

Quebec records 51 new COVID-19 deaths, 570 new cases; lowest increase since April

The Canadian Press
And Matthew McCully

Quebec is recording 51 new deaths from COVID-19, but its lowest number of new cases since April 11.

Premier Francois Legault said Quebec recorded an increase of 570 new cases Tuesday for a total of 44,197, with 12,497 of those cases considered recovered.

There are 908 confirmed cases of COVID-19 in the Estrie region. Of those, 299 are in Sherbrooke.

According to Legault the 51 new COVID-19 deaths bring the provincial total to 3,647.

There are currently 1,784 hospitalizations in Quebec and 180 of those patients are in intensive care.

Legault said the province has filled most of the empty positions in the health care network, thanks to roughly 10,000 people who signed up through the government's recruiting website.

He added that many health care employees who had left work after testing positive for the virus are slowly returning to their jobs and easing pressure on the system.

Bottle drives becoming big business



GORDON LAMBIE

By Gordon Lambie

Following the successful drive-through can and bottle collections held at Maxi stores across the province earlier this month, similar grocery-store organized fundraisers have begun to pop up all over the place. Beneficial for a brewing industry that had begun to run short on bottles, the

drop-off rallies also come as good news to community organizations finding themselves starved of opportunities to raise funds to carry on whatever activities they can or plan for the future.

This coming Sunday, May 24, the Robert Lafond Provigo in Lennoxville will be accepting returns of cans and bottles in their parking lot from 9 a.m. to 2 p.m. for the benefit of the Lennox-

ville Scouts. A team of about 15 will be on hand to collect the donations while employing social distancing and sanitary measures.

Those wishing to come make a donation are asked to be patient with traffic direction, as this will mark the first Sunday that grocery stores reopen for business, so the parking lot may become busy.

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Weather



TODAY:
SUNNY

HIGH 21
LOW 6



THURSDAY:
SUNNY

HIGH 27
LOW 8



FRIDAY:
SUNNY

HIGH 25
LOW 7



SATURDAY:
SUNNY

HIGH 23
LOW 7



SUNDAY:
SUNNY

HIGH 25
LOW 10

HAND-IN-HAND

IRIS Estrie



IRIS Estrie has been working to prevent HIV/AIDS and other Sexually Transmitted Blood Borne Infections (STBBIs) in the region since 1988. The organization offers a multitude of activities through its different sectors reaching people who are more at risk of contracting HIV/AIDS or another STBBIs such as men who have sex with men, trans, non-binary or questioning people, sex workers, people who use psychoactive substances, young people, etc.). IRIS Estrie has grouped its actions under four specific areas, namely prevention, health promotion, education and intervention. This work often takes on the form of the distribution of preventive materials (condoms and consumer materials), local intervention, the offering of discussion groups (one for Men and the other for trans / non-binary / questioning people) through listening, support and pairing. A range of workshops is also available to educate professionals about the realities of sexual and gender diversity and / or sexual health.

In this time of the coronavirus, IRIS Estrie continues to operate but on reduced hours. According to associate director Ariane Roy-Ayotte the organization has a team of two interveners in the office mornings from Tuesday to

Friday returning phone calls and organizing materials for home deliveries, a service being exceptionally offered because of the crisis. Those who require materials but wish to come in person can do so between 1p.m. and 3 p.m. at the IRIS Estrie offices, located at 505 Wellington Street South in Sherbrooke. While this drop-in service is available, Roy-Ayotte emphasized that people should come ready to face physical distancing procedures and limitations on access to the space.

Although restrictions on public gatherings have limited the work of the organization, the associate director said that the discussion groups are still being offered online via Zoom which, although an adjustment for everyone, has proven effective so far.

The organization also engaged in some awareness work this past weekend in connection with the International Day Against Homophobia, Transphobia, and Biphobia. Playing off of the fact that May 17 is known in French as "la Journée nationale de lutte à l'homophobie" where lutte can mean both "fight against" but also "wrestle," the organization teamed up with the Académie de lutte estrienne, the region's amateur wrestling league, to create a French-language video that was shared on the IRIS Estrie Facebook page. Blending testimonials that speak out against homophobia with past recordings of matches, the video offers a powerful message that people need to take action to eliminate prejudice in today's society.

Outside of that partnership, Roy-Ayotte said that IRIS Estrie is also working hard to try to connect with people who feel unable to express their true iden-

tities because of being confined in unhealthy or unsupportive homes. She noted that young people in particular, who might otherwise have the outlet of school or other environments outside of the home to be themselves in, find themselves trapped at the moment by the unusual circumstances brought on by this period of pandemic. She linked this work to the message of the Fondation Émergence, the Montreal-based organization behind the international day of awareness, which has encouraged outreach and support as a subject of prime importance in this year's edition.

Operating under the theme "A loving family: an essential support," the Fondation Émergence and partner organizations like IRIS Estrie working in communities around the world, are promoting the message that support and outreach in family environments can make a world of difference for people whose sexual or gender expressions or identities don't fit into traditional standards or expectations.

Given that the distress, isolation and inequality that these people can sometimes experience on a daily basis are at risk of being exacerbated by confinement and the current state of crisis the organizations are inviting the public to reach out to loved ones of diverse sexualities or gender identities and share some love.

For more information on the work of IRIS Estrie (in French only) visit <https://irisestrie.org/> or call 819-823-6704

For more information on the international day against Homophobia, Transphobia, and Biphobia visit <https://en.homophobie.org/>



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Ben by Daniel Shelton



New funding for Townships English community

By Gordon Lambie

On Tuesday morning Marie-Claude Bibeau, Minister of Agriculture and Agri-food and Member of Parliament for Compton-Stanstead announced \$88,829 in funding to support the English minority language community in the Eastern Townships on behalf of Canadian Heritage. Focused specifically on a project to foster leadership in community organizations and another to support local journalism, the funds will be divided between Townshippers' Association (\$81,165) and The Townships Sun (\$7,664).

Brenna Filion, who was recently hired as project director for the association, explained that the funds from Canada's Community Cultural Action Fund will be used to help create tools and targeted resources for the benefit of leaders within the region's community organizations.

"Communities need well equipped leaders," Filion said, describing a three year project focused first on gathering information from local leaders about what areas are most lacking in terms of resources and training, then developing tools to bridge those gaps before finally creating a resource guide of best practices that can be shared with other minority language communities across the country. Asked about what kinds

of gaps the project is looking to fill, Filion said that it is hard to say at this point because of the fact that the work might change dramatically depending on what the community leaders have to say.

Rachel Hunting, Executive Director of Townshippers', said that one of the first steps will be to reach out to the Executive Directors of local groups.

"We want to ask, when you first stepped into your role, what was missing?" Hunting said, offering the example of training on how to apply for government grants as one form of support that could be offered, if the need is there.

The funding for The Townships Sun, meanwhile, comes through the Canada Periodical Fund, which is a part of ongoing efforts by the Federal government to support

David Wright, Chair of the Townships Sun's board of directors explained that the magazine has been reliant on funding from Canadian Heritage to cover costs throughout its history.

"Since 1973 we have used that money to reach the English community of the Eastern Townships," Wright said, describing the mission of the magazine, which is published about nine times a year, as the sharing of Eastern Townships culture and history.

Within the last year the publication

has launched a digital edition in addition to its print version and has stepped up its online presence in an effort to engage more readers. At his point he said the Sun has 500 subscribers, although he estimated the readership to swell far beyond that number based on its pass-around value.

Wright told The Record that the funding announced on Tuesday is just going to cover general operations costs for the print edition, but said that the added contribution this year is a welcome addition after the work taken to get the magazine online.

"The world of publishing is facing a crisis," the chair said, stressing the fact that this was true even before the arrival of a global pandemic.

For her part, Bibeau underlined the importance of helping out minority language communities across the country and said that now is a time to celebrate "small victories" within those groups. She pointed out that organizations looking to benefit from the Community Cultural Action Fund for the development of official language communities have until May 25, next Monday, to apply by contacting Canadian Heritage at pch.dglo-olsp.pch@canada.ca or by calling 819-994-2222

Canada Emergency Student Benefit (CESB)

On the subject of government funding, the Canada Emergency Student Benefit (CESB) is currently taking applications from Canadian citizens, permanent residents, registered Indians, or protected persons (such as refugees) who are currently studying or recently graduated from a recognized educational institution in Canada or abroad and how are looking for but unable to find work during the COVID-19 pandemic.

The CESB is a taxable benefit that provides relief for eligible students for a maximum of 16 weeks, but which must be applied for in four week increments. The benefit provides a payment of \$1,250 for each 4-week period from May to August 2020 with the possibility of an extra \$750 for each four week period for those with a qualifying disability or functional limitation, or those with at least one child under the age of 12.

More information on who can apply for CESB and how to do so is available online at <https://www.canada.ca/en/revenue-agency/services/benefits/emergency-student-benefit/cesb-contact.html> or by calling Revenue Canada's automated phone line at 1-800-959-2019 or 1-800-959-2041

Helping conquer cancer one step at a time

By Matthew McCully

With so many gatherings and events cancelled for the coming months, many organizations that relied on summer fundraising opportunities will struggle this year.

In an effort to continue supporting the Canadian Cancer Society, local Raymond L. Bremaud is planning to hold a 50km walk, an event she has organized since 1999. The only difference is this year, she will walk it alone.

The Record first introduced readers to Bremaud in July, 2016 to talk about her long distance walking travels, which brought her all over the world.

Bremaud has also been hosting a 50km walk in the area every year for two decades.

"With the pandemic we are living through, I am unable to do my usual door-to-door canvassing this year," Bremaud said. "I have to do this walk by myself. Also, this year donations are even more important than usual as all of the Society's big fundraisers (Daffodil Days, Relay for Life, etc.) have had to be cancelled," she explained.

On Friday, May 29, Bremaud will set off on a 50km walk by herself to continue her annual fundraiser. Normally she is accompanied by several other partic-

ipants.

"This year, due to extraordinary circumstances, I am simply trying to do my part to help the Society. Cancer research has always been close to my heart," Bremaud explained on her fundraising website.

Anyone interested in supporting Bremaud's fundraiser, called I have two feet...therefore I walk (j'ai deux pieds...alors je marche), can visit her fundraising page on the Canadian Cancer Society website at https://support.cancer.ca/site/TR/IFE_QC_Event/IFE_QC_General_?px=13411919&pg=personal&fr_id=27161.



Ayer's Cliff man still missing

Record Staff

Police are still on the lookout for Jonathan Vallières-Desrochers, 35, of Ayer's Cliff.

He was last seen on August 5, 2019, in Ayer's Cliff and was not heard from or seen since.

There is currently nothing new in the investigation into this disappearance, Sûreté du Québec are hoping that circulating information again could help find him.

Jonathan was last seen on August 5, around 5:45 p.m. walking behind a business located at 1185 Main Street in Ayer's Cliff, towards the bicycle path.

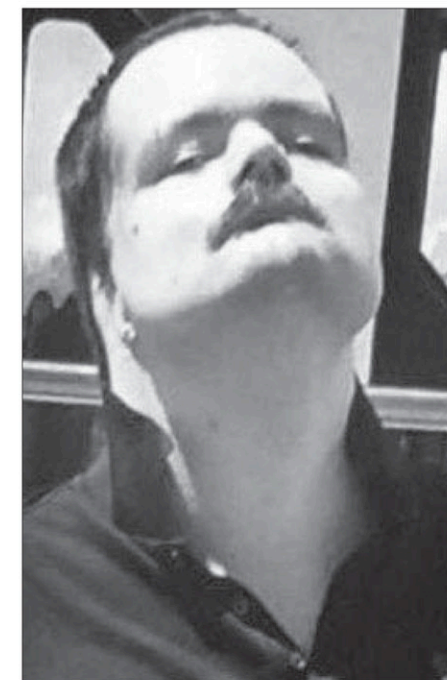
It is possible that he was on foot or he may have taken public transit to Montreal or any other area where there are bus routes.

His family and friends have reason to fear for his health and safety.

Jonathan is 6 ft 2 in tall (1.88 m) and weighs 230 lbs (105kg). He has brown hair and eyes and one of his ears is malformed.

Anyone who sees Jonathan Vallières-Desrochers is asked to call 911. In addition, any information that

could help find him can be communicated, confidentially, to the Central Criminal Information Centre of the Sûreté du Québec at 1 800 659-4264.



COURTESY

KEEPING IN TOUCH

New web series About Townshippers & a new face at Townshippers!

By: Ed Humphrey, ERCC Project Manager

Many seem to agree on the idea that from now on, there will be a “before” and an “after” COVID-19. The way I see it, some things may change, some not so much. One constant will be the important contributions made by all the fantastic community organizations throughout the Townships. That is what the new web series About Townshippers is all about.

Created by Townshippers' Association through its provincially funded Enhancing Regional Community Capacity (ERCC) initiative, the series has a simple objective – sit down with representatives from various organizations and chat about their vision, their services and how they connect with the members of their English-speaking communities. For some people, this may be a perfect introduction to services they were not familiar with; for others, the interviews will serve as a reminder of what great work is being done by the hundreds of dedicated individuals throughout our region.

Episodes will generally be approximately 15 minutes in length and will be posted online about once a week. We will be presenting conversations with representatives from employment centres, food banks, health organizations and the arts community to name a few. If you know someone with questions about literacy or if you would like to know what programs are offered by our region's women's centres for example, we have also got you covered! Considering the present COVID-19 situation, the first episodes are being done virtually and it has been inspiring to see how well everyone is adapting to these new communication challenges. Whether it is with Skype, Zoom or Messenger, guests remain excited to talk about their respective services and what really stands out is their pride in doing what they do.



Find the new web series About Townshippers on Youtube.com/user/Townshippers, Facebook and Twitter!

TOWNSHIPERS' ASSOCIATION

As far as “distribution” is concerned, we have big plans. Big, big, big!! - today the Townships...tomorrow Netflix! Seriously though, presenting the series on social media is proving to be an exciting and productive adventure. Taking advantage of the instantaneous, wide reaching, and democratic nature of our different digital platforms is akin to a modern day “word of mouth” and we're encouraging everyone we know to “pass it on!” In this time of social distancing and until we're able to have our chats in person, we trust that the proverbial shares, likes and boosts will help us reach the people who need the information and promote the great work done by our many community organizations and their teams.

To follow the web series “About Townshippers”, visit our Facebook

page, YouTube channel and website. On these platforms you will also find a ton of other information about different services and projects aimed at improving the lives of English-speaking communities throughout the Eastern Townships and Estrie region. Let us know if you have an idea or question pertaining to the series, you can reach me directly at EHumphrey@townshippers.org.

Townshippers' Association has added to our team!

Despite the challenges of social distancing, Townshippers' Association added a new team member this month! Originally from Acton Vale, we hope that you will join us in welcoming Project Manager Brenna Filion to the Townshippers' family and we look forward

to working with her on our newest initiative (more information to come!).

This monthly column keeps you in touch with Townshippers' Association's activities and community news. Other ways to keep in touch:

Online

www.townshippers.org
[Facebook.com/Townshippers](https://www.facebook.com/Townshippers)
[Twitter @Townshippers](https://twitter.com/Townshippers)

In-person

3355 College St., Sherbrooke
 3-584 Knowlton Rd., Lac-Brome

By phone

819-566-5717
 450-242-4421

Funding available for frontline organizations in Estrie

Record Staff

Centraide Estrie is now accepting funding applications for the Emergency Fund for Community Support (FUAC). This fund was announced by the Government of Canada on April 21 and is administered in collaboration with Centraide United Way Canada, Community Foundations of Canada and the Canadian Red Cross. The FUAC is intended to support

organizations that are adapting their frontline services to meet the needs of vulnerable people during the COVID-19 pandemic.

“Centraide Estrie is pleased to support this important investment of \$783,167 for the benefit of our communities. We are also proud of the unquestionable confidence placed in us by the Government of Canada. Centraide Estrie's social expertise and

strong community networks have never been more relevant than during this pandemic,” commented Yves Jodoin, Chairman of the Board of Directors of Centraide Estrie.

A simplified process

Organizations interested in filing an application can visit www.centraideestrie.com/covid-19/demande-financement-fonds-urgence/.

They will be reviewed on an

ongoing basis between May 19, 2020 and July 17, 2020. “We are committed to ensuring that funds are widely available to organizations that support populations affected by COVID-19. You don't have to be an agency currently receiving funding from Centraide Estrie to apply,” said Marie-Hélène Wolfe, Executive Director of Centraide Estrie.

Follow The Sherbrooke Record on Facebook and Twitter!

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Standing ovation for a social distance serenade

By Matthew McCully

Residents near the corner of Bolduc and de la Rivière Streets in Coaticook had a special treat over the weekend when violinist Alain Gosselin performed a 45-minute concert for neighbours nearby.

cert for neighbours nearby.

"We appreciated it so much," she said, "It was a great idea," said Lydia May, who lives in the neighbourhood. Gosselin had planned to play the week before, but it ended up being too cold.

This past weekend was just right,

May added.

May said neighbours kept to their balconies and verandas to listen to Gosselin play. "Everybody kept their distance," May said, adding that some passersby wore masks.

According to May, some people

danced in the streets and everyone clapped after each song.

"Many of us don't know one another," she said, "but everybody was out supporting him. It was something different, something nice," May commented.

SAVO sorbet and gelato project underway

Record Staff

Just before the start of the COVID-19 crisis, local entrepreneurs acquired a plant for the production of gelato and sorbet in the Sherbrooke industrial park. The 4,000 square foot facility will be the base for SAVO, a new source of local sweet treats.

The first phase of the project consists of supplying the region's creameries with local products

And launching seven SAVO gelato and sorbet flavours in grocery stores. The company plans to test the region's market and then expand throughout Quebec.

Four of our first seven flavours will be made in collaboration with local companies Faro for the Frozen Cappuccino Gelato, Agropol for the Organic Strawberry Basil and Lemon Mint Sorbet, Virgin Mady (Bury maple grove) for the Maple Taffy Gelato. Other associations are currently in negotiations.

"We think we now have the best team to move all our projects forward," explained SAVO co-owner Yann Doyon in a recent press release. "We're a gang that complements each other perfectly. A nice balance of dreamers, thinkers and hard-workers."



In the photo from left to right: SAVO team members Michael Cloutier Boutin, Reuben Bird, Samuel Sigouin, Yann Doyon, Danny Brisebois, Jordan Trifiro Rodrigue, Anabelle Côté.

COURTESY

Magog-Orford fête des vendanges pushed till 2021

Record Staff

Considering the current situation of COVID-19, the organization of the Fête des Vendanges has made the difficult decision to postpone its 27th edition of the annual harvest festival to 2021.

The event was originally scheduled to take place next September at Merry

Point in Magog.

"We are not in a position to foresee the government measures that will be in place and the health and safety of our exhibitors, festival-goers, artists, and other participants is our priority," explained Myriam Boily, Executive Director of the organization.

The Fête des Vendanges team is already working on the planning of the

event in 2021 to ensure a strong comeback.

Since the main mission of the fête des vendanges is to promote local products and the organizers want, more than ever, to encourage the local economy, they are currently working to develop projects to continue their mission during the pandemic.

"Our hearts go out to Quebec compa-

nies and we will get through this period of crisis

Together and be stronger and more united than ever! We would also like to underline the excellent work of local businesses that continue to operate despite the challenges presented by this crisis," added Ms. Boily.

New COVID-19 testing centre in Granby

Record Staff

The population of La Pommerai and Haute-Yamaska now has access to a COVID-19 walk-in screening centre (CDD).

The area's second CDD opened its doors this Tuesday, May 19 at 11 a.m. at the Cégep de Granby (235 St-Jacques Street). Users who are eligible to take the test are expected every day from 11 a.m. to 7 p.m.

To be eligible, users should present one of the following symptoms:

- Fever;
- Recent cough;
- Increase in chronic cough;
- Breathing difficulties;
- Sudden loss of smell or taste;
- OR

two of the following symptoms: sore throat, diarrhea, general malaise (muscle aches, headache, severe fatigue or loss of appetite)

The two CDDs in Granby (one walk-in, one by appointment only) share the same entrance. A staff member will do a pre-sorting at the reception desk and will direct traffic and provide safety instructions to visitors of the two screening sites, considered to be hot zones.

With an estimated capacity of 100 tests per day for each, the CDDs in Granby and Sherbrooke complement the designated assessment clinics (CDÉ) in Granby, Cowansville, Magog and Sherbrooke as well as the emergency rooms in Lac-Mégantic and Asbestos.

The objective is to increase the capacity to perform COVID-19 testing in the Estrie population, which is experiencing its first weeks of progressive deconfinement.

"Increasing the testing of symptomatic individuals is the best strategy to better control the number of con-

firmed cases during deconfinement. We test to find positive cases, identify their contacts, go up the chain of transmission and isolate those infected to

avoid spreading the virus," explained Robin-Marie Coleman, Assistant President Director General of the CIUSSS de l'Estrie-CHUS.



PHOTO CREDIT: COURTESY CIUSSS DE L'ESTRIE-CHUS

EDITORIAL

It's perhaps not surprising then that almost without notice more than one-quarter of all insects have disappeared since 1990. It's a staggering, silent loss.

SCIENCE MATTERS

Do “murder hornets” pose a serious buzzkill?

By David Suzuki

As if we didn't have enough to contend with, now we're facing a “murder hornet” invasion — but it's more an invasion of newsfeeds than an actual descending plague of killer insects. Numerous media outlets have carried ominous stories about whether the giant hornets will pillage honeybee hives. It's not an imminent threat throughout North America, but it makes a killer story.

Yet, something has been lost in the media hype: the true threats to honeybees and their Canadian wild cousins, and how we can save them.

Let's dissect the hornet hysteria. The Asian giant hornet got its murderous nickname because it's known to rip the heads off bees with its shark-fin-spiked mandibles. It's the biggest hornet on the planet, three times the size of its honeybee prey. It has a venomous stinger. And like any good supervillain, it flies around in a flashy costume.

The New York Times described it as having “a cartoonishly fierce face featuring teardrop eyes like Spider-Man” and “orange and black stripes that extend down its body like a tiger.” Giant, tiger-striped, murderous decapitators with a fierce superhero mask. Wow. I can't wait for the comic book franchise.

The bee-beheaders can take down honeybee hives in a matter of hours. Fortunately, only a few have been spotted in the U.S. and Canada. Last fall, two dead giant hornets were found in Washington State and a “bike” of giant hornets (yes, a group of hornets is sometimes called a “bike”) were found near Nanaimo, B.C. The B.C. hornets were promptly dispatched by a daring entomologist.

Despite “murder hornets” posing little near-term danger here, bees live in a world akin to a dystopian plot line worthy of Hollywood media hype — and they aren't threatened by one clear villain.

Since European colonists brought

honeybees to North America, they've been domesticated to the point where they have difficulty defending themselves against several dangers, from murderous hornets to varroa destructor mites. They've also been hit with a cocktail of threats, from pesticides — honeybee kryptonite — and habitat loss to climate change and the stress of being imported and exported.

While the fear factor in the hornet story has drawn our attention to hornets and honeybees, most people don't know a honeybee, hornet or wasp from the more than 800 species of wild bees in Canada. These unheralded, essential pollinators continue to fly under the radar because we rarely notice insects, unless they are marvellously lovely, like monarch butterflies, and even those face the risk of extinction.

It's perhaps not surprising then that almost without notice more than one-quarter of all insects have disappeared since 1990. It's a staggering, silent loss.

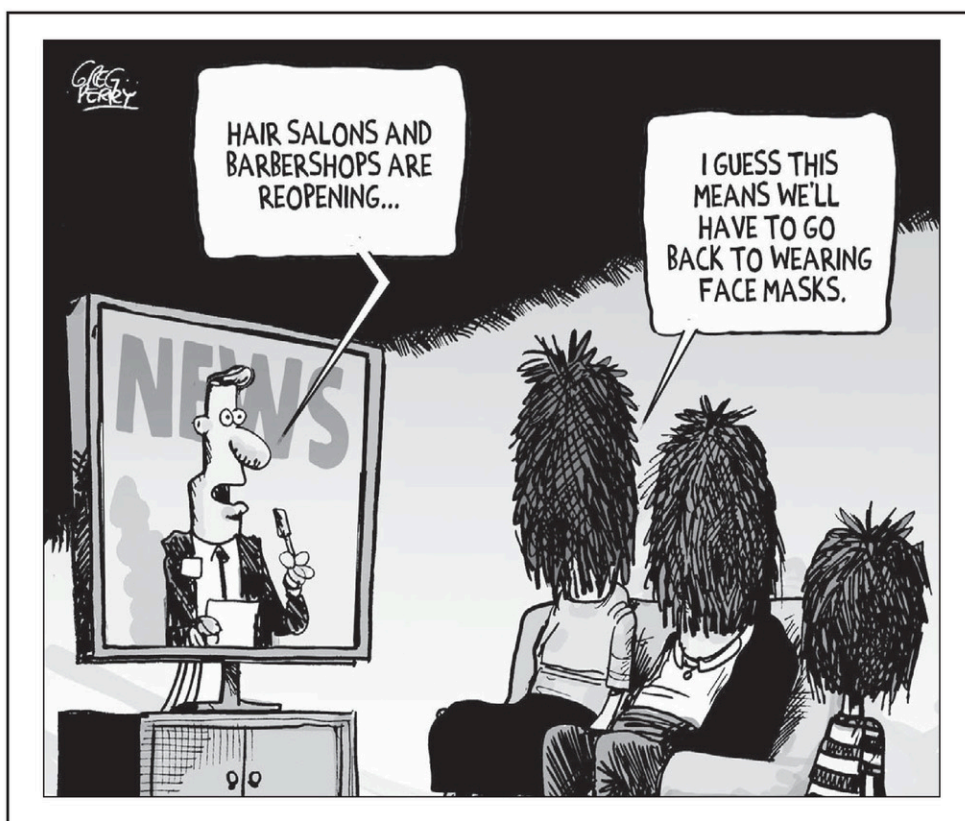
This is chilling. At least one-third of North America's food supply depends on pollinators. Honeybees pollinate an estimated \$15 billion worth of food crops in the U.S. every year, transferring pollen between blossoms, which then produce fruit, nuts and veggies. They're our smallest and arguably most essential livestock. Losing them means losing a lot.

Every epic tale needs a superhero and a solid comeback. The good news: you can be that hero.

Many people are standing up for wild bees, honeybees and other pollinators by planting native wildflowers and other plants in gardens and green patches all over the country. You just need a spade and some seeds. A cape is optional.

Gardening can be the best defence for bees and an antidote to hornet hysteria.

Planting patches of nectar and pollen-rich native wildflowers alone or alongside vegetables and herbs will



help feed bees, butterflies and other pollinators, which in turn sustain our harvests.

You can get started now, by finding tips through the David Suzuki Foundation's Bee-bnb project (david Suzuki.org/beebnb). It offers simple steps to becoming a Bee-bnb Superhost, planting wildflowers and sharing your yard or balcony with wild bees and butterflies.

While the “murder hornet” buzz was overblown, it reminds us that ecological threats of invasive species are real. We must remain vigilant. Mean-

while, the media hype reminds us that we can rewrite this story.

I encourage you to focus on the nourishing, joyful ways you can help bees and the other critters that sustain our food webs, by gardening — a heroic act you can do now.

David Suzuki is a scientist, broadcaster, author and co-founder of the David Suzuki Foundation. Written with contributions from David Suzuki Foundation Senior Strategist Jode Roberts.

Learn more at david Suzuki.org.

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ON THE HOOK

ANDREW HOWARTH

I've been asked countless times—usually by curious friends and family members—and heard the same question posed many more times by concerned 'green citizens' who find my interests strange and unrelatable; "why fishing?" Despite the many evasions I can (and often do) employ in such instances, my reasons for fishing can be mostly summarized by the fact that I find it fun. On rare occasions, a more interesting discussion about the basis for this 'fun' will proceed from the initial question. This is a conversation in which I'm always willing to take part.

Out of a feeling of obligation, anglers often say that their hobby provides feelings of relaxation and connectedness. Those of us who have felt this tend to agree, but have we considered why fishing has this effect? It's easy—too easy, actually—to speculate about the evolutionary bases for our fishing affinity. For the majority of our species' history—which spans tens, and probably hundreds of thousands of years—it seems likely that catching a fish would bring pleasure due to the sustenance that it could provide. Our inheritance of many other similar instincts is evident, but so is the intense curiosity that seems to consume our lives sometimes. Even when fishing is made impossible by work or weather, hours of my free time are filled with second-hand experiences of fish, along with other fishy activities. I'm convinced that some of this comes from my fascination with almost anything non-routine, combined with the fact that fish are routinely and conveniently hidden from us in an aquatic world where we can't even breathe. So, what could be more novel to a wildlife enthusiast than a fish?

To think that the urge to go fishing is mostly a vestigial impulse is concerning to me, because it raises questions about how well I'm spending my time. Many of the most powerful instincts that proved beneficial in the past are of little use to us today, and are in many instances counterproductive. Is it possible that fishing qualifies for this list? Maybe. Although it is possible, I certainly haven't acted as if this is true. I've spent more time fishing local waters this spring than I had in several years past, but poor conditions have turned my recent outings into a struggle. I can't honestly say that

I cherish a fairweather skunking and fish-filled rainy day equally, and tough days on the water tend to become distractions in my non-fishing hours. That said, the fear of missing out on what I know is likely to be great fishing is also a powerful source of interference. The verdict? Shameful as it is to admit this, I can't live with fishing, and I can't live without it.

It could be that recreational fishing is only a way for some people to remain sane. It's also possible—and many of us would hope this to be true—that fishing can and does serve a greater collective purpose. At various times and in various places, anglers have played roles of protection and advocacy in matters related to fish and aquatic ecosystems. In both the past and the present, this reputation has been the main thing balancing the stress angling inevitably places on fisheries. The continuation of this trend, however, is in no way guaranteed. The apparent loss of this reputation in mainstream environmentalism appears, on one hand, threatening to the future of recreational fisheries. Contrarily, the popularization of catch-and-release and conservationist sentiment in the angling world appears promising to the proponents of angler stewardship. If we dismissed angling as an act of simple, primal catharsis, we might find it difficult to explain why someone would spend 8 hours pursuing a fish, only to release it proudly and quietly.

My personal bias is glaring, but I believe strongly—and as objectively as I can in this case—in the mutualistic relationships that can, and often do exist between fish and fishermen. I grin with intense amusement when a fishing buddy slows down drastically while driving over a culvert to leer at the prospective trout stream that flows through it (more on that in my next column), because I relate to this so deeply. If I ever find myself following some stranger who I'm convinced shares my bizarre piscatory curiosity, I may just burst out laughing.



PHOTOCREDIT: ANDREW HOWARTH

While releasing a good fish, it's never occurred to me—perhaps because I'm too distracted—that some part of this activity could be considered nonsensical from another person's perspective.

Don't keep everything inside.

The extraordinary events brought about by the pandemic can cause stress, anxiety or even sadness. But you should know that there are solutions.

For advice on protecting your well-being during these circumstances, visit

Quebec.ca/allermieux

Let's continue to protect ourselves.

Votre gouvernement

Québec

In Memoriam

MATHESON, Peter - In loving memory of a dear husband, father and grandfather who passed away May 20, 2015.

*Beautiful memories are wonderful things
That last til the longest day
They never wear out
They never get lost
And can never be given away*

**Always remembered by
THE FAMILY**

Cemtery Meeting

MALVERN CEMETERY COMPANY

Malvern Cemetery Company will be holding its annual meeting this Thursday, May 21 on the internet. Anyone wishing to join, please contact Kevin Frost at kfrost@belley.net.

WEDNESDAY, MAY 20, 2020

Today is the 141st day of 2020 and the 63rd day of spring.

TODAY'S HISTORY: In 1862, President Abraham Lincoln signed the Homestead Act, which provided Western settlers free land for farms.

In 1873, Levi Strauss and Jacob Davis received the U.S. patent for blue jeans.

In 1902, Cuba declared independence from the United States.

In 1969, the Battle of Hamburger Hill ended in South Vietnam.

In 2006, Nouri al-Maliki took office as prime minister of Iraq.

TODAY'S BIRTHDAYS: Honore de Balzac (1799-1850), author; John Stuart Mill (1806-1873), philosopher; William Fargo (1818-1881), Wells Fargo co-founder; Jimmy Stewart (1908-1997), actor; Joe Cocker (1944-2014), singer-songwriter; Cher (1946-), singer-songwriter/actress; Ted Allen (1965-), TV personality; Timothy Olyphant (1968-), actor; Tony Stewart (1971-), race car driver; Busta Rhymes (1972-), rapper; Matt Czuchry (1977-), actor; Rachel Platten (1981-), singer-songwriter.

TODAY'S FACT: In 1916, the Saturday Evening Post published its first issue featuring a Norman Rockwell painting ("Boy with Baby Carriage") on the cover.

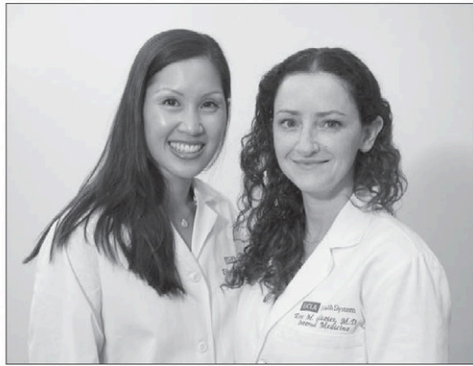
TODAY'S SPORTS: In 1989, Sunday Silence beat Easy Goer by a nose in the 114th Preakness Stakes, the horse race's closest margin.

TODAY'S QUOTE: "It is not because men's desires are strong that they act ill; it is because their consciences are weak." - John Stuart Mill, "On Liberty"

TODAY'S NUMBER: 270 million - acres of U.S. land given away through the Homestead Act.

TODAY'S MOON: Between last quarter moon (May 14) and new moon (May 22).

Dropped bladder has different levels of severity



ASK THE DOCTORS

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

Dear Doctor: I'm a 75-year-old woman and have been diagnosed with a dropped bladder due to a hysterectomy in my mid-40s. I have discomfort, particularly when I walk a long distance or do heavy lifting; some leakage problems; and frequently have UTIs. What can be done?

Dear Reader: A prolapsed bladder, also known as a fallen bladder, or cystocele, is common after a hysterectomy. It's due to the drop in estrogen levels that occurs after the uterus and ovaries are removed. Estrogen, the primary female sex hormone, plays an important role in keeping the pelvic tissues toned and strong. Additional causes of the condition can include physical stresses, such as childbirth, frequent straining

due to constipation or a chronic cough, heavy lifting and obesity. The decrease in estrogen that accompanies menopause can also contribute to bladder prolapse.

The condition is broken down into four separate stages, from mild to severe, depending on the degree to which the bladder has dropped. Women with a mild case - Stage 1 - may not experience any symptoms. When the condition is more advanced, symptoms include the discomfort, stress incontinence and frequent urinary tract infections that you mentioned, as well as lower back pain, difficulty with urination or bowel movements, pain during intercourse and a bulge of tissue from the vagina. In the most advanced cases - Stage 4 - the entire bladder protrudes.

Treatment depends on how far the bladder has dropped, as well as variables such as age, medical history, general health and personal preferences. In moderate cases, nonsurgical treatments can help. These include estrogen replacement therapy, which can be administered in a patch, as a pill or in a cream, and is used to strengthen the tissues that support the bladder. Kegel exercises, which are deliberate contractions of the muscles that you use to control urination, strengthen the pelvic floor. Electrical stimulation is used to trigger muscle contractions

and build strength and tone, and some women have success with biofeedback.

Another nonsurgical option is a pessary. That's a rubbery, donutlike device that is inserted into the vagina, much like a diaphragm. The pessary provides physical support. It can ease discomfort and has been shown to help with urinary control. It generally takes just one office visit with a urologist to be measured and fitted with the appropriate device. After that, pessaries require monthly cleaning. Depending on the device, this can be done at home, or it may need to be done in the urologist's office. Many women do well with a pessary, while others experience discomfort or irritation. Infections are possible, but when a pessary is fitted and cleaned properly, the risk is small.

For severe cases of bladder prolapse, or when the less-invasive methods of managing the condition are not successful, reconstructive surgery may be needed. The goal is to return the bladder to its proper position. Before opting for surgical repair, be sure to learn all about the procedure you will have, as well as the potential risks, benefits and other options available.

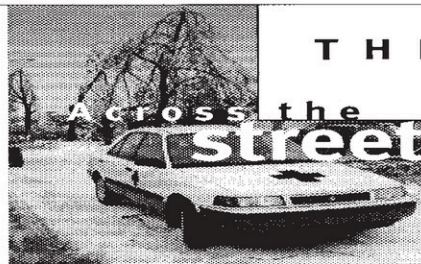
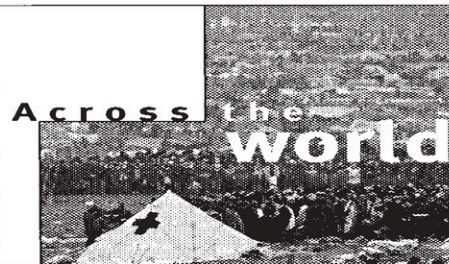
Eve Glazier, M.D., MBA, is an internist and associate professor of medicine at UCLA Health. Elizabeth Ko, M.D., is an internist and assistant professor of medicine at UCLA Health.

Do Just One Thing



By Danny Seo

You might wonder: Why clean your coffee grinder, if the only thing you're using it for is coffee? Over time, the natural oils and leftover particles from whole coffee beans can turn the inside of your coffee grinder rancid and also affect its performance, so it's important to clean it. But soap and water are not the answer. Instead, take 1/4 cup of dry rice and whir it up inside the grinder, which creates a powder that acts as a sponge to soak up the residual oil and coffee particles. Dump the rice and wipe the inside of your grinder with a damp towel, and you've got a clean coffee grinder.



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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.

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\$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 - They will not be taken by phone.

DEADLINES FOR DEATH NOTICES:

For Monday's paper, email production@sherbrookerecord.com or call 819-569-4856 between 1 p.m. and 5 p.m. Sunday. For Tuesday, Wednesday, Thursday or Friday's edition, email production@sherbrookerecord.com, call 819-569-4856 or fax 819-569-1187 (please call to confirm transmission) between 9 a.m. and 5 p.m. the day prior to the day of publication. The Record cannot guarantee publication if another Record number is called. Rates: Please call for costs.

Concerns being on the front lines

Dear Annie

WEDNESDAY, MAY 20, 2020

Dear Annie: I am a USPS mail carrier. My husband was sent home six weeks ago, with pay, while I head out every morning to the possibility of contracting COVID-19.

I've been angry and resentful, and scared. It was most acute about two weeks ago, and, after some tears and talks, I've calmed down somewhat. I just keep looking ahead and cannot wait for this to end. – Husband at Home

Dear Husband at Home: Your fear and anger are very understandable. And yet you have been going out there and delivering our mail anyway. That is called courage. Courage is not the absence of fear, but rather, it is having fear and doing it anyway. You are a hero and we thank you very much for your service to humanity.

Dear Annie: I wanted to inform the grandfather who was resentful about waiting in lines at the amusement park that the Fastpass is not just for those who are wealthy and can afford to pay for the pass. It is also for children with disabilities so they do not have to wait in lines. They can also be invisible disabilities – ADD and ADHD and brain injuries – that makes waiting in line a difficult thing for children to do. To enhance their experience at the park, or, in some cases, even make it possible to go to the park and have them be able to enjoy the outing, families can sign up in advance for the pass to avoid the lines.

I would never have known this, but my grandson is one of the children who needs this assistance and would not have been able to tolerate the line otherwise.

Your answer was spot on, but there can be more than meets the eye as a reason for “cutting the line”! Thinking outside the box is another great skill to instill in your children and grandchildren, as well as tolerance for those less fortunate. – Thinking Outside the Box

Dear Thinking Outside the Box: Thank you for your letter. It highlights a very important lesson. We can't judge a book by its cover. There could be so much more going on.

Dear Annie: I used to have uncontrolled underarm odor for decades no matter what I did. I finally asked my doctor. His advice: Use tea tree oil (over the counter at drugstores). Use about 10 drops in an ounce of water on a cotton ball to wipe the underarms and let it dry. Later, use antibacterial soap and deodorant. I have had no odor for over two years. – Not Stinky Anymore

Dear Not Stinky Anymore: Thank you for sharing your suggestion. Tea tree oil is completely natural so it has a low chance of side effects.

Dear Annie: In the current COVID-19 crisis a lot of people are online dating. I've never done it before but am interested in trying it. The problem is I am having a hard time believing people are who they say they are on their profiles, because of all the catfish stories I've heard about. How do I find a relationship if I have doubts about the person on the dating site? – First-Time Online Dating Doubter

Dear Doubter: You're wise to be wary. Online dating is a wonderful tool, but there are always going to be some malicious actors who use it as a weapon. Fortunately, you can take steps to protect yourself. First, do your research. When you're messaging with someone on a dating site, Google their name and see if they have social media accounts. Paste or upload their profile photo to Google's “Search by Image” page to make sure that they didn't take the photo from somewhere else on the internet. Second, the standard advice would be to go on a date as soon as possible – in a safe, public place. The quarantine

version of that is to video chat. This is not only smart for avoiding catfishing; it also helps you avoid wasting time chatting online with someone whom you may have no chemistry. Lastly, trust your gut. If something seems off, it probably is. There are plenty of fish in the sea who aren't up to anything fishy.

Dear Annie: I would like to add to the warning from “Sad Daughter” regarding scams on older people like her parents. I have worked in financial services for 35 years, and over the last several years these scams have grown exponentially. Her parents should not be embarrassed. I have seen some very smart, competent people taken by these professional crooks. Everyone needs to be aware that these con artists come up with new scams all the time, and anyone can be vulnerable to the right story that plays on emotions such as love and fear.

Please let your readers know that the biggest red flag when being conned is the word “cash.” When that word is used, hang up the phone. I guarantee, 100% of the time, it is a scam. No one moves cash anymore. The firm I work for transfers millions of dollars every day to individuals, corporations, charities, the Social Security Administration, the IRS and, in a few cases, law enforcement. None of the entities I have mentioned will ever ask you for cash nor would we ever be willing to send untraceable cash. Con artists and other crooks are the only ones who like to use cash.

Another caution is that some sophisticated crooks set up phony bank accounts. They might use a friend's or relative's name with one letter changed – like a different middle initial – which is hard to catch. The fact that the con artist wants an electronic transfer to an account does not mean it is legitimate, and you still need to proceed with caution. – Have Seen Too Much of It

Dear HSTMOI: Fraud has only gotten worse during the pandemic, and your letter is a helpful reminder to stay vigilant. In addition to asking for cash, scammers often seek payment via gift cards, which can be as untraceable as cash.

Dear Annie: We hear so many accounts of sick relatives dying alone in the hospital and family members feeling helpless and guilty because they can't be by their side, even though it's not their fault. I'm a retired nurse, and I hope I can let these families know that their mom or dad, spouse or loved one is not dying alone if their nurses can help it.

Taking care of these critically ill patients, it's easy to become attached to them, and most nurses are trying to take care of them, treating them as if they were their own parent or loved one. They aren't just giving their patients the best medical care they can possibly give; they try to give as much compassion as possible.

Every nurse I know, or have ever known, seems to have that extra spark that pushes them to take those extra steps to make sure the patient is as comfortable as possible and then some. You see, being a nurse is our chosen profession, but being a nurse isn't just what I do for a living; it is who I am! I have written a poem that I hope makes some family feel a little less helpless.

“A Hand to Hold”
By Patty Palmer

“Lying in a hospital bed there in the ICU
“She tries to calm her fears not knowing what to do.

“The nurse tells her that she's been ill for quite a while.

“She holds her hand while she explains with a

kindly smile.

“Wondering where her family is since they aren't there with her

“She calls out but the tube in her throat allows her not a word.

“The kindly nurse explains to her that visitors are not allowed.

“The virus spreading rapidly prevents any size of crowd.

“Feeling so alone as a tear falls down her feverish cheek.

“She's never been this sick before and feeling very weak.

“The nurse takes a warm cloth and gently washes her face

“Don't worry, I'm here with you and I'm not going anyplace.”

“A soothing bath the nurse gives to her, helps her to relax.

“Keeping up a light banter as she finishes up her tasks.

“Her heart is growing weaker and her color isn't good

“But the nurse goes on acting as normal as she could.

“She brushes her patient's hair and forms it in a braid

“She knows this lady is dying and asks the Lord, let her not be afraid.

“As this ailing patient's life is heading toward the end

“She holds her hand and sings to her, not as a nurse but as a friend.

“The machines show her vital signs are heading for a drop

“And her new friend stays with her until they entirely stop.

“This nurse has done all she could to make the end less cold.

“No patient should have to die alone without a hand to hold.

“She quietly leaves the room with a tear in her eye.
“Nurses are strong but sometimes they still do cry.

“She dries her eyes and blows her nose shaking off her heart.

“Heading toward the next room where again she'll do her part.

“I hope this poem makes some family feel a little less helpless.

“I'm not just a nurse, it's who I am!”

Dear Patty: I am reading this with a tear in my eye. Thank you for sharing your beautiful, compassionate poem, and thank you to all nurses, with their kind smiles, full hearts and strong hands.

“Ask Me Anything: A Year of Advice From Dear Annie” is out now! Annie Lane's debut book – featuring favorite columns on love, friendship, family and etiquette – is available as a paperback and e-book. Visit <http://www.creatorspublishing.com> for more information.

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

Send your social notes to
classad@sherbrookerecord.com

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.

“OK CWIBXUE YPZBH, VIBWULBH, WUB
WXH EYBCU ULBWUBI. ... SITJPXS
MC, ULB MXIBWY LWH WE OMFL
POCTIUWXFB WE ULB IBWY.”
— OBSWX DTYYTJE

Previous Solution: “After being on the road so much, I want to spend more time with my family, who I hear are wonderful people.” — Howie Mandel

TODAY'S CLUE: $E \text{ equals } F$

REALITY CHECK

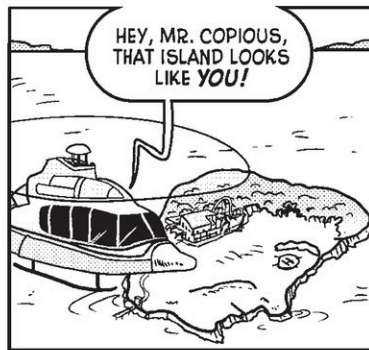


HERMAN



“Is it still half-price for kids?”

ALLEY OOP



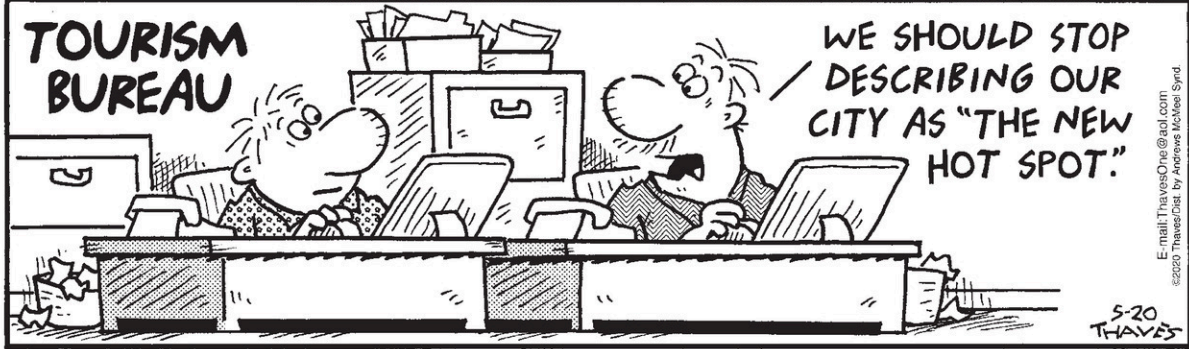
ARLO & JANIS



THE BORN LOSER



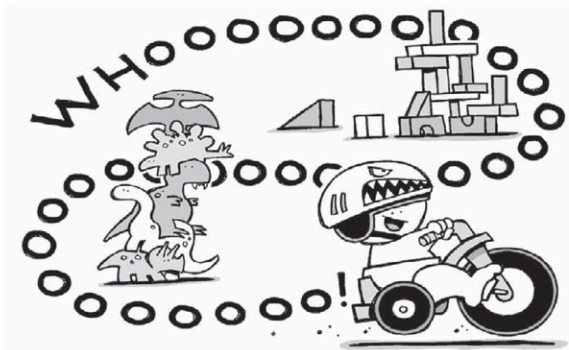
FRANK AND ERNEST



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 E-mail: classad@sherbrookerecord.com
 or Knowlton: (450) 242-1188 between 9:00 a.m. and noon

CLASSIFIED

Deadline: 12:30 p.m. one day prior to publication
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Prepare an outline of your ad and then write it.



Be specific – buyers want useful information such as price.



Group related facts in the same sentence.



Avoid slang and abbreviations. Abbreviations are not needed because **The Record** charges by word rather than space.



Above all, don't forget your telephone number or address and when respondents may contact you.

NEA Crossword Puzzle

- ACROSS**
- 1 Hiking trail
 - 5 Reflect
 - 9 Tablet
 - 12 Name in essays
 - 13 Microbiology gel
 - 14 Some
 - 15 Discovered on
 - 16 Throw light on
 - 18 Succinctly
 - 20 Blanched
 - 21 Add- (extras)
 - 22 High pt.
 - 23 lcky
 - 26 Bad bets
 - 29 Lubricate
 - 30 Hubbubs
 - 32 Found a buyer
 - 34 Hockey feint
 - 36 Movie lioness
 - 38 – Juan
 - 39 Handy
 - 41 Andes ruminant
 - 43 Legal matter
 - 44 Region of India
 - 45 Slug cousin

- 48 Gray-barked trees
- 52 Roman emperor Marcus –
- 54 Antoinette lost hers
- 55 SAS competitor
- 56 Mythical archer
- 57 Press
- 58 England's Isle of –
- 59 "The Banana Boat Song" (hyph.)
- 60 Penny

DOWN

- 1 Gnat or ant
- 2 Not into the wind
- 3 Level
- 4 Horse-drawn carriage
- 5 Uses the USPS
- 6 Repulsive
- 7 Mr. Mineo
- 8 Blows, as a volcano
- 9 Mop companion

Answer to Previous Puzzle

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

- 10 Green Gables' girl
- 11 Did a salon job
- 17 Horses' hair
- 19 "May It Be" chanteuse
- 22 Growth on rocks
- 23 Quick lawn
- 24 Place
- 25 Sorts
- 26 Droop
- 27 Ms. Parks of civil rights fame
- 28 Criticize
- 31 – ex machina
- 33 Genetic material
- 35 Creepy
- 37 Sunblock additive
- 40 Chopped down
- 42 Acid in milk
- 44 Mural undercoat
- 45 Quaff with sushi
- 46 Declare invalid
- 47 Horde
- 48 Nautical marker
- 49 "Present!"
- 50 Famous prep school
- 51 Shipped out
- 53 Retiree's kitty

SUDOKU

DIFFICULTY RATING: ★★☆☆☆

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

PREVIOUS SOLUTION

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

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

Find the right person for the job in advertising in our **Career Section**

Many Record readers want a career change and are looking for a new job.

Shouldn't your ad be in The Record's Career Section?

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1	2	3	4		5	6	7	8		9	10	11	
12					13					14			
15					16					17			
18					19				20				
					21				22				
23	24	25				26				27	28		
29					30	31				32		33	
34					35	36			37	38			
					39					41	42		
					43					44			
45	46	47					48				49	50	51
52							53				54		
55							56				57		
58							59				60		

NEA Crossword Puzzle

Your Birthday

ACROSS

- 1 Use a jimmy
- 4 Country addr.
- 7 Watercraft
- 11 Yves' yes
- 12 Memorable times
- 14 Former science magazine
- 15 Recipe amt.
- 16 Unconscious state
- 17 Novelist — Uris
- 18 Put in a lawn
- 20 Type of sausage
- 22 GI support org.
- 23 Kenya's loc.
- 24 Frisbees, e.g.
- 27 Let know
- 30 Norwegian name
- 31 Big pet
- 32 Famous mummy
- 34 Long-tailed animal
- 35 Longest arm bone
- 36 Give out sparingly
- 37 Target amounts
- 39 Gave medication
- 40 Gentle bear
- 41 Atlas page
- 42 Least green
- 45 Worried
- 49 Auction site
- 50 Pantyhose color
- 52 Twosome
- 53 — noire
- 54 Lackluster
- 55 Quick turn
- 56 Pink-slipped
- 57 Olsen of vaudeville
- 58 Incoming plane stat

DOWN

- 1 Stew cookers
- 2 Stratagem
- 3 Exclamation of dismay
- 4 School break
- 5 Tolkien hero
- 6 Block, as a stream

Answer to Previous Puzzle

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

- 7 Spanish dance
- 8 Auspice
- 9 Presently
- 10 Singer — Turner
- 13 Grassy plain
- 19 Canvas-back
- 21 Uncertain
- 24 "The," to Wolfgang
- 25 Mesopotamia, now
- 26 In — (as found)
- 27 Charged particles
- 28 AAA suggestions
- 29 Speechless
- 31 Made a garden
- 33 Danson or Kennedy
- 35 Navajo neighbors
- 36 Brood
- 38 Yielded to
- 39 River in a waltz
- 41 Wall decoration
- 42 "Fancy" singer
- 43 Wild goat
- 44 Top of the head
- 46 Woodworking tool
- 47 Hearts or spades
- 48 Spa class
- 51 — -Magnon

WEDNESDAY, MAY 20, 2020

Weigh the pros and cons of every move you want to make this year. If you let your emotions take charge, it will tempt you to act prematurely. Unrealistic goals or expectations will work against you. Assess situations and expand your interests based on what's best for you.

TAURUS (April 20-May 20) — Discipline will get you where you want to go. Whether it's a work-related or personal victory you are after, your focus and determination will affect the outcome.

GEMINI (May 21-June 20) — Be aware of what others are doing. Someone you deal with won't have your back when you need support. Don't let disappointment bring you down. Be prepared to do things on your own.

CANCER (June 21-July 22) — A different approach to a pending problem is favored. Limit how much you spend and don't commit to something you cannot provide. An offer will come with some troubling baggage. Make positive adjustments before you proceed.

LEO (July 23-Aug. 22) — Handle a sensitive issue carefully. If you act impulsively, you will have trouble reaching your objective. Charm and reaching out to someone who owes you a favor will pay off.

VIRGO (Aug. 23-Sept. 22) — Collaborating with people who have similar goals will speed things up and encourage success. Distance yourself from anyone causing problems or looking for an argument.

LIBRA (Sept. 23-Oct. 23) — Information

that interests you will come your way. Before you spread the word, verify the facts. Your reputation will depend on what you do and say. Self-improvement is encouraged.

SCORPIO (Oct. 24-Nov. 22) — Adjustments will help ward off an unnecessary argument. Joint finances or shared expenses will be a problem if you and your partner don't have the same values and ethics.

SAGITTARIUS (Nov. 23-Dec. 21) — Evaluate the way other people treat you and how well you are taking care of yourself. Put your health and well-being first. Walk away from debilitating situations.

CAPRICORN (Dec. 22-Jan. 19) — A change will be useful for you. Adjust your schedule to include the things that bring you the most joy. Don't forgo what's best for you just to appease others.

AQUARIUS (Jan. 20-Feb. 19) — Stick close to home and take care of personal matters. Don't be fooled by what others do or say, or get into a senseless argument over something that you cannot change.

PISCES (Feb. 20-March 20) — Refuse to give someone who has disappointed you a chance to do so again. Focus on what you can do to make your life and environment better.

ARIES (March 21-April 19) — Seize the moment and take control. If you want something done, do it yourself. Don't let the changes or decisions that others make disrupt your plans. Aim for stability, not for chaos.

WEDNESDAY, MAY 20, 2020

Seeing double is twice as good

By Phillip Alder

In "The Faerie Queen," Edmund Spenser wrote, "So double was his pains, so double be his praise."

This is only fair; and it can apply in a bridge deal — like today's. How should South play in three no-trump after West leads the heart queen?

South had a close bid over his partner's takeout double. He was a little strong for one no-trump and a little weak for two no-trump. He compromised by jumping to two spades, showing 9-11 points and at least four spades. North's cue-bid of three hearts was game-forcing and strongly suggested three-card spade support. With four spades, North would have raised. When South showed his heart stopper, North was happy to pass.

South had six top tricks: one spade, two hearts, one diamond and two clubs. From the bidding, it was likely that West held the spade king-queen and club queen. But were the spades or the clubs breaking 3-3? Declarer found a line that allowed him to test both suits.

After winning the first trick with his heart king, South led a spade: queen, ace. West won the next trick with the spade king and exited with a low heart to dummy's ace.

Dummy's spade 10 was cashed, but

		North	05-20-20
		♠ A J 10	
		♥ A 4	
		♦ A 7 6 2	
		♣ K 6 5 3	
West		East	
♠ K Q		♠ 9 8 5 2	
♥ Q J 10 8 6		♥ 9 5 3	
♦ K J 9		♦ 10 8 3	
♣ Q 7 4		♣ 9 8 2	
		South	
		♠ 7 6 4 3	
		♥ K 7 2	
		♦ Q 5 4	
		♣ A J 10	
Dealer: West			
Vulnerable: East-West			
South	West	North	East
	1♥	Dbl.	Pass
2♠	Pass	3♥	Pass
3NT	Pass	Pass	Pass
Opening lead: ♥ Q			

West discarded a heart. Now came a club to the ace and the club jack: queen, king. When declarer played a club to his 10, both opponents followed. So a diamond to the ace allowed South to cash dummy's club six for his ninth trick.

If West had turned up with two or four clubs, South would have exited with a heart, hoping to force West to lead away from the diamond king.