

Alzheimer
Society tour
to promote
wellness
among
seniors

Record Staff

The Société Alzheimer de l'Estrie (Alzheimer Society Estrie) is launching a public awareness campaign to counter bullying among seniors, particularly those with cognitive disorders.

In each MRC in the Estrie region, people are invited to attend an afternoon on the theme of aging well, hosted by Mr. Yvon Riendeau, social gerontologist and lecturer at UQAM, and Ms. Line Tremblay, facilitator at the Société Alzheimer de l'Estrie.

In their presentations, the speakers will focus on the phenomenon of bullying and ageism, presenting solutions to address the proper treatment of seniors and those with cognitive disorders. They will also explain how to react when witnessing bullying scenes. Video scenarios will be presented, and participants will be invited to describe situations they have seen. Participants will also learn how to better understand the symptoms associated with Alzheimer's disease.

The tour began last week in the city of Lac-Mégantic. The event will travel to each of the following municipalities between November 4 and 28: Saint-Camille, Magog, Windsor, Coaticook, Cookshire-Eaton and Sherbrooke.

The full schedule is available on the website www.alzheimerestrie.com. The activity is free and no reservations are required to attend.

Gaiters Win! Bishop's best Mt.
A 28-18 in AUS Semifinal



EMERY GBODOSOU

By Marty Rourke, Bishop's Sports
Information

First-year quarterback Charles Aubry (Laval, Que./College Lionel-Groulx) led an 11-play, 109-yard drive for a touchdown to put the Bishop's Gaiters up 28-16 with 5:05 left in Saturday's Sub-

way AUS Football Semifinal presented by Keep it Social. The score put the exclamation point on a dominant performance for the Gaiters who sent Coulter Field into a frenzy as they beat the Mount Allison Mounties by a final of 28-18. The victory was Bishop's first in the

post-season since 1994 and they move on to face the Acadia Axemen in the Loney Bowl next Saturday.

After a slow first quarter, Bishop's led 2-0 on a conceded safety.

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Weather



TODAY:
60% CHANCE
OF SHOWERS

HIGH OF 6
LOW OF 4



TUESDAY:
60% CHANCE
OF SHOWERS

HIGH OF 9
LOW OF 0



WEDNESDAY:
MIX OF SUN
AND CLOUDS

HIGH OF 2
LOW OF -2



THURSDAY:
RAIN

HIGH OF 4
LOW OF -9



FRIDAY:
CLOUDY

HIGH OF -4
LOW OF -10

Things that go “bump” in the night!



THE SCOOP MABLE HASTINGS

Had Dorothy’s house not landed in Oz but rather in Potton over Halloween, she may have found herself trudging along with her friends while singing, “Lions and Tigers and Recycling bins, oh my!”

The Municipality of Potton like some other Townships made the decision to postpone Halloween Trick or Treating to November 1st rather than the 31st of October in hopes of avoiding the treacherous unpredictable winds and rain expected on Halloween night. While some families gathered and still went door to door as planned on the 31st, others felt it best to follow the directives of the Municipality and their prevention warnings and wait.

“We had a great time,” said one of the mothers who met friends and went out on the 31st. “Some businesses and houses told us they were waiting until the next night but many gave regardless,” she shared.

For those out the following night, the wind, rain and flying debris were a concern. Trees had fallen, the water was rising, lines were down and, the power out. Mansonville was an eerie silent and dark town as families made their way using flashlights, the kids in costumes and the parents braving along at their side.

“The howling wind and sheer darkness seemed to make our kids move along a little quicker than usual,” laughed one father. “We didn’t do as many houses but the kids were happy and people were generous and encouraging.”

At the Missisquoi North Volunteer (CABMN) Youth Centre, Former Youth In-



Julia Eldridge and Rachelle Lachance made the best of Halloween in Potton

volvement (FYI) volunteers, Julia Eldridge and Rachelle Lachance were keen but sad.

“We put a lot of effort into our haunted house each year,” explained Eldridge. “We had to take it down earlier today and opt on the side of safety with no electricity and so on.”

The two however were there on a smaller scale at the door, in costumes, with props, waiting to greet the children on their most favourite night of the year.

Lachance, Eldridge and volunteers do fundraisers to buy supplies, build props, purchase decorations and go and get the “BIG” chocolate bars thanks to the sponsorship of the Mansonville Optimist Club assuring that they have great candy to give out. Each year the group turns

the Youth Centre into a themed house of haunt for the kids and their parents to enjoy.

“This year, we had only 66 kids come by,” said Lachance. “A good year is normally double that number.”

With the loss of power, fallen trees and wires, damages to homes and cars as well as the debris that found neighbours with other neighbours recycling bins, lawn furniture and car tempos in their yards, the holiday somehow survived, tattered and torn but in tact. Likely no one will forget Halloween 2019 or the lack there of.

With so many without electricity some three days later, right now....Halloween seems the least of our worries.

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Ben by Daniel Shelton



LOCAL NEWS

The fast moving water also resulted in road washouts and isolated landslides, including one on Fulford Road in the Town of Lac Brome less than a kilometre from a similar washout last year.

Health ministry announces the start of the seasonal flu vaccination campaign

Record Staff

Although a call for appointments was already put out to the public, November 1 marked the beginning of this year's flu vaccination campaign. As a result, public health authorities of the Ministère de la Santé et des Services sociaux (MSSS) are inviting people at risk of complications and their families and friends to protect themselves against this infection by getting vaccinated. This protection measure, which is offered free of charge, remains the best way to avoid complications from influenza.

"We invite those targeted as being at higher risk of complications and hospitalizations to be vaccinated," said Hora-

cio Arruda, the Provincial Director of Public Health. "If you live with diabetes, a weakened immune system, heart, lung or kidney disease, the flu could make you vulnerable. The vaccine is the best way to protect yourself against the flu and it is free."

The risk groups targeted by this vaccination campaign are as follows:

Children aged 6 months to 17 years with diabetes, weakened immune systems or heart, lung or kidney disease; Pregnant women in the 2nd and 3rd trimesters of their pregnancy;

Adults with diabetes, weakened immune systems or heart, lung or kidney disease (including pregnant women, regardless of the stage of their pregnancy);

Haskell Hill road closed for the winter

Record Staff

As has become regular practice over the last several years, Haskell Hill Road in Lennoxville is closing today between Queen and Maple streets. This section of the road will remain closed to all traffic until April 1, and will not be plowed come

wintertime.

In order to access the remaining section of Haskell Hill road, drivers will need to take Belvedere Street South and MacDonald road or Belvedere South and Autoroute 410, depending on what direction they are coming from.

and people aged 75 and over.

To reduce the risk of transmission, vaccination is also offered free of charge to relatives who live in the same household as a child under 6 months of age or a person at high risk of hospitalization or death, their caregivers, and health care workers. It should also be remembered that the vaccine is free again this year for children aged 6 to 23 months and healthy people aged 60 to 74 years.

The MSSS has acquired a sufficient number of vaccines to meet the needs of

all the clients concerned by this campaign, i.e. 1.6 million doses.

Complications that can occur as a result of influenza include breathing and heart problems, sinusitis or ear infection, or even hospitalization or death for those at higher risk.

People who wish to be vaccinated can contact their health professional or visit Quebec.ca/vaccingrippe to find out where the vaccine is available.

Townships taken by storm

By Gordon Lambie

A massive storm tore its way across the Eastern Townships on Thursday night and Friday, first drenching the region with enough rain to spur flash flooding, then following that with high winds that toppled trees and took out power lines. In some parts of the Townships as much as 100mm of rain is reported to have fallen in a matter of hours, followed by winds in the area of 100km/h.

As of this writing there were still almost 34,000 households across the Montérégie and Estrie regions that were still without power, according to Hydro Quebec, making up nearly 30 per cent of all outages across the province. At its peak, the storm left nearly 1 million households across the province in the dark, making this the most severe mass-out-

age to hit the province since the 1998 Ice Storm, although teams from Hydro Quebec were hard at work throughout the weekend patching broken lines.

In Sherbrooke the water rose fast from Thursday night to Friday. The Saint-Francis River rose nearly fifteen feet over the course of the day, eventually peaking at just under 25 feet around 4:30p.m.

The first floor of the Champlain College Building sustained significant water damage during the flash flood on Friday and will be closed for the foreseeable future. No administrative services will be available at the College on Monday, Nov 4 or Tuesday, Nov 5, but classes are scheduled to proceed as usual on Monday.

Bishop's University and Champlain college both cancelled classes on Friday in the midst of the flooding.

The flood came on so quickly that one

young man, sitting in the dark at a local car rental agency on Friday afternoon, told The Record he had no warning.

"When I parked the car there you couldn't even see the water," he said, noting that when he woke in the morning the vehicle was submerged.

The story was a common one that afternoon.

In Bromont, a 63-year-old man was struck by a falling tree and killed on Friday. As of this point this is the storm's only known casualty.

The fast moving water also resulted in road washouts and isolated landslides, including one on Fulford Road in the Town of Lac Brome less than a kilometre from a similar washout last year.

The City of Magog opened up its cultural centre as a day-shelter on Sunday, offering those without power a space to warm up and recharge. Starting today,

November 4, citizens in need of potable water can stop into any of the municipal buildings with a "Remplis Vert" sticker to do so (including the arena, library, and town hall). The sports centre of the La Ruche school will be open for people looking to have a shower.

Local health and safety agencies are reminding those still without power to be wary of food poisoning from spoilage and carbon monoxide poisoning as food gets warmer and people turn to generators for emergency power.

PLAYSAFE:
Don't Let It
Happen to You

The War Amps new "kids-to-kids" safety video, featuring stories from young amputees who have lost limbs in accidents, delivers the hard-hitting but positive message: "Spot the danger before you play!"

Visit waramps.ca/playsafe for the video and safety resources.



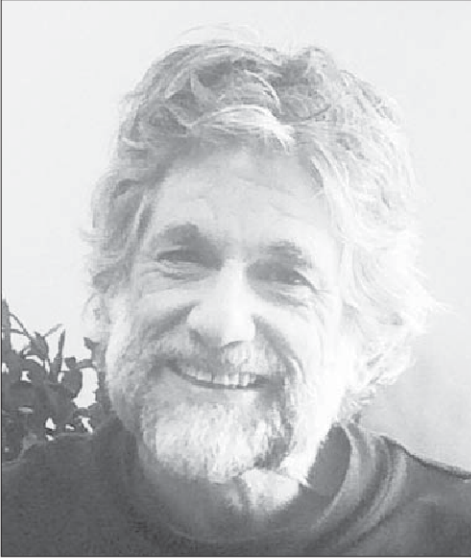
The War Amps



Musical approach workshops for persons with dementia

Record Staff

People who have loved ones or clients with Alzheimer's Disease know all too well the debilitating effects of dementia. But not many know how to tap into the benefits of music for persons with dementia and those who care for them.



Eric Akbar Manolson is leading workshops on The Manolson Musical Approach for professionals and families of persons experiencing Alzheimer's dementia. Photocredit: E.A. Manolson

Eric Akbar Manolson wants to change that.

Manolson is a musician and consultant with more than 30 years of experience working with persons who have cognitive difficulties. He and his colleagues have developed "The Manolson Musical Approach," a relationship-centred practice that shows people of all ages and levels of ability how to connect through music. For both the caregiver and the person experiencing dementia, it offers strategies for improving communication, reducing stress, and raising confidence.

This fall, Manolson is presenting a series of three training workshops on techniques and skills that can be applied directly to improve quality of life for people living with Alzheimer's Disease and those who are in regular contact with them. The sessions will feature video demonstrations, interactive exercises, and special projects. He designs his workshops to be fun, engaging and empowering. No prior musical experience is needed. The training will be presented primarily in English, with exercises and discussions in both English and French.

The workshops are Thursdays, November 7, 14 and 21, from 4:30 to 6:30 p.m., at the St-Francis Manoir in Lennoxville. Space is limited, so inter-

ested persons are encouraged to register in advance. For information, contact Eric at 819-580-1662 or email: eric@themanolsonapproach.com.



Eric Akbar Manolson playing piano together with a resident of a seniors' home.

PHOTO CREDIT: SUSAN MACAULE

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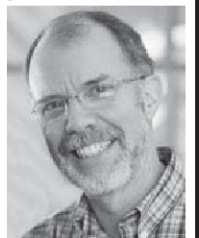
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School Page

Sherbrooke Elementary School

Exciting news from Sherbrooke Elementary School’s Phys-Ed program

Sherbrooke Elementary School is starting brand new traditions this year! For our 2019 Terry Fox Run, S.E.S ran 1 200 kilometers as a school team. This is almost the distance between Sherbrooke and Thunder Bay, Ontario. Next year, our goal is to run even further!

Some of our students also ran at our second edition of the S.E.S. FUN RUN. This run or walk was to raise money for this year's sports activities for kindergarten to grade six students. A special thanks to Mr.G and Mme Geneviève for organizing this event.

October was a busy month. Our cycle

3 students hiked up Mont-Orford, our cycle 2 students hiked up Mont-Pinnacle and our Cycle 1 students hiked up Mont-Bellevue. The students had a blast!

Last but not least, our Cycle 2 students are starting a new program called “Nager pour Survivre” at Sherbrooke University.

S.E.S News

Grade Five students are reading the book called Front Desk. It is about a girl called Mia Yang that works at a motel with her parents. The manager Mr. Yao

is really mean to the Yang family. He does not pay them a lot of money and his son Jason goes to the same school as Mia. Jason is mean to Mia. I like the book because I get to realize how lucky I am to have money and to be treated nicely. While we read the book, our teacher encourages us to reflect on our thoughts about the book. We look forward to seeing how the story will unfold.

We are reading this book with the Global Read Aloud and classes all around the world are reading the same book at the same time. We mystery skyped with another class from the U.S.A but we did not know in which state

they lived in. So we asked questions to figure out in which state they lived in. They live in St Louis, Missouri. We found out because we asked if they had an NHL team in their state and they answered by saying yes and that their team won the Stanley Cup. Now we have partners and we blog with them. We blog about the story. We say how we like the story, what messages and themes the story has and what techniques the author uses that we appreciate (or don't appreciate!) We respond to their blogs too. It is really fun!

Sincerely, Makenna and Sierra
Grade five students



Cycle 1 at Mont-Bellevue



Terry Fox Run



Our Kindergarten boys during the S.E.S. FUN RUN

only \$10
(taxes incl.)

CALLING ALL ARTISTS AND ARTISANS

The Record will publish a special section on November 8 listing all the Christmas Craft Bazaars and Shows in the area.

Artists, artisans, churches, schools, individuals, send your listing to The Record by **November 4** to classad@sherbrookerecord.com to promote your event.

add a photo for an additional \$10

THE RECORD

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EDITORIAL

Generally lost in the epic story of the Second World War is King's significant role in the failures and miscalculations that ended up unleashing the fascist dogs of war on the world.

Could King have helped League of Nations prevent Second World War?



PETER BLACK

Eighty years ago this week, Canada was eight weeks into a war it had declared on Germany. The declaration by then-prime minister Mackenzie King reads as less of a stirring call to battle than a wishy-washy promise:

"The government, speaking on behalf of the Canadian people, announced that in the event of the United Kingdom becoming engaged in war in the effort to resist aggression, they would, as soon as parliament meets, seek its authority for effective cooperation by Canada at the side of Britain.

"In what manner and to what extent Canada may most effectively be able to cooperate in the common cause is, as I have stated, something which parliament itself will decide. All I need to add at the moment is that Canada, as a free nation of the British Commonwealth, is bringing her cooperation voluntarily. Our effort will be voluntary."

Got that Quebec? Voluntary.

King, of course, was the consummate cautious equivocator, as he tried to balance the interests of Quebec and English Canada concerning the war. The "voluntary" vow would come back to bite him, not mortally, of course, later in the war with the conscription crisis.

King, to his credit, did lead Canada successfully through the six war years

and beyond, though military scholars would probably give more credit to the generals and other leaders who took command for Canada's extraordinary war effort.

Generally lost in the epic story of the Second World War is King's significant role in the failures and miscalculations that ended up unleashing the fascist dogs of war on the world.

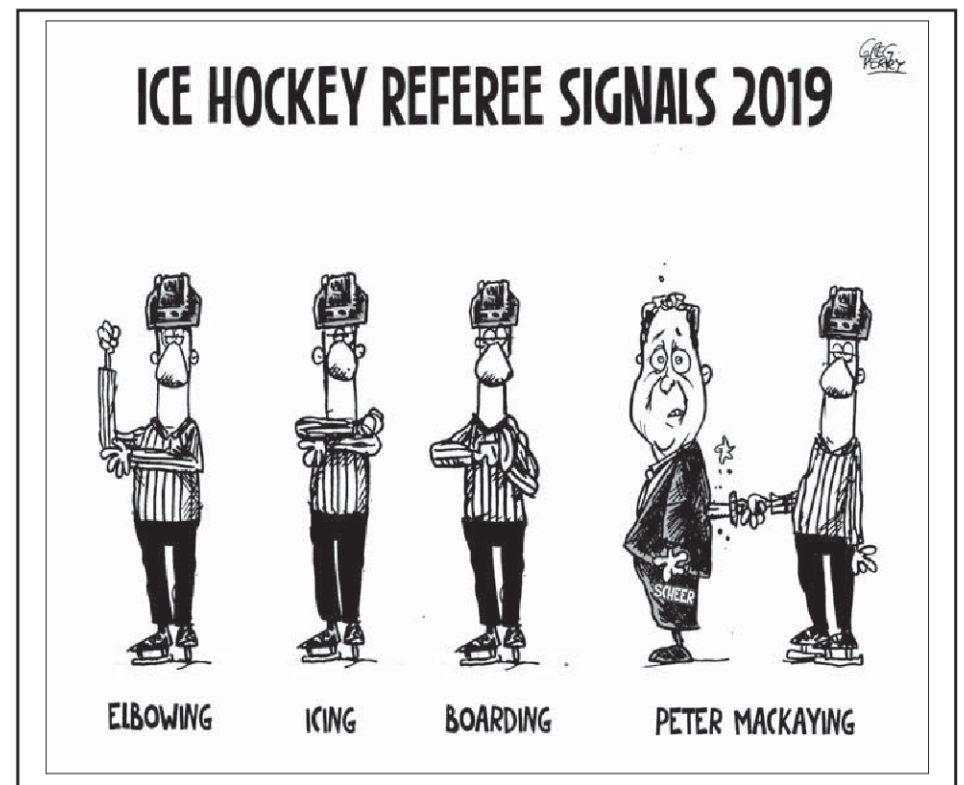
A new book out by former diplomat and federal politician Roy MacLaren takes a hard look at how King handled Canadian foreign policy leading up to the outbreak of the Second World War. Mackenzie King in the Age of the Dictators is a deeply researched and scathing assessment of King's politically scheming approach to global issues, specifically the mounting threat of Adolf Hitler and Benito Mussolini.

The issue where King's misguided meddling and muddling proved particularly unfortunate, as detailed by MacLaren, is Mussolini's threatened invasion in 1935 of the impoverished African nation of Abyssinia, now known as Ethiopia.

Mussolini had coveted the territory to bolster Italy's other African colonies of Libya, Eritrea and Somaliland. Abyssinia pleaded to the League of Nations, of which Italy was a member, to step in and block an invasion.

What followed was a tragi-comic series of diplomatic dodging and weaving by key League members on how to respond to the Abyssinian cry for help. Under the League's covenants member nations were expected to stand as one - collective security - against territorial aggression. League members contemplated military action, imposed economic sanctions, and debated stepping up the pressure with an oil embargo.

As tensions mounted, King, on the election hustings in Quebec, vowed "No



interest in Ethiopia ... is worth the life of a single Canadian citizen. No consideration could justify Canada's participation, and I am unalterably opposed to it."

As far as the oil embargo was concerned, King, once again playing the domestic card, was loathe to cripple Italy, where Mussolini had resolved the Vatican's long-standing plea for independent status. What's more, the fascist leader had made it known that cutting off oil supplies would be seen as an act of war.

King's wavering on an oil embargo became a diplomatic triumph for Italy and ultimately a death blow for the League of Nations as an effective deterrent to aggression. MacLaren writes King had "abandoned the League of Nations. The whole brouhaha became part of his increasingly convoluted balancing act between English Canada and French Canada."

Had Canada lent firm support to the oil embargo the League of Nations may well have forced Mussolini to back down and, more importantly, given Hitler pause as well. MacLaren quotes Hitler's interpreter Paul Schmidt's recollection of Mussolini telling the Nazi fuhrer, "If the League of Nations ... had extended economic sanctions to oil, I would have had to withdraw from Abyssinia in a week. That would have been an incalculable disaster for me."

Schmidt adds "How different history might have been had the League been able to successfully bring Mussolini to heel."

MacLaren writes "King had by his drift, procrastination, prevarication, caution, platitudes, evasions, indecision, and banalities kept Canada from dividing." One might add, while the world was torn asunder.

Letters

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.

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Local Sports

Bishop's and Mount Allison exchanged safeties early on in the third quarter before the Mounties scored their first major of the game 10:59 into the frame thanks in-part to a pair of Bishop's unnecessary roughness penalties.

Huntingville ball park hit by storm



PICTURES BY MATTHEW MCCULLY
The Huntingville softball park was flooded on Friday resulting in major damage to the field. The rain and wind storm that hit the Townships on Friday, November 1 resulted in damage all across the Townships, resulting in loss of power, road washouts, many fallen trees and much more. The ball field almost completely under water Friday resulted in damage to the batting cage, lights, buildings and much more.



Gaiters Win

CONT'D FROM PAGE 1

The Gaiters who were playing their first playoff game since 2013 and just their second at home since 1994 gave their fans something to cheer about. Aubry connected with veteran receiver Zach Graveson (Sherbrooke, Que./Champlain-Lennoxville) from 25 yards out for the game's first major halfway through the second stanza. Noah Laursen (Calgary, Alta./Bishop Carroll H.S.) tacked on a field goal to extend the Gaiters' advantage 5:20 later. Bishop's running back Louis-Philippe Gregoire (Jonquière, Que./Cégep de Jonquière) scored on a one-yard plunge as the first half expired to pace the hosts to a 19-0 advantage at the break.

Bishop's and Mount Allison exchanged safeties early on in the third quarter before the Mounties scored their first major of the game 10:59 into the

frame thanks in-part to a pair of Bishop's unnecessary roughness penalties.

Momentum stayed with the Mounties early in the fourth as they threatened to make a comeback. Aubry fumbled and Mount Allison's Jake Spence rumbled 10 yards for the scoop and score to cut the hosts' advantage to 21-16.

The ensuing kickoff pinned the Gaiters on their own 1-yard line after another penalty. That's when Aubry marched the Gaiters for 11 plays and 109 yards to pay dirt. Prior to the touchdown Aubry appeared to connect with Nathan Lupien (Saint-Jerome, Que./Cégep Saint-Jean-sur-Richelieu) for a nine-yard score, only to have it negated by a penalty. The pair hooked up on the ensuing play for the major and a 28-16 Bishop's lead.

The Gaiters conceded one more safety but the defense held tight and secured

the 28-18 win.

Bishop's ran 63 plays for 348 yards while Mt.A only mustered 53 plays and 196 yards. Aubry finished the day 21-28 with two touchdowns and an interception.

With the win, Bishop's heads to the

AUS Championship, the Loney Bowl, and have a date with the undefeated Acadia Axemen in Wolfville, N.S. on Sat. Nov. 9.

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

"Watch me, Grandma!"



Is your central vision becoming blurred?

Macular degeneration is the leading cause of blindness in Canada. It can destroy your central vision in a few short months and the ability to see the faces of those you love. If you experience any change in vision, consult your eye-care professional.



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Celebrating 50 Years

The Founding Friends of Massey-Vanier will publish a 50th Anniversary Memorial Book Nov. 29.

The Golden Jubilee of Massey-Vanier 40-page full-colour book will be a compilation of photos and recollections from teachers, students and administrators over the past 50 years.

A limited number of books will be printed.

To reserve your copy, please send an email to **billing@sherbrookerecord.com** stating your name and phone number. Put **MV-50 years** in the subject line.

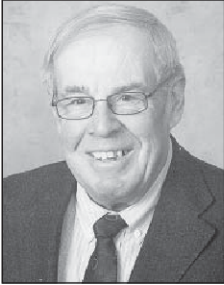
Payment due at time of delivery.

Books are \$10 (plus shipping if not picked up).

A portion of the profit from book sales will be given to The Friends of Massey-Vanier and the Scholarship Awards Committees



Death



Rodney Arthur James DUFFY

The family of Rodney Arthur James Duffy are saddened to announce his peaceful passing at home in South Durham on Tuesday, October 29th, 2019. Rodney was born to Elmer and Beatrice (Johnston) Duffy in 1936. He married his lifelong partner, Muriel Eva (Dunn) in October 1955. He was a son, brother, husband, father, grandfather and great-grandfather, as well as a friend to many. As the fourth generation on the family farm, he was proud to have expanded the land and brought new and innovative techniques to a prosperous enterprise. After many summer school sessions he achieved his teaching certification and taught at Richmond Regional High School. He is a past President of the Quebec Holstein Association and a recognized Master Breeder. As an Odd Fellow he rose to the level of Grand Master.

Dad will be dearly missed by his children: Donna (Stephen), Marina (Jack), James (Christine); his grandchildren: Benjamin (Andrea), Adam, Elaine (Lucas) Bliss, Courtney D'Arthenay, Andrew, Allison, Shawn Duffy and great-grandchildren: Cody and Hailey Bliss as well as many nieces and nephews. He is also survived by sisters; June (Doug) Page, Marilyn Quinn and Eleanor (Glenn) Brock. He was predeceased by his parents, brother-in-law Gary Quinn, and sister-in-law Marjory and her husband Jim Bell.

Visitation will take place on Friday, November 8th, 2019 from 11:00 a.m. to 1:00 p.m. at St. Anne's Anglican Church, Richmond, Quebec. The service will follow immediately afterward at 1:00 p.m. A private family burial will take place at St. James Cemetery. Friends and family are invited for a light lunch at the Salle des Loisirs (formerly the English School) in South Durham.

In lieu of flowers, those who wish may donate to the St. James Cemetery Foundation.

Death

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In Memoriam

McCOMB, Joan Shelby (nee Gilbert) – In loving memory of my wife, mother and grandmother who passed away one year ago on November 4, 2018.

*Some may think you are forgotten
Though on earth you are no more,
But in our memories you are with us
As you always were before.
It broke our hearts to lose you
But you did not go alone,
A part of us went with you
They day God called you home.*

**We love and miss you,
CHESTER (husband)
CHILDREN and
GRANDCHILDREN**



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Datebook

MONDAY, NOVEMBER 4, 2019

Today is the 308th day of 2019 and the 43rd day of autumn.

TODAY'S HISTORY:

In 1922, British archaeologist Howard Carter discovered the entrance to King Tutankhamen's tomb in Egypt.

In 1979, the Iran hostage crisis began when militants loyal to Ayatollah Khomeini took 66 American hostages at the U.S. Embassy in Tehran.

In 1995, Israeli Prime Minister Yitzhak Rabin was assassinated by a right-wing Israeli gunman.

In 2008, Democratic Senator Barack Obama of Illinois became the first African American to be elected president of the United States.

TODAY'S BIRTHDAYS:

Will Rogers (1879-1935), humorist/writer/actor; Walter Cronkite (1916-2009), journalist; Art Carney (1918-2003), actor; Doris Roberts (1925-2016), actress; C.K. Williams (1936-2015), poet; Laura Bush (1946-), first lady; Kathy Griffin (1960-), comedian; Jeff Probst (1961-), TV host; Sean "Diddy" Combs (1969-), rapper/producer; Matthew McConaughey (1969-), actor; Vince Wilfork (1981-), football player.

TODAY'S FACT:

The peripheral rooms of King Tutankhamen's burial chamber had been looted before Howard Carter's discovery in 1922, while the room in which Tut was actually buried remained completely intact.

TODAY'S SPORTS:

In 2001, the Arizona Diamondbacks defeated the New York Yankees 3-2 in Game 7 to win the World Series, making the 4-year-old franchise the fastest expansion team to win the MLB championship.

TODAY'S QUOTE:

"Heroing is one of the shortest-lived professions there is." — Will Rogers

TODAY'S NUMBER:

444 — days that 52 of the American hostages in Iran were held captive, until Jan. 20, 1981.

TODAY'S MOON:

First quarter moon (Nov. 4).



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Concerned for cat

Dear Annie

MONDAY, NOVEMBER 4, 2019

Dear Readers: A great many of you wrote in expressing concern for Whiskers and her owner. Your letters bring up a number of insightful points about the correlation between animal abuse and spousal and child abuse. All of you warned that Tom's behavior should serve as a red flag that he could end up abusing his wife or their future children.

I agree with all of you that, for everyone's safety, she must leave with Whiskers, and Tom can seek therapy on his own. Here are just some of your letters:

Dear Annie: To the woman whose husband's behavior has changed toward her beloved cat: This is a giant red flag! Your suggestion, Annie, of telling her to leave makes the most sense. People can fake responses in therapy, and it sounds like this man probably won't go anyway.

If he acts this way toward something that means so much to her, what will happen with children? If they have a child and the child resembles a family member he doesn't like, then what will be his reaction? What if he resents the affection and time given to the child? Wishing her the courage and strength she needs to move forward. — A Concerned Follower of Your Column

Dear Concerned Follower: Thank you so much for your suggestions and praise. Let's hope she has taken our advice.

Dear Annie: I am concerned about "Depressed and Confused." Her poor cat cannot talk but is telling her the only way it knows how by hiding or running from her husband. That's about as clear a sign as she can have that the husband is abusive. I doubt counseling will help him because, for some reason, he thinks he has a right to abuse that poor helpless animal.

I would never, ever trust Tom to be alone with animals. You bet I'd get out, now! — Defending Whiskers

Dear Defending Whiskers: Thank you for sharing your concern.

Dear Annie: Please tell Depressed and Confused to run, not walk, out of that marriage. I, too, was in a similar marriage and wish someone had opened my eyes. Instead, I took his (verbal and cat) abuse for 29 years. Everything was always my fault. After years of therapy, I am finally free of him — going on 11 years now — and am very happy with my four cats. They bring me more joy than my husband ever did. — Cat Lover in Florida

Dear Cat Lover: Thank you for sharing your story. Abuse is never acceptable, whether it is aimed at people or animals. I agree with you. Tom has got to go!

Dear Annie: I am writing with concern about the husband who was mean to his wife's cat. When I was young, I had a dog named Holly. My parents had refused a dog for years, so when I finally got her, she meant the world to me. At the time, I was dating my husband and he would mock the dog, making fun of her and putting her down. Unfortunately, I dismissed this and married him anyway.

Annie, you are absolutely correct. The way he treated Holly became the way he treated me. I had an awful marriage with him, and he was emotionally abusive. This woman must consider his behavior a giant red flag and leave that marriage as soon as possible. This is the behavior of a narcissist. They do not change. He cares only about himself. A caring person would manage to be kind to the cat, if only for his wife's sake. Consider yourself lucky to see the signs, because you could be in the cat's place soon enough. He is already disregarding you. — From Experience

Dear From Experience: Yours is one of a great many letters pointing out that people who hurt animals will eventually hurt people. The reason I wanted to print yours is because you speak from experience. Thank you for sharing.

Dear Annie: My husband and I went to dinner with his sis-

ter and her husband, who live in another state. We are all in our 70s. We have never been "family" close. We have children and grandchildren; they do not. We have pets; they do not. We run in different social circles. They are wealthy; we are comfortable.

While at dinner having casual conversation, my SIL interrupted me and, with a sneer on her face and a nasty tone, said very quietly so our husbands couldn't hear, "You're stupid." It was like a slap in the face. I have not been able to overcome the insult. I have spent the last several years, with professional help, living with depression, anxiety and low self-esteem and had made good progress — until her remark.

I know I'm not stupid. I worked long hours at a challenging legal job for 40-plus years. I raised two children as a single parent; both are very well-adjusted adults doing well in their careers. While working long hours in the legal field with a very demanding boss, I was also caregiver to both my parents and my husband's stepmom. I am my husband's fourth wife and, after getting married, discovered he was verbally abusive which contributed to my low self-esteem. But I took the "bull by the horns" and fixed that problem because I didn't want another divorce. He is no longer verbally abusive, and we are happy.

But the "you're stupid" remark is something I cannot forget. I told my husband when we left the restaurant what she said and told him I would not go with him to meet them again. He called her the next day while I was out, and then she called me (crying) to apologize. But a forced apology cannot erase the words or the damage they caused. I am not interested in a relationship with this SIL. But I do need to get that remark and how I felt — and still feel — about it out of my head. It has brought my depression and anxiety back in full mode. I had to renew my meds because of it, and years of progress have been set back. Why does an adult woman who supposedly has better social skills than I do say something like that? And can it be forgiven and forgotten? Because I'm having a hard time. — Feeling Stupid

Dear Feeling Stupid: Your sister-in-law might as well have been talking to a mirror. Her remark had absolutely nothing to do with you and everything to do with her. A mentally stable person with normal self-esteem does not go around telling people, "You're stupid." She must, deep-down, feel pretty darn bad about herself to say such a thing to another person (let alone a family member). Whatever the reason, if this is the first time she's said such a thing, and since she's apologized, I think you should try to find it in your heart to forgive her. As you showed in your letter, you are an incredibly strong, intelligent woman. I applaud your return to therapy, rather than just resuming medications, as well. Hopefully, your sister-in-law will also seek counseling and sort out whatever would cause her to say such a thing in the first place.

"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.

Autumn

I took a walk the other day
Along a country road.
The radiant colours that I saw,
Were a glory to behold.

The Master Painter must have worked
All through the long dark night,
For one who never mixes paints
The tones are just so right.

He does not use as easel
He does not use a brush
His talents are so special
He is never in a rush.

I stopped to watch a little squirrel
He was gathering winter food.
To store away for winter months
(I'm sure he thought me rude).

I picked some apples from a tree
That grew beside the road,
My heart was filled with gratitude
As I carried home my load.

Jack Frost will soon be creeping by
He will paint our windows white,
Then when old Mr. Moon shines through
It will be a lovely sight.

In this lovely land of Canada
Where we are so richly blessed,
Let us praise our loving Master
And give Him of our best.

Submitted by Mrs. Rita Nugent

SUDOKU

DIFFICULTY RATING: ★☆☆☆☆

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

11/4

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PREVIOUS SOLUTION

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

HOW TO PLAY:
Each row, column
and set of 3-by-3
boxes must con-
tain 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.

"Y UIH'L OIHOKFH CAWKZS XYLP
TH TXTFU. Y'U MKKH LI LPK BTFLA
KHIRVP LYCKW LI DHIX YL FKTZZA
UYUH'L GTLLKF." — UKHJKZ
XTWPYHVLIH

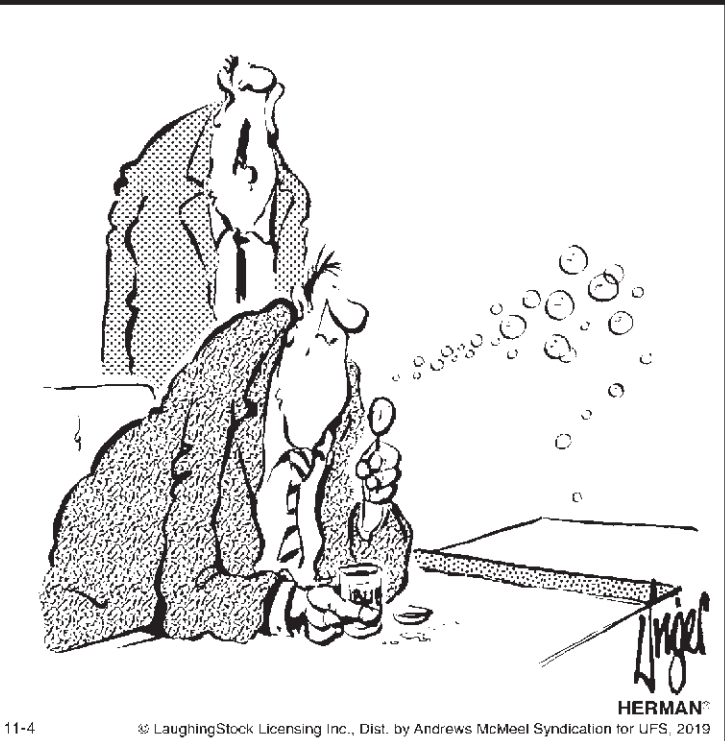
Previous Solution: "John Carpenter created the idea of 'Halloween,' so his vision remains the most focused ... of the series." — Donald Pleasence

TODAY'S CLUE: K equals G

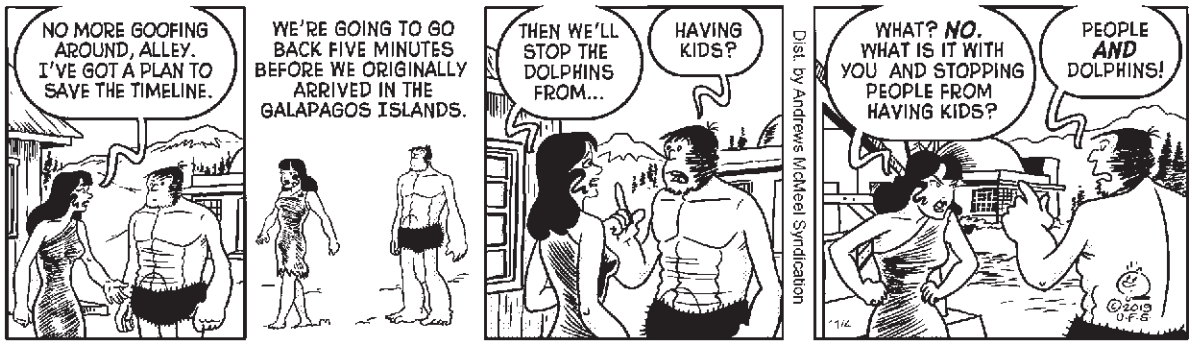
REALITY CHECK



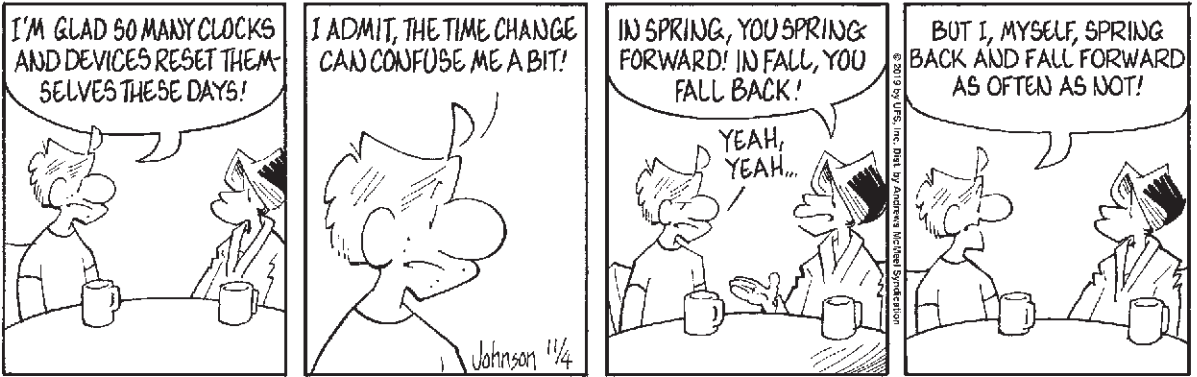
HERMAN



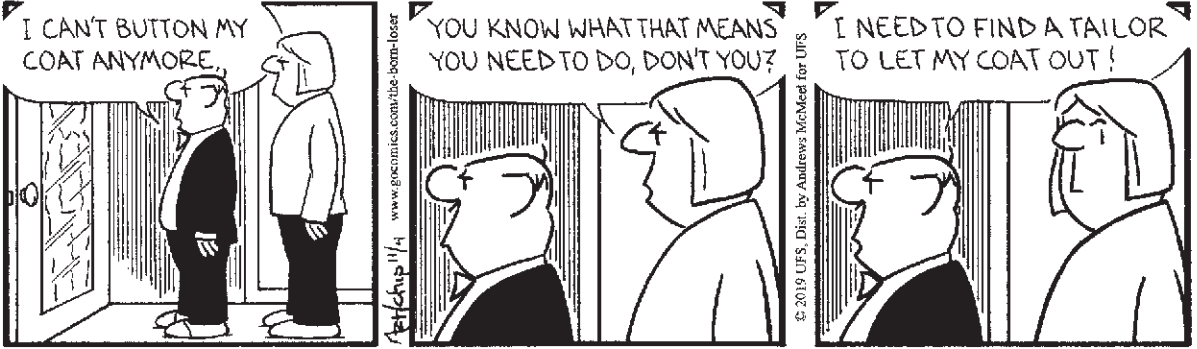
ALLEY OOP



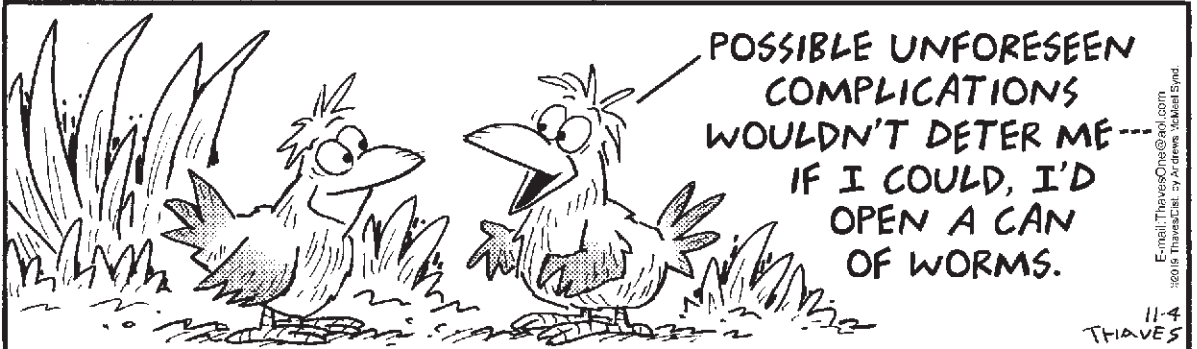
ARLO & JANIS



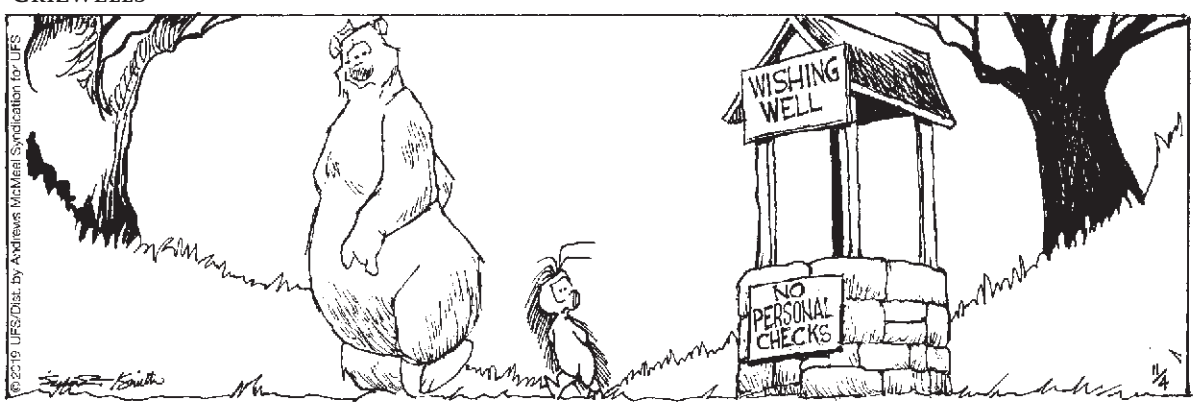
THE BORN LOSER



FRANK AND ERNEST



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**Today in History for Nov. 4:
On this date:**

In 1809, the steamer "Accommodation," the first on the St. Lawrence, arrived at Quebec from Montreal. The trip took 66 hours at a speed of five knots but 30 hours were spent at anchor. The fare was \$8.

In 1838, Robert Nelson and Cyrille Hector Octave Cote launched a second rebellion in Lower Canada (now Quebec). The rebellion, which followed the previous year's failed French uprising, was encouraged by American sympathizers but lasted only five days.

In 1847, composer Felix Mendelssohn died in Leipzig, Germany, at age 38.

In 1862, American Richard Gatling received a patent for his rapid-fire gun — the forerunner of the modern machine gun.

In 1873, Scottish immigrants Alexander Dennistoun and John and David Sidey founded North America's first golf club — the Montreal Golf Club. With Queen Victoria's permission, it was renamed the Royal Montreal Golf Club 11 years later.

In 1879, it was ruled that the Queen or the governor-general had the sole right of appointing Queen's Counsels.

In 1880, the first cash register was patented by James and John Ritty of Dayton, Ohio.

In 1889, large deposits of coal were discovered in Nova Scotia.

In 1911, Galbraith Rodgers arrived at Pasadena, Calif. — completing the first transcontinental flight, which began on Sept. 17th in New York.

In 1916, Walter Cronkite, the premier TV anchorman of the U.S. networks' golden age, was born in St. Joseph, Miss. He was the face of the "CBS Evening News" from 1962-81, when stories ranged from the assassinations of President John F. Kennedy and the Rev. Martin Luther King Jr. to racial and anti-war riots, Watergate and the Iranian hostage crisis. He reported a tumultuous time with reassuring authority and came to be called "the most trusted man in America." He died of cerebral vascular disease on July 17, 2009.

In 1922, King Tutankhamen's tomb was discovered by British archeologist Howard Carter. Tutankhamen was an Egyptian pharaoh of little importance during the middle of the 14th century B.C. He is renowned due to the discovery of his almost intact tomb, which took eight years to excavate and contained magnificent treasures.

In 1924, Nellie T. Ross of Wyoming was elected the first female governor in the U.S. — to serve out the remaining term of her late husband, William B. Ross.

In 1942, during the Second World War, Axis forces retreated from El Alamein in North Africa in a major victory for British forces commanded by Lieutenant General Bernard Montgomery.

In 1944, the Allies announced that Greece had been liberated from the Nazis during the Second World War.

In 1946, the United Nations Educational, Scientific and Cultural Organization (UNESCO) was established.

In 1952, Gen. Dwight Eisenhower was elected Republican president of the United States.

In 1956, Lester Pearson, then external

affairs minister, proposed a special UN peace-keeping force to ease the British and French out of Egypt. The plan was approved by the UN General Assembly and Pearson was rewarded with the Nobel Peace Prize in 1957. He served as prime minister from 1963-68.

In 1956, Soviet troops moved into Hungary to crush a week-old anti-communist revolution.

In 1960, Justice Minister Davie Fulton announced a 15-year program to rehabilitate prisoners in federal penitentiaries. The workday for convicts was increased to seven hours and they were allowed to spend evenings socializing, participating in sports or just watching television.

In 1966, direct air service began between Montreal and Moscow.

In 1966, Defence Minister Paul Hellyer introduced legislation to amalgamate the army, navy and air force under the umbrella of the Canadian Armed Forces. The bill became law Feb. 1, 1968. (In August 2011, Ottawa restored the historic names to the Royal Canadian Navy and the Royal Canadian Air Force. Land Force Command was renamed the Canadian Army.)

In 1977, the Security Council ordered a world-wide embargo on the supply of arms and military material to South Africa because of that Government's repressive racial acts against its black population.

In 1979, Muslim students captured more than 50 Americans at the U.S. embassy in Tehran. Backed by the Ayatollah Khomeini, the students held the Americans hostage for 444 days to pressure the U.S. to return the deposed Shah of Iran.

In 1980, Ronald Reagan won the White House as he defeated U.S. President Jimmy Carter by a strong margin.

In 1985, the Canadian Red Cross began testing blood for HIV, the virus linked to AIDS.

In 1988, U.S. President Ronald Reagan signed legislation enabling the United States to ratify the United Nations Genocide Convention.

In 1990, Prime Minister Brian Mulroney offered an apology to Canadians of Italian origin forced to live in internment camps during the Second World War.

In 1993, Jean Chretien was sworn in as Canada's 20th prime minister. A few hours after assuming office, he cancelled the previous Conservative government's controversial \$4.8-billion EH-101 helicopter deal.

In 1995, Israeli Prime Minister Yitzhak Rabin was shot to death by a right-wing Jewish extremist, Yigal Amir, after having addressed a peace rally attended by more than 100,000 people in Tel Aviv.

In 1997, Mordecai Richler won Giller Prize, Canada's richest literary award, for his novel "Barney's Version."

In 1997, in a landmark decision, a New Brunswick court ruled that aboriginals own the crown lands and forests of New Brunswick.

In 1999, the federal government approved the so-called morning-after pill, to be taken following unprotected sex to reduce the chances of an unwanted pregnancy.

In 2001, former Quebec cabinet minister Gerard Tremblay was elected the first mayor of the amalgamated city of Montreal. (In 2012, he resigned in the midst of a construction cor-

ruption scandal.)

In 2002, the U.S. expanded the war on terror with its first overt attack on suspected al-Qaida operatives outside Afghanistan. A CIA missile strike killed the top al-Qaida operative in Yemen and five others in their car.

In 2002, the Yukon Party was elected to a majority government with Party leader Dennis Fentie becoming the Yukon Territories first premier to come from outside Whitehorse. The party won 12 of the Yukon's 18 ridings.

In 2003, M.G. Vassanji, who won the first Giller Prize in 1994, became the first two-time winner with his novel "The In-Between Life of Vikram Lall."

In 2007, King Tutankhamen's face was bared to the public, the first time the iconic pharaoh had been displayed since he was buried in a golden tomb around 1323 BC.

In 2008, Democrat candidate Barack Obama, 47, become the first African-American president in U.S. history. He defeated Republican John McCain, 72, in a landslide — winning more than 335 of the 538 Electoral College votes. Massive turnout delivered about 136.6 million votes, the second-highest number in the modern era cast for a U.S. presidential election.

In 2008, Michael Crichton, the million-selling author of such historic and prehistoric science fantasies as "Jurassic Park," "Timeline" and "The Andromeda Strain," died of cancer in Los Angeles at age 66. In 1994, he also created the award-winning TV hospital series "ER."

In 2010, Sparky Anderson, the first manager to win World Series titles in both leagues and the only manager to lead two franchises (Detroit, Cincinnati) in career wins, died from complications of dementia at age 76.

In 2011, Andy Rooney, the curmudgeonly commentator who spent more than 30 years wryly talking about the oddities of life for "60 Minutes," died from complications after minor undisclosed surgery. He was 92. Only a month earlier, he gave his final commentary on television's favourite newsmagazine.

In 2015, Liberal Leader Justin Trudeau was sworn in as Canada's 23rd prime minister and named a 30-member cabinet that was predominantly young, ethnically diverse and the first gender-balanced in Canadian history. Bill Morneau became the first political rookie to take on the finance portfolio since 1919 and Jody Wilson-Raybould was the first aboriginal person to be sworn in as justice minister.

In 2017, four years after he walked away from the UFC for a mental breather, Canadian Georges St. Pierre returned to the octagon and defeated Michael Bisping by submission to capture the middleweight championship at UFC 217 at Madison Square Garden in New York.

In 2018, The tiny Pacific territory of New Caledonia voted by 56 per cent to remain part of France in a long-awaited independence referendum. It was the first of three possible referenda on the territory's future.

In 2018, Brash American shareholder activist Evelyn Y. Davis, who owned stock in more than 80 public companies and rarely failed to make her presence known at corporate-investor meetings, died in Washington at the age of 89.

(The Canadian Press)

NEA Crossword Puzzle

ACROSS

- 1 Rotating machine part
- 4 Sir, in Portugal
- 7 Groupie
- 10 Bullring shout
- 11 Embankment
- 13 Ms. Thurman
- 14 Loud noise
- 15 Mountain-eer's aid (2 wds.)
- 16 Sassy talk
- 17 Chinese dumpling
- 19 Rhythmic throb
- 21 Above, to a bard
- 22 Record
- 23 Henry VIII's house
- 26 Laundromat fixtures
- 30 Like — — of bricks
- 31 Florid
- 32 Summer Games org.
- 33 Trail behind
- 34 Raises
- 35 Ms. Bombeck
- 36 Lab worker
- 39 Capable
- 40 Kitchen pest
- 41 Cry of disgust
- 42 Somersaults
- 45 A wood stain
- 48 Mr. Fleming
- 49 Wash away
- 51 Fill-in
- 53 Skippy rival
- 54 Worn out
- 55 Cousteau's summer
- 56 Witness's vow (2 wds.)
- 57 Avg. size
- 58 Hurry
- DOWN
- 1 Male swan
- 2 — — unto itself
- 3 Office note
- 4 Furnishings
- 5 Pie baker
- 6 — culpa
- 7 Out of room

Answer to Previous Puzzle

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

- 8 "Jake's Thing" writer
- 9 Collar site
- 11 Metric measure
- 12 World fairs
- 18 Time to eat
- 20 Snort of disgust
- 22 Youngsters
- 23 Soapstone
- 24 Ogden locale
- 25 Ruler of Venice
- 26 Showed distress
- 27 Dublin's land
- 28 Frolic
- 29 Jazz genre
- 31 Used car worry
- 35 Jeannie portrayer
- 37 Page of an atlas
- 38 Picture in a picture
- 39 Caught cold
- 41 Grew dim
- 42 South Seas locale
- 43 Set down
- 44 Facts
- 45 Got threadbare
- 46 Opportunist
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Your Birthday

MONDAY, NOVEMBER 4, 2019

Tread carefully when it comes to change. There is no need to be impulsive, even if others are pushing you. This is a year to stay calm, bide your time and work for long-term results instead of jumping aimlessly from one thing to another. Settle down and settle in.

SCORPIO (Oct. 24-Nov. 22) — Rely on your experience, charm and knowledge to help you take advantage of a chance to embark on an adventure. A mix of old and new is favored.

SAGITTARIUS (Nov. 23-Dec. 21) — Look over personal documents and update any that are ready to expire. Staying on top of deadlines and paying attention to the details will also encourage you to take better care of your health.

CAPRICORN (Dec. 22-Jan. 19) — Upgrades can be made. A domestic change will lift your spirits and ease stress. A service you can offer from home will bring in extra cash.

AQUARIUS (Jan. 20-Feb. 19) — Use your physical attributes to your advantage. A personal gain is possible if you take action. Romance is on the rise, and your intentions will help you make a decision.

PISCES (Feb. 20-March 20) — Look inward, explore your feelings and make adjustments to the way you handle your money. A positive outlook will help you reinvent what you have to offer.

ARIES (March 21-April 19) — Do your best to make a difference, but don't let

anyone take advantage of you. Looking out for your financial interests in a joint venture will be necessary.

TAURUS (April 20-May 20) — Step up, make things happen and don't look back or let someone's emotional manipulation stand in your way. A joint venture will have strings attached. Proceed with caution.

GEMINI (May 21-June 20) — Explore your options, and don't be afraid to make an adjustment to the way you do things or how you move forward. A better position, partnership or schedule will make a difference.

CANCER (June 21-July 22) — A different perspective on how you handle matters or whom you deal with will encourage you to speak up on someone else's behalf. Your concern will be noted and respected.

LEO (July 23-Aug. 22) — Sit tight, be observant and pour your energy into something constructive or healthy. Exercise and diet should be priorities if you want to look and feel your best.

VIRGO (Aug. 23-Sept. 22) — Get involved in activities that involve older or younger family members. The support and help you give others will lead to positive lifestyle changes for everyone.

LIBRA (Sept. 23-Oct. 23) — If you look on the bright side, you will figure out a way to sidestep someone difficult or demanding. How others react to your maneuver will prompt you to expand your interests and friendships.

MONDAY, NOVEMBER 4, 2019

No guarantee, but a favorite

By Phillip Alder

W. Somerset Maugham, in "The Razor's Edge," wrote, "The fact that a great many people believe something is no guarantee of its truth."

The fact that everyone agrees a play is correct isn't always a guarantee of its success. In today's deal, what should East do? Against three no-trump, West leads a fourth-highest diamond six to dummy's bare ace.

Despite his weak hearts, North was right to try to find a 4-4 fit in the suit given his singleton.

Declarer, hoping to win at least two spades, two hearts, one diamond and four clubs, will probably cross to hand in a major and run the club eight (or jack). If the finesse wins, he has at least one overtrick in his future. If the finesse loses, perhaps the defenders can take only three diamond tricks, the suit splitting 4-4. Or, as here, maybe they will take only two diamond tricks because the suit blocks.

Well, it blocks if East plays his diamond three at trick one. But if he and his partner have the sensible agreement that leading fourth-highest guarantees an honor in the suit, East should realize that one of his court cards is unnecessary. At trick one, he must sac-

		North		11-04-19
		♠	8 6 5	
		♥	9 6 3 2	
		♦	A	
		♣	A Q 10 9 7	
West	♠	Q 7 4		
	♥	J 7 4		
	♦	Q 9 7 6 4		
	♣	5 2		
		East		
		♠	10 9 3 2	
		♥	Q 8 5	
		♦	K J 3	
		♣	K 6 4	
		South		
		♠	A K J	
		♥	A K 10	
		♦	10 8 5 2	
		♣	J 8 3	
		Dealer: South		
		Vulnerable: Neither		
South	West	North	East	
1NT	Pass	2♣	Pass	
2♦	Pass	3NT	All Pass	
Opening lead: ♦ 6				

rifice the jack (or king!). Then, when he gets in with the diamond king (or jack), he can lead the carefully conserved diamond three through declarer's 10-8 into the jaws of West's Q-9-7, permitting his side to collect one club and four diamonds.

It is true that South might have started with 10-9-x-x in diamonds, but then the contract could not have been defeated.