story I wrote about Lanark County. It is pretty easy for me to get lost in time when I do this, and certain words bring back flashbacks of my past childhood even though I am really not looking for any more memories these days.

I know Cowansville's first bank was the Eastern Townships Bank which later turned into the CIBC- but I never banked there- nor did my family. In fact, I can't even remember what it looked like inside- but, the Bank of Montreal on Cowansville's Main Street will haunt me for life.

It wasn't a fancy place, but I still remember some of the graduates from Cowansville High School that worked there. I can still see their poofy hair, cardigans and smiles while I deposited my five cents here and there as a child. But it isn't the memories of fashion, money and Main Street that still haunt me. It is the manager's office that sat on the right as you walked in the door that I remember, because I sat there once for a whole hour, sweating out of fear.

It began innocently enough- Scholastic Books had hit Cowansville High School and I had been picked by my class teacher to look after the orders. September's order went in flawlessly and so did October and November- things couldn't go wrong- or could they?

In December I had \$19.00 of cold

hard cash from my fellow students and things began to go downhill. It was the Christmas season and somehow the book money gradually got spent dollar by dollar and the order never got sent in. I consider myself a pretty honest person, and maybe I am confessing everything now because the end is near- but when I told someone the story yesterday, they thought it was funny. Well, it wasn't at the time.

Week after week went by and so did the dollars. A couple went for a hot chicken sandwich lunch at Le Patio restaurant when I was short of lunch money. A few went to the Princess Theatre to see Beach Blanket Bingo as I was an avid fan of the old teen beach movies, and still am. But each and every single night I woke up in fright because I didn't know what to do. In reality, I knew the impossibility of the situation and even Magic Tom from CFCF-TV couldn't replace those dollars for me. If I had been smart, I would have immediately told my father the whole story, but I always seemed to be in the doghouse with him so I remained silent.

In January my teacher asked me if I had heard from Scholastic Books, and I lied and said no. She insisted that I must write a letter to the company inquiring about the late pending order, and I did. Actually, I typed out a fake reply from Scholastic saying they had received the money and the order would be shipped shortly. It was the beginning of what we would call today alternative facts. The teacher read the letter out loud to the class and I remember fellow student \*Bobby Perkins looking at me telling me not to worry. You have to know what a sympathetic student Bobby was to understand how the guilt increased tenfold after his kind words.

At recess I was asked to show the letter to the principal, and he insisted I must go to the Bank of Montreal after school to see if my Dad's cheque had been cashed. I knew that my Dad had not written a cheque, and I knew that Scholastic had not sent that letter, but like an

idiot I sat in the manager's office. I remember feeling like I was slowly sinking down to the depths of hell on that leather chair. With my head down and sensing immediate doom looming the manager tried to call my father. My father was a busy man, and they were not able to reach him- so once again I was off the hook.

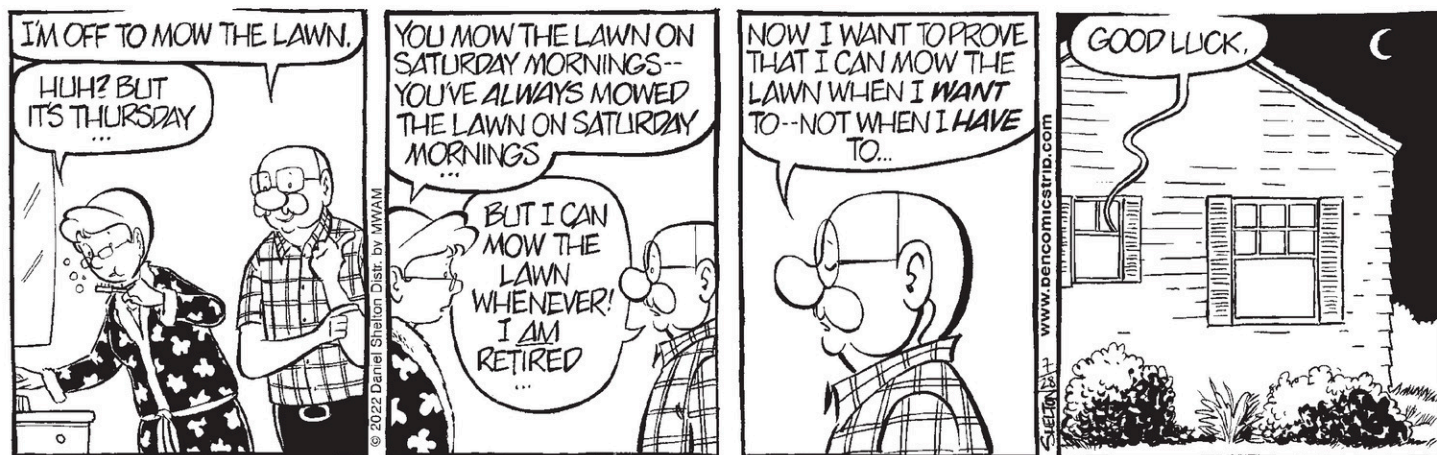
The next day as more students in my class asked about the pending Scholastic order I thought I was going to be sick. To make matters worse my teacher asked me to stay after class. I knew what was coming- but little did I know what I had done that had given her the first clue that I had been trying to pull the wool over everyone's eyes.

The teacher told me she knew that I had been lying because of one specific reason. What was that I wondered? Well, it seems that I had spelled the word Scholastic wrong on the header of the letter I had typed up. The jig was finally up, and I was relieved. I went home and what I should have done weeks ago I did that night. I confessed to my father and he immediately wrote a cheque to Scholastic and the books were received a week later.

That summer I typed out invoice after invoice every single day on one of those awful old typewriters at his electrical store to pay back the money I had so stupidly taken. My fellow students never found out what happened and today after I read page after page of Bank of Montreal history, I knew it was time to come clean. Fifty-nine years later I would like to apologize to my fellow students at Cowansville High School. May I mention the name of Bobby Perkins once again? That kid should have become a lawyer- as one gentle look from him would get anyone to confess.

The moral of this story- you can try to be perfect all you want. Just remember there is always someone out there that knows and will see behind the lies. Thank you to the late Mrs. Donna Luce for being such a kind teacher- there is not a day I do not remember you.

## Ben by Daniel Shelton



# Sherbrooke police nab individual for breaking release conditions

Record Staff

The Sherbrooke Police Service (SPS) teamed up with their counterparts in Magog in a search and seizure operation on Tuesday afternoon, and followed it up with the arrest of an intoxicated individual breaking his release conditions later in the evening.

According to a press release, the two

local police units conducted a search on Labonville Street in Sherbrooke, following an anonymous tip notifying the SPS of an illegal cannabis growth operation. The police discovered the cannabis, as well as a .16 calibre firearm.

The tenants of the searched apartment, a 40-year-old man and 37-year-old woman, will be interviewed at a later date. The pair

could face charges for careless storage of a firearm, and unauthorized possession of a firearm. Neither individual was known to the police before this.

A few hours later, around 6:30 p.m., a man approached SPS patrol officers in front of 67 Bowen Street North for a discussion, however, this led to the officers noticing that the man was intoxicated. They noted that

the man was on release, barred from consuming alcohol or drugs.

The SPS arrested the 36-year-old man for breaking his release conditions. The officers also discovered roughly 200 pills, contraband cigarettes, money, a knife, and drug paraphernalia in his backpack. The man will appear in court for drug trafficking and breach of conditions.

# Pope Francis travels to Quebec City for final days of Indigenous reconciliation visit

By Brittany Hobson  
The Canadian Press

A plane carrying Pope Francis left Edmonton on Wednesday morning heading to Quebec City to begin the next leg of what he has described as his “penitential” journey in Canada.

The pontiff is scheduled to have separate meetings with Gov. Gen. Mary Simon and Prime Minister Justin Trudeau at the Citadelle of Quebec, then give a public address with Simon.

The Pope is to next travel to the Plains of Abraham in Quebec’s capital for a tour among people who have

gathered.

The events in Quebec are pushed back an hour after a separate flight carrying Indigenous leaders, who are invited to the Citadelle, and organizers was delayed.

The Pope was then to go to the residence of the Archbishop of Quebec, where he plans to stay during his time in the province.

On Thursday, Francis is to hold a mass at the National Shrine of Ste. Anne de Beaupre, east of the city, then attend vespers with church officials at the Cathedral-Basilica of Notre-Dame de Quebec.

On Friday, he is to make a brief stop

in Iqaluit before heading home to the Vatican.

The Alberta portion of the Pope’s journey included a visit to the Indigenous community of Maskwacis, south of Edmonton.

Standing there before residential school survivors and Indigenous leaders, he apologized for abuses at the institutions, most of which were run by the Roman Catholic Church.

Francis also led an outdoor public mass at Edmonton’s football stadium, which some criticized as too traditional.

He later joined a pilgrimage at Lac Ste. Anne, northwest of Edmonton

a place of spiritual significance for many Indigenous Catholics that is thought to have healing properties. Francis blessed the lake and sprinkled some of its water on people in the crowd.

The Pope’s Twitter account posted Tuesday, after the visit to the pilgrimage site, that “as a Church, all of us need to be healed from the temptation of choosing to defend the institution rather than seeking the truth.”

“With God’s help, let us contribute to the building up of a Mother Church that is pleasing to Him. #IndigenousPeoples #Canada.”

# Waterloo’s community fridge

CONT’D FROM PAGE 1

explained Wednesday.

“We couldn’t always be beside the fridge, so when we were not there people would take a lot of stuff at the same time. We tried to just fill it a little bit and come back after, but it takes up so much time,” said Tellier, sharing it also wasn’t easy to go back out to an aggressive crowd.

With a rise in aggression surrounding the fridge, the CAB decided to immediately close down and reevaluate the situation. Tellier told The Record that the plan is to reopen the fridge in September on a tighter schedule — twice a week, stricter hours, and constant supervision.

“We will open it again in one month, but it will be open only twice for two hours every time and people will have

a card, so that when they come we can control what quantity they will take and we will control, we hope, and lower the aggressiveness,” she said in a phone interview.

The new schedule will be Tuesday and Thursday between 1:30 p.m. and 3:30 p.m. It will also be available exclusively for Waterloo, Warden, Shefford, and Saint-Joachim-de-Shefford residents. And if any resident shows any aggression, they can be refused access to the CAB.

When asked what might have triggered the sudden aggression, Tellier noted that it has likely always been there, but it is just more pronounced this summer. She said it is possible fridge users have become too friendly with CAB volunteers, and set their

expectations too high.

And it’s not like the CAB is running out of food, either. Despite being in small town, Tellier said the organization receives food donations every day from farmers, residents and even Metro, the only major grocery store in the town. The fridge is empty because people take too much.

She added that the CAB has not struggled with volunteers throughout the pandemic. In fact, they have a steady stream of helpful hands to support the community grocery store and vegetable fridge. However, Tellier doesn’t want to put them in a dangerous situation.

“With me it never got physical. I once had to step between two guys who wanted to fight each other. I heard of other people pushing people to get to

the fridge first, but I was not a witness there. I would have probably called the police if it had been in front of me,” said Tellier.

She told The Record that the decision to shut down the fridge for the end of July and August was not an easy one. They have tried everything to make it work in Waterloo, but it is no longer working out the way they had originally planned. The goal was never to cause any harm.

“I’d like to add that it was a really heartbreaking decision. The principle is really lovely. People with too much food donate some to those who don’t have enough. On paper, the idea is good, but in real life it’s not working,” said Tellier, sharing she is optimistic for the relaunch in the fall.

# Festival des traditions du monde

CONT’D FROM PAGE 1

several days before the festival gets started in full. On Aug. 7 at 2 p.m., more than 200 artists will come together on the streets with spectacles from every continent, starting at the corner of Portland and Jacques-Cartier Streets before heading down King Street to the Marché de la Gare.

Malika Bajjaje, director of FTMS, shared that she was involved with the festival since its first edition, volunteering only shortly after

moving to Quebec from Morocco. Her involvement would lead her to become president, later director. She smiled while explaining that the festival is a place of diversity and cultural immersion.

“It’s so exciting to be celebrating the 25th edition,” she said.

Music, dance, storytelling shows, workshops, and interactive activities await children and adults alike at the Place de la famille. The whole

family can enjoy activities such as the inflatable games park and colourful face painting.

“The cultural immersion creates a great space for people to bring their children and friends,” said Bajjaje.

Food lovers will be able to enjoy the Coin gastronomique which will bring together the tastes of Quebec alongside 12 countries, including Algeria, Belgium, Colombia, Greece, Iran, Italy, Lebanon, Morocco,

Mexico, Peru, Tunisia, and Vietnam. Tea, wine, cheese, beer, and scotch tastings will be available as well.

Daily admission is \$8, while a 5-day festival pass \$20. Children 14 years old and under can enter the festival for free. Tickets can be purchased online at ftms.ca/billetterie or at select outlets in Sherbrooke. To discover the complete program, visit ftms.ca/programmation.

# How to use ArriveCAN for day trips if you don't have a smartphone

By Cassie MacDonell  
Local Journalism Initiative

Since November of 2020, all travellers crossing the border from the United States into Canada have been required to present an ArriveCAN "receipt." This receipt is used to provide trip details and mandatory health information to border agents. Typically, travellers get their receipt via the ArriveCAN smartphone application. However, not everyone carries a smartphone with them.

Instead of an app, travellers have the option to present a physical copy of their receipt at the border. You can print the form in Canada as long as you are returning to Canada within 72 hours (three days).

First, get access to a computer and a printer. If you don't have either of these, check at your local library. Even better, ask to use a computer and printer from a neighbour, friend, or family member. If you don't consider yourself "tech-savvy," you can also ask these trusted people to help you get through the ArriveCAN process. Representatives at the ArriveCAN phone line (1-833-283-7403) are also available to help.

Once the computer is on, go to the computer's internet browser. Examples of internet browsers are Google Chrome and Microsoft Edge. ArriveCAN will not work using Internet Explorer.

Search for "ArriveCan login" in your internet browser. By clicking on the first website result, you should be directed to the Government of Canada website. On the website, choose the button that says, "Sign in to ArriveCAN online." If you are having trouble getting onto the right page, you can type this website into your search bar: <https://arrivecan.cbsa-asfc.cloud-nuage.canada.ca/en/welcome>.

Click the big "Get Started" button, and read/agree to the privacy statement to continue. After this, a sign-in prompt will appear. If you previously crossed the border with ArriveCAN, you will have an account to sign into.

If you never crossed the border with ArriveCAN, you will need to create an account. Enter your email address and password. ArriveCAN will send a verification code to your email. Enter the code on the Verify Account page. If the code does not appear in your main inbox, check your junk or spam folders.

After setting up an account, you

can begin filling out your ArriveCAN receipt by clicking the large blue "Start" button. The website will ask questions about your reason for entering Canada, how you are entering Canada, which border you will cross, and your arrival date. Afterward, enter a phone number where you can be reached while in Canada. This can be your home landline phone.

Next, enter your passport information. Although the information will be uploaded onto ArriveCAN, you will still need your passport to cross the border.

Then, enter the details about your first two COVID-19 vaccinations. ArriveCAN requires that travellers also upload proof of vaccination onto the website in PDF format. There are many ways to do this, but here are two of the easiest ways to do it without a phone:

The first option is to scan the paper copy of your vaccination records. The printer you are using will need to have a scanner. Scan your proof of vaccination, making sure to select the option to save the file in PDF format, and upload them onto the website.

Alternatively, get an electronic copy of your vaccine proof online by typing

this into your internet browser: <https://covid19.quebec.ca/PreuveVaccinale>. Make sure to use a new tab so you don't have to close the ArriveCAN website. Once you are on this site, you can enter your information and press enter. Choose the big blue button that says "Download your proof for use outside Quebec." The vaccination proof will automatically download in PDF format. You can upload the PDF onto the ArriveCAN website.

Next, you will need to answer questions in the Public Health requirements sections, including travel history within the last 14 days, your address, and a COVID-19 self-assessment.

Your declaration is now submitted! Click the "Print" button to get a physical copy. The copy will also be emailed to you, so you can print it from there as well. Show the copy when you cross the border back into Canada, and enjoy your time in the United States!

More information on the ArriveCAN app can be found at <https://www.canada.ca/en/border-services-agency/services/arrivecan.html>

## The summer musical returns with The Addams Family

Creepy, kooky musical fun comes to the Haskell Opera House stage in Stanstead and Derby Line in August when Borderline Players present *The Addams Family* Aug. 5-7 and 12-14.

Written by Marshall Brickman (Jersey Boys, Annie Hall, Manhattan) and Rick Elise (Jersey Boys) with music and lyrics by Andrew Lippa (A Little Princess, Big Fish), *The Addams Family* brings to the stage the blissfully gothic Addams clan first created by Charles Addams and later beloved on television and film.

For the Addams, to be sad is to be happy, to feel pain is to feel joy. Nonetheless, this quirky family still has to deal with many of the same challenges faced by any other family, and the spookiest nightmare faced by every family: the Addams kids are growing up. Gomez and Morticia's dark, macabre daughter Wednesday is now a young woman who has fallen for Lucas Beineke, a sweet, smart boy from a normal, respectable family! In one fateful, hilarious night, secrets are disclosed, relationships are tested, and the Addams family must face up to the one horrible thing they've managed to avoid: change.

Featuring a cast and crew from both Vermont and Canada, Borderline Players production was originally scheduled for 2020 but was postponed due to pandemic restrictions.

"This show has been two years in the making and everyone is very excited to be on stage again," said the

production's director Sarah Comtois, who was last seen on the Haskell stage in *Mamma Mia*. "It's a lot of fun and full of laughs. The cast and crew have been working so hard and can't wait to perform for a live audience."

The cast features Jon Comtois as Gomez Addams and Meredith Whitney as Morticia Addams, both actors making their Borderline Players debut. The Addams clan is rounded off by Colin Heath (Uncle Fester), Jessica Maurice (Grandmama), Holly Lillis (Wednesday), Charli Kellaway (Pugsley) and Scott Ahrens (Lurch). Playing the Beineke family are no strangers to the Haskell stage: Mike Desjardins (Mal Beineke), Ruth Ann Fletcher (Alice Beineke) and Ron St. John III (Lucas Beineke).

The cast also includes a chorus of Ancestors: Leanne Harple, Kathryn Maurice, Christina Rogers, Lily Willis, Nancy Pepin-Vogt and Natalie Lawson.

The performances will include the live band led by the show's musical director Tori Young on keyboards, with Gideon Yellin, guitar; Lloyd White, bass; and Alex Lepanto, drums.

Showtimes are Friday and Saturday, Aug. 5 and 6 at 7 p.m., with a matinee Sunday, Aug. 7 at 3 p.m., and Friday and Saturday, Aug. 12 and 13 at 7 p.m., with a second matinee Sunday, Aug. 14 at 3 p.m.

Tickets are \$15 for adults, \$12 for students and seniors and are available at the MAC Center for the Arts in Newport, the Haskell Free Library and the Colby-Curtis Museum



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in Stanstead. Tickets are also available online (U.S. funds only) at <https://borderlineplayers.org>. Tickets can be purchased at the door on the day of performance. Reserve in advance by contacting Borderline Players via email [borderlineplayers@outlook.com](mailto:borderlineplayers@outlook.com) or Facebook.

Please note that masks are mandatory for audience members for all performances.

Note also that there are new requirements for entering the Opera House. American spectators may enter by the main Opera House entrance on Caswell Avenue. Canadian audience members should park on the Canadian

side and enter the opera house using the fire escape tower at the north end of the building. After the performance, they must return to Canada the same way. Canadians with mobility issues who require the elevator should report to U.S. Customs and enter from the American side of the building. They will need to report to Canada Customs upon their return to Canada. Please note that access to the Rte 5/143 port of entry is blocked after 8 p.m.

Submitted by the  
Borderline Players

# The Border Report

While softball was what brought us together, the true enjoyment came from the generosity and moments shared between fellow townspeople.

## Softball and a weekend of kindness for Phelps Helps

**PHELPS AIDE  
PHELPS HELPS**

This past weekend Phelps Helps hosted its 5th annual softball tournament, and what a success it was! Things kicked off with the Home Run Derby on Friday night, a new addition to this year's event. There were some tough athletes in our midst and they brought a competitive game to the Beebe Memorial Park. This year's 10 teams battled the hot weather and stiff competition but in the end the Mighty Ducks came out on top after an exciting final Sunday afternoon.

While softball was what brought us together, the true enjoyment came from the generosity and moments shared between fellow townspeople. Phelps Helps was able to raise money at the canteen and by the spontaneous generosity of softballers and their fans. The winning teams chose to donate their prize back to us. Winners of the two 50/50 raffles also returned their pot of money. A total of \$4,000 was raised.

We are a non-profit organization that depends on donations. We offer free tutoring, a summer camp, teen outings and array of other services to the youth of this area. The generous support from the government of all levels is

something we are grateful for. However, there is nothing we relish more than the donations from our townspeople, no matter the amount. It fills our sails with wind.

While mom and dad were outfield, kids wandered over to play in the bouncy houses or at the refreshing splash pad. Those looking for more of a challenge made their way to help in the canteen where they hopped around on coolers serving thirsty and hungry customers. At the canteen we left out a donation box for loose change and were so grateful to watch as it filled up with bills.

Phelps Helps volunteers donned different hats this weekend shuttling between the barbeque, the gamekeeper's booth and supervision of the canteen. Many of our local teens rallied together to keep score, prep the field, and ensure a tight schedule was maintained. We thank them all for this kind offering of time and energy. It is because of their support that the tournament ran smoother than ever. Staff was on the sidelines scurrying to the store every so often to keep supplies a flowin' and flipping burgers in their down time. Katie Lowry, our programs director,



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logged 32,000 steps on Saturday, over double the amount she puts in on a typical weekend day running after her toddler. We were deeply relieved when dark skies cleared after a temporary rain on Saturday night and only put us behind by a half hour.

The 2022 softball tournament couldn't have been more perfect. The heat, the cold refreshments and the greasy food all went down so well. We laughed, cheered and shared stories. Our kids zoomed around at our feet learning what it means to belong to such a caring community. When we

come together in times like these, we remember again how lucky we are to live in this beautiful little town tucked away in a quiet corner of the Eastern Townships.

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 www.phelpshelps.ca or call our offices at 819-704-0799.

### FRONTIER ANIMAL SOCIETY

## Featured pet: Ida

This is the second time we've featured Ida as our pet of the week. She has worked so hard to overcome her fearfulness and now it's time to find her a family.

This is Ida's story:

Ida was rescued from the outdoors almost three years ago, and she did not have an easy time adapting to her new life at our shelter. Lacking socialization, she was fearful of people and even after several months, although more accustomed to our presence, she still could not be approached. 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 stressed and unhappy.

Unable to secure barn placement, we decided instead to work with Ida and hopefully get her to a place where she would at least be comfortable around people. It took a lot of time and a lot of patience

but Ida has finally turned the corner and she is now a happy, social and friendly cat. Just this past weekend she readily approached two visitors whom she had never met and rubbed up against them asking for attention and pets. Way to go Ida!

While it may be a stretch to refer to her as a social butterfly, she is now a friendly and much more confident cat. For those who didn't know the "old" Ida, you would never know she was once fearful and unapproachable. She is at ease with everyone and always quick to come for treats. She even has a little bit of a playful streak and it's both fun and heartwarming to watch her bat her toys around.

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. She will do best in a quieter home with an adopter who will give



her the time she needs to adjust and settle into her new routine as a happy housecat.

Ida has come so far and she deserves the reward of a loving and safe forever home.

If you can be the one to provide

this wonderful and determined little cat the home she deserves, we'd love to hear from you. To inquire, please give our cat adoption coordinator, Linda Peacock a call at 819-868-2684 or email at frontieranimalsociety@gmail.com

# EDITORIAL

My dear mother was fond of sayings like, "If it seems too good to be true, it is" or the ever popular "There's a sucker born every minute."

## Tracking, technology and the Granny scam



TIM BELFORD

With so much being written lately and so much on the tube about scam artists bilking unwitting seniors, I find myself getting more and more leery about electronic communication devices of all sorts.

It's not that I'm paranoid or anything like that, although I still have my doubts about the Warren Commission's findings in the Kennedy assassination, it's just that recent events have left me with an increasing distrust of smart phones, apps, cash rebates, frequent flyer plans, e-shopping, e-sales and e-loping.

I thought I was pretty safe from most of this until just recently. Tracking my movements and my shopping practices through my phone I felt would be difficult since I would have to unplug it from the wall, coil up the cord and carry it with me. I suppose there's the off chance that at some point my dentist inserted a GPS tracking device into one of my fillings that beams my every movement to a receiver at Amazon.com but it's highly unlikely. Apart from that, the only things I carry in my pockets are my wallet, cash and a pocket knife.

Just the same, somehow the electronic gnomes found me out. I don't use my credit card (I only have one) very much and I only buy one thing online, albeit on a regular basis. Yet there they were. I started receiving, totally unsolicited, offers from Costco, Shell

Canada and Tim Horton's amongst others. Big Brother may not actually be out there but someone is obviously keeping tabs on all of us.

All this modern, helpful technology also makes it easier for the scam artists who prey on the vulnerable. One of the more popular ruses involves the elderly. Often, a live-alone senior will get a phone call, purportedly from one of his or her grandchildren, asking granny or gramps for money to get them out of a fix. If the crook is convincing enough and has gleaned enough information on the selected mark, money, or even worse financial information, can be transferred electronically leaving no trail and a poorer pensioner.

I come by my skepticism honestly. My dear mother was fond of sayings like, "If it seems too good to be true, it is" or the ever popular "There's a sucker born every minute."

My personal favourite was, "Fool me once, shame on you; fool me twice, shame on me."

Her own wariness proved of great value when she received one of her own 'Granny' calls. After the caller related his sad story and his need for immediate cash, she asked which grandson he was.

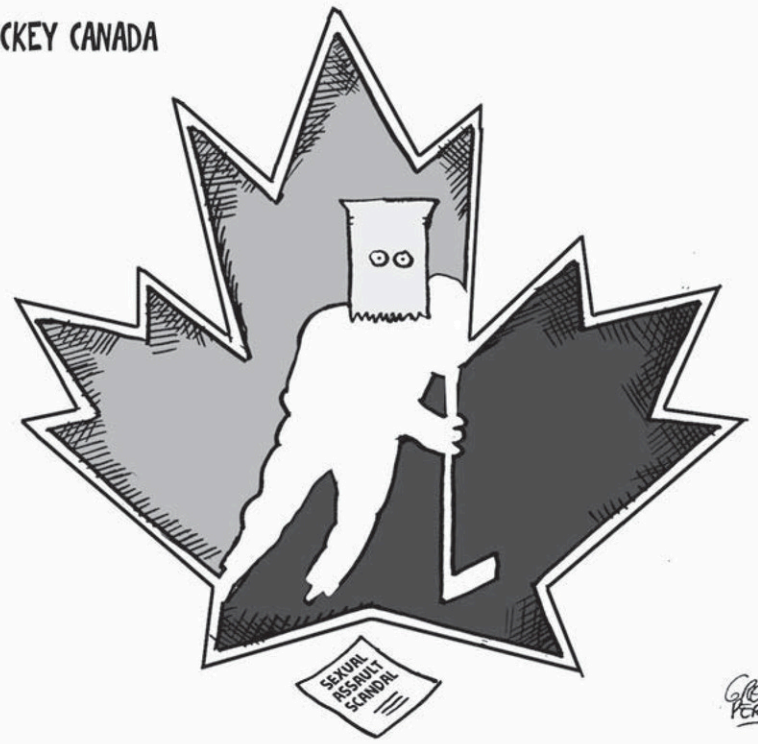
The reply was simple, "Don't you recognize my voice?"

Her reply was just as direct, "No. And even if I did I wouldn't send you any money."

Modern technology is generally a good thing. It has improved the lives and health of millions of people around the world. It has brought us closer to the wonders of space and a better understanding of the earth on which we live.

But a bit of advice before you pay up; the RCMP, Revenue Canada, Visa, MasterCard, your local Police Department, the Provincial Government and most other official bodies don't phone, threaten or demand you turn over personal information or money on the spot. Oh yeah, if a grandchild phones in the middle of the night asking for money, tell him or her to phone mom and dad.

HOCKEY CANADA



## Letters

### Don't roll your eyes at me!

This is what I feel like saying whenever the subject of women's rights and equity are raised.

It seems that the discussion about inclusion and equity is considered something of the past. An issue that has been resolved.

Or has it?!

For example, an inclusive work environment is not just about equal representation or installing a ramp.

- It is about the language that we use when communicating with others
- It is about who is represented in our publicity.
- It is about the design of workstations, meeting rooms and facilities.
- It means that everyone is welcome, no matter what size, shape, ability, heritage or gender.
- It is about implementing and monitoring policies that articulate a commitment to be respectful and inclusive
- It is about breaking the mold that identifies certain jobs as better suited for certain genders

When was the last time you hired a male receptionist? How many women are part of the fire brigade? How diverse is the population in the community? Is intergenerational housing and the elimination of ghettos a priority in community development? Is universal design a criteria for all buildings and products?

These are but a few of the many questions that you need to answer yes to, if you are truly an inclusive community.

So, before you think "Not that issue again"! Take a look around at where you live, where you may work and what you do for leisure time. Ask yourself how accessible is the built environment and how diverse is the community around you?

There is a lot that still needs to be done as we continue to push the equity ball up the mountain of prejudice and misperception.

Until our communities are truly inclusive, 'Don't roll your eyes at me'

For information about programs and support to help you move toward a society for all, please contact Les P.E.P.I.N.E.S. (Promotion des Estriennes Pour Initier une Nouvelle Équité Sociale)

JOAN WESTLAND EBY  
P.E.P.I.N.E.S. PRESIDENT

The Record welcomes your letters to the editor. Please limit your letters to 300 words. We reserve the right to edit for length, clarity, legality and taste. Please ensure there is a phone number or email where you can be reached, to confirm authorship and current town/city of residence. Names will not be withheld but the address and phone number of the writer are not published, except by request. Please email your letters to newsroom@sherbrookerecord.com. Preference is given to writers from the Eastern Townships.

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# Local Sports

These athletes have had a challenging world championships in hot weather conditions.

## De Grasse, Brown, Blake, LePage withdraw from Commonwealth Games following worlds

The Canadian Press

Sprinter Andre De Grasse and decathlete Pierce LePage are among the top Canadian track and field stars who have withdrawn from competing at the upcoming Commonwealth Games.

De Grasse ran the anchor leg as Canada won gold in the 4x100-metre relay at the recent world track and field championships.

Aaron Brown and Jerome Blake, who were also part of the relay team, have also withdrawn.

"These athletes have had a challenging world championships in hot weather conditions and unfortunately must withdraw from the 2022 Commonwealth Games to properly recover and prepare for the rest of the season," Athletics Canada

said in a statement Tuesday.

De Grasse, who had a bout with COVID-19 about a month back, failed to qualify for the men's 100m final at the world championships before pulling out of the 200m event altogether.

Opting to compete in the relay days after those events ended, he anchored the Canadian team to gold in an upset over the Americans.

LePage, who had won silver at the 2018 Commonwealth Games, earned his first world championship medal with silver in the decathlon.

Olympic decathlon champion Damian Warner, who suffered a hamstring injury at the world championships, was not on Canada's Commonwealth Games team.

The Commonwealth Games are set to take place from July 28 to August 8 in Birmingham, England.



AP PHOTO/ASHLEY LANDIS

Andre De Grasse, of Canada, wins the final in the men's 4x100-meter relay at the World Athletics Championships on Saturday, July 23, 2022, in Eugene, Ore.

**THIS SUMMER,**  
if you have guests over,  
air out your home by  
opening the windows.

**LIVING WITH THE VIRUS,**  
MEANS REMAINING CAUTIOUS.

[Quebec.ca/coronavirus](https://Quebec.ca/coronavirus)



## In Memoriam

**BRUNELLE, Jim** - Hi Jim, it's me. I can't believe that 7 years have passed. The other day I was thinking of how we met. Hampton Beach, 2 Quebec girls decided to go to the beach for the weekend. Stuck in a traffic jam in front of a cottage at the beach you flew off the veranda to say hello and decided immediately that you were going to marry me. Definitely not in my plans. You were persistent, you wore me down and within one year we were married. I couldn't have asked for a better partner. Kind, generous, not too bad looking either. We were different in so many ways that I think we complemented each other. Rufus and I go to visit you often and he even laid down in front of the headstone. He was letting you know how lonesome we are without you.

Always in my thoughts,  
LOVE SHIRLEY & RUFUS

THURSDAY, JULY 28, 2022

Today is the 209th day of 2022 and the 38th day of summer.

**TODAY'S HISTORY:** In 1914, Austria-Hungary declared war on Serbia, marking the official beginning of World War I.

In 1932, President Herbert Hoover ordered the U.S. Army to evict the Bonus Army protesters from government property in Washington, D.C.

In 1945, heavy fog caused a diverted U.S. military B-25 bomber to crash into the Empire State Building in New York City, killing 14 people.

In 2005, the Irish Republican Army renounced violence as a political tactic and ordered its units to disarm

and cease all terrorist activities.

**TODAY'S BIRTHDAYS:** Beatrix Potter (1866-1943), children's author/illustrator; Jacqueline Kennedy Onassis (1929-1994), first lady; Bill Bradley (1943- ), basketball player/U.S. senator; Jim Davis (1945- ), cartoonist; Sally Struthers (1947- ), actress; Hugo Chavez (1954-2013), Venezuelan president; Scott Pelley (1957- ), TV journalist; Dana White (1969- ), UFC president; Elizabeth Berkley (1974- ), actress; Manu Ginobili (1977- ), basketball player; Harry Kane (1993- ), soccer player.

**TODAY'S FACT:** Jacqueline Kennedy Onassis was fluent in French, Spanish and Italian.

**TODAY'S SPORTS:** In 1989, Vince Coleman's stolen-base streak ended at 50. The Cardinals outfielder's record-setting streak included six steals from the 1988 season.

**TODAY'S QUOTE:** "Believe there is a great power silently working all things for good, behave yourself and never mind the rest." - Beatrix Potter

**TODAY'S NUMBER:** 126 - postseason games won together by San Antonio Spurs teammates Manu Ginobili, Tim Duncan and Tony Parker, the most by any trio of players on a single team in NBA history.

**TODAY'S MOON:** New moon (July 28).

## Skin gets thinner as people age



**ASK THE DOCTORS** by Eve Glazier, M.D., and Elizabeth Ko, M.D.

**Dear Doctors:** Why does our skin get thinner and more fragile as we age? My mom is 67, and it's happening to her. She reached for something between the couch cushions, and the pressure tore her skin. She also bruises more easily than before. How can you protect aging skin?

**Dear Reader:** Skin is the largest organ of the body. It provides us with a constant stream of sensory data and protects us from potential dangers in the external world. These include biological threats such as bacteria and fungi, chemical toxins and damage from the sun's ultraviolet rays. Skin is our first defense against harm arising from physical contact. It also helps manage fluid and electrolyte balance, and it is crucial to the regulation of body temperature.

And, as happens with the rest of the body, our skin changes as we grow older.

This is known as dermatoporosis, and it involves each of the skin's three distinct layers. The topmost layer, which is the one we see, is the epidermis. It contains skin cells, proteins and the pigments that give our skin its color. The middle layer, which contains nerves, blood vessels, oil glands and hair follicles, is the dermis. And the innermost layer, which is made up of fat and tissue and contains sweat glands, is the hypodermis.

As we age, the skin cells of the epidermis grow thinner. The proportion of cells that contain pigment, known as melanocytes, also grows smaller. This leads to the pale and translucent appearance of aging skin. At the same time, the blood vessels in the dermis become more fragile. They are easily damaged, which leads to easy bruising. A gradual loss of fat in the hypodermis, also known as the subcutaneous layer, leaves the skin vulnerable to injury. Meanwhile, the oil glands in the skin, known as sebaceous glands, become less productive. This, along with age-related changes to connective tissues, leaves skin less supple and more prone to becoming dry and itchy.

Each person's skin ages differently, with sun exposure, genetics and behaviors such as smoking or drinking alcohol playing a role. Medications, such as topical steroids, can also contribute to thinning skin. Thin skin isn't a medical issue in and of itself. But as you've observed with your mother, it is easily bruised or damaged. Thinning skin can lead to bleeding and can cause complications in healing. Because skin repairs itself more slowly as we

age, wounds in older adults can take significantly longer to heal.

Unfortunately, there is no way to reverse thinning skin. However, there are steps that your mother can take to protect it. It sounds obvious, but using sunscreen, avoiding peak sun and wearing protective clothing are all important. So is a balanced diet and drinking enough water. Moisturizers, which coat the skin with a protective barrier, can be helpful. Some are formulated specifically for aging skin. There is also evidence that retinol creams may slow down the process of thinning. However, these are not appropriate for all skin types and can increase sensitivity to sunlight. Older adults should check with their health care provider before using these products.

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

*(Send your questions to askthedoctors@mednet.ucla.edu, or write: Ask the Doctors, c/o UCLA Health Sciences Media Relations, 10960 Wilshire Blvd., Suite 1955, Los Angeles, CA, 90024. Owing to the volume of mail, personal replies cannot be provided.)*



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Words of hope

## RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

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

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

Discounts: 2 insertions or more: 15% off

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

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

Text only: \$16.00 (includes taxes)

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

**WEDDING WRITE-UPS:**

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

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

**DEADLINES FOR DEATH NOTICES:**

For Monday's paper, email [production@sherbrookerecord.com](mailto: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](mailto: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.

# Love, Honor & Cherish



*A beautiful spring wedding took place on May 21, 2022 uniting Hannah Bowen and Dillon Everett in marriage. The ceremony took place at the Lennoxville United Church officiated by Rev. Linda Buchanan followed by a reception at the Ayer's Cliff fairgrounds. Their parents, Madison and Joanne Bowen and Larry and Debbie Everett, wish the young couple much happiness in the future.*

# TOWNSHIPS' CRIER

## TOWNSHIPS

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

## LENNOXVILLE

This summer, Uplands Cultural and Heritage Centre is presenting in its art gallery Recent Works by painter Sara Peck Colby and potter Alan Gerrish. Hours: Tuesday to Sunday from 10 a.m. to 4:30 p.m. Free admission.

## MELBOURNE

Rummage & Bake Sale at St Andrew's Presbyterian Church, 1169 Route 243, Melbourne on Saturday, August 6 from 8 a.m. to 1 p.m. Tables for rent, call 819-826-5717.

## BROOKBURY

St. John's Cemetery, Brookbury will be holding its Flower Service on Sunday, July 31 at 2 p.m. Please bring a lawn chair. All are welcome.

## Dear Annie

THURSDAY, JULY 28, 2022

**Dear Annie:** My sister "Kendra" and I are not very close and only communicate two to three times per year, mainly in emails. Kendra sold her home and moved out of state. Through our sibling, I heard that she listed her house high to begin with and had to come down on her price in the end but made a decent amount on it. I never commented on how much she made or didn't make on her old house; I felt that was absolutely none of my business. When she moved and posted pictures of her new house, I commented that I was happy for her.

Fast-forward to me selling my home a year or so later. After my home sold, the information on it went out to the various housing sites, incorrectly showing that it took a loss. We actually did make a nice profit on it. The information that went out was a typo and was corrected about four weeks later.

Kendra was quick to reach out in an email stating she saw online how much we sold for and was surprised at the extreme money loss we took. She then asked if it was a short sale or foreclosure and commented that we must have been very upset about it.

I feel this was none of her business, even if it was the right information. Am I overreacting that I feel it was quite rude for her to comment on my personal business? How should I reply back to her? - Perplexed

**Dear Perplexed:** It's never polite to comment on someone's finances - especially if you are making a negative comment, as your sister did. The way you responded to her home sale - congratulating her and keeping your nose out of her personal finances - was just right.

To give Kendra the benefit of the doubt, it's possible she was simply surprised and reacted impulsively, or perhaps she was curious, or perhaps she missed you and was using this as an excuse to make contact. Whatever her reason, let her know about the corrected typo in your response, and

then change the subject. Ask her about a hobby of hers or a trip that she recently took; this should make it clear that your bank account is not fair game for a conversation starter.

**Dear Annie:** I was hoping to weigh in on a recent question from "No One Special," the woman whose husband and children did nothing for her on her birthday or Mother's Day, even though she works hard to make sure their birthdays are special.

I agree that she should have a serious discussion with her spouse, but since he hasn't responded positively in the past, she might want to take a different approach.

She can't force him to change, but she can do something special for herself. On her birthday and Mother's Day, she could treat herself to something she likes to do - a pedicure, dinner at a nice restaurant, etc. Perhaps she has a friend who could share the day with her.

It's not the same as having a loved one recognize you, but sometimes we just have to care for ourselves. It sounds as if this lovely person certainly deserves it.

And if she's looking for a good laugh, the "Saturday Night Live" skit with Kristen Wiig called "Christmas Morning" is about this exact same situation, which seems to be almost universal for mothers. It's worth a watch! - Making the Most of Things

**Dear Making the Most:** What a great idea! "No One Special" deserves to be pampered on special occasions, even if that means doing it herself. And who knows - maybe, in time, her husband and children will follow her example and start planning celebrations for her, too.

"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](mailto:dearannie@creators.com).

## MacDonald Award Presentation



Betty Dubois and Jennifer Thompson were presented with the MacDonald Award from Jim Thompson, President of the Boundary Rotary Club, for their exceptional community service in Stanstead and Beebe area. They look after the Bookstore in Beebe for the Boundary Rotary Club every 1st and 3rd Saturday of the month.

### 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.

"SWDUD WHL ZDPDU KDDZ H AUDHS  
HSWODSD TWR IJDI ZRS XZRTJZA  
TWS NHJZ JL." — KJOO KUHIODM

Previous Solution: "Just be your authentic self because there's nothing sexier or more beautiful than that." — Carol Leifer

TODAY'S CLUE: A siben d

### REALITY CHECK

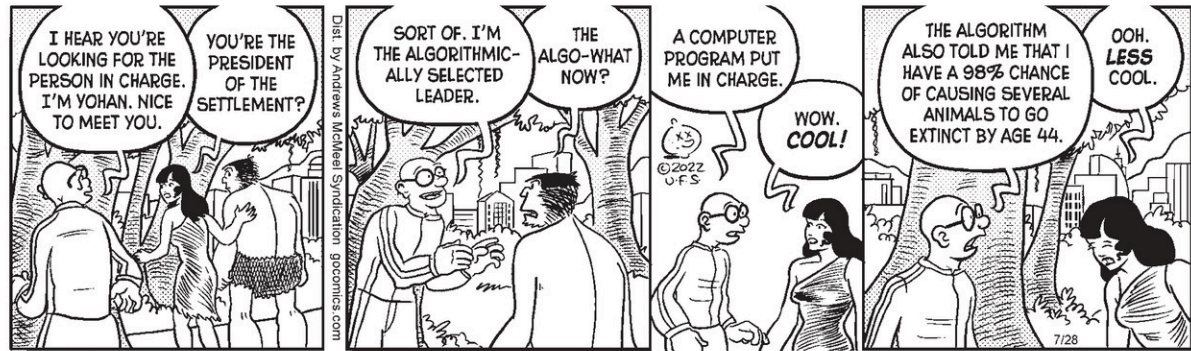


### HERMAN



"Is this the 54-year-old limbo dancer?"

### ALLEY OOP



### ARLO & JANIS



### THE BORN LOSER



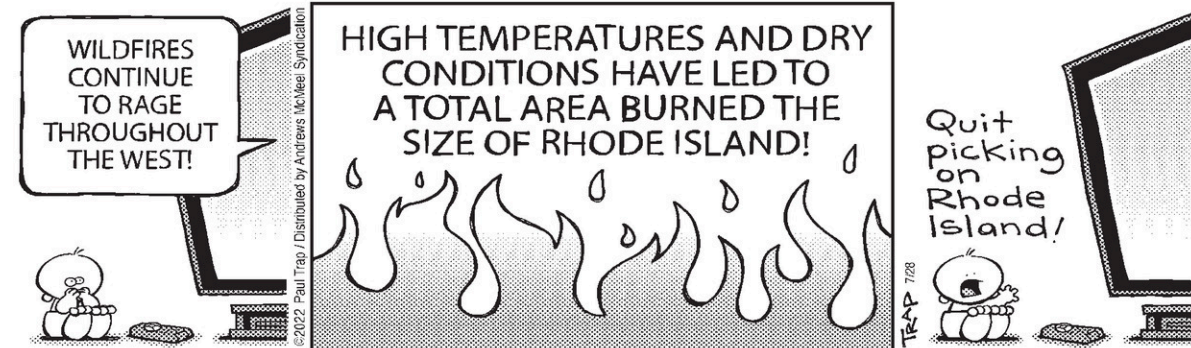
### FRANK AND ERNEST



### GRIZZWELLS



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 E-mail: classad@sherbrookerecord.com  
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## These Paul Hollywood classic scones impressed the Queen Mum

Paul Hollywood uses bread flour in his scones, which might seem surprising, but it's a popular choice in professional kitchens because the high protein content gives the scones a boost. This recipe is tried and tested over many years and he says he's never had any complaints. The Queen Mother said they were the best scones she'd ever tasted, he says. Just a couple of things to bear in mind: Don't overwork the dough - you want it nice and light. And don't twist the cutter when you lift it off or they won't rise properly in the oven.

fingers for a few minutes until you have a breadcrumb-like texture.

In another bowl, beat the eggs with the milk and sugar. Add to the rubbed-in mixture and stir together until the dough comes together and forms a ball.

Tip the dough onto a lightly floured surface and fold it over a few times to incorporate air, but do not knead it; you want to achieve a loose, soft dough. Using a rolling pin, gently roll out to a 1 1/4-inch (3cm) thickness, making sure there is plenty of flour underneath to prevent sticking.

Here's the recipe from his new cookbook, "Bake":

Using a biscuit cutter, about 2 1/2 inches (6 1/2 cm) in diameter, and pressing firmly (without twisting the cutter), cut out rounds and put on the lined baking sheets, leaving space in between. Brush the tops of the scones with beaten egg then put in the fridge for 20 minutes to rest. Mean-while, heat your oven to 425 degrees F.

**CLASSIC SCONES**  
Makes 11 scones

- Ingredients:**  
 4 cups (500g) bread flour, plus extra to dust  
 2 tbsp (25g) baking powder  
 6 tbsp (80g) unsalted butter, cut into pieces  
 2 large eggs  
 1 cup (250g) whole milk  
 1/3 cup (80g) superfine sugar
- To glaze:**  
 1 large egg, beaten with a pinch of salt
- To serve:**  
 Confectioners' sugar, to dust  
 Preserves and Devonshire clotted cream or whipped cream
- Directions:**  
 Line two baking sheets with parchment paper.  
 In a large bowl, mix the flour and baking powder together. Add the butter and rub together with your

Take the scones out of the fridge and brush them again with the egg glaze. Bake for 15 minutes until risen and golden brown.

Transfer the scones to a wire rack and leave to cool completely. Dust lightly with confectioners' sugar and serve with a generous helping of preserves and Devonshire clotted cream or whipped cream.

*Excerpted from BAKE by Paul Hollywood. Text (copyright) Paul Hollywood. Photo (copyright) Haarala Hamilton. Reprinted by permission of Bloomsbury USA.*

(The Associated Press)

# SUDOKU

DIFFICULTY RATING: ☆☆☆☆☆

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

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

**PREVIOUS SOLUTION**

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

## Do Just One Thing



By Danny Seo

A child's stuffed animal may be their best friend, but over time, it can get dirty and be a breeding

ground for unhealthy germs and bacteria. The good news? You can usually launder stuffed animals in the washing machine. Just use the gentlest cycle you have and a laundry detergent designed to be used in cold water. Then, using clips, hang-dry the toys outdoors on a hot, sunny day to take advantage of the natural disinfecting properties of the sun's UV rays. If a stuffed animal can't be machine-laundered because of delicate detailing on it, place it in a brown paper bag, generously sprinkle baking soda on top, and shake away. Brush off the excess and let leave it outside in the sun for a few hours.

# NEA Crossword Puzzle

# Your Birthday

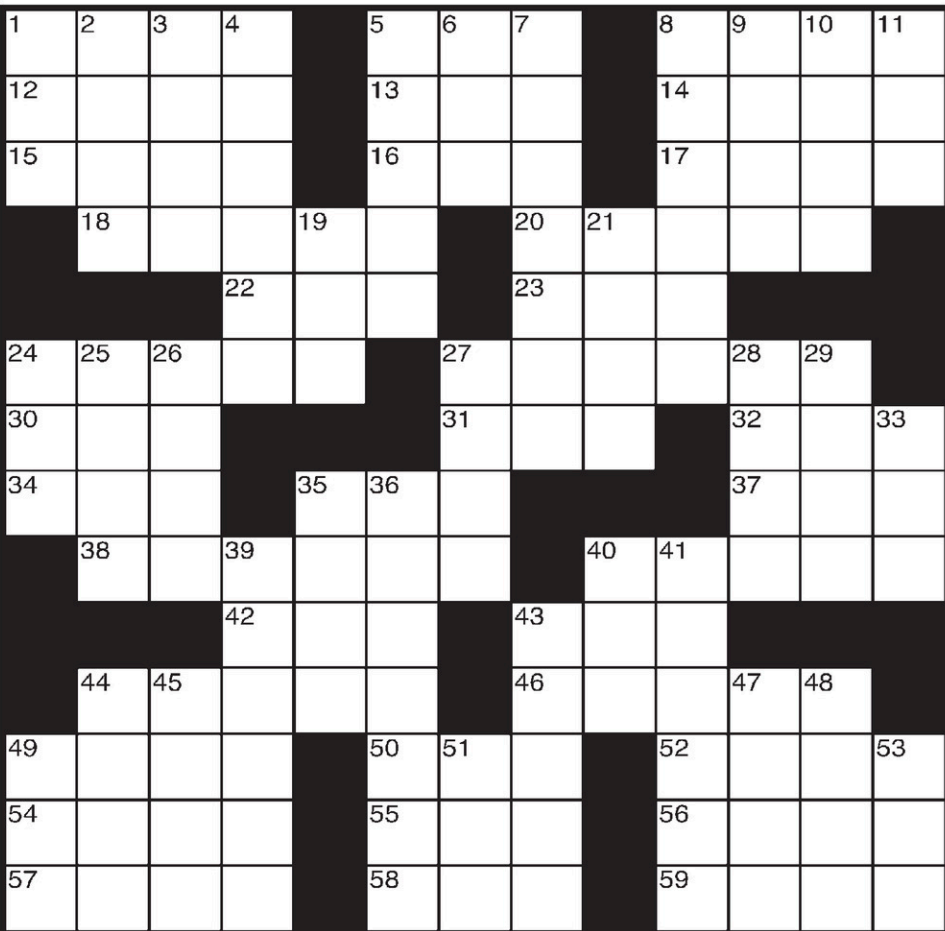
THURSDAY, JULY 28, 2022

Answer to Previous Puzzle



- ACROSS**
- 1 Grey or McHale
  - 5 Friar's title
  - 8 Campus area
  - 12 Eye impolitely
  - 13 Brink
  - 14 Language of Pakistan
  - 15 Eschew humility
  - 16 Spud st.
  - 17 Major Hoople's word
  - 18 Make laws
  - 20 Witch hunt locale
  - 22 Sweet murmur
  - 23 RSVP word
  - 24 Upholstery choice
  - 27 Skilled
  - 30 Gleeful cry
  - 31 Mag execs
  - 32 Square root of IX
  - 34 Give silent assent
  - 35 TLC providers
  - 37 Actor — Steiger
  - 38 Succeed in the end (2 wds.)
- 40 Psychics**
- 42 Comic strip
  - 43 Final letter
  - 44 Small farm
  - 46 Warren and Monroe
  - 49 Sweater fronts
  - 50 John, in Glasgow
  - 52 Pinch
  - 54 Garfield's canine pal
  - 55 Build on to
  - 56 Was, to Ovid
  - 57 Part of the eye
  - 58 Grassland
  - 59 Mathematician — Descartes
- DOWN**
- 1 Daily work
  - 2 Monster
  - 3 Verve
  - 4 Inheritance
  - 5 Snack chip
  - 6 Unburdened
  - 7 Piled up
  - 8 Crushes
  - 9 Whim

- 10 Sandler or Driver
- 11 Box office flop
- 19 Rank above maj.
- 21 Televises
- 24 Hauler
- 25 Flapjack franchise
- 26 Zip
- 27 Goose down garment
- 28 Gael republic
- 29 Name in fashion
- 33 Psyche components
- 35 Eaves locale
- 36 Pertaining to weddings
- 39 Snares
- 40 Where fishes play
- 41 More uncanny
- 43 "The Prisoner of —"
- 44 Surrender territory
- 45 Harness piece
- 47 Folk wisdom
- 48 Getz or Musial
- 49 TV button
- 51 Sugary drink
- 53 Devoured



Be open about how you feel and what you intend to do this year. The dialogue you choose will help set the tone for how you live and the goals you create. Choose your words wisely, and you'll find a way to convince others to tag along. Your discipline and determination will set the stage for what's to come.

**LEO** (July 23-Aug. 22) – You'll be able to get on with your life and follow your heart once you share your feelings. Arguments can evolve only if you choose to engage in them. Look at the big picture.

**VIRGO** (Aug. 23-Sept. 22) – You may crave something new, but before you initiate change, consider the outcome. Don't bite off more than you can chew. Test the waters, do your research and take one step at a time to ensure safety.

**LIBRA** (Sept. 23-Oct. 23) – Reach out to people you can count on for support, good advice and hands-on help. Listen to your body and incorporate a health regimen that helps you lower your risk of disease.

**SCORPIO** (Oct. 24-Nov. 22) – You'll need plenty of stamina and discipline to deal with unexpected or last-minute changes. Welcome a challenge, and apply unique techniques and plans to overcome any obstacle.

**SAGITTARIUS** (Nov. 23-Dec. 21) – Put your plans in motion. Limit spending and invest wisely. Handle situations at home carefully. Don't give others jurisdiction over your lifestyle. Satisfy your needs first.

**CAPRICORN** (Dec. 22-Jan. 19) – Change begins with you. Size up your

situation and rethink the way you want to live. Don't limit what you can do because of cost. Size down or adjust your overhead to fit your plans.

**AQUARIUS** (Jan. 20-Feb. 19) – Stop worrying about what others do; concentrate on what you want. Discipline and hard work will help you reach your goals and eliminate what's no longer working for you. Keep the peace.

**PISCES** (Feb. 20-March 20) – Things won't go according to plan when dealing with pending financial, legal or health issues. Have a backup plan to ensure you come out ahead. A social event will give you a valuable platform.

**ARIES** (March 21-April 19) – Don't overdo it or put your emotions on display. Use intelligence to figure out how to do your best and get the most in return. Distance yourself from those who want to argue.

**TAURUS** (April 20-May 20) – Confusion will occur if someone says one thing and does another. Listen carefully and discover how to use the information you receive in a fashion that helps you without hurting someone.

**GEMINI** (May 21-June 20) – Use your connections to get ahead. Don't limit what you can do because you are afraid of rejection. Step up and rearrange your schedule to ensure you can take advantage of whatever comes your way.

**CANCER** (June 21-July 22) – Take advantage of an opportunity someone brings to your attention. Find out all you can, then up your game in preparation. Added skills and experience will help you outmaneuver competitors.

THURSDAY, JULY 28, 2022

## Lots of choices, one certainty

By Phillip Alder

This is the sort of deal in which the bidding could take several routes. However, there is no doubt about the right line of play by South in a diamond contract after West leads a club. What should declarer do? Secondly, what do you think of the auction, given that North's double was Snapdragon, promising spade length and diamond tolerance, typically honor-doubleton?

North was too cautious. He had much better diamond support than partner was expecting, with two aces and a near-maximum pass. A jump to five diamonds would have been reasonable, and South probably would have boosted it to six. If North was thinking three no-trump because it was matchpoints, he might have cue-bid three hearts. South would have bid three no-trump, and they would have scored plus 660 – better than 620 in five diamonds, but not as good as 1370 for anyone who reached six diamonds and played it correctly. (At 16 Bridge Base Online tables, no one got to three no-trump or six diamonds!)

Given the winning heart finesse, South has 11 top tricks. To get a 12th, he must establish dummy's fifth spade as a winner. This requires ruffing three spades in hand and, therefore, four

		North	07-28-22
		♠ A 6 5 4 2	
		♥ 8 5	
		♦ A Q 3	
		♣ 5 4 3	
West		East	
♠ Q 10 3		♠ K 9 8 7	
♥ J 9 7 6 4		♥ K 10 3 2	
♦ 4		♦ J 9	
♣ J 10 7 2		♣ K Q 6	
		South	
		♠ J	
		♥ A Q	
		♦ K 10 8 7 6 5 2	
		♣ A 9 8	
Dealer: North Vulnerable: North-South			
South	West	North	East
		Pass	1♣
1♦	1♥	Dbl.	2♥
3♦	Pass	Pass	Pass
Opening lead: ♣ J			

dummy entries. South should put his diamond deuce in his pocket – or give it to partner for safe keeping!

The play goes: club ace, spade to the ace, spade ruff, diamond to the queen, spade ruff high, diamond to the ace and spade ruff. Retrieving the diamond deuce, declarer overtakes it with dummy's three and discards a club on the spade six. Then the heart finesse \*sees 12 tricks home.