

Government puts its support behind newspaper cooperative project

Record Staff

The effort to relaunch the six regional newspapers of the Groupe Capitales Médias, including local papers La Tribune and La Voix de l'Est, as workers' cooperatives took another step forward on Tuesday.

Although the statement of support lends a great deal of weight to the efforts of the local re-launch committees of each of the papers, it remains to be seen how the co-op groups will be able to finance their project.

The co-op project was born out of crisis after the Groupe Capitales Médias announced in August that it was facing imminent bankruptcy. Groups at each of the GCM papers began to put out public calls for support from their respective communities.

Setting La Grande Table for successful Christmas fundraiser



GORDON LAMBIE

Kevin Vallieres, Home Depot Store Manager; Jean-François Ouellet, Vice-President of La Grande Table; Ginette Valcourt, Executive Director of La Grande Table; Jean Prince, Reno Depot Store Manager, and Mario Banville, General Manager of the Canadian Tire in Sherbrooke's Plateau Saint-Joseph district at Tuesday's launch for the Operation Boules de Noel christmas fundraiser

By Gordon Lambie

La Grande Table, the Sherbrooke-based charity focusing on feeding families and young children, launched its annual "Operation Boules de Noel" fundraiser on Tuesday.

Christmas decorations from participating local businesses.

"For us, it is very significant" said Ginette Valcourt, the Executive Director of La Grande Table, explaining that the sale results in \$13,000 to \$14,000 raised for the work of the organization each year.

fit from the work of La Grande Table.

Each year, La Grande Table serves up more than 60,000 meals through its various programs, two thirds of which are for children.

"I think that we have one of the noblest causes there is here in Sherbrooke," said Jean-François Ouellet,

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LOW -6



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LOW -5



FRIDAY:
PERIODS OF
RAIN

HIGH 5
LOW -10



SATURDAY:
SUNNY

HIGH -4
LOW -5



SUNDAY:
CLOUDY

HIGH 1
LOW -4

HAND-IN-HAND

Equijustice Estrie



Equijustice Estrie is a non-profit organization working to support restorative and alternative justice in the Eastern Townships. Founded in 1984, the organization was known as Le Pont, Organisme de justice alternative, before the name was changed in 2017. Equijustice Estrie is a member of the Equijustice Network, which includes 23 members across the Province of Quebec.

The Mission of Equijustice is to develop fair and accessible justice for all by inviting people to engage themselves in the management of the difficulties they are living in the community, and to accompany them with respect for their rights and their differences.

The organization strives to be welcoming, by being available and listening to the needs of all; cordial, by being attentive to each person and respecting their individual rhythms; favoring dialogue between people; and favoring a collaborative approach that is complimentary to the work of partner organizations and groups.

General Services

Equijustice Estrie offers its expertise in the areas of restorative justice and community mediation. Driven by our values of respect and openness, we offer a humane and equitable approach for everyone.

Restorative Justice : Through restorative justice, we strongly believe that everyone has the potential to actively participate in repairing the harm done by their actions and can re-establish equilibrium between the parties impli-

cated and the community.

Community Mediation

Conflicts happen in life, and sometimes we do not know how to resolve them by ourselves. Equijustice offers community mediation to give you the support, listening and accompaniment you need to help amend these situations peacefully.

Local engagements: In respecting our mission and principles, Equijustice Estrie takes care to contribute to the well-being of the community through concrete and targeted actions.

Specific Services

Equijustice works through a range of specific services, including:

- Youth Criminal Justice Act (Mediation and restoration to the victim and the community, etc.)
- General alternative measures program for adults (Mediation and restoration to the victim and the community, etc.)
- Community Mediation (Dialogue and mediation)
- Sexual offences (Dialogue)
- Domestic violence (Dialogue and mediation)
- Elder abuse (Dialogue and mediation)
- Group conflict (Dialogue and mediation)
- Pre-sentence mediation (Dialogue and mediation)

Highlights

In the middle of the 90s, the Equijustice Network provided the first training for mediation in The Young offenders act.

2002 saw the creation of the first Community Mediation Units.

In 2003, Equijustice Network proposed the addition of the concept of restorative justice to The Youth Criminal Justice Act, allowing victims, offenders and the community to participate in justice.

In 2014, the Equijustice Network proposed to Quebec's Justice Ministry the General alternative measures program for adults, a Restorative Justice program, which is currently being deployed across the province of Quebec.

At the time of writing, the mediators of Equijustice are working on 80 files. Also, we are installing another Community mediation Unit in the Val-Saint-François MRC. October 26th was the Community mediation Congress. There are 37 Community mediation units and 240 volunteer mediators in the province of Quebec.

The people of Equijustice Estrie

The organization is composed of a board of directors made up of seven citizens, one director, one administration agent, five mediators, and 21 volunteer mediators who are part of four Community mediation units:

Sherbrooke Community mediation service
(819 481-1819)

Memphremagog MRC Community mediation unit
(819 481-1507)

Coaticook MRC Community mediation unit
(819 481-1237)

The Good Neighborly line for housing co-operatives
(819- 566-6303 extension 26)

The offices of Equijustice Estrie are located at 437 Wellington South in Sherbrooke. For more information or to get in touch with the organization

call 819 565-2559 or email estrie@equijustice.ca. The local chapter's website is <https://equijustice.ca/fr/membres/estrie> and the group also has a facebook page.



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Ben by Daniel Shelton



LOCAL NEWS

The nine buildings dedicated to demolition were acquired by the City of Sherbrooke as part of the complete reconstruction and redevelopment of Galt Street West in 2020.

Galt West demolition contract awarded

Record Staff

Sherbrooke City Council members awarded the contract for the demolition required for the Galt West project at Monday's meeting.

The contract went to the lowest bidder at a cost of \$985,500.

Demolition work is expected to begin in December.

The contractor will have three months from the start-up meeting to demolish the nine apartment buildings located on the north side of Galt Street West, between Alexandre Street and

Belvedere Street South.

The work will require the closure of the sidewalk adjacent to the site. For safety reasons, at least one lane on Galt Street West must also be closed to vehicular traffic during a portion of the work.

According to Sherbrooke Mayor Steve Lussier, the buildings are in poor condition and their demolition will greatly improve the downtown area. All tenants have been relocated and the city has made efforts to support them, Lussier added.

On Monday, City Council also granted an additional \$3.85 million to finalize

acquisitions, demolish buildings and decontaminate the site before returning it to the Office municipal d'habitation (OMH) de Sherbrooke. An amount of \$4.755 million had previously been authorized to initiate this revitalization project.

The nine buildings dedicated to demolition were acquired by the City of Sherbrooke as part of the complete reconstruction and redevelopment of Galt Street West in 2020.

The street will include a median strip, wide sidewalks and a bicycle path.

To replace the demolished buildings,

a new six-storey building with 116 accessible and affordable housing units will be built in partnership with OMH. Environmental rehabilitation work will have to be carried out beforehand. Approximately 8,200 metric tonnes of contaminated soil and 860 metric tonnes of waste will have to be removed. The City of Sherbrooke has submitted a request for financial assistance to the Ministère de l'Environnement et de la Lutte contre les changements climatiques to cover 50 to 70 per cent of the costs of transporting and treating the contaminated soil.

Local organizations rally around the 'little ones'

By Gordon Lambie

More than 230 representatives from the fields of health and social services, education, community organizations, and early childhood education gathered in Orford on Monday to launch "Thinking big for our children" a regional charter focused on the promotion and support of children 0-5 years old in the Eastern Townships. The charter is an initiative of the Collectif estrien 0-5 ans and the Projet Partenaires pour la réussite éducative en Estrie (Project PRÉE), both of whom are organizations focused on improving the lives of the littlest locals.

"We invite partners to rally around four focus areas," said Josiane Bergeron, Coordinator of Project PRÉE, listing the priorities as supporting the role of parents as the most important factor in a child's development, promoting early intervention, encouraging best practices, and having partner organizations act in harmony towards common goals.

Marie-Andrée Roy, Coordinator of the Collectif estrien 0-5 ans, pointed out that the overall goal of this document is to get those groups most involved in the lives of young children in the region to commit to helping decrease the per-

centage of children entering the school system with vulnerabilities identified in one or more key development areas. Although the region is already host to a large number of partner organizations who all value that goal, the hope is that this unified document will help coordinate the effort for a better overall result.

What we are hoping is that at some point all of the schools, social services, community organizations, CPEs and municipalities of the Eastern Townships will sign," Roy said. "We need to have a common understanding of the issues."

This most recent push for progress comes as a byproduct of a 2017 study by Santé Publique Estrie indicating that only 71 per cent of local children start their school careers without any identified vulnerabilities. According to Bergeron, the hope is that a dedicated group effort will be successful in increasing that figure to 80 per cent by 2025.

Recognizing that the recent studies also identified the local English speaking community as having a significantly higher likelihood of struggles, Roy and Bergeron pointed out that all of the resources connected with the creation and promotion of the new charter have been made available in English.

As of its initial presentation, the char-

ter has been signed by five people: Yves Gilbert, president of the Table des présidents-directeurs généraux des commissions scolaires de l'Estrie, a group representing local school boards; Lucie Roch, Executive Director of the Réseau d'appui aux familles monoparentales et recomposées de l'Estrie (RAME) as well as a representative of the region's grouping of community organizations (ROCFE); Paul Sarrazin, Prefect of the Haute-Ya-

maska MRC and Mayor of Sainte-Cécile-de-Milton; Lucie Therriault, executive director of the regional grouping of daycare centres (RCPECE); and Dr Stéphane Tremblay, President and Executive Director of the CIUSSS de l'Estrie - CHUS.

More information on the project and its charter can be found online at voir-grandpournosenfants.ca.

La Grande Table

CONT'D FROM PAGE 1

Vice-President of the organization, adding that although the mission of improving the quality of life for underprivileged families is close to the hearts of many, the campaign owes a large part of its annual success to the support of the businesses where the decorations are sold.

"They do good work," said Mario Banville, General Manager of the Canadian Tire store at Sherbrooke's Plateau St-Joseph shopping district. "I think that underprivileged families in the area are well served."

According to Valcourt, this year's fundraiser will be going on continuously

until Christmas, but the main "blitz" will take place this coming weekend, November 23 and 24. On those two days, volunteers will be present at the Metro Plouffe on King Street East, the IGA Extras on King West and Galt West, Maxi et Cie on Portland, IGA Bouchard in St. Elie, and the Super C at the Carrefour de l'Estrie selling the decorations for \$5 each. Outside of that two day period, the decorations can also be purchased at Sherbrooke's Reno Depot location and the Plateau St-Joseph Canadian Tire.

More information on the work of La Grande Table is available, in French, at <https://lagrandetable.com/>

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KEEPING IN TOUCH

Galt students explore what their futures could hold in the Townships!



On November 13, 2019, secondary 4 and 5 students at Alexander Galt Regional High School had a special visit from Townshippers' team and a small army of volunteer panelists, workshop facilitators, and representatives from more than 20 local companies, community organizations, and educational institutions as part of the 2019-2020 edition of Rooted in the Townships Career & Skills Days.

This is the third edition of the Career & Skills Days, which give local high school students the opportunity to see what the Townships has to offer them in

terms of potential employers, educational institutions, and community organizations that are there to support them. The initiative aims to combat the ongoing exodus of English-speaking youth to other regions of Quebec and Canada, by helping them see themselves, and their futures, here in the region.

At the beginning of the school year, all secondary 4 and 5 students filled out a survey indicating their interest in various workshop topics and in various fields of employment. With the results in hand, Townshippers' staff reached out to professionals in their networks to find workshop facilitators and career panelists that correspond to the interests of the students. Once the options were confirmed, a personalized schedule was created for each student, totaling 360 unique passports for the day.

Secondary 4 students participated in the morning, and secondary 5 in the afternoon, with each student participating in one workshop, one career panel, and one 30-minute block in the Networking Zone. Students also had the opportunity to visit the Networking Zone during their breaks. The morning and



COURTESY

Marie Thibault, Alexander Galt's Guidance Counsellor, and Ed Humphrey, organizer of Galt's Rooted in the Townships Career & Skills Day, address the Secondary 5 students at the beginning of the afternoon.

afternoon sessions both kicked off with an inspirational presentation by keynote speaker, and award winning former Canadian University basketball coaching legend, Eddie Pomykala.

This edition's workshop themes included starting a business, career exploration, job search strategies, time management, loans and bursaries, and careers in health and the need for more healthcare workers. The day's career panels focused on agriculture and farming, architecture, arts and culture, education and social services, law and public protection, technology and computer science, business and entrepreneurship, health and medicine, engineering, and trades and vocational training.

While the weather wasn't on our side this year, with all Eastern Townships School Board schools closed the day prior to the event, organizers arrived bright and early Wednesday morning to set up and ensure the day got off to a smooth start. Townshippers' would like to send out a big thank you to the panelists, workshop facilitators, companies, community organizations, and educational institutions that participated in the day as well as its partner, the Eastern

Townships School Board, and all teachers and staff at Alexander Galt Regional High School who helped make the day a success!

Rooted in the Townships will visit Richmond Regional High School in December 2019, and Massey-Vanier High School in early 2020. Townshippers' is always looking for new panelists, workshop facilitators, and exhibitors to participate in these events, which are an important contribution to the lives of the region's English-speaking youth. Please feel free to e-mail us at ta@townshippers.org or call our Lennoxville or Knowlton offices at the numbers listed below if you or someone you know would be interested in participating in these events.

This monthly column keeps you in touch with Townshippers' Association's activities and news. Other ways to keep in touch:

Online: www.townshippers.org

Facebook: [Facebook.com/Townshippers](https://www.facebook.com/Townshippers)

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By phone: 819-566-5717

In-person: Sherbrooke office temporarily closed.

Brome Lake office: 3-584 Knowlton Rd, Lac-Brome 450-242-4421.



Secondary 4 students exploring what the Networking Zone had to offer them.

Celebrating 40 Years of Community, Culture & Advocacy

In the coming weeks, Townshippers' Association will be celebrating its 40th anniversary in style at two events that will bring together the English-speaking community of the Eastern Townships and get some toes tapping. On Saturday, November 23, from 5 to 7 p.m., a reception will be held at The Golden Lion Pub & Brewery in Sherbrooke, featuring live jazz music, great food and drink, prizes, and good company. The following week, on Saturday,

November 30, starting at 6:30 p.m., a good old-fashioned dance party will be held at The Star Café in Lac-Brome. There will be a buffet dinner, prizes, drinks, and live rock music by The Random Chance. Many things have changed in the 40 years since the Association was incorporated on December 12, 1979, while many others have remained the same – particularly Townshippers' dedication to working on behalf of the English-speaking population of the Eastern Town-

ships. Whether this be by representing the interests of this community at the municipal, regional, provincial or federal level; by hosting events that enrich and strengthen the cultural identity of this community; by forming partnerships to ensure access to health and social services in English; or by developing projects that support this community's youth and seniors, Townshippers' has constantly strived to support its community. Townshippers' invites the pub-

lic to come and celebrate this legacy of community support, relationship-building, and advocacy. Admission is free for both events, however there is a cost of \$20 to enjoy the buffet at the Lac-Brome event. For more information about the Sherbrooke event, please e-mail ta@townshippers.org or call 819-566-5717. For information about the Lac-Brome event, please e-mail ta@townshippers.org or call 450-242-4421.

Sherbrooke radon reminder

Record Staff

Take Action on Radon, a coalition of national health organizations, is distributing 100 free radon test kits this Thursday in Sherbrooke as part of an initiative for Radon Action Month to raise awareness about the health risks associated with radon and to collect data on radon levels in the area.

Radon is a radioactive gas that is re-

leased by the breakdown of uranium in the soil. It is odourless, tasteless, and colourless, and can enter buildings and enclosed spaces undetected. Since Canadian homes are sealed against the weather, radon can become trapped indoors, building up to dangerous levels.

According to a 2014 Health Canada study, approximately 24 % of Sherbrooke homes and 9 % of houses in the Estrie region have high radon levels.

“Many Canadians still don’t know that radon is the leading cause of lung cancer in non-smokers, and that simply reducing radon exposure can save lives,” explained Pam Warkentin, Executive Director of the Canadian Association of Radon Scientists and Technologists (CARST), and Project Manager for Take Action on Radon. “We want to bring attention to this cancer-causing gas and help Sherbrooke residents test their

home for it by participating in the 100 Radon Test Kit Challenge.”

Test kits will be distributed at the Sherbrooke Golf Club, 1000 Musset Street, Sherbrooke, QC, J1J 3X4, on Thursday, Nov. 21 at 7 p.m. Residents are asked to preregister through the following website link: <https://www.eventbrite.ca/e/billets-soiree-dinformation-radon-a-sherbrooke-782997957>.

Student literary competition on the theme of the Abenaki language

Record Staff

The theme of the fifth edition of the University of Sherbrooke’s Grand Concours littéraire de l’UdeS will be devoted to the Abenaki language, highlighting 2019 as the International Year of Indigenous Languages, proclaimed by the United Nations.

Until Jan. 13, 2020, members of the University of Sherbrooke community, as well as students from Bishop’s University and colleges and CEGEPs in Sherbrooke and the Longueuil region, are invited to showcase their creativity, talent and boldness by submitting a short story or

poetic work for the competition.

This year, students from Kiuna Institute, a college dedicated to the education of First Nations people in Quebec, are also invited to participate.

The texts submitted must include an Abenaki place name from the Estrie region, and the meaning of the name must play a significant role in the story or actively contribute to the poem’s development.

In addition to the entire UdeS university community (graduate students, staff members and retired staff), the contest is open to students from Cégep de Sherbrooke, Collège Champlain de Séminaire

de Sherbrooke, Champlain College-Lennoxville, Bishop’s University, Cégep Édouard-Montpetit and Champlain College-Saint-Lambert. Students from the Kiuna Institute are also invited to participate.

Several prizes will be awarded to the authors of the texts, selected by a jury of literature specialists, in five different categories of the competition. In total, more than \$3,500 in prizes will be awarded in scholarships, gift cards and concert tickets.

In addition, the University of Sherbrooke will randomly draw three pairs of tickets from among the participants


for a performance of Aboriginal artist Natasha Kanapé, which will take place in the Petite salle of the Centre culturel de l’UdeS on Thursday, March 12, 2020.


The winning texts will be posted on the University’s website and may be published in the literary journal Cavale.

Those wishing to participate in the Grand Concours littéraire de l’UdeS should use the registration form available through the University of Sherbrooke website and attach their text.

The winners will be announced in March 2020.

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EDITORIAL

In a world full of surprises, humans have developed an exquisite ability to rapidly detect and orient towards unexpected information or events.

Fake news grabs our attention, produces false memories & appeals to our emotions

Rachel Anne Barr
PhD Student, Université Laval

Fake news” is a relatively new term, yet it’s now seen as one of the greatest threats to democracy and free debate. In the Netflix documentary *The Great Hack* – which chronicled the rise and fall of Cambridge Analytica – we saw how Facebook data was used to target potential voters with insidious right-wing propaganda packaged as if it were news.

Trailer for the Netflix documentary *The Great Hack*.

But how does fake news work? Neuroscience can provide at least some insight.

Grabbing attention

The first job of fake news is to catch our attention, and for this reason, novelty is key. Psychologists Gordon Pennycook and David Rand suggested that one of the reasons hyperpartisan claims are so successful is that they tend to be outlandish.

In a world full of surprises, humans have developed an exquisite ability to rapidly detect and orient towards unexpected information or events. Novelty is an essential concept underlying the neural basis of behavior, and plays a role at nearly all stages of neural processing.

Sensory neuroscience has shown that only unexpected information can filter through to higher stages of processing. The sensory cortex may have therefore evolved to adapt to, to predict, and to quiet down the expected regularities of our experiences, focusing on events that are unpredictable or surprising. Neural responses gradually reduce each time we are exposed to the same information, as the brain learns that this stimulus has no reward associated with it.

Novelty itself is related to motivation. Dopamine, a neurotransmitter associated with reward anticipation, increases

when we are confronted by novelty. When we see something new, we recognize its potential for rewarding us in some way. Further studies show that the ability of the hippocampus to create new synaptic connections between neurons (a process known as plasticity) is increased by the influence of novelty. By increasing the plasticity of the brain, the potential for learning new concepts is increased.

Fake news, false memory

The primary region involved in responding to novel stimuli – the substantia nigra/ventral segmental area or SN/VTA – is closely linked to the hippocampus and the amygdala, both of which play important roles in learning and memory. While the hippocampus compares stimuli against existing memories, the amygdala responds to emotional stimuli and strengthens associated long-term memories.

This aspect of learning and memory formation is of particular interest to my own lab, where we study brain oscillations involved in long-term memory consolidation. This process occurs during sleep, a somewhat limited time frame to integrate all of our daily information. For this reason, the brain is adapted to prioritise certain types of information. Highly emotionally provocative information stands a stronger chance of lingering in our minds and being incorporated into long-term memory banks.

The allure of fake news is therefore reinforced by its relationship to memory formation. A recent study, published in *Psychological Science*, highlighted that exposure to propaganda may induce false memories. In one of the largest false-memory experiments to date, scientists gathered up registered voters in the Republic of Ireland in the week preceding the 2018 abortion referendum.

Half of the participants reported a false memory for at least one fabricated



event, with more than one third of participants reporting a specific, “eye-witness” memory. In-depth analysis revealed that voters were most susceptible to forming false memories for fake news that closely aligned with their beliefs, particularly if they had low cognitive ability.

Emotional appeals

The ability of fake news to grab our attention and then hijack our learning and memory circuitry goes a long way to explaining its success. But its strongest selling point is its ability to appeal to our emotions. Studies of online networks show text spreads more virally when it contains a high degree of “moral emotion,” which drives everything we do.

Decisions are often driven by deep-seated emotion that can be difficult to identify. In the process of making a judgment, people consult or refer to an emotion catalogue carrying all the positive and negative tags consciously or unconsciously associated with a given context.

We rely on our ability to place information into an emotional frame of reference that combines facts with feelings. Our positive or negative feelings about people, things and ideas arise much more rapidly than our conscious thoughts, long before we’re aware of them. This processing operates with ex-

posures to emotional content as short as 1/250th of a second, “an interval so brief that there is no recognition or recall of the stimulus.”

Merely being exposed to a fake news headline can increase later belief in that headline, so scrolling through social media feeds laden with emotionally provocative content has the power to change the way we see the world and make political decisions.

The novelty and emotional conviction of fake news, and the way these properties interact with the framework of our memories, exceeds our brains’ analytical capabilities. Though it’s impossible to imagine a democratic structure without disagreement, no constitutional settlement can function if everything is a value judgment based on misinformation.

In the absence of any authoritative perspective on reality, we are doomed to navigate our identities and political beliefs at the mercy of our brains’ more basal functions. The capacity to nurture and sustain peaceful disagreement is a positive characteristic of a truly democratic political system.

But before democratic politics can begin, we must be able to distinguish between opinions and facts, fake news and objective truth.

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Local Sports

Bishop's is back in action on Thursday, Nov. 21 when they host McGill at 6 p.m. in Mitchell Gym.

Gaiters back on the ice at Plattsburgh State Wednesday; North Country Shootout this weekend

The Bishop's Gaiters women's hockey team is looking to get game experience this year as they play a number of exhibition contests. That continues on Wednesday when they play an official exhibition game against Plattsburgh State. Puck drop is at 7 p.m. at the Ronald B. Stafford Ice Arena in Plattsburgh, N.Y.

The Gaiters will then play six mini games in three days in the North Country Shootout over the weekend.

Bishop's Gaiters

The Gaiters are coming off a 5-0 win at Anna Maria College, also of the NCAA DIII. Bishop's is 3-4-0 on the year, including 0-3 against U SPORTS, 2-0 in exhibition play and 1-1 against NCAA opponents.

Wednesday, Nov. 20
at Plattsburgh State
7 p.m.
Webcast:
<https://gocardinalsports.com/sports/2017/10/3/womens-ice-hockey-video-stream.aspx>
Live Stats:
<https://gocardinalsports.com/sidearm-stats/whockey/summary>

Plattsburgh State is the No. 1 ranked team in the USCHO.com NCAA DIII rankings. They are 7-0-0 and 6-0-0 in the Northeastern Women's Hockey League. They are also on a 25 game winning streak.

North Country Showdown

The North Country Showdown will see the Gaiters play six mini games, two periods of 25 minutes, over Friday, Saturday and Sunday.

Stay up-to-date anytime time with the Bishop's Gaiters at www.gaiters.ca or on social media by using @BishopsGaiters.



Kabunda earns RSEQ Athlete of the Week

By Marty Rourke, Bishop's Sports Information

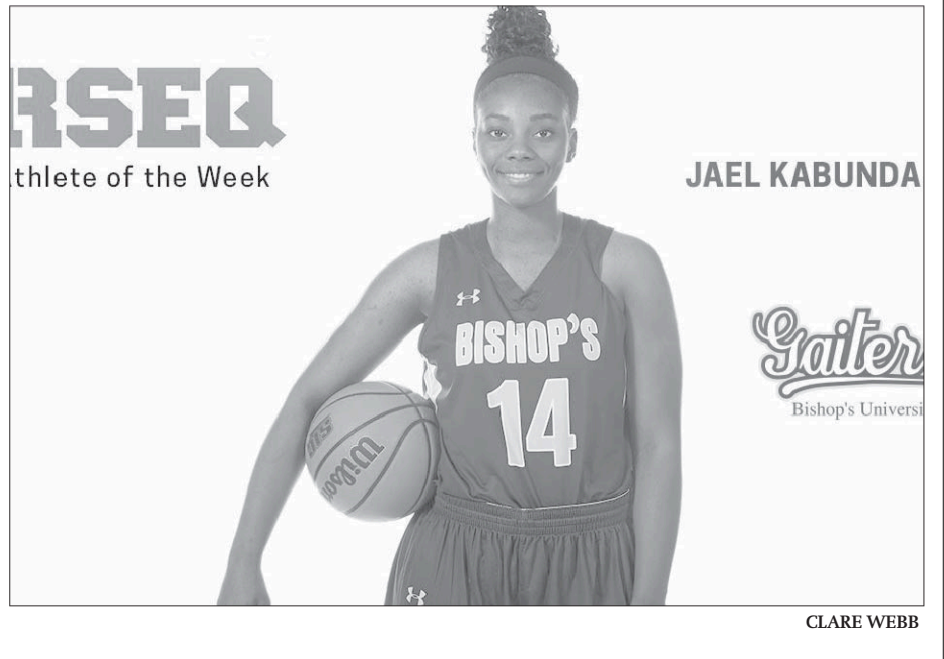
Bishop's Gaiters women's basketball player Jael Kabunda (Montreal, Que./College Montmorency) was named the RSEQ University Female Athlete of the Week on Tuesday.

Kabunda had her coming out party in RSEQ University women's basketball, and it happened in the very first game. The No.8 Gaiters rolled past Concordia in Montreal 79-53 on Thursday night. Kabunda, a rookie from College Montmorency, scored 32 points on 13-24 shooting in just 21

minutes. She also added eight rebounds, three assists and two steals. The psychology major backed up that performance with 10 points, eight rebounds, two assists and two steals as Bishop's took care of business 71-67 in their home opener against UQAM on Saturday.

Bishop's is back in action on Thursday, Nov. 21 when they host McGill at 6 p.m. in Mitchell Gym. Tickets for the game are available at www.gaiters.ca/tickets.

Stay up-to-date anytime with the Bishop's Gaiters at www.gaiters.ca or on social media by using @BishopsGaiters.



55th Vanier Cup presented by Promutuel Insurance: Week schedule announced

U SPORTS announced Monday the schedule of events for the week leading up to the 55th Vanier Cup presented by Promutuel Insurance.

The Uteck Bowl champion Montréal Carabins (9-2) and Mitchell Bowl champion Calgary Dinos (9-2) will battle for U SPORTS football supremacy on Saturday,

Nov. 23. This year marks the return of CBC as U SPORTS' English-language broadcast partner for the first time since the 1979 championship game that saw the Acadia Axemen top the Western Mustangs 34-12 to capture their first Vanier Cup title. CBC previously covered the first 15 edi-

tions of Canada's university football championship from 1965 through 1979 when the game was known as the Canadian College Bowl.

Livestreaming of the Vanier Cup will also be available on the free CBC Gem streaming service, CBCSports.ca and the CBC Sports app for iOS and Android de-

vices - offering coverage both domestically and internationally.

TVA Sports continues as the official French-language broadcast partner of the Vanier Cup for the fifth consecutive year. Fans can access the French webcast with a valid subscription via TVAsports.ca.

Big win for Mathys Poulin

Mathys Poulin scored both goals for the Magog Cantonniers in a 2-1 overtime win over the Jonquière Elites on Saturday afternoon.

His second goal of the game and sixth goal of the season allowed the Cantonniers to win at 3:15 of overtime.

He had given his team the 1-0 lead with a power play goal at 8:33 in the first period.

Mathieu Lavoie tied with his ninth

goal of the season on the 46 seconds into the second period during a penalty to Alex-Antoine Yargeau.

Elite goaltender William Blackburn received 36 shots on net during the game, including 15 in the third period. Rémi Delafontaine faced 19 shots.

Before the game, Canadian Armed Forces Veterans were present as part of Veterans Tribute. The ceremonial puck drop and the singing of the national an-

them were performed by the young Estrie singer Jennifer Bellerose. She performs the national anthems in several locations across the continent, including major league games in Detroit and Tampa Bay.

The Cantonniers are still in first place in the Quebec Midget AAA Hockey League rankings with 44 points versus 38 points for the Rousseau-Royal de Laval-Montréal. The latter have two more

games to play.

The Magog team will go to Amos to face the Foresters next Saturday and Sunday. Saturday's game will be played at 7p.m. and Sunday's at 1p.m. Cantonniers fans will be able to watch the games on HockeyTV.

The next local game will take place on Friday, November 29 at 7 p.m. when the Grenadiers de Châteauguay will be the visiting team.

Datebook

WEDNESDAY, NOVEMBER 20, 2019

Today is the 324th day of 2019 and the 59th day of autumn.

TODAY'S HISTORY: In 1789, New Jersey became the first state to ratify the Bill of Rights.

In 1945, the Nuremberg Trials against World War II Nazi war criminals began.

In 1962, President John F. Kennedy lifted the blockade against Cuba in response to the Soviet Union removing its missiles from the Caribbean nation.

In 1969, a group of Native American activists took control of Alcatraz Island in an unarmed occupation that would last until June 1971.

In 1985, Microsoft Corp. released the Windows 1.0 graphical operating system.

TODAY'S BIRTHDAYS: Edwin Hubble (1889-1953), astronomer; Alistair Cooke (1908-2004), TV host; Robert Byrd (1917-2010), senator; Nadine Gordimer (1923-2014), writer; Robert F. Kennedy (1925-1968), senator; Estelle Parsons (1927-), actress; Richard Dawson (1932-2012), actor/TV host; Don DeLillo (1936-), author; Joe Biden (1942-), U.S. vice president; Joel McHale (1971-), actor/comedian; Dierks Bentley (1975-), singer-songwriter; Future (1983-), rapper.

TODAY'S FACT: Democratic Sen. Robert Byrd of West Virginia was the longest-serving senator in U.S. history, with more than 50 years of service from 1959 to 2010.

TODAY'S SPORTS: In 1997, A.C. Green

played in his 907th consecutive NBA game, a record that he would extend to 1,192 games.

TODAY'S QUOTE: "What is objectionable, what is dangerous about extremists is not that they are extreme, but that they are intolerant. The evil is not what they say about their cause, but what they say about their opponents." — Robert F. Kennedy, "The Pursuit of Justice"

TODAY'S NUMBER: 24 — defendants at the start of the Nuremberg Trials, which began this date in 1945.


TODAY'S MOON: Between last quarter moon (Nov. 19) and new moon (Nov. 26).

Do Just One Thing





By Danny Seo

Did you know the residual liquid chickpeas or garbanzo beans are canned with is known as "aquafaba"? The starchy liquid is an excellent alternative to eggs in baking recipes; you can use it to make meringues, brownies and other delicious treats. And you can save it, too. Aquafaba liquid will last up to a week in the fridge, or you can pour it into ice cube trays and keep it almost indefinitely in the freezer. Give it a try! Look up aquafaba recipes online and make something delicious from this oft-overlooked liquid product.




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Nonallergic rhinitis can be triggered by spicy foods



ASK THE DOCTORS

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

Hello, dear readers, and welcome back to our monthly letters column. We're happy to report that you've been busy correspondents, so onward to your letters.

— A reader from Pennsylvania asked for the name of a condition in which eating food causes one's nose to begin running. This is a type of nonallergic rhinitis,

which means the inflammation of the nasal passages is not related to allergies. In this case, the specific name for the condition is gustatory rhinitis, and it's often triggered by hot or spicy foods. But as is the case with our reader, it can also occur when eating any kind of food. The good news is that ipratropium bromide, a prescription nasal spray sold as Atrovent, can be effective when used before eating.

— In response to a column about hemorrhoids, a reader from Indiana shares that she and her husband have had success preventing hemorrhoids by using a supplement called rutin. A plant pigment and natural antioxidant, rutin is contained in many fruits and vegetables. Rutin is believed to aid in circulation, and studies show it can improve blood cholesterol. While it is safe to eat natural sources of rutin — such as apples, citrus fruit, asparagus and green tea — rutin supplements can sometimes be associated with unwelcome side effects, such as headache, stomach upset and heart arrhythmias. Always check with your health care provider before using any supplements. Many are not regulated, and some can have unexpected drug interactions.

— A reader in Indiana wonders about the safety of public grill grates at campgrounds. Some of these grates "have a great deal of rust on them. There is no way you would be able to remove it all," he wrote. "Most people just dump in the charcoal and starting

grilling. What about all that rust that surely gets on the food being cooked?"

Rust, which is iron oxide, is harmless in small quantities. That said, if the grill that you're using is damaged to the point that it's crumbling, it's wise to steer clear. However, if the grill has visible rust but isn't giving off particles, and as long as you're not using it on a regular basis, the small amount of rust that may get transferred to the food is benign.

— And finally, a reader from North Dakota requests that we write a column about how to reduce blood pressure. It's an important issue, and we will gladly comply — be on the lookout for upcoming information. Meanwhile, she shares an unexpected technique she uses when her own BP climbs a bit too high:

"We learned the polka in gym class when I was in school," she wrote. "Now, when I want to get my blood pressure down, I put on a polka CD and dance and clap and shake myself for about 15 minutes, and the blood pressure reading goes way down."

We thank you, as always, for reading the column and taking the time to write to us. We look forward to hearing from you, and will see you again in the letters column next month.

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.

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Carpe-ing every diem

Dear Annie

WEDNESDAY, NOVEMBER 20, 2019

Dear Annie: My wife and I are both 86 years old and retired from meaningful careers. We have a very happy marriage, wonderful children and grandchildren and are blessed with good health and mobility.

We live in our own home, subscribe to two theatres and the symphony, attend our grandchildren's school performances and athletic events, take part in an exercise class, enjoy traveling and are active in our church. I am the volunteer director of a community choir of 25 men and women in our own age bracket, and I serve on two boards. We also enjoy reading and other hobbies.

These specific activities may not be for everyone, but for us, these activities — plus our social connections and religious faith — stave off morbid thoughts of the future and are largely responsible for our continuing health, happiness and sense of fulfillment. — Grateful Octogenarians

Dear Grateful Octogenarians: Congratulations on working to have a rich and fulfilling life. It's not always easy for people to build such a life.

Social connections, however you find them — hobbies, church, temple, children or school — are a key to happiness. We are social beings; having social connec-

tions is part of how we thrive as humans. In Johann Hari's book "Lost Connections," he talks about helping his depression by finding more social connections. Studies show that they promote happiness and longevity.

Dear Annie: I read your column this morning and wondered if my neighbor had written to you. While I have a magnolia tree in the middle of my yard, it only drops leaves. These leaves blow into my neighbor's yard. Rather than cut them with the lawnmower, they rake the leaves into piles back in my yard. I guess they forgot the damage that their tree did when it fell during Hurricane Katrina and its roots ripped up my fence. I'd appreciate your thoughts on the leaves. — Neighbor

Dear Neighbor: The law is pretty clear. If leaves fall onto your property, even if they're from a tree on your neighbor's property, they've become your problem. The law generally considers leaves a "natural product." Even if your neighbor's leaves clog your home's gutters or smother your grass, you can't make a legal claim. But that doesn't mean you can't make a judgment about your neighbor's inconsiderateness. Changing approaches, you could reach out a neighborly hand to try to be friendly — if not friends — and find a solution together.

Dear Annie: I just read the letter about the 90-year-old farm-working sister whose brother is concerned about her safety. Please let your know your readers about emergency alert necklaces. I got one for my mom, and it greatly increased everyone's peace of mind. With the push of a button, she's able to contact emergency responders, who can communicate with her and send help immediately.

People often don't like carrying a heavy cellphone with them, but these devices are hands-free. They can even detect when a person falls — without the person pushing the button! Just choose an alert device carefully. They're wonderful! — Faithful Reader

Dear Faithful Reader: An emergency alert necklace sounds like a great idea. Thank you for your suggestion!

"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.

Go easy on the salt to give your heart a break

KITCHEN SCOOP by Alicia Ross

Salt is sodium, but not all sodium is salt. According to the Centers for Disease Control and Prevention website:

"Most of the sodium Americans eat comes from packaged, processed, store-bought and restaurant foods. Only a small amount comes from salt added during cooking or at the table. In fact, most Americans already get more daily sodium than recommended before they ever pick up a salt shaker."

Furthermore, according to the Food and Drug Administration, in general, Americans should not consume more than 2,300 mg of sodium per day; for others, who are "more sensitive to the effects of salt," they should limit their intake to 1,500 mg.

Thank goodness there are more and more low-sodium ingredients available, so I'm not compromising convenience for health when I'm cooking. Even though I'm not on a doctor-ordered low-sodium diet, I appreciate the health benefits. Like many of us, I am genetically predisposed to high blood pressure and other cardiac complications. So watching what I eat is crucial to heart health.

How do we reduce our sodium intake? Limit the use of highly processed foods. Cook more often at home, and use as many low-sodium and reduced-sodium ingredients as possible. Add salt at the table to individual portions only after tasting. Careful, though — you can easily over-salt your dish if you go wild with the shaker. Stop, taste, and salt incrementally, pouring it into your hand, then sprinkling with your fingers. Your heart will thank you.

Suggested menu:

Simmered Chicken Meatballs
Rice or pasta of your choice
small green salad

Simmered Chicken Meatballs
Start to finish: 40 minutes
Yield: 12 servings

Ingredients:

1 jar (26-ounce) low-sodium marinara sauce
32 ounces low-sodium chicken broth
2 slices hearty whole-grain sandwich bread, cut in small cubes

1/2 cup low-fat milk
1 large egg
1/3 cup grated parmesan cheese
2 teaspoons Dijon mustard
1 teaspoon dried Italian seasoning
1 pound premium ground chicken (see Cook's Note)
1/4 cup flour, for dusting
Salt and pepper to taste

In a large skillet, pour the marinara sauce and chicken broth together and stir to mix. Cover and heat on medium-high to bring to a boil.

Meanwhile, in a medium-to-large bowl, combine the bread, milk, egg, parmesan, Dijon mustard and Italian seasoning, mixing well. Crumble the ground chicken over the mixture and then stir well. Divide the mixture into balls slightly larger than a golf ball.

Pour the flour into a small bowl and shake to distribute. Drop each ball first into the flour, gently tossing to coat, and then into the boiling sauce mixture. Repeat until all the balls are formed, floured and placed into the sauce.

Cook, covered, for 10 minutes, and then uncover and cook for another 10 minutes. Nudge meatballs so they will freely turn in the boiling sauce. Stir occasionally. Serve as desired.

(Cook's Note: Ground chicken can be one of those hidden sodium sources. Check to make sure your ground chicken has not had a sodium solution injected into it before packaging. Often those labeled "premium" do not. But check the nutritional content to be sure, and ask your grocery store manager to stock sodium-free and reduced-sodium products.)

Approximate values per serving: 145 calories, 4 g fat (1 saturated), 51 mg cholesterol, 14 g protein, 10 g carbohydrates, 1 g dietary fiber, 190 mg sodium.

Alicia Ross is the co-author of "Desperation Dinners!" (Workman, 1997), "Desperation Entertaining!" (Workman, 2002) and "Cheap. Fast. Good!" (Workman, 2006). Contact her at Kitchen Scoop, c/o Universal Uclick, 1130 Walnut St., Kansas City, MO 64106, or send email to telus@kitchenscoop.com. Or visit the Kitchen Scoop website at www.kitchenscoop.com.

SUDOKU

DIFFICULTY RATING: ★★☆☆☆

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

11/20

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PREVIOUS SOLUTION

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

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

THE RECORD

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CELEBRITY CIPHER

by Luis Campos

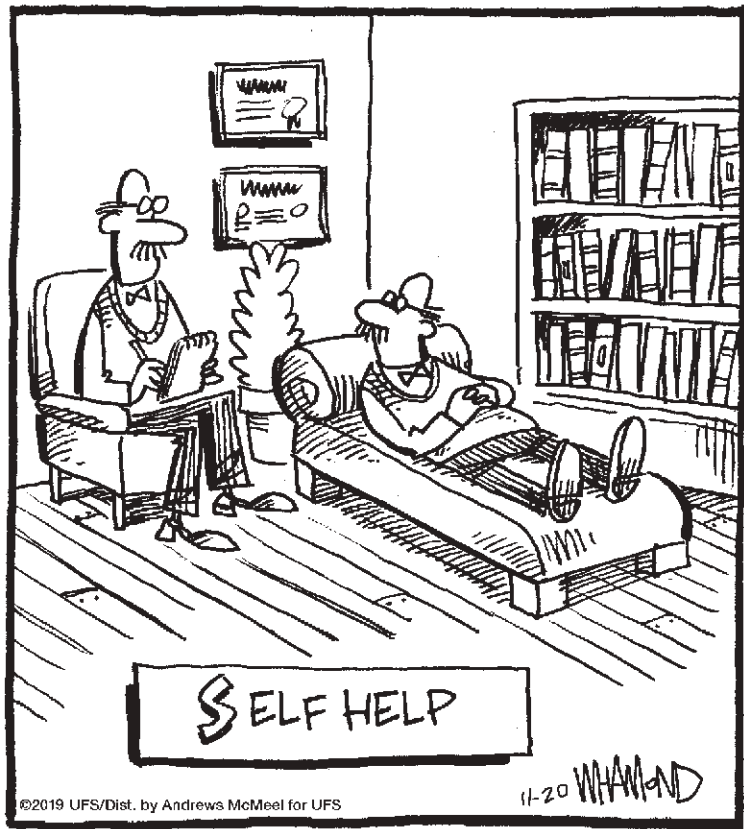
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

" T O B S K B I V P R A N C R - X R R E T S Y ,
O B X T S Y - N E - R B Z C G , O B C C R K -
V B Z Z G T S Y , S U S - L R C V Z U - I P U R -
O R B Z T S Y D B S . " - D T S A G X B C T S Y

Previous Solution: "I just love playing characters and getting paid for it, and that's what I want to do till the day I die." — Rainn Wilson

TODAY'S CLUE: @sienba λ

REALITY CHECK



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11-20 WHAMM

HERMAN



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"Nurse... see if you can find my little rubber hammer."

ALLEY OOP



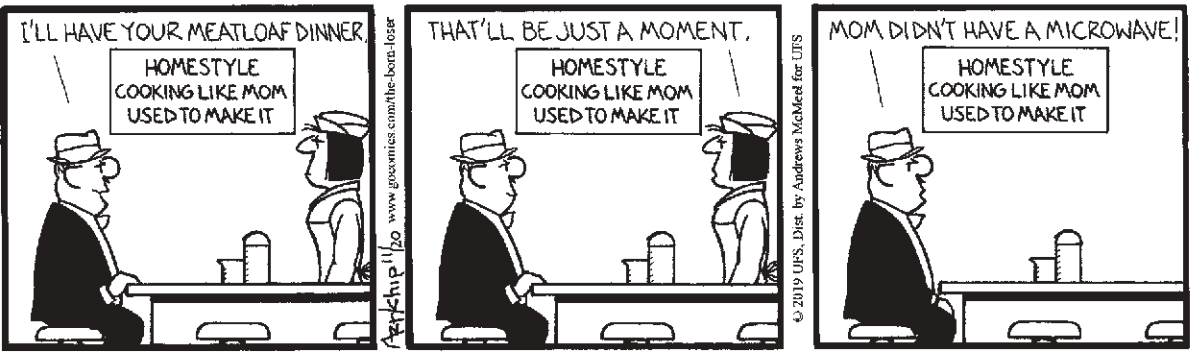
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ARLO & JANIS

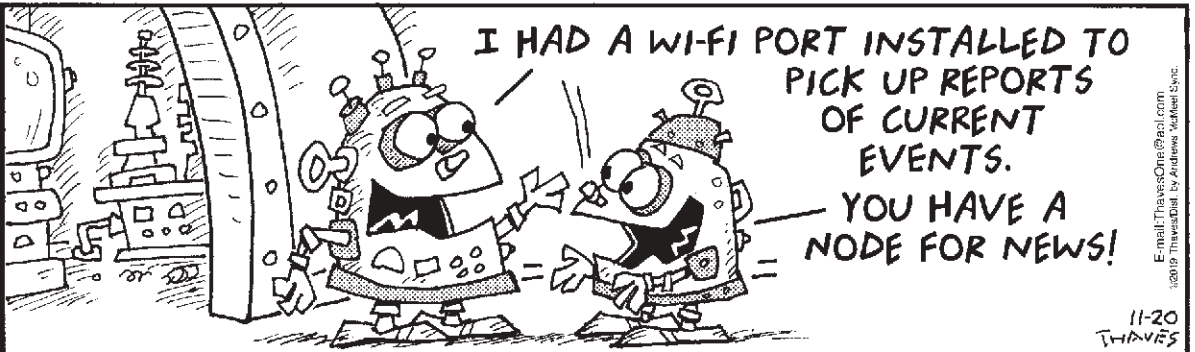


YOU MAY BE OLD IF YOU STILL CALL LOW-DOSE ASPIRIN 'BABY ASPIRIN'!

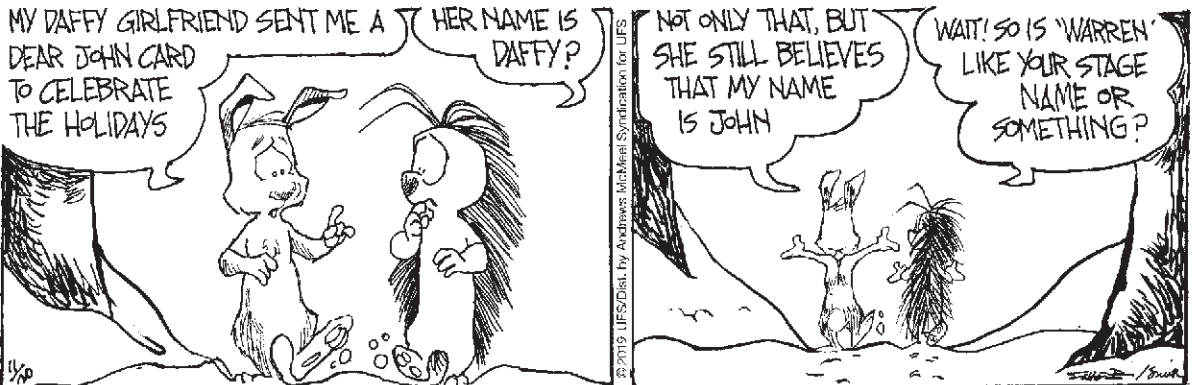
THE BORN LOSER



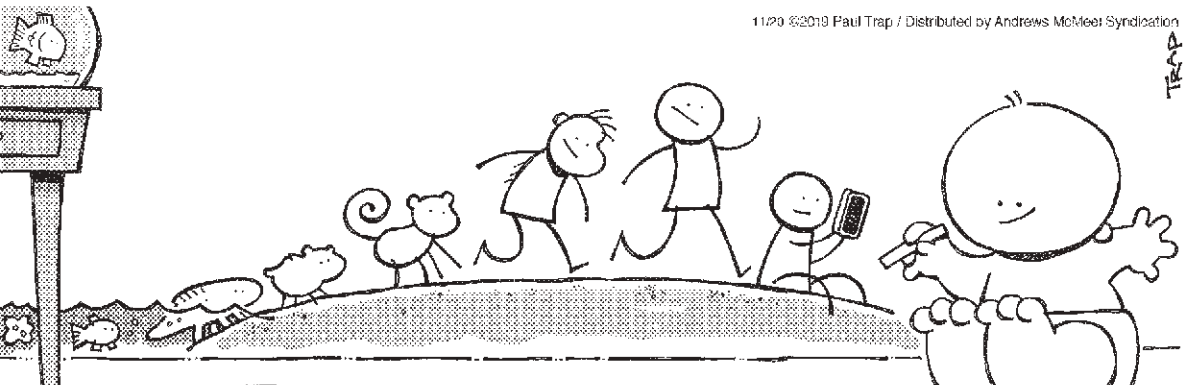
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THE RECORD

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Today in History for Nov. 20:
On this date:

In 1789, New Jersey became the first state to ratify the U.S. Bill of Rights.

In 1841, Wilfrid Laurier, Canada's seventh prime minister, was born. He was Canada's first prime minister of French ancestry, serving from 1896-1911.

In 1871, John and David McDougall arrived in Alberta to become the province's first farmers.

Also in 1871, telegraph lines linked Winnipeg and Eastern Canada, via the United States.

In 1877, Edmonton obtained its first telegraph service.

In 1893, the U.S. Supreme Court held that the Great Lakes and their connecting waters constituted the "high seas." The U.S. and Canada signed a treaty in 1909, which guaranteed the lakes be free and open to both countries on equal terms.

In 1903, the Saskatchewan city of Moose Jaw was incorporated.

In 1910, revolution broke out in Mexico, led by Francisco I. Madero.

In 1925, future U.S. attorney general and senator Robert F. Kennedy was born in Brookline, Mass. He was assassinated in 1968.

In 1945, the Nuremberg war crimes trials of 22 major Nazi figures opened in Germany. Judges from Great Britain, France, the Soviet Union, and the United States presided over the hearings, which lasted for 218 days. When verdicts were announced on Oct. 1, 11 prominent Nazis were sentenced to death, seven others received prison sentences and three were acquitted. Martin Bormann was tried in absentia and also sentenced to death. It was not confirmed until 1972 that he had died before the trial began.

In 1946, Alberta's oil boom began when the initial drilling was done at the famous Leduc well south of Edmonton. Leduc began producing Feb. 13, 1947. Four-fifths of Canada's sedimentary basins in which petroleum is found are located in the Prairies, especially Alberta.

In 1947, Britain's future queen, Princess Elizabeth, married navy Lieutenant Philip Mountbatten, Duke of Edinburgh, at Westminster Abbey.

In 1959, the United Nations issued its "Declaration of the Rights of the Child."

In 1960, Lester Pearson was presented with Medallion of Valour of the State of Israel for his "outstanding role in the deliberations of the United Nations which led to the judicious considerations between the State of Israel and the Arab nations." Earlier in 1957, he received the Nobel Peace Prize for his proposal of a UN peacekeeping force to ease the British and French out of Egypt.

In 1962, the United Nations approved a Canadian plan to measure worldwide atomic radiation.

In 1968, the Supreme Court of Canada struck down a portion of the "Indian Act" which said it was illegal for aboriginals to be drunk off their reserve. The ruling on the case of Joseph Drybones was a victory for the 1960 Bill of Rights, which said Canadian laws should not violate the rights or freedoms list-

ed in it. In this case, the rule on drunkenness only applied to aboriginals.

In 1969, the U.S. government announced a halt to residential use of DDT as part of a total phase-out of the pesticide.

In 1975, after nearly four decades of absolute rule, Spain's General Francisco Franco died, two weeks before his 83rd birthday.

In 1977, Egyptian President Anwar Sadat became the first Arab leader to address Israel's parliament.

In 1978, the Progressive Conservatives won 11 of 16 seats in the first Yukon election contested by political parties.

In 1979, a group of armed, fundamentalist Muslims from Iran seized the Grand Mosque in Mecca, Islam's holiest place.

In 1980, China began the trial of 10 radicals, including Mao Tse-tung's widow Jiang Qing, on charges of attempting to kill Mao, staging an armed rebellion in Shanghai, attempting to overthrow state power and persecuting thousands of Chinese during the Cultural Revolution in the mid-1960s.

In 1985, the first version of Microsoft's Windows operating system, Windows 1.0, was officially released.

In 1986, Canadian-based Bata Ltd., one of the world's largest shoemakers, announced it was selling its operations in South Africa to foreign investors.

In 1987, during a visit to Canada, King Olav V of Norway named the Little Norway park in Toronto in honour of Norwegian servicemen. The site had been the Royal Norwegian training camp during the Second World War. It was the 84-year-old monarch's first visit to Canada since 1942. During the war, the then-crown prince visited Toronto where Norway's army and naval air force had set up a training base at a location on Toronto Island provided by the Canadian government.

In 1989, the UN General Assembly unanimously adopted the first Convention on the Rights of the Child, creating the most comprehensive treaty for the protection of children in history.

In 1989, more than 200,000 people in Prague, Czechoslovakia, rallied to demand democratic reforms and the ouster of the country's Communist leaders. The government fell a few days later.

In 1990, Justice Bertha Wilson, the first woman elected to the Supreme Court of Canada, retired after nine years on the bench.

In 1991, Ontario became the first province to regulate and recognize the midwife profession.

In 1992, fire seriously damaged the northwest side of Windsor Castle, Queen Elizabeth's favourite weekend home.

In 1995, former prime minister Brian Mulroney filed a \$50-million lawsuit against the RCMP and the Justice Department. The suit claimed Mulroney's reputation and stature had been hurt by a letter the Mounties sent to Swiss authorities alleging Mulroney had taken kickbacks in the 1988 sale of 34 Airbus jets to Air Canada. Mulroney dropped the case after reaching a settlement with Ottawa. On Oct. 7, 1997, an arbitrator ruled that the RCMP must pay Mulroney \$2 million

to cover his legal expenses.

In 1995, Russian pairs skater and reigning Olympic champion Sergei Grinkov collapsed and died during practice in New York at the age of 28.

In 1999, China launched its first recoverable space capsule, Shenzou, in the province of Gansu.

In 2002, the RCMP announced the results of its five-year investigation into the tainted-blood scandal of the 1980s, the worst public health disaster in Canada in which contaminated blood and blood products infected thousands of patients with HIV and hepatitis. Four doctors, the Canadian Red Cross Society and an American drug company were criminally charged.

In 2002, the federal government and the Anglican Church of Canada reached a deal that would see the religious group pay up to \$25 million to those abused in native residential schools.

In 2003, two suicide bombings, at the British consulate and a London-based bank, killed 27 people and injured hundreds in Istanbul. The attacks were blamed on al-Qaida.

In 2004, Daniel Andrea Iannuzzi, founder of Canada's foremost Italian-language newspaper, "Corriere Canadese," and founder of the world's first multilingual television station, died in Rome at age 70.

In 2008, New York Yankees owner George Steinbrenner's colourful 35-year reign of pronouncements, threats and bluster ended when he passed control of baseball's most famous and successful franchise to his youngest son, Hal.

In 2009, Gilles-Andre Gosselin, a key player in the federal sponsorship scandal, pleaded guilty to several charges related to fraud totalling \$655,276, committed between 1997 and 2000, and was sentenced to two years in jail, plus a day.

In 2012, Queen Elizabeth and Prince Philip celebrated their 65th wedding anniversary, the first British royal couple to reach that milestone.

In 2017, Toronto author Michael Redhill won the \$100,000 Scotiabank Giller Prize for his novel "Bellevue Square."

In 2017, Nebraska regulators approved an alternate route through the state for TransCanada's proposed Keystone XL pipeline. It was the last major regulatory hurdle facing the \$10-billion, 1,897-kilometre project.

In 2018, a mistrial was declared in the retrial of Dennis Oland in the 2011 bludgeoning death of his businessman father. Justice Terrence Morrison of the New Brunswick Court of Queen's Bench dismissed the 16-member jury and ordered that the second degree murder trial continue the next day by judge alone. Morrison said he took the highly unusual step due to "improprieties" in jury selection involving a Saint John police officer.

In 2018, the NHL Alumni Association announced that former NHL coach and player Dan Maloney had died at age 68. Maloney was a feared fighter with a scoring touch in his playing days. He went on to coach the Toronto Maple Leafs and Winnipeg Jets.

(The Canadian Press)

NEA Crossword Puzzle

Your Birthday

WEDNESDAY, NOVEMBER 20, 2019

make personal gains, romance and positive change all priorities. Consider what's required to maneuver your way into a position that excites you.

TAURUS (April 20-May 20) — Get together with like-minded people and collaborate with them. What you discover will help you change your course of action and will encourage joint ventures. A positive change is within reach.

GEMINI (May 21-June 20) — Choose your words wisely. Someone will see through the hype and ask tough questions. If you downplay what you have to offer, you'll surprise everyone later.

CANCER (June 21-July 22) — Problems will surface if you are too friendly with one of your colleagues. Don't offer inside information or personal secrets to anyone you do business with. Keep your life simple.

LEO (July 23-Aug. 22) — How you deal with others will make a difference. Taking advantage of someone will not bring the results you are looking for. Focus on personal growth.

VIRGO (Aug. 23-Sept. 22) — Take better care of yourself. Indulgent behavior will be looked down upon by your peers. If you want to get ahead, you'll need to be disciplined and knowledgeable.

LIBRA (Sept. 23-Oct. 23) — Take your time, be observant and let experience be your guide. Put a meaningful relationship first and air your concerns before you commit to making a change.

Let your emotions and intuition help you excel. Assess situations and make changes that suit your needs. Refuse to let others' actions influence your decisions. Know when it's time to walk away and do your own thing. Make your home your castle and live life your way.

SCORPIO (Oct. 24-Nov. 22) — Consider your current position, how you handle your money and what you can do to improve your life. A subtle change will lead to a new beginning. Trust your instincts.

SAGITTARIUS (Nov. 23-Dec. 21) — Refuse to let anyone play with your emotions or sow confusion. If something doesn't seem right, it probably isn't. Check the facts before you take action.

CAPRICORN (Dec. 22-Jan. 19) — Don't hide what you have to offer. If you speak up, you'll be given a platform to present what you bring to the table. A positive attitude will lead to good results.

AQUARIUS (Jan. 20-Feb. 19) — Take a moment to think matters through. Keeping the peace is in your best interest. Focus on yourself and on making positive personal and lifestyle adjustments.

PISCES (Feb. 20-March 20) — Take a deep breath and rethink your options. If your gut sends you a warning signal, sit tight and see what happens before you make a move. Moderation is encouraged.

ARIES (March 21-April 19) — Expand your interests, explore your options and

Answer to Previous Puzzle

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

- ACROSS**
- 1 Excludes
 - 6 Running in neutral
 - 12 Flashy car
 - 14 Type of doll
 - 15 Unit
 - 16 Large lizard
 - 17 Give — — break
 - 18 Poetic contraction
 - 19 Take a snooze
 - 21 ABC rival
 - 23 Bit of paint
 - 26 Mr. Brynner
 - 27 "Ulalume" poet
 - 28 Monet contemporary
 - 30 And so on
 - 31 Whichever
 - 32 Honshu port
 - 33 In the midst of
 - 35 Taunting cry
 - 37 Half a score
 - 38 Variety show
- DOWN**
- 39 Name, to Pierre
 - 40 Hundreds of mins.
 - 41 Hair-styling goo
 - 42 Asner and Sullivan
 - 43 Certain scale notes
 - 44 Meadow
 - 46 Upsilon preceder
 - 48 Grills
 - 51 Thought the same
 - 55 Stump
 - 56 Wine with brandy
 - 57 Stuck around
 - 58 Truism
 - 1 German physicist
 - 2 Heifer's hello
 - 3 — be an honor
 - 4 Bridge declaration
 - 5 Loafer part
 - 6 Dorm climbers
 - 7 Venetian magistrate

- 8 French pilgrimage town
- 9 Actress Lupino
- 10 "Smoking or —?"
- 11 Tibetan antelope
- 13 Minor cleric
- 19 Spice rack item
- 20 Nook
- 22 Past
- 24 Dame — Christie
- 25 Cookie cooks
- 26 Wine label info
- 27 Book unit
- 28 Fate
- 29 Lacking
- 34 Make void
- 36 Leafy lilies
- 42 Moderated
- 43 Attracted
- 45 French pronoun
- 47 Ottoman title
- 48 Air rifle pellets
- 49 Cat's prey
- 50 All — — sudden
- 52 Timespan
- 53 Foot-pound relative
- 54 Change color

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57							58				

WEDNESDAY, NOVEMBER 20, 2019

Hand evaluation changes constantly

By Phillip Alder

Every beginner learns the 4-3-2-1 point-count evaluation of a bridge hand. This works well for balanced hands, but less so when the players have distributional hands. Important is where your high cards are located. For example, suppose you have king-third of spades. That is wonderful if partner has ace-queen-fifth, but probably of no use if partner has a spade void. The value of your cards can also vary as the auction and card-play progress.

Augie Boehm has covered the topic well in "Expert Hand Evaluation" (HNB Publishing). The first 21 chapters are under the blanket headline of learning judgment. Then there are eight chapters about bidding without conventions!

Boehm uses the diagramed deal as one of his many examples. What do you think of the auction?

South's sequence, a takeout double followed by a new suit when partner makes a nonjump advance, shows some 18-20 high-card points with at least five hearts and fewer than four spades. What should North do next?

At first glance, pass looks clear-cut. But his hand is deceptively useful. He has three trumps, an ace and a ruffing value in clubs. So, he should give partner a gentle nudge with three hearts.

North				11-20-19
♠ 9 8 4 3				
♥ 8 6 3				
♦ A 7 4 2				
♣ 8 3				
West		East		
♠ J 7 6		♠ K Q 10 2		
♥ 9 5		♥ Q 10 4		
♦ K 10 8 5 3		♦ Q J		
♣ 7 6 2		♣ K 10 9 4		
South				
♠ A 5				
♥ A K J 7 2				
♦ 9 6				
♣ A Q J 5				
Dealer: East				
Vulnerable: Both				
South	West	North	East	
			1♣	
Dbl.	Pass	1♠	Pass	
2♥	Pass	Pass	Pass	
Opening lead: ♣ 2				

Then South will raise to four hearts, especially as he anticipates a helpful club lead.

After that start, South can collect an overtrick, losing only one spade and one diamond. But even after, say, a diamond lead, declarer wins on the board, takes a club finesse, cashes the club ace, ruffs a club and plays a heart to his jack. When that all works, the contract is safe.