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THURSDAY, APRIL 27, 2023

# Kandy Mackey back at the helm of the school board

By Bird Bouchard

During Tuesday evening's Eastern Townships School Board (ETSB) Council of Commissioners meeting, the board announced the departure of Director General Michel Soucy, effective June 30, 2023. Kandy Mackey, the current Assistant Director General, will resume the position of Director General, effective July 1, 2023. She previously held the position in recent years, but stepped away from the role for personal reasons on August 12, 2020.

The resolution to appoint Mackey anew was adopted unanimously.

As a result of the shuffle, Sophie Leduc, current director of financial services, was appointed Assistant Director General, effective July 1, 2023. She will retain her mandate as director of financial and taxation services.

"Welcome aboard as our new general direction team. We're all very pleased you've accepted to continue to serve us in this capacity," said ETSB Chair Mike Murray.

During the meeting, Human Resources Director Caroline Dufresne, pointed out that Appalachian Teachers' Association President Megan Seline, was attending her final meeting and is set to retire.

Dufresne highlighted that Seline always had a focus to bring about changes that would make the system

CONT'D ON PAGE 3

# Richmond Regional's Roundtable Players present Marian, or the True Tale of Robin Hood



RRHS

The Full cast of Marian, or the True Tale of Robin Hood

### Record Staff

The Roundtable Players, Richmond Regional High School's drama club, will take the stage this weekend with a gender-bending, patriarchy-smashing, hilarious new take on the classic tale of Robin Hood.

Marian, or the True Tale of Robin Hood, written by Adam Szymkowicz and directed by Crystle Reid, will be performed in the auditorium at Richmond Regional High School on Friday, April 28 at 7 p.m. and Saturday, April 29 at 2 p.m. with a final performance at 7 p.m.

In this comedic interpretation of a classic tale, Robin Hood is (and has always been) Maid Marian in disguise, and leads a motley crew of Merry Men (few of whom are actually men) against the greedy Prince John. As the poor

CONT'D ON PAGE 3

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## Weather



TODAY:  
CLOUDY

HIGH 12  
LOW 3



FRIDAY:  
SUNNY

HIGH 19  
LOW 5



SATURDAY:  
RAIN

HIGH 15  
LOW 4



SUNDAY:  
RAIN

HIGH 11  
LOW 8



MONDAY:  
RAIN

HIGH 11  
LOW 3

# Live? Love? And laugh?— home edition



LINDA KNIGHT SECCASPINA

I live in an old house. I mean 156 years worth of memories and god knows what else went on between these three foot stone walls. My front yard is a giant urban forest and one day I swear the whole shebang will turn into Grey Gardens. So many things have happened to us in this house whether we caused it or not.

A few weeks ago my son told me we had a small squirrel in our basement. He swore he saw a tail flash, and I said he was dead wrong. Well he wasn't, and one day I opened the solarium door and something was yelling at me in a squeaking voice. Being the always brave person I am, I slammed that door fast and walked away. There was no way I wanted to come face to face with whatever it was. In my mind it was Gozilla coming from the depths of Japan.

My husband got a live trap out and put in peanuts and we have yet to catch it, but the peanuts made a tasty meal for someone, and it wasn't me. All was calm on the eastern Ontario front until two evenings ago. My husband went into the TV room to settle down for the evening when he noticed that some of his leftover Easter candy was eaten. In fact on the top of my lazy boy backing into the Christmas Tree ( yes, the Christmas tree) were the wrappers.

So why do we have an undecorated fake 15 Ft Christmas Tree in the corner of the TV room? My late husband bought it after we had a house fire in 1995 and he kept it up. So after he died the family decision was to keep it up and that night it may or may not have had a squirrel in

it. All night long after discovering the foil paper on the top of my chair I had visions that the varmint was going to jump out of that tree onto me a la 'Christmas Vacation'. Thankfully it did not happen and he or she has not been seen since.

People often doubt the drama that happens at my home, but in reality it is all true, and sometimes, it goes for the gold. Every single day is like a scene from the film The Money Pit or Fawltly Towers. There does not seem to be a day that goes by that something doesn't snap,crackle or pop.

One day I smelled what I thought was a gas leak or a backed up sewer line and local superman plumber Blair White was called in to check it out. After examining everything he opened a door and said,

*People often doubt the drama that happens at my home, but in reality it is all true, and sometimes, it goes for the gold. Every single day is like a scene from the film The Money Pit or Fawltly Towers. There does not seem to be a day that goes by that something doesn't snap,crackle or pop.*

"Linda, what you've got here is a dead mouse somewhere under the furnace or in the walls."

The internet told me it would take 10 days for the smell to go away and no amount of Febreeze would help. My bedroom now smells like a bus station restroom, but I've got a strong nose- I can deal with that.

This afternoon one of the raccoons who has made his home in one of my outside roof peaks was seen drinking and swimming in my fountain like he was at a local spa. He would not even budge when he saw me as- my home is his home- and he does not have to

pay taxes, nor does he care.

Tonight Steve phoned me from the kitchen (it's a big house folks, no one hears anything) and says,

"There's a bat in the kitchen!"

I told him to shut the doors hoping to trap the little sucker in there. Not likely. Fifteen minutes later the bat makes his way to the second floor interrupting America's Got Talent. We run downstairs and man ourselves with Squash rackets that were expressly made for swishing bats and not to play the sport. We attempt to find him and eventually see him curled up on the floor. Steve hits him and he misses. I scream, "WTH?" (actually you can probably replace the H with another initial). I asked him what his issue was. Seeing he immigrated here from California he looks at me and says with downcast eyes,

"Well, it was my first bat!"

The bat by this time had disappeared somewhere in that room and no amount of high powered rays from the trusty flashlight could find it. We shut off the TV knowing there will be no watching "Chopped" for us and go down to the kitchen. Sitting around the kitchen island we notice flashlights beaming at us from outside on the other side of the gate and waving hands.

Was it a neighbour?

Was it my son Perry, a well renowned bat-catcher, coming to save the day?

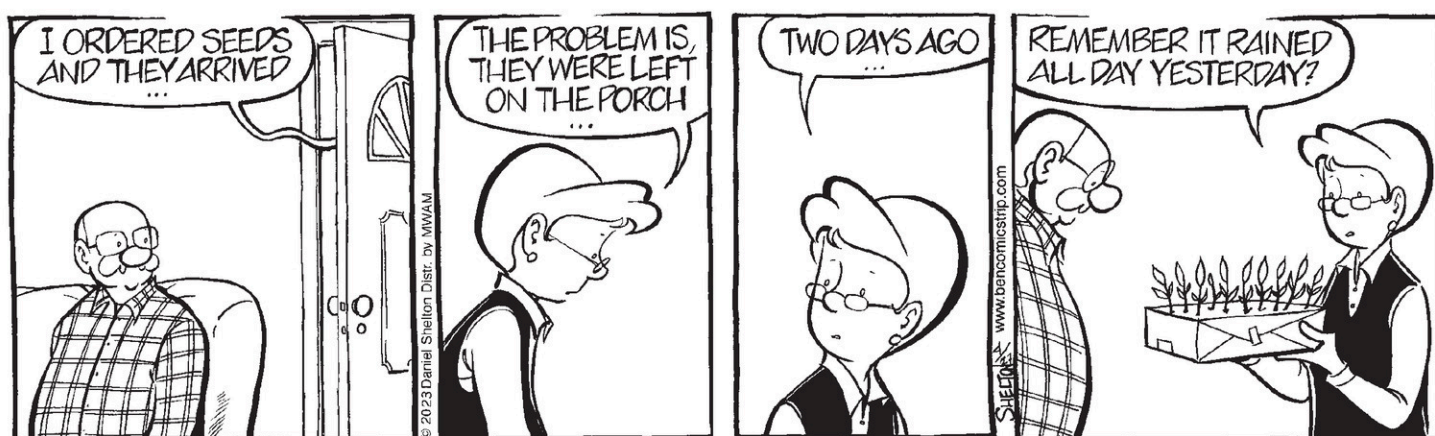
Actually, it was our brave men in blue coming to find out if everything was okay. A neighbour had seen the flashlight beams in the TV room, saw the TV shut off early, called 911, and reported something suspicious going on in our house.

So, after having a good laugh and hearing some good bat-catching tips from our friendly OPP we came back in and I told Steve we had to catch the bat in the morning as we have no catch and release program in this house. His response?

"Okay, but I need my breakfast first as I can't catch the bat on an empty stomach- and I definitely need my coffee!"

Stay tuned for more episodes- as the fun never stops here- and it's commercial free.

## Ben by Daniel Shelton



# Local News

Modern concerns and romantic entanglements clash on the battlefield and on the ramparts of Nottingham Castle in this play about selfishness, selflessness, love deferred and the fight.

## The True Tale of Robin Hood

CONT'D FROM PAGE 1

get poorer and the rich get richer, who will stand for the vulnerable if not Robin? What is the cost of revealing your true self in a time of trouble? Modern concerns and romantic entanglements clash on the battlefield and on the ramparts of Nottingham Castle in this play about selfishness, selflessness, love deferred and the fight. Always the fight. The fight must go on.

This is the second such extra-curricular production at the school. According to Siu-Min Jim, CLC Community Development Agent for Richmond Regional High School & St. Francis Elementary School, students have been rehearsing and preparing for the show since the fall, including spending weekends with a fight choreographer.

Tickets for the show cost \$15 for adults and \$5 for students and children. They can be purchased online at [www.roundtableplayers.ca](http://www.roundtableplayers.ca) or at the door. Audiences should be aware that the play contains scenes of simulated sword fighting, death, and physical intimacy including kissing.

The play is presented by special arrangement with Concord Theatricals.



RRHS

The Sheriff (Samuel Thibert) with Alanna Dale (Lydia Dandonneau) and Marian/Robin (Elianna Buckland) and the cast onstage

## ETSB meeting

CONT'D FROM PAGE 1

better for teachers and students.

"Her ability to ask tough questions with the goal of helping relations between the teachers and employer have made her a real asset to the system. Thank you for your dedication throughout the years," said Dufresne.

The ATA voted April Blampied to serve as the ATA's new president.

In other board business, SuzAnne Tremblay was appointed returning officer, while Secretary General Éric Campbell was appointed election clerk and assistant of the returning officer, for an upcoming by-election to fill the seat of Ward 4, vacated recently by Alice McCrory.

During the meeting, the board adopted the youth sector calendar for the coming school year. The adoption of the calendar passed with an 11-2 vote. Parent commissioners Richard Gosselin and Helene Turgeon voted against.

In question period, outgoing ATA president Megan Seline asked if the council of commissioners were aware there was a committee set up with regards to the calendar, where feedback from teachers was presented at the calendar committee meetings, but the ETSB exercised its management rights to impose four days of pedagogical workshops.

According to ETSB Chairman Michael Murray, the board was aware there was a great deal of controversy regarding the calendar. He added after being involved in calendars to one degree or another for more than 20 years, it is always controversial.

"It's unfortunate the impression left is that the board imposed its management prerogatives. In any case, you can be sure we are aware of the input that came from all the partners. We are moving ahead with the calendar we adopted this evening because we feel it is the best compromise we can make in the present context, given the objectives of the strategic plan," said Murray.

Meanwhile, Gary Holliday, Chair of the Transportation Advisory Committee pointed out the school board is still looking for bus drivers, calling it an ongoing concern.

However, last week the ETSB was authorized by the Minister of Education to purchase nine electric buses.

"We are expecting these new electric buses in October. It will give us time to install the charging stations," said Éric Campbell, Secretary General and Director of Transport. He estimates it could take anywhere from four to six months for Hydro Quebec to be available to connect the charging stations.

Holliday said the October delivery is not a catastrophe, as the board still has other buses in service.

However, Murray highlighted that while the old buses are still available, the reasoning for replacing them was due to high mileage. He questioned how long the buses can be safely in service while waiting for the many elements of the electric buses to come together.

"There are two criteria to respect, being the age of the buses and the kilometers. Based on this, we are ok to extend for a few months and we should be ok until October," said Campbell.

It is estimated the charging stations will cost \$1 million every year, for four years. Campbell said the breakdown is \$100,000 per charging station with the equipment, manpower, needed changes to the parking lot, etc.

"Every year, almost 10 charging stations will be installed," said Campbell.

During the Recognition of Excellence period, Gary Holliday got the ball rolling.

He began by highlighting efforts from St. Francis Elementary teachers who organized a fundraising dance with their students to raise awareness and support those affected by recent earthquakes in Syria and Turkey.

"Students and families gathered as a community for a common cause enjoyed a great night of dancing and had the chance to try foods from another culture. Together they raised a whopping \$2,105.50," said Holliday.

Other recognitions included a Grade 6 student from Knowlton Academy taking home the top prize at the kids speak out competition for public speaking. Also recognized was the United in Music festival, which celebrated its 10th year. The festival brought together students from 10 schools to showcase their talents and unite in song.

Several buildings and grounds projects were approved unanimously,

including Waterloo Elementary School receiving inside and outside door replacements. During the project, some modifications for additional work need to be done.

"To pay for all modifications, additional work and professional fees, including taxes required to finish the project, the total of the contract is \$144,675," said Joy Humenuik, Vice-Chair.

Also adopted unanimously were resolutions for the Centre d'acquisitions gouvernementales (CAG) for pest control as well as administration furniture.

A project to see a greenhouse at Sunnyside Elementary School was also adopted unanimously. The ETSB applied for a grant of \$100,000 through the town of Stanstead to build a greenhouse and an outside classroom. As the greenhouse could be in the shape of a dome, the ETSB will request a derogation in order to install any infrastructure in the shape of a dome on the territory.

Towards the end of the meeting, Murray also announced that Russell Copeman, the executive director of the Quebec English School Boards Association, is set to retire at the end of this year.

"He's explained he wants to slow down but feels he should give the organization plenty of time to find a successor," he said. "We have already formed a search committee and will be launching a search in the coming weeks. There is still no news regarding Bill 40.

# Canada developing new immigration policy to attract French speaking people, teachers

By Mickey Djuric  
The Canadian Press

The Liberal government is seeking to increase francophone immigration in what it says is a way to grow the French language in Canada and protect the country's cultural identity.

The new policy was laid out in a five-year action plan for official languages the government released Wednesday. The plan comes as the Liberals' update to the Official Languages Act is debated in the House of Commons.

"If we address the decline in French, we really have to make sure ... that we recruit francophone immigrants," Official Languages Minister Ginette Petitpas Taylor said Wednesday.

"We recognize that there's a labour force shortage when it comes to bilingual workers."

The plan says Canada aims to recruit French-speaking people from Africa, Europe, the Middle East and the Americas and settle them in francophone minority communities in Canada. That doesn't include Quebec, which has control over its own immigration program.

The government is also looking to

attract francophone teachers so that communities have good access to French-language education, including French immersion programs, early childhood programs and post-secondary learning.

"I've heard parents tell me that they get up at midnight because they want to be the first in line to enrol their kids in French immersion," Petitpas Taylor said.

"So there is a thirst that people want to make sure that their children can speak both official languages."

Earlier this year, the Immigration, Refugees and Citizenship Canada reached a target to ensure that at least 4.4 per cent of immigrants settling outside of Quebec are French speakers.

The government has yet to set a new target, but Immigration Minister Sean Fraser said it's important for francophone minority communities to experience the benefits of immigration.

"They don't care simply about more people speaking French. They care about the ability ... to raise their families in the language of their choice," Fraser said Wednesday.

That includes giving people the option to go to the grocery store, put their kids in daycare centers and access

education—all in French.

"This is about protecting the cultural identity of Canada and making sure that francophones see themselves in the cultural identity of this country—not just today, but for generations to come," he said.

The proportion of francophones in the population outside Quebec fell from 6.1 per cent in 1971 to 3.5 per cent in 2021, according to Statistics Canada data from the 2021 census.

The share of the population that says French was the first official language they learned at home has fallen, too, from 27.5 per cent in 1971 to 22 per cent in 2021, data show.

Those numbers are fueling a shared sense of concern among Canada's francophones and francophiles, both in minority settings and in Quebec, the government said in its action plan.

Prime Minister Justin Trudeau said he recognizes the government's plan

is "ambitious" but said on Wednesday that it "recognizes the important economic, social and cultural value of official languages" while also "focusing on results."

Other initiatives under the plan include expanding internships for youth in language minority communities that are facing labour shortages, providing access to justice in both languages, increasing bilingual health workers and supporting the creation and dissemination of scientific information in French.

The plan also lays out money for provinces and territories to increase their educational offerings, as well as money for arts and culture, including for English-speaking minority communities in Quebec.

"This new action plan will ensure continued growth of English and French across our country," Trudeau said.

## Psychiatric evaluation completed for man accused of crashing bus into Quebec daycare

By Morgan Lowrie  
The Canadian Press

A psychiatric hospital has completed an evaluation of a man accused of killing two young children by driving a city bus into a Montreal-area daycare, but its contents will remain sealed, a court heard on Wednesday.

Montreal's Philippe-Pinel institute was mandated to evaluate Pierre Ny St-Amand's mental state at the time of his alleged crimes on Feb. 8. Both the Crown and the defence told a Laval, Que., courtroom on Wednesday that they had only received the 22-page report earlier that morning, and they asked that the case be postponed until June 13 to allow them to evaluate its contents.

St-Amand was judged fit to stand trial on Feb. 24 after an initial psychiatric evaluation, but his lawyer, Julien Lesperance Hudon, asked for another assessment to help determine whether the accused should be held criminally responsible for his actions.

Lesperance Hudon said following the hearing that he needed to consult with his client and the Crown to determine the next steps in the case. He said that a medical concept of criminal responsibility is not exactly the same as a legal one.

"It's not necessarily because he's found not criminally responsible by a medical expert that legally he (would

be) not responsible," he told reporters outside the courtroom. Only the judge, the Crown and the defence in the case are allowed to read the report, he added.

St-Amand appeared in court by video conference and listened without showing emotion as the judge ordered the evaluation sealed.

The 51-year-old driver with the Laval transit corporation was arrested after a bus crashed into the front of a daycare in the city's Ste-Rose neighbourhood, killing two four-year-olds and injuring six other children.

He faces two counts of first-degree murder as well as seven other charges, including attempted murder and aggravated assault.

Maeva David and Jacob Gauthier, both four years old, were killed in the crash, which injured six other children.

It was initially unclear whether St-Amand would remain at the hospital or be returned to a conventional detention centre while awaiting his next court appearance.

Prosecutor Karine Dalphond said she believed the accused would be transferred because the evaluation was complete, but Lesperance Hudon said his client would remain at the psychiatric hospital until his next court date. He did not give a reason for the continued hospitalization, other than to say that such a decision is generally based on a treatment plan.

### QCNA GENERAL MANAGER JOB POSTING

#### The Association

The Quebec Community Newspapers Association (QCNA) is a 42-year-old association dedicated to the professional and economic development of English-language and bilingual community newspapers serving Quebec's minority-language communities.

QCNA provides advocacy, government representation, marketing and promotion for member papers and is engaged in the professional and economic development of newspapers serving the English-language communities of Quebec.

The association's 30 member newspapers distribute weekly, biweekly, monthly, and daily to some 384,000 readers a cross the province.

#### The Opportunity

To fulfill its mandate, the association has an immediate opening for a manager who can oversee the daily operation of its office and supervision of a small staff. The successful candidate will report to the board of directors and assist with planning and executing programs prioritized by the board.

#### Abilities

- The board is seeking a university-educated, bilingual, well-organized individual with experience in budgeting and bookkeeping practices
- Knowledgeable about project-writing and reporting
- Demonstrated experience in executive leadership and a solid understanding of board meeting procedures, recording minutes and related compliance issues
- Strong written and oral communication skills
- Ability to represent the association to government bodies
- Skilled at forging strategic partnerships and expanding existing networking alliances
- Grant writing experience
- Project-writing, management and reporting skills
- Capable of working autonomously to assist the volunteer board of directors fulfill its strategic objectives
- Keep member newspapers informed of programs and opportunities

#### Our Offer

The association offers a competitive salary and benefit package to the right candidate.

If you believe you have the qualifications and interest in working with a dynamic team of volunteers and member newspapers committed to local journalism, please send a cover letter and resume by email to

**Brenda O'Farrell, Interim President**  
Quebec Community Newspapers Association  
president@qcna.qc.ca

# The Border Report

Tyson was excited to write this article in his own words, with a few guided questions, and some help from his friend and new Phelps Helps participant, Allison Houle.

## Phelps Helps, a second home



Our students are at the heart of everything we do at Phelps Helps and in this week's Border Report we wanted to give one of our participants an opportunity to have a voice. Tyson Lagueux has been part of Phelps Helps since he was in Grade 4. Now, in his first year in high school, he wanted to share some of his thoughts about Phelps and the Stanstead community. Tyson was excited to write this article in his own words, with a few guided questions, and some help from his friend and new Phelps Helps participant, Allison Houle.

What does Phelps mean to me? Phelps is like my second home and a safe place. I like going to Phelps because after having a long day at school, it is a place where I can go and have fun while doing homework. There is also a lot of help. On the weekends, when you have nothing to do, there are some fun things that you can do like the Teen Gym, bingo, free skating, the easter egg hunt, the Stanstead 5km race and plenty of other things. At Phelps, if you are having a challenging time in school like I am, they will help you excel. It is a place where I feel sociable and not

stressed and a place where I know I am liked for who I am and how I act. School is crowded and judgmental and I don't feel normal or accepted for who I am and how I act. I feel the need to be different, but at Phelps I don't. They also make you feel accepted and respected.

Why is education important to me? Education is important because if you don't do all your school years, you will probably not get the job that you want, you must work more to pay for everything, like pay for your house or even your gas. You will not get paid a lot, so you can't do the things that you want to do like traveling, going to nice places, or even buying what you want.

If I could upgrade anything in Stanstead, what would I upgrade? I would like Stanstead to add more exciting things like a cinema, a new and improved playground, a community pool, an exercise gym, a petting zoo, and tree zip-lining.

How do I think Phelps helps the community? Phelps helps the community because since Phelps started, now 70% of local students graduate from high school, instead of 50% and none of the students



that come regularly to Phelps have dropped out of school. They also help kids have fun instead of sitting in their rooms watching movies and playing video games all day.

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](mailto:info@phelpshelps.ca), visit our website [www.phelpshelps.ca](http://www.phelpshelps.ca) or call our offices at 819-704-0799.

### FRONTIER ANIMAL SOCIETY

## Featured pets: Baxter, Bubbles, Dawn and Willow

Baxter, Bubbles, Dawn and Willow come to us from a barn just outside of Sherbrooke. Although being born homeless is never a good thing, these four lucky kittens had a guardian angel who ensured that once they were old enough, they received the care and socialization they needed. Now almost 5 months old, they will be ready for adoption on May 6 following their sterilization appointment.

Although Willow and Dawn, the two females, are a little timid, considering that they are adapting to a completely new environment they are doing exceptionally well. Sweet, calm and gentle they are accepting of attention and pets and both are quick to purr. We have no doubt that once settled into a loving home, they will embrace life as a family pet and their friendly and affectionate personalities

will blossom.

Baxter and Bubbles on the other hand are friendly, outgoing and brimming with confidence. Affectionate and loving, they seek out human companionship and will begin to purr even if you just glance in their direction. With 7 toes, Bubbles has the biggest front paws we've ever seen.

We'd love to adopt these siblings out in pairs but they can be adopted separately. If adopted as singles, their ideal home will have another friendly and welcoming cat who will help with their continued socialization. This is particularly important for Dawn who is the shyest of the four.

To inquire about adopting these beauties, please give our cat adoption coordinator, Linda a call at 819-868-2684 or email us at [frontieranimalsociety@gmail.com](mailto:frontieranimalsociety@gmail.com)



Baxter



Bubbles



Dawn



Willow

# EDITORIAL

The big question for many of the commentators on the situation is whether or not the union's demands are justified.

## Solving the public service walkout



TIM BELFORD

The strike by federal government employees continues. Picket lines have been duly established and most services reduced to a minimum, carried out by a handful of "essential" employees who are allowed, or rather forced, to cross these same picket lines under threat of enormous fines.

Full disclosure here. Over my rather eclectic working life I was, at one time or another, employed by three different government entities: the Departments of National Defense and Indian Affairs as well as the CBC, although the latter is a crown corporation and isn't involved in the current labour difficulties.

The big question for many of the commentators on the situation is whether or not the union's demands are justified. The question for the average citizen, forced of necessity to deal on a regular basis with the various government offices, is when will it end?

Let's face it, as a country we have an inordinate number of people on the government payroll.

If the figures cited by Globe and Mail columnist, Andrew Coyne, are correct, and I have no reason to doubt him, there are at last count around 336,000 of them. This doesn't include the CBC, Canada Post, the RCMP or several other independent government bodies. In short, that's about one civil servant for every 116 citizens.

As far as the question of pay is concerned, the C.D. Howe Institute produced a study that suggested \$64 per hour was the average wage for government workers. The study also pointed out that this was somewhere

between 40 and 60 per cent above the private sector average. Just the same, the union is looking for a sizeable pay increase to deal with the recent hike in the rate of inflation which has left pretty much everyone counting their pennies.

The other sticking point in the face-off between union and government is the right to work from home. Introduced during the recent pandemic, working chez moi became quite popular amongst those who toil for the government. Needless to say, the employer wants people at their desks, preferably in the same office.

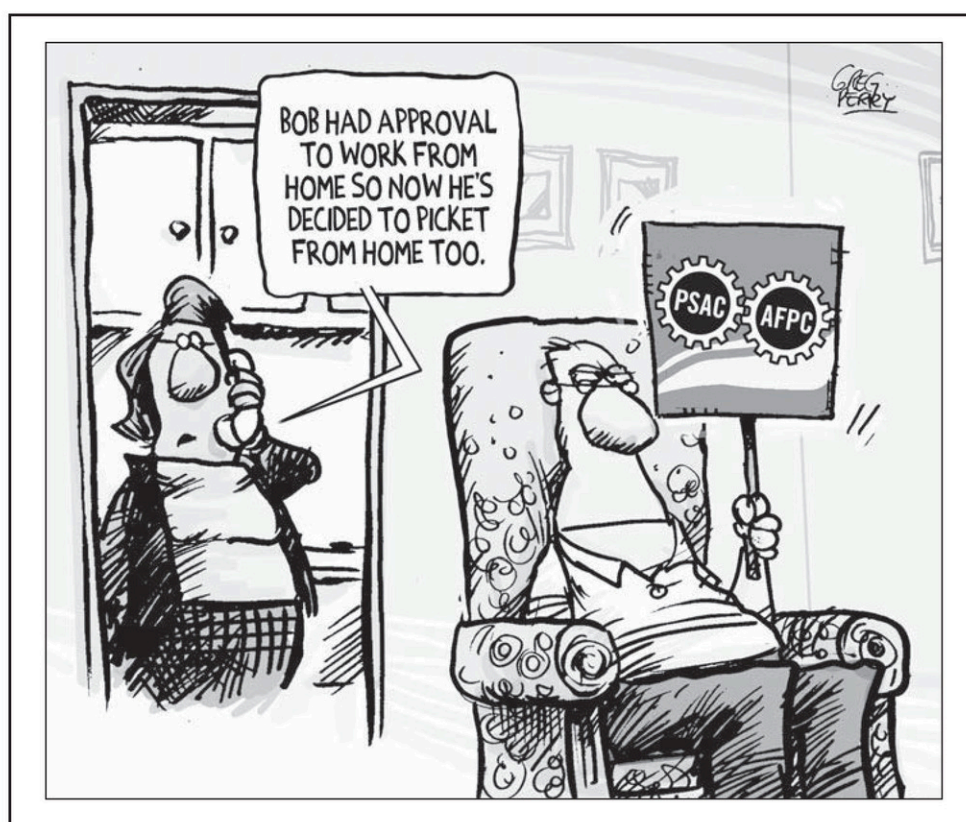
It's not my job to say who's right or wrong in all of this but I do have a possible solution.

All that's really necessary is, yes, let people work from home but only after the government divides the country into neighbourhoods of 116 residents each and ensures that one government employee lives in every neighbourhood.

The up side would be that citizens would not only be close to a government office but they'd likely know the civil servant in place since he or she would live just down the street. No more faceless bureaucrat to deal with just good old Fred or Alice or whoever. Dealing with just 116 potential customers, at most twenty-three a day, would also eliminate the kinds of lines we saw outside passport offices during the post-pandemic rush and provide one-on-one service.

The civil servant in question would have to undergo a bit more training in order to become a multi-tasker since they would have to deal with enquiries about everything including income taxes, passports, birth records and whatever else the government is involved in. But in today's wired world it just might be doable.

As for the Deputy Ministers, Assistant Deputy Ministers, Department Heads, District Supervisors, Executive Aides, Office Managers and Departmental Overseers found in every branch of the civil service, they could now all fit into one, nice Ottawa skyscraper and leave the vacant buildings for public housing.



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SHARON McCULLY PUBLISHER (819) 569-9511  
 MATTHEW McCULLY MANAGING EDITOR (819) 569-6345  
 SERGE GAGNON CHIEF PRESSMAN (819) 569-4856  
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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](mailto:newsroom@sherbrookerecord.com). Preference is given to writers from the Eastern Townships.

# Local Sports

According to Jacqueline Belleau, Executive Director for the Phoenix, the local hockey team will sell tickets to view Game 1 at 6 p.m. vs the Halifax Mooseheads on Saturday night for a VIP experience in the Palais des Sports.

## Phoenix offer fans unique viewing experience for Game 1 & 2

By Bird Bouchard

Fans of the Sherbrooke Phoenix won't have to travel far to cheer on their team this weekend.

The local hockey team has announced an opportunity for their fans to cheer on the Phoenix at the Palais des Sports this weekend, offering two viewing experiences.

According to Jacqueline Belleau, Executive Director for the Phoenix, the local hockey team will sell tickets to view Game 1 at 6 p.m. vs the Halifax Mooseheads on Saturday night for a VIP experience in the Palais des Sports.

For \$25, fans will have access to the Stella Artois Salon to watch the game. The ticket grants fans access to the VIP Lounge and food, including pizza, veggies, sandwiches and popcorn.

"This is our version of a Super Bowl party," said Belleau. "I'm sure it will be an electric atmosphere with all our fans cheering on the team."

The following day, Game 2 at 3 p.m. will also be broadcasted in the stands of the Palais des Sports on the jumbotron. The Phoenix confirmed a DJ will be on



BIRD BOUCHARD

Jordan Dumais (left) and Marc-André Gaudet (right) battle for a loose puck on Feb. 25, 2023. The Sherbrooke Phoenix now face off against the Mooseheads in the Semi-Finals of the QMJHL playoffs. Game 1 of the best-of-seven series is scheduled for Saturday in Halifax.

sight and two concessions will be open for food and drinks. Adult tickets will be sold for \$10 while childrens tickets are \$5 (tax included).

While she could not confirm how many tickets have been sold for the two events, Belleau said Townshippers

are excited for hockey and tickets are selling fast. She confirmed tickets (including standing room) for Game 3 and 4 in Sherbrooke sold out in approximately two hours.

"We're very happy with the response so far," said Belleau. "We had people

waiting in person this morning at the box office to purchase their tickets. Tickets are selling fast."

Tickets for the two events are available at [billetsphoenix.ca](http://billetsphoenix.ca) or in-person at the Phoenix box office.

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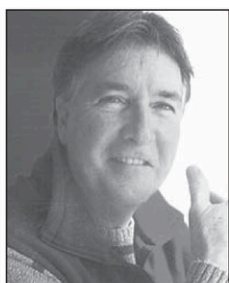
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Death

Death

# Date Book



## Keith (Joe) MACKEY

1954 - 2023

It is with great sadness that the family of Keith (Joe) Mackey announce his passing April 21, 2023 in Sherbrooke, QC at the age of 68.

Joe was a loving partner to Mary Drew, loving father to Robyn (J-F) and loving grampie to Jake, Brooke, Sophie, Méloidy and Olivier.

Joe is predeceased by his parents Howard and Dorothy, his sister Cheryl, and his brother Ross (Charlie). He leaves to mourn his siblings Virginia (Dave), Ron (Diane), Shirley, Judy (Mike) and Richard (late Susan), as well as numerous nephews, nieces, extended family and friends.

A visitation will take place at the Cass Funeral Home, 3006 College St., Sherbrooke (Lennoxville), QC on Friday, April 28, 2023. Family and friends are welcome to pay their respects from 3 p.m. to 5 p.m. and 7 p.m. to 9 p.m.

A private graveside burial will take place at a later date.

In remembrance of Joe's life, the family asks that any donations be made to La Maison Aube Lumière (www.aubelumiere.com), in thanks of their exceptional care.

**CASS FUNERAL HOMES**  
3006 College St.,  
Sherbrooke QC

**PHONE: 819-564-1750**  
**FAX: 819-564-4423**  
**www.casshomes.ca**

THURSDAY, APRIL 27, 2023

Today is the 117th day of 2023 and the 39th day of spring.

**TODAY'S HISTORY:** In 1521, explorer Ferdinand Magellan was killed in the Philippines.

In 1865, the steamboat Sultana exploded in the Mississippi River near Memphis, Tennessee, killing some 1,700 passengers.

In 2014, John XXIII and John Paul II became the first popes to be canonized as saints since 1954.

In 2018, the leaders of North and South Korea signed the Panmunjom Declaration, officially pledging to work toward ending the Korean conflict.

**TODAY'S BIRTHDAYS:** Samuel Morse (1791-1872), Morse code co-inventor; Ulysses S. Grant (1822-1885), soldier/18th U.S. president; Rogers Hornsby (1896-1963), baseball player; Enos Slaughter (1916-2002), baseball player; Jack Klugman (1922-2012), actor; Coretta Scott King (1927-2006), activist; Casey Kasem (1932-2014), radio/TV personality; Sandy Dennis (1937-1992), actress; August Wilson

(1945-2005), playwright; Herm Edwards (1954- ), football coach; Ari Graynor (1983- ), actress; Patrick Stump (1984- ), singer-songwriter; Lizzo (1988- ) rapper/singer-songwriter.

**TODAY'S FACT:** In 1667, blind and impoverished poet John Milton sold the copyright to his masterpiece, "Paradise Lost," for 10 pounds (roughly \$2,777.65 in 2023 U.S. currency).

**TODAY'S SPORTS:** In 1956, 32-year-old boxer Rocky Marciano retired with a perfect 49-0 record, the only heavyweight champion to do so.

**TODAY'S QUOTE:** "All you need in the world is love and laughter. That's all anybody needs. To have love in one hand and laughter in the other." - August Wilson

**TODAY'S NUMBER:** 1,776 - architectural height (in feet) of One World Trade Center in New York City. Construction on the site began on this day in 2006.

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

# Cartilage loss increases joint friction



## ASK THE DOCTORS

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

Dear Doctors: I am a 77-year-old woman diagnosed by my orthopedist with reduced cartilage in my right knee, probably due to wear and tear and arthritis. I'm not in pain, but I have developed bone spurs, and there is some swelling. What can I do to prevent further degeneration?

Dear Reader: Cartilage is a remarkable tissue that, depending on its type and location, reduces friction,

acts as a shock absorber, enhances strength, provides structure and augments flexibility.

There are three types of cartilage in the body. Elastic cartilage, which is found in the outer ears and the larynx, provides shape and elasticity. Fibrocartilage, tough and strong, is found in joint capsules, ligaments and the intervertebral discs of the spine. When it comes to the joints, we're talking hyaline cartilage. Smooth to the touch and a pale bluish-white in color, it is the most abundant type of cartilage in the body.

Hyaline cartilage caps the ends of the bones and lines the inner surfaces of joint capsules. It is due to its smooth surface, with an assist from specialized fluids, that bones can meet and glide, almost frictionless, against one another. The key word here is "almost." Over time, wear and tear do take a toll.

Cartilage can also sustain physical injury. Twisting a joint can result in damage. So can the force and impact common in sports. Ongoing inflammation from autoimmune conditions can also result in damage. And because cartilage lacks an active

blood supply, it is slow to heal.

When cartilage wears away, the bone spurs you have developed often occur. These bony lumps, which form on the surface of joints, are an adaptive response as the body strives to maintain stability in the knee joint. Bone spurs themselves don't hurt. However, they can limit range of motion and may press or rub against neighboring structures or tissues, which can be painful.

To slow cartilage loss, you want to reduce stress on the joint. That means limiting repetitive and high-impact activities. These require the knee to be a shock-absorber, which can further damage the connective tissues of the joint. The correct shoes are also important. Avoid high heels, which greatly increase stress on the knee. Instead, opt for shoes that are soft and flexible, with either a flat or low heel. It's also important to reach and maintain a healthy weight. Studies have shown that being overweight, which stresses the joints, can contribute to cartilage loss.

You also want to manage inflammation. Your doctor may recommend nonsteroidal anti-

inflammatory drugs, or NSAIDs, such as ibuprofen or naproxen. These can lessen the swelling that you have experienced. NSAIDs can also be helpful for people with cartilage loss who are in pain. When swelling is pronounced, injections may be recommended. Steroids can address inflammation and swelling. Hyaluronic acid, a substance that occurs naturally in joint fluids, can aid in lubrication. Platelet-rich plasma, which is derived from a patient's own blood, can also stimulate healing. Your doctor can advise you if any of these may be helpful for your specific situation.

(Eve Glazier, M.D., MBA, is an internist and associate professor of medicine at UCLA Health. Elizabeth Ko, M.D., is an internist and assistant professor of medicine at UCLA Health.)  
(Send your questions to askthedoctors@mednet.ucla.edu, or write: Ask the Doctors, c/o UCLA Health Sciences Media Relations, 10960 Wilshire Blvd., Suite 1955, Los Angeles, CA, 90024. Owing to the volume of mail, personal replies cannot be provided.)

## RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

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

With photo: additional \$18.50. **DEADLINE:** 11 a.m., day before publication.  
BIRTHDAY, ANNIVERSARY & GET-WELL WISHES, ENGAGEMENT NOTICES:  
Text only: \$16.00 (includes taxes)

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

WEDDING WRITE-UPS:

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

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

### DEADLINES FOR DEATH NOTICES:

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

# TOWNSHIPS' CRIER

# Is it irresponsible to follow my dreams?

## 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

The Richmond Youth Fair is holding a Military Whist card party May 11, 2023 at 7:30 p.m. Come join us as at the Richmond-Melbourne United Church, 247 Principale S. in Richmond. To reserve a table please call Patsy Biggs 819-826-3467 or Sarah Fowler 819-826-3717. We are also taking names of anyone wishing to play but doesn't have a table of four.

## LENNOXVILLE

Are you having some difficulties with your computer, tablet or your phone? Community Aid can help you! Simply call us to make an appointment for our "troubleshooting afternoon." You will have a private, one-on-one, 30-minute session with our technician and it's free, but you have to make an appointment. Call us at the office 819-821-4779.

THURSDAY, APRIL 27, 2023

Dear Annie: I am an 18-year-old woman, and I'm a freshman in college. I am currently majoring in Creative Writing and English. I have a very deep passion for writing, and I would like to become a published author one day. I also have a passion for herbs and herbal medicine. I plan to start my own apothecary business very soon, as I am studying herbal medicine on my own personal time.

My dilemma, it seems, is that I think that majoring in business would be far more worth the money spent on my education, right? Should I continue studying Creative Writing and English, or should I switch my major? - Undecided

Dear Undecided: It sounds like you have plenty of passion, direction and drive to make this dream happen. Business knowledge is always going to be useful, but it doesn't necessarily have to be your major. I would encourage you to talk to some individuals who have been successful in your desired field - small business owners, authors, etc. - and hear about what it takes.

You need to be OK with sacrificing up front - long hours with little pay -

## Dear Annie

in order to reap the long-term benefits. Think about whether you are willing to do this and whether you are in the financial position to do this. Beyond that, trust your gut and follow your dream.

Dear Annie: I'm going to try to keep this short and sweet. My husband's brother and his family moved to another state last year. We haven't seen them since the move and are planning a visit this month.

My husband's parents live in the same state as we do but about four hours away. They've been to visit the brother's family out of state three times over the year. They never reached out to us and invited us to join them, and honestly, I never expected them to. It's their business what they do with their time, and I am glad they are making great strides to be a part of all of our lives as they age.

Anyway, today my husband asked me if I had invited them to meet us at his brother's house. I replied, "No, I didn't. I typically don't invite people to someone else's home. However, if your brother wants to invite them, they can." My husband said that made total sense. He was just wondering because we would have the chance to all be

together at one time.

Am I correct in not inviting them? I wouldn't expect the brother or the parents to come visit us and invite one or the other. And I must add that my sister-in-law (my husband's brother's wife) has had a somewhat rocky past with the parents. I'm imagining showing up with my husband's parents pulling in behind us and getting a "what in the world" look from my dear SIL! It just seems out of place for me to mention it. - Stuck in the Middle

Dear Stuck: Your response is perfectly rational and appropriate. You can't invite someone - family or not - to another person's home, especially when there might be a rocky history. If your husband wants his parents to be there, perhaps he can talk to his brother about it.

"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](mailto:dearannie@creators.com).



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### CELEBRITY CIPHER

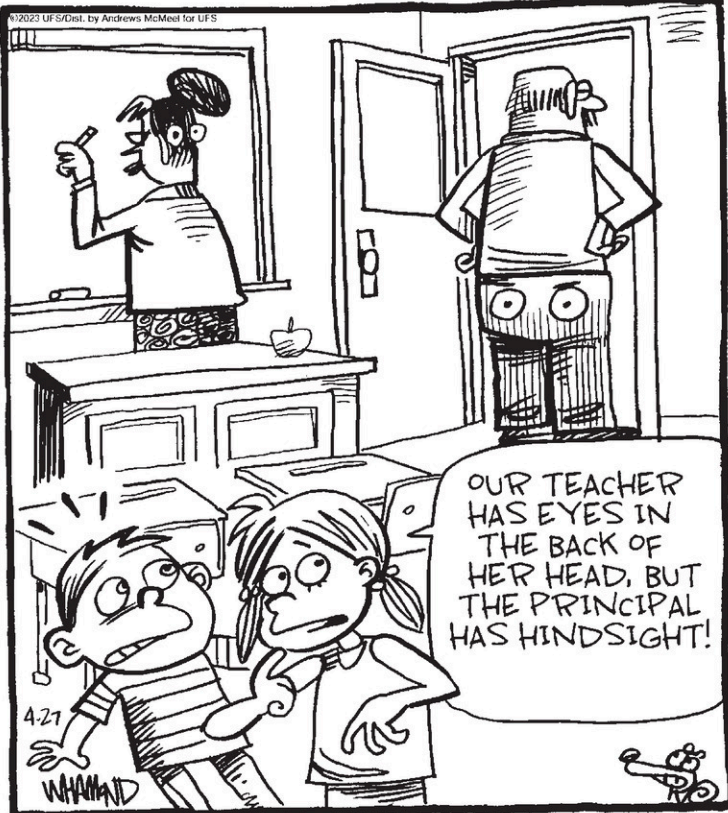
by Luis Campos

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

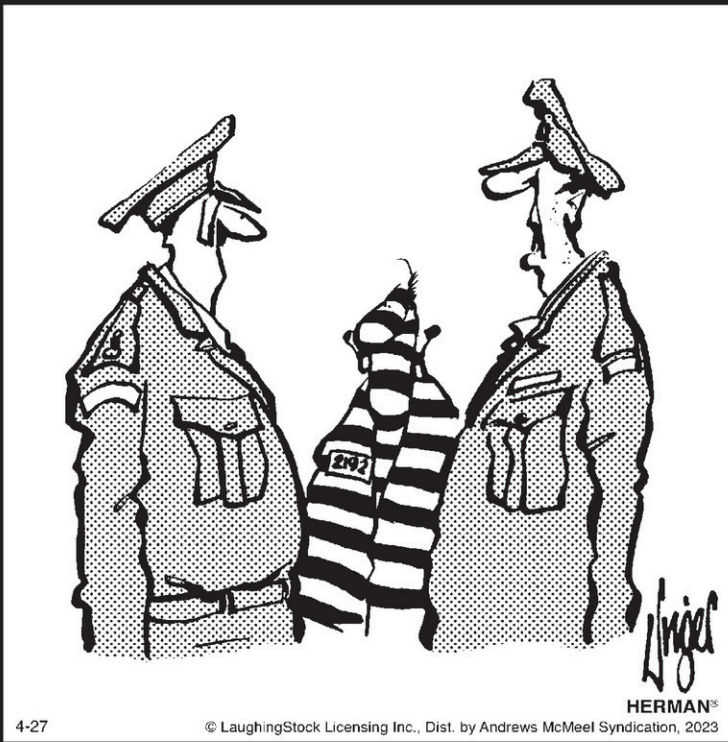
"CYVA IT FXM KMHEDEFYD YH  
 WMGMUFYD ... ZMF WMLCCB  
 UYVHYWFLOCM JEFX EF, LDK FXMD  
 VLBOM BYI ULD ZY EDFY LUFEDZ."  
 — CYDE LDKMWPYD

Previous Solution: "I guess I was just meant to be a secretary who doesn't take shorthand. I'm a lousy typist, too." — Barbara Hale  
TODAY'S CLUE: M sjenbe r

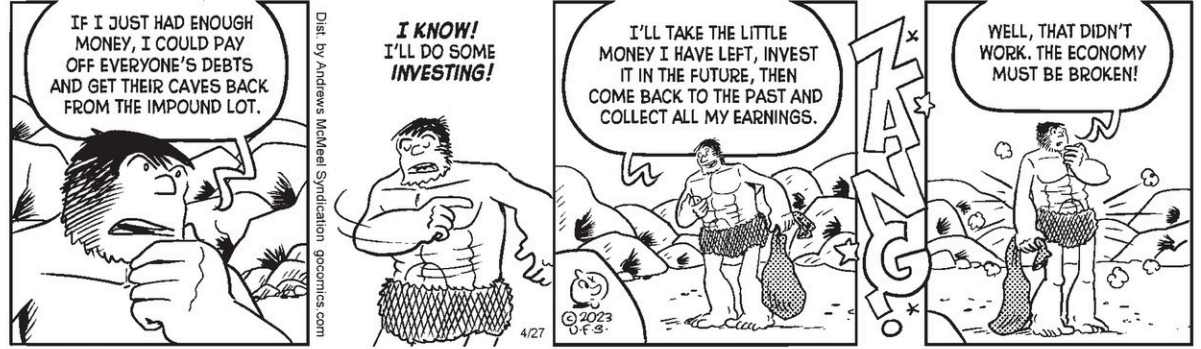
### REALITY CHECK



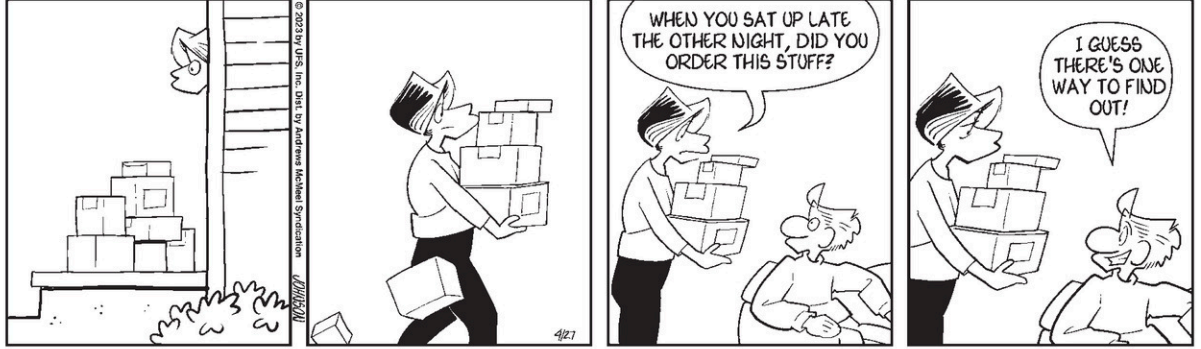
### HERMAN



### ALLEY OOP



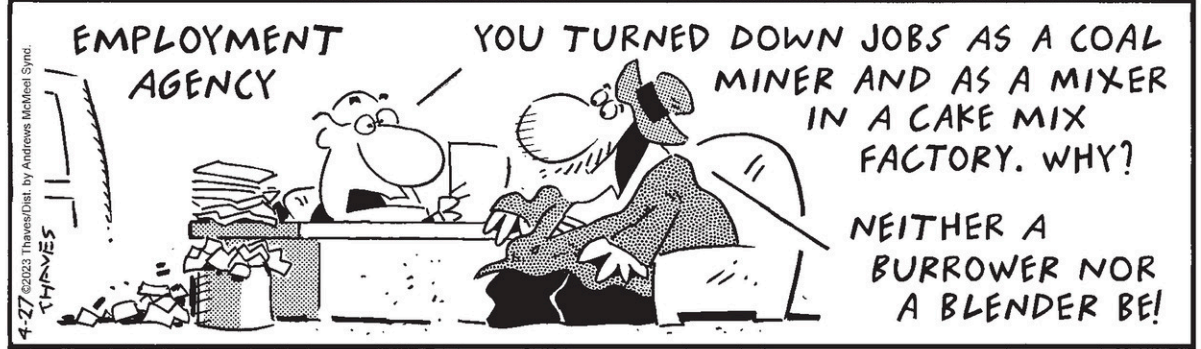
### ARLO & JANIS



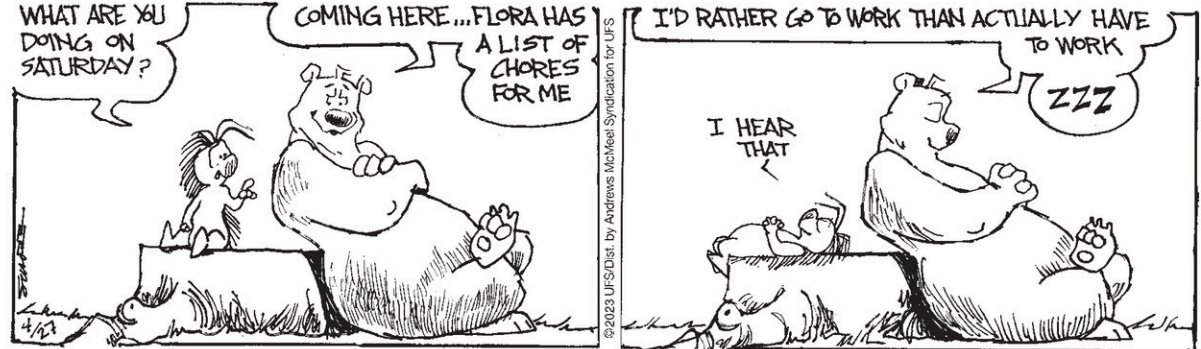
### THE BORN LOSER



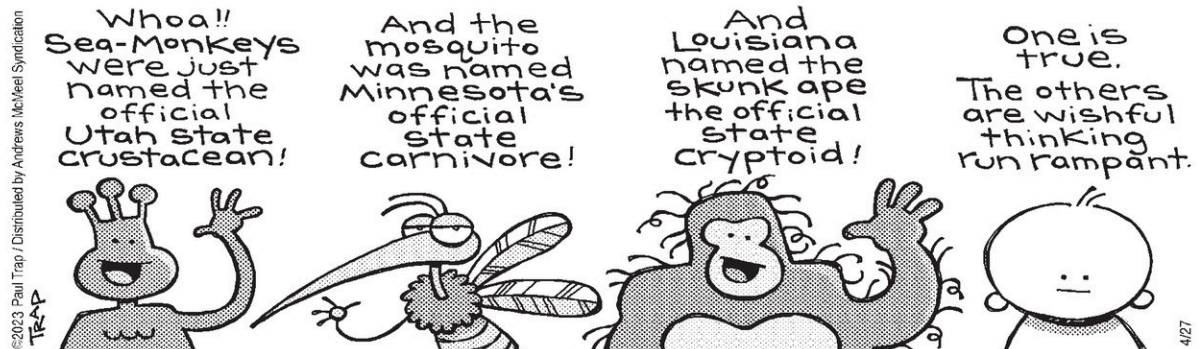
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 E-mail: [classad@sherbrookerecord.com](mailto:classad@sherbrookerecord.com)  
 or Knowlton: (450) 242-1188 between 9:00 a.m. and noon

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275 Antiques

## THE RECORD

The Record has an immediate opening for a circulation clerk to manage the newspaper's daily subscriptions and newsstand distribution

The candidate would prepare address labels for newspapers, update subscription lists, prepare dealer invoices and assist readers, where necessary, in setting up online edition.

The circulation clerk would spend a majority of the time dealing directly with the public - customers, carriers and newsstand personnel. This would require ease of communication in both French and English.

The ideal candidate will be creative, courteous and articulate on the telephone. - The individual must be focused on resolving complaints satisfactorily. Ease in navigating a new computer program and assisting readers in accessing online edition is an asset.

### Orientation and training

The candidate would be trained in all aspects of The Record's subscription software and work closely with department heads in the advertising, editorial and accounting departments.

Applications or requests for further information should be addressed to  
**Sharon McCully, Publisher,**  
 at [outletjournal@sympatico.ca](mailto:outletjournal@sympatico.ca)

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# SUDOKU

DIFFICULTY RATING: ★★★★★

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

4/27

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### PREVIOUS SOLUTION

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

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

# Black & white value

What is black and white, read all over and serves as a great teaching tool? The newspaper, of course. Teachers can use the newspaper in a number of ways in the classroom to enhance students' education. They can cut several pieces of art from the paper and have young students just learning to write name them, or clip a feature story from the paper and have older students respond to it in an essay. Whatever the activity, newspapers benefit students. When used in the classroom, they improve students' reading, writing and critical thinking skills, inspire them to participate in discussions and debates, and expand their knowledge of past, current and future events.

THE RECORD

# NEA Crossword Puzzle

# Your Birthday

THURSDAY, APRIL 27, 2023

spirits and make you smile. Look for any opportunity to travel, learn or get involved in a partnership that offers growth opportunities.

**SCORPIO** (Oct. 24-Nov. 22) - Not everyone will agree with your decisions, but feeling comfortable and living with the results are what matter. Be true to yourself and feel good about the decisions you make.

**SAGITTARIUS** (Nov. 23-Dec. 21) - Be careful with whom you share information today. Someone will twist your words if given a chance. Pay attention to relationships and determine who has your back. Avoid joint ventures.

**CAPRICORN** (Dec. 22-Jan. 19) - Take care of financial matters. Money won't buy you happiness or peace of mind. Someone you care about will disappoint you. Show patience and be a good listener, and something good will transpire.

**AQUARIUS** (Jan. 20-Feb. 19) - You'll face many controversies if you share too much information with a friend, relative or peer. Spend time developing your plans and working toward your objective.

**PISCES** (Feb. 20-March 20) - You've got the drive to achieve your goal. A change you want to make regarding your financial situation will happen if you put in the hours and do the work yourself. Pay attention to the details.

**ARIES** (March 21-April 19) - Let your imagination lead the way, but don't lose sight of what things cost or what's realistic. Pay attention to self-improvement and avoid trying to change others.

Put your energy behind your ideas and into making changes that will ease stress and give you something to look forward to this year. An overreaction will come between you and the happiness you desire. Be honest with yourself and others; it will make it easier to let go of what isn't working for you so you can move on to something more suitable.

**TAURUS** (April 20-May 20) - Don't rely on others. Do your part, choose your path and own the outcome. Speak from the heart and look out for your interests. Protect your reputation. Make the changes you want to see happen.

**GEMINI** (May 21-June 20) - Simplify, downsize and let go of the past. It's a new day; time to reset your goals and focus on what's important to you. You can't change the past, but you can control how you move forward.

**CANCER** (June 21-July 22) - Put your energy where it counts. Reach out to those who have been there for you in the past, and you'll get the backup you require. A change of attitude will result in new ideas.

**LEO** (July 23-Aug. 22) - Clear your head before you share your thoughts. Confusion will set in if you let your emotions interfere with what you are trying to accomplish. Expect to meet with stubborn resistance. Be patient.

**VIRGO** (Aug. 23-Sept. 22) - Don't hesitate to change your mind if something feels wrong. The adjustments may spark emotions but will also help stabilize your life. Trust your instincts. Don't risk your health or well-being.

**LIBRA** (Sept. 23-Oct. 23) - Spend quality time with people who lift your

### Answer to Previous Puzzle

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

- ACROSS**
- 1 Drying oven
  - 5 - Hashana
  - 9 Sine - non
  - 12 Singer - Adams
  - 13 Inch forward
  - 14 40-cup brewer
  - 15 Red-ink amount
  - 16 "After All" singer
  - 17 Scottish for John
  - 18 Mesa
  - 20 Vermont syrup
  - 22 Once around a track
  - 23 Tijuana aunt
  - 24 Intense beam
  - 27 Froth
  - 30 Burden
  - 31 Merchandise ID
  - 32 "Ouch!"
  - 34 Mini-guitar
  - 35 Army off.
  - 36 Bigfoot cousin
  - 37 Showy flower
- 40 Full of cargo**
- 41 Mongrel
  - 42 Craving
  - 43 Make a remark
  - 46 Catching a fish
  - 50 Sorority letter
  - 51 Weirdo
  - 53 Harrow rival
  - 54 Wrigley product
  - 55 Sea eagle
  - 56 Bride in "Lohengrin"
  - 57 Publishing execs
  - 58 Owner's paper
  - 59 Vast number
- DOWN**
- 1 Sushi ingredient
  - 2 "American -"
  - 3 Actress - Kudrow
  - 4 Cuddles
  - 5 Old tire made new
  - 6 Waikiki's island

- 7 Compass pt.
- 8 Recluse
- 9 Smart remark
- 10 River in Russia
- 11 Murray or Rice
- 19 Corn unit
- 21 Sigh of content
- 23 Diplomacy
- 24 Bud's comic sidekick
- 25 Tuneful Paul -
- 26 City in Egypt
- 27 Beth Daniel's org.
- 28 Inspected
- 29 From memory
- 31 Net surfer
- 33 Take the title
- 36 Northern-ers
- 38 Whiz
- 39 Lay in wait
- 40 Tolstoy or Durocher
- 42 United
- 43 Impulse
- 44 Dull sound
- 45 Male turkeys
- 46 Grind, maybe
- 47 "- cost you"
- 48 Beak
- 49 Eat away at
- 52 Mine find

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THURSDAY, APRIL 27, 2023

## Watch out for this misleading play

By Phillip Alder

The retired professional golfer Dave Stockton observed: "It's always hard to sleep when you've got a big early lead. You just lie there and smile at the ceiling all night."

This can happen in a bridge deal too. Sometimes you receive a friendly lead that gives you a bonus trick. However, make sure that you benefit from your good fortune, ending with a birdie, not a bogey. Watch out for the bunkers still ahead of you on the course.

North plunged straight into three no-trump, as would we all. Luckily, West led a spade, not a heart. How should South have continued?

South won the first trick with the spade queen, crossed to dummy with a club and took the diamond finesse. Seeing no alternative, West switched to the heart three. East won with the ace and correctly returned a heart. (If West had wanted a spade back, he would have led a high heart, not his fourth highest.) The defenders therefore took six tricks.

At trick one, South had visions of overtricks, having mentally placed the diamond king with East. Instead, he should have been wondering what to do if West had the diamond king. To \*

North		01-14-20	
♠	A 7		
♥	9 4 2		
♦	A K 9 8 5 2		
♣	6 2		
West		East	
♠	8 5 2	♠ 10 9 6 4 3	
♥	Q 10 7 6 3	♥ A 8	
♦	7	♦ Q 6 3	
♣	K 10 8 5	♣ Q 7 4	
South			
♠	K Q J		
♥	K J 5		
♦	J 10 4		
♣	A J 9 3		
Dealer: South			
Vulnerable: Both			
South	West	North	East
1NT	Pass	3NT	All Pass
Opening lead: ♥ 6			

try to discourage a heart switch, South should have won the first trick with the spade ace.

Then, after a club to the dummy and a losing diamond finesse, what will West do? Thinking his partner has the spade queen, he is bound to continue with a low spade. South wins with the queen he supposedly cannot have and claims 10 tricks. Then, if he is feeling fiendish, South will cast a quick eye in West's direction to see the look on his face.