

Weekend vaccination walk-ins welcome

Record Staff

On Feb. 12 and 13, vaccination centres across the territory of the CIUSSS de l'Estrie-CHUS will be open for walk-ins wishing to receive a first, second or third dose of vaccine against COVID-19.

The opening hours of the participating vaccination centres, located in Coaticook, Cowansville, East Angus, Granby, Lac-Mégantic, Magog, Sherbrooke, Val-des-Sources and Windsor are available on the www.santeestrie.qc.ca website.

During a press conference on Wednesday, Dr. Luc Boileau, the province's interim public health director told reporters that close to 50 per cent of the Quebec population has been infected with COVID-19 since the beginning of the pandemic. Around two million people, representing almost a quarter of Quebec's population, have been infected since the beginning of the fifth wave, Boileau said.

The interim public health director added that the fifth wave is expected to be well under control by Mid-March, when health restrictions are scheduled to be lifted, with the exception of mask mandates and vaccine passports.

The province reported 31 new deaths on Wednesday, for a total of 13,582 deaths since the beginning of the pandemic.

Hospitalizations in the province dropped by 32 compared to the previous day, for a total of 2,348. The number of patients in intensive care in Quebec was 171, down seven from the day before.

Three new deaths were reported in the Estrie on Wednesday, and there were 139 Covid-related patients in local hospitals, with eight in intensive care.

Compton approves Saint-James Church demolition request



MATTHEW MCCULLY

By Michael Boriero

The dilapidated Saint-James Church in Compton is one step closer to being razed to the ground, after the municipal council recently approved the building owner's demolition request.

Compton Mayor Jean-Pierre Charu-

est told The Record in a phone interview that while the municipal council has approved the demolition request, there is still the matter of going through the Ministry of Culture and Communications, as per a law put in place in 2021.

According to Charuest, any property owners seeking to destroy a building

built before 1940 needs to obtain permission from the government. Once the ministry receives a request, it could take up to 90 days for the government to make a final decision, he continued.

Charuest noted that this move by the building owner, René Jubinville, has been in the works for a long time.

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THE
RECORD

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Weather



TODAY:
MIXED
PRECIPITATION

HIGH 3
LOW -3



FRIDAY:
SCATTERED
FLURRIES

HIGH 3
LOW 1



SATURDAY:
MIXED
PRECIPITATION

HIGH 4
LOW -20



SUNDAY:
MAINLY SUNNY

HIGH -13
LOW -23



MONDAY:
MAINLY SUNNY

HIGH -15
LOW -21

Outliving the warranty



LINDA KNIGHT SECCASPINA

Everything I do these days seems to get a roll of the eye from the younger generation. I honestly don't know how I got this old, but it beats being dead. I've been told on previous birthdays the candles on the cake cost more than the birthday cake itself now. So what?

Of course it is a different world these days, and there is no just turning on the AM radio in the morning, or listening to weatherman Percy Salzman at night on the black and white television with only three channels. Now we have computers, social media and cellphones to babysit until we doze off in our living room chair at night.

According to my sons I drive way too slow and should not be on the road. Well, there is the fact I drive only in the radius of the county, but either I am not pushing the gas pedal hard enough, or I am talking and

pointing to something without checking what is coming my way. Yes, sometimes that can be a problem, I admit it.

Then there are my oversized glasses. I bought them specifically for style as it hides the bags under my eyes and I am getting more bang for my buck with large lenses for vision. Yes, it is one step under needing a seeing eye dog. However, one day my eldest drove by me on the road and my glasses were way down on my nose, and he said the next time he saw me like that he would disown me. I told him someone must have sent out a memo stating that after 65, wearing huge glasses is in. I reminded him that people start to shrink as they get older, and glasses need to grow in the opposite direction. He wasn't buying it!

I have also learned that in most cases if you call your kids and leave voicemail, good luck to you. If you send a text you should get a return message in 3-4 working days if you are lucky. It's similar to laundry: washing- 30 minutes, drying-60 minutes and putting it away-7-10 working days.

How can you convey to your kids that we are now older? It takes longer to get out of the chair, or off the couch with possible sound effects. They need to understand we have aches and pains and maybe cleaning my fridge is not at the top of my list. Yes, I am not a young Mum anymore— but that's the journey talking and one day their strange noises will be a lot louder than ours.

Then there is the debate about Instagram and Facebook. Yes, I am on Instagram so I can see my grandkids photos where the younger family hangs out, but I am, and have always been, an enthusiastic Facebook user. Instagram just doesn't seem to have my age-group variety of Memes, photos of other folks' grandkids and funny cat photos.

Bottom line is, even if my kids think I am old and out of touch, that's nonsense. In our heads we are anything but. We are just all enthusiastic, and just love remembering and telling stories about our childhoods:

"Jell-O molds with fruit trapped inside, and drinking out of the hose and the outdoor stree lights being our guide to go home at night. Those are experiences that kids today just won't have".

At my age I am going to continue to fumble and mumble and tell people to speak up for the rest of my life. Criticisms of me slowing down will not bother me at all either. Last week I wore my underwear backwards all day for some reason, but I knew in my heart it didn't matter. That's because I still remember the old days of being told to make sure you have clean underwear on— no matter which way it faces. In the olden days it was the fear of accidents, now it's the possibility of meeting up with a full body scanner somewhere. It's easier anyways to go through the airport than setting up an appointment with your doctor.



WETLANDS ARE DISAPPEARING

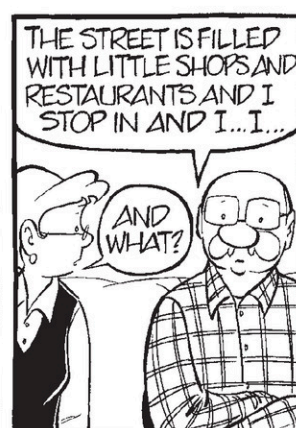
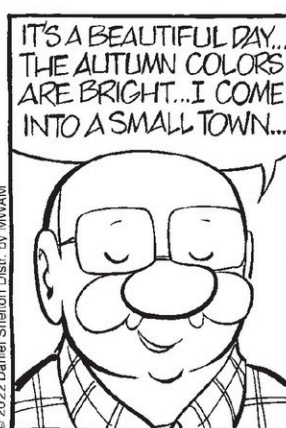
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Ben by Daniel Shelton



Local News

One youth out of every fifty that responded to the survey identifies as neither male nor female, and responses in this group showed much higher levels of psychological distress.

The kids aren't alright

By Gordon Lambie
Local Journalism Initiative

More than half of Quebecers aged 16-20 are experiencing moderate to severe symptoms of anxiety or depression, according to a study carried out this past January by a team from the Université de Sherbrooke's school of medicine.

Aimed at keeping tabs on the state of mental health among youth aged 12-25 years of age in the context of the COVID-19 pandemic, the study drew responses from 32,992 young people in five regions of Quebec: the Estrie, the Montérégie, the Mauricie, the Centre du Québec, and the Laurentians.

"The idea was to check back in on the psychological health of young people," said Dr. Melissa Généreux, who supervised the research team. Généreux explained that this was not the first such study to be carried out, but rather an update on a process of observation started last year. "It wasn't necessarily the same young people taking the survey," she clarified, pointing out that the 2022 survey had a broader reach and additional questions.

The survey asked questions based on six main themes: psychological health, optimism, substance use, attraction to

school, school-work balance and the perceived impacts of the pandemic on different spheres of life.

In addition to the data regarding anxiety or depression, the study pointed to increases in the excessive consumption of alcohol and in thoughts of self-harm or death, alongside an overall decrease in optimism.

"The results show that particular attention should be paid to certain groups of young people who are at higher risk," Généreux said, offering the examples of young people with nonbinary or nonconforming gender identities and young people going through periods of transition such as the move from high school to CEGEP. "In our analysis, we believe that it is also urgent to equip parents so that they can detect signs of distress in their child, the figures are so worrying."

One youth out of every fifty that responded to the survey identifies as neither male nor female, and responses in this group showed much higher levels of psychological distress. At the high school level, 78 per cent were experiencing symptoms of anxiety or depression compared to 56 per cent among girls and 25 per cent among boys.

Although data was collected across several regions, Généreux said that

the research team found more distinct differences between the responses of different age groups than those from different territories.

The study was conducted at 106 teaching establishments: 74 high schools, 15 adult and vocational education centers, 14 cegeps and three universities in both English and French. Asked if there was any significant difference in the findings between the two linguistic communities, Généreux said that the English response was very limited outside of the Eastern Townships but that she intends to look more closely at the impacts of the linguistic divide in a closer reading of the data from the Estrie region.

Aside from highlighting concerns, the study also proposes a list of actions to be taken to help improve the situation, drawn from input the survey participants provided.

"The youth spoke, and now we need to listen," Généreux said, sharing that the main thing requested is more interscholastic sports. "It is really good news, given that the government just announced the restart of games."

The researcher added the note, however, that the return of these activities will only be beneficial if it lasts.

"Our youth are experiencing a great



RECORD ARCHIVES/GORDON LAMBIIE
Dr. Melissa Généreux

deal of pessimism, so if we start to yo-yo; to provide them with programs only to pull them away because of another wave or variant, that could have a negative effect on their mental health," she said. "It is really important for them to have activities at school, to have fun at school, and not just go to school to learn."

Ideally, Généreux said that she would like to see every school put together a youth committee where students can identify their needs and help work for them to become a reality.

Sherbrooke Elementary first English school to join Santé globale program

Geoff Agombar
Local Journalism Initiative

"Honest to goodness, it started because I had a dream that I worked in a Santé globale school," Sherbrooke Elementary School (SES) phys ed teacher, Marc Ghilarducci admits. "This was about four years ago, maybe five."

Ghilarducci had researched the program after seeing logos on the side of other schools, and was inspired by its focus on increasing physical education periods in schools, particularly outdoor activities that are more accessible and less costly for families. The classical principle of a healthy mind in a healthy body is its ethos.

"There's a huge outdoor component to it," Ghilarducci explains. "The whole premise of the program is to get them to be healthy human beings, and sustain that healthiness. So that, as they get older, they can still do these activities."

Waking from that dream, Ghilarducci took the proposal to Sherbrooke Elementary School principal, Nicole Carrière, who offered full support. "We wanted to be the first English school to belong to this program, so we made it happen."

Santé globale was started by five phys ed teachers at École Desranleau in 1998, and has since spread to dozens of schools around the province. So, their first step was to visit Desranleau to see the program in action. The staff there gave them a few ideas about fundraising

activities to offset costs of transport and equipment, but they especially emphasized the need for buy in from the whole school community.

"When we spoke to the principal we learned that the staff have to be onboard, otherwise the philosophy will not work. So when we were pitching this to the staff and the teachers, we had to make sure that we had the full support. And the staff was very interested in this transition," Ghilarducci says.

"We all have to work in the same direction. We have to talk more and communicate more among the teachers, so we can be all on the same page," says fellow phys ed teacher Marie-Pierre Cormier. "Our whole staff is excited about it."

To qualify as a Santé globale school, SES has worked to increase phys ed time in the schedule from 120 minutes to 135 minutes last year and 150 minutes this year.

"Even though we weren't officially affiliated with Santé globale, we slowly started a couple of years ago. We did bring kids downhill skiing. We did do some snowshoeing activities on our yard. We started the hikes," Ghilarducci explains.

It ties back to classroom as well, as other teachers educate about musculature, the skeletal system, nutrition and the digestive system, respiration. "So there's a science component to it as well. There's first aid and CPR that will be a part of it as well. Healthy eating, all of that. Stress

management, as well. My colleagues have already started bringing yoga to the kids."

"We've always been a cohesive staff, but the cross-curricular aspect has not necessarily always been the thing. It's the math teacher teaches the math and the French teacher teaches the French. Here it has to be a school-wide philosophy," he adds.

The program expects activities that stretch across the whole school, so the SES calendar will include events like the Terry Fox Run, a winter carnival, and an Olympics-style event in the spring. SES has also developed an annual hike that crosses grade groups, with yearly climbs of

Mont Bellevue with their kindergarten through Grade 2 classes, Mont Pinnacle with Grades 3 and 4, and Mont Orford with Grades 5 and 6.

Introducing students to new sports like skiing or snowshoeing, which they may not have tried at home or at school is a popular aspect, too. "Over the years we've been very much into teaching a lot of team sports, and there's still room for that. But, speaking personally, I wanted to try to do something a little different because you always have some kids that team sports don't really speak to them. Being active is so important. We've seen that in the last few years with Covid. How much kids need to move. And I wanted to see if we could find something that really focuses on the global health of a child and initiates them to different activities



COURTESY

that they can do on their own, that they can bring back to their families, that they can do outside of school, too."

As the first English school to join the program, SES is excited to contribute to adapting program materials and resources.

"Right now, it's all in French, but since we have officially become Santé globale, we're going to work with them to get stuff translated," says Ghilarducci. "We're going to get ourselves organized. Then we would love to help other schools develop the program," he says, "We're hopeful other ETSB schools will follow our lead."

Rural Quebecers stand by for a Wi-Fi signal

Government promises most will get high-speed internet this year

By Marcus Bankuti

When Sakina Khan receives requests for photos from clients of her archery school, she doesn't mosey over to her desk chair—she puts her boots on.

Like others living in the Township of Gore in the Laurentians, the newly elected municipal councillor has spent years driving to the parking lot of the Trinity Community Centre to access its Wi-Fi signal.

The situation is so bad, Khan volunteered about four years ago to help open an internet café in the basement of the community centre two evenings a week. She was motivated by the sight of local youth standing outside the building to use the internet.

"They want to be doctors, they want to be engineers, and they just don't have access to do their homework because of this situation," she said.

Gore is one of many communities targeted by waves of government funding to make high-speed internet service available to nearly all Quebec households by the end of September. The projects are underway at a time when the divide between urban and rural communities has been widened by the pandemic.

"In the time of teleworking, no one will consider settling outside major centres if the internet connection is not

reliable," said Daniel Côté, president of the Union des municipalités du Québec and mayor of Gaspé. "This is one of the essential conditions for stimulating the economic development of our regions and their attractiveness."

Ambitious timeline

Quebec is standing firm on its ambitious high-speed internet timeline—years faster than Canada's 2030 goal—even as delay seems likely for at least some projects.

"It is ambitious, but it's feasible," said Gilles Bélanger, MNA for Orford and the parliamentary assistant to the premier (high-speed internet).

While not the first initiative to connect Quebec households to adequate internet services, Operation High Speed has been hurtling Quebec toward greater connectivity since it was announced in March 2021.

Canada and the province shared the cost of the first two phases, while Quebec unilaterally launched a third in November.

The province has prioritized fibre optic technology, capable of providing gigabit speeds many times faster than the 50 megabits per second download and 10 mbps upload speeds the CRTC has set as a minimum threshold.

"It's very good," said Bélanger. "If you have a cottage with electricity, you will probably have a better speed and bandwidth than you have in Montreal

because you will have a dedicated fibre to your house."

More households still need to be identified and put under contract for September 2022, but about 15,000 households will not get fibre to the home, according to Bélanger. Additionally, a fibre optic program in Northern Quebec is not expected to be finished until 2023.

Operation High Speed

To date, Quebec has committed \$1.3 billion to projects to connect rural and remote Quebecers to high-speed internet.

"For us, the promise is to have service available for 100 per cent of the territory," said Bélanger.

To achieve this, Operation High Speed has provided funding for fibre optic networks being deployed by more than 20 providers.

"When we began, fibre was only really available for urban areas," said Charles Beaudet, vice president of operations for Quebec and Eastern Canada for Xplornet, which specializes in serving rural communities. A helping hand from the government has enabled the company to deploy fibre in rural areas, he said.

Xplornet received \$84 million in government subsidies in Quebec, mostly for projects in the Outaouais region.

The company maintains it will meet Quebec's aggressive target but

acknowledges obstacles.

"With all the supply-chain issues that are happening around the world, it's affecting us as well," said Beaudet, who also pointed to labour challenges.

Companies face penalties

Companies that fail to meet their contractual obligation to finish by September 2022 will face financial penalties and could even be pulled from their regions if they seem unlikely to succeed in time.

"We will apply the penalty clause," said Bélanger. "And we will have a contingency plan."

Financial penalties could be spent on stopgap technologies to bring internet to communities.

Bélanger admitted four service providers are expected to be late but suggested they may still recover.

In the meantime, the stakes are urgent in small communities across the province.

"I've seen residents parked outside the town hall with their kids, four of them in a car when it's minus 30, just so they can do their homework online," said Scott Pearce, the mayor of Gore and second vice president of the Federation of Canadian Municipalities.

"In rural areas, we're lucky because of the fresh air, the landscapes, the lakes, the streams," he said. "But now with people working more from home, it's a game changer for rural areas to have that service."

Saint-James Church

CONT'D FROM PAGE 1

The mayor said that the building is, unfortunately, too far gone, referring to prior inspection reports. He wasn't shocked when Jubinville filed for a demolition permit.

"We weren't surprised. It's not the first time that he has asked for a demolition permit, but he never proceeded with it the other times. And we also know the state of the building, we already saw the inspection reports," said Charuest. The church was built between 1886 and 1887.

The Record was unable to reach Jubinville for an interview. However, Charuest said there are simply too many problems with the structural integrity of the building. There is a moisture issue, and in general, it is already halfway to falling apart, he added, sharing its walls are collapsing.

"The reason is that the building is very damaged. The building has been neglected for a long time. There are structural problems, foundational problems, and it's a building that will cost a lot in order to renovate and restore it," Charuest said.

Anything that could have been done to save the church would have had to happen many years ago, he explained, sharing that, as it stands right now, the municipality, and Jubinville, would have to break the bank if they wanted to spruce up the old church on Cochrane Road.

The church is also not classified as

a heritage site, Charuest continued, which would make it difficult to justify spending municipal funds on rehabilitating the building. There also aren't any plans right now for the future of the property. Jubinville hasn't filed any potential projects.

However, Charuest said the church owner has shown interest in developing rental properties. He isn't sure whether it would be affordable housing, though. It's all just speculation at the moment, he said, adding Jubinville will need to run any projects by the municipal council.

If Jubinville is approved for demolition by the government, he will have one year to tear down the church, said Charuest. And if he doesn't go through with it within the allotted timeframe, Jubinville will need to file another request with the municipality, the mayor explained.

When asked how residents will take the news of potentially losing one of its oldest buildings, Charuest acknowledged that it might rub some people the wrong way. However, the decision is ultimately out of his hands. The municipal council has no reason to block the demolition.

"I don't know. I'm sure some people will be disappointed and they'll talk about it on Facebook or something, but there isn't anything in the municipal regulations that allows us to prohibit this demolition," Charuest said, adding the building is in a dangerous condition to residents.

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The Border Report

Food is the way to the teen's heart.

Meals that heal

**PHELPS AIDE
PHELPS HELPS**

Nearly two years in and we are all still reeling from the onset of the COVID-19 pandemic. The changes that we have had to undergo as a society have been real and intense. Some changes have been good. We have come to remember the importance of human-to-human connection.

At Phelps Helps, our high school sessions used to be bustling with activity. These days, our participation numbers are lower. Many students are expressing a preference for online tutoring rather than taking on the perceived risk of unnecessarily spending time out in public.

We may have differing views on the government's decisions as of late. However, it was François Legault who aptly said in a press conference earlier this year that: "It is very important for children to go back to school, to learn, to find their friends, to find a certain normalcy." At Phelps Helps we feel a great need to stand by this call to return to normalcy. Though so much in life is unpredictable, having a sense of where we are going is an essential part of mental health.

Recently, our team took time to reflect on how we can get back to the good ol' days at Phelps Helps. We asked ourselves, what it is going to take to see our local kids make that choice to get off the bus again at our quiet little corner of Stanstead Together, we came to the conclusion that we need to rebuild that feeling of belonging again. As a community we need to remember how good it feels to safely congregate in the same space.

Coming to Phelps Helps for the in-person experience is worth it. This is still so fresh in our minds. We have seen students turn around their lives from being connected to a greater cause. Phelps Helps has been a life blood for many before and we know that the need is still there. We have to win back our local kids. And one of our recent ideas to do so is quite simple: food.

Food is the way to the teen's heart. From now until the end of the school year, once a month, we will entice our participants through our front door with the promise of a big and satisfying meal. We had our first one last week. We took *The Hobbit* for inspiration.



We sat together, played *Hobbit* trivia and devoured meat pies, vegetarian chili, lembas bread (an Elven favourite) and carrot cake. We drank tea to wash it all down. If any cooks out there are interested in playing a part in this culinary quest to win over our kids again then do not hesitate to contact Sarah Elliot (selliot@phelpshelps.ca).

COURTESY 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 at www.phelpshelps.ca.

FRONTIER ANIMAL SOCIETY

Featured pet: Kakou

Kakou, who made her first appearance as our featured pet in September 2021, is still in search of her forever home.

3-year-old Kakou came to us after being rescued from a home where she lived with 20 other cats. Although her physical needs had been met, she

did not get the emotional care and socialization that all cats need. As a result, Kakou is timid when meeting new people. Making matters worse, she did not adapt well to shelter living and would spend most of her time hiding.

Despite her shyness, when approached by those she knew, Kakou would happily accept pets and was quick to purr. Concerned about her well-being, we made the decision

to move Kakou into a foster home where, almost 5 months later, she is still patiently waiting for her special someone.

Kakou's foster mom adores her but this is a temporary placement and Kakou deserves to settle into her loving forever home.

Once in her foster home, it didn't take long for Kakou's true character to emerge. She has proven to be a sweet and friendly girl who loves to play, often with a small soft ball that she will chase and bring back for it to be thrown again. She also enjoys watching the birds at the feeder and the squirrels cleaning up underneath. She is very affectionate and enjoys curling up beside the computer when it is being used, just to stay close. Kakou will

also share the footstool with her head or a paw resting on a foot or leg to ensure you know she is there. She is a wonderful companion.

Kakou is still afraid of strangers so will do best in a quiet and calm household. Kakou's ideal adopter is someone who will appreciate her gentle yet playful nature and who understands that she will need a little time to settle in and feel secure. She must be an indoor cat only.

To inquire about adoption, please give our cat adoption coordinator Linda a call at 819.868.2684 and she will be happy to set up your visit to meet Kakou.

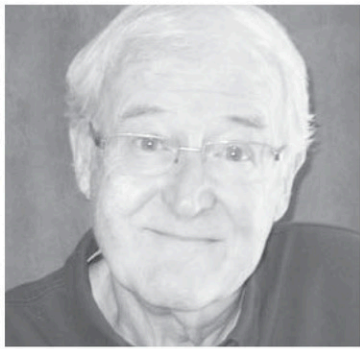
This little girl is a sweetheart and she will quickly capture your heart if you bring her into your home.



EDITORIAL

Thus it is, that from the sailors perspective, the current protests are completely without merit.

The Queen and I



TIM BELFORD

made it to the coronation stage. Then there are those who have won the Triple Crown, so to speak, of monarch survivors, who go back to the rule of George V.

I have to confess that I have a soft spot for Elizabeth Two. That's because I not only met her face to face but shook her hand.

Back in 1982, when Trudeau the Elder finally succeeded in getting his constitution act passed, it was decided to hold a signing ceremony just outside the front doors of the Parliament buildings. I was lucky enough to be assigned the task of covering the event for The Record along with photographer and friend Perry Beaton.

As you would expect, there was a large crowd assembled and when the Queen arrived and began her stroll to the signing table, everyone tried to get a glimpse of Her Majesty including one little girl who had been hoisted onto her father's shoulders to get a better look.

"Where's the Queen," she shouted to her father.

"She's right there," he replied trying to point out Her Majesty.

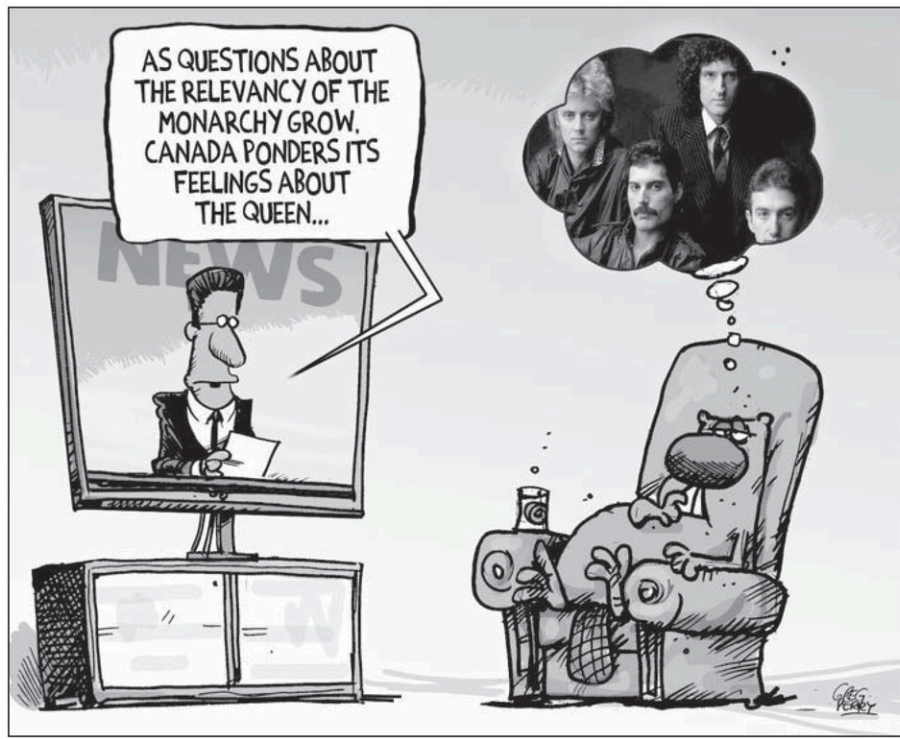
Then, just as there came a lull in the general shouting and cheering, a crystal-clear voice rang out.

"You mean the one with the funny hat?"

Everyone, including Her Royal Majesty laughed.

The handshake came later when one hundred of Canada's journalistic 'elite' were invited to the Governor General's house to meet her Majesty. We assembled in a large anteroom and then, one by one, were propelled into a huge second salon which was entirely empty with the exception of Elizabeth II and her Canadian Equerry - a former CFL player.

The Equerry checked his list and announced, "Tim Belford, the Sherbrooke Examiner." The Queen smiled, I smiled and we shook hands. What can I say? She had the firm grip of a banker who had just okayed a mortgage and I'm sure she gave me a wink. And I didn't even mention Diana.



So, Elizabeth Two has hit the 70-year mark in a remarkable reign.

Okay, I'll use her official title just this once: Elizabeth the Second, by the grace of God. Of the United Kingdom of Great Britain and Northern Ireland and of Her other Realms and Territories Queen, Head of the Commonwealth, Defender of the Faith', with the style of 'Majesty'. Her friends just call her your Highness.

This makes her the longest reigning head of any modern monarchy since Louis the XIV of France who hung around for 72 years and 110 days. (Purists will say that Louis' first 8 years shouldn't count because he was just a kid and the country was actually run by a 'regency' headed by his Mom and a cast of sneaky Cardinals including Mazarin and Richelieu).

No matter how you cut it 70 years is still a long time to be a 'Head of State' and throughout the entire time she has rarely, if ever, made a false step. There was of course that whole Diana thing but the late Princess of Wales, bless her soul, was a bit of a handful and would have tried the patience of St. Peter himself.

Most citizens of what's left of the British Empire/Commonwealth have only known one monarch and she's it. Of course a few of us remember her dad, George VI and there are some who lived through Edward VIII's brief reign which was more of a 'walk-on' part in a Marx Brothers' movie than an actual monarchy. Besides, he never actually

Letters

We've been getting commentaries and perspectives from a wide spectrum of society during this pandemic and it's ensuing difficulties, but there's a segment of essential workers that I have read nothing about in mainstream media. Not surprised, because they are largely out of sight and mind of the general population. It occurred to me today that we could all learn something from them, so here's my diatribe in honour of the Canadian seafarer and their circumstances.

Currently the truckers have been grabbing the headlines, yet it is my understanding that the majority of them are vaccinated and have no problems crossing the border. It seems that there is a very vocal minority that is causing an unacceptable level of disruption. Let me point out, that if all the ships were to tie up and go idle, there would be substantially less goods being transported by truck. Follow the trail from the store shelves back to its point of origin and you will soon see that 90% of everything begins its journey to the consumer on a ship. Including, fuel for all manner of transport, raw materials for manufacturing, not to mention containers of every conceivable item that is regularly purchased by the everyday citizen.

Meanwhile, your Canadian seafarer has been constrained aboard his ship for months at a time before being eligible for time off at home, and often required to do weeks of extra time on board if a replacement cannot be secured. As a retired seafarer myself I can tell you that the occasional trip ashore in a port city was a welcome event and much needed to maintain morale in the face of deprivation of being with friends and family for long periods.

Thus it is, that from the sailors perspective, the current protests are completely without merit. Ship crew members understand, that our lives are constantly subject to the whims of nature and various perils that can put the ship and our very lives at stake. In my lifetime. I have not known a stronger form of loyalty to others than the "brotherhood of the sea". We look out for each other, we stick together, and we do whatever must be done to avert disaster.

Consider, please, that we are all crew members on a ship that is a giant ball of mud, hurtling through space at tens of thousands of miles an hour. There are no lifeboats and nowhere else to disembark to if things go awry. Presently there is an invader aboard that is taking millions of lives. There are measures in place that appear to be working. It is not time yet to abandon them, yet there are crew members refusing to be team players.

The old saying, "When the going gets tough, the tough get going". is certainly holding true in this pandemic. Any seasoned seafarer understands that.

Steady as she goes, we're getting there. Remember. You're the tough ones. The weak ones can't take it anymore.

An old salty dog,

ROBERT BEAULIEU
SHEFFORD

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

THE RECORD

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High-tech, low-tech (2/2)



ON THE HOOK
ANDREW HOWARTH

Continued from January 25th... Upon closer inspection, it seems that modern ice fishing has also remained 'low-tech' in various ways. For example, very few ice fishing devotees opt not to fish with live bait, and others even abstain from angling (using a rod and reel). Visit any popular lake, and you'll find many of the classic ice fishing devices known as 'tip-ups.' These gadgets haven't changed much over the years, and provide a clue of what fishing probably looked like before angling. Tip-ups consist of little more than a spool, axle, and spring-loaded flag. Rigged with a live or dead bait, tip-ups are 'triggered' when a fish finds the seemingly free lunch, and begins swimming away with it, turning the spool and axle and sending the spring-loaded flag upward to signal a bite. The ice fisher's only job, then, is to haul the fish in manually.

Tip-ups are an example of automation in fishing, and proof that such innovation started long before the digital age. The advantages of tip-up fishing are obvious: anglers can deploy multiple lines simultaneously across a wide area without constantly having to operate and monitor them. Tip-ups allow an angler to cover more water, and spend more time warming their hands and socializing. Incidentally, a tip-up produced the 27.5-inch walleye mentioned in the first part of this story. The excitement of tip-up fishing is difficult to convey: every 'flag' signifies a possible bite, and every bite has the potential to be the most memorable fish of your life. When shouted across a frozen lake, the word "FLAG" sends groups of anglers sprinting from various angles. Sometimes, a tip-up is triggered by small panfish, and other

times, the culprit is a monstrous pike—waiting for a fish to appear in one's hole is like unwrapping a Christmas gift. This winter, a tip-up produced what was briefly my largest walleye ever.

Reinventing the tip-up may be no easier than reinventing the wheel, but the existence of simple machines hasn't held us from inventions like the open-faced spinning reel, or various fish-finding sonar devices. Just as the appearance of a tip-up flag produces immediate excitement, the appearance of a fish on the monitor of one's fish finder triggers a mixture of nervous and delighted anticipation. The effectiveness of such modern tools is undeniable: well-equipped ice anglers no longer need to wonder if fish are lingering, gazing intently upon their lures. Hesitant fish can often be coaxed into biting by the subtle and tailored presentation that is only possible if the angler has a surrogate set of eyes beneath the ice.

Had things turned out differently, I might suggest that my previously mentioned tip-up walleye was proof of the superiority of some 'old-school' angling techniques, but the reality is inconveniently more complicated than this. The 27.5-inch walleye about which I was exceedingly happy was quickly, and somewhat rudely overshadowed by the 29-inch fish that I caught barely an hour later—this time, with rod, reel, and sonar. Perhaps this sort of one-upping is made inevitable by all the aforementioned innovation in fishing, but I'm hesitant to declare one method superior to the other. In fact, I'm quite satisfied that tip-ups and fish finders are both very capable of producing great fish.

Technology is destined to race forward, but its path will meander widely, and cut frequently across old paths: as fishing technology has progressed, ice fishing has simultaneously raced ahead and stayed comfortably in the past, seeming to benefit both from progress, and a lack of it. As such, ice fishing provides windows into the past and future of our sport.

A friend of mine says that ice fishing reminds him of childhood days spent 'dunking worms' for sunfish and rock bass. These 'forms' of fishing are undeniably similar, and I'm in no way opposed to engaging in more 'adult' versions of elementary fishing.



ANDREW HOWARTH



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for your
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booster dose.**

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it's your turn.**

Québec.ca/COVIDvaccine

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thanks to the booster dose.**

**Get the booster dose and follow all
health guidelines to protect yourself
from COVID-19 and its variants.**

Death

Death

Death

Death



Flora Margaret "Marg" TRIBBLE
May 10, 1935 - February 5, 2022

Flora Margaret "Marg" Tribble of Hortonville, Nova Scotia passed away peacefully in the Valley Hospice in Kentville, Nova Scotia, at the age of 86.

Margaret was born in Montreal to Angus and Christine Graham and spent her younger years growing up in the Hampstead neighbourhood. The family later moved to Sherbrooke in the Eastern Townships, Quebec where she married her high school sweetheart, Jerry Tribble. Employment brought them back to Montreal, where they were blessed with seven children in 10 years. She was a devoted mother who handled the chaos created by her young family with remarkable ease. The Tribble family later moved from Montreal to North Hatley, Quebec where Marg continued to manage her then teenagers with the same ease. Somehow, she also managed to find time to plant a large garden, golf, sail, curl and host lively dinner parties for friends and family.

In 1976, Jerry and Marg happily accepted an offer to move to Nova Scotia. The adventurous couple settled on an acreage near Hortonville, where together, they built their house overlooking the Minas Basin and Cape Blomidon. After the house was completed, they planted a vineyard, one of the first in the Annapolis Valley. On her beloved acreage, Marg was often seen in the vineyard with Jerry, setting posts, stringing wire, and pruning vines. She also loved to garden and mow the lawn on her tractor. Marg made sure no one ever went hungry or thirsty on her acreage.

Eventually they stopped growing grapes which allowed Marg to spend more time at the golf club with her friends. She also had more time to visit her children who remained in Quebec and those who had migrated west to Alberta. She loved celebrating new additions to her family which stands at 16 grandchildren, 20 great-grandchildren and three great-great-grandchildren. Marg enjoyed many family gatherings where much laughter and clinking of glasses was heard.

Marg is survived by her children Linda Tribble of Wolfville, NS; Judy Munkittrick of Wolfville, NS; Petey Whyte (Ernie) of Calgary, AB; Graham Tribble (Kimberley) of Carstairs, AB; Jennifer Tribble of Edmonton, AB; and Mary Clarke (Paul) of Medford, NS; her 16 grandchildren include Tim Call (Melissa) of North Hatley, QC; Travis Call (Krista) of Carstairs, AB; Bradley Call (Samantha), Calgary, AB; Kira Polhill (Ed) of Cochrane, AB; Tyler Munkittrick of Mara, BC; Patrick Munkittrick of Halifax, NS; Chris Whyte of Dartmouth, NS; Scott Whyte of Calgary, AB; Alex Whyte (Steve) of Calgary, AB; Robin Wettstein (Curtis) of Gilbert, AZ; Harrison Tribble (Anna) of Camrose, AB; Caroline Tribble of Muscat, Oman; Daina Riley (Jon) of Calgary, AB; Carlene Anderson of Cranbrook, BC; Maddie Clarke (Mero) of Ottawa, ON; and Zack Clarke of Port Williams, NS. Marg could easily reel off the names of her 20 great-grandchildren and three great-great-grandchildren as well.

Margaret was predeceased by her husband Jerry, with whom she shared 67 years of adventure with, as well as her parents Angus and Christine Graham; her brother Donald Graham; her daughter Margaret Anderson; her grandsons John Rock (Jennifer) and Clinton Munkittrick (Judy).

Cremation has taken place and a private interment will be held in the Lower Horton Cemetery at a later date.

Many kind thanks to the nurses, doctors, and staff in the Valley Hospice, Valley Regional Hospital and the Wickwire Residence whose care for Margaret will forever be appreciated.

Donations can be made to the Valley Hospice Foundation or charity of your choice.

To view or place an online message of condolence, please visit: www.whitefamilyfuneralhome.com

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Kenneth HERRING

March 28, 1941 - January 22, 2022

On January 22, 2022, at the age of 80, the end came peacefully for Kenneth Herring surrounded by his wife Yolande, his daughter Diane and sons Steve and Richard.

Ken was born in Scotstown, Quebec to parents Elwin and Jessie Herring. They lived on Herringville Road, Bury on a farm with 4 boys and a daughter for many years before moving to Bury, Quebec.

Ken had three brothers Denis, Eric, Ashton and a sister Linda who passed away in 1954.

Ken was active in many sports, hockey, golf with guys like Garnett Morrison, Wayne Cook and others, who were proud winners of the finals against Howick's Hockey Team.

He started working for Kilgor Company in Coaticook, then became Sales Manager at Vilas Furniture in Cowansville. This is where he had a flare for designing furniture. His passion.

In 1992 he had an offer to work with Shermag Furniture, located in Sherbrooke, where he lived with his family for many years, becoming Vice-President of the company. After serving for many years, he retired and moved to Ontario.

His daughter married Paul Pearson from Bishopton and have a son Mitchell. His two boys also live in Ottawa, along with his daughter and family.

He leaves to mourn his brothers Eric (Kathy), Ashton (Judy), Denis (Ginette), son-in-law Paul and his grandson Mitchell.

A private ceremony will take place in May in Bury, Quebec.



Date Book

THURSDAY, FEBRUARY 10, 2022

Today is the 41st day of 2022 and the 52nd day of winter.

TODAY'S HISTORY: In 1840, Britain's Queen Victoria married Prince Albert.

In 1967, the 25th Amendment to the Constitution, establishing presidential succession, was ratified.

In 1996, the IBM supercomputer Deep Blue defeated reigning world champion Garry Kasparov for the first time in a game of chess.

In 2005, North Korea publicly announced that it had produced nuclear weapons.

TODAY'S BIRTHDAYS: Charles Lamb (1775-1834), author; William Allen White (1868-1944), author/journalist; Boris Pasternak (1890-1960), author; Jimmy Durante (1893-1980), singer/comedian; Bertolt Brecht (1898-1956), playwright; Robert Wagner (1930-), actor; Mark Spitz (1950-), swimmer; Greg Norman (1955-), golfer; John Calipari (1959-), basketball coach; George Stephanopoulos (1961-), journalist; Laura Dern (1967-), actress; Vince

Gilligan (1967-), TV writer/producer; Elizabeth Banks (1974-), actress; Uzo Aduba (1981-), actress; Justin Gatlin (1982-), sprinter; Emma Roberts (1991-), actress; Chloe Grace Moretz (1997-), actress.

TODAY'S FACT: Playwright Arthur Miller died exactly 56 years after his "Death of a Salesman" opened in New York on this date in 1949.

TODAY'S SPORTS: In 1968, Peggy Fleming won the women's figure skating gold for the United States at the Winter Olympics in Grenoble, France.

TODAY'S QUOTE: "I might literally fall over dead if I meet Oprah Winfrey. I'm kind of joking, but I'm not confident that wouldn't happen."
- Uzo Aduba

TODAY'S NUMBER: 9 - children Queen Victoria and Prince Albert had together. All married into royal houses in Europe.

TODAY'S MOON: Between first quarter moon (Feb. 8) and full moon (Feb. 16).

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

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

Your Birthday

THURSDAY, FEBRUARY 10, 2022

your wings by trying something new and exciting. Engage in something that uses your talents in a fun, unique manner, and you will make a splash that leads to recognition.

LEO (July 23-Aug. 22) - Protect your ideas and reputation. Don't expect everyone to play fair. Keep your eyes open, and don't give anyone information that might incriminate you. Shared expenses will turn into a problem.

VIRGO (Aug. 23-Sept. 22) - You'll have an unusual outlook regarding your relationships with others. Discuss your thoughts, concerns and intentions, and you'll come to an agreement that can enhance your life.

LIBRA (Sept. 23-Oct. 23) - Check out something that can boost your qualifications, skills, knowledge or experience. Listen to complaints, but don't give in to anyone trying to make you feel guilty or inadequate.

SCORPIO (Oct. 24-Nov. 22) - Handle domestic and financial matters carefully. If you let your emotions take charge, you are likely to overspend or get involved in a stressful joint venture. Listen to people you trust.

SAGITTARIUS (Nov. 23-Dec. 21) - Choose your words carefully to avoid misinterpretation. Express your true feelings and what you want and expect from someone close to you. Distance yourself from anyone excessive.

CAPRICORN (Dec. 22-Jan. 19) - Implement the changes you want to incorporate into your daily routine. A disciplined approach to fitness, health and financial prudence will push you in the right direction.

Take domestic matters seriously and build a future that is full of potential. Stick to a plan and budget wisely. Consider what's meaningful. Be mindful of others, but don't give anyone the right to take you for granted or make you feel bad. Take the initiative and get things done.

AQUARIUS (Jan. 20-Feb. 19) - Get organized at home. Take care of those less able to fend for themselves. Stick to the basics, and you'll have time for what's important. Be kind to others and you'll receive kindness in return.

PISCES (Feb. 20-March 20) - Don't trust anyone playing mind games. Stick to what you know and trust, and go directly to the source if something interests you. You stand to prosper if you take command.

ARIES (March 21-April 19) - Trust in your instincts, experience and knowledge. Use your talents and resources to get the lowdown on a position or opportunity that is perfect for you. Hash out any concerns with someone close.

TAURUS (April 20-May 20) - It's up to you to bring about change. Initiate what you want to happen, and don't stop until you are satisfied with the results. Don't expect everyone to help you. You'll learn much.

GEMINI (May 21-June 20) - Put everything you've got into getting ahead. Don't listen to anyone trying to talk you into slacking off. Do what's necessary, and you will gain respect and benefits for your hard work.

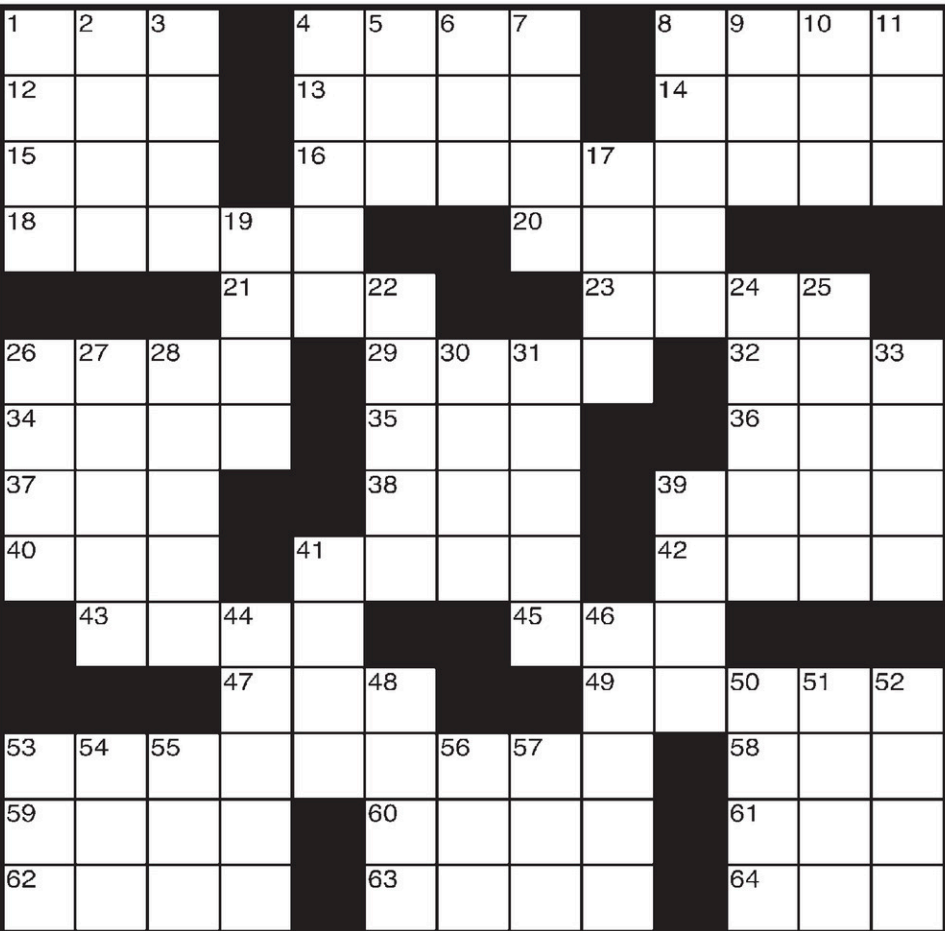
CANCER (June 21-July 22) - Spread

Answer to Previous Puzzle



- ACROSS**
- 1 Iota
 - 4 Cook's meas.
 - 8 Porker's plaint
 - 12 Stone or Ice
 - 13 Ph.D. exam
 - 14 Defendant's answer
 - 15 Buddhist practice
 - 16 Jesse James' fame
 - 18 Piquant
 - 20 Triumph
 - 21 Purpose
 - 23 Pants feature
 - 26 Poet's black
 - 29 Dorm room item
 - 32 Slow pitch
 - 34 Easy gait
 - 35 German pronoun
 - 36 Bullfight yell
 - 37 Chomped
 - 38 - -Magnon
 - 39 Annoying insect
- 40 "Rope-a-dope" boxer**
- 41 Daze
 - 42 Mean person
 - 43 Flat-bottomed boat
 - 45 That, in Acapulco
 - 47 Yes, in Tokyo
 - 49 - - costs
 - 53 Growth
 - 58 Notch's shape
 - 59 Confirm
 - 60 Pretentious
 - 61 Those in office
 - 62 Ready to pick
 - 63 Green Hornet's aide
 - 64 Insect killer
- DOWN**
- 1 Bebop
 - 2 Type of arch
 - 3 Wallet stuffers
 - 4 Theater awards
 - 5 Certain sib

- 6 Grabbed a chair
- 7 Break ground
- 8 Conjecture
- 9 Ait, on the Seine
- 10 Mesh
- 11 Jay successor
- 17 Gamble
- 19 Adjust a piano
- 22 Royal decree
- 24 Next to
- 25 Wisdom tooth
- 26 Corsica neighbor
- 27 Fixes potatoes
- 28 Of the eye
- 30 Neutral color
- 31 Shed light
- 33 - -noire
- 39 Tin can eater
- 41 White bird
- 44 Windy City airport
- 46 Panasonic subsidiary
- 48 Ms. Dinesen
- 50 Eager
- 51 Advance
- 52 In case
- 53 Cereal plant spike
- 54 IV squared
- 55 Vigor
- 56 Levin or Gershwin
- 57 Slugger Mel -



THURSDAY, FEBRUARY 10, 2022

You should obey the rule of law

By Phillip Alder

Once, when playing in a tournament in London and sitting North, I bid seven diamonds after a competitive auction in which our opponents had preempted us out of Blackwood. East sacrificed in seven hearts, whereupon West took the diamond ace from his hand, licked the back of the card and stuck it to his forehead! My partner, West, the kibitzers and I started laughing. East, properly keeping his eyes on his cards, wondered why.

If a card is exposed during the auction, it becomes a penalty card, to be played at the first legal opportunity. There are some other possibilities, but they didn't arise in this deal. Uncoincidentally, it also features the diamond ace.

West's bid of four no-trump was wild with 4=8 distribution. Then, when South bid seven diamonds, East couldn't wait for his turn. He doubled and immediately led the diamond ace!

South, realizing that seven diamonds was doomed, retreated to seven no-trump. Declarer was now permitted to stop West from leading a diamond! Smiling to himself, West selected the spade five. Expecting West to be 5=7 in the black suits, declarer tried to restrict his losses. He finessed the spade jack at

North		02-10-22	
♠ A K J			
♥ Q 9 3			
♦ 9 8 7 4 3			
♣ K 9			
West		East	
♠ Q 7 6 5		♠ 9 8 4 3 2	
♥ 2		♥ K 8 7 6 5	
♦ -		♦ A 10	
♣ Q J 8 7 6 5 3 2		♣ 10	
South			
♠ 10			
♥ A J 10 4			
♦ K Q J 6 5 2			
♣ A 4			
Dealer: South Vulnerable: North-South			
South	West	North	East
1♦	Pass	3♦	Pass
3♥	4NT	5♦	5♠
6♦	6♠	Pass	Pass
7♦	--	--	Dbl.
7NT	Pass	Pass	Pass
Opening lead: ♠ 5			

trick one; then, with the aid of three finesses, he took four heart tricks. Next, South played a club to dummy's king and cashed dummy's spade ace and king. Finally, he led a club to the ace, preparing to concede down four, when something strange happened. East, being out of clubs, was forced to discard the exposed diamond ace!

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.

"L'CX BXEOLWXU SNES MDZ VXGDYX
E VZOOM LJ MDZ EBX KZHS PESGNLRT
HDYXDRX TXS VZOO LXU ERU MDZ
UDR'S HEM ERMSNLRT." — XYYE
BDVXBSH

Previous Solution: "Do all the good you can, by all the means available, in all the ways you can, in all the places you can." — Mia Farrow

TODAY'S CLUE: r equals x

REALITY CHECK



HERMAN

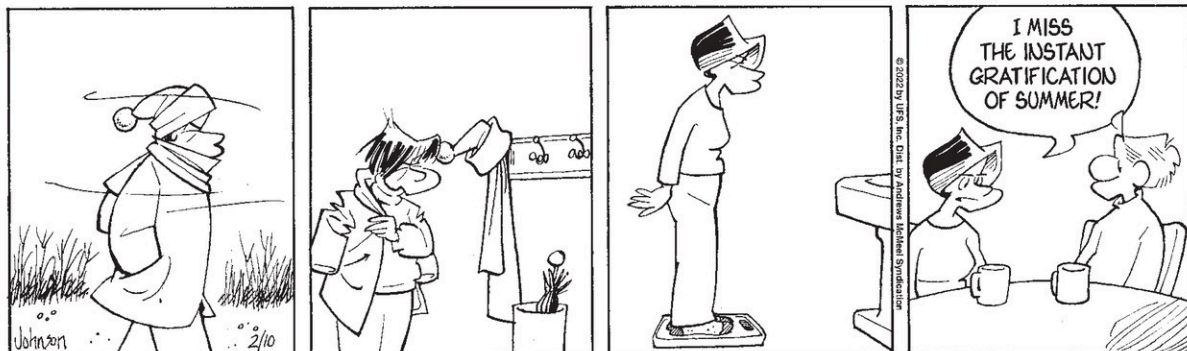


"Why don't you start going to bed earlier?"

ALLEY OOP



ARLO & JANIS



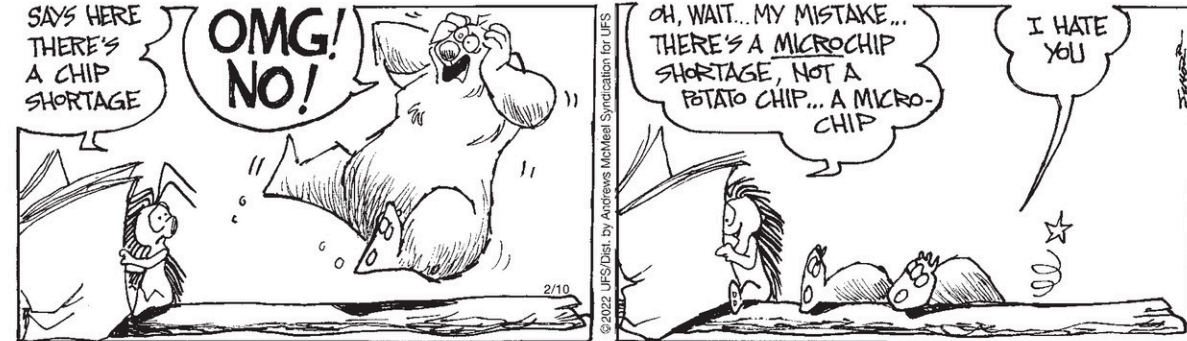
THE BORN LOSER



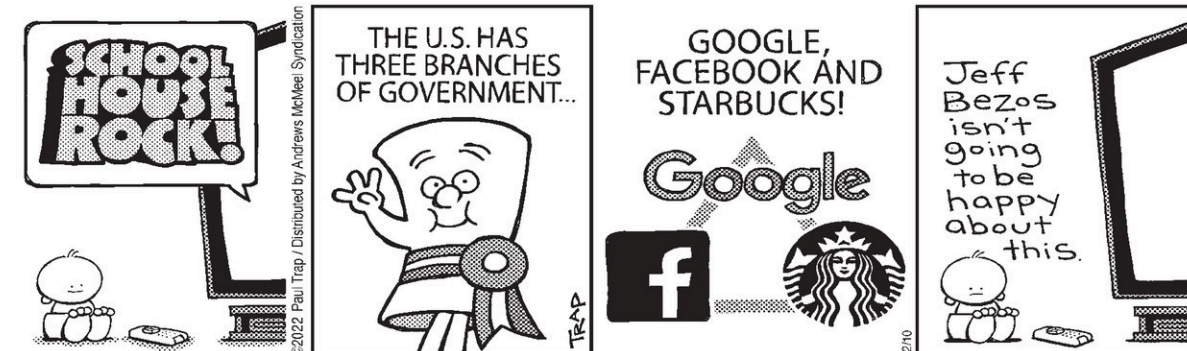
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 E-mail: classad@sherbrookerecord.com
 or Knowlton: (450) 242-1188 between 9:00 a.m. and noon

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Deadline: 12:30 p.m. one day prior to publication
 Or mail your prepaid classified ads to
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100 Job Opportunities 100 Job Opportunities 100 Job Opportunities 100 Job Opportunities

CJMQ 88.9 FM is looking for a Radio Bingo Project Manager. The person must have the following **qualifications:** Secondary 5 diploma; must have a vehicle and a valid driver's license; a good understanding of administration; a good knowledge of Word and Excel; accounting knowledge an asset; honest, reliable, good social and organizational skills; must have time management skills; good communication and interpersonal skills; must be bilingual. **Job Description:** Create a point of sale for distribution of Bingo cards; develop a Bingo game concept, as well as, the day and time of airing Bingo; assure the visibility and promotion of the project; assure contact with different suppliers; establish the game modalities and associated costs, establish and provide accounting and submit permit request to the Regie; provide documentation and follow up on the project. Full Time 35 hours a week. Salary: \$20/h. The interviews will be conducted by Zoom for the selected candidates. Send your CV to dteasdale77@yahoo.ca or by mail to CJMQ, 3355 rue College, Sherbrooke QC J1M 0B8. The deadline to submit your application is February 18, 2022.

THE RECORD

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ONLINE CONFERENCE

CHEP Video Conference: Wednesday, February 16, 10:00 - 11:30 am. "From Social Isolation and Loneliness to Belonging and Well-Being". Online conference through zoom; phone-in option available. To register, contact: Kelly (kb@townshippers.org).

ONLINE WORKSHOP

Mental Health Estrie invites you to attend a free virtual workshop, open to all and presented in English. On Wednesday, February 23 at 6:30 p.m. on Zoom, MHE will host guest speaker Dr. Kerri Gibson-Grant for a presentation on "Parental Mental Health." For more information, or to register for this event, please visit mentalhealthestrie.com, our Facebook & Instagram pages, email outreach@mentalhealthestrie.com, or call (819) 565-2388.

SUDOKU

DIFFICULTY RATING: ★★★★★

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

SUDOKU

YOU'VE GOT IT.

Somebody else wants it!

Got something you no longer use?
 Sell it in the Classifieds!

It may just be the perfect item to fill somebody else's need.

THE RECORD
THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

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PREVIOUS SOLUTION

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

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

Sick of living with a slob

Dear Annie

THURSDAY, FEBRUARY 10, 2022

Dear Annie: My boyfriend, “Denny,” and I have been together for two years, living together for the last year. He is a slob and oblivious to the mess he makes. When he fixes things in the house, he leaves his tools everywhere. He leaves spices and packaging all over the kitchen when he cooks. His clothes are scattered all over the house. He loses everything and never puts anything back where it belongs. I walk behind him all day, cleaning up his mess.

I feel like I’m taking care of a child. I attempt to be organized; there is a place (a hook, a bin, a cupboard) for everything, but nothing is ever in its place! The worst part is that he is clueless that he does this. I’ve made every attempt to prompt him, show him, demonstrate to him how to clean up after himself, but he just doesn’t get it. I’m ready to start throwing his stuff out the window. What else can I do to get him to clean up behind himself? – Cleaning the Chaos

Dear Cleaning the Chaos: You said it yourself; Denny’s “oblivious” and “clueless” to his own mess. Have you ever brought it up? Odds are that he’s not aware of the difference in your cleanliness standards, or he just doesn’t realize it bothers you.

Don’t beat around the bush. No more “prompting” or “demonstrating” what

a clean home looks like. Denny isn’t a mind-reader.

If you tell him how you feel and he still doesn’t pick up after himself, you might suggest doing a joint purging of your belongings. After all, fewer possessions means fewer items to be strewn all over your home. Marie Kondo’s “The Life-Changing Magic of Tidying Up” is a great place to start.

Dear Annie: My husband and I are in an incredibly loving marriage. He cheated on me a week before our wedding. He was under the influence and really not thinking straight. We have both grown stronger and closer because of this. A few months ago, he was the driver for a support vehicle following bike riders in a charity event. Each night, all of these men drank a lot, and my husband was around a lot of alcohol and cheated on me again.

He regrets this so much, and you can see his pain every day when he says he’s sorry. We both know drinking is not good for us, but alcohol is in the house every day. He’s supposed to be weaning off, but I don’t see it happening. The alcohol in the house leads me to drink, and I’m trying not to. How can I talk to my husband about how I don’t think this is good for us and am scared it’ll lead him to cheat again?

We’ve talked about it before, and we were really doing well, but then that trip happened, and it’s been downhill

since. Please help! – Done With This

Dear Done With This: Alcohol addiction is a serious condition, and I am sorry for the pain it has caused for you and your husband. The fact that he may have used alcohol while driving a vehicle is especially dangerous. You should both contact your local chapter of Alcoholics Anonymous and seek couples counseling as soon as possible to regain control of your marriage.

Dear Annie: Your column is the first thing my wife reads every morning, so I figured I’d write. An issue has come up that I’d rather not discuss with anyone else.

My wife and I are both retired. We go to the same neighborhood coffee shop every morning. We’ve gotten to know the owners and the other folks who go there, including “Harry,” a regular. I think he has developed a crush on my wife. She thinks this is ridiculous.

When Harry comes in, he automatically sits with us, whether or not we invite him. And he always sits next to my wife. The first thing he does is give her a kiss on the cheek. Sometimes, he will put his arm around her shoulder. They occasionally carry on a conversation as if I’m not there. When it’s time to leave, he will give her a kiss on the cheek, along with a hug that I feel is more than friendly.

If my wife thinks Harry hasn’t been in yet, she will dawdle over her coffee and *

order an extra donut. Of course, when Harry’s wife is with him, they sit at the counter and his behavior is completely different. He gives us a brief “good morning.”

I have told my wife how much it annoys me when Harry hugs, kisses and puts his arm around her, and I’d like to respectfully ask him to stop. My wife doesn’t want me to say anything. She says I’m overreacting and jealous. She says Harry is harmless and I shouldn’t create a problem in our favorite coffee shop. I think she’s flattered by his attention.

How do I put an end to this without causing more problems? – Worried Hubby

Dear Hubby: Harry is flirting, and your wife enjoys the attention, but we don’t believe he’s a threat to your marriage. There are several ways to handle this: You can ignore it; you can stop going to that coffee shop; you can sit next to your wife so Harry cannot; you can ask him to stop flirting with her; you can sweetly explain to your wife how she undermines your trust by encouraging Harry; you can introduce yourself to Harry’s wife and ask the two of them to join you.

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

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For eligible Canadians or business owners who continue to struggle due to COVID-19:

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