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TUESDAY, DECEMBER 4, 2018

Bishop's ski trail neighbours speak for the trees

By Gordon Lambie

Late last week Patrick and Kathleen Draper sent a message to several members of the Bishop's University community as well as the Mayor of Sherbrooke and Lennoxville's borough council to express concerns about work being done on the cross country ski trails at the Old Lennoxville Golf Course. In their message the brother and sister, whose property borders on the golf course, noted that a large number of healthy, mature trees had been cut down in the name of clearing the new trail and questioned whether the environmental impact of the decision had been considered.

"I think it's a gem," Patrick Draper told The Record on Monday, speaking of the mostly undeveloped land between the golf course and the river where the trails have been cleared. "The university is so fortunate to have that."

Draper shared that he first had concerns about the clearing of trails last year when the University announced the construction of a 3.3 kilometre trail on the grounds of the Golf Club, but opted not to speak up about them publicly because he thought the work was already finished. Now, after seeing a fresh trail cut last week, he said he wishes he had spoken up about it sooner.

"This is a very unique property," Draper said, "and with that comes the responsibility to manage it wisely to ensure it will be there for future generations."

The Drapers' message received a quick response from Matt McBrine, the Director of Athletics and Recreation for Bishop's University. In his response,

CONT'D ON PAGE 3

Meals from the heart: Turkey couscous to unite cultures



EMILIE HACKETT

Organizers and volunteers, including Salim Hashmi, Mohamed Soulami, Louise Gagné, and Sherbrooke deputy Christine Labrie, posed together during the intercultural Christmas Banquet.

By Emilie Hackett
Special to the Record

The Comité Interculturel des Aînés hosted its 9th annual intercultural Christmas Banquet on Sunday, Dec. 2 at Du Phare International High School. In association with Actions Interculturelles de l'Estrie (AIDE), the banquet welcomed over 200 attendees of all

ages and backgrounds.

Abdelilah Hamdache and several volunteers teamed up to prepare their famous turkey couscous as the night's main meal, which represents the union of cultures and traditions.

Mohamed Soulami, director-general of AIDE, explained that "this meal is highly symbolic. We have a Muslim chef preparing a meal for a Christian holi-

day, serving people of all ethnicities, religions, and backgrounds."

Louise Gagné, Chair of AIDE's board of directors, added that the Banquet aimed to "promote intercultural and intergenerational exchanges among seniors." Large tables of ten people also helped initiate conversation between attendees, many of which were over 65. Several young families attended as well.



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Weather



TODAY:
CLOUDY,
FLURRIES

HIGH OF -6
LOW OF -15



WEDNESDAY:
SUNNY

HIGH OF -7
LOW OF -12



THURSDAY:
CLOUDY,
FLURRIES

HIGH OF -2
LOW OF -7



FRIDAY:
SNOW

HIGH OF -6
LOW OF -18



SATURDAY:
CLOUDY
PERIODS

HIGH OF -7
LOW OF -10

Foodie Alert: Lennoxville Lidstone Catering



DISHPAN HANDS

SHEILA QUINN

Foodie alert!

Lennoxville is now home to a brand new reception hall and home-base for some of the most clever, personalized dishes around, where people can eat-in or take-out. Billy Lidstone, who grew up in the area, has taken expertise garnered from cooking experiences and expertise across the country, from Whistler, B.C. to Nova Scotia and brought to Townshippers' tables with his new pied-à-terre, *Traiteur Lidstone Catering*.

'I was in my late teens when I began thinking about what kind of business I would like to operate,' Lidstone recalls, 'I always wanted to open my own establishment. My first job in the restaurant business was washing dishes at Jerry's Pizzeria when I was seventeen!' He chuckles. Billy laughs easily. He has a true passion for the food service industry. It is the medium of sharing that has adjusted over time, beginning with a bartending course when he was eighteen years of age, that led to a year of studying Hotel Management at Montreal's Lasalle College.

'I think that's when I really realized that I loved cooking,' Lidstone shares.

Traveling through his twenties across the country, bartending and in the kitchen in a variety of eateries, he later returned to the Lennoxville area, and began a nine-year career with the SAQ, where he was a trained sommelier.

In 2014, Lidstone launched a catering service. He cites the encouragement of his wife, Cynthia Kerr, as the fuel that gave his talent structure. Her vision and ideas brought Billy's skills together in a marketable way that he could build on. Working from home or in rental kitchens with three small children became a challenge however, and the couple



ple began brainstorming new ways of helping the small business to flourish. The obvious answer was location, location, location.

This Fall saw the catering service find ground, specifically the ground at number 7 - 3004 College, just behind the Lennoxville Library, conveniently just up from the intersection of College and Queen streets.

The space incorporates take-out services, with regular menu updates, personalized menu services, or customers may choose to eat-in on site, as well as a reception hall ready for the busy holiday season, accommodating up to forty guests.

On last week's menu, Lidstone featured homemade tourtière, zesty stirfry chicken rice, turkey veg soup, roast pork with apple, leek and caramelized onions (gluten-free), cheesy veg lasagna, and in the gluten-free, vegan variety, Pujabi lentil dahl with rice and garlic naan bread (gluten-free and vegan), butternut, carrot and ginger soup. Folks, I truly hope that list got your attention. I don't want to be the only one who is suddenly hungry.

Lidstone credits his sous-chef, Colombian-born Carlos Zambrano, with being an inspiration in widening the plant-based items on the menu. Zambrano's passion for a vegan diet has brought a whole new palette to play with, and with it, a whole client-base to cater to. Pun intended.

Lidstone is listening. 'I love working with personalized menus. I want to know what customers like, and what they would like to have. With that in mind I can create a whole series of menu

options for them.'

There's something truly remarkable about that kind of attention. In a world where so many folks are eating on the fly, *Traiteur Lidstone Catering* offers meal portions in a variety of sizes, from personal plates to platters, depending on the clients' needs. This business is successfully conceiving of healthy comfort food that looks amazing too!

There is also the option of a brunch service for reservations of ten people and more.

With regards to the reception service, within three weeks Lidstone can work out the liquor license request should clients require one, in order for them to bring their own beverages, and by Spring the full license will be on site itself, as the process can be somewhat lengthy.

First there was the sommelier training and career, the catering business (that continues on in this new location), and now a space of his own - I asked Billy Lidstone what comes next?

Clearly, keeping up with the current plan is on deck. However, a five-year plan involves a goal of full-on event planning. As a musician himself, his connections within the local entertainment community, and abundant contacts in other spheres means that those looking to get an event off of the ground could treat themselves to a one-stop-shop.

Traiteur Lidstone Catering is located at number 7 - 3004 College, Lennoxville, and is open from 11:00 a.m. until 6:00 p.m. Wednesday through Friday, Saturdays from 11:00 a.m. until 5:00 p.m. and can be reached at 1 (819) 446-7021.

Ben by Daniel Shelton



LOCAL NEWS

Because every woman has the right to choose freely

S.O.S. Grossesse Estrie: 30 years of expertise, help and awareness

Record Staff

This year, S.O.S. Grossesse Estrie is celebrating its 30 years of expertise. For this occasion, some fifty people who have contributed to the outreach of the organisation, including founders, donors, members and partners, gathered on November 29th. The team of S.O.S. Grossesse Estrie took the opportunity to officially launch its new website adapted to the new mobile technologies (www.SosGrossesseEstrie.qc.ca.).

Everyone needs compassionate and non-judgmental listening

Since 1988, S.O.S. Grossesse Estrie has responded to more than 18,000 requests for direct help through telephone support, email, pregnancy tests, support in making a decision, and accompaniment.

S.O.S. Grossesse Estrie is the only community organisation recognized in the Eastern Township with expertise in the intervention and prevention of unplanned pregnancies. A free, confidential and non-judgmental help and listening service is offered to women and girls who are experiencing an unplanned pregnancy, or who are worried that they might be pregnant. These ser-

vices are also offered to those who are close to them like husbands, boyfriends, parents, friends, and counsellors. Over the last 30 years, more than 301,000 people have been helped by the organization.

Because every woman has the right to choose freely

“Almost one in two pregnancies is not planned! Having a bilingual resource that respects the choice of each person who experiences an unplanned pregnancy, according to their values and beliefs, is essential!” shared Paskale Hamel, Coordinator of S.O.S. Grossesse Estrie.

To raise awareness, inform and refer is to help

Since educating is preventing, several prevention and awareness activities have been carried out in various organizations and schools, in addition to the intervention of the “Rubber Squad”—That represents over 283,000 people with increased awareness.

Since no contraceptive method is 100% safe, and anyone can be affected by an unplanned pregnancy, S.O.S. Grossesse Estrie has been here for 30 years.



COURTESY

Bishop's ski trail

CONT'D FROM PAGE 1

McBrine acknowledged the concerns expressed but underlined the legitimacy of the work being done.

“We have obtained the required permits to proceed in consultation with the City of Sherbrooke, and the work is performed under the supervision of a forestry engineer, to ensure it is done in accordance with best practices and professional standards,” McBrine wrote.

Speaking with The Record over the phone, the director of athletics explained that an effort has been made to engage in what he called “healthy cutting.”

“We’re very selective in which trees we cut and why,” McBrine said, underlining that the project relies on the expertise of forestry engineer and Orford Ski Club Race Director René Pomerleau. He also pointed out that, in accordance with the University’s tree policy, all of the trees being removed at the golf course are being replaced.

“It’s going to take several years to replace all the trees we are cutting,” he said. “We added 150 this summer and we’re adding 200 in the spring.”

While defending the project’s environmental footprint, director of athletics also underlined the significance of

developing the trails to the University and the community.

“It’s really exciting for Bishop’s” McBrine said, explaining that the motivation is to host national level races. “This is a long term project for us. Our whole plan is to see how we could possibly expand the course and have more of-fering.”

This winter the course will host two big races: the Haywood NorAm World Championship Trials in January and the Canadian National Senior Championships.

According to McBrine, in races certified by the FIS, the international ski federation, the key events are 10K. As a result, it is valuable to have expanded Bishop’s trails to a length of five kilometers because it makes it easier to achieve that key distance without much repetition.

“Only about 990 metres of that (expansion) is in the woods,” he added, pointing out that much of the new FIS certified trail is out on the golf course in already-cleared areas. “I don’t see us doing a whole lot more cutting in the foreseeable future, but we might.”

Reflecting on the exchanges with McBrine this year and last year, Draper said that he feels the matter is an issue of differing priorities.

“His priority is going to be for the ski trail and our priority is the preservation of that tract of land,” the concerned citizen said.

Draper acknowledged that Bishop’s owns the land and that the school has its reasons for taking the actions it has, but he said he still feels concerned about the impacts of the clearing on the local en-

vironment.

“Planting trees is good if it’s done properly,” he said, arguing that any development project needs to have its benefits measured against its environmental cost, “but it will take 100 years for the trees to be the same as what was cut down.”



GORDON LAMBIE

Patrick Draper standing alongside a mangled tree trunk on a new section of Bishop’s University’s cross country ski trails.

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Women in the Golden Age to Modern Age of Comics



By Cliff Caporale

One could argue that North American comic books have reflected what's been happening in the world. Comic books have long been a boy's-only club. Between the start of Platinum age of comic books (1897 to 1937), and the end of the Golden age (1938 to the early 1950s), in which superheroes like Superman, Batman, and Wonder Woman were introduced, only a handful of women were found in the bullpens of publishers. During this time period, if a female character wasn't a superhero, she played the romantic interest or a lively teenager. Non-superhero comics usually featured career oriented female characters like Nellie the Nurse, Tessie the Typist, and Millie the Model. While this was typical for the time period, most titles were created and written by men. It wasn't until the Modern Age of comics (1985 to today) that a surge of women started working in the industry as editors, writers, artists, and colorists. During that time period, independent comics started

making a comeback, and many found their voices outside of the superhero genre and the stereotypical tropes of days gone by. Just as the internal workings of comics was changing, the audience was changing into a diverse group.

Geek culture in the digital age

In more recent years, the digital age has been able to attract even more female readers. In large-part, this was done with the help of apps like Comixology, where female-readership is close to 50%. Many agree that the variety of offerings in online stores helps attract new readers from a spectrum. In its March 2015 Tumblr, Comixology revealed that female superheroes dominated their Top 10 with titles like Ms. Marvel, about teenaged Kamala Khan, Silk, starring Korean American Cindy Moon, and the Jane Foster version of Thor.

Geek culture has become much more mainstream in the last few decades. Within the science fiction world, were the trailblazers Sigourney Weaver in the Aliens franchise and Linda Hamilton in Terminator. The X-Files is often cited as being a source of inspiration, with Agent Dana Scully (Gillian Anderson) being a strong protagonist who was not sexualized to get more viewers. It gave birth to many new series that saw female characters starring or, at the very least, being treated as equals: Buffy the Vampire



HEATHER ANTOS - TWITTER

Slayer, Xena: Warrior Princess, Orphan Black, Battlestar Galactica, Firefly, Fringe, The Expanse, Black Mirror, Lost, The 100, The Walking Dead and Agents of S.H.I.E.L.D. Some shows, like Game of Thrones and Westworld, take a step further by taking advantage of their respective genres to tell nuanced stories about gender politics, as well as questioning power dynamics.

In the last decade, we've also seen an explosion in attendance at pop culture events centered around comic books, science fiction and cosplay (costume + play). Comic book superhero films have dominated the box office and have brought more attention to these types of gatherings. Originally, conventions like these would attract over 80% male collectors, while today it's closer to a 50/50 split. We've come a long way and the culture has progressively changed to be more diverse and inclusive.

But not without some pushback.

Enter #Comicsgate

There will always be some degree of resistance to any type of change. Comic books and geek culture in general is not immune. In 2014, we saw the rise of the Gamergate controversy, which stemmed from a harassment campaign centered on issues of sexism and progressivism in video game culture. In the last few years, some comic book fans and retailers have claimed that Marvel and DC Comics had a political agenda to push their comics to the extreme left. In the summer of 2017, Marvel editor Heather Antos posted a picture of herself and several female Marvel staffers on Twitter. Internet trolls used the opportunity to claim that this as an example of "what is wrong with comics today." A few months later at New York Comic Con, Diamond Comics Distribution held its annual exclusive breakfast panel for comic book retailers. With several Marvel writers in attendance, the panel, which was going well, went off the rails with several retailers angrily (and colourfully) voiced their opinion of Marvel's increased presence of non-white, non-male characters as headlining their own books.

Through the noise, two principle figures rallied their followers to harass and boycott certain key creators that they deemed as social justice warriors (SJW), a pejorative term for those that hold pro-

gressive views. Richard C. Meyer posts on YouTube and Twitter through his banner Diversity & Comics, denouncing what he deems to be agendas in comics, TV and film by the far left. Ethan Van Sciver is an award-winning comic book illustrator whom has worked on important comics like Green Lantern and New X-Men.

It is true that comic book sales have slowed, especially in the physical copies. Though one could easily argue that book sales in general have slowed in the face of shifting media. To claim that Marvel, DC, Image or any other publisher is attempting to ostracize white males is ludicrous. These companies aim to hire the best writers and artists to tell the most interesting stories. Does Marvel have an "agenda"? No, but it does have a motto that has often been repeated by comics legend Stan Lee: "Marvel has always been, and always will be, a reflection of the world, right outside our window. That world may change and evolve, but the one thing that will never change is the way we tell our stories of heroism. Those stories have room for everyone, regardless of their race, gender, religion, or colour of their skin. The only things we don't have room for are hatred, intolerance and bigotry."

Cliff Caporale is the Director of the Montreal and Ottawa Comiccon, an annual Comic convention dedicated to creating awareness of, and appreciation for, comics and related popular artforms, primarily through the presentation of conventions and events that celebrate the historic and ongoing contribution of comics to art and culture.

References & Resources:

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ALEXANDER GALT CHRISTMAS BASKET CAMPAIGN 2018



The AGRHS Christmas basket campaign has been a long-standing tradition in the community. Over the years we have been fortunate in being able to rely on several partners and community members to help us fill the baskets with some staples and all the trimmings of a holiday meal. Thanks to great success last year, this holiday season we will continue to focus on raising funds rather than food items (any such donations will be taken to the local food bank), baskets will be created from the funds received.

With the help of our local partner Lennoxville's Provigo Robert Lafond, we are able to create baskets filled with daily necessities, holiday essentials and fresh produce. Your overwhelming support has allowed us to move forward to better answer the needs of the community and we thank you.

The baskets will benefit families from Alexander Galt Regional High School sector (elementary and high school).

We hope we can continue to rely on your support, as it remains very important for the success of our Christmas basket campaign.

Please, make cheques payable to
(tax receipts for donations of \$10 and over will be issued):

AGRHS Christmas Basket Campaign

and mail to: **AGRHS, P.O. Box 5002, 1700 rue College, J1M 1Z9**

Thank you for your generosity!

Magog unveils calendar, photo contest winners

Record Staff

The City of Magog took advantage of the publication of the municipal calendar to organize a photo contest for citizens and announced the winners at a gathering at the Maison Merry on Thursday.

The municipal calendar will be distributed by mail during the week of Dec. 3. It is a reference document in which the City of Magog gathers relevant information concerning municipal services and activities for the coming year. It also contains a directory of Magog municipal services and partner organizations, the schedule of waste collection, the list of events and cultural and sports activities, as well as a host of practical information such as registration periods for the various activities and public meetings of the municipal council. It also summarizes the main regulations on the environment and fire safety.

The number of submitted photos doubled this year, says Mayor Vicki May Hamm. "We received more than 200. We are pleased to see that interest in the

contest is growing every year. The photographers made us discover and rediscover views of our city that are breathtaking" Hamm said.

The winners of the 2018 photo contest are:

- Irene Loisel, Berry jelly, January
- Suzanne Loisel, Class Outing, February
- Noémie Frigon-Bégin, Flight, March
- Claire Vincelette, April Reflection, April
- Isabelle Boucher, Reflection of Magog, May
- Marc Viens, Moving on, June
- Richard Nolet, Magog Beach, July
- Delphine Courtemanche, Sunset over Magog from the air, August
- Marc Viens, #OhMeuhGog !, September
- Jean-Claude Burelle, A colourful autumn, October
- Marika Dussault, In love with the Marais part one, November
- Claudine Chaussé, Living in Magog, December

The calendar will also be available in municipal offices and on the City's web-



(VILLE DE MAGOG)
Magog Mayor Vicki-May Hamm and municipal councillors Diane Pelletier, Nathalie Pelletier and Jacques Laurendeau with some of the City's Photo Contest winners.

site at www.ville.magog.qc.ca/calendriermunicipal.

Citizens who have any questions re-

garding distribution should contact Citizens' Service "Service Go", at 819-843-3333.

Residents demand replacement for Omerville bridge

Record Staff

Some 300 people have signed a petition asking the Ministry of Transport to demolish the Saint-Michel Street Bridge over Highway 10 in the Omerville sector of Magog so that a new infrastructure can be functional as soon as possible next year.

The petition urges the new Minister of Transport and Minister responsible for Estrie, François Bonnardel, to ensure that the work is done without fail in 2019.

The affected sector contains 175 houses and the closed bridge is disrupting the lives of many locals.

A long detour via Cine-Parc Orford is a

bumpy road, with the risk of accidents especially high in winter, as well as reducing safety for motorists and schoolchildren in school transportation. According to residents, businesses are also losing customers, as are our three childcare centers, which are losing children due to the time required by the lengthy detour.

In a letter dated Nov. 12, Bonnardel responded by saying that the bridge must be replaced because of a bearing capacity problem. He assures that the MTQ will do everything in its power to limit the disadvantages and aim for a reconstruction in 2019.

Downtown drug den raided

Record Staff

The Criminal Investigation Division of the Sherbrooke Police busted a drug operation Friday morning, following a short investigation, and dismantled a point of sale and

consumption of drugs. The search was carried out at 69 Alexandre Atréet, which police believe provided several types of narcotics, but mainly crack. The SPS intervention squad also participated in the search.

Police seized money, cocaine, 14

methamphetamine pills, 137 grams of cannabis, about five grams of crack, cell phones, account lists, and scales.

The suspect, a 22-year-old man, will be charged with possession of narcotics for the purpose of drug trafficking and trafficking. He appeared in court on Friday.

A 45-year-old woman was also arrested for possession of cocaine and released on summons. Another woman of 35 was also arrested on an outstanding arrest warrant.

AIDS: the fight is not over

Record Staff

IRIS Estrie, the local AIDS awareness organization, took advantage of World AIDS Day on December 1 to celebrate its 30th anniversary. The organization used opportunity to remind people that the fight is not over. In fact, awareness and prevention are at the heart of the concerns of community-based HIV / AIDS organizations.

According to CATIE, a Canadian resource on AIDS and Hepatitis C infor-

mation, "Until five years ago, [...] public health messages about the risk of sexual transmission of HIV in the presence of undetectable viral load were still unclear." In 2017, several studies confirmed that for a person whose viral load (amount of virus in the blood) is undetectable (very, very low) the virus is not transmissible. These scientific breakthroughs are changing the way it is now possible for a person who is following their treatment well, to not transmit HIV to an HIV-negative person.

According to estimates by the Public Health Agency of Canada (2016), approximately "14 per cent of people living with HIV do not know they have it. For a person to be treated and to maintain good health, HIV testing is a crucial step. As the theme of World AIDS Day this year is "Know your status! IRIS Estrie is inviting the population to take a screening test.

"It's simple, fast, and accessible to everyone," said Executive Director Claudia Pâquet. "Screening is the first step in the fight against HIV / AIDS."

In addition to screening, the organization offers and encourages other HIV prevention strategies such as pre-exposure prophylaxis (PrEP) for HIV-negative people, adoption of safer sex practices, the importance of treatment in HIV, and the regular use of condoms.

IRIS Estrie organization recognizes that more needs to be done to overcome the myths and prejudices associated with HIV as well as to combat the discrimination experienced by people living with this virus.

EDITORIAL

Meanwhile, Quebec has a debt of \$187 billion. Health now consumes nearly half of most provincial budgets yet Ottawa contributes only slightly over 20 per cent.

Letters

DEAR EDITOR

Prime Minister Justin Trudeau and the premiers will be in Montreal on Dec. 7 for a First Ministers' Meeting. They need to act on a couple of issues: providing portable medical benefits for Quebecers and overall health reform.

In his recent fall economic statement, Bill Morneau announced that the deficit for this year would be \$18.1 billion - over three times what was initially promised. By 2013-24, the total debt would be \$765 billion. Normally, in "good times" the government is expected to pay down debt. Now with the closure of General Motors in Oshawa, and the continued drop in oil prices, these numbers will be much worse.

Meanwhile, Quebec has a debt of \$187 billion. Health now consumes nearly half of most provincial budgets yet Ottawa contributes only slightly over 20 per cent. There is no point in the provinces demanding increased health transfer payments from Ottawa. Instead, they must look for new revenue to support health delivery and to provide fair remuneration to physicians, nurses, and other health professionals.

One potential source of this is medical tourism; relevant is at the First Ministers' Meeting, a topic on the agenda is how to diversify international trade. One thing that Canada can do less expensively than the United States is to deliver health care. A knee or hip replacement costs US \$60-80,000 in Boston or New York City, but only about CAD \$20,000 at a private clinic near Montreal.

Encouraging expansion of hospitals across Canada with ORs devoted to elective surgery such as joint replacements on American, Chinese, and other for-

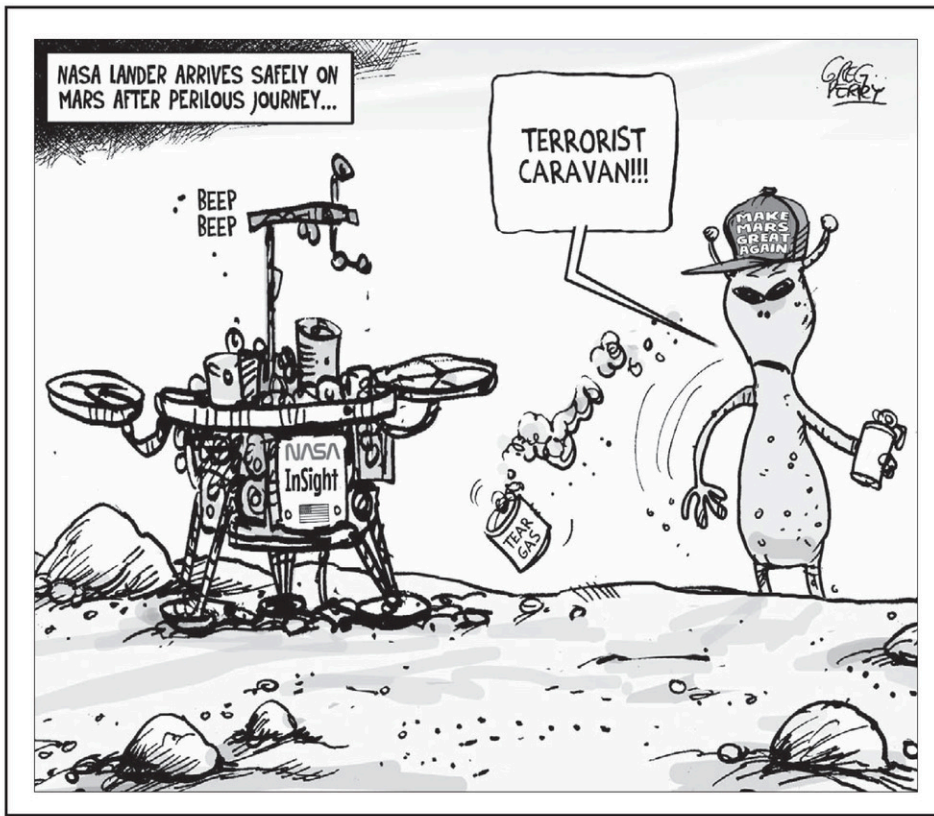
eign patients, would bring in much-needed revenue, and provide employment for orthopedic surgeons and for other health professionals.

More controversial is whether to amend the Canada Health Act so as to permit a limited amount of privatization for residents of Canada. Ottawa remains intransigent about doing so. Federal Health Minister Ginette Petitpas Taylor has criticized Quebec for allowing patients to pay out-of-pocket for care in their own province. Paradoxically, she turns a blind eye when Quebec residents require medical care in another province and are often required to pay directly and await partial reimbursement.

If interprovincial barriers are to be improved so as to promote tourism and trade, all Canadians must be assured that if they visit another part of the country on business or vacation, they will have fully portable medical benefits. This is most important at the holiday season.

When cutting expenditures, Doug Ford was forced to defer establishment of an \$83.5 million French university in Toronto. Justin Trudeau, Elizabeth May, and Jagmeet Singh were critical, and Amanda Simard, the MPP from an Eastern Ontario riding, quit the PC party. Representatives of the 600,000 Franco-Ontarians protested in 40 cities across the province. Some even compared this to the dispute in 2011 over Irish language rights.

Yet consider that Ontario already provides French-language instruction at the University of Ottawa, Laurentian, Hearst, and Glendon College of York University. It is difficult to fill even these institutions with Franco-Ontarians. Most rely on additional students from outside the province or even the



country.

Quebec Premier Francois Legault expressed "disappointment" at Ford's decision. However, he overlooked one chronic problem that his own province has created:

Such a university would likely attract a number of students from Quebec. While living in Ontario, they would lack complete medical coverage thanks to Quebec's continued refusal to sign the Reciprocal Medical Billing Agreement (RMBA). Quebec students already pay extra non-refundable fees when visiting the University of Ottawa Health Services.

At the Dec. 7 meeting, Legault should thus stop criticizing Ford on this issue unless he is willing to sign the RMBA. If he still refuses, Ottawa should pay physicians directly for treating out-of-province patients.

Trudeau and the other premiers should strongly encourage Legault to sign the RMBA. They should also set up a committee to study modernizing and amending the CHA with a view to eventually permitting a blended public/private health delivery system. While continuing to ensure universal coverage, such health reform would likely provide greater fiscal sustainability.

CHARLES S. SHAVER, MD
OTTAWA, ONTARIO

Ottawa physician Dr. Charles S. Shaver was born in Montreal. He graduated from Princeton University and Johns Hopkins School of Medicine, and returned to Canada in 1970. He is Chair of the Section on General Internal Medicine of the Ontario Medical Association. The views here are his own.

DEAR EDITOR;

I would truly like to thank all the participants, speakers, volunteers and the other members of the organizing committee of the conference on the History of Transportation in the Haut-Saint-François, held on Saturday 01

December 2018 in Bury, namely: Alain Robert, Marc Nault, and Sharon Moore, who worked tirelessly to assist me in realizing my and Alain's vision of an enjoyable and enlightening event. It was a pleasure to collaborate with the Eaton Corner Museum on this project. And a special thank you to all those who at-

tended.

I would like to offer everyone the opportunity to become a member of the Bury Historical and Heritage Society. Residence in the Township of Bury is not a prerequisite and our mandate covers a wide range of topics and areas in the Eastern Townships. All are welcome.

For information, please contact John Mackley at 819-578-2301 or iones.unaeon@gmail.com.

- JOHN MACKLEY, BHHS ARCHIVIST AND CONFERENCE ORGANIZER

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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. Preference is given to writers from the Eastern Townships.

Local Sports

The Redmen finally got their revenge against the Bishop's men's team, as they beat the Gaiters 68-56 in Lennoxville on Saturday.

Tough weekend for Gaiters' basketball

By Emilie Hackett
Special to the Record

The Bishop's University's men and women's basketball teams suffered four losses this weekend against McGill University and Université de Laval. These results push the men's team to 3-3 while the women's fall 1-5 in conference play for the end of 2018.

Ashley Milhomme led the women's team on Thursday, Nov. 29 in Quebec City with 18 points, but it was not enough for the Gaiters, who fell 73-58 against No. 1 Laval. The Rouge et Or trailed behind in the first quarter but picked up momentum for the next three quarters, accumulating 39 points in the second half while Bishop's only scored 28. Laval is now 5-0 and sits at the top of the RSEQ standings.

The men's team met the same fate against Laval, despite Kevin Davis's and Nervens Demosthene's 16 points each, falling 81-69 on Thursday in Quebec City. With a tight first, third, and fourth quarter, with a difference of one to three points, the game was ultimately decided in the second quarter, as the Gaiters trailed behind the Rouge et Or by seven points. Laval now sits last in the RSEQ standings with a 1-4 record, as Bishop's provided them with their only win so far.

Despite a return to Lennoxville and a rowdy crowd, the women's team crumbled under pressure in the second half against McGill on Saturday, Dec. 1. With 1:21 remaining in the fourth quarter, the teams were tied 59-59. The Gaiters were unable to hold off the Martlets, who won

65-59. Metchline Gabelus's 14 points, six rebounds, and three assists were not enough to beat McGill, which now has a 3-2 record and stands in third place in the RSEQ standings, right ahead of Bishop's. The Gaiters will be back in action on Dec. 29 as they host a Christmas Tournament. They will be facing the Ottawa Gee-Gees on Dec. 29 and the Carleton Ravens on Dec. 30. Their next RSEQ face-off will be Jan. 10 against Concordia in Montreal.

The Redmen finally got their revenge against the Bishop's men's team, as they beat the Gaiters 68-56 in Lennoxville on Saturday. McGill started off the game with ten unanswered points, but Bishop's was eventually able to catch up, entering half time tied at 28. Demosthene shined bright with another 16 points but the Redmen outscored the Gaiters 23-14 in the final frame, leading to their victory. McGill now improves to 3-2 in the RSEQ conference, taking the second spot in the standings, right above the Gaiters. Bishop's will be back in action on Jan. 10 against the Concordia Stingers in Montreal.



EMERY GBOUSSOU

It was an unsuccessful weekend for the Gaiters as they accumulated four losses against Laval and McGill.

Canadian weightlifter Christine Girard receives gold, bronze medals

The Canadian Press

Canadian weightlifter Christine Girard received her London 2012 Olympic gold and Beijing 2008 Olympic bronze medals in a ceremony held today at the National Arts Centre in Ottawa.

Girard, from Rouyn-Noranda, Que., is the first Olympic champion in Canadian weightlifting history and the first Canadian ever to win two Olympic medals in the sport.

She was initially awarded the bronze medal at London 2012 in the 63-kilogram event, but was upgraded to gold after the two athletes ahead of her, Maiya Maneza of Kazakhstan and Svetlana Tsarukaeva of Russia, had their medals stripped after a retest of their urine samples tested positive for a banned substance.

She was later awarded the bronze medal from Beijing 2008 after Irina Nekrassova of Kazakhstan was stripped of her silver medal for testing positive for banned substances.

Girard had initially placed fourth in the event.

Girard joins Dylan Armstrong (athletics, Beijing 2008) and Beckie Scott (cross-country skiing, Salt Lake City 2002) as Canadian Olympians to receive medal reallocations due to doping violations.



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Death

Bertram Edwin Blake (1926-2018)

Passed away peacefully at the Foyer Richmond, on Thursday, November 29, 2018 in his 93rd year, Bertram Edwin (Bert), loving husband of the late Chris, proud father of Rhoda (Dan), Brenda and the late Grayson. Cherished Grandpa of Daryl (Venessa), Kelly, Alex (Myriam), and doting Great-Grandpa (GG) of Connor Grayson. Predeceased by his parents Edwin and May Blake, siblings Marvy and infant Grayson. He will be mourned by numerous nieces and nephews and many friends.

Visitation will be held Tuesday, December 4th at Cass Funeral Home, 295 Principale S., Richmond from 6 to 8 p.m., and on Wednesday, December 5th from 1 to 2 p.m. followed by the funeral service at the funeral home at 2 p.m. Interment to follow at St. Andrew's Cemetery, Upper Melbourne. A light lunch will be served at St. Andrew's Church Hall afterwards. In lieu of flowers, those that wish may make a donation to a charity of their choice.

CASS FUNERAL HOMES
295 Principale S., Richmond QC
PHONE: 819-826-2502
FAX: 819-564-4423
www.casshomes.ca

In Memoriam

SANBORN, Floyd - In loving memory of a dear father and grandfather who passed away 29 years ago December 4, 1989.

*When God led you in for warmth,
It was a cold and bitter evening.
It was then He closed your eyes
And whispered, "We are leaving."
Your pain was sudden and silent.
It ran deeper than any of us knew.
Your faith was strong and abiding
And we will never stop missing you.*

**In loving memory,
ERIC AND BEVERLEY
DANNY AND ERIKA**

In Memoriam

STUART, William (Bill) - In loving memory of a devoted husband, father and grandfather who passed away two years ago today.


*You can shed tears because they are gone,
Or you can smile because they lived.
You can close your eyes and pray they will come back,
Or you can open your eyes and see all that they left for you.
Your heart will be empty because you can't see them,
Or you can be full of the love you shared.
You can turn your back on tomorrow and live yesterday,
Or you can be happy for tomorrow because of yesterday.
You can remember only that they are gone,
Or you can cherish their memory and let it live on.
You can cry and close your mind and feel empty,
Or you can do what they would want.
Smile, Open Your Heart, Love... and go on.*

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Datebook

TUESDAY, DECEMBER 4, 2018

Today is the 338th day of 2018 and the 74th day of autumn.

TODAY'S HISTORY: In 1639, Jeremiah Horrocks observed the first recorded transit of Venus, which occurs when Venus passes directly between the sun and the Earth.

In 1881, the first edition of the Los Angeles Times was published.

In 1945, the Senate formally approved United States participation in the United Nations by a vote of 65-7.

In 1991, Pan American World Airways (commonly known as Pan Am), went bankrupt and ceased operations.

In 1992, President George H.W. Bush ordered 28,000 U.S. troops to Somalia.

TODAY'S BIRTHDAYS: Thomas Carlyle (1795-1881), essayist/historian; Samuel Butler (1835-1902), author; Lillian Russell (1861-1922), actress; Rainer Maria Rilke (1875-1926), poet; Francisco Franco (1892-1975), Spanish dictator; Wink Martindale (1933-), game show host; Jeff Bridges (1949-), actor; Marisa Tomei (1964-), actress; Fred Armisen (1966-), actor/comedian; Jay-Z (1969-), rapper/entrepreneur; Tyra Banks (1973-) model/TV personality; Joe Thomas (1984-), football player.

TODAY'S FACT: The United States embassy in Mogadishu, Somalia, evacuated in January 1991 due to increasing violence in the Somali civil war, has never been reopened.

TODAY'S SPORTS: In 1997, Golden State Warriors star Latrell Sprewell was suspended by the NBA for one year after choking the team's coach, P.J. Carlesimo, during a practice on Dec. 1, 1997.

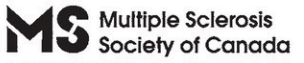
TODAY'S QUOTE: "All progress is based upon a universal innate desire on the part of every organism to live beyond its income." - Samuel Butler, "The Way of All Flesh"

TODAY'S NUMBER: 2,454 - days American journalist Terry Anderson was held hostage in Lebanon. Anderson was abducted on March 16, 1985, and was the last American hostage to be released, on this day in 1991.

TODAY'S MOON: Between last quarter moon (Nov. 29) and new moon (Dec. 7).

MS lives here.

Multiple sclerosis never hits just one person. It affects the entire family.



MS Multiple Sclerosis Society of Canada
1-800-268-7582 www.msociety.ca

Coaticook Area Senior Citizen's Club

Our monthly meeting at the Elie Carrier Center was held on November 20.

Our speaker was Serge Fournier from the Centre d'Action bénévole (CAB). He is the 'Outreach worker for the elderly.' You need to talk, get information, accompaniment, support and encouragement, referral or connection to resources and services, you may contact him at 819-345-0877. The office is situated at 23 Cutting Street in Coaticook.

Our members with birthday's this month were Thomas Mayne, Robert Shepherd, Delma Fowler, Sue Nichols and Edward Bryant.

Both Penny and Shirley shared stories. One was all about aging. Penny read a thank you card from Kathy, Peter and the Bellows families for our donation to the Crooker Cemetery Association in memory of their mother Barbara.

Participation prizes were won by Barbara Paxton and Shirley Desruisseaux.

The door prizes went to Shirley Desruisseaux, Delma Fowler, Gerrit Van der Mark, Lance Paxton and Monika Bouchy Picon.

To commemorate the 100th anniversary of the end of WW1 and Remembrance Day, Shirley made a cross with poppies and read a small text. We had a minute of silence for the soldiers we lost. Ellen Bailey shared an article from the October/November 2016 Our Canada magazine explaining that our soldiers sent home embroidered postcards from France. These cards started and ended with the war. A jar with poppies had been prepared for us to try and discover how many were in it. The winner was Patricia Bryant.

Our next meeting will be our Christmas meal of turkey, tourtière, all the trimmings and ice cream log (members \$12, visitors \$13) at 11 a.m. on December 18. The meal will be served at

noon. For those who wish to exchange gifts, the value should be \$5 with a mention on the gift if it's for a woman or a man or both. The music this year will be by our member, Patricia Bryant.

It's also the time of year for donations of food or other items to the Christmas baskets. Penny Fowler is also accepting items for the homeless (HUGS) men and women. Hats, scarfs, socks, underwear, mittens must be new. If you have jackets, those can be new or second hand. Purses or bags are also accepted, second hand or not.

Someone will be contacting you to ascertain your presence. If for any reason you have to cancel, please inform the person who phoned you.

Penny Fowler,
President
Suzanne Martin, Secretary

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: clas-sad@sherbrookerecord.com - They will not be taken by phone.
DEADLINES FOR DEATH NOTICES:
For Monday's paper, call 819-569-4856 between 1 p.m. and 5 p.m. Sunday.
For Tuesday, Wednesday, Thursday or Friday's edition, call 819-569-4856 or fax 819-569-1187 (please call to confirm transmission) or e-mail: production@sherbrookerecord.com 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

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

LENNOXVILLE

Have you started looking for those perfect Christmas presents for your friends and family? What could be better than original objets d'art crafted right here in the Townships by local artists? At Uplands Cultural and Heritage Centre, from November 4 to December 16, just in time for the holidays, you will find a wide selection of gift ideas at Bonheur d'hiver, our annual "prelude to winter" group exhibit. Lucy Doheny, Debbie Everett, Caroline George, Stuart Main, Michael Royea, Natacha Sangalli and Kathy Teasdale will be exhibiting and selling their creations at wonderfully affordable prices. Uplands, 9 Speid Street in Sherbrooke (Borough of Lennoxville), is open Wednesday to Friday from 10 a.m. to 4:30 p.m. and Saturday and Sunday from 1 p.m. to 4:30 p.m. Info: 819-564-0409.

LENNOXVILLE

The Lennoxville and District Commu-

nity Aid will be holding a Blood Pressure clinic on Tuesday, December 11 at 164 Queen Street, Suite #104, from 1:30 p.m. to 2:30 p.m.

WATERVILLE

The Lennoxville and District Community Aid will be holding Blood Pressure clinic on Tuesday, December 4 at the Town Hall from 10 a.m. to 11 a.m.

NORTH HATLEY

The Lennoxville and District Community Aid will be holding a Blood Pressure clinic on Friday, December 7 at the Library, 165 Main St. North, from 10:00 a.m. to 11:30 a.m.

HUNTINGVILLE

Sherbrooke Connection (for men and women) will meet on Thursday, December 6 at 9:30 a.m. at Grace Village, 1515 Pleasant View St., Sherbrooke (J1M 0C6). "An Ornamental Christmas" - natural and wood ornaments crafted by Laura Deadman. Christmas tunes with soloist Rebecca Brouillette. A Rock for all Ages - Francine Lilford will share her faith journey. Admission charged. For more info call Pauline 819-563-8061 or sherbrookewc@yahoo.ca. rsvpministries.com. Come for fun, food and fellowship!

NORTH HATLEY/LENNOXVILLE

The Saint Francis Regional Ministry of the Anglican Church is organizing Christian Meditation sessions. The approach used is centering prayer. This is a contemplative Christian practice which involves sitting in silence, letting go of

thoughts and emotions in order to rest in the presence of God. All are welcome to join us on Tuesdays from 6 p.m. to 7 p.m. at St Barnabas' Anglican Church, 640 Sherbrooke Road in North Hatley and on Thursdays from 6 p.m. to 7 p.m. at St George's Anglican Church, 84 Queen Street in Lennoxville. The sessions have already begun. For more information, please contact Sam Borsman at 819 620 6058

LENNOXVILLE

The Saint Francis Regional Ministry of the Anglican Church is organizing a group discussion on Seeking God in a Secular age. Charles Taylor, a Roman Catholic Québécois, is considered one of the world's most important philosopher and his book, A Secular Age, will be at the center of the discussions. The group meets every Wednesday from 7 p.m. to 8:30 p.m. at 84 Queen Street, Lennoxville. The discussions have already begun. For more information, please contact The Rev'd Canon Giuseppe Gagliano, ggagliano@quebec.anglican.ca, 819-570-3433.

AYER'S CLIFF

72nd annual Turkey Bingo will be held on Friday, December 7 at 7 p.m. at the St. Barthelemy Parish Hall, 911 Clough St., Ayer's Cliff. Benefit for the Parish. Lots of very nice door prizes.

LENNOXVILLE

The Carol Service at St. Mark's Chapel on the Bishop's University Campus will take place on Saturday, December 8 at 7:30

p.m. and Sunday, December 9 at 4 p.m. Free will offering for local charities. Free parking. All welcome.

AYER'S CLIFF

Ayer's Cliff Magical Christmas Village on December 8 and 9. There will be 65 artisans throughout the town, children's activities at the Elf Workshop, sleigh rides, spaghetti supper (ACES), Christmas music, a visit by Santa (Sunday from 11 a.m. to 2 p.m.) and lots more. Open Saturday 10 a.m. to 5 p.m. and Sunday 11 a.m. to 4 p.m. Info: 819-838-5006.

WAY'S MILLS

The annual Christmas Carol Service will be held at the Church of the Epiphany in Way's Mills on Saturday, December 8 at 4 p.m. All are cordially invited to attend. A social and refreshments will follow in the Way's Mills Community Centre.

BISHOPTON

Bishopton United Church Carol Service and White Gift Sunday with Rev. Tami Spires on Sunday, December 9 at 7 p.m. All welcome.

LENNOXVILLE

Scott Woods "Old-Time Christmas" Concert: Championship Fiddler Scott Woods will host a benefit fundraiser concert for the Dr. W. J. Klinck Foundation for Grace Village. Concert will be Monday, December 17 at 7 p.m. at Hope Community Church (102 Queen, Sherbrooke). Tickets can be purchased at Grace Village or Clarke & Sons, or by calling 1-855-726-8896.

SUDOKU

DIFFICULTY RATING: ★☆☆☆☆

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12/4

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PREVIOUS SOLUTION

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

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

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CELEBRITY CIPHER

by Luis Campos

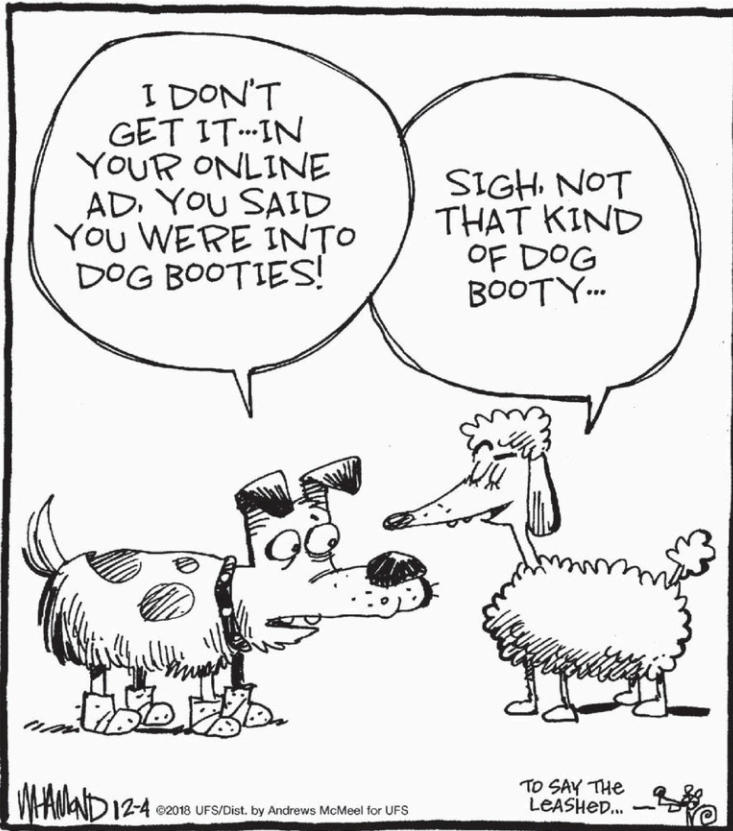
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

" H M D Y ' L L P H Y G H W D T A M L P H Y G
D S F O H Y Z A J L P H Y Z L P F L ' O I D X J
H O D A F L H Y Z L P F Y N J H Y Z S F I D T O ."
- A F M U Z F Z F

Previous Solution: "What is a soul? It's like electricity — we don't... know what it is, but it's a force that can light a room." — Ray Charles

TODAY'S CLUE: H s j e n b e X

REALITY CHECK



HERMAN



"Do they have things like that on your planet?"

ALLEY OOP



The Horrifying History of Villa Diodati

In the summer of 1816, four writers, Percy and Mary Shelley, Lord George Gordon Byron and Dr. John Polidori, gathered for a summer holiday at Villa Diodati in Cologny, Switzerland.

The incessant rains that summer kept them housebound, so they entertained themselves by challenging each other to a writing competition. (Cont. 11-6)

Top left: Mary Shelley, Top right: Lord George Gordon Byron
Lower left: Percy Shelley, Lower right: Dr. John Polidori

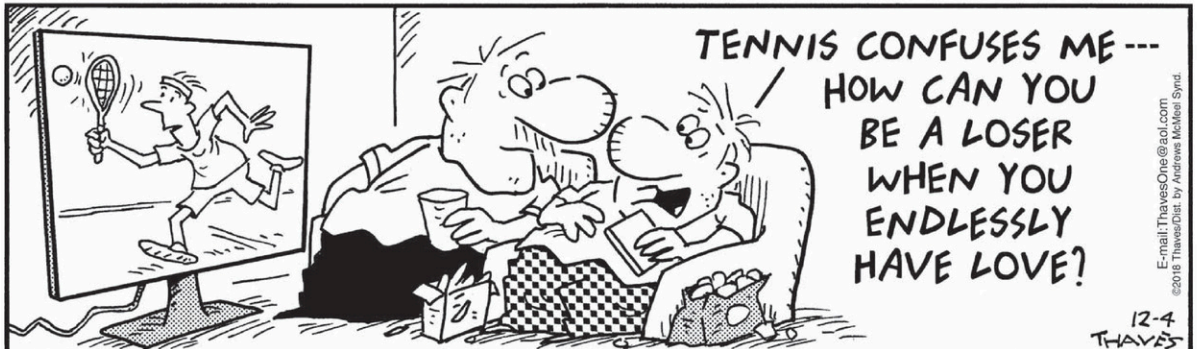
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THE BORN LOSER



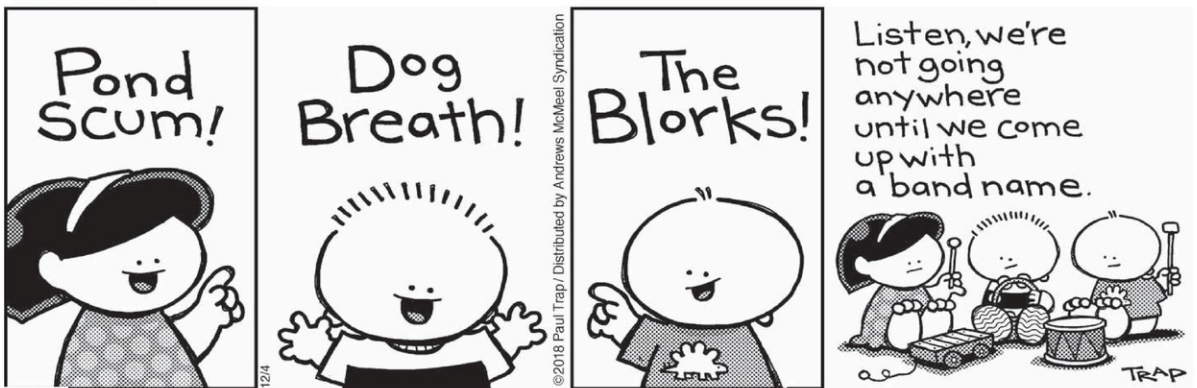
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Roasting gets Brussels sprouts caramelized on the outside

By America's Test Kitchen

Roasting is an easy way to produce Brussels sprouts that are caramelized on the outside and tender on the inside. To ensure that we achieved this balance, we started by roasting them covered with foil; tossing them in a little bit of water to create a steamy environment helped cook them through.

We then removed the foil and roasted them for another 10 minutes to allow their exteriors to dry out and caramelize. Since Brussels sprouts can take some time to prep, we found that we could prep them in advance so all we needed to do at serving time was toss them on a baking sheet and cook them. If you are buying loose Brussels sprouts, select those that are about 1 1/2 inches long. Quarter Brussels sprouts longer than 2 1/2 inches; don't cut those that are shorter than 1 inch.

ROASTED BRUSSELS SPROUTS

Servings: 6-8

Start to finish: 40 minutes

2 1/4 pounds Brussels sprouts, trimmed and

halved

3 tablespoons extra-virgin olive oil

1 tablespoon water

Salt and pepper

Adjust oven rack to upper-middle position and heat oven to 500 F. Toss Brussels sprouts, oil, water, 3/4 teaspoon salt, and 1/4 teaspoon pepper in bowl until Brussels sprouts are coated.

Transfer Brussels sprouts to rimmed baking sheet and arrange so cut sides are facing down. Cover sheet tightly with aluminum foil and roast for 10 minutes. Remove foil and continue to cook until Brussels sprouts are well browned and tender, 10 to 12 minutes. Season with salt and pepper to taste. Serve.

Nutrition information per serving: 136 calories; 68 calories from fat; 8 g fat (1 g saturated; 0 g trans fats); 0 mg cholesterol; 139 mg sodium; 15 g carbohydrate; 6 g fiber; 4 g sugar; 6 g protein.

For more recipes, cooking tips and ingredient and product reviews, visit:

<https://www.americastestkitchen.com>. Find more recipes like Roasted Brussels Sprouts in "Complete Make-Ahead."

Bulwer Golden Age Club

November 13 - 59 members and 3 guests gathered at the Bulwer Community Center. Six tables of 500 played, as well as a table of Skip Bo and 2 teams of carpet bowling.

Everyone assembled for supper, Grace was said by Keith Vintinner. Another wonderful meal prepared by Peggy Grapes and helpers, consisting of roasted loin of pork, mashed potatoes, peas and carrots, squash, coleslaw, homemade pickles, and rolls. Coconut cream squares were served for desert. Wonderful meal Peggy.

Results of 500 were: Ladies 1st place Linda MacLeod, 2nd place Pat Decouteau and low score Ilah Batley and Louise Peasley tied. Men 1st place Delmer Fisher, 2nd place Clayton Lackie and low score Stan Brown.

Results of Skip Bo: Mary Simons, Paulette Painter and Beverly Cote each won a game.

Results of carpet bowling were: Red team (Ken, Marylou, Serina and Allen) beat black team (Jim, Reg, Carole and Bruce) 6 to 5 and again 10 to 5.

Door prizes were won Paulette Painter, Joanne Roberge, Joyce Beattie, John Gill and Laura Fleury. Peggy's goodies were won by Delmer Fisher, Lionel Statton, Bev Cote and Madelyn Betts.

Thank you to everyone who helped set up and clean up, it is always much appreciated.

We will start back on January 8, in the new year.

We wish to inform everyone that we are now accepting new members. Please call Keith Vintinner at 819-832-1583.

Submitted by Colleen Matthews

Arguing with friend over which church to attend

Dear Annie

TUESDAY, DECEMBER 4, 2018

Dear Annie: This may be a new one for you, but I'm finding it frustrating, to say the least. My husband, who is a retired European-trained chef, does most of the cooking now that we are both retired. For years, I've used zip-lock bags for storing leftovers. Over the past two years, he's insisted on buying a kind that has to be lined up perfectly to be pressed together. I hate these bags, and he knows it. I have a hard time getting them to close properly. He refuses to use the ones I prefer. I end up putting things in "my" bags if I can't close "his." What message is he sending?! I am so beyond frustrated! — Why?!

Dear Why: The person to put that question to is your husband. But I can tell you that when you and your partner are fighting about something as small as zip-lock bags, there are bigger issues at hand. This bag issue may just be the lightning rod for all the emotional static that's built up over the past two years — or however long you've both been retired, as it's normal for couples to experience some friction when adjusting to retirement. You're around each other a lot more often, with all the routines you've been following for 30-plus years suddenly upended. Take a

step back together to look at the big picture of your relationship. Are there things you haven't been communicating? Are there needs that aren't being met — perhaps for more togetherness or more alone time? Once you're on the same page with the big things, the little things tend to become a lot less significant.

Dear Annie: I want your opinion. I started going to one church, and then I switched to another church of the same denomination because it's much closer to my house. One friend who is a member of the first church tries to tell me it's wrong to go anywhere other than the first church. She called me three times in one day about it. She is making me resent her. It's her way or the highway. What are your thoughts on this? — Churchgoer

Dear Churchgoer: My thoughts are that your friend is behaving completely inappropriately. You are free to worship wherever you please; that's one of the founding principles of our country. Tell this controlling friend that you won't hear any more on the subject, and if she insists on calling to berate you about it, let her go to voicemail.

Dear Annie: I enjoy your column every day. I had to respond to the letter from "Disappointed Aunt," whose nephew did not acknowledge her or her hus-

band after losing a football game. I was saddened by family dynamics that had two adult family members standing there "staring at" a young man near tears who had just suffered what was for him a deeply disappointing loss. What held them back from giving him a warm hug right then and telling him they loved watching him play? When they just "headed for the car," he probably thought they were too disgusted with him to speak to him. As a grandmother who has attended many loved ones' sporting events, win or lose, it is my responsibility to step forward and offer unconditional support and love. Your answer was very good, but I hope that in the future, these folks reconsider the importance of being acknowledged and open their hearts to the situation. — Concerned Grandma

Dear Concerned Grandma: Excellent point and well said. I completely agree. Thank you for writing.

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

NEA Crossword Puzzle

ACROSS

41 Snagged

- 1 Lynx, e.g.
- 4 Open a bit
- 8 Gusted
- 12 Hawaii's Mauna —
- 13 Tourist's need
- 14 Kappa preceder
- 15 1040 org.
- 16 Auction site
- 17 Before Wed.
- 18 Frisky mammals
- 20 Become solid
- 22 Votes in favor
- 23 Drip-dry fabric
- 27 Responds to stimuli
- 31 Sporty truck
- 32 Sanskrit dialect
- 35 Estuary
- 36 Pavarotti piece
- 37 Winter woe
- 38 Resinous deposit
- 39 Take a break
- 40 Prospect for gold

- a fish
- 43 Debate
- 45 — de plume
- 48 Main rte.
- 50 Alters
- 52 Swit co-star
- 55 Imported cheese
- 57 Sauna site
- 58 Diner's options
- 59 Nat King —
- 60 Attack word
- 61 Bell tower sound
- 62 Loaf end
- 63 Chatter

DOWN

- 1 Ad award
- 2 Heart outlet
- 3 Delicious
- 4 Unwilling
- 5 Derrick arms
- 6 Stiff — — board
- 7 Moon-beams
- 8 Wee
- 9 "Iron Man" — Gehrige
- 10 Riviera summer

Answer to Previous Puzzle

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

- 11 Existed
- 19 Spine-tingling
- 21 Dash widths
- 24 Decoy
- 25 Name in elevators
- 26 Not cluttered
- 28 Woody's son
- 29 Aloha, in Rome
- 30 Hardware item
- 32 Hemingway nickname
- 33 Culture medium
- 34 Respiratory organ
- 36 Passion
- 41 Cut down
- 42 Tooth coating
- 44 Rental truck (hyph.)
- 46 Young girl
- 47 Old photo color
- 49 Ugh!
- 50 Glen
- 51 Quarter-back's dread
- 52 Roadie gear
- 53 Protective shelter
- 54 Spiral molecule
- 56 Bambi's ma

Your Birthday

TUESDAY, DECEMBER 4, 2018

Don't be too open about what you are up to. It's best to do all the legwork yourself and surprise everyone with a polished presentation. Being demonstrative will invite interference. If you protect your assets, possessions and ideas, you'll reach your goals.

SAGITTARIUS (Nov. 23-Dec. 21) — Keep your life simple. Don't feel you must help others before you help yourself. Someone will try to take advantage of you if you are too accommodating.

CAPRICORN (Dec. 22-Jan. 19) — A heartfelt helping hand will make a difference and leave you feeling good. Romance is encouraged and will improve your personal life. Bring joy to someone's day!

AQUARIUS (Jan. 20-Feb. 19) — Don't fight a losing battle. If you put your time and energy into something tangible, you will have no regrets at the end of the day. Take the path of least resistance.

PISCES (Feb. 20-March 20) — Don't take on too much or labor over things you cannot change or afford. Stick to a plan that is doable and make the most of what you've got. Romance looks promising.

ARIES (March 21-April 19) — You'll have some big ideas, but before you jump into something, find out what it's going to cost and what the ramifications could be.

TAURUS (April 20-May 20) — Relationships are favored. Make plans to explore the possibilities that a business

or personal partnership has to offer. Take care of legal matters that need to be updated before you move forward.

GEMINI (May 21-June 20) — You'll be attracted to the wrong people. Be careful whom you trust or offer to help. Someone will take advantage of your generosity. Moderation should be a priority.

CANCER (June 21-July 22) — Indulging in a little shopping, engaging in activities with children or doing something special with your romantic partner will be memorable. Be sure to take some snapshots to share with loved ones.

LEO (July 23-Aug. 22) — You'll face complaints if someone isn't happy with the way you've been acting. Consider how you feel and make adjustments to offset any problems. Don't use indulgent behavior to avoid the truth.

VIRGO (Aug. 23-Sept. 22) — Look for ways to cut corners. An industrious approach to gift-giving can help you curb expenses. Use your skills to make something unique, or buy in bulk.

LIBRA (Sept. 23-Oct. 23) — Get along with your clients and colleagues. Now is not the time to cause a ruckus. Look for ways to keep the peace without jeopardizing your integrity or beliefs.

SCORPIO (Oct. 24-Nov. 22) — Channel your emotional energy into something worthwhile. Showing someone how much you care will bring you closer together. A little romance or a kind gesture will bring big rewards.

TUESDAY, DECEMBER 4, 2018

Another lead against no-trump

By Phillip Alder

In "The Iliad," Homer wrote, "You will certainly not be able to take the lead in all things yourself." That is not true at the chess board, but it is at the bridge table. You usually need to cooperate with your partner. However, occasionally, opportunity will knock solely on your door. In today's deal, what should West lead against one no-trump?

If South had opened one club, perhaps his side could have reached two clubs (after one club - one diamond - one heart - two clubs - pass), which could have been made, but would have required a little guesswork.

As you are well aware, West will usually pick fourth-highest from his longest and strongest. Here, that would be the club three. Then what might happen?

To be honest, I am not fond of that club choice. Even though West knows that East has some values, it is dangerous to lead from a king-jack holding around to a strong, balanced hand. Also relevant is that North did not run to a major.

Here, after the club lead, declarer does best to win with dummy's queen, cross to the club ace and play a heart toward dummy's jack. But without x-ray

		North	12-04-18
		♠	K 9 2
		♥	J 4
		♦	J 6 5 2
		♣	Q 6 5 2
West		East	
♠	Q J 4	♠	10 8 7 3
♥	Q 10	♥	9 8 7 6 2
♦	K 9 8 3	♦	A Q 7
♣	K J 8 3	♣	10
		South	
		♠	A 6 5
		♥	A K 5 3
		♦	10 4
		♣	A 9 7 4
		Dealer: South	
		Vulnerable: Neither	
South	West	North	East
1NT	Pass	Pass	Pass
Opening lead: ??			

vision, South might well win trick one in hand and lead that low heart. Then, though, West can take the trick with his queen and play anything but another club to defeat the contract.

I much prefer the spade-queen lead. Suppose declarer wins in his hand and plays a heart. West wins and continues with the spade jack. The defenders will take two spades, one heart, three diamonds and one club.

Touching honors often lead.

1	2	3		4	5	6	7		8	9	10	11
12				13					14			
15				16					17			
18			19				20	21				
	22							23		24	25	26
			27		28	29	30			31		
32	33	34			35				36			
37					38				39			
40				41					42			
43			44						45		46	47
			48		49		50					51
52	53	54			55	56				57		
58					59					60		
61					62					63		