

Health complaint assistance centres reach out to English speakers

By Jack Wilson
Special to The Record

The Fédération des CAAP, the provincial federation of health complaint assistance centres, launched a video in January called "What the CAAP can do for you?" The video, created with the Community Health and Social Services Network, explains the role of local CAAPs to English speakers.

CAAPs don't process complaints directly. "Our role is to help and accompany people," in filing complaints, said Nathalie Dubois, executive director of the Fédération des CAAP.

While CAAPs receive some complaints from English speakers, "we don't receive many complaints and that's part of why we made the video," Dubois said.

"A lot of people, French or English don't even know we exist," said Angela Moore, a complaints advisor at CAAP Estrie who handles complaints in both languages.

Moore estimated that at least 20 to 25 per cent of her English-speaking clients have concerns around access to English services. Typically, such complaints are accompanied by others. "For example, I

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Lennoxville Curling Club celebrates Curling Day in Canada in true Canadian Style



BIRD BOUCHARD

Members of the Lennoxville Curling Club celebrated Curling Day In Canada by playing games on a local pond on Feb. 25.

By Bird Bouchard

History has been made on a local pond.

To celebrate the club's milestone anniversary of turning 100 years old, Lennoxville Curling Club members Sandrine and Christophe

Comyn hosted an event on their property many won't soon forget.

On Feb. 25, dozens of members of the local club bundled up, grabbed their sticks and headed to the pond. But it wasn't for hockey.

As part of Curling Day in Canada, members of the local club headed

to the Comyn pond to play friendly curling matches outdoors. According to many club members, it's the first time in the 100-year history of the club the game has been taken outdoors.

"It just happened to land on Curling

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TODAY:
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HIGH OF -4
LOW OF -12



TUESDAY:
SNOW

HIGH OF -1
LOW OF -6



WEDNESDAY:
CLOUDY

HIGH OF 3
LOW OF 0



THURSDAY:
RAIN

HIGH OF 3
LOW OF -16



FRIDAY:
A MIX OF SUN
AND CLOUD

HIGH OF -4
LOW OF -15

Municipal winter fun weekend in Potton



THE SCOOP MABLE HASTINGS

This past weekend the Municipality of Potton sports and leisure team organized an outdoor fun event that started on Friday evening, Feb. 24 with a disco themed ice skating party from 6:30-8:30 p.m. with DJ SR Disco at the skating rink in the multi functional shelter located at Parc Andre Gagnon. Some 80 attendees gathered to skate, greet friends and enjoy the music. Organizers felt that the first-time event was a big success!

The following day, Feb. 25 was an outdoor fun day for families to enjoy. The event included snow scooters, sliding and a multigenerational mini-triathlon presented by the Municipality and EPIQ Triathlon with the objective being, move together, enjoy winter and have fun. Everyone



PHOTOS ETHAN BALL

A crowd gathers by the fire pits for marshmallows

was encouraged to participate and the event included snowshoeing, snow scooter and backward run or walk. Fire pits were set up with seating to allow for all to warm up considering the chilly temperatures and included marshmallow roasting and hot chocolate. The rink was open with scheduled hockey and free skate times respected. Some attendees opted for sliding and the site offered the perfect

space for multiple winter activities. Organized by Monique Gilbert, Municipal Sports and Leisure Technician assisted by Municipal employees as well as CABMN Students Against Destructive Decisions SADD and volunteers and with the collaboration of the EPIQ triathlon, the event was attended by over 100 people who enjoyed an afternoon of outdoor fun in Potton!

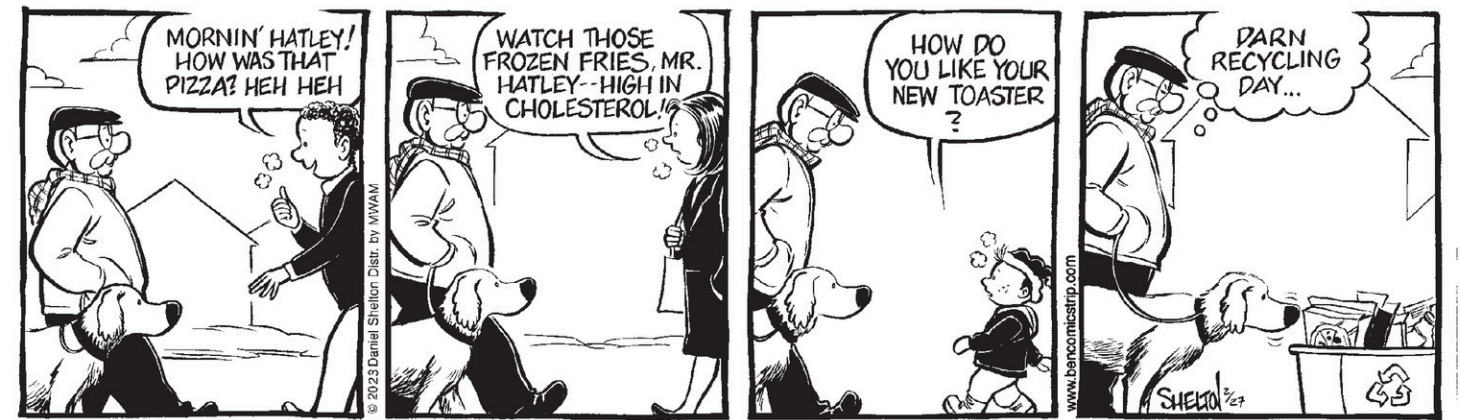


All smiles: Two Members of Potton's Firefighters and First Responders join Sports and Leisure Technician, Monique Gilbert for a photo.



SADD members, Zennon Fournier and Alexis Eldridge (the dynamic duo) were animating the Marshmallow roasting activity for the event with Youth Centre Coordinator, Ethan Ball.

Ben by Daniel Shelton



Local News

HR manager Caroline Dufresne confirmed that AI is not currently being used in any ETSB hiring processes.

School safety, teachers' needs discussed at school board meeting

By Lawrence Belanger

The second question period of February's Eastern Townships School Board Council of Commissioners meeting included concerns voiced by the Appalachian Teachers' Association (ATA). Concerns about the future use of AI in the hiring process, criticism of the introduction of a fall break, and reports of instances of violence were all brought to the attention of Chairman Michael Murray.

Megan Seline, President of the ATA brought up a piece from Vermont Public Radio about the use of AI in hiring procedures and was curious if the ETSB was considering using AI in its process. Chairman Murray called it an intriguing question, stating that while he was sure that AI was "high on the list" of tools being considered for the future, he was pretty sure that it wasn't being used currently.

HR manager Caroline Dufresne confirmed that AI is not currently

being used in any ETSB hiring processes.

Adam Brody, a union rep for Butler Elementary, asked about the decision to trial fall break. "I recently polled my staff, and it may come as no surprise to you that they voted unanimously to redistribute the ped days, if given the opportunity to do so." Given that the decision was already made for next year, he wanted to know if teachers would be given an official role in future calendar decisions, and what sort of transparency could be expected. Murray clarified his earlier comments about needing more than one year to make a determination were speculative, and that no decisions had been made for subsequent calendars.

"We hope that this calendar committee will begin immediately looking at future years and we will be able to present a calendar for consideration much earlier in the next year," said Murray, who added

that there were faculty on the committee.

Seline also clarified that there are teachers, administrators, and Human Resources on the committee, but there was no council person from the council or commissioners. Barbra Plouffe, principal of Parkview Elementary, advocated for her daycare and support staff to be included in the committee.

Seline also asked more about the agreements between the ETSB and the Centre de services scolaire du Val-des-Cerfs, wanting to know if they had been modified or if the two parties were in the process of modifying them. Murray reiterated that there were multiple "ententes" with their sister board, which were in various stages of negotiations and finalizations.

The last question was also from Seline, regarding acts of violence within the ETSB. She criticized the discrepancy between the two

reported acts of violence and what she was personally aware of. Murray responded by saying that it was "slippery" when determining what acts of violence require the intervention of the Director General and the highest levels of school administrations.

"We were aware that there are acts of violence, of various levels or degrees of seriousness, that are dealt with most effectively within the processes that we have in place in schools." He explained that when they refer to an annual report to the overall board, that the data on violence is only what reaches the senior administrator and not what's dealt with in each school. Seline wondered then if the ETSB shouldn't review the responsibilities of the Director General when reviewing acts of violence. Murray entertained the notion, but stated that he thought the process as-is worked effectively.

Lennoxville Curling Club

CONT'D FROM PAGE 1

Day in Canada," said Sandrine. "We were going to do this a few weeks earlier but with the weather forecast, we changed the date. It turned out excellent and so many people had fun."

Despite the chilly -17 degree weather, crowds as large as approximately 50 people braved the winter cold to be a part of the celebration.

With chairs and a warming tent surrounding the playing area, spectators watched intently, sharing enthusiastic cheers throughout the day.

Players arrived in bunches and all were welcome on the ice to play. Some arrived in snow boots and others in wheelchairs. Some brought their own traditional house brooms while others brought their curling brooms used at the club. Some brought their rocks used at the club while others attempted to curl with irons and corn.

Despite a few stones going airborne

and several players falling to the ice, laughs and smiles could be seen and heard throughout the day.

"We wanted to do an event like this at our place for quite some time," said Christophe. "We like having people over at our place. This was a friendly time and community-focused."

The Comyns said they are thankful they received a lot of help from club members, allowing them to be able to host the outdoor curling day.

"We did the best we could to maintain the ice," said Christophe, who explained he and some members hosed down the shoveled ice surface to make it smooth. "There are a few bumps but I'm very happy with the way it turned out."

Christophe said the event was important to him and a lot of hard work went into getting the day prepared. He went as far as adding painted rings at both ends of the ice to

create 'the house' for players to score points during their friendly matches.

Happy with the way the day played out, Christophe said he has bigger dreams and aspirations for future years.

"In the future, I want to make more sheets of ice so people can come to learn and play, laugh and have a great

time. We want to make it bigger. If the people who curl bring two friends, we can grow the sport and have a great day."

Sandrine echoed Christophe, adding they enjoy entertaining their friends.

"It's free," said Sandrine with a warm smile.

Sherbrooke carnival draws a crowd



BIRD BOUCHARD

Record Staff

Calèche rides are always a popular feature at Townships festivals, as seen here during Sherbrooke's winter carnival, held over the weekend at Jacques Cartier Park.



BIRD BOUCHARD

Health complaint assistance centres

CONT'D FROM PAGE 1

would have someone who did not receive a certain service or follow-up but also they would like to add on that they did not receive their service in English," she said.

In one case, Moore worked with someone who was unable to visit a loved one in a care centre because they were speaking English. Moore said the employee was told to treat English speakers respectfully as a result of the complaint.

Many anglophones feel comfortable opening up to Moore because she's part of their community, she said. "Because I'm English, they feel heard."

Dubois said CAAPs aim is to improve the quality of health services. "People often complain because they've experienced something that they don't want anyone else to experience," she said.

Jennifer Johnson, executive director of the Community Health and Social Services Network, said that when people complain to the health system, they "can make a difference for the next person."

She said she hopes more English speakers take advantage of their local CAAP. "The CAAPs are a really underutilized resource, in particular for the English-speaking community," who "in general are not complainers."

Don Warnholtz, president of the

Townshippers' Association, agreed. "Anglophones don't tend to complain that much," he said.

Still, Warnholtz said the region is "one of the healthiest" in the province for accessing healthcare in English.

But with rumours swirling of changes under Bill 96, Warnholtz said "one of the big questions is who will be eligible to receive health and social services," in English.

Johnson said limiting who could access English-language healthcare "would be a terrible story." She said officials had assured her they wouldn't. "I was told by the premier himself as he shook my hand," Johnson said.

"We can all chatter, but I don't like doing it."

Regardless of such questions, Moore said CAAP Estrie would continue to provide service in English. "We will keep going with the status quo until told absolutely otherwise," she said.

Moore said offering service in English "empowers the user," and often provides relief following a traumatic experience.

She said she wanted English speakers to "know that we're here to help them and that they're not alone in the process."

People considering filing complaints can contact the CAAP Estrie at (819) 823-2047.



COURTESY

Nathalie Dubois, executive director of the Fédération des CAAP, Angela Moore, CAAP Estrie complaints advisor, Jennifer Johnson, executive director of the Community Health and Social Services Network and Russel Kueber, program director of the Community Health and Social Services Network. Credit: FCAAP, 2023.

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Camping in the Arctic to collect data about climate change

By Lawrence Belanger
Local Journalism Initiative

In the far north, teams of researchers across multiple disciplines work on the tundra, on the glaciers, and with Indigenous communities to gather data on the arctic climate in order to monitor the region as the global climate changes. Dr. Alexandre Langlois, a professor at the Faculté des lettres et sciences humaines of the Université de Sherbrooke, is one of those researchers. When he and other researchers go to the Arctic, “our goal,” he says, is to “improve the way we monitor those changes from space using satellites and using models.”

Langlois, with an undergrad in Physical Geography, a Master’s Degree in Remote Sensing, and a Ph.D. in Geophysics, works with biologists to understand the impact of climate change’s new weather patterns on animals such as caribou. “My role is to provide information on the state and changes of the surface,” using models and remote sensing to look at snow and soil in order to understand how it affects arctic fauna.

His last trip to the Canadian Arctic was last year when 11 students and researchers went to the tundra for six weeks. This year, “we go back March 31,” says Langlois. During these trips, they travel the tundra on skidoos, monitoring meteorological stations and taking measurements of snow and soil. “We take snow measurements, [including] all the characteristics of snow: density, temperature, microstructure, soil temperature and type of vegetation underneath,” while also using unmanned aerial vehicles to get a broader view.

They don’t have enough of what Langlois refers to as “temporal data,” containing information about snow characteristics, temperature levels, and more. It’s hard to keep measurements coming in consistently, due to how Arctic research functions. The lifecycle of a typical arctic research project according to Langlois, begins with making funding requests, and then only continues if your proposal is accepted. “Then they say ‘well we’ll give you 30,000 to study XY and Z,’” he explains. “Then...over [a] period of 2-3 years, you hire a master’s student, you go there, you do the fieldwork, you publish your paper, and then that’s it.”

To address this, Langlois and other researchers are constructing a permanent, multidisciplinary site, with a “whole bunch of instruments and a big instrument park, that would allow us to have temporal coverage of data.” This means that they will have more individual points of data relating to the arctic’s weather and seasonal changes, instead of relying on temporary facilities, yearly expeditions, and a constantly changing field of Master’s students.

He calls the site a potential “gamechanger”, which is

being constructed with federal collaboration from Parks Canada, Environment and Climate Change Canada, and academic partners in McGill, the University of Western Ontario, and the Université de Montréal.

Going to the Arctic itself is more straightforward than one might think. Commercial flights get him to the Canadian north for a typical mission, connecting various Inuit communities, although not always directly. Sometimes, Langlois and others have to take the “milk run,” where “you have to go through several communities to get where you need to.”

“Sometimes we also charter planes,” says Langlois. “If we go in remote areas or an Inuit community without an airport.” When he worked on Baffin Island, they had to charter a plane with skis that could land directly on the glacier. In cases like those, they “drop you there in tents, and you stay there for a couple of weeks,” explains Langlois. Most recently, he travelled to the Norwegian archipelago of Svalbard, to start a project involving the islands’ reindeer. That journey involved little fieldwork and was mostly lectures, meetings, seminars, and training.

Langlois hopes his work will lead to better and improved monitoring of the changes going on in the Arctic. “Right now, we’re just witnessing the change,” he says, referring to the melting of ice and snow accumulations in the circle, so projections of future milestones, such as when the Arctic Ocean will be completely ice-free during the summer months, are unreliable. When he first started his Ph.D., the estimate was for 2095. “When I finished, it was 2075. When I started my postdoc, it was like, 2045. When I finished a postdoc was 2035. So over five years, we reduced by pretty much 60 years.” It’s accelerating faster than scientists thought, which Langlois thinks indicates some “key processes” lacking in their simulations.

“By improving this, then you can make better decisions for sustainable development of the Arctic,” said Langlois.



Radiometer measurements allowing to measure snow properties from space (Cambridge Bay, Nunavut).



LAWRENCE BELANGER

Dr. Langlois in his office at UdeS.



PHOTOS ALEXANDRE LANGLOIS

Conducting a snowpit, which is vertical measurements of snow properties such as density, temperature and microstructure (Cambridge Bay, Nunavut).



Doing snow measurements affecting the radar signal (radar in the back) (Franklin Bay, Nunavut).



Deployment of a camp on a glacier (Barnes Ice Cap in the photo on Baffin Island).

EDITORIAL

Defence officials, tasked with implementing the 1957 North American Air Defense Agreement (NORAD), chose La Macaza and North Bay, Ont., as bases to install Bomarc missiles.

Balloon-shooting incident recalls Canada's brief stint as nuclear power



PETER BLACK

A Canadian Press story last week suggested that even if a Canadian CF-18 fighter had been first to arrive in the skies over Yukon in pursuit of that mysterious flying object that penetrated Canadian airspace, it might not have been able to shoot it down.

The reason given is the Royal Canadian Air Force (RCAF) has yet to take possession of the weapons that would have done the job, the upgraded AIM-9 Sidewinder missiles it ordered from the United States more than two years ago. The story quotes retired general Tom Lawson, a former senior NATO commander and CF-18 pilot: "When I was flying CF-18s, I did not have a weapon that would shoot down something over 40,000 feet if it was moving too slowly. My radar wouldn't have locked onto it. My heat-seeking missile, my AIM-9, would not have locked onto this thing."

So, we'll never know whether Canada's air force had the capability to shoot down a possible invading balloon, thanks to the American Top Guns with their fancy missiles beating the RCAF to the punch – or puncture, as it were.

This episode brings to mind a

somewhat similar situation – with infinitely more dangerous potential consequences – some 60 years ago.

Canadian children of the Cold War might be familiar with the Bomarc missile affair. Residents of the once-bustling town of La Macaza, Que., about halfway between Mont-Tremblant and Mont-Laurier, certainly would be.

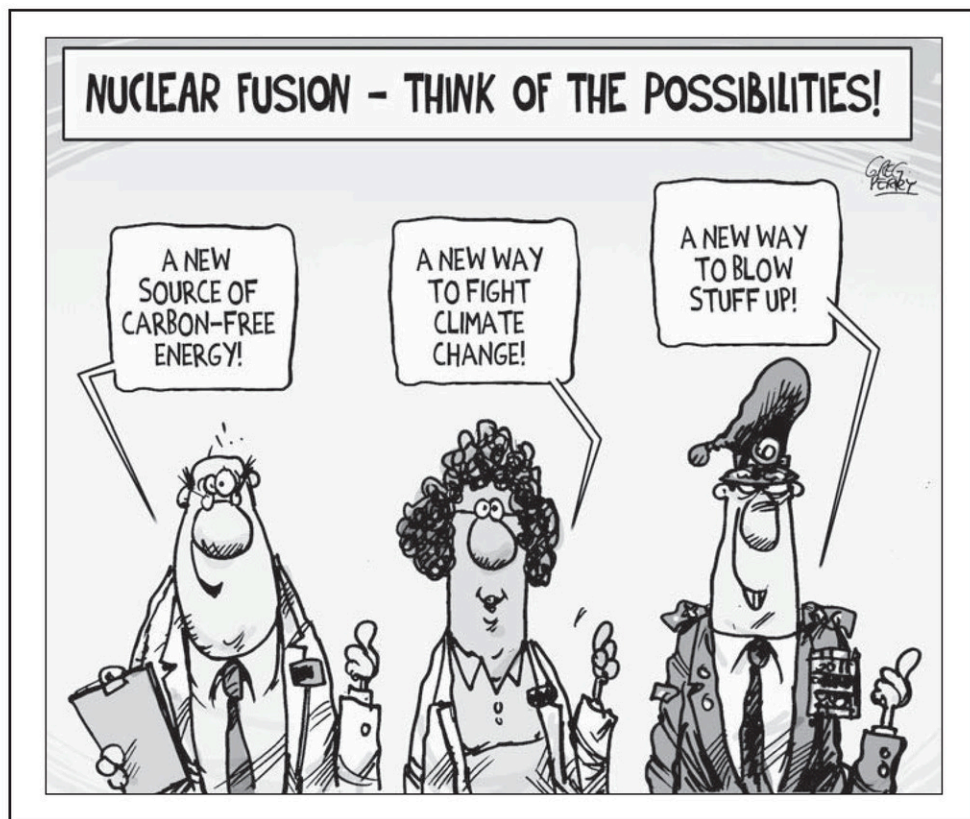
Defence officials, tasked with implementing the 1957 North American Air Defense Agreement (NORAD), chose La Macaza and North Bay, Ont., as bases to install Bomarc missiles.

The Conservative government of John Diefenbaker had convinced the Pentagon, which had planned to build a network of missile launch sites in northern Michigan and New York State, to install the pair in Canada.

The idea was that missiles launched from the North Bay and La Macaza bases would counter incoming Soviet missiles and prevent an epic atomic air battle over the skies of Toronto, Ottawa and/or Montreal.

So, NORAD missile bases having been built, North Americans could sleep in peace knowing they were protected from Soviet missile attack. There was only one problem. Diefenbaker had conveniently neglected to tell the Canadian public that the Bomarc missiles required nuclear warheads to be effective, and he would not allow that to happen.

This might have remained simply a prickly domestic issue were it not for the Cuban missile crisis of October 1962. Diefenbaker, ever suspicious of the Americans, had delayed for three days a NORAD request to move Canada's military forces to high alert, and would not allow the Pentagon to move



some nuke-tipped warplanes onto Canadian soil.

As described in Peter C. Newman's riveting account of the Diefenbaker years, *Renegade in Power*, Diefenbaker's vacillation on nuclear weapons could have had deadly consequences.

"Canadians ... became aware of the fact that even when the military establishment finally did come up to full alert status during the Cuban crisis, it had been a largely meaningless gesture. The RCAF's 64 supersonic Voodoo fighters had no nuclear warheads with which to attack any incoming Russian bombers. The 56 Bomarc missiles, guarding Canada's industrial heartland, pointed at the sky, supposedly alerted but in reality unarmed and totally useless."

The same went for Canadian missile and fighter systems in Europe. All told, the new NORAD and NATO armaments cost taxpayers more than \$6 billion in 2023 dollars.

"All this military hardware had been acquired and then allowed

to become useless for one reason," Newman writes. "John Diefenbaker could not make up his mind to arm the weapons."

The ironic twist to this tale is that it was Canada's one and only Nobel Peace Prize winner, Diefenbaker's successor Lester Pearson, who suppressed his loathing of the nuclear arms race and ordered Canada's military to go atomic.

Pearson's Liberals had won a minority government in April 1963 – thanks mainly to Diefenbaker's defence bungling and cabinet defections – with a promise to respect Canada's military commitments to the letter.

In a prescient footnote, Montreal intellectual Pierre Trudeau denounced Pearson as the "defrocked prince of peace." Five years later, as prime minister, Trudeau banned nukes from Canada's military. By 1972, the Bomarcs were gone and the bases closed at North Bay and La Macaza.

So ended Canada's brief but tumultuous stint as a nuclear power.

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Local Sports

Julien said the team's penalty killing in the first period was outstanding and gave the team a lot of momentum.

Phoenix remain red hot

By Bird Bouchard

The Sherbrooke Phoenix have won their eighth straight game, propelling them to the top of the league standings.

In a battle of first-place teams in their respective divisions, the Phoenix defeated the Halifax Mooseheads at the Palais des Sports Léopold-Drolet on Saturday night. The win propels the Phoenix into first-place in the Western Conference of the QMJHL.

Despite Halifax having the top two leading goal scorers in the league in Alexandre Doucet and Jordan Dumais, the game remained scoreless heading into the third period. Cole Huckins would eventually pick up his 25th goal of the season 6:02 into the final frame to give the Phoenix a 1-0 lead.

The Phoenix also received an insurance goal from last year's league-leading point scorer Joshua Roy, who picked up his 33rd goal of the season. Jacob Melanson also continued his strong play since joining the Phoenix in late January by tacking on an empty net goal, moving him into

third place in the league for goals.

In goal for the Phoenix was Olivier Adam, who picked up his league-leading 5th shutout of the season.

"Adam played well but credit to our defense as well, we didn't give Halifax much, we blocked a few shots and we didn't panic," said Head coach Stéphane Julien in the post-game presser. "In the last 12 games, we haven't given many teams a lot of chances."

Julien said the team's penalty killing in the first period was outstanding and gave the team a lot of momentum.

"We adjusted well and neutralized their best players," he said, highlighting the great efforts of Gaudet and Brabenec killing off the 5 on 3 penalty.

According to Julien, the team changed their structure a bit in order to neutralize some of the Mooseheads best players. Alexandre Doucet and Jordan Dumais currently sit on top of the league leaders with the first and second-most goals in the league.

"I think we played them very well, again, not giving them a lot



BIRD BOUCHARD

Jordan Dumais (left) and Marc-André Gaudet (right) battle for a loose puck on Feb. 25, 2023. The Sherbrooke Phoenix defeated the Halifax Mooseheads 3-0, improving their winning streak to eight games.

of chances. In the neutral zone, these are players who can find open spaces and pass the puck to teammates with speed, but we were very good at neutralizing them," he said.

The Phoenix have now won 10 of their last 11 games. The win on

Saturday night was part of a five-game home stretch for the Phoenix, who have not lost on home ice in regulation since Nov. 13.

The Phoenix were scheduled to host the Val-d'Or Foreurs Sunday afternoon at the Palais des Sports Léopold-Drolet.



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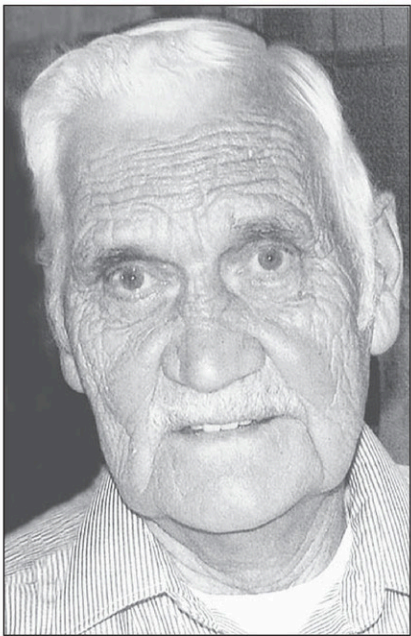
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TODAY'S HISTORY: In 1837, a group of costumed students paraded down the streets of New Orleans in celebration of Mardi Gras, creating the city's trademark festival.

In 1951, the 22nd Amendment to the Constitution was ratified, limiting presidents to two terms.

In 1973, Native American activists and members of the American Indian Movement occupied the village of Wounded Knee on the Pine Ridge Reservation in South Dakota, beginning a standoff with federal marshals that lasted until May 8.

TODAY'S BIRTHDAYS: Henry Wadsworth Longfellow (1807-1882), poet; Hugo Black (1886-1971), U.S. Supreme Court justice; Marian Anderson (1897-1993), singer; John Steinbeck (1902-1968), author/Nobel laureate; Joanne Woodward (1930-), actress; Elizabeth Taylor (1932-2011), actress; Ralph Nader (1934-), consumer activist; James Worthy (1961-), basketball player; Donal Logue (1966-), actor; Tony Gonzalez (1976-), football player; Chelsea Clinton (1980-), journalist; Josh Groban (1981-), singer-songwriter; Kate Mara (1983-), actress.

TODAY'S FACT: In 1939, The New York Times reported that first lady Eleanor Roosevelt had resigned from the Daughters of the American Revolution the day before when it barred African American singer Marian Anderson from performing at Constitution Hall. Anderson performed on April 9 at the Lincoln Memorial instead.

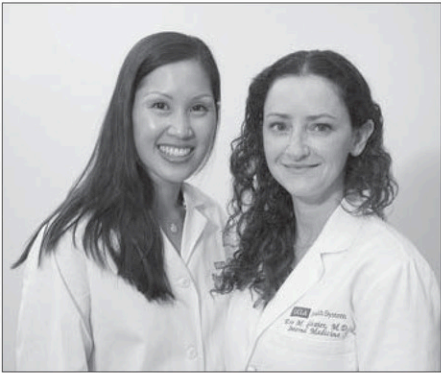
TODAY'S SPORTS: In 1992, 16-year-old Tiger Woods competed in the Nissan Los Angeles Open, becoming the youngest participant in a PGA event in more than 30 years.

TODAY'S QUOTE: "Ideas are like rabbits. You get a couple and learn how to handle them, and pretty soon you have a dozen." – John Steinbeck

TODAY'S NUMBER: 1,325 – receptions made by Tony Gonzalez in his 17-year NFL career. His career receptions are first all-time among tight ends and third among all players; only wide receivers Jerry Rice (1,549) and Larry Fitzgerald (1,432) have more.

TODAY'S MOON: First quarter moon (Feb. 27).

New study links nose temperature and immune response



ASK THE DOCTORS

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

Dear Doctors: I heard there's finally a good answer for why people get more colds in winter than in the summer. The idea that it's because we're indoors more in winter never made sense because we're indoors a lot in the summertime, too. Is there something about winter that viruses like?

Dear Reader: The United States is in the midst of what is being called a "triple-demic," with not only cases of the flu surging nationwide, but also COVID-19 and respiratory syncytial virus, or RSV. And as happens each year, this increase in viral respiratory illness coincided with the onset of colder weather. The exact reason for this seasonal ebb and flow has long been a mystery and is a subject of ongoing debate.

You're correct that a prominent theory focuses on the increased amount of time people spend indoors during this time of year. Respiratory illnesses during the warmer months are unusual enough that they are often labeled with the season. Get sick in July, and it's a "summer cold" or the "summer flu." However, infrequent though they may be, those summer bouts of the cold and the flu are proof that respiratory viruses are always with us. So, what's going on?

The closer quarters of wintertime living do, in fact, contribute to an increase in viral transmission. However, that doesn't explain the initial wave of illness that kicks off the start of the flu season each year.

New research suggests the cause may be found within the human nose – specifically, that colder temperatures have an adverse effect on the efficacy of the immune response that takes place inside of the nose.

The study, from researchers at Massachusetts Eye and Ear hospital and Northeastern University, appeared last December in the Journal of Allergy and Clinical Immunology. According to their findings, a crucial frontline immune response, which occurs within the nasal passages, becomes significantly less effective when the nose itself gets cold. At issue are microscopic structures known as extra-cellular vesicles, or EVs. In the presence of certain threats, including bacteria and some respiratory viruses, billions of EVs are released into the mucus of the nose. There, they surround and kill the invaders.

According to this new research, a decrease of just 9 degrees Fahrenheit in the tissue temperature of the nasal passages cut the number of EVs available to respond to a threat by more than 40%. The colder temperature also caused changes to the composition of the EVs that reduced their efficacy. The researchers theorize that all of this hampers the body's ability to fight off respiratory viruses and leads to the annual winter surge.

We can't change the weather, but we can protect ourselves. This includes an annual flu shot, which this year is proving to be a good match to the circulating virus. (And no, it's not too late to get one.) The masks so many of us have stockpiled are also a useful tool. Not only do they offer a physical barrier against the airborne droplets that can carry viral particles, but they also create a warm microclimate. This can help keep the nose's immune defenses in fighting form.

(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.)

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:
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With photo: \$26.00 (\$29.90 taxes included) DEADLINE: 3 days before publication.
WEDDING WRITE-UPS:
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Loneliness is driving me to infidelity

Dear Annie

Dear Annie: I love your column, though the recent letters about abusive siblings and your responses have me concerned. The cultural pressure in the U.S. for victims to somehow be responsible for getting abusive people to change is a damaging and ineffective response to bullies.

I can't imagine that you would encourage a child being bullied to just be kinder to their bully, thinking it will decrease the abuse.

Asking adults to extend olive branches is just as ineffective. It halves the responsibility of the abusive person (since they are getting away with the behavior) and doubles the responsibility of the victim (since they are now responsible both for their own response and also need to try harder to get the abusive person to stop).

It is critically important for victims to be able to set limits and gain distance from abusive people; at the same time, it is vital for abusive people to be given feedback that their behavior is unacceptable. This is about personal responsibility. Victims need to have the esteem to set limits, and bullies need to increase their awareness of problem behavior and make it stop.

Thanks for listening and for all of your columns over the years! – A Doctor with Advice

Dear Doctor: Your advice is excellent and much appreciated. You are absolutely correct that victims need to set boundaries and not let bullies bully them. Sometimes, though, when there are conflicts in families, it is not always a clear bully-and-victim situation, as you know, and each person in a quarrel has some responsibility for making the other person feel bad. However, you make several brilliant points in your letter, especially when one party is unquestionably the bully in the

situation. Thank you for writing and for your wonderful insights.

Dear Annie: Where do I start? I've been happily married for 15 years. I'm 52, and my wife is 55, and we have no kids. I have always been the one to schedule sex night.

Well, now my wife is going through menopause, and WOW, this is a whole new beast. The night sweats, the hot flashes, no energy and no sex drive – that is what is happening to her. It has been so long since we have had sex. She has no energy to do anything.

She works three days a week, 12-hour shifts as a nurse. Every time I ask her if we can have sex, it's almost like she ignores me. And if she says yes, it will be like, "How about Saturday?" Then Saturday comes and goes with no sex.

I can't live like this for the rest of my life. So this is where I'm at. I'm at the point where I'm thinking about looking for someone in the same situation as me and helping each other out. Do I just find a friend who needs mutual pleasure and keep it quiet? I'm torn on what to do. I really don't want to cheat, but what are my options? Do I just come out and ask her if I can look for someone who will have sex with me? Please help me! Thank you. – Lonely

Dear Lonely: You are only thinking about yourself right now, but it is important to pull back and really focus on what your wife is going through. Talk to her about your frustration, and make an appointment with her doctor to understand better what her body is going through. Cheating on her is NOT the answer. However, if she agrees to having sex on Saturday, then remind her of your feelings on Saturday and tell her how these changes have left you feeling so lonely. Seek the help of a professional therapist.

Dear Annie: Over the years, I've

reconnected with a high school friend who I've known since grammar school. Each connection throughout the years has been different until this last one where there was an instantaneous spark that truly synchronized us on so many levels, including talks about the near and far future, as well as expressing our feelings for one another, until I was ghosted. He cut off contact and has ignored me completely with no explanation.

I know this tactic has become widely used, but my confusion comes from not knowing what triggered it. We hadn't a single disagreement or argument. In fact, that last day we talked, he was receiving a shipment on my behalf that he has also since been unresponsive regarding, outside of the scope of our relationship, and I really don't know how to read this.

Ghosting's fine. Not being interested in me is fine. But how about common courtesy to return what does not belong to him so that nothing is connected between us? Especially since he's displayed all the signs that tell me he's just not interested, which I've come to accept and bow out of gracefully. – Stranger in Paradise

Dear Stranger: You're absolutely right. It's not a crime for this man to have lost romantic feelings for you, however, he has no right to keep what doesn't belong to him.

Send him another text or email asking to meet to get your package with a few dates that work for you. Mention that you've taken his silence to mean the relationship is over and your intention is simple: you just want your possessions back, period.

If he continues blowing you off, consider how far you're willing to go for this shipment. Depending on what it is, you might be better off cutting your losses. If not, you can reach out to your local police department and inquire about what kind of recourse you have. (You might also confirm with the delivery company that the item in question was successfully delivered to him to begin with.)

Dear Annie: This is in response to "Crippling Anxiety," who was struggling and overwhelmed by day-to-day life with anxiety. I, too, have dealt with severe anxiety my entire life, even as a child, but I didn't know what it was. I felt something must be terribly wrong with me, with this nameless dread and these oppressive feelings. I had to literally name all the things that were all right in my life just to hopefully fall asleep, even at 7 years old.

Finally, in my 30s, I was able to give those feelings their name: anxiety. For me, medication has been a godsend. I have no side effects, just a welcome break from the dreadful stress that would bubble up inside. Certain times of year, depending on the season, I will still have those anxious episodes. They don't last very long, and I am able to tell myself, "This is just something that happens. It will pass." And it does, every single time. Everyone is different, and what helped me may not work for everyone, but do not give up! I will be on this medication for the rest of my life, and for me, it works. It is a blessed relief. Others, including my husband, really don't understand anxiety, and that's OK. I get you, and you are not alone! – Been There

Dear Been There: I appreciate you sharing your journey and sending such encouragement to "Crippling Anxiety." A handful of other readers sent in their stories of gratitude and relief at finding the right method for living with their anxiety, many of which included medication. With the help and guidance of a good doctor, "Crippling" and others may find that same peace of mind.

"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.

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husband, school bus driver, mechanic,
gardener, tinkerer, collector of "useful" stuff,
semi-professional roof painter, one-of-a-kind...*

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or Knowlton: (450) 242-1188 between 9:00 a.m. and noon

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Deadline: 12:30 p.m. one day prior to publication
Or mail your prepaid classified ads to
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145 Miscellaneous Services

290 Articles for Sale

290 Articles for Sale

290 Articles for Sale

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275 Antiques

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SUDOKU

DIFFICULTY RATING: ☆☆☆☆☆

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PREVIOUS SOLUTION

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

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

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THE RECORD



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The ideal candidate will be a client-focused, results-oriented individual seeking to forge a successful career as a sales representative.

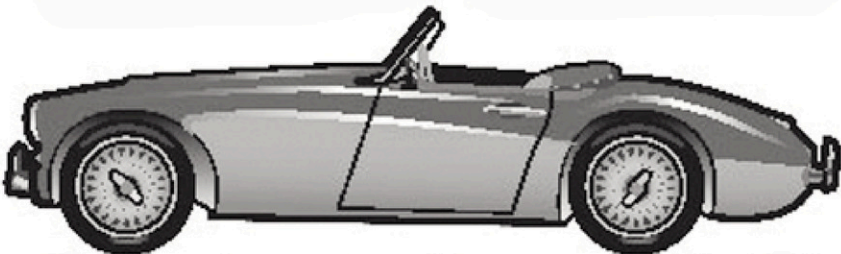
Job Requirements

- As a sales representative, you will:
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 - Grow an established customer base
 - Work as part of a sales team on special projects
 - Be self-directed with the ability to effectively interact with staff and clients
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NEA Crossword Puzzle

ACROSS

1 Triumphed

4 Cow's mouthful

7 Fill-in

10 Raw metal

11 More scarce

13 MD employer

14 Armed conflict

15 Tape over

16 Decide on

17 Lite (hyph.)

19 Not canned or frozen

21 Same old routine

22 Thigh neighbor

23 Church table

26 Masked superhero

29 Farm structures

30 Winery feature

31 Gullet

33 Cable channel

34 Helms and Sheeran

35 Domesticated

36 Puck stopper

39 Exclaimed over

40 Comedian — Knotts

41 Perjure oneself

42 Unlawful removal

45 Almost never

48 Visitor from Melmac

49 Cliched

51 Livy's dozen

53 Units of wt.

54 Happen

55 List shortener

56 "7 Faces of Dr. —"

57 Horned viper

58 Born

Answer to Previous Puzzle

T	A	P		Z	A	N	E		M	E	T	S		
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A	R	C	S			B	A	K	E		I	N	C	
W	O	K	E			O	W	E	D		T	E	E	

6 — Moines

7 Pump or loafer

8 Safe callers

9 The two of them

11 Happen again

12 Overhaul

18 Tin foil

20 Tachometer meas.

22 Chapeaus

23 Feign

24 Not short

25 Dorothy's dog

26 Ordered

27 Bombay nanny

28 "The — of the Rose"

30 Seam of coal

32 Wk. day

35 Angled a nail

37 TV spots

38 State-run game

39 Edmonton puckster

41 Pause

42 Corridor

43 Isle of exile

44 In that case (2 wds.)

45 Incites Rover

46 Wagon pullers

47 Tiny amount

50 Electronics mfr.

52 Frozen water

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56					57				58		

MONDAY, FEBRUARY 27, 2023

You'll be met with some opposition. Don't let anger make matters worse. Step back, assess your options, take your time and choose reason over desire. Your success depends on intelligence, preparation and simplicity. Channel your emotions into love and romance. Build strong relationships and put your energy into gaining knowledge and skills.

PISCES (Feb. 20-March 20) – Emotional manipulation could help you get what you want, but consider the consequences before you take that route. You might get better results via kind acts and consideration.

ARIES (March 21-April 19) – Stretch your mind, consider the possibilities and come up with a plan that can help you get ahead financially. Give your all, and you will find your niche and enjoy the process.

TAURUS (April 20-May 20) – You'll be put in a difficult position if you are too compliant. Carefully choose what you are willing to do and refuse to let anyone put you in an uncomfortable position.

GEMINI (May 21-June 20) – Share your thoughts and feelings. Look for any opportunity to pitch in and help. Having an innovative plan, a sense of discipline and a diverse skill set will boost your profile.

CANCER (June 21-July 22) – Don't stand in someone's shadow; explore possibilities that will allow you to do something great. Head to the drawing board, figure out what you want to do and get the ball rolling.

MONDAY, FEBRUARY 27, 2023

Sometimes a rule lets you rule

By Phillip Alder

Robert Frost said, "A jury consists of 12 persons chosen to decide who has the better lawyer." Who cares about the Law of the Land?

There are many laws – well, rules – that we learn for use at the bridge table. However, it's no good knowing these adages if you don't apply the right one at the appropriate moment. How should the play go in today's deal after West leads a fourth-highest spade seven against four hearts?

Declarer had one spade loser and so could afford two club losers. But if East held the club queen and ace, could South have avoided three losers in the suit?

At trick one, South played a low spade from the dummy. East won with the queen and switched to a diamond. Declarer won with his ace, drew trumps, cashed the diamond king, played a spade to dummy's ace and ruffed dummy's last spade in his hand. Now South played a club to dummy's jack.

East won with the queen but didn't enjoy the experience. A spade or diamond return would have conceded a ruff-and-sluff. Cashing the club ace was equally hopeless.

Well played by South, but East had *

LEO (July 23-Aug. 22) – Get involved in something that motivates you to make a difference. The people you meet will light up your life. Emotional growth will help you appreciate what you have and who you are.

VIRGO (Aug. 23-Sept. 22) – An emotional issue will collide with your responsibilities. Make changes on the fly to accommodate those who can influence your reputation. Adapting to fit circumstances will pay off.

LIBRA (Sept. 23-Oct. 23) – Participate in whatever sparks your interest. Getting out, socializing, learning something new or visiting an unfamiliar place will help you figure out what you want to pursue next.

SCORPIO (Oct. 24-Nov. 22) – Go about your business and honor your promises. You'll avoid criticism from someone who can make or break your spirit. Take the road less traveled if it helps you avoid an argument.

SAGITTARIUS (Nov. 23-Dec. 21) – Address domestic issues openly and enforce suggestions that ease tension. Keeping updated with the latest technology will pay off. Discuss personal intentions with a loved one.

CAPRICORN (Dec. 22-Jan. 19) – Don't sell yourself short. Speak up, follow through and make a difference. Adopt a fitness program that helps eliminate any bad habits you've developed over the years. Lower your overhead.

AQUARIUS (Jan. 20-Feb. 19) – You know what you want; figure out the easiest way to make it happen. Put pressure on people and situations that need it. You will get the help required to improve your life.

North02-27-23

♠ A 6 4

♥ 10 9 8 2

♦ 8 6

♣ K J 5 3

West

♠ K J 8 7

♥ 7 4

♦ Q 10 3 2

♣ 9 8 4

East

♠ Q 10 9 2

♥ 3

♦ J 9 7 5 4

♣ A Q 10

South

♠ 5 3

♥ A K Q J 6 5

♦ A K

♣ 7 6 2

Dealer: South

Vulnerable: Both

SouthWestNorthEast

1♥Pass2♥Pass

4♥PassPassPass

Opening lead: ♠ 7