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Frederick Simpson Coburn. *Untitled (Carlotta, Gold Dress)* (detail), 1939, oil on canvas, 191 x 94.5 cm.
Collection Musée des beaux-arts de Sherbrooke.



Pumpkin Festival returns

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THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

Phelps Helps

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\$1.00 + TAXES PM#0040007682 THURSDAY, SEPTEMBER 15, 2022

CAQ looks to hold on to Orford

By Michael Boriero

In the last provincial election in 2018, Gilles Bélanger, the Coalition Avenir Québec (CAQ) candidate in Orford, came out on top in a fairly contested riding with 12,117 votes and a seat at the National Assembly in Quebec City.

Bélanger enters this year's election as the incumbent, and according to 338Canada, the odds-on favourite to win the riding again. But he is aware that his station within the community has wavered over the past four years due to his responsibilities taking him away from Orford.

Bélanger said that, in going door-to-door to gauge support, many of his constituents have expressed their displeasure over his lack of time spent in the riding. But he has refuted the notion that he was not present for the past four years. He was busy making life better in Orford.

"My leadership, the way I do politics, which I do the same way I used to do business, I delegate a lot of responsibility. I like when my crew are leading different tasks and meeting with media and press conferences, so that's probably different than typical politics," Bélanger said.

The incumbent added he was in charge of a provincial file to bring internet to Quebec's most rural communities, which, unfortunately, took up a lot of his time. And Bélanger also managed to get an arena project, which had been shelved

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Roberge rolls through town



GORDON LAMBIE

By Gordon Lambie

Education Minister Jean-François Roberge was in Sherbrooke on Wednesday afternoon to tour parts of the Saint-François riding with local incumbent MNA Geneviève Hébert. Roberge said that the visit came as a part of a personal effort to be present in ridings across the province, rather than being out of any concern over his party's ability to hold onto the territory in the upcoming election.

During the visit Roberge defended

the timing of his party's decision to support the construction of a new building for Sherbrooke's Montcalm School after having previously turned the project down, echoing his party leader's words from the time of the initial announcement that the province is working off a large infrastructure deficit left by previous governments.

He was also asked about the situation of ventilation in schools stemming from the COVID-19 pandemic, in light of the fact that

schools across the province have reported still being told to open windows in order to adequately ventilate their classrooms. To this Roberge argued that his government had done the work to improve the situation, investing half a billion dollars in finding solutions over the last two years, and he defended that work, saying that 95 per cent of schools in the province are now measuring carbon dioxide levels of less than 1,000 parts per million, the benchmark for poor air circulation.

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Weather



TODAY:
MAINLY SUNNY

HIGH 14
LOW 5



FRIDAY:
SUNNY

HIGH 16
LOW 1



SATURDAY:
SUNNY

HIGH 17
LOW 7



SUNDAY:
SHOWERS

HIGH 21
LOW 12



MONDAY:
CHANCE OF
SHOWERS

HIGH 21
LOW 14

Here's to Verna May Wilson Hadlock's shoes



LINDA KNIGHT SECCASPINA

I was a child who missed the saddle shoes of the 40s and the 50s by a few years, but my High School friend and neighbour Verna May Wilson Hadlock made up for me. I really don't wander around beginning conversations about saddle shoes these days, but when the subject comes up I once again express my opinions. It seems the more I age, the more my bag of opinions overflows solely supported by personal observations of course.

I do remember hearing Verna telling me how her mother became hysterical at the sight of the new saddle shoes when she returned home after her first day at school. They were scuffed and gave the appearance of having gone through a small war, but that was the "in" way to wear saddle shoes.

Some of you will remember the old days of saddle shoes when you bought them sparkling white and clean, and then you tried your very hardest to get them dirty before the kids at school got the chance to do the job for you. Seems nice white saddle shoes just weren't the thing in those days, and it was very painful to have your friends trying to

take every inch of "bark" off the uppers of your saddle shoes.

Day after day a bit more wear and tear became noticeable. Just about the time you really got the uppers of your saddle shoes to the point where they were socially acceptable with the "In" crowd the main part of the shoe began to deteriorate- and it was time to get a new pair.

There were all sorts of things Verna Wilson did with saddle shoes. She would change her laces to match an outfit and I swear some neighbours peeked out of their Albert Street Venetian blinds on a daily basis to see what she had done. But, this was a girl that came home at lunchtime to change into another fresh white blouse that she wore with her navy blue school tunic, and she was just so perfect in my eyes.

Verna mentioned there was a professional scuffer at Cowansville High School that would scuff your saddle shoes for a nominal price. I heard that his scuffing business was so popular that you had to wait as long as three or four days to get his attention.

In 1972 the style of saddle shoes came back. There were those of my friends who thought the return of saddle shoes was the best thing since Lucky Charms and Lava Lamps. Then, there were two or three, and myself, who said they didn't care for the entire situation. As would be expected, there were a few old timers that had to throw in their two cents and tell "us kids" about the "olden days" of shoewear.

My style, once older, never followed Verna, but it did involve my grandmother's borrowed pearls, lace up brown orthopaedic shoes with a scent of Evening in Paris. I was also so mesmerised with tap dancing that sometimes I taped nickels on

the bottom of my shoes. The coins also came in handy for a call on an emergency payphone. Can you even imagine- a nickel? But, after months of wearing them my father began calling them "clodhoppers"- as that's what they used to call big shoes that just didn't fit well anymore.

In Grade 7 I wandered into Hashim's Clothing store on South Street and fondled the most god-awful shoes you can imagine. They were vinyl lime green elf shoes trimmed with fringe. What I saw in those shoes I have no idea, but I had to have them. My father relented and came to Hashims and spoke with the salesclerk about the possibilities of getting deformed toes from being squeezed into those pointy shoes. She assured him of course with the words of a podiatrist that I should be fine. As I glance at my large claw toes today that look like they grew like wayward tree roots I am reminded that yes, those shoes had something to do with my toes after wearing them in the rain sleet and snow.

Shoes have always been part of everyone's lives and they can either afford you the adoration of your peers, or jeers from the cool kids table in the lunchroom. Should we get back into the Hush Puppies era, or can we just stop now at Saddle Shoes and Loafers? Did you know that the shoes we wore actually changed the shape of our feet over the course of our lives? As Leonardo DaVinci once said, "The human foot is a masterpiece of engineering and a work of art." Maybe so, but after a lifetime of fashionable shoes, my feet are no masterpieces- they in fact looked like very scuffed Saddle shoes that no one would want - and that my friends is going easy on them.



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Ben by Daniel Shelton



Local News

Other than dwindling numbers of growers, the farmer said that after two years without a festival there was not the same momentum to get people to put in the time and effort to grow a pumpkin.

Giant pumpkin festival returning to Lennoxville this fall

By Gordon Lambie

Lennoxville's giant pumpkin festival will be back this year for the first time since 2019. On Sunday, Sept. 25 from 11 a.m. to 4 p.m. the annual autumn celebration of mammoth pumpkins and the arrival of fall will once again be held in the space around the Amédée Beaudoin community centre.

"It should be back to normal," said Lennoxville Borough President Claude Charron.

While the local pumpkin growing association manages matters related specifically to the showing and weighing of the pumpkins, the city is responsible for many of the other aspects of the festival. Charron said that so far, it is looking like the event will have more artisan kiosks than in the past, and a similar array of other activities for families like horse-drawn wagon rides.

Mike Macdonald, one of the founding members of the association and frequent winner of the prize for largest pumpkin said that even if the event is returning, it won't be on the same scale as some years in the past when it comes to the number of competitors.

"We're just doing and exhibition and a weighing," Macdonald said, sharing that although there have been years in the past with a dozen or more pumpkins and squash, so far there are only about five signed up.

Macdonald said that the summer of 2022 was a good one for growing the giant pumpkins from his point of view, with a good amount of rain and

not too much severe heat, but he said that after 30 years the association is not as large as it once was.

"The people who were in their 50s when we started are in their 80s now" he said, adding that although there have been new growers who have signed on over the years, it has not been enough to see the group grow.

Other than dwindling numbers of growers, the farmer said that after two years without a festival there was not the same momentum to get people to put in the time and effort to grow a pumpkin.

"I had planned to myself, but my pumpkin cracked just a few days ago" he said, adding with disappointment that "it was quite a big one."

Steve Young, another past winner, told The Record that he lost one of two giants that his family has been growing this year the same way which, although not unusual is hard to face.

"Splitting pumpkins are common and heart-breaking with all the work we put into them," he said, "hopefully my remaining pumpkin will hold on until the weigh off."

Even with all the challenges involved in getting the ball rolling again for him and other growers, Macdonald said that he's happy to see the festival happening again.

"We missed it, it was a right of fall to come together and weight our pumpkins," he said, sharing that his goal for this year is a simple one.

"We're just going to show our pumpkins and have fun," Macdonald said. "After that we'll just see how things go."



PHOTOS BY STEVE YOUNG

Hailey and Sean Young with one of the two pumpkins their family has been growing this year.



For comparison, here's a photo of Hailey and Sean with the pumpkin the family grew back in 2018.

Text message campaign targets Quebec MP Alain Rayes, who left Conservative party

The Canadian Press

A member of Parliament who quit the Conservative caucus says Pierre Poilievre's office sent a text message to party members in his Quebec riding asking them to encourage him to resign.

Alain Rayes, who supported former Quebec premier Jean Charest in the Conservative leadership race, left Tuesday to sit as an Independent, saying that the party's path under Poilievre is not compatible with his "political ideals, values and convictions."

The text message seen by The Canadian Press says that Rayes has decided not to fight inflation with Poilievre's team and encourages

recipients to call the MP's office and tell him to resign.

Rayes, who represents the Richmond-Arthabaska riding east of Montreal, says he has no plan to resign and that the text message campaign is an attempt to intimidate other Conservative MPs.

When asked about the prominent MP's departure on Tuesday, Poilievre had delivered a similar message about Rayes deciding not to fight inflation, which he blames on Prime Minister Justin Trudeau.

Poilievre's office, as well as the office of his Quebec lieutenant Pierre-Paul Hus, did not immediately respond to a request for comment on Wednesday afternoon.

Job opportunity - Reporter

The Record is seeking a full-time reporter to work in its newsroom thanks to funding provided by the Local Journalism Initiative, a Canadian Heritage program, administered in Quebec through the Quebec Community Newspapers Association.

The Record is the only English-language daily newspaper serving the Eastern Townships and has been recognized as the 'Voice of the Eastern Townships' for 125 years. It covers some 27 communities with significant English-speaking populations situated throughout the vast territory of the Eastern Townships.

To fulfil this mandate, The Record is seeking a bilingual reporter with excellent English-language writing skills who understands the mandate of community journalism and the important role the newspaper plays in keeping readers informed on the social, political, economic issues that concern them in their daily lives. This would include covering municipal council meetings, school board meetings, environmental and agricultural consultations, the courts and researching subjects that affect the community.

Given the vast territory, the successful candidate would need to be bilingual, flexible, have access to a vehicle and able to work well with the newsroom team to produce stories of the highest standard for both print and the web.

Qualifications

The ideal candidate is:

- a graduate of a college or university journalism program and/or significant professional experience working as a journalist
- an excellent communicator in English with a good working ability in French
- familiar with basic computer software including InDesign
- a capable photographer
- a licensed driver, preferably with a car

An ability to work some evenings and weekends is essential (with time off provided during the week as compensation).

Appreciation of community journalism and familiarity with the Eastern Townships are strong assets.

Applicants are invited to send a one-page covering letter along with a résumé to Sharon McCully, Publisher, The Record, at outletjournal@sympatico.ca

Deadline for application: Immediate

Orford Candidates

CONT'D FROM PAGE 1



Gilles Bélanger, CAQ



Mark Gandey, CaPQ



Vicki-May Hamm, QLP



Kenza Sassi, QS

for over a decade, off the ground in Orford.

This month hasn't been easy for him, either. Bélanger, like many provincial politicians this year, has been subject to harassment and threatening behaviour. Last week, he told The Record, several people followed him to his house and stayed overnight and into the early morning.

When he left his house the next day, he saw one person simulating a shooting motion with their hand directed right at him. And last Sunday, while he was away, a car full of disgruntled voters pulled up to his house again. He has been forced to increase his security to protect his family.

"They also recommend having my kids away from home for a period of time, so that's basically it. It's not fun, that's not a fun part. I have nine kids. I have five and my girlfriend has four, and I really like spending time with them," Bélanger told The Record in a phone interview Tuesday.

He is not the type of person to shy away from criticism, especially constructive criticism. In fact, Bélanger explained, he welcomes it from all Quebecers, supporters and opponents. However, he said there is no place for threats and intimidation tactics in provincial politics.

The harassment stems from the anti-Bill 96 crowd. They are upset, Bélanger acknowledged, but the CAQ is made up of politicians from all over the political spectrum, and there is always room for discussion. Bill 96 isn't perfect, he admitted, and it will take some time to implement.

"The application of Bill 96 will not be a walk in the park, so it's ok and it can be constructive and there are other issues like in Ayer's Cliff and Stanstead they want to keep their bilingual status, which I think is fair, so they will have a resolution. I have no problem with that," he said.

Asked about how the pandemic exposed Quebec's rotting health network, Bélanger said the government did the best it could do given its resources. He noted, however, that there was a lot of centralization, and now he wants to decentralize services, and bring in more technology.

While it presented issues at first, Bélanger believes teleconferencing with his doctor has worked out pretty well. He wants more Quebecers to embrace technology within the public health network. Healthcare is half the provincial budget, he noted, and it's difficult to move.

"[Health Minister] Christian Dubé is doing a great job. It will take several years and you know the population will get older and it will not be easier. We need to invest more money. I don't want to go into a CHSLD. I'm 64 years old and in 10-15 years I want to stay at home.

"I want to have service at home, so that's where we need to invest, but

to do that we need people to work, so immigration is one solution, and technology is the other solution to free some time for some specialists to spend more time with people," Bélanger explained.

And, he added, technology could be used in the agricultural sector, as well. Quebec can automate certain jobs, eliminating, for example, tedious clerical work, freeing up resources, and training Quebecers in different fields with better job options and a better overall salary.

As Bélanger seeks to defend his seat in Quebec City, Vicki-May Hamm, the Quebec Liberal Party (QLP) candidate in Orford, intends to challenge him. The QLP mustered up over 7,500 votes in the last provincial election, and Hamm believes she can bring in more liberal voters.

"Well, in Orford, they are definitely open to the PLQ. I think a lot of people didn't vote last time, that's my feeling, and that's what the numbers say, also. I also get a lot of wonderful responses like 'oh, you were such a very good mayor, you'll be great as an MNA,'" she told The Record.

Hamm was mayor in Magog prior to joining the provincial politics scene. And she admitted that she had been approached to join the CAQ. However, she chose the QLP. Her values didn't match up with the CAQ, she said, adding people in the territory are hungry for new leadership.

"When I started, people were saying 'we weren't sure if we were voting liberal, but we'll vote for you,' but more and more, as we advance in this campaign, I'm hearing 'we need a stronger opposition in Quebec,' and people don't like what they're hearing right now," Hamm said.

She has extensive knowledge of the territory's environmental issues through her work in Magog. Hamm said if she is elected, she will accelerate measures to protect the region's waterways and natural landscape, funnelling money into an action for immediate change.

She also discussed the QLP's role in the government's controversial Bill 96. Hamm told The Record that although her party has recently voted against many of the bill's finer points, the QLP is not against the French-speaking community, they want to protect the language, too.

"We have measures within our platform to protect French, but you can protect French without going against people's rights and that's where there's a limit that the CAQ did not respect," Hamm said, noting the next is repealing the government's use of the notwithstanding clause.

Asked about her plan to revitalize the health network, Hamm said there are 80,000 nurses in Quebec, but they are leaving due to poor work conditions. She wants to abolish mandatory overtime and adopt a nurse-to-patient ratio law to avoid more nurses from burning out.

But more importantly, Hamm said she will be present within the Orford community. She already has a lot of knowledge of the territory. And she understands the population's needs and grievances through her time as mayor, she said, which is more than she could say about Bélanger.

"People want an MNA that's present, that's in their activities, that's easy to reach, that helps find solutions and that will help them defend their projects in Quebec City, and from what I'm hearing it has been totally absent for the last four years," Hamm explained to The Record.

Québec solidaire candidate Kenza Sassi is another a new addition to this year's provincial election. She said many people that she has encountered on the campaign trail have been happy to see new faces in the political world because it means new ideas and new solutions.

"When you look back to what [CAQ] were promising the word 'change' was in every single speech they were doing. They were offering this alternative to something different and to a certain extent they've done that, but on many levels we've ended with the same," she said.

Sassi told The record that her party wants to bring public services back to the human level in an effort to keep communities alive, as well as to stop the constant centralization of resources and services in the province. She wants to be part of the solution to stop nurses from leaving.

"There is this whole idea about a law on ratios, so you bring back a decent amount of patients per nurse and then they get to have a good day of work where they feel like they are doing the type of work they want to do at the level of quality they want to be working," Sassi explained.

She also noted her party wants to eliminate mandatory overtime. And the ratios law will go a long way to retaining nurses, Sassi continued, sharing countries that have adopted this law have been able to keep their health workers within their respective public health systems.

"In Sherbrooke, they have a pilot project where they've been implementing these types of ratios on a unit in Argyle and where they've had massive turnover [...] once they implemented the new ratio, it's one of the places with the least turnover," Sassi said in a phone interview.

Québec solidaire also wants to implement more at-home care. If you live in Stanstead, she explained, without any mode of transportation to take care of a minor health problem, then it's difficult to see a doctor or nurse. She also said her party wants to make CLSCs relevant again.

"If you needed a couple of stitches, there was a time where you could just go to the CLSC and you could get that done there, whereas now your option is

to go to the emergency room and because of that the time you have to wait at the emergency is just incredibly long," said Sassi.

She noted that Québec solidaire also has a strong stance against Bill 96. However, Sassi said it is hard to ignore the data. The French language is decreasing in use in Quebec and it needs to be protected, she continued, adding her party would go back to table to find a proper solution.

They would, however, remove the clause forcing immigrants to learn French within a six-month period. It needs to be adjusted, Sassi said, adding there needs to be incentive for newcomers to move to the regions, and not just big cities, but that will require housing, as well as services.

Mark Gandey rounds out the Orford candidates who spoke to The Record. Gandey is part of the Canadian Party of Quebec (CaPQ). He is also a first-timer when it comes to Quebec politics. He was attracted to the CaPQ because he saw something fresh and inspiring.

He joined the team about a month ago. Gandey, the departmental chair at the Williams School of Business at Bishop's University, believes strongly in the principles laid out by the CaPQ. The party is focusing on freedom, bilingualism, and the rights of the English-speaking community.

"It's about religious freedom, as well. It's about prosperity. It's about reconciliation. It's about let's keep the government in the places that they should be and I'm not so sure they should be involved in deciding which language that we should be forced to take," Gandey explained.

He believes Bill 96 will destroy industries in Quebec, especially the gaming industry. It is hard enough to attract foreign workers to the province because they are being paid in Canadian dollars, he continued, and then the government goes and throws in this piece of legislation.

"If we continue fighting for languages it will erode the economy. Look at what the referendums did in the past. It drove out the Bank of Montreal, Air Canada and hundreds of other head offices down the 401 to Toronto, now this is bigger than that," Gandey told The Record.

Gandey hopes to represent Orford come October, but he will first need to acquire enough signatures to put his name on the ballot. As of Wednesday, he has only 45 signatures with a goal of 100 by the Sept. 17 deadline. If he doesn't reach his goal, he will be out of the race.

The Record reached out to the other candidates: Monique Allard of the Parti Québécois, Martin Lacassa Lamontagne of the Quebec Conservative Party and Joël Lacroix of Démocratie directe, on several occasions, however, they did not respond to any of the interview requests.

The Border Report

Besides trying to teach students the great importance of doing their best at school, it is also important to teach them how to step back and take a deep breath.

A visit to the Bishop's observatory

**PHELPS AIDE
PHELPS HELPS**

A night out at the BU observatory is scheduled for Sept. 23 for the High School participants of Phelps Helps. We have our fingers crossed for clear skies. We will leave Stanstead at 5 p.m., have a picnic on campus, tour the impressive library and then head over to the observatory for some starry excitement at around 7 p.m.

The idea came about this past January thanks to one of our volunteers truly stepping up and organizing an "Astro Night" for Stanstead students. The volunteer, Thomas, once lived in Stanstead before moving to Montreal. Last year, he would join us for weekly virtual tutoring sessions, helping students with physics, math and playing chess with anyone who dared to challenge him. The event itself was

lovely and intimate and made some of our kids suddenly consider a future in astronomy. Thomas took a pause in his travels around Egypt to join us and Dr. Nelson, a professor at the University of Bishop's, appeared before us while sitting in his office in Lennoxville. This virtual world we live in can allow for some wonderful opportunities.

The evening kicked off with a discussion about Thomas's choice to pursue Astronomy at McGill and all of the interesting work he had already thrown himself into. It was exciting to witness such passion oozing out of this young student. Dr. Nelson then came on and distilled some of the most complex topics about space into digestible pieces for the teenage mind. The evening wrapped up with a fun and interactive trivia game that had

one of the students walk away with a pretty cool bedside table lamp.

As the evening drew to a close, both Thomas and Dr. Nelson urged us to make time to visit the observatory on the Bishop's campus. At the time, outings such as these were nearly impossible. Social distance while also nudging people out of one's way to get a chance to stare at a very detailed picture of the night sky seemed like a bit much. Once we were truly free from the restrictions of the Pandemic we couldn't wait to book a visit.

Will we turn some students onto a new path? Will we inspire kids to work harder at school so they can pursue big dreams? These are the tall orders we give ourselves. What the night sky can teach all of us more than anything is that we are but a tiny blip in the great scheme of things. Far from being a depressing realization, this can give us permission to get out of our own ways, forget about our big plans and simply exist for a few moments. Something we all need to do from time to time.

Besides trying to teach students the great importance of doing their best at school, it is also important to teach them how to step back and take a deep breath. We hope that is what time gazing up into the universe will give



them. Its light has been twinkling for some four billion years. Surely in our short little life spans our participants can figure out how to shine in their own right.

Phelps Aide Phelps Helps was founded in 2012 and has grown organically from a single high school tutoring program to six unique programs, providing the Stanstead area with free educational and career support. For more information or to volunteer, please email us at info@phelpshelps.ca, visit our website www.phelpshelps.ca or call our offices at 819-704-0799

FRONTIER ANIMAL SOCIETY

Featured pet: Tommy

Tommy has been through a lot these past few months, but he is a trooper; and he so deserves to find his perfect forever home.

Tommy is a sweet and cuddly 5-year-old Chihuahua. He came to us from Texas where he was picked up as a stray wandering alone on a busy highway. He was rescued and brought into an overcrowded and underfunded municipal shelter. While there, he had an accident and fractured his front right leg. Unable to provide him with the medical care he needed, we were asked to take him under our wing. Had we not said yes, it would have meant certain euthanasia for Tommy.

Soon after his arrival, a visit to our vet for x-rays confirmed that Tommy's leg was not mending properly despite his splint, and he needed surgery. Our hope was to have his leg surgically repaired with pins and plates but once in the operating room, it was determined that Tommy's bones were too small and too broken to repair effectively. The vet advised that amputating the leg would give Tommy the best chance of living a pain-free life and avoid the need for future surgeries.

The good news is that Tommy is now fully recovered and this happy and playful little tripod zips around on three legs with ease and at great speed!

Currently in a quiet foster home,

Tommy is well behaved and a pleasure to have around. He loves playing with his stuffed toys and proudly carries them around in his mouth. He is also a real cuddle bug who loves to snuggle up by your side on the couch.

Always eager for an outing, he loves his daily walks and while yes he is a small breed dog, like every dog, he needs daily exercise and mental stimulation. Tommy takes great delight in chasing squirrels and skunks and even deer so he is not an off-leash dog. A fenced in yard is a definite asset.

Tommy is a little timid when meeting new people, but it doesn't take long for him to warm up especially if there are treats involved! He is dog social but proper introductions are needed. He could live in a home with a calm and confident, non aggressive cat. He can be a little possessive of his toys and food with other animals. Nothing serious, but something to consider. We are looking to place him into a home where he will not be left alone for long periods on a regular basis. He likes having company and is lonely when left on his own for too long.

If you are looking for a happy and outgoing little charmer who will quickly worm his way into your heart, contact us for more information to see if you might be the perfect home for Tommy.

To inquire, please give Brenda a call at 819.876.7747 any day of the week between 8 a.m. and 8 p.m.

Tommy's medical bills are significant so we have set up a GoFund me campaign to help offset at least some of the costs. If you would like to donate you can find a link on our facebook

page or go to gofundme.com and type "Tommy's medical bills" or "Frontier Animal Society" into the search field. You can also make a donation via paypal by visiting our website at www.safas.ca.

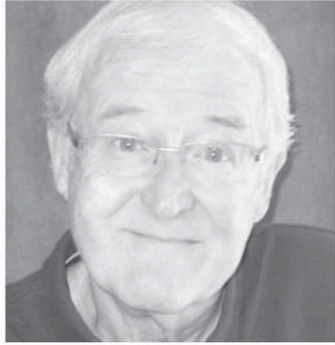
As always, we appreciate your support.



EDITORIAL

She had a difficult job and she did it with more confidence, humour and tact than most of the fifteen Prime Ministers who served at her pleasure over the last seventy years.

The Queen is dead. Long live the King!



TIM BELFORD

In case you haven't heard yet, Queen Elizabeth II died recently. All of the 24-hour-a-day TV news outlets tried to make sure we got the news by switching to 24-hour-a-day 'The Queen is dead' coverage. The importance of the event became obvious when the latest updates on the war in Ukraine fell into the "also at this hour" category and CBC actually pre-empted Downton Abbey.

Don't get me wrong, I was a big fan of Elizabeth Regina. She had a difficult job and she did it with more confidence, humour and tact than most of the fifteen Prime Ministers who served at her pleasure over the last seventy years.

As a journalist I was there in 1982 when she signed our new constitution. I got to shake her hand, share a few thoughts and drink her health. Over the years I also met the Queen Mom, Prince Philip, Prince Charles, oops, King Charles, and Anne the Princess Royal, although I always thought all princesses were royal.

For most Canadians, Elizabeth II is the only monarch they have ever known. She appears on our money along with other Canadian icons like the loon, the elk, the beaver and the polar bear. You swear fealty to her when becoming a new Canadian and promise to serve her faithfully when you are commissioned as an officer in the armed forces. She heads the Commonwealth and established the Corgi as the most recognizable breed

at kennel shows around the world. So what comes next?

The succession is simple; her eldest son gets the job. Charles Philip Arthur George will be crowned as the next king just as soon as they can get all the crowns resized. As the world's oldest intern, Charles has been prepping for this job all his life; whether he's up to it remains yet to be seen. If his choice of name is any indication, things may not bode well.

Charles I, you may remember, had nothing but trouble with his unruly subjects arguing over everything from religion to divine right. Push came to shove and Charles lost his kingdom and his head in 1649. His son Charles II had to flee England and became king of Scotland. After a couple of losing battles with Cromwell and his friends, Charles then fled to France. It wasn't until 1685 that it was safe to finally return to England as king.

It doesn't have to be this way. A new king can choose the name under which he will go down in history. For example, Charles own grandfather's first name was Albert, but he chose to be remembered as George the VI. Personally, I think Charles should have done the same thing and opted for his third moniker. King Arthur has a nice ring to it and a link to Camelot and better days.

Frankly I'm not worried. Charles, apart from that messy Diana period, has lived his life with much of the same devotion to tradition and decorum as that of his mother. Many of the ideas he promoted - and was vilified for in the press - have now become popular. These include, protecting the environment, sustainable farming, buying locally, and preserving architectural history; all of which he has introduced into the Duchy of Cornwall with great success.

No, if we really must continue to have an undeniably, anachronistic, outdated head of state, then Charles III will do just fine. After all, what's the alternative, President Poilievre?

I think not.

CONSUMER CONFIDENCE



Letters

DEAR EDITOR,

It is time for Canada and every country to have an official national 'philosopher general'.

Someone who would be beyond politics; beyond good and evil; beyond dualism; beyond the dollar; beyond spouting simplistic bullshit idealisms.

Someone who would have access to the media; be free to meddle in all aspects of life in the country.

The planet needs a reverence of the sages of the past; sages of the east, west, Indigenous. And every city, town, village, should have such a philosopher at large.

This earth is presently dominated by a very vulgar and arrogant humanity.

A 'great ugliness' awaits us, especially the children.

Yours truly,

JASON KRPAN
GEORGEVILLE

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Quebec's berry producers having 'perfect' year

By Daniel Sucar
Local Journalism Initiative

Summer is strawberry time in Quebec. And despite a dip in demand, the Association des producteurs de fraises et framboises du Québec says the harvesting is still going strong, with good yields and even better berry quality.

"Everything is going so, so well this season," said Jennifer Crawford, the executive director of the association. "It's been smooth sailing."

According to Crawford, a "perfect" mix of sun and rain in the spring made it so that Quebec's strawberries arrived right on time at the end of June - a rare feat, as they often either come too early or too late. In fact, last year, strawberry-picking season started two weeks early due to an unseasonably mild spring.

The weather hasn't let up, with Crawford pointing to great conditions for berry picking and U-pick activities throughout the summer. And given the high quality of both strawberries and raspberries, she's calling this summer "a rousing success" for the association and its members.

However, the executive director admits the demand for the sweet berries has taken a hit this summer - an obstacle she expected as consumers emerge from their pandemic shopping habits.

"During the pandemic, demand was way up," she explained. "Premier François Legault was telling consumers to shop local and visit nearby farms, and that's exactly what they did. We're not seeing that as much this year, and our demand is back at 2019 levels. As much as we wished demand would just continue to rise and rise, we knew this would happen eventually."

Sales-wise, Crawford notes Quebec producers are benefitting from a lack of major competitors this year. California-grown strawberries typically offer stiff competition to local producers, but the enduring droughts and exceptionally high temperatures there have marred production this summer.

Overall, prices for Quebec berries have remained stable

and are up slightly from last year to account for increased production costs, Crawford said. Currently, a litre of local strawberries goes for roughly \$4.99 at grocery stores and supermarkets.

"I don't think the price of berries has ever been this stable," she said. "There's been little fluctuation and that means growers are going to be very happy by the end of the season."

Next up, Crawford said she's gearing up to oversee the harvest of Quebec's "fall berries," a second round of strawberries and raspberries that extends from the end of August to the beginning of October. The growing season for fall berries isn't as well-known as its summer counterpart, but she hopes new agri-tourism-based activities being organized at farms across the province will help boost its popularity.



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In Memoriam

BLISS, Ethel Davis - Mom, it has been 6 years since you left us on September 15, 2016.

We love and miss you each and every day.

Dad is with you now (Leslie Bliss, August 6, 2022), tell him we love him.

Miss and love both of you.

YOUR FAMILY



THURSDAY, SEPTEMBER 15, 2022

Today is the 258th day of 2022 and the 87th day of summer.

TODAY'S HISTORY: In 1935, the Nuremberg Laws were enacted in Germany, depriving German Jews of their citizenship, banning marriages between Jews and other Germans and imposing the swastika as a national symbol.

In 1963, a bomb exploded at the 16th Street Baptist Church in Birmingham, Alabama, killing four young girls.

In 2001, President George W. Bush named Osama bin Laden as the prime suspect in the Sept. 11 attacks and pledged a sustained fight against terrorism.

In 2008, the global financial services firm Lehman Brothers filed for bankruptcy.

Datebook

TODAY'S BIRTHDAYS: James Fenimore Cooper (1789-1851), author/historian; William Howard Taft (1857-1930), 27th U.S. president/justice of the United States; Agatha Christie (1890-1976), author; Roy Acuff (1903-1992), musician; Fay Wray (1907-2004), actress; Nipsey Russell (1918-2005), actor/comedian; Merlin Olsen (1940-2010), football player/actor; Tommy Lee Jones (1946-), actor; Oliver Stone (1946-), filmmaker; Dan Marino (1961-), football player; Tom Hardy (1977-), actor; Prince Harry (1984-), British royal.

TODAY'S FACT: William Howard Taft was the first sitting U.S. president to throw out the ceremonial first pitch on Opening Day of the Major League Baseball season, in 1910.

TODAY'S SPORTS: In 2004, Nation-

al Hockey League Commissioner Gary Bettman announced the decision to lock out players over contract disputes. The season was eventually canceled.

TODAY'S QUOTE: "An archaeologist is the best husband a woman can have. The older she gets, the more interested he is in her." - Agatha Christie

TODAY'S NUMBER: 3.7 - top speed (in miles per hour) of the Mark I, the first tank used in battle, deployed for the first time by the British during the Battle of the Somme on this day in 1916.

TODAY'S MOON: Between full moon (Sept. 10) and last quarter moon (Sept. 17).

Balance is a surprising link to overall health



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

Dear Doctors: What's the deal with that 10-second balance test we're seeing all over the news? It doesn't seem like living longer would come down to being able to stand on one foot. Is there any science behind it, or is it just another meme?

Dear Reader: The balance test that you're referring to does sound

simplicistic. Dig deeper, though, and it's part of an important body of research that links good balance to health and well-being.

For those who aren't familiar, the test associates the ability to balance on one foot for at least 10 seconds to improved odds of a longer life span. It's the centerpiece of a new study in the British Journal of Sports Medicine and has generated headlines since its publication last June.

A team of international researchers analyzed health data from 1,702 participants ranging in age from 51 to 75. In order to take part in the research, participants had to be steady on their feet. At the start of the 12-year study, each person had three tries to successfully stand on one foot for 10 seconds with their hands by their sides. Twenty percent were unable to complete the task, and researchers noted that the failure rate increased with age. Those who couldn't balance also proved to have more health problems than those who could. These included triple the rate of Type 2 diabetes as the

successful balancers and a higher incidence of cardiovascular disease, unhealthy blood-lipid levels and obesity. At the end of the study, the data linked that inability to balance to nearly double the risk of death from any cause within the following 10 years.

If you've just tried to balance on one foot and fallen short of 10 seconds, don't panic. The test is not meant to predict longevity. Rather, the study's findings add to the growing understanding of how balance plays a crucial role in maintaining good health. In the U.S., more than 800,000 adults wind up in the hospital each year due to injuries from a fall. The fall itself usually isn't fatal. But complications from the injury, as well as time spent in bed, increase the risk of physical disability, respiratory or other infections and cognitive decline. Each of these can significantly reduce life expectancy.

The study also points to balance as a useful tool for assessing someone's general physical condition. That's important at any age. Although we

often associate a loss of balance with older adults, researchers have found the decline actually begins in midlife, starting at about age 50. Adding a balance test to an annual physical exam could provide an early warning of musculoskeletal weakness.

The good news is that it's never too late to work on improving your balance. Physical activities such as yoga, tai chi, martial arts and dance all include special attention to balance. Muscular strength is an integral part of balance, so weight training is helpful. Senior centers often offer movement classes tailored to older adults with a limited range of motion. Adults at risk of falling should get guidance from their doctors when choosing a balance activity.

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. Owing to the volume of mail, personal replies cannot be provided.)



Fig. 16

> If this feels like a math test, visit mathliteracy.ca or call 1-800-303-1004.

Math solves problems



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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.

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TOWNSHIPS

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

RICHMOND

Rummage Sale, September 17, 8 a.m. to noon, St. Anne's Anglican Church, Main St. South. Small kitchen appliances (some new), kitchenware, dishes, decorations, DVDs, pictures, oil paintings, jewellery. \$5 bag (clothes, linen). \$5 box - everything. Covid rules apply.

MELBOURNE

The 68th St. Francis Valley Plowing Match will be held on Saturday, September 24 at 9 a.m. at the Boersen Farm, Galbraith Road, Melbourne. Everyone welcome.

BULWER

The Bulwer Golden Agers will hold a general meeting

in the Bulwer Community Centre on September 27 at 2 p.m. This is open to past, present and any seniors (50+) who might want to join. We need to elect a new Executive and to decide on the viability of the future of the Club. It is important to attend.

STANSTEAD

Lawn and Basement Sale at Christ Church Hall, 548 Dufferin, on September 17 from 8 a.m. to noon. Rain or shine. Many treasures - old and new.

ONLINE WORKSHOPS

Mental Health Estrie invites you to attend an upcoming free virtual (Zoom) workshop which is open to all and presented in English. "How to Accompany a Trans or Non-Binary Loved One on Their Journey" will take place on Wednesday, September 28 from 6:30 p.m. to 8:30 p.m. Intervener and Educator from TransEstrie, Séré Beauchesne Lévesque, will help us to develop a better understanding of gender identity, what a transition entails, and how to be a better ally. For more information or to register, please visit mentalhealthestrie.com, our Facebook & Instagram pages, email outreach@mentalhealthestrie.com, or call (819) 565-2388.

BROOKBURY

This 'N' That Sale on Saturday, September 17 from

9 a.m. to 2 p.m. at the Centre Communautaire de Brookbury, 571 chemin Brookbury, Bury. Something for everyone. Come and support this event. For information call 819-884-5984.

LENNOXVILLE

HCC Seniors Lunch will be held on Thursday, September 29 at noon. Everyone welcome. Please call Elaine at 819-563-8700 or elebourveau@videotron.ca to reserve your place.

SHERBROOKE

St. Patrick's R.C. Church, 20 rue Gordon. Mass every Sunday at 10:30 a.m. and coffee and tea afterwards. Our Parish general assembly will take place on Sunday, September 18 after Mass. Come see what's changing and get info on current activities.

LENNOXVILLE

The Hamdinger is back! All are welcome to St. George's Church, 84 Queen St., Lennoxville on September 24 from 4:30 p.m. to 7 p.m. for a delicious dinner. On the menu: ham, baked beans, scalloped potatoes, squash, corn casserole, peas, rolls, and ice cream with pumpkin dessert or fruit salad. \$15 per person. Come by and bring a friend.

Is my family entitled to my inheritance?

Dear Annie

THURSDAY, SEPTEMBER 15, 2022

Dear Annie: I am 75. Two years ago, my oldest son, age 53, died suddenly from a massive heart attack. He was single and worked hard to amass a very large estate, which he left to me. The plan once his estate closed was to use some of the money to move to another state, pay cash for a house, get a couple of dependable cars, keep the remainder invested and, if necessary, use it to supplement our Social Security for the rest of our lives or for emergencies. Whatever is left when my husband and I pass will go to my other son, who was 100% in agreement with and supportive of that plan.

My brother sent a message one day, asking for help for one of his family members needing dental care. I don't know his family because they all lived far from me their entire lives. I was a bit put off at first, and I just wanted a little more information about the situation before I sent a check. Two days later, he sent another message saying not to worry and that they handled the emergency. But he has not spoken to me since, going on three months.

I think it is important for me to be a good steward of this unexpected "blessing" because I have financially struggled my entire life. Of course I would

help anyone in the family in an emergency. I just want to be responsible with what I was given and ask a few questions to make sure everything is as it seems. Was I wrong here? Is my brother justified in his obvious anger and refusal to speak to me? We were so close, and now it is all silence. I have very few family members left; I hate being apart from him. I am not in the best health, and I just had an \$8,000 dental bill myself! **What can I do? - Unsure**

Dear Unsure: It's not at all unreasonable to request a bit more information before handing your money away. Your newfound fortune is not up for grabs for the extended family, and your brother should be able to recognize that.

Another part of your letter stuck out to me: You say that you are very close to your brother and don't have much family left, but you also say that you don't have a relationship with your brother's family due to the long distance. Why not use some of this money to visit them? You can clear the air with your brother and also show him that you care about the health and happiness of him and his family.

Dear Annie: As a decadeslong vegan, I have encountered the same questions that "Struggling Vegan" has had with acquaintances. Knowing that most people choosing to be vegan have done so

because of their love for animals, concern for the environment or ambition to overcome some health issue, I would urge her to share her motive for changing lifestyle. I know this approach may not be for everyone, so others may simply ask them to watch James Cameron's "The Game Changers" (on YouTube or Netflix) or read T. Colin Campbell and Thomas Campbell's book "The China Study" and say that you would be happy to have a conversation with them afterward. In all likelihood, they will be calling to just thank you for the guidance and maybe want some of your best recipes! - Also a Vegan

Dear Also a Vegan: Those are two great recommendations for people looking to learn more about being a vegan, and they are great options for "Struggling Vegan" and others to suggest when someone questions their lifestyle.

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

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

Keep kids healthy, laughing with some carrot bacon

Writer and actor Jenny Mollen has a knack for making her kids' lunches pop. She adds things like candy eyeballs to fruit and cuts funny shapes from vegetables. Her tips are in her new cookbook, "Dictator Lunches," including one for carrot bacon.

Because a classic BLT is so hard to beat, she didn't want to try to replicate one with any kind of processed, plant-based alternative. Instead, she made her own version with carrot. She doesn't normally use mayo, so instead adds fresh avocado, a dash of salt and some good olive oil.

The carrot bacon is part of a spring meal that Mollen serves with a watermelon radish, cucumber and carrot flower garden, raspberry parfait bites,

daisy eggs and dye-free M&Ms, which can be bought at a health food store and online.

CARROT BACON

Serves 4

Ingredients

2 carrots
1 tablespoon pure maple syrup
1 1/2 teaspoons coconut aminos or soy sauce
1/4 teaspoon garlic powder
1/4 teaspoon onion powder
1/4 teaspoon smoked paprika
1/4 teaspoon kosher salt

1/8 teaspoon freshly cracked black pepper

Directions:

1. Preheat the oven to 400 degrees F. Line a baking sheet with parchment paper.

2. Thinly slice the carrots using a mandoline.

3. In a shallow dish, mix the maple syrup, coconut aminos, garlic powder, onion powder, smoked paprika, salt, and pepper. Add the carrot slices and stir to coat.

4. Place the carrot slices on the prepared baking sheet, laying them flat and making sure no pieces are overlapping. Bake until crispy, 10 to 15 minutes, flipping the slices halfway through.

(The Associated Press)

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.

“Y W L F V J S O R I P K D T C W L S T H I W J S V E Z
P T W D H X E E P .” / “V ’ U S O R U T J S Y T P X Y
K Y X P R D U T E R P L X E I W P .”
— K V S L O R D C T E J W S S T E

Previous Solution: “If you had a son, it would be a great thing to have him grow up to be just like Gil Hodges.” — Pee Wee Reese

TODAY'S CLUE: *K equals R*

REALITY CHECK



HERMAN

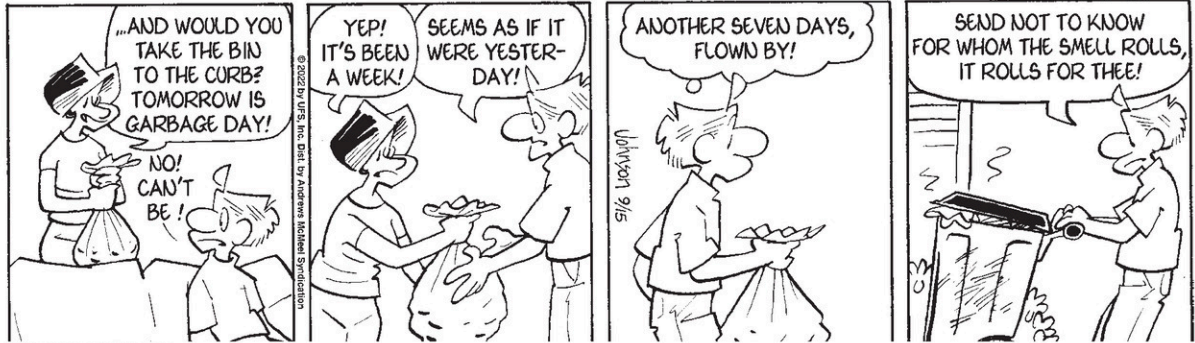


“... to have and to hold ...”

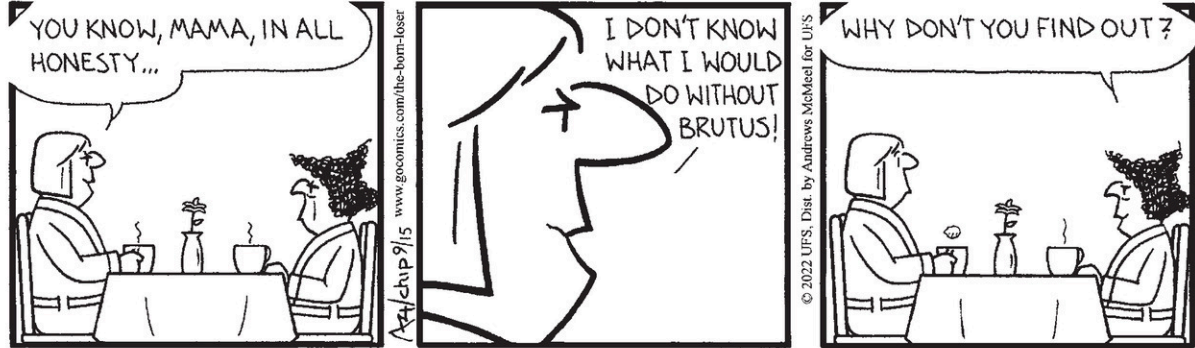
ALLEY OOP



ARLO & JANIS



THE BORN LOSER



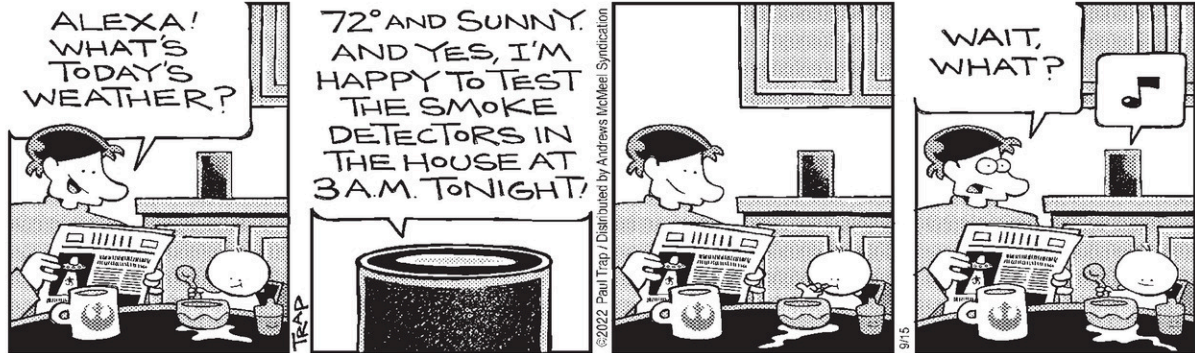
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		7				1		
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PREVIOUS SOLUTION

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

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

Make a mini version of your favourite comfort foods

(NC) A serving of vegetables has made its way into these mini chicken meat loaves, but you wouldn't know it. The mushrooms and carrot help keep the meatloaf moist while adding flavour and nutrients. Make a big batch in advance and freeze for up to one month.

Directions:

1. Preheat oven to 350°F/175°C.
2. Place mushrooms in a food processor fitted with a metal blade. Pulse until finely chopped.
3. In a large mixing bowl, combine mushrooms, chicken, onion, carrot, garlic, Worcestershire, breadcrumbs, egg and Italian herbs; mix until evenly combined.
4. Spray muffin tin with non-stick spray. Fill each tin cup to the top with meat mixture.
5. In a small bowl, mix together mustard, sugar and ketchup. Spread sauce evenly over top of each meatloaf. Tent tray lightly with foil. Bake for 20 minutes and then remove foil cover. Bake for an additional 10 minutes or until meat thermometer registers 165°F/74°C. Serve with a side of mashed potatoes and steamed green beans.

Muffin Tin Meat Loaf

Prep time: 10 minutes

Cook time: 30 minutes

Makes: 12 mini meat loaves

Ingredients:

- 8 oz (227 g) fresh cremini mushrooms
- 1 lb (500 g) ground chicken
- 1/4 small onion, finely diced
- 1/4 cup (60 mL) grated carrot
- 1 clove garlic, minced
- 1/2 tsp (2 mL) Worcestershire sauce
- 3/4 cup (175 mL) breadcrumbs
- 1 egg
- 1/2 tsp (2 mL) Italian herbs
- 3 tbsp (45 mL) mustard
- 3 tbsp (45 mL) brown sugar
- 1/3 cup (75 mL) ketchup



Find more nutritious recipes online at mushrooms.ca.

NEA Crossword Puzzle

Your Birthday

ACROSS

- 1 Frat party fixture
- 4 Ignore
- 8 Young horse
- 12 None
- 13 Empty
- 14 Opera solo
- 15 Raw metal
- 16 The whole crowd
- 18 Muscular
- 20 Bad prefix
- 21 Columbus campus
- 23 Show the way
- 26 Colorado ski town
- 29 Princess Leia's brother
- 32 "Phooney!"
- 34 Running wild
- 35 Fight ending
- 36 O.T. judge
- 37 Uncle or granddad
- 38 Danger color
- 39 Ballpark fig.
- 40 — Beta Kappa
- 41 Tijuana abode

- 42 Cow-headed goddess
- 43 "Lion King" villain
- 45 Green parrot
- 47 Prizm maker
- 49 Wallop
- 53 Most cunning
- 58 Senorita's aunt
- 59 Poet's black
- 60 Pointed arch
- 61 Breakfast grain
- 62 Beep
- 63 Jet engine noise
- 64 Baltimore bard

- DOWN
- 1 Drawer handle
- 2 Gael republic
- 3 Mirth
- 4 Follows the rules
- 5 NBA player
- 6 Dublin's loc.
- 7 Contract proviso

Answer to Previous Puzzle

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

- 8 Story from Aesop
- 9 Conquistador's quest
- 10 Bail out
- 11 Put in place
- 17 Ivy League member
- 19 People
- 22 UHF part
- 24 Helps go wrong
- 25 Tibet's — Lama
- 26 Siren
- 27 Asian caregivers
- 28 Column order
- 30 Luau strummers
- 31 Eastman invention
- 33 Gold records
- 39 Yul's film realm
- 41 Deckhands
- 44 Spy
- 46 Organic compound
- 48 Bloodhound's clue
- 50 Upon
- 51 Hi or bye
- 52 Winslet or Capshaw
- 53 Perm follow-up
- 54 SHO rival
- 55 Pooh's pal
- 56 Psyche component
- 57 Dolphin habitat

THURSDAY, SEPTEMBER 15, 2022

Put your energy where it counts. Consider your options, skills, qualifications and what excites you the most and head in that direction. This year's adjustments will shape your future and encourage you to save money, retain knowledge and explore your ability to push your way forward. You can make your dreams come true.

VIRGO (Aug. 23-Sept. 22) – Put pressing matters to rest. Ease your stress and head in a direction that restores your faith in what you have to offer. Start conversations and explore the possibilities.

LIBRA (Sept. 23-Oct. 23) – Stop spending; look for cheaper alternatives. Learning and taking better care of yourself mentally, physically and financially will lead to better days. Find a routine that works for you.

SCORPIO (Oct. 24-Nov. 22) – Don't get pulled into someone else's dream. Take pride in your accomplishments. Personal gain is apparent and will have an impact on the way others view you. Don't be afraid to do things your way.

SAGITTARIUS (Nov. 23-Dec. 21) – Listen carefully. Act on facts and refuse to let anyone take advantage of your good nature. Put your energy where it will do some good, and don't waste time on nonsense.

CAPRICORN (Dec. 22-Jan. 19) – Pay attention to detail and invest in something worthwhile. Too much of anything will drag you down. Rearrange your space to suit your needs. An exciting proposal will grab your attention.

AQUARIUS (Jan. 20-Feb. 19) – Don't let interference stand in your way. Make your position clear and go about your business. A passionate attitude and an energetic approach will help you gain ground. Be blunt.

PISCES (Feb. 20-March 20) – Look for an alternative way to use and promote your skills. Helping others will put you in demand and give you the edge when dealing with partnerships. Don't let mixed emotions ruin your plans.

ARIES (March 21-April 19) – Simplify your life. Back away from anyone asking for too much or from situations that can cost you financially or emotionally. Put your energy into what excites you and do your best.

TAURUS (April 20-May 20) – Be careful not to give in to someone's demands. Don't limit what you can do because you feel guilty about looking out for yourself. Take the high road and refuse to argue. Do your own thing.

GEMINI (May 21-June 20) – Don't lose sight of your goals. Recognize what's possible, and inch your way in whatever direction pays off. Taking care of business is all you must do to impress others.

CANCER (June 21-July 22) – Pay closer attention to how you look and present yourself. Stand tall and press forward with dignity and confidence. Work by yourself if it will alleviate interference. Don't overspend or overreact.

LEO (July 23-Aug. 22) – Sit tight until you have all the particulars. Be a good listener. Explore the possibilities, but do only what's necessary. Overdoing something will lead to trouble. Precision will be key.

THURSDAY, SEPTEMBER 15, 2022

Maybe the finesse is not winning

By Phillip Alder

There is hardly a deal that goes by without at least one finesse being attempted. In theory, each is 50-50; but anyone who has played in the casual-competitive(!) room at Bridge Base Online probably disagrees. At other times, from the bidding or play, a finesse will become 100% or 0%. Regardless, one should always try to avoid taking a finesse if at all possible.

In this deal, South was in four spades. West led his singleton heart, of course. East took two tricks in the suit and then gave his partner a ruff. West shifted to a low diamond. Declarer won with dummy's ace, cashed the spade king and confidently played a club to his queen. However, West produced the king: down one. Was South unlucky or unskilled?

In the auction, East opened light third in hand, more as a lead-director than anything else. North's cue-bid showed three or more spades and a maximum pass. South bid what he thought he could make, but if he had rebid three clubs, North probably would have continued with three diamonds. Then, if South had bid three no-trump and North had passed, they would have reached a contract that fails only if

		North	09-15-22
		♠	K Q 5
		♥	8 6 3
		♦	A J 7 4 3
		♣	9 4
West		East	
♠	6 3	♠	8 7 2
♥	2	♥	A K 9 7 5
♦	Q 9 6 2	♦	K 10 8
♣	K 8 7 6 5 2	♣	J 10
		South	
		♠	A J 10 9 4
		♥	Q J 10 4
		♦	5
		♣	A Q 3
Dealer: West			
Vulnerable: East-West			
South	West	North	East
	Pass	Pass	1♥
1♠	Pass	2♥	Pass
4♠	Pass	Pass	Pass
Opening lead: ♥ 2			

West leads a low diamond. You know the answer! At trick five, South should have played a trump to his hand and continued with the heart queen. Here, West could not have ruffed, so a club would have disappeared from the dummy. Then declarer could have played club ace, club ruff, diamond ruff and club ruff. That is seven tricks in, and South still has three trump winners in his hand.

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						
59									60					61						
62									63					64						