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MONDAY, NOVEMBER 12, 2018

BCS to pay to reroute Moulton Hill Road

By Emilie Hackett Special to the Record

Bishop's College School (BCS) held an information session for residents on Thursday, Nov. 8 at the Peter G. Holt Library to discuss a redesign of its campus...

The project would require building a new road (paid for by BCS) off Saint-Francis Street.

According to BCS Head of School Tyler Lewis, Moulton Hill Road is one of the most dangerous sections in the borough and the one where the most fines are handed out.

"It would be irresponsible to ignore it," he declared to the roughly 60 residents who attended the session. Lewis would like to restrict Moulton Hill to local traffic only between the Saint-Francis bridge and Atto Street.

The road would be blocked off at its center so that the bridge could only be accessible via Saint-Francis Street.

Several citizens were worried by the plan because of how narrow Saint-Francis is. They also added that they have been asking for safer pedestrian access on the street for years.

Local resident Robert Lumley, who lives in the area and uses Moulton Hill Road daily, believes there would be a minimal effect on the residents coming down Moulton Hill.

"BCS is trying to respect the community while protecting its students and planning ahead," he said. Another resident, Caroline Sabljic, estimated that closing a portion of Moulton Hill would

CONT'D ON PAGE 3

Plaque for fallen soldiers from the war in Afghanistan added to Lennoxville Cenotaph



MATTHEW MCCULLY

By Matthew McCully

In addition to marking the 100th anniversary of the end of World War One, the Remembrance Day ceremony in Lennoxville also unveiled a new plaque added to the cenotaph, hon

nouring soldiers who fought and died in the war in Afghanistan.

The plaque was unveiled by retired Canadian military surgeon Marc Dauphin, originally from Montreal, who now lives in Coaticook.

In 2007, Dauphin served on a one-

year mission in Germany at a transit point, treating American and Canadian soldiers injured in Afghanistan. He was then sent to Afghanistan and placed in charge of the Role 3 Multinational Hospital in Kandahar.

See more pictures inside on page 2.

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Weather



TODAY: MIX OF SUN AND CLOUDS

HIGH OF 1 LOW OF -8



TUESDAY: SNOW OR RAIN

HIGH OF 2 LOW OF -12



WEDNESDAY: SUNNY

HIGH OF -8 LOW OF -13



THURSDAY: SUNNY

HIGH OF -5 LOW OF -6



FRIDAY: 60% CHANCE OF FLURRIES

HIGH OF 0 LOW OF 5

Local Remembrance Day ceremonies



Sherbrooke



MATTHEW MCCULLY



Lennoxville



MATTHEW MCCULLY



Ayer's Cliff



SAMANTHA YOUNG

Ben by Daniel Shelton



LOCAL NEWS

The open house, which the Sherbrooke mosque holds each spring and fall, is an opportunity for people to 'go to the source', Djouaher said

Empty Bowls overflowing with generosity

By Matthew McCully

The sixth edition of the Empty Bowls event, which raises funds for local organizations, had a packed house at the Hope Community Church during lunchtime on Saturday.

Lucy Doheny, the local potter who helps coordinate the fundraiser, agreed that the event has gotten bigger every year since it started.

An initiative of Champlain College Lennoxville and Bishop's University, the funds raised from the event are divided between the Lennoxville Elementary School breakfast program, the Lennoxville and District Women's Centre food bank, the Cornerstone food bank, and the BU/Champlain pastoral fund.

For those unfamiliar with the event, attendees paid \$25 for a meal comprised of a selection of soups prepared by local chef Bill Lidstone, served in handmade bowls fired by Doheny, and then customers got to bring the bowls home with them afterwards.

This year, Doheny said she prepared 285 bowls for the event. Just 30 minutes after opening the doors to the basement

of Hope Community Church, the tables were packed with supporters and Doheny said she was down to her last 100 bowls.



Moulton Hill Road

CONT'D FROM PAGE 1

bring a lot of expenses and would be inconvenient to residents during the construction.

"There would be a huge loss of greenspace, with the river and the bogs, affecting wildlife. Although BCS is paying for it, there will be a lot of hidden costs, with snow removal and hydro lines," she noted. She added that the project would only divert the problem. "It will only make Saint-François and the Atto area busier. The traffic is already backed up and there should not be traffic in a residential area with small children and young families."

Lewis ensured that the project would be supervised by Nature Cantons-de-l'Est, an organization dedicated to nature conversation.

Engineers present at the session explained that the project would be approved by the Ministry of the Environment before the new development took place.

A resident who frequents the campus regularly also noted that "students use both sides of the road to get to the fields and go into town. The road is often used by cars and trucks which puts the students at risk since they do not have access to sidewalks. I agree with the initiative because it will protect students from potential risks." The citizen added that police presence is not strong enough to truly enforce the speed limit, and hoped that talks of changes would at least give exposure to the dangers of the area.

Speeding has long been an issue on Moulton Hill Road, which is narrow and long, just like Saint-François Street. It is a 30 km/h zone from the train tracks to the stop sign in front of the bridge, covering the entire BCS campus area. However, the speed limits change drastically on the way down the hill, from 70 to 50 to 30. Additional signage was installed in 2016 to help reduce speeding in the area but no significant improvement has been noted.

Mosquée a'Rahman opens its doors

By Matthew McCully

Members of the public were invited to visit the Mosquée a'Rahman mosque in Sherbrooke on Saturday afternoon as part of 'Visit My Mosque Day,' a cross-Canada initiative to engage and interact with local Muslim communities with the intention of overcoming racism, Islamophobia, and discrimination.

"It's a symbol that we are open," explained Majdid Djouaher, Vice-President of the Association Culturelle Islamique de l'Estrie.

The open house, which the Sherbrooke mosque holds each spring and fall, is an opportunity for people to 'go to the source', Djouaher said, where they can meet with members of the Muslim community and learn first hand about the culture. "After that, form an opinion," he said.

'Visit My Mosque Day', in the national context, was organized by the Canadian-Muslim Vote, a non-profit, non-partisan organization increasing democratic engagement within the Muslim community.

Sherbrooke's implication coincided with the Semaine sherbrookoise des rencontres interculturelles, and was more about cultural exchange, Djouaher said.

A video was on display, showing the various activities that take place at the mosque. There was also a display of reading material religious symbols that are part of the Muslim faith for people to look at and learn about.

Djouaher added that in the afternoon a demonstration of Muslim burial traditions was scheduled, and representatives of other faiths would be present to discuss the similarities and differences.



MATTHEW MCCULLY

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Lieutenant-Colonel John Samuel Bourque (1894-1974) : WW I Overseas Veteran

By Jean-Marie Dubois (Université de Sherbrooke) Gérard Côté (Lennoxville-Ascot Historical and Museum Society)

John Johnny Samuel Bourque was born in 1894 in Sherbrooke. He followed his classical course at the Séminaire Saint-Charles-Borromée where he belonged to the cadet corps. In 1913-1914, he studied in Sherbrooke's Gleason Business College.

Johnny Bourque's military career began in 1910 when he enlisted in the recently formed 54th Regiment (Carabiniers de Sherbrooke). He was promoted Lieutenant in 1914. In the same year, he relinquished his rank and enlisted as an ordinary soldier in the 22nd Battalion of the Canadian Expeditionary Force Overseas. He soon became Sergeant and in 1915 Company Sergeant Major. In May 1915 he sailed to England and then later to France in September. In 1916, he was promoted Lieutenant and Commandant of the D Company of his battalion. From April 9 to 12, he took part in the battle of Vimy Ridge where he was wounded when he was buried alive after the explosion of a bomb. He was promoted Captain, was evacuated to Canada and

was demobilized in October 1917. In 1920, he rejoined the Carabiniers de Sherbrooke when the regiment was reorganized. He was promoted Major in 1924, Lieutenant-Colonel in 1928 and Commandant of the regiment until he retired in 1931. From 1938 to 1940, he was Honorary Colonel of the Fusiliers de Sherbrooke. He returned to active duty in 1940 as Commandant of Training Camp no. 43 Lord Sherbrooke in Collinsville. The camp was on present day Galt Street West, east of Lisieux Street. Johnny Bourque retired from active duty in 1941. He resumed his duties as Honorary Colonel of the Carabiniers de Sherbrooke until his death.

Following WWI, Johnny Bourque went to work in the Abitibi for Macamic Pulp & Paper. Then, from 1920 to 1925, he was manager of Brompton Lumber Mfg. in Bromptonville. In 1922, aged 28, he married Dorimène Brien and they had four children : Marcel, Jacques, Yvette and Pierre. The family settled on Duchess Street, which became Bourque Street in 1929. The family home still stands at 625, John-S.-Bourque Street. In 1925, Johnny Bourque started a building materials business, J. S. Bourque Ltée,

which he ran until 1961.

Johnny Bourque was a Sherbrooke alderman from 1934 to 1935, and from then till 1960, he was the MLA for Sherbrooke in the Union Nationale party. He became one of Prime Minister Maurice Duplessis' close trusted collaborators, because of his experience in making fast and sound decisions. From 1936 to 1939, he was Minister of Public Works and from 1944 to 1958, Minister of Lands and Forests. At the same time, from 1946 to 1958, he was also the first person to be the Minister of Hydraulic Resources. He finished his political career as Minister of Finance from 1958 to 1960. He played a central role in obtaining, in 1953, Maurice Duplessis' approval to establish the Université de Sherbrooke in 1954.

The Université de Sherbrooke awarded Johnny Bourque a Doctorate honoris causa in 1955. In 1957, Route no. 1 in Rock Forest and Deauville was named Bourque Boulevard. Johnny Bourque died in Sherbrooke on March 5, 1974. He was buried with his wife in Saint-Michel Cemetery. In 1979, the Université de Sherbrooke gave his name to the former university staff residence, now the John-S.-Bourque Pavilion. Fi-

nally, in 1966, the Commission de toponymie du Québec gave his name as a commemorative gesture to the highest peak of Bellevue Mountain, Mount John-S.-Bourque.



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Magog proceeds with loan for Downtown Revitalization

Record Staff

Magog's City Council adopted a notice of motion on Monday for a \$21.6 million borrowing by-law to complete the Downtown Revitalization Project. The City will borrow \$14.1 million, part of which is eligible for a grant from the Government of Quebec, in order to help fund the plan to beautify and bring life back into the city's downtown core. The remaining funding will be drawn from the downtown surplus and various other surpluses, funds and reserves.

"We chose to do this for a number of reasons. The main thing is that we want to make sure we have all the money needed to start the project as planned, starting next spring," said acting mayor Nathalie Bélanger, explaining the decision to go forward with a by-law rather than using the city's own funds. The acting mayor insisted that, "the amount of

\$21.6 million represents the maximum amount the City can allocate to this project". She added that "the current municipal council has followed this project closely and has analyzed all facets. Elected officials have the information necessary to award the contract to the contractor who will respect the clauses of this particularly complex tender."

Once the by-law is adopted, citizens will have the opportunity to express their views on the subject. The normal procedures for the entry into force of a loan by-law will follow the adoption.

Debt management policy

By ratifying a loan of more than \$14 million, councillors made the unusual decision to go beyond the debt management policy, which sets the maximum loan for infrastructure at \$7 million annually. Bélanger justified this move by saying that "this is the largest project in the history of Magog and once completed, the downtown will be an extra-

ordinary engine of economic, tourism and social development."

Downtown Revitalization Project Update

In September 2017, Magog City Council members refused bids received in the call for tenders for the revitalization of the downtown core because the lowest proposal exceeded the amount allocated to the project. Since then, plans and specifications have been completely revised.

"Our team rolled up their sleeves and analyzed each item of the plans and specifications in order to find less expensive solutions, without distorting the project or the initial concept and respecting the allocated budget," said Nathalie Pelletier, municipal councillor and chair of the downtown revitalization committee. "As we mentioned last April, this exercise led us to make the decision not to include the development of the Parc des Braves in the works. Options

such as the belvedere at the corner of Sherbrooke and Principale streets and that of rue de la Grosse-Pomme are also excluded from the project and we have reviewed the choice of materials and street furniture."

The city center being a key sector, the City has taken care to ensure that the needs and wishes of merchants and citizens are met. Despite the compromises that have been made, the project retains the unique, inviting, and unifying character of the downtown. Pelletier added that "merchants, who have been mobilized for a few years, met with planners recently to ensure their needs are met. We wanted to know how open they were to the strategies that will be put in place and we will accompany them during this period."

In the coming weeks, the City of Magog will launch a call for tenders to award the contract for the execution of downtown revitalization works.

Stanstead man waives preliminary hearing in child pornography case

Record Staff

A Stanstead man accused of various acts related to child pornography will spend the time of his court proceedings behind bars.

Normand Brouillard, 69, waived bail hearings on Monday, through his lawyer.

Brouillard is accused of accessing, possessing and distributing child pornography between July 2 and August 31, 2018. Some of these charges are punishable by one year in prison. He has a criminal record in sexual matters and was sentenced to 36 months in prison in

2012.

Brouillard was arrested on October 1 following an investigation conducted by investigators in the sexual exploitation of children on the Internet of the Sûreté du Québec. Police conducted a search of the suspect's home in Stanstead and computer equipment was seized for analysis.

Brouillard's preliminary inquiry has been fixed for December 11

Brouillard will not challenge the citation at his trial and the preliminary inquiry will be conducted without a judge. Four witnesses are expected to be called.

Research Professor appointed President of Quebec Order of Nurses

Record Staff

The CIUSSS de l'Estrie-CHUS Center for Research on Aging (CdRV) has appointed one of its researchers and a professor in the Faculty of Medicine and Sciences of the Université de Sherbrooke to the position of President of the Quebec Order of Nurses (OIIQ). He will now be at the head of Quebec's largest professional order, with some 75,000 members.

Solid experience in the health field Dr. Luc Mathieu has a background in management and nursing and holds a

Ph.D. in business administration and has been a researcher at CdRV since 2002. His research projects include the development, implementation, and evaluation of clinical information systems as well as virtual communities of learning and practice.

He is the instigator of many significant and diversified achievements in academia and the health network and an author of major publications, a renowned speaker, a recognized leader in the academic world, and an active citizen.



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NEWS



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EDITORIAL

Without sounding like too much of a shill for the groundbreaking cable TV channel, HBO is a game-changer, programming wise, and, dare we say, worth every cent no matter what platform it's served on.

Cable TV offers resistance to Trump war on media



PETER BLACK

Now that the American midterm elections are over, there is likely to be a great sucking vacuum in the television-viewing habits of many folks on this side of the border who have been addicted to CNN and MSNBC, well, ever since that orange-haired fellow began his run for the presidency. (Of course there's still the on-going dramatic series, Trump's Threat to American Democracy, to follow, but it's hard to watch).

Curiously, timed nearly precisely with the Nov. 6 election was the advent of a significant change in the Canadian television world, although "television" is not the word, really. It's streaming, and the world where the technological choice exists, is pretty much splitting up into cable people and streaming people.

As of Nov. 1 telecommunications giant, Montreal-based Bell Media expanded its streaming service to include HBO as well as programming on channels previously called The Movie Network (TMN).

Our cabled household became aware of this new development when suddenly channel names on the on-screen guide changed. The four TMN channels are now called Crave 1, 2, 3 and 4, and they include programs from the Showtime, Vice and Kids channels. TMN Encore, which has vintage programming, is to be rebranded in 2019 as Starz.

According to industry watchers, this is a big brave push by Bell to become a serious player in the streaming market, which, the same watchers say, is the future for attracting and retaining viewing eyeballs. Competing in the saturated streaming world against beasts like Netflix and Amazon Prime is not for the corporate faint of heart. Anybody remember Shomi?

With HBO, though, Bell has got some pretty juicy bait to lure streaming customers. Without sounding like too much of a shill for the groundbreaking cable TV channel, HBO is a game-changer, programming wise, and, dare we say, worth every cent no matter what platform it's served on. It's got the resources and the guts to offer a wide variety of bold and often daring programming.

Which brings us back to politics on television. This year comedian-commentator Bill Maher celebrates 25 years on television, starting with the network series Politically Incorrect, which was cancelled because he said something politically incorrect that the network suits didn't like.

HBO picked him up, renamed the show Real Time with Bill Maher, and, 16 years later, blessed with the uncensored



power of cable TV, he's become a leading voice for "the resistance" in the United States, and compulsory viewing for anyone who loathes Donald Trump. That said, he can be just as harsh a critic of the failings of liberals, whom he terms "snowflakes" for lacking the brutal ruthlessness of conservatives.

One would seek in vain for a Canadian equivalent for Maher, although, truth be told, the antics of Canadian politicians - including "Carlos Danger" (look it up) copycat Tony Clement - are laughably tame compared to the excesses of Trump. The Beaverton, 22 Minutes, latterly Rick Mercer and, en francais, Infoman or Laflaque, are hardly in the same universe of scathing and often foul-mouthed political satire and commentary as one finds on a typical Friday night with Maher.

The 62-year-old native New Yorker appears to have a soft spot for Canada, a fondness that surely deepened for the unabashed pot-smoker, with the legal-

ization of weed north of the border - as was the case in California, where Maher lives, earlier this year.

He finally got Canadian comedian Jim Carrey to come on his show recently, and he succinctly explained why Canadians are stereotypically so nice: "They can be nice because they have health care."

Maher, like him or not, and certainly Trump fans do not, offers a unique weekly platform of unfiltered commentary and reflection on the state of the U.S.

Apart from the quality of the programming, from The Sopranos to The Pacific to Sharp Objects, and, okay, Game of Thrones, HBO is a beacon of the U.S. constitutional First Amendment. In an era where the president of the United States calls the media "enemies of the people," this bastion of freedom of speech and the press is all the more vital.

CNESST launches campaign for workplace safety

Record Staff

The Committee on Standards, Equity, Health and Safety at Work (CNESST) has launched its new advertising campaign on health and safety at work. This year, to raise awareness of this social issue, the focus is on the extent of workplace accidents.

Every six minutes an accident occurs at the workplace. That represents 236 workers a day injured in Quebec, totalling more than 86,000 workplace accidents in one year.

Accidents occur in all workplaces,

large and small, as well as in all sectors of activity. The CNESST aims to make health and safety at work a societal value, in order to bring about behavioural changes.

"Health and safety has to be an integral part of the corporate culture in all workplaces, large and small," said CNESST representative Manuelle Oudar.

The CNESST will broadcast on television and on the Web a 30-second message, in French, as well as a radio message, on both French and English-language stations until Dec 9.

THE RECORD

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The Record is published daily Monday to Friday. Back copies of The Record are available.

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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Local Sports

The 20-19 lead was not enough, as Concordia converted minutes later and held off the Gaiters for a final score of 22-20 to become the RSEQ champions.

Gaiters come second in RSEQ championships

By Emilie Hackett
Special to the Record

Saturday was a day of endings and new beginnings for the Bishop's Gaiters. The men's rugby team faced the Concordia Stingers in the RSEQ championships on Nov. 10 and fell 22-20. Taking Concordia by surprise with their roaring fans and great energy was just not enough. The men's and women's basketball team stayed in Lennoxville and hosted the UQAM Citadins in Mitchell Gym for their RSEQ home openers. Both Gaiters teams started off the official season with a win.

About 70 Bishop's fans made the trip

to Montreal to cheer on the men's rugby team in their first championship game since 2009. The Gaiters surprised the Stingers, with an incredibly tight game, opening the scoring in the first half as Robert McGovern scored a try after a missed penalty kick by Tyler Murphy, who led the game with 10 points. Concordia replied 10 minutes later by tying the game 7-7, and then taking a 12-7 lead with another try. Patrick Lawton scored the second Gaiters try in the 30th minute, giving Bishop's a 14-12 lead coming into the second half. Murphy booted a penalty in the 50th minute and extended the Gaiters lead 17-12. 10 minutes later, the Stingers scored a try and

made a successful conversion, leading 19-17. The Gaiters went for a penalty kick from the 45th yard line as the clock ticked down and Murphy succeeded. The 20-19 lead was not enough, as Concordia converted minutes later and held off the Gaiters for a final score of 22-20 to become the RSEQ champions.

The women's basketball team hosted the UQAM Citadins on Saturday for their RSEQ home opener. They opened with a 69-65 win with a career-high 13 points from Eve-Marie Houle. Metchline Gabelus led the Gaiters with 21 points, 12 rebounds, and five assists, followed closely by Maude Archambault with 20 points of her own. The Citadins were

never able to take the lead. The Gaiters will face the McGill Martlets next on Thursday, Nov. 15 in Montreal.

Minutes later, the men's basketball team hosted the Citadins as well, winning 78-75 with 19 points and 13 rebounds by fifth year Kevin Davis. It was a close game, with seven ties and eight lead changes. Abdul Kamane also led the Gaiters with 17 points and 8 rebounds. Bishop's will be back in action on Thursday, Nov. 15 as they visit the McGill Redmen in Montreal, and back home on Saturday Nov. 17 as the face Laval at Mitchell Gym at 8 p.m.

CIBC Canada-Russia Series 2018 comes to Sherbrooke

Record Staff

The CIBC Canada-Russia 2018 Series comes to the Palais des Sports

Leopold-Drolet, this Tuesday, Nov. 13, at 7 p.m. for the 5th match-up of a duel between the best players of the Canadian Hockey League and Russia.

The 2018 edition of the series kicked off last Monday with two games in the Western League, followed by two games in the Ontario Hockey League, before ending with two games hosted by the QMJHL, whose first battle will take place in the home of the Sherbrooke Phoenix this Tuesday.

The Canadian roster will be composed of the best players in the Courteau circuit. Phoenix wingman Samuel Poulin, is among the selected players. Nicolas Guay, Jocktan Chainey, and Justin Bergeron, all from Estrie, are also in the ranks.

This is an opportunity to see the stars of tomorrow at work here in Sherbrooke. Twelve players were also selected during the last draft of the Bettman circuit and several

others are talented hopes for the next draft. The head coach of the

Phoenix, Stéphane Julien, will be behind the bench as assistant coach.

Both teams were in Sherbrooke as of Sunday.

In addition to Tuesday's clash, they will be practicing at the Sports Palace throughout the week. The sessions are open to the public according to the following schedule:

Monday, Nov. 12

- 10:30 a.m.-noon: training

- 12:30-1:30 p.m.: Russian practice (including 4 Russians in the QMJHL)

Tuesday, Nov. 13

- 10 a.m. to 11 a.m.: practice QMJHL

- 11 a.m.: Russian practice

Wednesday, Nov. 14

- 11 a.m. - 1:30 p.m.: QMJHL practice

- 2 p.m. - 4 p.m. Russian practice

Thursday, November 15,

10 a.m. - 11 a.m. Russian practice.

Both teams will spend the week in Sherbrooke before heading to Drummondville on Thursday. They will have the chance to visit the Eastern Townships and its attractions. The Russians will go especially to the Maison du Cinéma to watch a specially chosen film. The Canadians will enjoy themselves at Laser Plus and at the Escaparium.

The series is currently led by Canada, 2-1. The WHL

players won the first-ever series game, but the Russians came back the next day. Thursday saw the first game involving the Ontario league and the league managed to take the lead. The next match will be Monday, with the OHL.

The series now moves to the QMJHL in Sherbrooke and finishes its tour in Drummondville on Thursday, Nov. 15.

For information on the series, including how to purchase tickets, visit <http://canadarussielch.ca>.

THE
RECORD

FIREHOUSE
LES
PRODUCTIONS

The Record and Firehouse Productions want you to win
a pair of tickets to the George Canyon Made in Canada Concert
at Centennial Theatre on December 4.

GEORGE CANYON

MADE IN
CANADA
TOUR 2018

December 4, 2018, 8 p.m.

Centennial Theatre

Bishop's University 819-822-9692

www.ovation.ca



To win the pair of tickets, email The Record with the answer
to the following question:

**WHAT COMPETITION SHOW DID GEORGE CANYON COMPETE IN
WHERE HE WAS THE THE RUNNER-UP?**

Send your answer by November 19 to classad@sherbrookerecord.com

The winner will be randomly drawn on November 20 at 9 a.m.

Death



Doris Eva CAMERON (nee White) 1923-2018

Passed away at the Memphrémagog Hospital on Thursday, November 8th, 2018 at the age of 95. Wife of the late Albert Alexander Cameron and loving mother of David Cameron from Bolton East, QC.

She will be missed by many good friends and relatives.

A special thank you to all the Drs and Dr. Daniella Sielecka and staff at CHUS-Fleurimont, Hotel Dieu Hospital, Mago Hébergement One (staff and workers), CLSC'S (Robert Dufresne) and first responders who showed my mother so much kindness and love, making her comfortable in her final days.

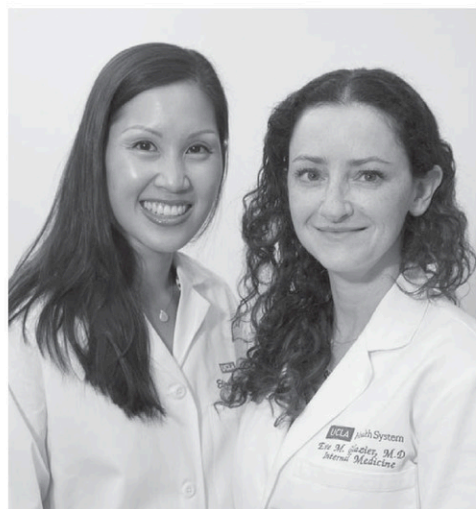
A funeral service will be held at the Mansonville Baptist Church in Mansonville, Tuesday, November 13th, 2018 at 2 p.m. Rev. Walter Stairs officiating.

Viewing one hour prior to the service. Burial at the Mansonville Protestant Cemetery.

Funeral arrangements entrusted to:

DÉSOURDY FUNERAL HOMES
101 Jean-Besré, Cowansville QC
PHONE: 450-263-1212
FAX: 450-263-9557
info@desourdy.ca
www.desourdy.ca

There is no 'right' way to grieve after the death of a spouse



ASK THE DOCTORS
By Eve Glazier, M.D., and Elizabeth Ko, M.D.

Dear Doctor: My wife of 40 years died seven months ago after a battle with cancer. Since then, I have been suffering from frequent bouts of depression, haunted by the loss of my life partner. During these episodes I can feel something like a mild form of an adrenaline rush. What is it? Should I be worried?

Dear Reader: We're deeply sorry for your loss, and for your struggle since then. Coping with the death of a beloved life partner is among the most difficult things we humans can face. At first, we're buffered by shock, which can confer a protective numbness. Then there's

the whirlwind of activities associated with the ending of a life, which bring their own type of distraction and relief. It's afterward, when the world around us inevitably moves on, that reality sets in. And as you're experiencing, the effects are both emotional and physical.

Bereavement and grief can cause intense emotional experiences. Among them is depression, which can have physical manifestations like fatigue, muscle aches and pains, sleep disturbance, loss of appetite, headaches and digestive disturbances. Another common effect of profound loss is anxiety, which we think is also involved in the physical symptoms that you're describing.

To answer your second question, no, you don't need to be worried about these episodes. They are a natural part of the grieving process. Although your wife passed away seven months ago, your awareness of impending loss quite likely began with, or soon after, her cancer diagnosis. During the time of her illness, you were focused on her as her caregiver. Now, not only are you processing her death, you're also facing a radically altered life. That's a lot to take in, and it can send your nervous system into panic mode.

Unfortunately, there are no shortcuts for dealing with grief. Some people will find they are OK after a few months, while for others it can take several years

to recover. The thing to know, and to explain to the well-meaning people who may tell you it's time to move on, is that there is no right or wrong way to grieve. It takes as long as it takes.

That said, there are several things that can make moving through this transition more bearable. First, take care of yourself physically. That means a healthy diet, moderate exercise and adequate sleep. Continue to make and keep all of your regular medical appointments and stay current on any medications you've been prescribed. When you're depressed or anxious, it can be all too easy to let the basics slide, yet the nuts and bolts of a day-to-day routine can be the solid ground on which you build your recovery.

Another important step is identifying a support system. If you have friends or family reaching out to you, please do reach back, even when you don't think you feel like it. A bereavement support group can offer you a place not only to feel less alone by sharing your grief, but it will also give you the chance to help someone else. And finally, please do talk to your family doctor. He or she can be a wonderful resource.

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.

Datebook

MONDAY, NOVEMBER 12, 2018

Today is the 316th day of 2018 and the 52nd day of autumn.

TODAY'S HISTORY: In 1936, the San Francisco-Oakland Bay Bridge opened to traffic.

In 1969, journalist Seymour Hersh broke the story of the My Lai Massacre in Vietnam over The Associated Press wire service.

In 1979, President Jimmy Carter ordered a halt to oil imports from Iran due to an ongoing hostage crisis.

In 1997, Ramzi Yousef was found guilty of masterminding the 1993 World Trade Center bombing.

In 2014, the European Space Agency's Philae lander became the first space probe to achieve a soft landing on the surface of a comet.

TODAY'S BIRTHDAYS: Elizabeth Cady Stanton (1815-1902), activist; Auguste Rodin (1840-1917), sculptor; Harry A. Blackmun (1908-1999), U.S. Supreme Court justice; Grace Kelly (1929-1982), actress/Princess of Monaco; Booker T. Jones (1944-), musician; Al Michaels (1944-), sportscaster; Neil Young (1945-), singer-songwriter; Megan Mullally (1958-), actress; Nadia Comaneci (1961-), gymnast; Sammy Sosa (1968-),

baseball player; Ryan Gosling (1980-), actor; Anne Hathaway (1982-), actress.

TODAY'S FACT: Grace Kelly's movies were banned in Monaco by order of her husband, Prince Rainier III.

TODAY'S SPORTS: In 1993, Royce Gracie, a 178-pound jiu-jitsu black belt from Rio de Janeiro, Brazil, defeated 216-pound kickboxer Gerard Gordeau to win the first Ultimate Fighting Championship.

TODAY'S QUOTE: "Mr. Hitchcock taught me everything about cinema. It was thanks to him that I understood that murder scenes should be shot like love scenes and love scenes like murder scenes." — Grace Kelly

TODAY'S NUMBER: 20 — cases of dynamite used by the Oregon Highway Division in an attempt to remove a sperm whale carcass from a beach in Florence, Oregon, on this day in 1970. The explosion sent whale parts flying over 800 feet away.

TODAY'S MOON: Between new moon (Nov. 7) and first quarter moon (Nov. 15).

BECOME A
VOLUNTEER:
1-877-356-3226

MAKE A
DONATION:
1-800-418-1111



Canadian Red Cross
Quebec Division

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.

Breaking the gift limit?

Dear Annie

MONDAY, NOVEMBER 12, 2018

Dear Annie: With the upcoming gift season, I have a question regarding dollar limits set by clubs.

Say an amount is set at \$10. Does that mean the gift value or the dollar amount spent on the gift? Recently, I had a coupon for candles that were “buy one, get one free.” This allowed me to purchase the \$24 candles for \$9.50. My friend said I should not give them at a \$10-limit party because I would make other gifts look cheap. This has come up several times before. What should I do? The club parties are starting soon! — Anxious in Florida

Dear Anxious: Would your friend like to bring in appraisers on the day of the exchange to inspect every gift and ensure compliance? The fact is that it’s silly to try to stringently regulate the value of gifts in an exchange. As long as you’re respecting the spending limit (and not looking for loopholes, e.g., giving away an expensive possession that technically cost you nothing), you’re fine. Happy gifting.

Dear Annie: This is in response to the letter from “A Very Grateful Mom” and your answer to her.

Ten years ago, my 15-year-old son was walking home from school, when he was hit by a car driven by a 91-year-old man. It was a tragic accident, and my son died three days later. His father and I decided to donate his organs to see something positive come out of this tragedy. My son was generous and loved to give, so we wanted the end of his life to have meaning and have his giving spirit live on by donating his organs.

Several months after my son’s death, I received cards

and letters from some of the recipients. The woman who received my son’s heart thanked us and let us know that she was now going to church and that she would now be able to see her own son get married. At that point in time, I wanted to just crawl into my son’s grave and die. I have never answered that woman, and I do not plan to. She must have forgotten that someone had died for her to live on. It was also a painful reminder that I would never see my own son get married.

I am appalled that “A Very Grateful Mom” was more or less complaining that the donor family had not contacted her. She should remember that in order for her own daughter not to have had to walk through death’s door, someone else’s child did.

There is no getting over the loss of a child. Time does not heal all wounds. Show some compassion and stop making demands on families. In other countries, contact between donor and recipient families is not permitted within the first year. Sadly, that is not the case in the United States. Please remind your readers to remember that organs come from people young and old, fellow human beings who were loved and belonged to families that will not celebrate another chance at life but will have to come to terms with death, grief and lives forever changed. — Grieving Mom

Dear Grieving Mom: I am so incredibly sorry for the loss of your son. It sounds as though he had a beautiful spirit. Your letter brought me to tears.

I do want to note that “A Very Grateful Mom” was not complaining that no one in the organ donor’s family had reached out; she just said that she hopes one day

someone will so that she can properly thank the family. Your letter helps illuminate why that may not happen. Thank you for the insight.

Dear Annie: Yesterday my husband and I spent three hours on the road, traveling from our home to our nephew’s college football game. We told my sister we planned to attend his game and gave up tickets to a Division I game in our hometown. I called my sister on the way there to ask whether she could save us seats. It was then that I found out she wouldn’t be attending her son’s game. Instead, she had gotten tickets to the game we were missing.

The weather was perfect. The tickets cost only \$5 each. And our nephew played about half the game.

The problem occurred after the game, when we stood on the field. We were next to my brother-in-law, waiting to greet our nephew, but we were completely ignored the whole time. First my nephew stopped at the other end of the field to greet his girlfriend. He finally appeared on our end and stopped on the right side of us to greet his friends and their father. He fought back tears as he stood looking at his dad and saying he hadn’t played well. We watched as my nephew took off all the tape on his hands and wrists. We kept staring at him, thinking he would at least look at us. But after another five or six minutes with no acknowledgment from my nephew or his dad, we headed for the car.

Were we expecting too much from our nephew to at least look at us? His team had lost in the final seconds, and the coach was furious at the whole team. I understood that our nephew was upset and feeling awful about himself, but how could he have not made eye contact with the relatives who have spent every major holiday and family event with him since he was born?

Is this the new behavior for college students? My sister says that he was disappointed and that she knows her husband is rude but there is nothing she can do about it. I always have everyone here for Thanksgiving and Christmas. Should I go ahead with all that entails and pretend that all is well? Do you have any advice for me or others who experience this type of behavior? — Disappointed Aunt

Dear Disappointed Aunt: No, you should not go on as if all were OK. It’s time to have an open and honest conversation with your nephew and his father about your feelings. Tell your nephew that you enjoyed watching him at the game. Clearly, your nephew was disappointed with his playing and the team’s loss, and that is always tough for any player. But disappointment is never an excuse for rudeness. Perhaps he didn’t see you or was embarrassed and didn’t want to cry in front of you. Regardless, you will never know until you speak with him and tell him how much you enjoyed just watching him.

His father is a different story. If your sister won’t do anything about his behavior, then it is up to you and your husband to have a kind and honest conversation with him to let him know that your feelings were hurt when he didn’t acknowledge you at his son’s game.

Only after you have these conversations should you decide about Thanksgiving and Christmas. The holidays are a time of forgiveness and celebration, so if I were in this situation, I would invite them and not let this one snub affect the holiday plans.

“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.

Saturday, Nov. 10 & Monday, Nov. 12 sudokus

SUDOKU

DIFFICULTY RATING: ★★★★★

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

11/10

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PREVIOUS SOLUTION

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

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

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

PREVIOUS SOLUTION

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

DIFFICULTY RATING: ★★★★★

SUDOKU

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

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.

" C BGE 'P XCHK TEK VGS ACPNTFP
NKGWCEJ DFZCB, UXGSCEJ CP,
ZPFVSCEJ CP TW PNCEYCEJ GOTFP
CP." — XKTEGWV OKWEZPKCE

Previous Solution: "Caring for veterans shouldn't be a partisan issue. It should be an American one." — Jennifer Granholm

TODAY'S CLUE: W s i e n b e d

REALITY CHECK

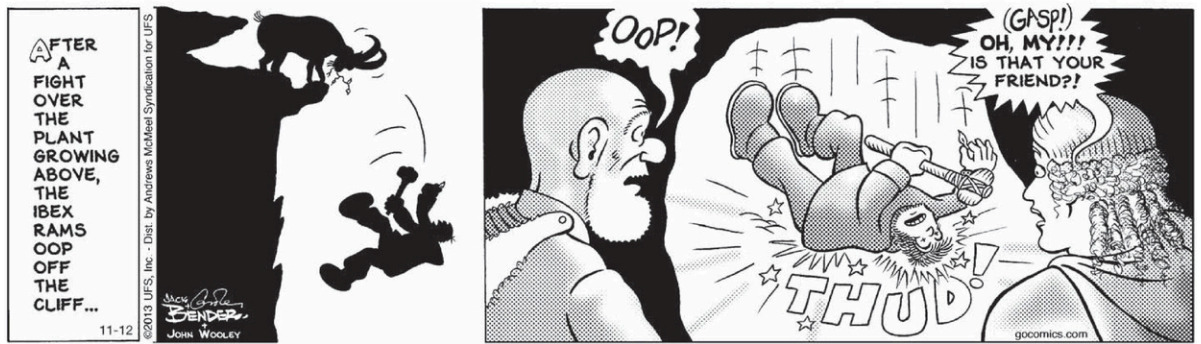


HERMAN

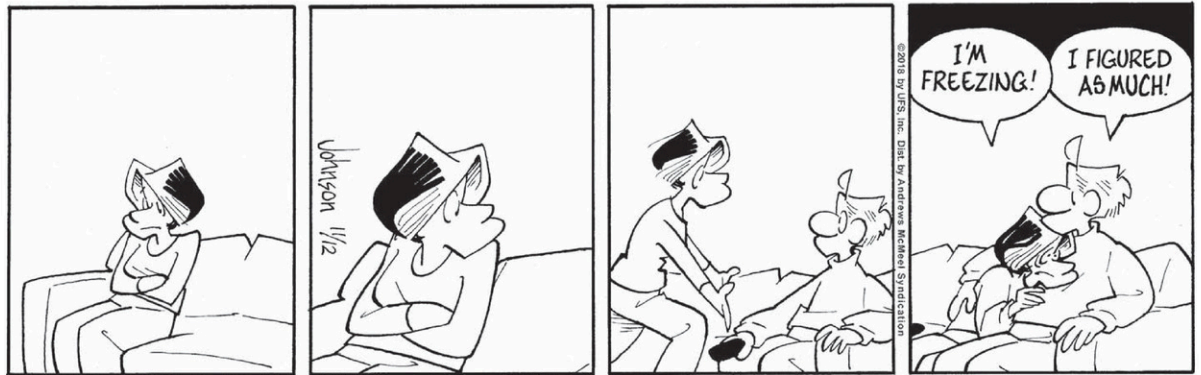


"Did you see a large woman on a bike go past here?"

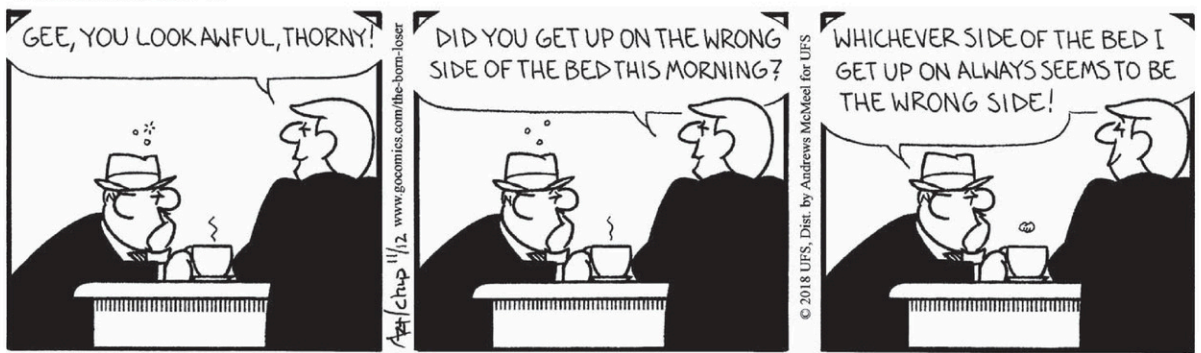
ALLEY OOP



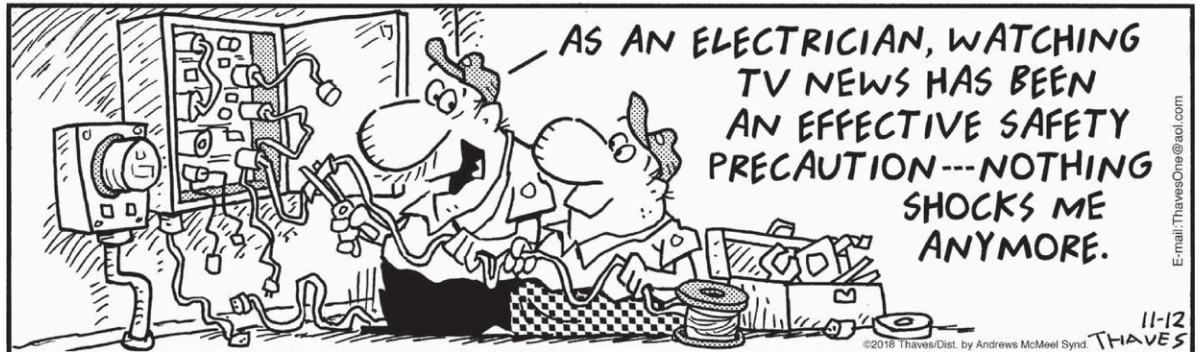
ARLO & JANIS



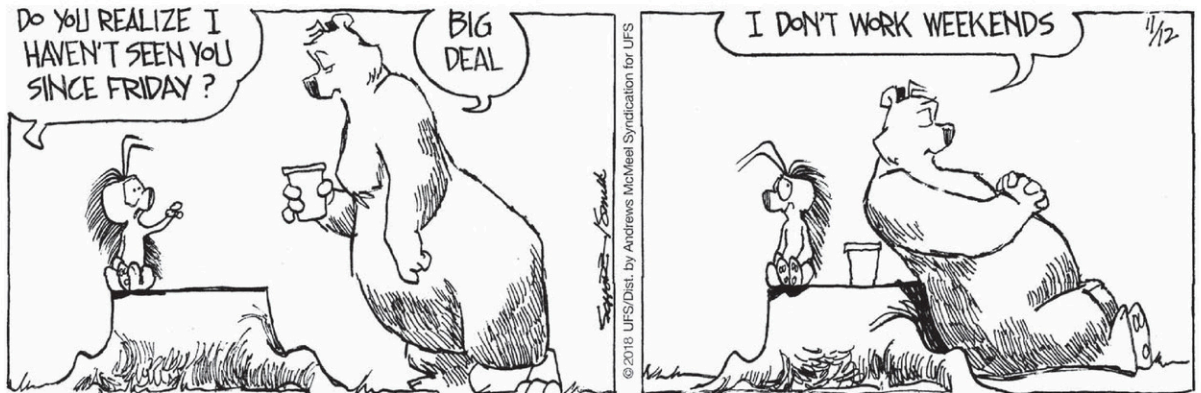
THE BORN LOSER



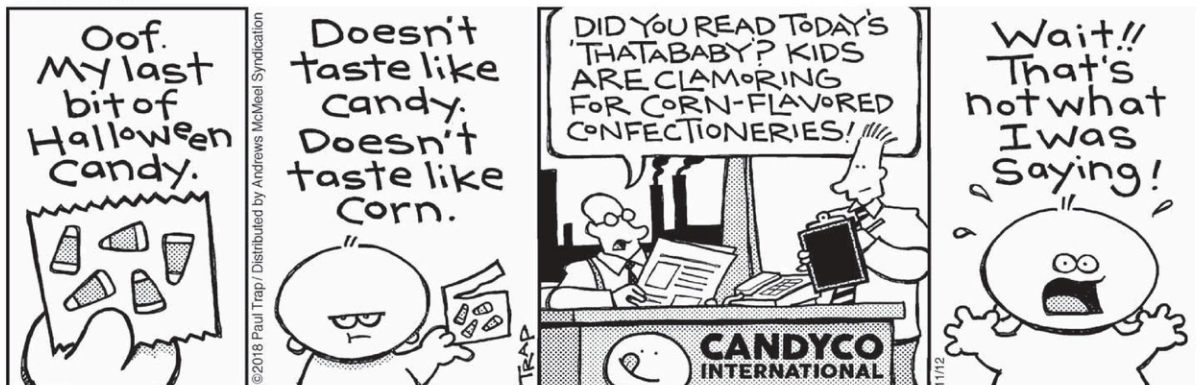
FRANK AND ERNEST



GRIZWELLS



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 E-MAIL: classad@sherbrookerecord.com
 OR KNOWLTON: (450) 242-1188 BETWEEN 9:00 A.M. AND NOON

CLASSIFIED

DEADLINE: 12:30 P.M. ONE DAY PRIOR TO PUBLICATION
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 THE RECORD, 6 MALLORY, SHERBROOKE, QUEBEC J1M 2E2

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ON NOVEMBER 20th

The Record and Brome County News will publish a special supplement

in partnership with
The Pet Connection Lennoxville, SPA des Cantons, SPCA Montérégie and Frontier Animal Society.

This edition will be filled with wonderful pets up for adoption, success stories and adoption tips. If you would like to help a pet find a home by sponsoring a pet please call **819-569-9525** or email classad@sherbrookerecord.com
Cost \$15
Deadline November 13th

*A portion of proceeds of this special edition will be donated to:
 The Pet Connection Lennoxville, SPA des Cantons, SPCA Montérégie and Frontier Animal Society



Sample ad

This is Buddy. He is a 3 year old beagle. He is good with other dogs and small children and is looking for a good home.
 Buddy is Sponsored by
Patty Curtis
North Hatley

Baked brie with jam or fruit is popular for good reason

By America's Test Kitchen

Baked Brie topped with jam or fruit is popular for good reason. When the cheese is warmed, it becomes rich and gooey, and pairing it with sweet fruit brings out the savory notes in the cheese.

For sweet and creamy flavour in every bite, we reengineered the traditional whole wheel of baked Brie by trimming off the rind (which doesn't melt that well) and slicing the cheese into cubes. This allowed our honey-apricot mixture to be evenly distributed throughout this deconstructed version of the dish, not just spooned on top.

Baking the cheese in a cast-iron skillet seemed like a no-brainer; since the skillet holds on to heat so well, it keeps the cheese in the ideal luscious, fluid state. We finished the dish with an extra drizzle of honey and some minced chives to reinforce the sweet-savory flavour profile.

Be sure to use a firm, fairly unripe Brie for this recipe. Serve with crackers or Melba toast.

BAKED BRIE WITH HONEYED APRICOTS

Servings: 8-10

Start to finish: 30 minutes

- 1/4 cup chopped dried apricots
- 1/4 cup honey
- 1 teaspoon minced fresh rosemary
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 (8-ounce) wheels firm brie cheese, rind removed, cheese cut into 1-inch pieces
- 1 tablespoon minced fresh chives

Adjust oven rack to middle position and heat oven to 400 F. Microwave apricots, 2 tablespoons honey, rosemary, salt, and pepper in medium bowl until apricots are softened and mixture is fragrant, about 1 minute, stirring halfway through microwaving. Add Brie and toss to combine.

Transfer mixture to 10-inch cast-iron skillet and bake until cheese is melted, 10 to 15 minutes. Drizzle with remaining 2 tablespoons honey and sprinkle with chives. Serve.

Nutrition information per serving: 239 calories; 141 calories from fat; 16 g fat (10 g saturated; 0 g trans fats); 57 mg cholesterol; 432 mg sodium; 13 g carbohydrate; 1 g fiber; 13 g sugar; 12 g protein.

For more recipes, cooking tips and ingredient and product reviews, visit <https://www.americastestkitchen.com>. Find more recipes like Baked Brie with Honeyed Apricots in "All-Time Best Appetizers."

(The Associated Press)

Secret Santa Campaign

help to make a child's holiday unforgettable!






To sponsor a family, or a child or to participate in any way contact the Lennoxville & District Women's Centre
 (819)564-6626 info@ldwc.ca
 OR SEND YOUR DONATION TO THE LDWC
 203-175 Queen St. Sherbrooke QC J1M 1K1

Help stop impaired driving.
 Volunteer!



Mothers Against Drunk Driving
 877-392-6233
mcmorin@madd.ca 

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NEA Crossword Puzzle

- ACROSS**
- 1 Berra of baseball
 - 5 — — step further
 - 8 Jug
 - 12 Two-piece cookie
 - 13 Massage
 - 14 Mound
 - 15 Tightening tools
 - 17 Persia, today
 - 18 Windy City trains
 - 19 Family mem.
 - 20 Landscape
 - 21 Climbers' coups
 - 23 Shake — — (hurry)
 - 26 Jazzy — James
 - 27 Pen fluid
 - 30 Carouse
 - 32 Secret
 - 34 Camp craft (hyph.)
 - 36 Name in tractors
 - 37 FICA number
 - 38 Say hoarsely
- DOWN**
- 1 Long ago
 - 2 By mouth
 - 3 Pulls down
 - 4 Gold medal org.
 - 5 Parthenon site
 - 6 River mouth
 - 7 Tummy muscles
 - 8 Heroic tales

Answer to Previous Puzzle

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

- 9 Metal thread
- 10 Vivacity
- 11 Magritte or Russo
- 16 Time divs.
- 20 Dull
- 21 Mellowed
- 22 Highest degree
- 23 — and crafts
- 24 Grass skirt accessories
- 25 Uniform
- 27 Notion
- 28 Uncool one
- 29 Patch locale
- 31 Ancient instruments
- 33 Resist boldly
- 35 Hearing aid?
- 39 Candle bracket
- 40 Bird with a colorful bill
- 42 Notes
- 43 "The Facts of Life" star
- 44 Translucent gem
- 45 Woody's son
- 46 Tiny tastes
- 48 Insult wittily
- 49 Kappa preceder
- 50 Poke
- 52 Very cold
- 53 Beluga delicacy

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
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			42						43			
44	45	46					47			48	49	50
51					52				53			
54					55				56			
57					58				59			

Your Birthday

MONDAY, NOVEMBER 12, 2018

Communication will help you stick to facts and make wise choices. Stepping outside your comfort zone will encourage you to assess new possibilities. Explore and participate in functions that will broaden your outlook and awareness. Physical fitness will ease stress.

SCORPIO (Oct. 24-Nov. 22) — Stick to what and who you know. Anger will set you back, so try to avoid it. Patience will be required when dealing with personal health, financial and emotional matters.

SAGITTARIUS (Nov. 23-Dec. 21) — Keep everything in perspective. If you overreact or make too many promises, you will end up facing questions you may not want to answer. Stick to the truth and live within your means.

CAPRICORN (Dec. 22-Jan. 19) — Push forward until you reach your goal. A unique approach will help you attract attention, but don't take credit for someone else's idea. Give credit where credit is due.

AQUARIUS (Jan. 20-Feb. 19) — A change to the way you earn your living or how you handle your money will lead to greater security. Put your energy where it counts.

PISCES (Feb. 20-March 20) — Don't share personal information with someone who has trouble keeping a secret. Be discreet and helpful to those who have been there for you in the past.

ARIES (March 21-April 19) — Don't leave anything unfinished. Others will

be watching and judging you, so walk the straight path. A personal change should entail a healthier lifestyle. Romance is highlighted.

TAURUS (April 20-May 20) — Use your knowledge, experience and expertise to get ahead. A business partnership is favored, but be sure to draw up a contract that specifies who is responsible for what.

GEMINI (May 21-June 20) — Change begins within. Consider how you feel about what you do for a living and with whom you spend your time. Make adjustments that will ease stress.

CANCER (June 21-July 22) — Take a serious look at your relationships with others. Consider how to best improve situations that have been tense. Offer suggestions and be receptive to compromise. A change will lead to better days ahead.

LEO (July 23-Aug. 22) — Speak up and get things done. Investments, real estate, home improvements and contracts are favored. Reveal your intentions and make a commitment to a loved one. Personal gains are heading your way.

VIRGO (Aug. 23-Sept. 22) — Don't overspend. Concentrate on networking and sharing your ideas. Refuse to let your personal life interfere with your work responsibilities. Someone close to you will withhold or offer false information.

LIBRA (Sept. 23-Oct. 23) — Consider your needs and make alterations that will improve your health. Diet and exercise along with laughter and having fun with friends are encouraged.

It is never too late to become a member

By Phillip Alder

As the holiday season rapidly approaches — where did summer go? — let's look at some possible gifts for your family, friends and self.

Even if you never play duplicate bridge — if not, why not? — you can join the American Contract Bridge League. You will receive an excellent monthly magazine full of articles aimed at all levels of player. You can also bid eight pairs of hands with your partner and compare your final contracts with two expert pairs.

I contribute a monthly article on card play. Here is one of my deals. What should happen in four spades after West leads the club 10?

North might have advanced with a two-club cue-bid raise or a conventional two no-trump, depending upon partnership preference, but jumping straight to four spades was not silly, because a slam was unlikely and it potentially made life harder for the opener. (If East had bid again, North would have doubled to tell South that he had a strong, not pre-emptive, raise.)

East takes three tricks in clubs, then leads his last club honor. How should South continue?

Since the red suits are safe, declarer has to decide who holds the spade

North 11-12-18

- ♠ A 10 9 6
- ♥ Q J
- ♦ A K 5
- ♣ 9 8 6 3

West

- ♠ 5
- ♥ 10 8 7 5 4 3
- ♦ 9 7 4 2
- ♣ 10 2

East

- ♠ Q 7 2
- ♥ 9 6 2
- ♦ J 8 3
- ♣ A K Q J

South

- ♠ K J 8 4 3
- ♥ A K
- ♦ Q 10 6
- ♣ 7 5 4

Dealer: East
Vulnerable: East-West

South	West	North	East
1♠	Pass	4♣	All Pass

Opening lead: ♣ 10

queen. How?

South should count the high-card points. Dummy has 14 and he holds 13. That leaves only 13 for East and West. But since East opened, he must have the spade queen. (Do not worry about 11-point openings, especially without a five-card suit.)

Declarer ruffs with his spade eight, plays a spade to the ace and runs the spade 10 through East.

Details at acbl.org.