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MONDAY, OCTOBER 21, 2019

Parking proposal stirs up tension

By Gordon Lambie

In a press release issued on Friday, Sherbrooke's municipal services clarified the timeline and methodology used to determine the number of parking spaces for the planned Espace Centro development on Wellington Street South.

According to the publication, issued in advance of the public presentation and vote on the project this coming week, the minimum number of 650 parking spaces was outlined years ago through study of other similar municipalities and with an eye to future development in the sector, with the specific project proposed bumping that number to 715.

The release was published after Evelyne Beaudin, Councillor for the Carrefour District, shared a video on her Facebook page accusing the city of irresponsible planning with regard to the Espace Centro project. In the video the councillor argues that the project calls for more than 200 more parking spaces than are necessary for the district and claims that this difference is owed to the fact that the city has no real idea of its needs in the area.

While Beaudin's video acknowledges the fact that the current parking garage has reached the end of its functional lifespan, she argues that the additional spending committed to parking spaces should be used to support sustainable public transit solutions.

The counterargument presented by the city services is that the garage proposed is meant to serve the area for the next 100 years and will help to reduce the number of private and street parking options needed on what is hoped to be a more active urban street. They also point out that the proposed plan includes spaces devoted to bicycle parking, parking for electric vehicles, and carpooling spaces.

The city council is set to vote later today on the Espace Centro Project.

Grace Village recognizes donors, launches annual fundraising campaign



MATTHEW MCCULLY

Grace Village Care Foundation President with Norman and Philip Webster inaugurating the Webster Wing of Grace Village Pavilion. The inauguration was one of three that took place on Saturday to pay tribute to the foundation's major donors.

By Matthew McCully

Saturday was a big day at Grace Village. In addition to paying tribute to major donors by dedicating various spaces within the facility, the foundation launched its annual fundraising campaign under a new name.

Formerly the Dr. W. J. Klinck Foundation, the board of directors opted to change the name to the Grace Village Care

Foundation in an effort to more effectively communicate the foundation's mission to provide charitable support for the residents and projects at Grace Village.

During Saturday's inauguration and fundraising campaign launch, Grace Village Care Foundation President David Price explained that the legacy of founder Dr. W. J. Klinck would continue to be honoured through one of three funds

CONT'D ON PAGE 3

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TODAY:
SUNNY

HIGH OF 13
LOW OF ZERO



TUESDAY:
CLOUDY

HIGH OF 13
LOW OF 8



WEDNESDAY:
RAIN

HIGH OF 12
LOW OF 5



THURSDAY:
CLOUDY,
SHOWERS

HIGH OF 12
LOW OF 4



FRIDAY:
CLOUDY, 60%
CHANCE OF
SHOWERS
HIGH OF 10
LOW OF 2

Record numbers at second annual Seniors Day in Potton



THE SCOOP

MABLE HASTINGS

On Wednesday, October 16 from 9:30am to 4:00pm, seniors from Potton and Bolton-Est came out in record numbers for the 2nd Annual Senior's Day event held at Potton's Town Hall in Mansonville. Organized by the SAPA-Seniors Services Coordination Team of the Missisquoi North Volunteer Centre (CABMN), and the lunch funded by the Municipalities of Bolton-Est and Potton, the event included a day of workshops, information and fun.

The first workshop of the day was presented by Frederic-Alexis Marcil and his assistant Stephanie Neiderer hearing care specialists from Julie Rodier Audio-



COURTESY

prothesiste Inc. 10% of the global population is affected by a hearing loss. This workshop talked about ways of caring for your hearing and had 26 seniors in attendance. The second workshop was an initiation to Yoga on a chair and was presented by Marie Garon from the "Centre de Yoga l'etoile." The workshop introduced this type of yoga to all regardless of an individual's fitness level and 30 persons participated. The third workshop was animated by Lucie Blanchard from the electric bike company called, "La Bouffee d'Air." The workshop included a demonstration and the opportunity to try this new form of cycling using an electric bike. 10 participants joined Lucie in Parc Manson to give the bikes a try and great fun was had by all.

After the third workshop, 58 persons gathered for the lunch served compliments of the two Municipalities and prepared by Epicerie Jacques Ducharme (Richelieu) that consisted of sandwiches, salads, desserts and more... Before the meal, the group was addressed by SAPA Services Team Member, Monique Gilbert who welcomed all and expressed her gratitude at seeing so many eager participants in attendance. Martin Maltais, Director General of the Municipality of Potton welcomed the group to the Town Hall and extended his happiness in hav-

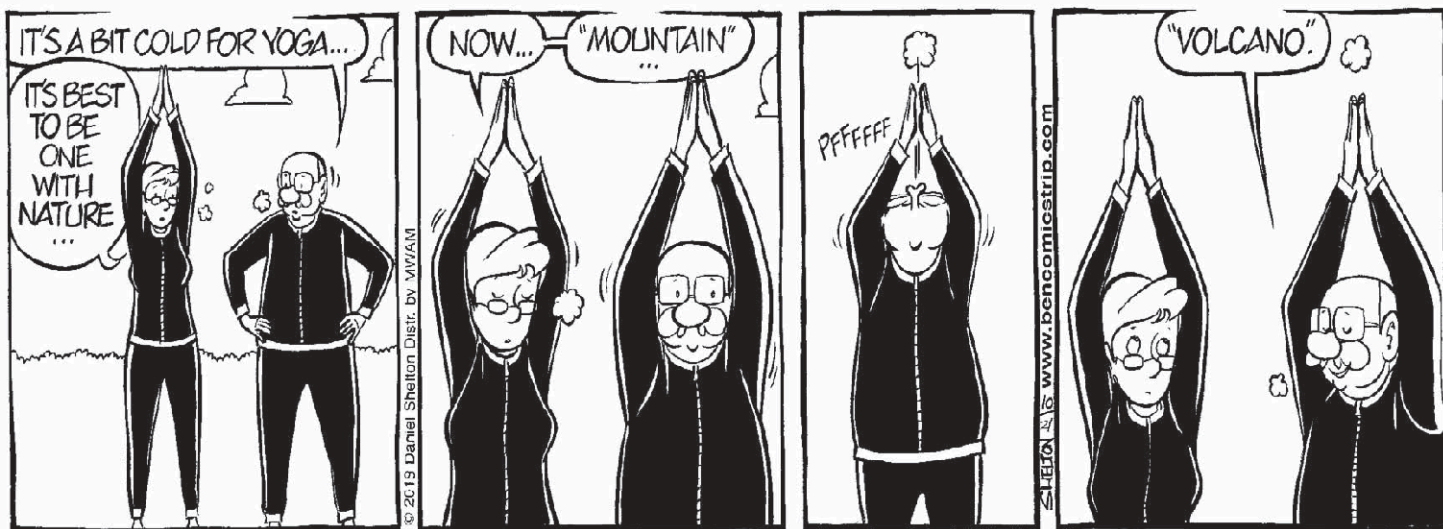
ing the group there. Potton Community Organizer, Trish Wood was also present throughout the day to lend a hand.

"The goal of this annual day is to recognize seniors and their importance and implication in community life," said Gilbert. "We are proud of our senior population and we want them to know it."

In the afternoon, the fourth workshop was animated by Krystelle Rivard from "ACEF-Association Cooperative Economie Familiale de l'Estrie" where the 26 in attendance were provided with information on preparing and planning for travelling. The final workshop was animated by Steeve Cote from the Surete du Quebec Police who spoke about good driving skills and shared information with the group of 29 in attendance. Certificates were presented recognizing the participation of all who took part. From the local grocery store to the youth centre at the other end of the town people were abuzz about the event. Those who shared in the day were extremely happy with the activities organized and available. For Monique Gilbert and Angelle Laplume, who organized and animated the day, it was another joyous exchange with some extremely inspiring and motivated seniors.



Ben by Daniel Shelton



LOCAL NEWS

In 2018, each Quebecer recycled an average of 2.6 kg, that's over 21,000 tonnes of products recycled or directed for reuse.

My Take: By Gordon Lambie

Elections are tense times. Whether around the dinner table or in the always-risky territory of online commentary, political opinions get dialed up to ten when a vote is on the horizon and it becomes easy to lash out.

On this election day, let's all take a moment to breathe and remember: no matter what happens tonight, you're still going to wake up in Canada tomorrow. There will be happy people and there will be people who are upset or

confused. All these people are your neighbours.

The more we think of each other as enemies, the less open we are to constructive conversations. Imagine what could happen in a Canada where every

decision on the environment wasn't east versus west, or a Quebec where English and French each value the other's culture.

Voting is only one way we define who we are as a country.

Electronics waste reduction week coming up

Record Staff

According to a recent survey conducted by the firm CROP, 62 per cent of Quebecers have end-of-life electronics in their homes. Since significant quantities of raw materials such as palladium, gold, silver, and copper that could be used to make new products are left unused in many Québec households, the Electronic Products Recycling Association of Québec (EPRA-Québec), is inviting the population to take action for Québec Waste Reduction Week which runs from Oct. 19 to 27. Individuals who want to recycle their old electronics can bring them, free of charge, to any one of the close to 1,000 authorized drop-off points across the province.

Again this year, scientist Martin Carli is collaborating with EPRA-Québec to raise awareness among citizens about

the importance of safely recycling their old electronics. "At this time when many of us want to do better and more for our planet, we can ask ourselves: why hold on to our old electronics? Because we haven't yet had the time to do something about them? We haven't yet decided what to do with them? We are accumulating them until we are ready to clean out the house? Whatever the reason, now is the time to recycle them," Explained Carli. "It is impossible to imagine our lives without electronic devices, and that's why it's essential that we dispose of them responsibly and ecologically. These products should never end up in the garbage, the recycling bin or at the curbside! By bringing your old electronics to an authorized drop-off point, you can enjoy peace of mind, knowing that they will not be sent to landfills or illegally exported, but rather will be re-

cycled in an environmentally respectful way."

Though a great number of Quebecers still have electronics they no longer use at home, many still take part in EPRA-Québec's Recycle My Electronics™ program.

In 2018, each Quebecer recycled an average of 2.6 kg, that's over 21,000 tonnes of products recycled or directed for reuse. These devices include, among others, televisions, laptops, desktop computers, computer accessories, printers, tablets, cellular and non-cellular phones, DVD/Blu-Ray players, portable music players, digital cameras and video-game consoles. In total, there are more than 150 types of products accepted by the Recycle My Electronics™ program.

EPRA-Québec takes charge of all electronics brought to its authorized drop-off points, including several municipal

eco centres, many retailers as well as other organizations and companies. The devices are then sent to certified and approved companies that are compliant with Canadian standards, which ensure that they are handled in an environmentally-friendly way while minimizing risks to health and safety. Once the products are dismantled, component materials such as metals, plastics and glass are sorted, recovered, conditioned and reused to make new products, therefore preserving non-renewable natural resources.

To find an authorized drop-off point in Québec, to see the complete list of accepted products, or to get more information on electronics recycling, go to the website www.recycleMYelectronics.ca/qc.

Wellington north to reopen

Record Staff

After weeks of being closed to traffic, the City of Sherbrooke is advising the population that Wellington Street North is scheduled to reopen on Monday afternoon. The move is expected to ease some of the traffic pressure on other nearby roads that has been accentuated by the simultaneous

closure of both Wellington and Grandes-Franches Streets this fall.

Although the main street was planned to reopen earlier, significant rainfall as well as a gas leak and water main break in the area delayed the already extensive work underway. If all proceeds as planned, the equipment and fences set up on the street should be removed by the afternoon.

It is worth noting that because of the aforementioned water main break, the businesses and residences on Wellington Street between Meadow and Albert Streets, as well as those on Meadow, Webster, and Albert streets will be without water for most of the morning today.

Partial road closures are to be expected on Wellington in the coming weeks as the work on Meadow is fin-

ished up. During these periods traffic will still be able to pass in one direction at a time with the help of flag people.

As a result of the end of the complete closure, the temporary free parking offered by the city in the surrounding area will also be ending.

Grace Village

CONT'D FROM PAGE 1

established under the framework of the newly named foundation.

The three funds will include the Grace Village Advancement Fund for the capital campaign, the Grace Village Better Living Fund for projects at the facility and the Dr. W. J. Klinck Resident Subsidization Fund to help with the cost of care for those who cannot afford it or who outlive their resources.



Paul Reed, Reg Allatt, David Price and Andrea Eastman, inaugurating the Global Excel Wing at Grace Village.

Over the course of the last year, Grace Village has begun the process of dedicating spaces within the facility to major donors.

On Saturday, the memory care wing (Wing C) was named the Global Excel Wing.

The light nursing care wing (Wing A) was named the Webster Wing, paying tribute to the Eric T. Webster Foundation, the R. Howard Webster Foundation, and Norman and Pat Webster.

The name of longstanding Lennoxville community member George MacDougall now resides above the dining room in the Webster Wing.

"This is such an incredible day," commented Price, during the ribbon cutting.

"There is such strong support. Finally there is a name there to show what they have done for the community," Price said.

Regarding the fundraising campaign, Price said there is still another \$1.4 million to raise to cover the \$15 million price tag for the new facility. The foundation also set a goal of \$250,000 to bolster the Dr. W. J. Klinck Resident Subsidization Fund.

During the reception on Saturday, Grace Village Executive Director Doug Bowker shared some of the projects on his wish list to improve the quality of life of

residents at the residence. Among the projects was a plan to upgrade the memory care (Global Excel) wing to provide a more stimulating environment for residents. Bowker would also like to build a greenhouse near the facility, upgrade the chairs in the great hall to better accommodate the range of activities that take place there, and continue adding ceiling lifts to each of the rooms. According to Bowker, Grace Village is also in need of a new lawn tractor before the spring.



George MacDougall (centre) standing in the dining room at Grace Village that now holds his name.

Jean Byrns: Wheelchair athlete pioneer (1933-1983)

Jean-Marie Dubois-Université de Sherbrooke
Gérard Coté-Lennoxville-Ascot
Historical and Museum Society

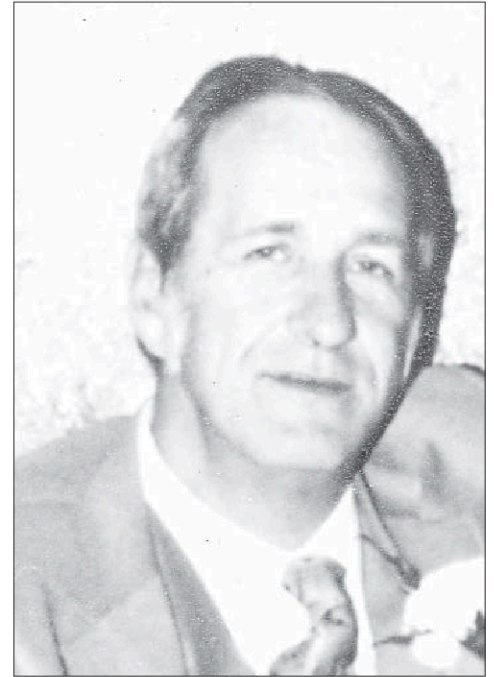
The service building in Sherbrooke's André-Viger Park was built in 1993. In 2007, Sherbrooke Town Council named it for Jean Byrns, a wheelchair athlete who excelled both in Quebec and Canada. Destroyed in 2012 by a suspicious fire, the building was rebuilt in 2014.

Jean Byrns was born in 1933 at Vimy

Ridge, near Thetford Mines. He was the son of Irma Lessard and of Donat Byrns, a Thetford Mines miner. Jean Byrns first worked as miner, then as truck and bus driver, machinery repairer and welder. In 1956, he was hit by a vehicle while putting away his tools in the back of a truck and lost his two legs. But he persisted and in 1958 he married Clémence Gagné in Disraeli and they raised six children. After his marriage, he became an industrial designer and in 1964, started working in Sherbrooke for the ministère des Transports du Québec.

Jean Byrns started to go in for sports and in 1966 he became president of Bantam Hockey and then of Minor Hockey in Sherbrooke. In 1971, he became president of the Club de Loisirs pour handicapés de Sherbrooke, newly founded by Gérard Coté. Jean went on to practice many wheelchair sports, among which rifle shooting, track and field, volleyball, basketball and snooker. That same year, he took part in the track and field events in the regional Jeux du Québec games, which included handicapped competitors for the first time. He was a member of the Estrie team at the provincial finals in September in Laval Qc and distinguished himself as the best handicapped athlete of the event. In 1972, in Calgary, he competed in the Canadian National Games for the Handicapped. He won the silver medal in his category for the javelin throw and the gold medal for rifle shooting. In 1973, he returned for the Canadian Games in Vancouver and won the gold medal for rifle shooting in his category. In 1974, he was again on the Quebec Team at the Canadian Games in Winnipeg.

Jean Byrns was also the vice-president of Sherbrooke's Ateliers Polytech, workshops that enable handicapped persons to hold paying job. From 1972 to 1977, he was captain and coach in the Fleurimont softball league. And in 1977, he became president of the Fédération de



COURTESY OF JUNE BYRNS

balle-molle de l'Estrie. In 1976, he was honored as Ambassador of the City of Sherbrooke on the occasion of the launching of the Jean Byrns Foundation to aid physically handicapped athletes. In 1979, the Sherbrooke cercle de personnalité choose him as « Man of the year ». Finally, in 1981, he was awarded a special Meritas at the Gala Mérite sportif estrien. He died in 1983.



Club de Loisirs pour handicapés de Sherbrooke volleyball team in 1974 : Jean Byrns is number 3, with Gérard Coté standing at right.

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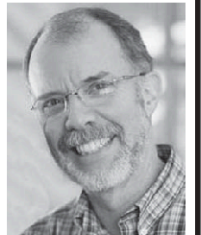
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School Page

St. Francis Elementary School

St. Francis Kindergarten Children visit Verger Lariviere

The St. Francis Kindergarten students visited Verger Cidrerie Larivière in St. Théodore D'Acton, Quebec on October 3rd. They enjoyed a day of apple picking,

running through the corn maze, playing on the giant play structure and tasting special apple snacks.

What a wonderful way to learn about apples!



Mrs. Sullivan's Recycling and Acts of Kindness Passion

Our passion group is responsible for the school recycling program and so much more! In the fall we will spend most of our block outside getting fresh air and exercise as we take on an

act of kindness including garbage pickup, raking leaves, and picking up stones. On a really rainy day we will brainstorm other acts of kindness and begin problem solving to put them in motion.



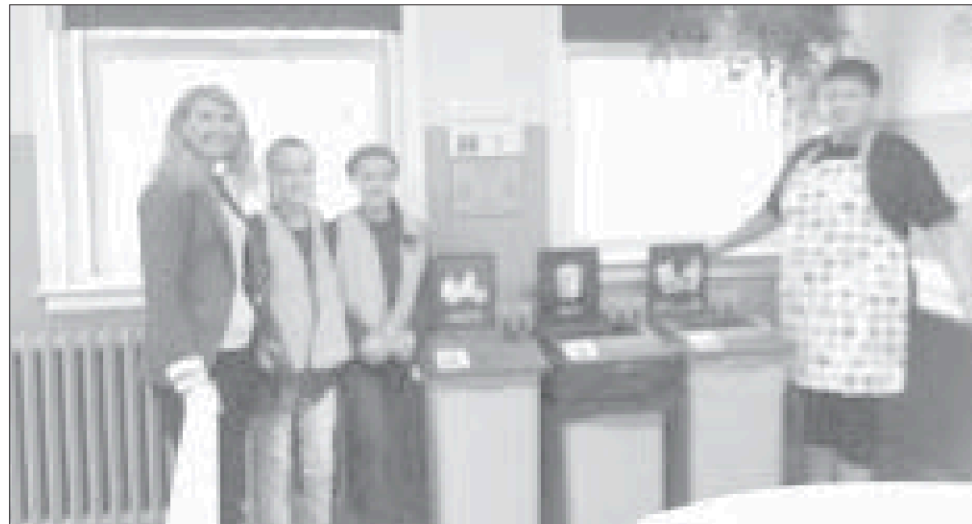
Reduce, Reuse, Recycle!

Reduce, Reuse, Recycle! St. Francis is doing its part to follow these three R's! Thanks to funds from the Richmond et Ses Jeunes organization along with school monies, our St. Francis cafeteria purchased a three bin organizer so

that compost, recycled materials and waste can now be sorted on the spot! Shirley, the cook and caretaker of the cafeteria, said that instead of the usual two bags of garbage that got taken out daily, we are now down to ONE BAG PER WEEK! There is one bag of compost per

week as well and the rest is all recyclable materials! Well done St. Francis! There is a team of students from grade 5 and 6 that help to oversee the cleaning of the containers and to help the younger students with the sorting. Great job team Leaders!

Also each week the "passions recycling students" sort and recycle materials for the whole school! We are on the right track! St. Francis can be proud that they are doing their part to make a difference!



October 9 was a Perfect Day for our Regional Soccer Tournament

The St. Francis Elementary School soccer teams were in action on Wednesday, October 9 at the Rich-

mond Regional High School. Both boys and girls team were playing and both teams made it to the finals! We wish to

thank Brendon Robinson and Xavier Poirier for volunteering their time to referee the tournament games. It was very

much appreciated.



Congratulations to this very young team who only had two Grade 6 girls! The St. Francis soccer teams are in very good hands for the upcoming years!



The boys' team won one and lost one before going to the semi-final. After a great win, they were headed to the final. After a very close first half, the boys were still playing some great soccer. The second half was a little harder for the St. Francis team, which finally fell to the ADS team. Congratulations ADS boys!

The girls' team won both of their preliminary games and headed directly to the finals. The St. Francis team benefitted from playing one less game, as they had no substitute players to help them out. After a close first half where the girls had many chances to score, but only one goal, they were ready to start the second half of their last game. The St. Francis girls' team managed to score some very important goals! They won the tournament. Congratulations.

EDITORIAL

That scenario for the advent of America's first woman president may or may not be as likely as the actual election of a first woman.

Does Canada have a plan for President Elizabeth Warren?



PETER BLACK

What better way to avoid talking about an election whose results are unknown as of this writing than to talk about another election - to wit, the one down south?

Whichever party ends up attempting to govern Canada over the next stretch of history will need to contend with whomever American voters choose as president in a year's time.

Yes, yes, your scribe was among the deluded fools who refused to believe it was possible Donald J. Trump could be elected leader of the free world - albeit with three million fewer votes than Hillary Clinton. Not even the Donald himself, apparently, expected to win.

But enough about president #45. What about 46? Or 47, if 45 doesn't make it to election day 2020 and needs to be replaced. Incidentally, a bizarre scenario is out there: should Vice-President Mike Pence be sucked into Trump's impeachment vortex, the next person in the line of succession would be none other than Nancy Pelosi, Speaker of the House of Representatives.

That scenario for the advent of America's first woman president may or may not be as likely as the actual election of a first woman. Based on the new normal that just about anybody can be elected to the highest political office - a ready and ironic example besides Trump is Ukrainian President Volodymyr Zelensky, a TV star who played an unlikely president - let's say any of the female sur-

vivors on Democratic Island could find themselves the first ovaries in the Oval Office.

If America really wants a woman, there are several able candidates to choose from. There's Westmount High School-educated former California attorney general Kamala Harris; former army officer and current Hawaii Congresswoman Tulsi Gabbard; Minnesota senior Senator and former prosecutor Amy Klobuchar; and last, but definitely not least, Massachusetts Senator Elizabeth Warren.

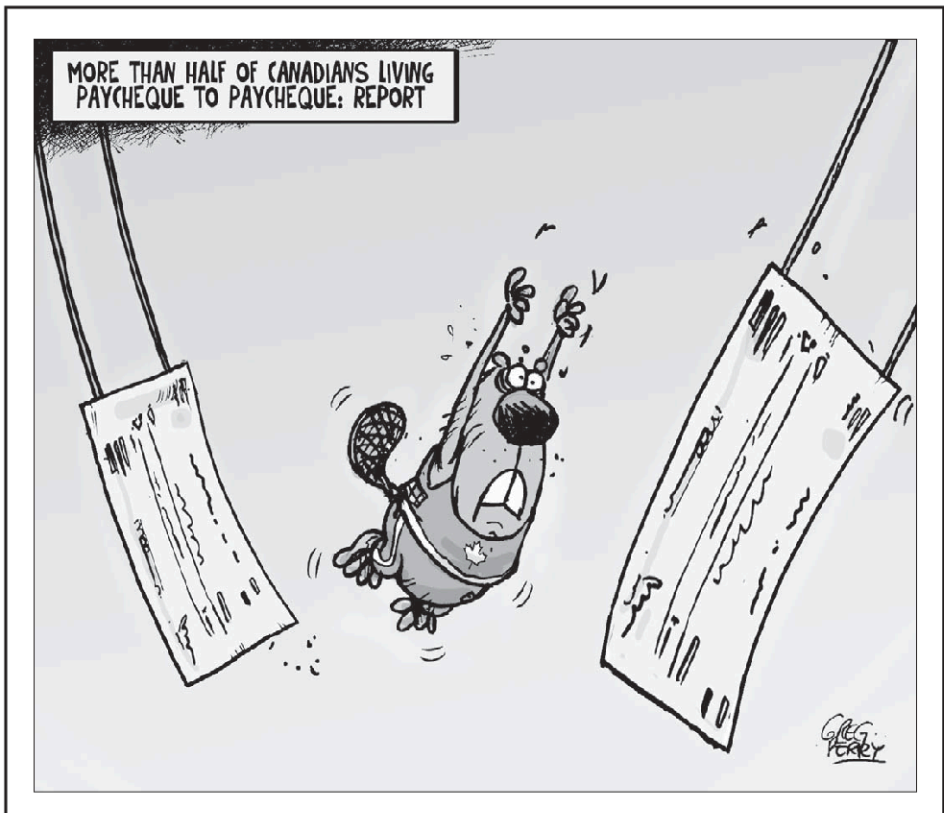
In fact, according to some polls after last week's candidates' debate, Warren has now eclipsed former vice-president and lifelong politician Joe Biden as the frontrunner in the quest for the nomination. Reports say she also is in a strong position to win the Iowa caucuses in February, the first big test in the primary marathon leading to the Democratic National Convention in Milwaukee, Wisconsin, in July.

Should Warren win the Dem nod, my iffy grasp of American history informs me she would be the most left-leaning presidential candidate since 1972 when Sen. George McGovern won all of 17 electoral votes - Massachusetts and the District of Columbia. He lost to Richard Nixon, whose impeachable misdeeds, according to reluctant Watergate whistleblower John Dean, make him look in retrospect like a "choir boy" next to the doings of Trump.

Ignoring, for the moment, the question of how Warren would fare in a showdown with Trump, assuming he is still the Republican nominee come November, 2020, what might a Warren presidency mean for Canada?

The most obvious question might be what would she do about trade agreements. Warren was not a fan of NAFTA and she is not a fan of the hard-wrought successor to that three-country deal, CUSMA (or USMCA down south).

Unlike Trump, though, Warren's concern about trade agreements, according



to an analysis in The Hill, is they "fail to fulfill their promise. Trade agreements are supposed to do more than just trade promotion. They are also about setting standards across a wide variety of trade-related issues, including labor rights and environmental protections. In Warren's view, efforts to improve working conditions and environmental standards have been futile."

Whether Warren's ethical concerns - which seem more targeted at Mexico -

would be enough to cause her to rip up CUSMA is purely hypothetical at this point, but you can be sure some folks in the bowels of the bureaucracy in Ottawa are already working on draft briefing notes on how to respond to a president-elect Warren.

Elizabeth Warren likes to say she has a plan for everything if she becomes president; does Canada have a plan for her?

Letters

DEAR EDITOR,

I was very pleased to read that the family of Marge Lancaster had found a peaceful, serene place for her memory garden. I hope her family can start to heal. This family and people like them are what make this community a great place to live. Marge and her sister-in-law, Mona McGee were leaders when my daughter was in Brownies and I remember her telling me how much she enjoyed both of them. They gave up many hours and much energy to help with many projects. It's people like them that help us shape our children so that they grow up to be decent and kind human beings.

KATHLEEN LYNCH
RICHMOND QC

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The Record was founded on February 9, 1897, and acquired the Sherbrooke Examiner (est. 1879) in 1905 and the Sherbrooke Gazette (est. 1837) in 1908. The Record is published by Alta Newspaper Group Limited Partnership.

PM#0040007682

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THE RECORD

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Local Sports

Of the 128 curlers, 40 were new to curling!

Borough of Lennoxville Bonspiel

The Lennoxville Curling Club concluded the 24th annual Borough of Lennoxville Bonspiel on October 19th. This bonspiel is an event to raise money for local charities and this year the Borough of Lennoxville choose Mon Shack, a residence on College Street dedicated for persons with mental health issues. Mon Shack received \$1,000 through the generosity of 128 participating curlers and the generosity of

many of Lennoxville's local businesses. Of the 128 curlers, 40 were new to curling!

In the final matches: Jeff Cheal skipped his team to victory over Zachary Griffiths-Julien's team to take the Borough of Lennoxville Main Trophy while on sheet 2, Diane Bourque's TechnoPub Team was defeated in an extra end to give up the Consolation Trophy to Team Marc Richard.



PHOTOS BY ALLAN ROWELL AND PAT SLAMA


Champions A winners:
back (left to right) Team Cheal: Robyn Priest, Lina Rivett, Mark Humphries and (skip) Jeff Cheal. Front (left to right) Team Griffiths-Julien: Justin Gobeil, Jessie Robinson and (skip) Zachary Griffiths-Julien.



Consolation B winners:
back (left to right) Team Richard: Marc Richard (skip), Daniel Gagnon and Langis Simard sparing for Shawn Loiselle (missing, Martin Morissette).
front (left to right) Team TechnoPub: Diane Bourque (skip), Christian DePassillé, Louis Duval and Donald Blood.




Club President Ralph Fanning, Josée Parent (director of Mon Shack) and Borough of Lennoxville President Claude Charron.



DONALD
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Death



Thomas Nelson Beaton (Tom)
March 28, 1951 – Oct. 12, 2019

Peacefully at the Northumberland Hills Hospital in Cobourg, Ontario on Saturday, October 12, 2019, Tom Beaton, formerly of Dixville, Quebec, at 68 years of age.

Dear father of Shawn Beaton and Christopher Beaton and step-father of Ian Trew and Angela Chow (David). Grandfather of Niko, Lucy, Audrey, Kayin, Issabel, Lillian "Lily", and Joe. Loving brother of the late Barbara Jean Beaton (the late Dale Smith), Susan Beaton, Helen Beaton, Peggy Beaton (Haigo Tikiryan), the late Shirley Beaton, Jamie Beaton (Marie), Nancy Beaton (Rob Palfrey). Missed by his many nieces and nephews. Also missed by life-long friends Barbara Beaton and Betty Russell-MeHarry.

Cremation with interment of cremated remains at Cobourg Union Cemetery. A Celebration of Life Gathering will be held at the MacCoubrey Funeral Home Reception Centre on Wednesday, October 23, from 1 to 4 p.m.

Those wishing may make a memorial donation to the A.L.S. Society.

Death



Gloria Joan Dougherty (Nee Hodge)
1936-2019

Passed away peacefully at the CHUS Hôtel-Dieu on Wednesday, October 16, 2019 at the age of 83. Beloved wife of Henry Dougherty and dear mother of Robert (Michelle), Randy (Sylvie). Richard (Janet), Karen (Pierre), Shelley (Marie-Claude), and Tracie. She was the grandmother of 12 grandchildren, 19 great-grandchildren and 1 great-great-grandchild. Joan was predeceased by her mother Eva Hodge and her brother Stanley Hodge.

Visitation will take place at the Cass Funeral Home, 50 Craig St., Cookshire, Qc. on Tuesday, October 22, 2019 from 2 to 4 and 7 to 9 p.m. A funeral service will be held on Wednesday, October 23, 2019 at 2 p.m. at the St. Paul's Anglican Church (558 Main St. Bury). Interment to follow at the Eaton Cemetery. In lieu of flowers, donations to Parkinson Estrie, 300, rue Conseil, Local 333, Sherbrooke, QC J1G 1J4 or to Osteoporosis Canada, 1200 Eglinton Ave. East Suite 500, Toronto, ON M3C 1H9 would be appreciated.

CASS FUNERAL HOMES
 50 Craig St., Cookshire QC
 PHONE: 819-564-1750
 FAX: 819-564-4423
 www.casshomes.ca

Datebook

MONDAY, OCTOBER 21, 2019

Today is the 294th day of 2019 and the 29th day of autumn.

TODAY'S HISTORY: In 1879, Thomas Edison successfully tested an electric lightbulb.

In 1892, the original "Pledge of Allegiance" was recited by an estimated 12 million schoolchildren across the United States in honor of the 400th anniversary of Columbus' voyage to the New World.

In 1959, the Guggenheim Museum opened in New York City.

In 1967, more than 35,000 anti-war protesters stormed the Pentagon, resulting in nearly 700 arrests.

TODAY'S BIRTHDAYS: Samuel Taylor Coleridge (1772-1834), poet/essayist; Alfred Nobel (1833-1896), inventor/arms manufacturer; Dizzy Gillespie (1917-1993), jazz musician; Celia Cruz (1925-2003), singer; Whitey Ford (1928-), baseball player; Ursula K. Le Guin (1929-2018), author; Judy Sheindlin (1942-), judge/TV personality; Benjamin Netanyahu (1949-), Israeli politician; Car-

rie Fisher (1956-2016), actress/writer; Ken Watanabe (1959-), actor; Kim Kardashian (1980-), model/socialite.

TODAY'S FACT: While there are no posthumous nominations for the Nobel Prizes, they can be awarded posthumously if the winner dies before the Dec. 10 ceremony.

TODAY'S SPORTS: In 1975, Red Sox catcher Carlton Fisk hit a home run that glanced off the foul pole at Fenway Park in Boston, giving the Red Sox a 12th-inning victory over the Cincinnati Reds in Game 6 of the World Series.

TODAY'S QUOTE: "And the Devil did grin, for his darling sin / Is pride that apes humility." — Samuel Taylor Coleridge, "The Devil's Thoughts"

TODAY'S NUMBER: 13.5 — hours Thomas Edison's first prototype electric incandescent lightbulb lasted before burning out.

TODAY'S MOON: Last quarter moon (Oct. 21).



Senior citizens should listen to body regarding exercise

ASK THE DOCTORS

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

Dear Doctor: I'm in my 70s, and I work about 35 hours a week doing shipping, cleaning and light lifting. I've stopped visiting the gym because I'm too tired after work. My back hurts, and I've had heart issues recently, leaving me with a pacemaker and defibrillator. Are the 10,000 steps I walk at work each day enough exercise?

Dear Reader: The 10,000 steps you are logging each day are to be celebrated at any age. Add in a physically active job and your wish to stay connected to your work community, and we think you are making many good choices. The interactions of a workplace offer purpose and camaraderie. And the health benefits of human connection — particularly among the elderly — are well-documented. These include a reduced risk of cardiovascular problems, inflammatory issues and cognitive decline.

In discussing the scope and rigor of exercise with our older patients, we encourage them to listen to their bodies. They themselves are the best teachers when it comes to what types of exercise to take part in, and how much to do. Our approach is to break physical exercise into four basic categories — endurance, resistance, flexibility and balance. In terms of plain old numbers, the American Academy of Family Physicians recommends at least 2.5 hours of moderate aerobic exercise spread out over the course of a week. This is exercise that raises the resting heart rate, such as brisk walking.

Your work, which in addition to those 10,000 daily steps has some strenuous elements, is contributing to that recommendation. However, to balance things out, you might consider adding resistance exercises, like lifting free weights. Resistance exercise helps prevent osteoporosis and frailty, builds and maintains muscle mass, improves balance and improves mood and cognition.

Flexibility exercises such as yoga or tai chi are also an important element of regular exercise, and they also help with balance. Senior and community centers often offer these and other flexibility classes targeted to older bodies. Just be sure to let the instructors know about any physical problems you have, including the back issues you mentioned in your letter.

You wrote of having heart problems in the recent past. Since you have both a pacemaker and a defibrillator, we strongly recommend that you see your primary care physician to discuss your current and any future exercise regimens. While moderate exercise with either of those devices is generally considered safe, certain adjustments may need to be made to accommodate the implanted devices.

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.

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

BIRTH NOTICES, CARDS OF THANKS, IN MEMORIAMS, BRIEFLETS:

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

Discounts: 2 insertions or more: 15% off

With photo: additional \$18.50. DEADLINE: 11 a.m., day before publication.

BIRTHDAY, ANNIVERSARY & GET-WELL WISHES, ENGAGEMENT NOTICES:

Text only: \$16.00 (includes taxes)

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

WEDDING WRITE-UPS:

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

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

DEADLINES FOR DEATH NOTICES:

For Monday's paper, call 819-569-4856 between 1 p.m. and 5 p.m. Sunday.

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

Birthday wish is for RSVPs

Dear Annie

MONDAY, OCTOBER 21, 2019

Dear Annie: Please remind your readers how important it is to RSVP. My 6-year-old granddaughter was so excited about her birthday party and having her friends come over. My daughter sent invitations with instructions to RSVP. My granddaughter's best friend's mom said she would come but would need to leave early. Fine.

Then, 30 minutes before the party, she texted my daughter saying they wouldn't be coming. My granddaughter cried and cried. Four other friends' parents didn't even bother to RSVP and didn't come either. Don't these people know how hurtful this is to the little ones? Two friends did come to the party, but a day that was supposed to be so happy was a day of tears. — Upset Grandma

Dear Upset Grandma: I will remind readers about the importance of RSVPs for birthday parties — if you will remind your granddaughter how many people love her. Instead of focusing on those who did not come, point out to her who did come to enjoy her party and celebrate her special day. Your granddaughter had a birthday surrounded by two friends, as well as a loving and caring grandma. Sadly, life is filled with people canceling on plans at the last minute, and we can't control that. What we can control is how we respond to it, and how we respond to our own invitation requests.

Dear Annie: Periodically, I see in your column the issue of Christmas gift-giving in families with grown children, and even grandchildren, who are now married or on their own. We had gotten to the point of giving a gift card, and then receiving a gift card back from them. It seemed so silly to wrack my brain trying to think of a gift when so often it seemed it was just a habit from years gone by. No one seems to really need or want anything these days. Christmas gift-giving had gotten to be a headache and a chore.

I heard of this idea from a friend, and I wanted to pass it along as a possible solution to this dilemma:

Their family decided upon a charity that they wished to support that year. Family members who were able to come to the Christmas gathering brought cash or a check to add to the "pot." Those unable to attend could mail a check to the designated family "collector." No one was obligated to give or told how much to give.

After a certain date, say, the first of the new year, the designated collector deposited all the money collected and sent a check to the chosen charity. Sometime after the holiday, the collector emailed the family members to let them know the amount they had donated. You could go alphabetically or by age in choosing the charity for the next Christmas. Then, when Christmas rolled around the next year, they were all prepared to support another good cause.

All this idea would take is one person — or several, if you wanted to trade off — to get everyone's email addresses, and then send out a reminder as the holidays come closer each year.

This alleviates the chore of thinking what to get for a growing number of people in the family. It also gives them the

opportunity to make a difference by contributing to various charities over the years.

Just a suggestion that may help families to overcome the continual question: "What do I get them all for Christmas?" — Lyn from The Villages, Fla.

Dear Lyn: This idea certainly does embrace the Christmas spirit of bringing joy to the lives of others. Thank you for your suggestion.

Dear Annie: I live in the Midwest. My husband and I have a good friend who dines with us quite often, usually once or twice a week, as well as on holidays. She is a longtime friend. The problem is this: She never brings anything with her when asked to dinner. She never asks us to her place for a meal. She never offers to buy dinner when we go out, maybe once a year. She never offers to bring carryout. She is fairly close and watches our house when we are out of town, which we appreciate. How do we proceed with solving this problem without alienating her? — Hungry

Dear Hungry: The next time you invite her over for dinner, simply say, "Oh, by the way, would you please bring an appetizer" (or dessert or side dish). Mention it as though it's the most natural thing in the world. There's no reason for you to feel awkward. It's perfectly appropriate. If you have any hesitations, just imagine if the tables were turned — that you'd been dining at a friend's house for years and then she casually asked you to bring something to dinner that week. Would you feel indignant? No. If anything, you'd perhaps feel embarrassed that she had to ask.

Dear Annie: I lost my wife of 42 and 1/2 years in late 2014. I met her when she was 15, started dating when she was 17, and I married Shirley when she was 20 and I was 21. A friend of 41 years had previously lost his wife and stepped in to assist me in navigating the loss. He had attended a multiweek grief class years before and shared this event.

A petite woman faithfully attended grief classes each week for a long time and never spoke a word to the group.

Finally, at the close of the class, she spoke saying, "I'd like to say something." Everyone stopped talking, almost in disbelief. The room was quiet. She continued: "Profound grief of a spouse is like accidentally and significantly cutting your arm. It hurts really bad and seems that you may never stop the bleeding. But you do. Not too long after, you bump the wound and the scab comes off. It bleeds and hurts for a long time, and then begins to heal again. This process repeats itself over and over for a long time. One day, you look at your arm and see a tender scar that will be part of you for the rest of your life. The scar is there, but it doesn't hurt like when it was a new wound, and the bleeding has stopped."

I've shared this with so many since it was first told to me. It seems to resonate with anyone who knows the loss of a beloved spouse.

Thanks for all you do every day to help so many people you don't even know and will never meet. — Rob R., Jacksonville Beach, Florida

Dear Rob: Your letter brought tears to my eyes. Thank you for passing on this

wisdom. I'm so sorry for your loss.

Dear Annie: I would like to use your column as a platform to urge everyone reading to get a flu shot. I was one of those individuals who always thought that I did not need to get a shot for a variety of reasons: "I am healthy. I wash my hands often and avoid touching my face and never rub my eyes or nose. My good hygiene habits mean I am protected. I haven't gotten the flu in the past 20 years. And doesn't the flu shot give you the flu?"

Well, despite all my good habits, in January of this year I was taken down by the flu. And I mean those words literally. I was bedridden and semiconscious for approximately two days. When I did wake up, it wasn't for very long and I would pass out again. Slowly, I got better, but I ended up losing a full week from work.

After I had recovered, I decided to do more research on the flu shot. It turns out that, no, it does not give you the flu, which I believe to be the biggest misconception out there. As a matter of fact, the flu shot cannot give you the flu, though you may get some mild symptoms such as achy muscles or a low-grade fever.

I got my shot as soon as I could after my recovery and was very happy that I did. It felt empowering. From now on, I will never go without getting a yearly shot. We are entering flu season once again, and I encourage everyone to please, please inoculate yourself. Get educated, and don't be afraid of it. Talk to your doctor/hospital/pharmacist if you have concerns. I am sure they will put your mind at ease. Thank you for allowing me to spread the word. — Nelly in Arizona

Dear Nelly: The flu is nothing to sneeze at. The U.S. Centers for Disease Control and Prevention report that an estimated 80,000 people died from the flu and flu-related complications in the

2017-2018 season. People 65 years or older are most at risk, with that age group accounting for 70 to 90% of deaths. I'm glad to publish your plea and encourage readers to go get their flu shot as soon as they're able. Note that Medicare covers the cost of flu vaccines completely, and Medicaid does so for people 50 or older.

Dear Annie: This is in response to "Old Man," the 67-year-old who fears what his life will be like in a decade. I am 69 years old and have been a private caregiver for the elderly for the past 20 years. I have enjoyed every moment of my time with these elderly folks! I have learned so much. Go visit the elderly, "Old Man." You will get closer to God and your heart will be joyful! — Linda in Texas

Dear Linda: Thank you for your inspiring letter. There were too many wonderful responses to "Old Man" to not print a couple more. Here's another:

Dear Annie: I am a 68-year-old guy, and in addition to skiing and golf, I am an avid kiteboarder. I have a 76-year-old friend who kiteboards with me.

I heard a great line from an 80-year-old friend: "If I'm not out doing something active every day, I start to rust."

"Old Man" needs to get up and get going. He would feel like a million dollars. Plus, people would most definitely treat him differently if he were to find an activity that challenges him! — Spry Guy

Dear Spry Guy: You are more active than most (including yours truly). Your zip is contagious. Thanks for the burst of energy and optimism!

"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.creatorpublishing.com> for more information. Send your questions for Annie Lane to dearannie@creators.com.

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.

THE RECORD

Listings must be paid in advance. We accept visa or mastercard.

add a photo for an additional \$10

For information, call 819-569-9525

CELEBRITY CIPHER

by Luis Campos

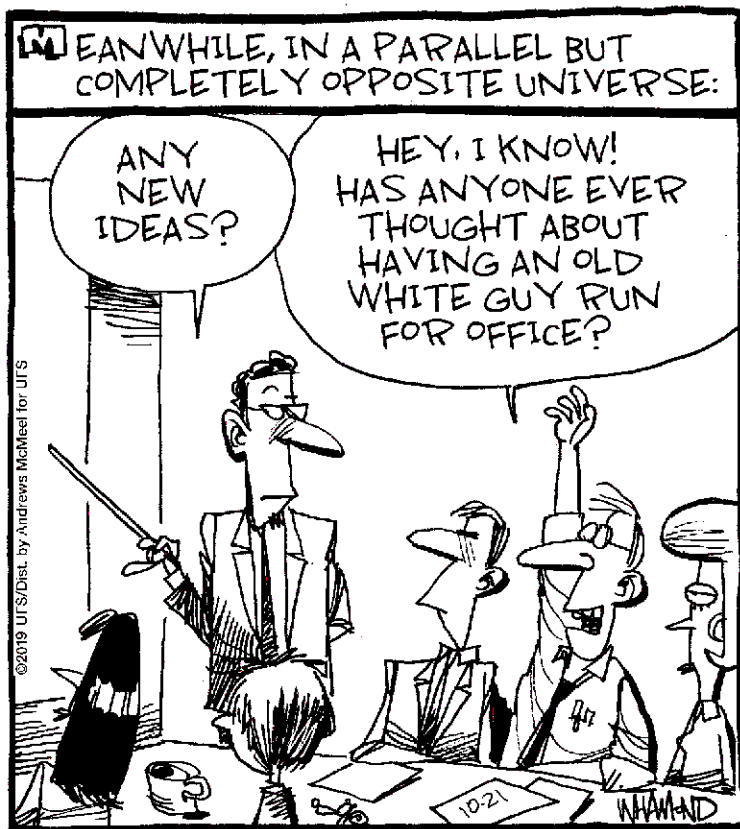
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

" FSLNWGL KGMKWCY, FSLNWGL
 OYEB SBA, JSRY SC UEMV. FY'XY BW
 JSANL FSLNSB, EBU FY'MY PGCL
 JSXSBA LW USY." — UYEB VWWBLT

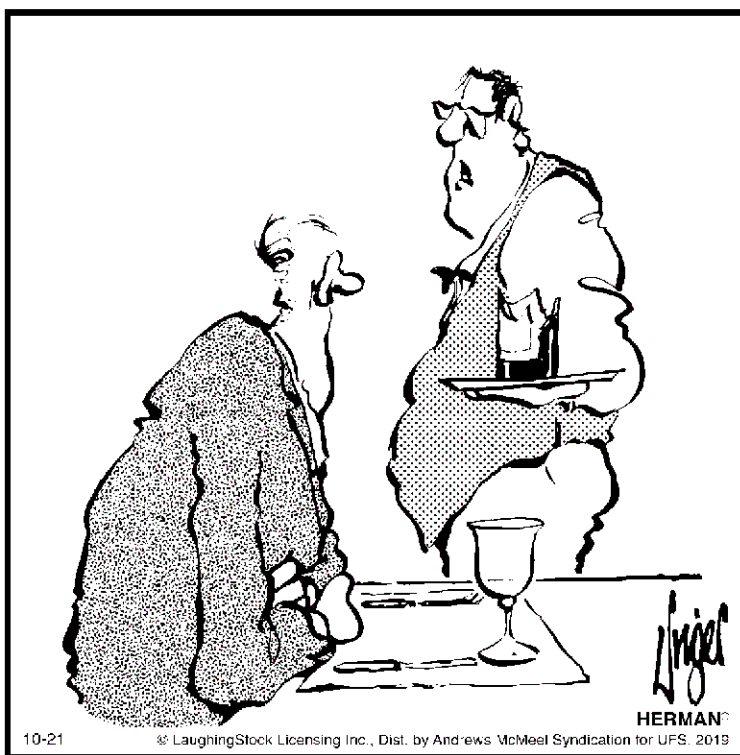
Previous Solution: "May your heart always be joyful / And may your song always be sung / May you stay forever young." — Bob Dylan

TODAY'S CLUE: $F \text{ equals } J$

REALITY CHECK



HERMAN

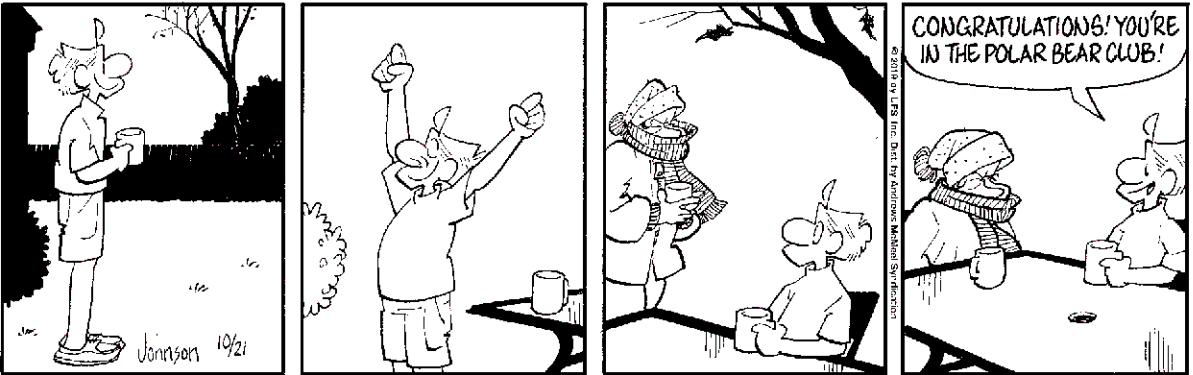


"Be careful with the wine. I had trouble getting the cork out."

ALLEY OOP



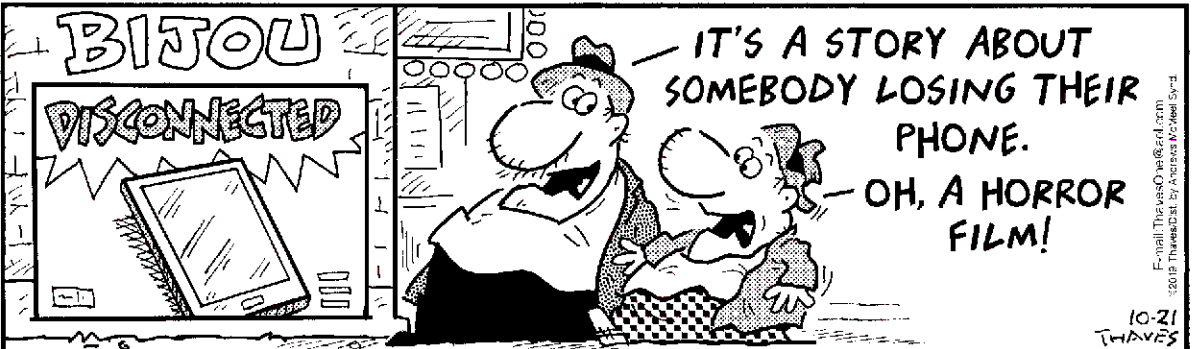
ARLO & JANIS



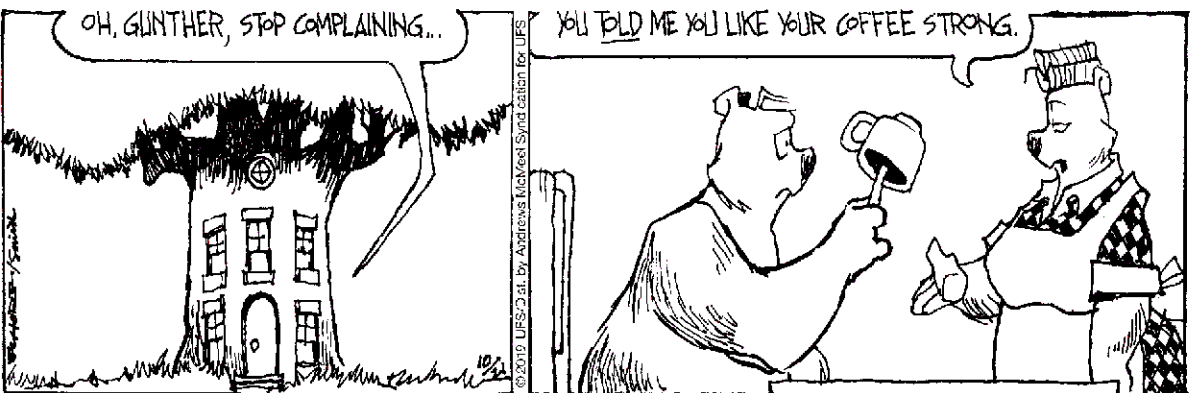
THE BORN LOSER



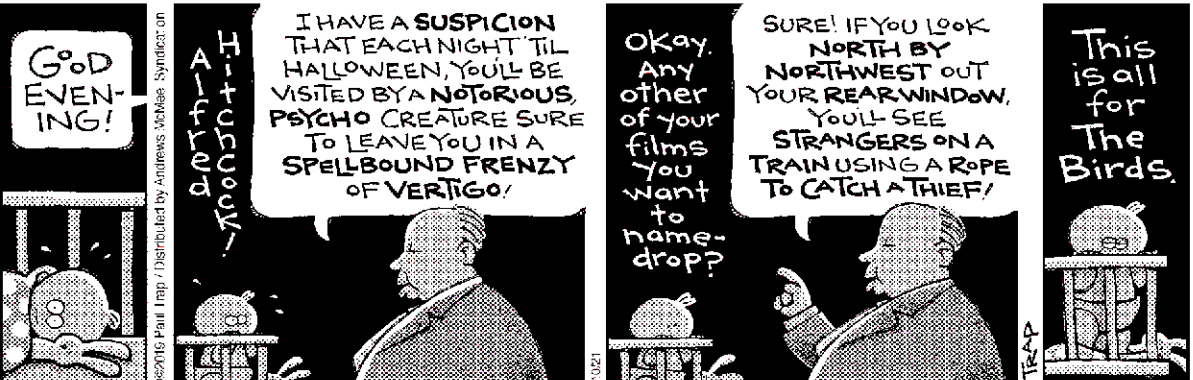
FRANK AND ERNEST



GRIZWELLS



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Turn those unwanted items into cash. Sell them in the Classifieds! They may be just the thing someone else is looking for.

THE RECORD 819-569-9525
 THE VOICE OF THE EASTERN TOWNSHIP SINCE 1897 450-242-1188

ENCAN SAWYERVILLE INC. presents on

SATURDAY, OCT. 26 AT 11:30 A.M.

CONSIGNMENT SALE OF BEEF COWS and REPRODUCTION BULLS

2 herds totaling 96 head of beef is already registered for the sale and will be sold around 12:30 p.m.:

FARM MICHEL BÉLANGER SENC of Ogden: A very good herd of beef cattle of 30 Red and Black Angus cows, about 15 of which will be sold with their calves, the rest will be calved by November. A purebred Black Angus bull, 3 1/2 years old.
P.S. Young herd from 3rd to 5th calf.

From a producer: 50 very good heifers, Ch, Ch x Sim, Sim. and some Lim. and Red Angus x Sim. and will be pregnant for 3 to 8 months. Bred by an excellent Ch bull, weighing at birth 87 lbs, son of Bleu Grass (86 lbs), only used with heifers for 5 years.

A sale not to be missed!

NOTE: Reception for this sale from 7 a.m. to noon the day of auction. Pregnancies will be checked by a qualified veterinarian.

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HANDY POINTERS

on writing a successful classified ad

It's easier than you think

- Prepare an outline of your ad and then write it.
- Be specific – buyers want useful information such as price.
- Group related facts in the same sentence.
- Avoid slang and abbreviations. Abbreviations are not needed because **The Record** charges by word rather than space.
- Above all, don't forget your telephone number or address and when respondents may contact you.

SUDOKU

DIFFICULTY RATING: ★☆☆☆☆

		1	6		9	4		
			5	8	3	6	7	
3	6		9	4				8
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PREVIOUS SOLUTION

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

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

Find the right person for the job in advertising in our **Career Section**

Many Record readers want a career change and are looking for a new job. Shouldn't your ad be in The Record's Career Section?

For reservations or further information, please call

THE RECORD
 819-569-9525

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

NEA Crossword Puzzle

Your Birthday

MONDAY, OCTOBER 21, 2019

ACROSS

- 1 Twist-offs
- 5 Mr. Spade
- 8 Bursts
- 12 Not mention
- 13 Spy org.
- 14 Egg-shaped
- 15 Costa —
- 16 "Thrilla in Manila" boxer
- 17 Waiter's handout
- 18 More nasty
- 20 Closer
- 22 Last letter
- 23 June honoree
- 24 Adjust slightly
- 27 Detain
- 30 Curve
- 31 River in Russia
- 32 — — matter of fact
- 34 Glass container
- 35 Minor setback
- 36 Hosp. staffer
- 37 Church part
- 39 Easy victim

41 Big, clumsy guy

- 42 Truth's opposite
- 43 Weapons cache
- 46 Official messenger
- 50 Bread unit
- 51 Nest egg letters
- 53 Aha! (2 wds.)
- 54 Subtle glow
- 55 Denials
- 56 Egyptian solar deity
- 57 Prickly sensation
- 58 Tibetan gazelle
- 59 Register

DOWN

- 1 Crocus "bulb"
- 2 Pierre's girl
- 3 Not elite
- 4 Verse
- 5 Spook
- 6 Have a cough
- 7 Primary road through town (2 wds.)

Answer to Previous Puzzle

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

- 8 Hair goo
- 9 Not sunny-side up
- 10 Square of glass
- 11 Mumble
- 19 Cartoon shriek
- 21 British peer
- 24 — Mahal
- 25 Prepare a gift
- 26 Light tan
- 27 Trapped like — —
- 28 NaCl
- 29 Recipe amts.
- 31 Merging
- 33 Even one
- 35 Practice boxing
- 38 Vegetable sponge
- 39 Deep-dish dessert
- 40 Antenna
- 42 Tibet's capital
- 43 Asian range
- 44 Send packing
- 45 Chagall or Antony
- 47 Italian wine city
- 48 Bruce and Peggy
- 49 Fender spoiler
- 52 Pooh's pal

1	2	3	4		5	6	7		8	9	10	11	
12					13				14				
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50					51	52				53			
54					55					56			
57					58					59			

PISCES (Feb. 20-March 20) — Don't stir up trouble or take part in someone else's chaos. You'll make gains if you use ingenuity when handling your finances, approaching your responsibilities and taking care of your health.

ARIES (March 21-April 19) — Get on board and make things happen. Don't leave your future in someone else's hands. Pitch in and be a part of the process. Your contribution matters.

TAURUS (April 20-May 20) — A change someone makes may not sit well with you, but if you go about your business and do your own thing, you will feel satisfied with your accomplishments. Keep the peace.

GEMINI (May 21-June 20) — If someone questions you, offer only what's necessary. Remain in control and protect yourself against theft. Be smart and equitable.

CANCER (June 21-July 22) — Share your stories, dreams and intentions with a loved one. The insight and thoughtfulness you get in return will help you bring your plans to the forefront. Romance is featured.

LEO (July 23-Aug. 22) — Broaden your horizons, learn all you can, build your stamina and endurance, and prepare for inevitable changes. Don't be fooled by someone using temptation or manipulation to lead you astray.

VIRGO (Aug. 23-Sept. 22) — Listen and learn. The information you pick up will help you mold your ideas and strengths into something beneficial. A positive change is heading your way. Romance is accentuated.

Being observant will help you gain insight into the trends that are happening this year. Preparation will turn into progress as doors begin to open and lead to your next adventure. Don't hesitate to follow your heart and intuition. Don't dwell on what's past; live in the moment.

LIBRA (Sept. 23-Oct. 23) — You can dodge a bullet if you refrain from sharing your opinion. Listen, learn and choose your battles wisely. Don't waste time on a dead-end project; focus on what's new and exciting.

SCORPIO (Oct. 24-Nov. 22) — Discuss your thoughts and feelings. It's important that the people you are dealing with know your plans if you want to get the support you need to be successful.

SAGITTARIUS (Nov. 23-Dec. 21) — Insincerity is apparent when dealing with matters that concern money, settlements and expectations. Don't dismiss your intuition. If something doesn't seem right, ask questions. Stay in charge and avoid being manipulated.

CAPRICORN (Dec. 22-Jan. 19) — Don't start your day on the wrong foot. Put emotional negativity on the back burner and embrace the things that can bring you the rewards you desire. Choose love over discord.

AQUARIUS (Jan. 20-Feb. 19) — You can waste time arguing, or you can focus on making personal gains, expanding your interests and contributing to something worthwhile. Maintain a positive attitude.

MONDAY, OCTOBER 21, 2019

Read the lead to place the cards

By Phillip Alder

Groucho Marx said, "I find television very educating. Every time somebody turns on the set, I go into the other room and read a book."

At the bridge table, both declarer and third hand should try to read the lead — work out what the opening leader has in the suit he chose. Usually, for one of those two players the light will go on, and the information will help that player to make or break the contract.

This week, let's look at some example deals. First, how should South plan the play in five spades after West leads the heart four?

When South responds one spade, North counts his losers. With seven, he would raise to two spades; with six losers, he would jump to three spades; and, as here, with only five losers (two spades, one heart and two clubs), he can bid game. Then South uses Blackwood and stops in five spades when he learns that two aces are missing.

What can South deduce about the heart four?

If a defender leads a spot-card in dummy's long side suit, it is almost certain to be a singleton. (The rare alternative is that he has so many cards in that suit, he is hoping partner can either ruff

				North	10-21-19	
				♠	Q 8 7 4	
				♥	A Q J 10 9	
				♦	A K	
				♣	Q J	
West				East		
♠	6 3				♠	A
♥	4				♥	8 7 5 3 2
♦	8 6 5 4 3 2				♦	Q J 10 9
♣	8 6 5 3				♣	A 7 2
				South		
				♠	K J 10 9 5 2	
				♥	K 6	
				♦	7	
				♣	K 10 9 4	
Dealer: North						
Vulnerable: Neither						
South	West	North	East			
		1♥	Pass			
1♠	Pass	4♠	Pass			
4NT	Pass	5♥	Pass			
5♠	Pass	Pass	Pass			
Opening lead: ♥ 4						

now or on the second round of that suit.) So, here, declarer should realize that if he immediately attacks trumps, the defenders will probably take two aces and a heart ruff.

Instead, South should first cash dummy's diamond winners and discard his second heart. Then, when East tries to give his partner a ruff, declarer can ruff high.