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WEDNESDAY, JUNE 2, 2021

Quebec open to searching residential school sites for possible graves

The Canadian Press

Quebec's Indigenous Affairs Minister says the province is open to searching the grounds of former residential schools for graves if survivors and their families are in favour.

Ian Lafreniere says his office has started reaching out to families, Indigenous leaders, and his federal counterpart to discuss the possibility.

The discovery of the remains of 215 children on the grounds of the former Kamloops Indian Residential School in British Columbia has prompted a fresh wave of scrutiny of the treatment of Indigenous people across Canada, and Lafreniere says Quebec must confront its own role in that history.

He says he has seen no evidence that there are unmarked graves on the grounds of the six former residential schools that operated in the province, but he cannot exclude the possibility.

His government has already tabled a bill that would allow relatives of Indigenous children who disappeared or died in health-care facilities to access information about their loved ones.

Lafreniere said the government isn't ruling out any potential actions in the future to ensure Indigenous families get answers, including holding a public inquiry if necessary.

Quebec calling for more vaccination in 18-40 age group



MATTHEW MCCULLY

By Gordon Lambie

On Tuesday afternoon Quebec Premier Francois Legault called on people 18-40 years old in the province who have not already signed up for or received a first dose of a COVID-19 vaccine to do so within the next week. Noting a slow-down in the rate at which people in that younger age group are being vaccinated at the same time that the province is preparing to start moving up the second-dose

schedule, the premier said that just because things seem to be going well is no reason to put off getting a shot.

"Get your first dose as soon as possible, we need you to get back to our normal life," Legault said.

According to Health Minister Christian Dubé the average coverage in the 18-44 group is at around 65 per cent but has seen a decrease in response within the last week or so. With that number at least 10 per cent below the government's minimum goal, he said

that new initiatives are being explored to try to encourage the vaccine hesitant to register.

In the Eastern Townships, one of those measures is a daily distribution of drop-in vaccination tickets at clinics across the region. Beginning Tuesday and continuing through Friday, June 4, a pre-set number of doses will be available without an appointment at specific vaccination clinics in Sherbrooke, Val-des-Sources, Magog, East Angus, Lac Mégantic, Coaticook,

CONT'D ON PAGE 3





Frank Wilson
Consultant

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Weather



TODAY:
SUNNY

HIGH 25
LOW 13



THURSDAY:
CHANCE OF
SHOWERS

HIGH 20
LOW 13



FRIDAY:
SHOWERS

HIGH 21
LOW 13



SATURDAY:
SUNNY

HIGH 25
LOW 17

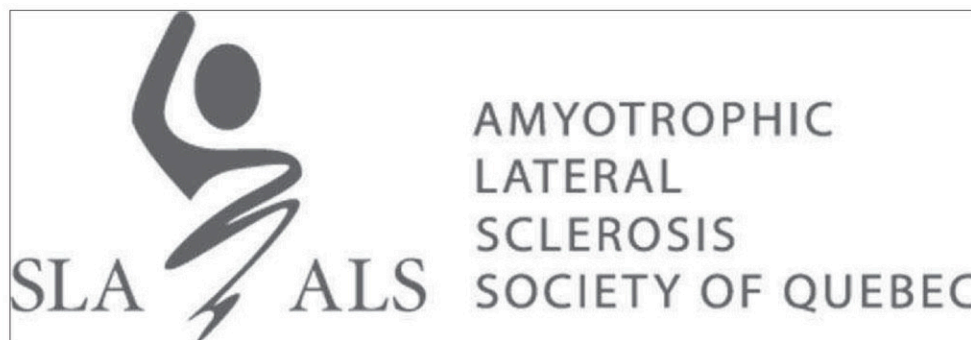


SUNDAY:
MIX OF SUN
AND CLOUD

HIGH 30
LOW 17

HAND IN HAND

ALS Awareness Month



The Amyotrophic Lateral Sclerosis Society of Quebec is a non-profit community organization dedicated to supporting people with ALS and their families at every stage of the disease, raising awareness with the public and government officials and funding crucial research are also part of its mission.

Amyotrophic Lateral Sclerosis, also known as Lou Gehrig's disease or maladie de Charcot, is a neuromuscular disorder that affects the nerve cells and spinal cord progressively leading to the paralysis of the muscles. ALS progresses rapidly and is usually fatal within five years following the initial diagnosis.

Jean-Martin Charcot (known as the founder of modern neurology) was a French neurologist and was the first to describe the symptoms that define ALS, leading to its French name: Maladie de Charcot. In the United States the disease is more commonly known as Lou Gehrig's Disease, after the famous baseball player who died of Amyotrophic Lateral Sclerosis.

The disease is characterized by the degeneration of precise nerve cells in the brain and spinal cord. Little by little, this deterioration affects the brain's capacity to move and control voluntary muscles. With a lack of stimulation to these muscles by the brain, they begin to atrophy, leading to progressive paralysis.

ALS is the most commonly known and common type of motor neuron disease, which also includes primary lateral sclerosis, as well as various forms of paralysis and partial paralysis.

Currently, about 2,500 to 3,000 people in Canada suffer from this disease and two new cases are reported per 100,000 people every year. This disease is not contagious and most of the reported cases are sporadic: meaning that no one in the affected person's immediate or extended family has had ALS. The disease is hereditary in only 5 to 10% of cases, and mostly affects people between the ages of 40 and 75; cases in children are extremely rare. In Quebec there are currently more than 500 people living with ALS. Over the last 5 years, there were 1,000 deaths and 950 newly diagnosed members at ALS Quebec. For every person living with ALS, ALS Quebec supports approximately three caregivers.

To date, there is no treatment to significantly prolong the life of patients with ALS. Hope lies in the important actions of associations, volunteers, ambassadors and researchers who all share the same mission of eradicating this devastating disease. Fundraising events and the generous contributions of donors support patient services and research in finding the most effective treatments for Amyotrophic Lateral Sclerosis, and eventually a cure.

June is ALS awareness month and, specifically, June 2 has been declared Lou Gehrig Day, recognizing the anniversary of the famous baseball player's death in 1941. Eighty years after that day, the causes of ALS are still unknown and the diagnosis is still terminal, with 80% of people dying within two to five years of being diagnosed. But with many promising therapies in later-stage clinical trials, there is significant momentum. It is time to team up and to #StrikeOutALS.

The Lou Gehrig Mosaic of Hope

Today, Lou Gehrig remains an inspiration and a source of strength, humility and courage for the thousands of Quebecers affected by ALS.

On June 2nd, and throughout ALS Awareness Month, ALS Quebec will pay tribute to the baseball legend and all families affected by ALS in its unique way.

"We are thrilled to have teamed up with several former Montreal Expos such as Larry Walker, Vladimir Guerrero, Felipe and Moises Alou, sports, media & entertainment personalities, who will lend their support to help strike out ALS," said Claudine Cook, Executive Director of ALS Quebec. The Lou Gehrig Mosaic of Hope was launched on June 1st at <http://als-quebec.ca/>

You can support the ALS Society of Quebec and ALS Awareness Month by making a donation, uploading a photo and message on the Lou Gehrig Mosaic of Hope, by voicing your support on social media using the hashtag #StrikeOutALS and tagging @SLAQuebec on June 2nd 2021, or by registering, fundraising, or donating to the Virtual Walk and Ride to End ALS, the details of which can be found at <http://als-quebec.ca/>



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Ben by Daniel Shelton



Local News

In a press release, Quebec Solidaire also proposed suspending the \$30 million loan granted to Demers horticultural productions as long as the temporary workers employed by them are not housed in safe and healthy facilities.

Federal government promotes greener homes grant

By Gordon Lambie

Compton-Stanstead MP Marie-Claude Bibeau paid a visit to Sherbrooke-based window and door manufacturer Profenex on Tuesday in order to promote the launch of the new Canada Greener Homes Grant for energy efficient renovations.

Meant to help homeowners improve the energy efficiency of their homes, the grant entitles homeowners to up to \$600 to cover the cost of assessments from an EnerGuide certified energy advisor and then up to \$5,000 for renovations to improve any energy efficiency issues highlighted in the assessment.

"I was surprised to discover that Houses and buildings are responsible for 18% of greenhouse gas emissions in Canada," Bibeau said, explaining that the hope is that a large-scale program to improve overall energy efficiency

will help to cut that percentage.

Renovations included in the program vary from the installation of insulation to air sealing, changing to more energy efficient doors and windows, heating and air conditioning systems such as heat pumps, smart thermostats and the installation of solar panels.

To benefit from the grant, Quebec homeowners must register with the provincial government's Rénoclimat program at <https://transitionenergetique.gouv.qc.ca/en/residential/programmes/renoclimat>.

Information on the Canada Greener Homes Grant is available online at <https://www.nrcan.gc.ca/energy-efficiency/homes/canada-greener-homes-grant/23441>. The program does also have a telephone line, 1-833-674-8282, but online registration is being recommended because of high call volume.

Michel Langlois who works for



GORDON LAMBIE

Compton-Stanstead MP Marie-Claude Bibeau with Michel Langlois of Profenex

Profenex in customer service and who gave Bibeau the tour, said that the company is the only one in the region that offers direct-from the manufacturer sales. The company is currently in the middle of an expansion to its factory space.

Although he noted that much

of the company's sales are for new construction, Langlois acknowledged the value of programs like the greener homes grant for people looking to do renovation projects in a time when the cost of construction materials has increased significantly due to the COVID-19 Pandemic.

Quebec Solidaire says repatriate Temporary Foreign Worker Program

Record Staff

In the wake of damning revelations about the housing conditions of temporary foreign workers employed by Les productions horticoles Demers, Quebec solidaire is urging the CAQ to repatriate the federal government's Temporary Foreign Worker Program and offer open work permits in order to better protect workers from potential abuses on the part of employers.

In a statement release on Tuesday, Laurier-Dorion MNA Andrés Fontecilla, Quebec Solidaire's critic on immigration, diversity and inclusion explained that

the temporary workers out in Quebec fields have closed work permits. "This means that their hands are tied to their employers, who sometimes take advantage of them to make them live in unacceptable conditions," Fontecilla said in a press release. "As soon as these workers no longer have an employment relationship with the farm where they work, they find themselves in an uncomfortable situation in Quebec. The Legault government has a moral responsibility to protect their rights," he said, calling on Minister of Immigration, Francization and Integration, Nadine Girault to repatriate the Temporary

Foreign Worker Program and offer open work permits and the possibility of changing jobs to prevent abuse.

Fontecilla also pushed for the tightening standards for the housing of temporary workers by allowing the CNESST to conduct inspections to verify the compliance of adequate housing, even if accommodations are not located directly on their work site.

In a press release, Quebec Solidaire also proposed suspending the \$30 million loan granted to Demers horticultural productions as long as the temporary workers employed by them are not housed in safe and healthy facilities.

"Dormitories full of bursting, showers without hot water, mould everywhere: the facts revealed yesterday are a disgrace for Quebec. This is not the way to take care of workers," commented Rouyn-Noranda-Témiscamingue MNA Émilise Lessard-Therrien. "Since yesterday, I have been receiving testimonies from farmers in my region who are making great efforts to house and welcome foreign workers in a dignified and safe manner. They are doing their part. Now the government must do its part and send a clear message: there is zero tolerance for unsanitary conditions and exploitation of workers," Lessard-Therrien said.

Vaccination

CONT'D FROM PAGE 1

Windsor, Granby, and Cowansville. Details on the specific timing, location, and number of shots available can be found (in French) at <https://www.santeestrie.qc.ca/nouvelle/vaccin-contre-la-covid-19/>.

According to Jean Delisle, director of the local vaccination campaign, more than 79 per cent of people in the Townships have set up an appointment or received their first dose, and 5.9 per cent are now considered completely vaccinated. He shared that there is great enthusiasm in the

12-17 age group, where 57 per cent either have an appointment or are vaccinated, but he added that there is room for more in their 20s to sign up, as that age group has plateaued around 60 per cent coverage.

Canada's National Advisory Committee on Immunization (NACI), meanwhile, released new

recommendations stating that either the AstraZeneca/COVISHIELD COVID-19 vaccine or an mRNA COVID-19 vaccine product may be offered for a second dose for those who received AstraZeneca for a first dose. The notice from the committee refers to mixing doses as "ethically justifiable," based on the fact that Canada is anticipating large enough supplies of mRNA vaccines in the summer months to make up the difference.

The NACI notes that recent Canadian surveys have found respondents more comfortable with mRNA vaccines compared to viral vector vaccines, but intention to vaccinate has been increasing despite differences in comfort levels between vaccines. A study in late April found that most participants were more comfortable with Pfizer (92%) and Moderna (90%) vaccines, and comfort levels for AstraZeneca have increased since early April from 41% to 52%. Of those who

were uncomfortable with the viral vector vaccines, 37% reported they would accept a vaccine if offered, 34% would reject, and 29% were unsure. The most recent Canadian studies report that intention to vaccinate is increasing and currently varies between 66-80% in the general public and 57-82% in healthcare workers across Canada

As of Tuesday morning, the province reported a total of 5,648,992 vaccination doses administered out of 6,376,347 doses received in total. This accounts for first-dose coverage in 61.3 per cent of the population and adequate coverage in 7.1 per cent.

304,869 people have received a first dose in the Eastern Townships, accounting for 60.3 per cent of the regional population, with 29,580 having received a second dose so far.

Aside from the vaccine deficit, Legault said that the situation in Quebec continues to improve to the point where, as of next Monday, there will be

no red alert zones left in the province, and several regions in the province will be able to shift to either yellow or green alert status. While hailing this as good news, he underlined the fact that it is to be expected that there might be slight rise in cases as restrictions are lifted, particularly in the Montreal area due to the population density.

Quebec reported only 208 new cases provincially on Tuesday, bringing the total number of people infected to 370,527, with 3,609 active cases. There were five new deaths, for a total of 11,133 since the start of the pandemic

The number of people in hospital for COVID-19 decreased by eight, to 354, and the number of people in intensive care decreased by three, to 86.

The Eastern Townships reported 28 new cases and 298 active cases alongside no new deaths. As of Tuesday morning there were 29 people hospitalized and one person in intensive care, a very slight decrease from the previous day.

Butternut Island on the Bishop's University campus: A thousand-year-old story

By Jean-Marie Dubois (Université de Sherbrooke), Derek Booth (retired professor of Bishop's University) and Gérard Coté (Lennoxville-Ascot Historical and Museum Society)

request of the City of Sherbrooke, the island's name was made official in 2011 by the Commission de toponymie du Québec. The name "Butternut" comes from existence of numerous butternut trees (*Juglans cinera* L.) on the island.

The name, however, was designated as early as 1870 when Bishop's College School (BCS) built a footbridge linking the island to the bank of Massawippi River facing Bishop's College, now Bishop's University. At the time BCS was located on the campus of Bishop's College and Butternut Island was then used as a playing field for cricket and football, among other things, most likely until the mid-1910s. For a short period, Bishop's University re-installed a footbridge during the 1970s with the goal of creating a park adjacent to the campus, but the project was eventually abandoned, probably due to the erosion of the island's shores. In fact, the Saint-François River has continually eroded the island's north side since the 1960s and the channel between the island and



HTTP://LH3.GGPH.COM/

Nuts of the butternut tree

the southern banks has been filling with sand since the mid-1970s. The north side suffered serious erosion between 1985 and 1988, then again between 1995 and 1998, so that today only about half of the surface area still remains.

Archeologists refer to the site as Île au Massacre (Massacre Island), a name given by archaeologist father René Levesque in 1962. His justification for the name was based on the legend that Major Robert Rogers was said to have massacred several Abenakis in 1759 on his return from a punitive expedition

against the Village of Odanak. Beyond the legend, René Levesque reported to have discovered fragments of Amerindian pottery in 1962 that date back to the Late Woodland Period, more than a thousand years ago. In 1989, an inventory was carried out on the island and on neighbouring banks of the Saint-François River by a firm of archeologists at the request of the Town of Lennoxville and the Ministère des affaires culturelles du Québec that also confirmed the findings along with pottery and a number of stone tools.



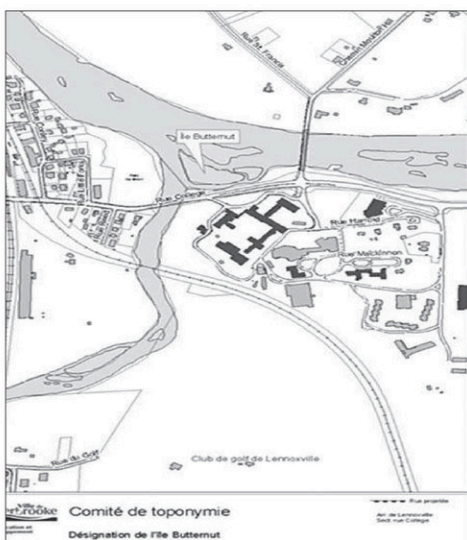
GOVERNMENT OF QUÉBEC GFR0201-187

Butternut Island in 2002: we can see falling trees on north bank of the island



GOOGLE MAP

Butternut Island near 2019: trees still falling on north bank of the island



Map situating Butternut Island



The Record will be publishing a keepsake special section for E.T.S.B. High School Graduates of 2021

The Record wants to honour the E.T.S.B. High School Graduates of 2021 with a special section on June 15.

We are inviting proud parents, grandparents, aunts, uncles, friends and neighbours to send a message of congratulations – **free of charge** – to be published in this section.

Email your submission, with the graduate's name and high school, to classad@sherbrookerecord.com before June 8, 2021



McGill University hires former captain to lead the women's basketball team

By Michael Boriero

When Rikki Bowles, born and raised in East Farnham, was officially named head coach of the McGill University women's basketball team last week, she was struck by a range of emotions, but above all, she was humbled.

"I definitely feel privileged and it's sort of more than a job, if I could say, because it's a program that I love and care very much about, you know, aside from it being my job," she said.

Bowles played for the McGill Martlets for five years before graduating with a degree in physical education in 2010. She has been involved in coaching ever since, with brief stints at College Brébeuf and Vanier College.

However, she is a Martlet through and through. After spending one

season as head coach at Brébeuf, Bowles left to join her former McGill team as an assistant coach in 2011, working alongside long-time head coach Ryan Thorne.

Bowles stayed in that position for seven years. And during that time, she also taught physical education at The Study, an all-girls private elementary and high school in Montreal, and served as head coach for the school's basketball team.

She always knew that she wanted to be involved in basketball, but she never really thought about taking over the helm of the McGill women's team until they won the 2017 Bronze Baby national championship. In that moment, Bowles knew she wanted more.

"When the opportunity came up to go head coach at Vanier, it was a really difficult decision to leave McGill. I've been here for a long



MCGILL UNIVERSITY

Friday File— Prom Fairies: Getting ready to dream



KATHRYNE OWEN

Record Staff

In an effort to capture the stories of Townshippers in new and dynamic ways, The Record has enlisted the help of Kathryn Owen, who creates weekly videos interviewing locals and touring interesting places in the area. The videos are posted every Friday on our website and social

Nine years ago, when Nancy Grey got wind of a young woman graduating from Alexander Galt Regional High School who may need some assistance creating her perfect prom look, she and some friends jumped in to help, and the Lennoxville Prom Fairies were born. It started with the proud accomplishment of raising a few hundred dollars to outfit one teenager. To say that

the project has grown since then would be a huge understatement. The Prom Fairies have since raised thousands of dollars and outfitted dozens of graduates. The goal is to provide students with the prom of their dreams, that means, the dress / suit is only one part of the "look". The prom fairies make sure that they have all necessary accessories, hair and makeup – even manicures – this is their night! As Nancy puts it, "They've worked so hard to get here, they deserve this."

Join us for this week when we talk to Nancy about the project and all the sparkle it has brought to local youth.

Check out the Friday Files on our website at www.sherbrooke.com or our Facebook page.

time, but I thought getting some head coaching experience at that point would be best for me moving forward," said Bowles.

She spent one season, 2017-2018, as head coach at Vanier College, before making another return to McGill. However, this time she came back as full-time coach under the Women in Sports program, which prepares candidates for full-time roles in coaching.

After Thorne took over the university's men's program last year, McGill Athletics & Recreation Executive Director Geoffrey Phillips turned to Bowles, a natural fit for head coach, having been mentored by Thorne for almost 10 years.

With plenty of coaching experience under her belt, Bowles is ready to prove her mettle next season. The Martlets have eight returning players, she explained, and five players committed to joining the program. She wants to focus on ball movement and quick transitions.

"Quebec is a small conference in terms of the number of teams, but very talented across the board, so if your team doesn't work hard it's going to be very difficult in this league, whether you have tons of talent or you're a little less talented," said Bowles.

She is eager to implement her own system. As an assistant coach, there is an expectation to uphold and reinforce the head coach's strategy, Bowles continued, but coaching at Vanier, and then again at McGill, allowed her to explore her own coaching philosophy.

The issue for most sports teams over the past year has been motivation. Student-athletes have struggled to stay active and engaged in their team. But she believes that once they are back together, in the same room, without restrictions, the team will be ready to play.

"Well, I think everyone is different,

you know, it's hard to generalize to a 14- or 15-woman roster," said Bowles. "I think some may need the motivation and part of that I think being back in the gym, being around the team, that might help with it."

Her time in the Eastern Townships shaped most of her basketball career. Bowles' parents met in high school and played for their school team. Her brother played at John Abbot College in Montreal, where she soon followed to also pursue basketball at a higher level.

She remembers her days in East Farnham fondly. There is a sense of community in a small town, Bowles said, everyone knows each other and is in some way invested in their life. She also reminisced about the ways her parents would encourage her to play basketball.

"We had a basketball court in the backyard that, I remember, on the deck my father put a spotlight [on] so I could even play in the dark that shone onto the court and there was just enough light in the summertime to play until whenever," said Bowles.

Now almost 36 years old, she is entering another phase in her basketball career. And Bowles understands the importance of being a female head coach, something she never had growing up. McGill has started to emphasize the need to diversify coaching staffs, she noted.

Bowles told The Record that it wasn't until 2017 that she really started to reflect on her past, playing for all-male coaching staffs. She said it likely had an impact on her personal. She wants to inspire her squad and show them that anyone can be a head coach.

"I hope that these groups of young women coming up, if coaching is something they want to do, perhaps by seeing me they realize that this could be a viable career," said Bowles.

EDITORIAL

George Woodwell, director of the Woods Hole Research Center in Massachusetts, testified that wide-scale forest destruction would speed the warming, as dying forests release stored carbon dioxide.

SCIENCE MATTERS

Energy road map charts challenging course to oil-free future

By David Suzuki

Thirty-three years ago, NASA scientist James Hansen told a U.S. congressional committee the agency was 99 per cent certain a global warming trend was not natural, but caused by a buildup of greenhouse gases in the atmosphere, mainly from burning fossil fuels.

“Global warming has reached a level such that we can ascribe with a high degree of confidence a cause and effect relationship between the greenhouse effect and observed warming,” Hansen said, adding, “It is already happening now.”

George Woodwell, director of the Woods Hole Research Center in Massachusetts, testified that wide-scale forest destruction would speed the warming, as dying forests release stored carbon dioxide.

It’s shocking that so many people decided the best course would be to shrug and carry on as usual in the face of dire, compelling statements from scientists who thoroughly examined the problem — not to mention evidence building since Joseph Fourier’s discoveries in the 1820s to a U.S. National Academy of Sciences report in 1977 and congressional hearings on climate in the early 1980s held by Rep. Al Gore (later senator, then vice-president). There was talk but little action.

Now all those warnings are reality: rapidly escalating temperatures, rising sea levels, increasing extreme weather events and more. More than 30 years after Hansen’s testimony, we’re in crisis because industry and governments failed to act.

Can that change over the next 30? A new report from the International

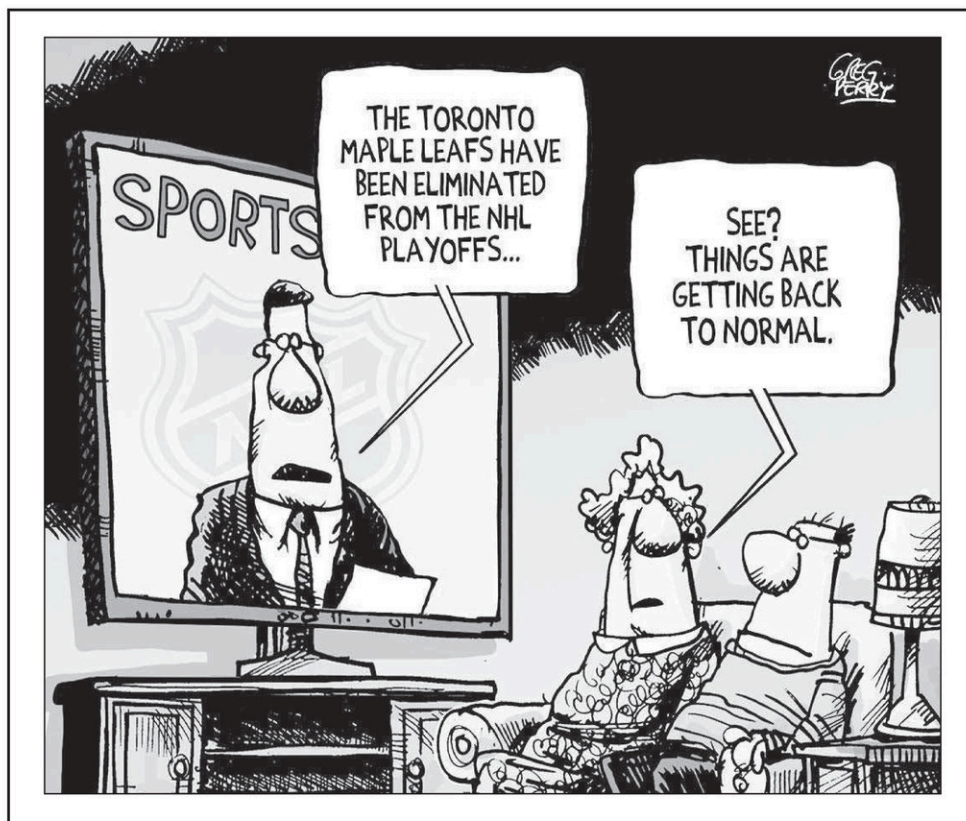
Energy Agency notes that a growing number of governments worldwide are pledging to zero out emissions over the coming decades. “But the pledges by governments to date — even if fully achieved — fall well short of what is required to bring global energy-related carbon dioxide emissions to net zero by 2050 and give the world an even chance of limiting the global temperature rise to 1.5 °C.”

One silver lining in “Net Zero by 2050: A Roadmap for the Global Energy Sector” is its finding that reducing, capturing and neutralizing emissions will benefit human prosperity and well-being beyond simply slowing global heating — although it warns the path “is narrow and requires an unprecedented transformation of how energy is produced, transported and used globally.”

Following recommendations from the report’s “more than 400 milestones” would create “millions of jobs in clean energy, including energy efficiency, as well as in the engineering, manufacturing and construction industries,” an IEA release said. The report stresses governments must minimize hardships for people and communities affected by the energy transition, with regional aid, retraining and locating clean energy infrastructure near affected communities to maintain jobs.

Measures such as providing electricity and clean cooking solutions to those who lack them would bring major health benefits by cutting pollution and could prevent 2.5 million premature deaths a year.

But it means getting off fossil fuels — quickly. Unwillingness to



start the transition when we first became aware of the need means we have no time left to lose. The report finds fossil fuel use must fall from four-fifths of energy supply today to around one-fifth in 2050, and that demand will continue to plummet. There’s no place for new coal, oil or gas development, including pipelines. Remaining fossil fuels must be “used in goods where the carbon is embodied in the product such as plastics, in facilities fitted with carbon capture, and in sectors where low-emissions technology options are scarce.”

The immediate goals are to rapidly phase out coal power and internal combustion engine vehicles and halt new oil and gas development.

The report notes most CO2 reductions through to 2030 can be made using available technologies but that “in 2050, almost half the reductions come from technologies that are currently at the

demonstration or prototype phase.” Electricity must “play a key role across all sectors, from transport and buildings to industry.”

The road map shows that by 2050, 90 per cent of global electricity generation could come from renewable sources, 70 per cent from solar photovoltaic and wind. A David Suzuki Foundation study also found getting to net zero means electrifying just about everything: cars, buses, trucks, home and building heat pumps, industrial furnaces and more.

The era of coal, oil and gas is over. We’ve done too little for the past 30 years. For the next 30, let’s work toward a cleaner, healthier future for all.

David Suzuki is a scientist, broadcaster, author and co-founder of the David Suzuki Foundation. Written with contributions from David Suzuki Foundation Senior Writer and Editor Ian Hanington.

Learn more at davidsuzuki.org.

Letters

Why I Love The Record



We recently asked readers why they enjoy reading the paper every day. Here is what they had to say:

TO THE ENTIRE RECORD STAFF:

After many years of having the Record delivered every day by Wellies Leblond regardless of the weather we would miss the local news, weather Sheila Quinn, Ross Murray — not at the present time and other local reporters, Nick Fonda for one. Also nice to see other organizations sending in their activities. Keep up the good work

RONALD JONES (WINNER OF THE CONTEST)

THE RECORD

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Local Sports

Canadiens are Winnipeg bound after dispatching Leafs in seven games

By Lori Ewing
The Canadian Press

Three times the Montreal Canadiens faced elimination. Three times they brushed off the pressure and grew stronger.

After trailing 3-1 in their opening-round playoff series against the Toronto Maple Leafs, Montreal roared back with three consecutive victories, finally dispatching the Leafs on their home Scotiabank Arena ice with a 3-1 victory on Monday.

Asked about the pressure his team faced heading into Game 7, coach Dominique Ducharme pointed out it was nothing new.

"We played Game 5, Game 6 the same way, we had our backs to the wall," said Ducharme. "So for us tonight it was just the same mindset, the same way to prepare and I felt our guys were in the right place, and even more confident than before because we just won those last two games."

"So (Monday) was not that different of the day. I thought our guys handled it really well and I think it showed on the ice."

Brendan Gallagher, Corey Perry and Tyler Toffoli, into an empty net, scored for the Canadiens, while Carey Price made 30 saves.

If there was a turning point to the series comeback, Gallagher thought it came in Game 5 in Toronto, which the Habs won in overtime.

"This was only my second Game 7 ever," said Gallagher, who scored his first goal since April 1 after missing six weeks with a broken thumb. "I remember the other one (in 2014), we actually lost Game 5 in Boston but I remember sitting around the room afterwards with the guys and we were telling each other we're winning the series, we felt like we had them."

Their Game 5 win in Toronto sent the series back to Montreal, where they won in OT again, in front of 2,500 fans, the first crowd at an NHL game in Canada since the start of the pandemic.

"Playing in front of the crowd, I think you can see a little bit of extra jump in us," Gallagher said. "And you know coming here tonight, it's almost easier being on the road for these games."

"I think every game we just had to find a way to make one more play than

they did."

The series win was the Habs' first since they dispatched the Ottawa Senators in six games in 2015 before being eliminated by the Tampa Bay Lightning 4-2 in the second round.

They'll take on the rested Winnipeg Jets, who swept Connor McDavid's Edmonton Oilers in the Canadian-based North Division's other first-round series. That series was over in just six days, ending a week ago with a triple-overtime victory.

The Canadiens were headed straight to the airport to fly to Winnipeg on Monday to prepare for Wednesday's second-round opener. While their comeback victory was a dagger to their Original 6 rival – and the collective hearts of Toronto hockey fans – they had little time to celebrate.

"We won a series, we're happy about that," Ducharme said. "But we want more so after tonight you need to turn the page. We'll take all the goods that made us have success and bring that to the next one. So, it's not a time to celebrate for a few days. We enjoy it tonight, and we'll be preparing tomorrow."

Canadiens centre Phillip Danault said there was some pride in holding Leafs sniper Auston Matthews to just one goal in the series.

"It's big for me personally. I think it's huge for the whole team," said Danault, who arrived for the post-game interview with a large pizza box, and shovelled in bites between answers. "We know we can play against big players. Everyone did his job. That's how we won."

"And (Carey) Price was solid every single night, giving us a chance. We've got a lot of pride in that dressing room, and we definitely want to get more."

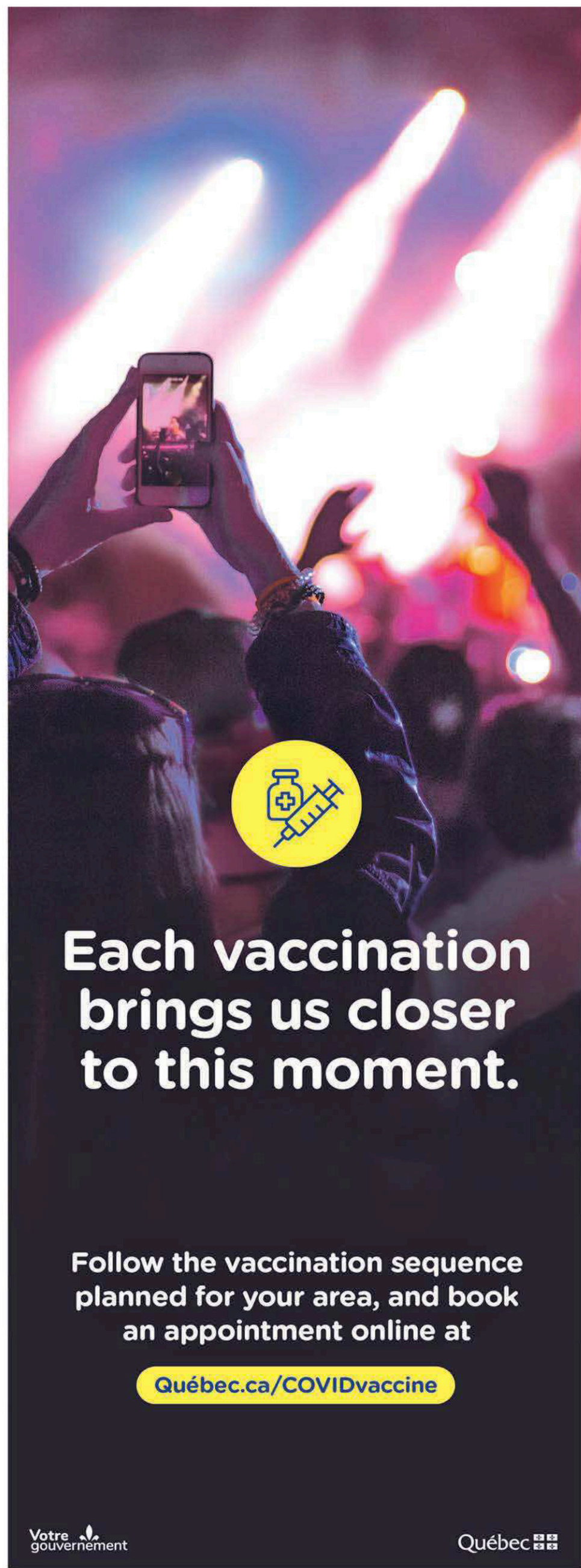
The series victory was big for Price, who struggled earlier this season.

"I thought we had a pretty good chance all series," Price said. "Obviously, we win that game (5), we started gathering momentum, and we just kept at it and tried to keep that momentum going."

Price had kind words for the defencemen in front of him.

"Warriors, those guys. They were poised with the puck and they did an excellent job," he said.

Game 2 of the second round is Friday in Winnipeg, then the series heads to Montreal for Game 3 on Sunday.



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Death

Norman Pettigrew

Norman Pettigrew in his 66th year passed away peacefully at his home with his family by his side, on Thursday, May 27, 2021.

Norman leaves behind a beloved wife of 46 years, Carol True. Survived by his older sister Barbara Lambert (Pierre Lambert). Norman also leaves his three children, Peggy Pettigrew (Benny Gauvin), Tommy Pettigrew (Tina Lemaire), Joseph Pettigrew (Kimberly Blair). Truly missed by his 6 grandchildren, Kodie & Nicholas, Sebastian & Maria, Kailey & Jacob. Predeceased by his parents Frederick Pettigrew, Evelyn Rolfe and brother William Pettigrew. Norman will be greatly missed by many sisters & brothers-in-laws and nieces and nephews. He also leaves his 4 legged best friend Shelley. Norman had many interests; old cars being rebuilt by his sons, riding his motorcycle and fishing with his family and friends. Service will be held at the Bolton Centre Cemetery, Baker Pond Rd. on Saturday, June 5, 2021 at 2 p.m. A remembrance to celebrate Norman will held at Tommy and Tina's place, 2898 Rue Principale, Dunham, Friday, June 4, 2021 after 1 p.m. Due to Covid-19 restrictions, masks will be mandatory, 25 people at a time. Please note that a limited amount of people will be allowed in at a time. No need for flowers, just your presence and stories would be appreciated. Steven Elkas Funeral Home, 4230, rue Bertrand Fabi, Sherbrooke, Que. J1N 1X6 in charge of arrangements.

The best ways to treat a sunburn



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

Dear Doctor: Supposedly it's bad to get a sunburn – but honestly, it just happens sometimes. What is the best thing to do to treat it? Our grandmother always gets ice and rubs it on the burn, but that doesn't seem to make it go away.

Dear Reader: It's true that if you let your guard down when you spend time outdoors, it's all too easy to accidentally get a sunburn. We tend to associate sunburn with the warmer and sunnier days of summer; however, it can happen at any time of year, even on what seems like a cloudy day. Any time the sun is out, it's affecting your skin.

It's important to understand that sunburn is actually a skin injury. It occurs when melanin, a natural pigment that protects against the ultraviolet light in the sun's rays, becomes overwhelmed due to

overexposure. The resulting damage to the skin leads to inflammation as the body's healing mechanisms race to the rescue.

Your grandmother's use of ice cubes may feel soothing, but they won't cure a sunburn. Unfortunately, nothing will: Once you're burned, the damage is done. All you can do is take steps to ease the immediate discomfort, and prevent further and subsequent burning in the future.

The sun's rays are strongest between 10 a.m. and 2 p.m., but the hours before and after also require vigilance from the two types of ultraviolet radiation associated with skin cancers, known as UVB and UVA. Sunlight can harm skin even through a window: UVB rays don't pass through glass, so you won't burn, but UVA rays can still reach you and can damage the deeper layers of your skin.

When you realize you've gotten a sunburn, it's important get out of the sun immediately. If possible, head indoors. Sunburned skin is hot to the touch, so a cool (but not cold) bath or shower can bring relief. Be sure to treat sunburned areas gently. Instead of rubbing the skin, blot and pat it with a soft towel. Apply lotion while skin is still damp, which will help create a physical barrier to preserve moisture.

Consider using aloe vera. It contains aloin, a compound that relieves inflammation. Aloe is available as a gel, and is included in many types of

moisturizers and lotions. Over-the-counter cortisol creams can also ease pain and discomfort. Nonsteroidal anti-inflammatory drugs (NSAIDs) like ibuprofen and aspirin can help with pain and inflammation.

If your skin blisters, that indicates a second-degree burn. Do not interfere with them. Let blisters subside and heal naturally. Popping blisters or removing peeling skin can lead to infection. Be sure to moisturize often, as the sunburn has damaged the skin and left it dry and fragile, and drink plenty of water. Your body is sending extra fluids to the sunburned areas, and you'll help the healing process by staying hydrated.

Sun damage is cumulative, which means the risks you take last a lifetime. So please, wear sunscreen and cover up with long sleeves, sunglasses and head gear. Don't forget about the tops of your ears, the back of your neck and the tops of your feet. Keep an eye on the UV index in your area, and dress and behave accordingly.

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

Send your questions to askthedoctors@mednet.ucla.edu, or write: Ask the Doctors, c/o UCLA Health Sciences Media Relations, 10880 Wilshire Blvd., Suite 1450, Los Angeles, CA, 90024. Owing to the volume of mail, personal replies cannot be provided.

Datebook

WEDNESDAY, JUNE 2, 2021

Today is the 153rd day of 2021 and the 75th day of spring.

TODAY'S HISTORY: In 1886, President Grover Cleveland married Frances Folsom, becoming the only president to marry in a White House ceremony.

In 1924, an act of Congress granted American Indians U.S. citizenship.

In 1997, Timothy McVeigh was convicted of murder and conspiracy for his role in the 1995 bombing of the Alfred P. Murrah Federal Building

in Oklahoma City.

In 2012, former Egyptian President Hosni Mubarak was sentenced to life imprisonment for his role in the deaths of hundreds of protesters during a 2011 uprising.

TODAY'S BIRTHDAYS: Marquis de Sade (1740-1814), author/politician; Pope Pius X (1835-1914); Thomas Hardy (1840-1928), poet/novelist; Edward Elgar (1857-1934), composer; Johnny Weissmuller (1904-1984), swimmer/actor; Charlie Watts (1941-), drummer; Marvin Hamlisch (1944-2012), composer; Andy Cohen (1968-),

TV host; Wayne Brady (1972-), actor/comedian; Zachary Quinto (1977-), actor; Dominic Cooper (1978-), actor; Justin Long (1978-), actor; Morena Baccarin (1979-), actress; Fabrizio Moretti (1980-), musician; Abby Wambach (1980-), soccer player.

TODAY'S FACT: The White House has hosted 18 weddings, nine of which were for children of sitting presidents.

TODAY'S SPORTS: In 1935, baseball legend Babe Ruth retired after 22 seasons, finishing his career with

seven World Series titles and 714 home runs.

TODAY'S QUOTE: "If an offense come out of the truth, better is it that the offense come than that the truth be concealed." – Thomas Hardy, "Tess of the D'Urbervilles"

TODAY'S NUMBER: 336,337 – official American Indian population in 1920, according to the U.S. census.

TODAY'S MOON: Last quarter moon (June 2).

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

BIRTH NOTICES, CARDS OF THANKS, IN MEMORIAMs, BRIEFLETS:
Text only: 40¢ per word. Minimum charge \$10.00 (\$11.50 taxes included)
Discounts: 2 insertions or more: 15% off

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

BIRTHDAY, ANNIVERSARY & GET-WELL WISHES, ENGAGEMENT NOTICES:
Text only: \$16.00 (includes taxes)

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

WEDDING WRITE-UPS:

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

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

DEADLINES FOR DEATH NOTICES:

For Monday's paper, email production@sherbrookecord.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@sherbrookecord.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.

Trying to Mend a Mother-Daughter Relationship

Dear Annie

WEDNESDAY, JUNE 2, 2021

Dear Annie: My relationship with my parents has been strained since their divorce 20 years ago. I speak to my father rarely but communicate regularly with my mother. My mom recently found a boyfriend. I have a new baby and a son with disabilities. My mother offered to watch my children at our house, and with remote learning, I need all the help I can get. She is retired and told me "it was her turn" to spend time with the grandkids.

My issue, now that she is coming to my home daily, is that she arrives and complains about something not being to her liking in my home. I have been quiet now for 10 months, but today, I was overwhelmed and told her, crying, how I was trying my best. Taking care of a baby and trying to work a full-time job while my husband works the early morning shift and 15-hour workdays at least three times a week have left me exhausted. She was furious I didn't leave room for her belongings in my kitchen. This past winter, she said my lazy husband better get off his "rear" and shovel. I run a tight ship, but sometimes, things get messy.

My husband works late. Tonight, when I came home from work, my mother stormed out and told me she had called my mother-in-law to cover and would see me next week. I was a little blown away; after we had argued earlier, she texted me over eight times at work. I told her I couldn't respond because of my boss. She told me that I would regret telling her she was clueless about my situation and that it only takes minutes to pick up her stuff and leave.

I need an outsider's opinion.

We had an extremely volatile relationship when I was younger. I am very sensitive about my mother, and I felt like I was giving her a second chance.

She spent Mother's Day with her boyfriend. Last year, she spent it with her mother, my grandmother, who has dementia and lives in the nursing home. A window visit, mind you.

I've always felt abandoned by both parents in a sense and have trouble in my adult relationships trusting people. I feel like bringing in my mother-in-law was also disrespectful and drama-filled. Any advice? - Parent Problems

Dear Parent Problems: Judging from the actions your mother took toward you, you are missing more than just a mother's helper. You are missing a nurturing, unconditionally loving, understanding and patient mother. It is understandable that you have felt abandoned and have trouble trusting people. My advice to you is to recognize that your mother loved you the best she knew how to love you, and sadly for her and you, that love is very limited. The good news is that you can love differently. Find a good therapist, and talk with him or her about your feelings. Being aware of your shortcomings is more than half the battle toward healing from toxic parents. Please give yourself a break. You sound like you are doing a wonderful job parenting.

Dear Annie: I work in health and wellness for the largest retailer in the world. I love my job, but there are so many things I don't understand.

Management is always on us about making money (which I understand), but no matter what we do, it is never enough. We reside in a depressed area and really do quite well for where we live.

With all the pressure management puts on us about sales and eliminating waste, our district manager demands that we work such wasteful hours. We are at the office until 8 in the evening even though no one comes in that late. I keep looking for something to do. We work from 12 to 5 on Sundays, and usually there are no customers - just people walking by asking, "Why are you working on a Sunday?" On Memorial Day, Fourth of July, Labor Day and other holidays, we work from 9 to 6. It is not unusual to have customers who are on vacation and want trial contact lenses because theirs are ripped or lost. When we can't give them what they want (we need a doctor's permission to give out contacts), they become irate. Sometimes it gets intense. This is pretty much how the day goes - dealing with irate customers and getting no sales.

What can we do to let members of management know there are better ways to treat their employees and still save money? They simply will not listen. It's typical top-down management. Things are good for those who are on top but frustrating for those who aren't so far up the ladder. - Love My Job but Just Don't Understand

Dear LMJBUDU: Many companies today have wised up to the value of employee feedback and started conducting periodic reviews. If your employer does, take the opportunity to share your insights. Focus on what the company stands to gain by cutting back during low-traffic hours. Your case will be more convincing if you can offer some concrete examples - so the next time you're working one of these shifts, take notes on sales, staffing, etc. Because it's such a huge retailer with stores nationwide, there may be blanket policies that your managers have to follow even if they don't make much sense at your location. But it's worth at least proffering your two cents.

If management brushes you off and things continue not to change, it might be time to channel your frustration into filling out some job applications - preferably with smaller companies, where you might be able to play a bigger role.

Dear Annie: While shopping at our local grocery, I overheard an elderly woman complaining that the new digital coupons limit her from getting the reduced price. She does not have a smartphone with which to pull up the coupons, nor does she know how to use a computer. She expressed that this is unfair to older people (many of whom really need the reduced prices) who would like to be able to participate in this program. I wonder whether any of the companies that have gone digital have considered this problem. - Digital Age Discrimination

Dear Digital Age Discrimination: A smartphone isn't always necessary, as many companies allow customers to download and print coupons from their websites - but that still presents a frustrating obstacle for seniors who aren't familiar with using a computer or don't have access to one. Rather than give up, I would encourage anyone in this boat to call the Eldercare Locator (800-677-1116) to find a class for people new to technology.

"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.

SUDOKU

DIFFICULTY RATING: ★★☆☆☆

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

PREVIOUS SOLUTION

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

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

Did you know?

The pinnacle of birthday celebrations, if there's no piñata to break open, is when the birthday cake comes out and party attendees serenade the guest of honor. The song everyone harmonizes to is among the most widely recognized and well-loved tunes in the world. The "birthday song," also known as "Happy Birthday to You," is in the public domain in the United States and the European Union. The song originally was penned as a classroom greeting song titled "Good Morning to All," written by sisters Mildred J. Hill and Patty Smith Hill. Both were educators and developed unique teaching strategies to assist students. The song was

composed by Mildred and the lyrics were written by Patty to be used in kindergarten classrooms.

It is unclear who changed the lyrics and turned the song into a birthday ditty, as none of the earliest references to the song included credits or copyright notices. Two tales circulate regarding the eventual copyright of the song. One has The Summy Company registering a copyright in 1935, crediting authors Preston Ware Orem and Mrs. R. R. Forman. The other says Jessica Hill, sister to Mildred and Patty, who was working with publisher Clayton F. Summy Company, copyrighted and published "Happy Birthday

to You" in 1935. Eventually Warner Chappell bought the company that was originally The Summy Company, and argued the birthday song was under copyright until 2030, making performances of the song illegal without paying royalties. However, a federal judge ruled in 2015 that Warner Chappell's claim to a copyright on the song was not valid. The judge ruled its registration only covered a specific piano version, not the melody and lyrics. Therefore, "Happy Birthday to You" can be sung both privately and publicly without being subject to royalties or other restrictions.

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CELEBRITY CIPHER

by Luis Campos

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

"IR LPNR VW ER DXSXVPHVG YWO
BXHZHRGG, GAENROGXNR YWO
GIRRVHRGG PHZ OPZXJPSG YWO
VRHZROHRGG." — JWOHRS IRGV

Previous Solution: "When I start writing songs and it turns into an overly belabored intellectual process, I just throw it out." — Alanis Morissette

TODAY'S CLUE: n sjenbæ v

REALITY CHECK



HERMAN

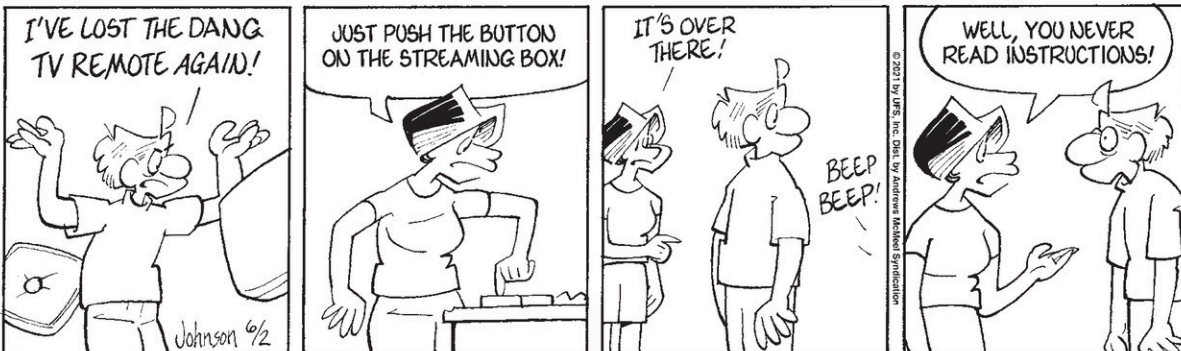


"Personally, I think it's all these chemicals they spray on the fruit."

ALLEY OOP



ARLO & JANIS



THE BORN LOSER




FRANK AND ERNEST



GRIZZWELLS



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Serve apple turnovers at summer gatherings

Celebrations are common in July. American Independence Day is celebrated each July 4th, and that momentous occasion lays the foundation for a month-long celebration of Americana.

Since the United States first gained its independence from Great Britain, many things have been described as representing the best of American culture. Rock-n-roll music and baseball have long been deemed "as American as apple pie," but how did apple pie come to be synonymous with America?

Few fruits have been associated more with America than the apple, due in large part to John Chapman, affectionately known as Johnny Appleseed. Chapman was born in Massachusetts during the Revolutionary War. Chapman's father fought in the war, then survived to return home to farm and teach his son the family business. The younger Chapman is said to have spent 40 years clearing land and planting apple seeds in Midwestern states. Apples thrived and became important foods for early settlers. Apples were easy to grow and store for use throughout the year, plus they were - and still are - versatile fruits that can be used in many different recipes.

Apple pie is a popular dish made from apples, but a close cousin to pie - turnovers - can be just as delicious. Turnovers are handheld desserts made with many of the same ingredients as pie. They are small pastries made by covering one half of a piece of dough

with filling, folding the other half over on top, and then sealing the edges. Apple turnovers can be a sweet treat for July 4th barbecues or other events this summer. Enjoy this recipe, courtesy of PillsburyTM.

Easy Apple Turnovers

Serves 4

- 11/2 cups thinly sliced, peeled apples (roughly 11/2 medium-sized apple)
- 1/4 cup packed brown sugar
- 2 tablespoons water
- 1 teaspoon lemon juice
- 1 tablespoon all-purpose flour
- 1 tablespoon granulated sugar
- 1/4 teaspoon salt
- 1 tablespoon butter or margarine
- 1/2 teaspoon vanilla
- 1 box Pillsbury® refrigerated pie crusts
- 1 egg

1. In a 2-quart saucepan, mix apples, brown sugar, 1 tablespoon of the water and lemon juice. Cook over medium heat, stirring occasionally, until bubbly. Reduce heat to low; cover and cook 6 to 8 minutes, stirring occasionally, until apples are tender.

2. In a small bowl, mix flour, granulated sugar and salt. Gradually stir into apple mixture, cooking and stirring until mixture thickens. Remove from heat; stir in butter and vanilla. Cool 15 minutes.

3. Meanwhile, heat oven to 350 F. Let pie crust pouch stand at room temperature for 15 minutes.



4. Remove pie crust from pouch; unroll crust on ungreased cookie sheet. Spoon cooled fruit mixture evenly onto half of crust to within 1/2 inch of edge.

5. In a small bowl, beat egg and 1 tablespoon water; brush over edge of crust. Fold untopped half of crust over apple mixture; firmly press edge to seal. Flute edge; cut small slits in several places in top crust. Brush top with remaining egg mixture.

6. Bake 25 to 35 minutes or until crust is golden brown. Serve warm or cool. Drizzle with icing, if desired.

Expert tips: Tart apples, such as Granny Smith or McIntosh, make flavorful pies. Braeburn or Gala apples provide good texture and a slightly sweeter flavor

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Do Just One Thing

By Danny Seo

It's a good idea to invest in electric fans before the outdoor temperatures get too hot. While air conditioning can keep your home cool, it guzzles a lot of electricity. When you use fans, you reduce your electricity usage by a whopping 90%. You can also alternate air conditioning and fan usage as a hybrid approach for keeping cool. And finally, try this old-fashioned trick that really works: Fill a large bowl with ice and let the fan blow across it. It'll move cooler air into the room.

SUMMER DAZE WORD SEARCH

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

Find the words hidden vertically, horizontally, diagonally, and backwards.

- Beach
- Camping
- Coastal
- Cooling
- Fan
- Hammock
- Hazy
- Hot

- Lazy
- Outdoors
- Recreation
- Seaside
- Shady
- Summer
- Sunshine
- Suntan

- Sweating
- Swimming
- Swimsuit
- Temperature
- Towel
- Travel
- Umbrella
- Vacation

NEA Crossword Puzzle

Your Birthday

WEDNESDAY, JUNE 2, 2021

- ACROSS**
- 1 Companion
 - 4 Extend
 - 7 Cove
 - 10 Bullfight cheer
 - 11 Stall the engine
 - 13 Turkish official
 - 14 Opposite of ruddy
 - 15 Military council
 - 16 Chicle
 - 17 Common phrases
 - 19 Travel papers
 - 21 AMA members
 - 22 Female principle
 - 23 Medieval trade union
 - 26 Not inside
 - 30 Prince Charles' sister
 - 31 Dept. head
 - 32 Estuary
 - 33 Snapshot
 - 34 Neighbor of CTRL
 - 35 Portable digs
 - 36 Knick-knack stand
- DOWN**
- 1 Loud noise
 - 2 Jai —
 - 3 Let use
 - 4 Grads
 - 5 Grandees
 - 6 Fleck
 - 7 Tea holders
 - 8 Water, in Tijuana
 - 9 Candied tubers

Answer to Previous Puzzle

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

- 11 Viking's inlet
- 12 Boat crane
- 18 Like some fears
- 20 Midwest st.
- 22 Nomad dwelling
- 23 Wide yawn
- 24 College credit
- 25 Ancient empire
- 26 Give a wolfish look
- 27 Hydrox rival
- 28 Ape a pig
- 29 Loan figure
- 31 Jupiter's neighbor
- 35 Stick
- 37 Workout site
- 38 Perpendicular
- 39 Came to the rescue
- 41 Shape clay
- 42 One and the other
- 43 Hula dance fete
- 44 Moistureless
- 45 Fisherman's fly
- 46 Red Muppet
- 47 Wept over
- 50 Dispose of
- 52 Run around a lot

outside your comfort zone and explore new possibilities. Refuse to let outside influences disrupt your plans. Don't allow unfinished business to deter you from getting what you want.

SAGITTARIUS (Nov. 23-Dec. 21) - A methodical attitude will help you avoid trouble. Distance yourself from people who play emotional games and are bad influences. Say no to indulgent behavior and yes to discipline.

CAPRICORN (Dec. 22-Jan. 19) - You'll find an interesting way to put your skills to good use. A deal based on something you are good at will turn out well. A partnership can be advantageous if equality is paramount.

AQUARIUS (Jan. 20-Feb. 19) - Keep an open mind, but don't let anyone use emotional manipulation to get his or her way. Take a pragmatic approach to what you want to achieve. Personal improvement is encouraged.

PISCES (Feb. 20-March 20) - You'll find it difficult to get along with everyone. Listen more and say less. Figure out what's important to you and seek out people who share your opinions and beliefs.

ARIES (March 21-April 19) - Share only what's necessary. The less others know about you, the easier it will be to get things done. An intelligent approach will open doors and encourage greater opportunities.

TAURUS (April 20-May 20) - A change will help you see your situation from a different perspective. Take advantage of shared information and use it to help you advance. A take-charge attitude will help you win favors.

Take your time and do things properly if you want to get ahead this year. Refuse to let anyone bully or manipulate you into doing something you don't want to do. Your happiness and success depend on you taking charge and following through with your plans. Discipline leads to personal gain.

GEMINI (May 21-June 20) - Too much too fast will lead to disappointment. If you want something done, do it yourself. Don't rely on others or trust anyone with sensitive information.

CANCER (June 21-July 22) - Focus on your ideas. A unique approach to a favorite pastime will turn into a part of your everyday routine. A financial gain is apparent if you invest in yourself. It's time to get things done.

LEO (July 23-Aug. 22) - Make a change for the right reason. Head in a direction that makes you feel good about what you do and how you live. Honesty and charm will be necessary. Don't be afraid to go your own way.

VIRGO (Aug. 23-Sept. 22) - You'll be drawn to smooth talkers. Think twice before you let someone persuade you to do something that can affect your reputation or position. Rely on those who have always provided sound advice.

LIBRA (Sept. 23-Oct. 23) - Look at the big picture. Let go of the burdens and responsibilities that don't belong to you. Stop worrying about what others think or say. Do your own thing.

SCORPIO (Oct. 24-Nov. 22) - Step

WEDNESDAY, JUNE 2, 2021

Establish winners whenever you can

By Phillip Alder

Francois, Duc de La Rochefoucauld, a French author and moralist who died in 1680, wrote, "To establish oneself in the world, one does all one can to seem established there already."

That's all well and good in front of the impressionable, but not much use at the bridge table. You may claim that, say, dummy's diamond five is established, but if an opponent holds the six, he knows better. However, establishing low cards, turning them into winners, is an important aspect of the game. Using your trumps during that process is often a critical component.

How did South make four hearts in this deal? West started with three rounds of spades. East ruffed the third and shifted to a club.

Yes, three no-trump would have been less trouble, but finding that contract is easier said than done.

Having lost the first three tricks and faced with a club loser, declarer had to establish a third diamond winner. If the diamonds were 4-2, not 3-3, that would require ruffing twice in hand, and South would need three dummy entries - two for the ruffs and one to return to the board to cash the established winner. Here, these had to be one diamond and two hearts. So, after winning trick four with the club ace, South could afford to draw only one round of trumps

North				06-02-21
♠ Q 7 6				
♥ K J 2				
♦ A K 5 3 2				
♣ 9 4				
West		East		
♠ A K 8 5 4		♠ 9 2		
♥ 7 3		♥ 6 5		
♦ Q 10		♦ J 9 8 6		
♣ K Q 8 7		♣ 10 6 5 3 2		
South				
♠ J 10 3				
♥ A Q 10 9 8 4				
♦ 7 4				
♣ A J				
Dealer: South				
Vulnerable: Both				
South	West	North	East	
1♥	1♠	2♦	Pass	
2♥	Pass	4♥	All Pass	
Opening lead: ♠ A				

using an honor from hand. Then he played a diamond to dummy's king, cashed the diamond ace and ruffed a diamond high in hand. He crossed to dummy with a trump, ruffed another diamond in hand, returned to dummy with a heart and cashed the established diamond five, discarding his club jack.

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		
			40					41		
42	43	44				45			46	47
48				49	50				51	52
53				54					55	
56				57					58	