

Learning Bar attends ETSB meeting to address student survey concerns

By Matthew McCully

Last week two representatives from the Learning Bar, the New Brunswick company responsible for the Tell Them From Me (TTFM) survey, attended a meeting with parents and Eastern Townships School Board (ETSB) members.

For several years now, the ETSB has purchased the survey service, which assembles data collected anonymously from across the country for use in pedagogical planning as well as creating a safe and productive learning environment for students, based on the answers provided in the survey.

Due to concerns raised last year by the Galt governing board, use of the survey was suspended for this school year until a number of issues could be addressed regarding the content, the security of the data collected and the way the survey was being administered.

"I thought it was very productive," said Ethan Young-Lai, Chief Client Services Officer for the Learning Bar. "There were thoughtful questions and reasonable concerns," he said, adding that he felt the meeting was more of an information session than a defense of the survey.

"In the absence of information, misconceptions arise," Young-Lai said, adding that he appreciated the

CONT'D ON PAGE 3

A world to discover in Sherbrooke

SANC hosts 46th annual intercultural buffet



PHOTOS BY MATTHEW MCCULLY

On Saturday evening, the Service d'Aide au Néo-Canadiens (SANC) hosted the 46th annual intercultural buffet, drawing hundreds from the community to celebrate the cultural traditions of countries near and far. The event gave guests an opportunity to taste foods from dozens of different countries, and also enjoy music and dance performances throughout the evening.

New this year, the intercultural celebration included a bazar in addition to the food and live performances.

Attendees entered the buffet, held at the Centre d'Activité Physique at Cegep de Sherbrooke, by walking through the bazar, which featured the art and traditional customs of countries from Northern Africa and the Middle East.

The representatives from the dozens of countries serving food were more than happy to answer questions and share the recipes for the delicacies of their home countries.

MORE PHOTOS INSIDE ON PAGE 2

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LOW OF -3



TUESDAY:
CLOUDY

HIGH OF 8
LOW OF 0



WEDNESDAY:
RAIN

HIGH OF 7
LOW OF 3



THURSDAY:
SHOWERS

HIGH OF 9
LOW OF 5



FRIDAY:
CLOUDY

HIGH OF 15
LOW OF 5

Second annual clean-up bee in Potton



THE SCOOP
MABLE HASTINGS

The Municipality of Potton held its second Annual spring Clean-up Bee on April 22 (Earth Day) in Potton. Volunteers gathered and were divided into teams to clean the ditches on Leadville, Owl's Head, Province Hill, Bellevue and Chemin du Lac roads.

With approximately 30 people in attendance under the Direction of Alexandra Leclerc, Municipal employee in charge of Environment and hygiene, the group worked hard and were able to clean up a lot of trash that had accumu-

lated in the ditches.

A light breakfast was served before the clean up and when the group finished, everyone gathered at the Town Hall for a lunch prepared by the Euro-Deli and drawings were held for participation prizes.

Organizers hope that next year there will be greater involvement by the youth but were very appreciative of all who gave their time and enthusiasm in beautifying the community.

PHOTOS BY MABLE HASTINGS

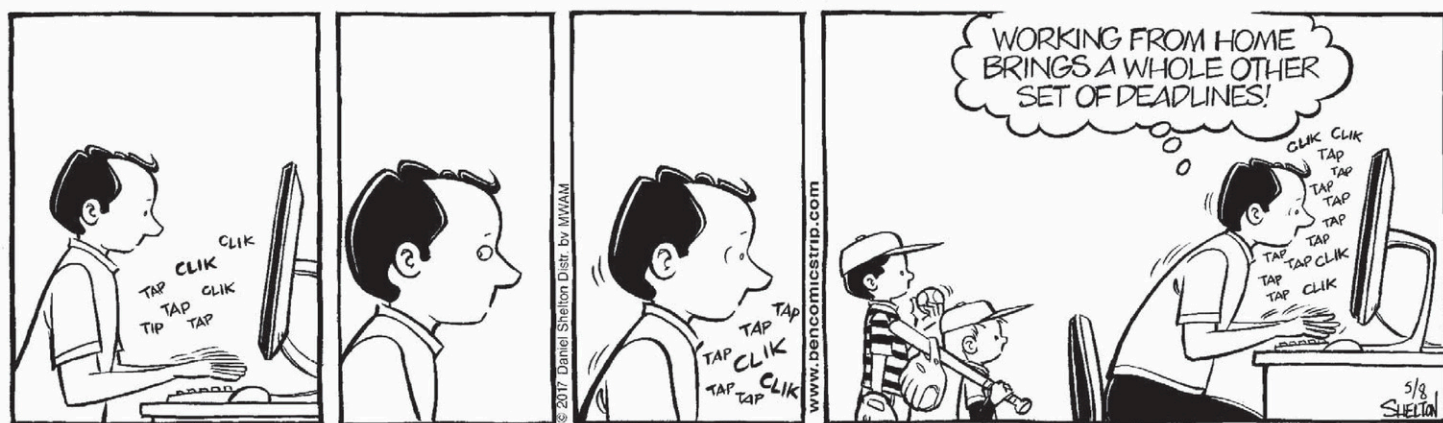


46th annual intercultural buffet

CONT'D FROM PAGE 1



Ben by Daniel Shelton



LOCAL NEWS

“We’re not looking for money (from the community),” Glaude added. “What we need is volunteers.”

Lennoxville garden seeks loving neighbours

By Gordon Lambie

The garden at the corner of Hunting and Speid streets in Lennoxville is looking for a few helping hands. After years of diminishing support from the original partners, the remaining caretakers at Saint Antoine Elementary School are looking to assemble a volunteer committee of five or six people who will help ensure that the project continues.

“At the beginning it was a project meant to include many different groups,” said Josée Glaude, who teaches at Saint Antoine and has helped oversee the project for the last five years. “We had Townshippers’ with us as well as the curator of The Bishop’s Art Gallery; there were many partners.”

Although caring for the collection of edible plants has been a positive volunteering opportunity for some thirty students at the elementary school every year, their teacher shared that, for a variety of reasons, the garden has become increasingly the school’s responsibility.

Following the recent decision on the part of the city of Sherbrooke to save money by cutting back on the horticulture budget, that situation became even more challenging.

“Last year the city told us that we had to manage it ourselves and they would no longer provide materials,” Glaude said, “but as a teacher I don’t have the funding for that.”

The teacher said that the community committee was the proposed solution; a small group of people from the surrounding streets who can be available to provide ongoing support to the garden itself while also helping to draft a project proposal that could be granted funding from the city on an annual basis.

“We’re not looking for money (from the community),” Glaude added. “What we need is volunteers.”

The teacher explained that the students at the school will continue to be involved in the project as well, but that the garden has changed since the first cohort of student volunteers was in charge.

“When we started out, each student was responsible for one plant. They had to know about it how to care for it and look after it over the course of the year,” Glaude said, reflecting that now the plants are well established and the care is more a matter of general maintenance.

Anyone interested in volunteering for the new committee is invited to contact



SHANNA BERNIER

The garden on the corner of Speed and Hunting Streets in Lennoxville was planted in two phases and includes only plants with edible components.

Glaude by email at glaudej@csrs.qc.ca. The teacher emphasized that the committee really has to be neighborhood-focused, meaning that members are being sought only from the surrounding streets.

Learning Bar

CONT'D FROM PAGE 1

opportunity to explain the security features in place that protect the privacy and anonymity of the data collected.

One of the biggest concerns raised, according to Young-Lai, was that parents felt left out of the process and not properly informed.

“I think they really turned a corner on being heard on that,” Young-Lai commented.

“There were some great ideas,” he said, regarding what could be done to strengthen communication and ensure that students are aware that the survey is completely voluntary.

ETSB Chairman Mike Murray also believed the meeting was constructive.

“They (The Learning Bar) laid out the entire survey, its purpose, the mechanics of it, and the benefits,” Murray said, feeling everyone in attendance was satisfied.

“There seemed to be a broad consensus,” he commented, with the exception of one parent who Murray said “clearly wasn’t listening to what they were being told.”

The message received by the board, according to Murray, was that the survey was not the issue so much as the way it was being administered.

Parents were worried that it was not made clear to students that they were free to opt out of participating.

In a previous meeting, the board adopted a resolution to suspend the TTFM survey until May 4, after the meeting with parents and representatives from the Learning Bar.

When asked if they now intend to move forward with the survey, Murray said that even before the meeting, the board had decided not to rush to get it done by the end of the school year.

There are pedagogical advantages to administering the survey in the autumn, Murray added.

Murray said the board will spend the coming months to address any lingering concerns, and focus on the way the survey is implemented in ETSB schools.

“We acknowledge that we can do better,” Murray said, wanting parents and students to be at ease with the process.

Murray pointed out that the various committees involved in the TTFM discussion are consultative bodies. The decision regarding whether or not the survey will be used in ETSB schools ultimately lies with the board.

The Record contacted two parent commissioners for their perspective on the meeting, but they could not be reached over the weekend for comment.

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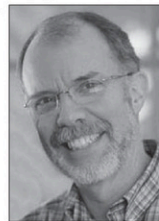
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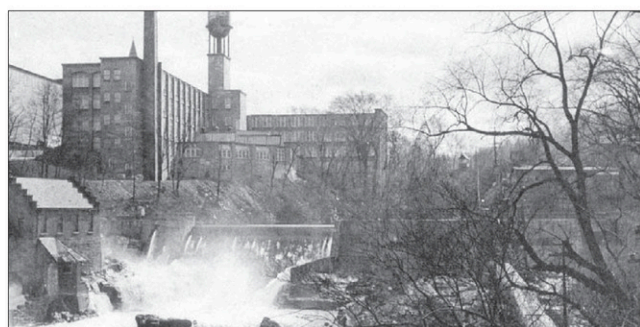
Townships Trivia: Industry

QUEBEC ANGLOPHONE
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RÉSEAU DU PATRIMOINE
ANGLOPHONE DU QUÉBEC
RPAQ

By Matthew Farfan
Executive Director, Quebec Anglophone
Heritage Network (QAHN)

1) The Magog River powered several large factories in Sherbrooke. What was this one called?



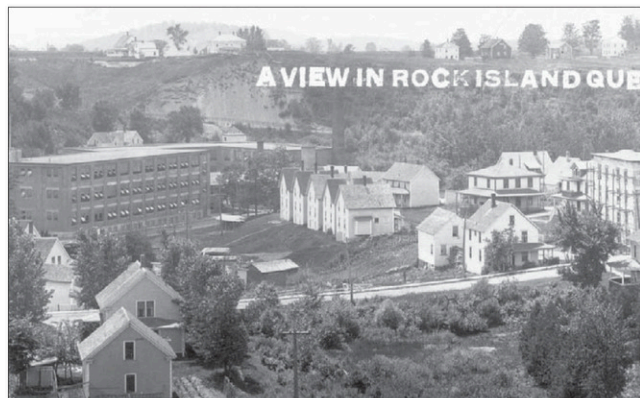
- a) Kayser Silk
- b) The Paton Mill
- c) Dominion Textile
- d) None of the above

2) This massive factory opened in Drummondville in 1926. What was it called?



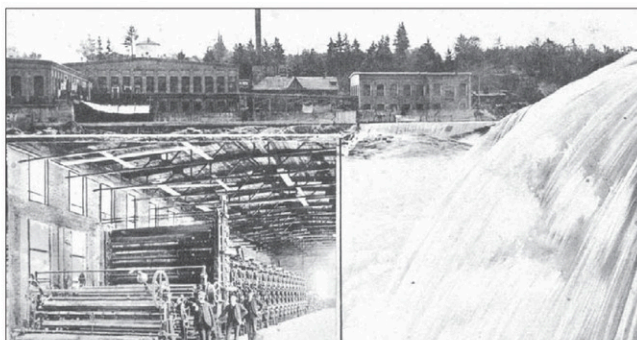
- a) Canadian Celanese
- b) Canada Paper
- c) Penman's
- d) Dominion Shoe

3) This factory in Rock Island had an international workforce. Name it.



- a) The Lay Whip Factory
- b) Dominion Corset
- c) Butterfield's
- d) Canada Tool and Die

4) The Canada Paper Company's St. Francis Mills in what town were the largest pulp and paper operation in the country when they were built at the turn of the last century?



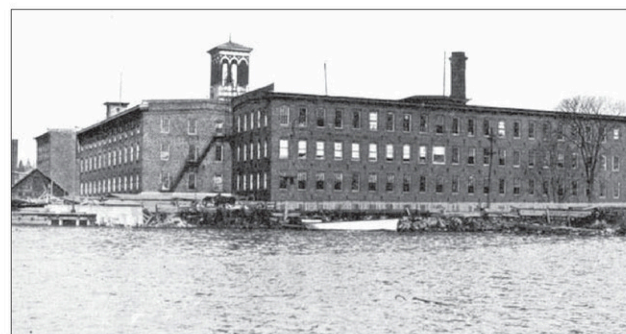
- a) Richmond
- b) Drummondville
- c) Windsor Mills
- d) East Angus

5) This factory in Bedford was built in the 1880s to manufacture what product?



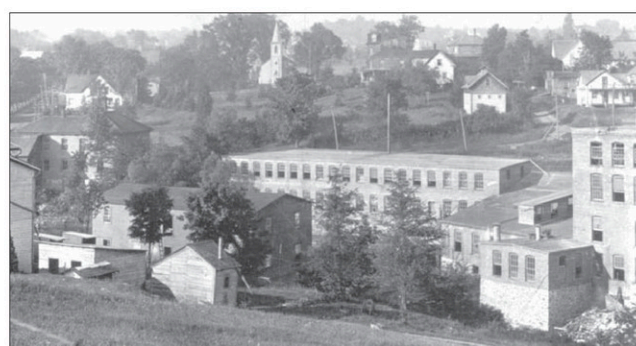
- a) Silk thread
- b) Needles
- c) Hair pins
- d) Thimbles

6) At the beginning of the twentieth century, Sherbrooke's Paton Woollen Mills employed a workforce of men, women and children. About how many people worked here?



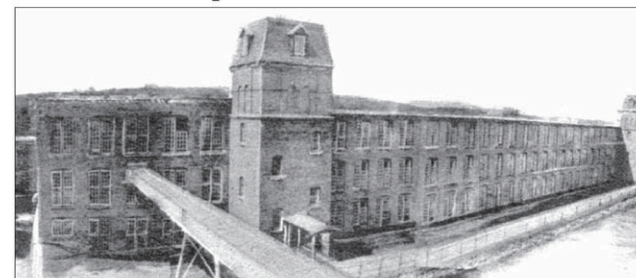
- a) 200
- b) 400
- c) 750
- d) 1,500

7) Waterville, seen here circa 1910, has been home to several factories. These companies have included:



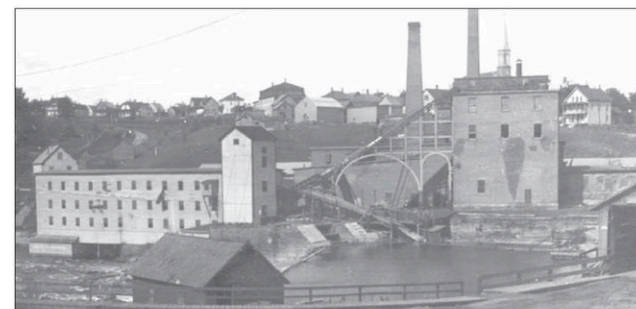
- a) Dominion Snath Company (scythe handles)
- b) George Gale and Sons (mattresses)
- c) Waterville TG (weather stripping)
- d) All of the above

8) Dominion Textile in Magog, seen here c.1900, specialized in what product?



- a) Silk
- b) Wool
- c) Cotton
- d) Rubber

9) Brompton Pulp and Paper set up shop in which town in the 1880s?



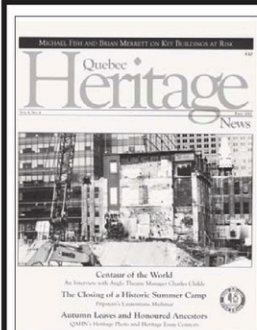
- a) East Angus
- b) Magog
- c) Granby
- d) Bromptonville

10) Imperial Tobacco, seen here c.1915, built this plant in the early 1900s in which town?



- a) Granby
- b) Cowansville
- c) Huntingville
- d) Sherbrooke

ANSWERS:
1) D
2) A
3) C
4) C
5) C
6) D
7) D
8) B
9) D
10) A



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EDITORIAL

While Quebec City is the most popular destinations in the province by a wide margin, Montreal and smaller ports like Gaspé and Saguenay still share in a goodly part of the cruise spoils.

Quebec braces for marine invasion this summer



PETER BLACK

It pales next to the British armada that sailed up the treacherous St. Lawrence River in the spring of 1759, but this summer a marine invasion of impressive scope is set to ply the historic waterway to Quebec City.

For the record, Vice-Admiral Charles Saunders commanded a fleet of 320 vessels, which, to give an idea of the logistics involved, included seven livestock transports and two hospital ships, to support the 47 battleships sent to take Nouvelle France. More than 20,000 sailors and soldiers were aboard.

The ships coming in numbers this season are in fact a collection of wooden tall ships, harkening back to the golden age of sail, but mostly their modern descendants, the luxurious, high-tech behemoths from a variety of cruise ship lines.

Obviously, there's something to this ocean-liner experience based on the relentless boom in demand. About 25 million people around the world are expected to take a sea cruise this year, a

million more than last year, and an increase of more than 60 percent since 2005. About 80 new ocean ships currently are on order over the next 10 years, to add to the existing fleet of 480.

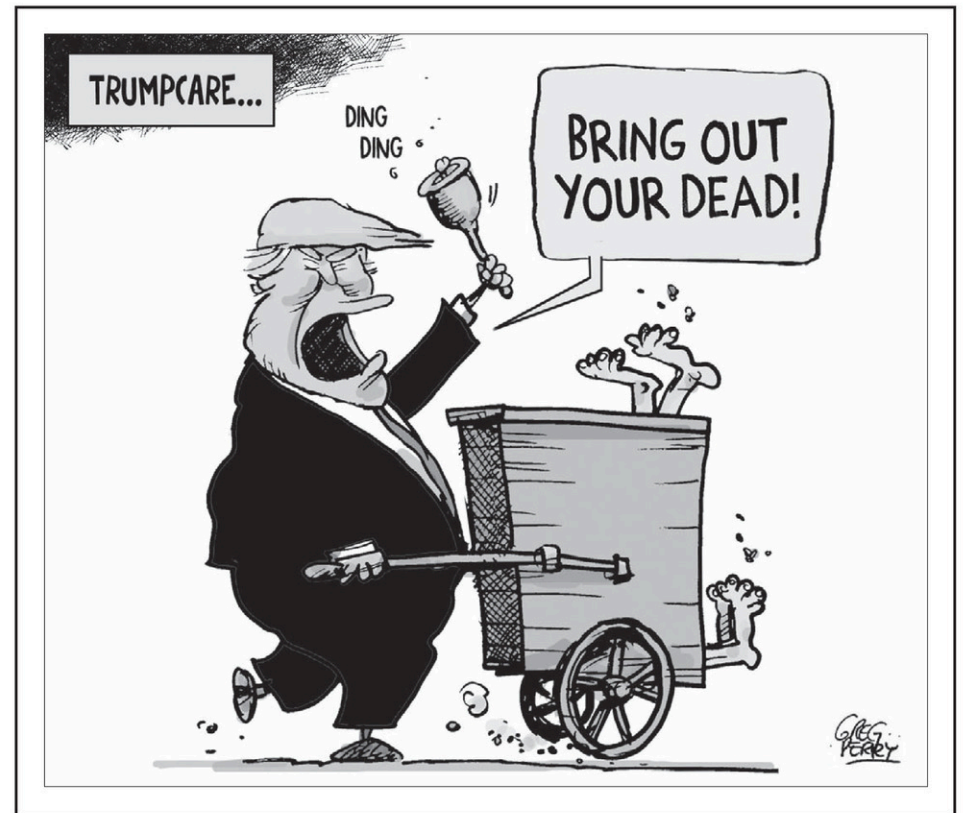
Quebec City, being a well-established tourism mecca, has been a major beneficiary of the increased traffic. The Port of Quebec is bracing to welcome 131 visits from 34 separate cruise ships this season, five more than the previous record year of 2015.

Two new vessels will make their debut in the port, the Viking Sky and Silver Muse, both of which are scheduled to arrive in late September. The first ship of the season, the Veendam, out of Amsterdam, made its 66th visit to Quebec since 1996 last week.

All told, some 200,000 passengers are expected to pour into the port, a jaw-dropping 30 percent increase over last year. Port officials credit the surge to their own marketing as well as festivities for the 150th anniversary of Confederation - more about that later.

As hot as Quebec is as a cruise ship destination, British Columbia is by far the biggest Canadian draw, with a 66 percent share of the estimated \$3.2 billion economic impact of the cruise industry in 2016, according to a recent study done for major Canadian cruise promoters. Quebec has a 15 percent share.

The report found there's been an overall 34 percent increase in cruise-related spending in Canada since 2012. Perhaps surprisingly given the concerted effort



by port attractions to part passengers of their dollars, it is the ships and crew that account for the majority of on-shore spending. Fuel, food, hotel supplies and port fees account for nearly a billion dollars spent in Canadian ports of call.

While Quebec City is the most popular destinations in the province by a wide margin, Montreal and smaller ports like Gaspé and Saguenay still share in a goodly part of the cruise spoils. In 2016, passengers spent \$13.4 million in Montreal, \$18.3 million in Quebec City, and \$4.5 million in other ports.

It should be noted that cruise ship traffic to Montreal is vulnerable to the height of bridges, tides and water levels. The Veendam mentioned above, for example, has to time its passage under the Quebec Bridge at half- or low-tide. Some ships are just too big to make it under

any of the St. Lawrence bridges, the Queen Mary 2, for one.

Even Gaspé, one of the earliest destinations of European visitors, is cashing in on the cruise craze. Thirty ships visited the historic port last year, including the Queen Mary 2, bringing a total of 20,600 passengers and 12,000 crew.

Gaspé, incidentally, will be one of the several stops an international flotilla of tall ships will be making along the St. Lawrence this summer, as they sail their way to the big Rendez-vous 2017 regatta in Quebec City in July.

The 40-ship parade is said to be the largest gathering of sea-going vessels in the city since 1984. That summer some 67 ships gathered in the place to which Jacques Cartier, who gave the St. Lawrence its name, navigated the Grande Hermine in 1535.

Flood fighting continues in Central, Eastern and Western Canada

The Canadian Press

Across the country, thousands of Canadians are spending the weekend in a desperate struggle with

rising floodwaters caused by unusually persistent rainfall.

Floodwaters in Quebec are expected to peak today due to continued rain in most of the affected areas.

In total, nearly 1,900 homes are flooded in 126 municipalities. More than a thousand residents were evacuated and more than 400 roads are affected.

The Canadian Armed Forces today says it will double its staff to help flood victims in Quebec. More than 400 army personnel were deployed to the western and central part of the province Saturday as high water threatened hundreds of residences, including some in the Montreal area.

Montreal Mayor Denis Coderre says the city has 30 Canadian Forces personnel helping firefighters and other emergency responders with the flood response.

The town of Rigaud near Montreal has been the most affected and a state of emergency has been in place for several days.

Quebec Premier Philippe Couillard visited the town Saturday and urged people to heed authorities if they recommend they leave their homes.

In Atlantic Canada, New Brunswick has taken the hardest hit with 100 millimetres of rain falling in some areas in just two days - and Environment Canada warns there's more to come today.

In British Columbia, rain combined with warm temperatures have accelerated the melting of the snowpack, which has resulted in flooding and mudslides throughout the province.

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Local Sports

Jutras-Plante is a member of the Senior Boys Badminton team that won the gold medal in the Galt badminton tournament.

Wiseman-Beese and Jutras-Plante named Piper athletes of the month

Submitted by Robert Fisk

Naomi Wiseman-Beese and Enrick Jutras Plante have been named the Piper Athletes of the month for April at Alexander Galt High School. Wiseman-Beese is a member of the Senior Girls Badminton team and the top singles girl in the school even though

she is still junior age. She won the silver medal at the 47th annual Galt Badminton Tournament. The gold medal match was her only loss, but it was her great attitude and work ethic throughout the month that propelled her to the championship match. The grade 10 student also has an unmatched work ethic in the classroom where she sits on the

Principal's List.

Jutras-Plante is a member of the Senior Boys Badminton team that won the gold medal in the Galt badminton tournament. The grade 11 student earned his medal through an outstanding work ethic and commitment to getting better. The Magog resident had a tough road to get to the final, but it was his willing-

ness to battle that allowed him to persevere. The 16 year old trained hard in the badminton concentration program with coach Mr. Walker and excelled in the classroom in the process with a 91% average.



Naomi Wiseman-Beese

COURTESY



Enrick Jutras Plante

COURTESY

The new fully electric 2017 Chevrolet Bolt has arrived in Magog!



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Today in History

Today in History for May 8:

On this date:

In 615, Pope St. Boniface IV, who sanctioned moral and material improvements for the lower clergy, died. He also consecrated the pagan temple of Agrippa called the Pantheon to the Blessed Virgin Mary and all the saints, thus instituting All Saints Day on Nov. 1.

In 1521, Roman Catholic Jesuit priest St. Peter Canisius, known as the "Hammer of Protestantism," was born in Nijmegen, Holland. He led the Counter-Reformation in German lands.

In 1541, Spanish explorer Hernando de Soto reached the Mississippi River.

In 1620, Samuel de Champlain sailed for Canada, accompanied by his wife.

In 1794, Antoine Lavoisier, the father of modern chemistry, was executed on the guillotine during France's "Reign of Terror."

In 1828, Henri Dunant, founder of the Red Cross, was born in Geneva.

In 1882, Alberta, Saskatchewan, Assiniboia and Athabaska were formed as districts of the Northwest Territories.

In 1886, Coca-Cola was served for the first time, at Jacob's Pharmacy in Atlanta.

In 1902, a volcanic eruption on the Caribbean island of Martinique destroyed the city of St-Pierre within minutes. Only two of the 30,000 inhabitants survived.

In 1906, the University of Alberta was founded in Edmonton.

In 1906, American desperado Bill Miner held up a CPR train in Kamloops, B.C. But Canada's first train robbery netted Miner only \$15, and he was captured

a few days later. The story inspired the 1983 film, "The Grey Fox."

In 1945 - V.E. (Victory in Europe) Day. The Second World War ended in Europe with the unconditional surrender of all German land, sea and air forces. The surrender was signed the previous day by German envoys in a schoolhouse at Rheims, France.

In 1950, 10,000 people were forced out of the Red River Valley south of Winnipeg. An approaching flood caused \$25 million in damage before the crisis ended on May 25.

In 1973, militant natives who had held the South Dakota hamlet of Wounded Knee for 10 weeks surrendered.

In 1974, the Conservatives and NDP defeated Prime Minister Pierre Trudeau's minority Liberal government in a no-confidence motion brought against the budget in the House of Commons. The Liberals won a majority in the ensuing election.

In 1978, David R. Berkowitz pleaded guilty in a Brooklyn courtroom to murder, attempted murder and assault in connection with the "Son of Sam" shootings that had terrified New Yorkers.

In 1982, Canadian Formula One driver Gilles Villeneuve died in a racing accident in Belgium. He was 32.

In 1984, Canadian Forces Cpl. Dennis Lortie sprayed the Quebec National Assembly with machine-gun fire, killing three and wounding 13 before surrendering several hours later. He was sentenced to life in prison, but was paroled in 1995.

In 1984, the Soviet Union announced it would boycott the Los Angeles

Olympics, charging the U.S. did not intend to ensure the athletes' security.

In 1986, the fourth supplement to the Oxford Dictionary was published. It included the words yuppie, self-service and security blanket.

In 1987, Ottawa unveiled the \$1 coin. Made of nickel, copper and recycled tin, it was dubbed the loonie because of the loon engraved on its flip side.

In 1990, the Estonian parliament declared the birth of the Estonian Republic and dropped the words Soviet Socialist from its name.

In 1994, in Zurich, Canada beat Finland 2-1 in a shootout to win its first world hockey championship in 33 years.

In 1996, actress Julie Andrews turned down her Tony nomination for "Victor/Victoria" to protest her overlooked colleagues, including her husband, director Blake Edwards.

In 1996, South Africa's Constitutional Assembly voted 420-2 to approve a new constitution, completing the country's evolution from apartheid to democracy. The constitution included a bill of rights which banned discrimination based on race, gender or sexual orientation and established the right to adequate housing, food, water, education and health care.

In 1997, Calgary-based Bre-X Minerals filed for bankruptcy protection after losing most of its value when its Indonesian gold "find" was revealed to be a fraud.

In 2005, the new Canadian War Museum was officially opened in Ottawa.

In 2005, Phoenix Suns guard Steve Nash became the first Canadian to win the NBA's most valuable player award. He was named MVP again in 2006.

In 2007, Andre Boisclair resigned as leader of the Parti Quebecois after a crushing electoral defeat and after only 18 months on the job.

In 2007, Northern Ireland's 12-member coalition government led by Protestant leader Ian Paisley and Catholic leader Martin McGuinness took office, heralding a new era after four decades of conflict that left 3,700 dead, and tens of thousands maimed.

In 2008, Vladimir Putin was overwhelmingly confirmed as Russia's new prime minister, a day after his hand-picked predecessor Dmitry Medvedev was sworn in as the country's new president.

In 2009, in what was called a Canadian first, doctors at the Hospital for Sick Children and Mount Sinai Hospital in Toronto said they had performed a procedure on a fetus inside the womb to reverse heart failure before delivery.

In 2010, London's Harrods department store, controlled by Mohamed Al Fayed for the last 25 years, was sold to Qatar Holding for a reported C\$2.2 billion. The company was the fifth owner since Henry Charles Harrod started the business as a small grocery shop in 1849.

In 2013, Jodi Arias was convicted of first-degree murder in the 2008 brutal stabbing and shooting death of her one-time boyfriend, Travis Alexander, in his suburban Phoenix home. The trial was a made-for-the-tabloids drama, garnering daily coverage by the cable news networks. (She was sentenced to life in prison.)

Apple Cider Vinegar's Benefits Still Not Fully Known

ASK THE DOCTORS



By Robert Ashley, M.D.

Dear Doctor: What are the benefits of apple cider vinegar? I hear about it on social media, but I don't understand how vinegar can lead to weight loss or help me control my blood sugar.

Dear Reader: My mom is a big proponent of apple cider vinegar. She likes to put it on her salads and vegetables, or just drink a spoonful of it. I am somewhat dubious about her claims of its health benefits, but I am also skeptical of my own resistance to accepting her belief.

Vinegar is created by the fermentation of many natural substances, including grapes, sugar cane, rice and, in this case, apples. The fermentation process produces acetic acid of various concentrations. With apple cider vinegar, the acidity is fairly high — at a pH of about 3 on a scale of 0 to 14 (a pH of 1 to 7 is acidic).

Apple cider vinegar also contains many polyphenols, or plant-based compounds. These antioxidant compounds have been shown to decrease blood pressure in laboratory animals, improve the ability to metabolize sugar and have beneficial effects on cholesterol.

Now let's analyze the potential medical benefits of apple cider vinegar. In one interesting study, researchers removed the ovaries of mice to increase their oxidative stress and to mimic

menopause; then they fed the mice a high-cholesterol diet. One group of mice was given apple cider vinegar, while another group was not. The mice given apple cider vinegar had improvements in their cholesterol; a decrease in the oxidation of LDL, the so-called "bad" cholesterol; and an increase in the antioxidant glutathione. However, there were only 10 mice in each of the groups, so the numbers don't carry much power.

In a French study of rats fed a high-fat diet and apple cider vinegar, researchers found a decrease in blood sugar and benefits in all cholesterol numbers — triglycerides, LDL cholesterol and HDL cholesterol. Researchers also found in the apple cider vinegar group a decrease in food intake and a decrease in body weight. The authors proposed that apple cider vinegar had an effect of reducing appetite. Again, the number of rats in the study was small, with only six in the apple cider vinegar group.

Obviously, rodents are not humans, but that said, many studies of humans have shown that vinegar reduces the glycemic response and the glycemic index of sugars and carbohydrates. Vinegar itself may help lower blood sugar, but the mechanism of action is not understood.

Along those lines, a 2004 study looked at 11 patients who had insulin re-

sistance and 10 patients who had Type 2 diabetes. Compared with a placebo, apple cider vinegar improved patients' insulin sensitivity, meaning that it improved insulin's ability to bring sugar out of the bloodstream and into the cells of the body. Also, apple cider vinegar decreased the rise of both sugar and insulin when the subjects were given a bagel and orange juice — normally insulin- and glucose-spiking foods.

Lastly, in a Swedish study of 12 healthy males given bread both with and without white vinegar, those who consumed the vinegar showed a lowering of blood sugar and insulin. Those who consumed the vinegar also felt full more quickly. So the benefit of apple cider vinegar may be in vinegar itself, not anything specific to the vinegar from the fermentation of apples. But because the studies above didn't all concern humans and weren't conducted long-term, it's difficult to make a conclusion about the benefits of apple cider vinegar or any other vinegar.

(Robert Ashley, M.D., is an internist and assistant professor of medicine at the University of California, Los Angeles.)

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Your Birthday

MONDAY, MAY 8, 2017

Stay focused on what's important to you this year. Refuse to let outside influences intrude on your agenda. Be bold, but don't feel the need to take control or be responsible for others. Be cautious while traveling or dealing with official business or foreign entities.

TAURUS (April 20-May 20) — Do your own thing and protect against anyone or anything that threatens you or your success. Subtle changes will help bolster your confidence and improve your position.

GEMINI (May 21-June 20) — Don't wait for someone to intervene in a situation or put pressure on you. Make up your mind and move in a direction that will help you live life your way.

CANCER (June 21-July 22) — Say little and do a lot. Work quietly on your own and accomplish your goals. Don't let anyone meddle in your affairs or take advantage of your kindheartedness.

LEO (July 23-Aug. 22) — An open mind and a warm-hearted approach to life and the people you encounter will help you keep bullies at arm's length. Greater involvement in peace and environmental organizations is favored.

VIRGO (Aug. 23-Sept. 22) — Contracts, agreements and home improvements will spring up out of necessity. An unexpected expense should be dealt with smartly. Don't overspend when you can find a way to cut corners and save.

LIBRA (Sept. 23-Oct. 23) — Proceed with caution when dealing with domestic problems. Someone will be erratic and

will overreact without notice. Choose your words wisely, and exude diplomacy. Keep the peace and make love, not war.

SCORPIO (Oct. 24-Nov. 22) — There will be plenty of unspoken words that will keep you in the dark. When dealing with contractual, financial and health issues, ask questions that are pertinent and will clear up confusion.

SAGITTARIUS (Nov. 23-Dec. 21) — Get out and engage in things you believe in and enjoy doing. Set a schedule that includes what motivates you, and start living life to its fullest.

CAPRICORN (Dec. 22-Jan. 19) — When dealing with institutions or government agencies or traveling to foreign countries, you should be cautious. Overreacting will not work out well. Sticking close to home and tidying up loose ends is a better alternative.

AQUARIUS (Jan. 20-Feb. 19) — Make good and uphold an old promise you made to yourself or someone from your past. Attending a reunion or repaying an old debt will make you feel good. Romance is highlighted.

PISCES (Feb. 20-March 20) — If you are honest about the past, it will be easier to face the future. Reconnecting with someone will have an impact on your life. A healthy sense of compromise will improve important relationships.

ARIES (March 21-April 19) — Keep a steady pace and an eye on what you must accomplish. Letting personal matters deter you from taking care of your work responsibilities will leave you in an awkward position.

MONDAY, MAY 8, 2017

Do not match a speedy declarer

By Phillip Alder

Traffic is going at a steady 65 mph on an interstate. You are coming up the entry ramp. What is your ideal speed when you reach the top of the ramp?

Right — 65. So why do many drivers try to merge at 50 or 55? It increases the risk of an accident.

At the bridge table, though, if you are playing against a speedy opponent, do not try to match him. Take your time; do not be rushed into a mistake. In this deal, for example, how should East plan the defense against three no-trump after West leads the spade nine, and South immediately calls for dummy's singleton?

South has a normal-looking two-no-trump opening, although his ace-king count is high. If you take two points for an ace and one for a king, the opener will normally have seven points; this hand has eight, which is the usual number for a two-club opening followed by a two-no-trump rebid. But it would be quite some upgrade to open two clubs.

After North's thin raise to game, East might have risked a double, which would have said that he had a solid suit and hoped partner could find it. Typically, though, this would have been a major suit because the responder had not used Stayman or a transfer. However, here, West might have led a club on the short-

North 05-08-17			
♠ 2			
♥ Q 6 5			
♦ J 7 6 4 2			
♣ 9 8 3 2			
West			East
♠ 9 8 7 5 4			♠ K 6 3
♥ 10 8 4 3			♥ J 7 2
♦ Q 10 9			♦ 8 3
♣ 5			♣ A K Q J 10
South			
♠ A Q J 10			
♥ A K 9			
♦ A K 5			
♣ 7 6 4			
Dealer: South			
Vulnerable: Both			
South	West	North	East
2NT	Pass	3NT	All Pass
Opening lead: ♠ 9			

est-suit principle — partner's longest suit will be my shortest.

What is a nine lead? Top of nothing. So East should know that South has the spade A-Q-J-10. Then, playing the king gives declarer four spade tricks and nine in all. But if East ignores third hand high and calmly plays the spade three, declarer cannot find a ninth trick.

CROSSWORD

Across

- 1 Word with ball or driver
- 6 Great Salt Lake state
- 10 Sharp knocks
- 14 1971 Clapton classic
- 15 Pre-Columbian prefix with America
- 16 Director Kazan
- 17 Mega-mall convenience
- 20 Horror director Craven
- 21 Foot or inch, e.g.
- 22 Founder of Taoism
- 23 Has office hours
- 24 Bro and sis
- 25 Small-time bad guy
- 31 Pueblo-dwelling people
- 32 "Whatever floats your ___"
- 33 Igor's workplace
- 35 Drops the ball
- 36 Shrimp relative
- 38 Adriatic resort

- 39 Federal hush-hush org.
- 40 Common-interest voting group
- 41 State after North Dakota, alphabetically
- 42 Office attire with a vest
- 47 Online auction site
- 48 Part of many old German duchy names
- 49 Belief systems
- 52 Razor brand
- 53 Photo taker
- 56 Barbershop quartet blend
- 59 Other, in Oaxaca
- 60 Moniker
- 61 Fountain drinks
- 62 Broadway offering
- 63 God with a hammer
- 64 Baker's dough raiser

- makeup
- 25 Partner of now
- 26 Bottom-of-the-barrel
- 27 Daytime TV celeb who founded Harpo Productions
- 28 Beaded calculators
- 29 Root or Yale
- 30 Wheel spokes, essentially
- 34 Cowboy's footwear
- 36 Agreeable
- 37 Stringy
- 38 Diet successfully
- 40 Jazz genre

- 43 Make a new sketch of
- 44 Bible book named for a woman
- 45 Adored one, in Asti
- 46 Formerly in the military
- 49 Corp. fiscal execs
- 50 __ IRA
- 51 Continental coin
- 52 Prefix with sphere
- 53 Coca-__
- 54 "Carpenter" crawlers
- 55 Computer adventure game
- 57 Cheerleader's word
- 58 Wisecracking West

Down

- 1 Like snail-mail, compared to email
- 2 Mr. Peanut prop
- 3 Deli breads
- 4 LLL
- 5 '60s dance
- 6 Calling balls and strikes, say
- 7 Exam
- 8 Fireplace remains
- 9 Ruffian
- 10 Share, as an internet meme
- 11 Dismounted
- 12 Kegler's targets
- 13 "Parsley, __, Rosemary and Thyme"
- 18 Getting the job done
- 19 Blue Ribbon brewer
- 23 Sacred bird of ancient Egypt
- 24 Winter bank

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

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
17						18					19			
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			23					24						
25	26	27					28				29	30		
31							32				33		34	
35						36	37				38			
39				40							41			
	42		43					44	45	46				
				47				48						
49	50	51					52				53	54	55	
56						57				58				
59					60					61				
62					63					64				

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.

"(YCRIAPICCL DX) ... RIA ZWCPDCBX
WDTA TCPKA. DR'X IBZA SFL XKSPM
— DR'X SF SKR CT DFTDFDRA
CGRDYDX." — ZDWLS PSLFAP

Previous Solution: "Always thank your nurse. Sometimes they're the only ones between you and a hearse." — Warren Beatty

TODAY'S CLUE: *d sjanbe 9*

REALITY CHECK

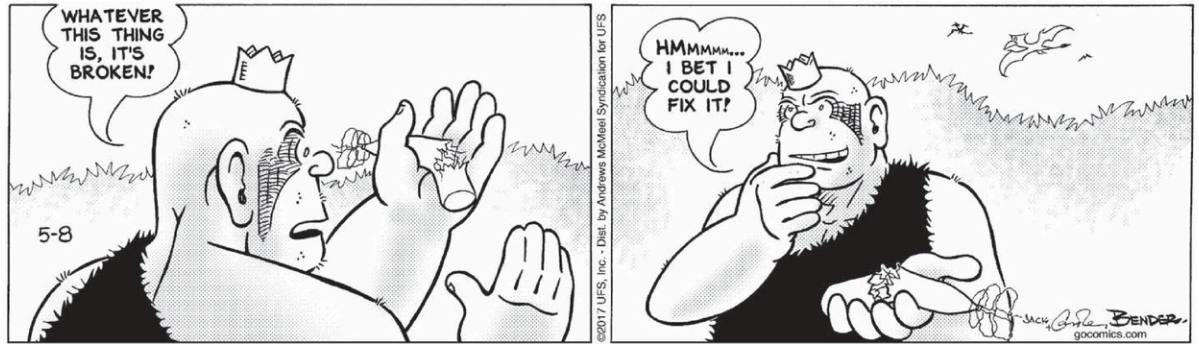


HERMAN

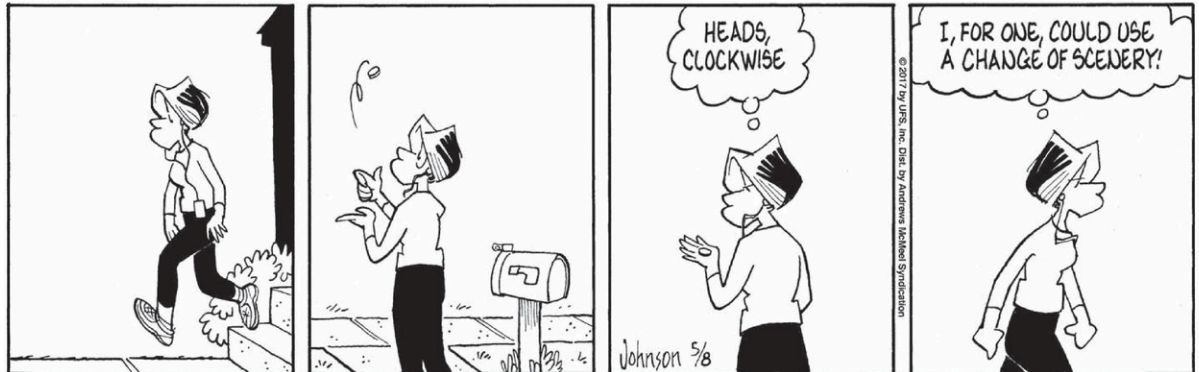


"Is it the meatloaf again?"

ALLEY OOP



ARLO & JANIS



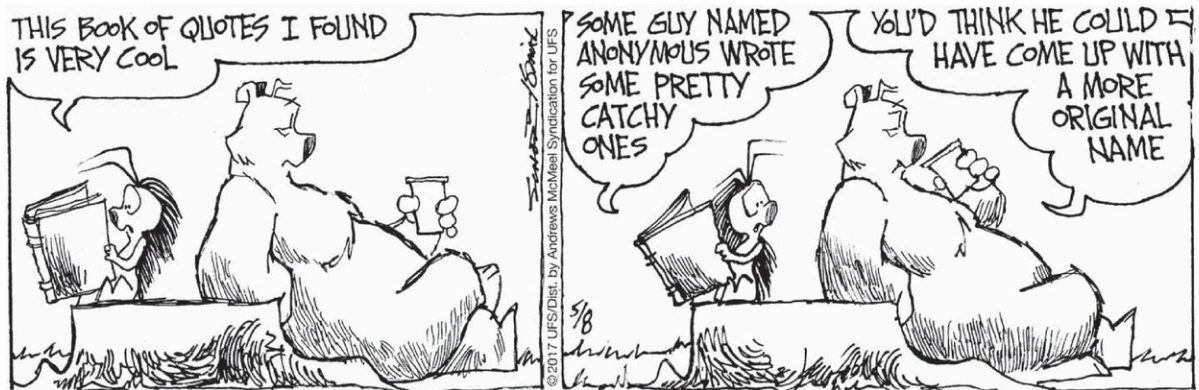
THE BORN LOSER



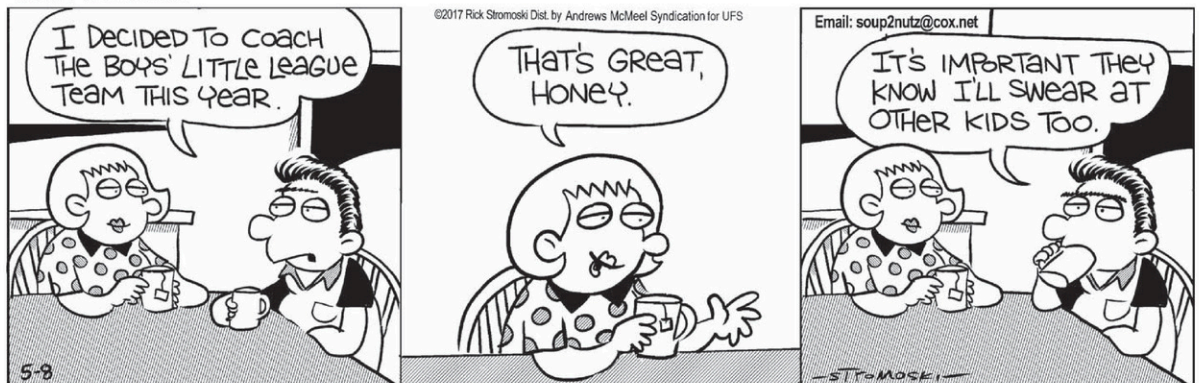
FRANK AND ERNEST



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The son-in-law's new woman

MONDAY, MAY 8, 2017

Dear Annie

Dear Annie: Our only child died of a quickly moving cancer. She left a husband and four teenage children. Less than one year after her death, our son-in-law, "Ben," was captured by a woman less than 10 years older than our eldest grandchild. This woman, "Meredith," was married at the time and has a very young child of her own.

Our grandchildren have no choice but to accept her. They love their dad. He wants to pretend everything is as it was. If I am not nice to her, he gets angry, so we sit with them at the kids' sporting events. I do not go to the house, as he has had her sleeping in our daughter's bed. Meredith is now divorced but shares custody of her son. She obviously did not want to completely parent her child; meanwhile, we cannot see ours. I am angry. Yes, I am in counseling.

Please ask any of your readers who have recently lost a spouse to consider being gentle with the shattered feelings of their in-laws. Ask them not to force continual socialization with someone who has been put in the place of their dead child. No one can take her place, certainly not in a period of less than two years. — Still-Grieving Parent

Dear Still: Thank you very much for this letter. You are bringing awareness to the pain and grief you are feeling. I am so sorry for your loss.

It does sound as if your son-in-law is being incredibly insensitive, but perhaps this is how he is dealing with his grief — suppressing it, pretending nothing happened. It's not healthy, and just because he is able to do that does not mean that you should. If you don't want to sit with his new partner at social settings, don't! Tell him that you are just not ready yet. Be patient with your grief. It will take longer to heal if you are constantly being bombarded with the reminder that your daughter is no longer there.

Additionally, ask your son-in-law whether you and your husband could have some quality time alone with your grandchildren. Make sure you don't attack his new partner; rather, say it's more a matter of missing your daughter.

Dear Annie: I recently had some family members on holiday staying at my house. A day after they left, I received a text message that they had forgotten an item that they wanted. I found the item, took it to FedEx and, for \$48, had it shipped. It arrived safely, and they were relieved. Should they offer to reimburse me the \$48? — Holding the Bill

Dear Holding: They should, but that does-

n't mean they will. My guess is they have no idea how pricey the shipping was. Perhaps you could send them a note saying something to the effect of, "So glad it reached you safely! I've included the FedEx receipt. Thank you!" If you'd like to be reimbursed, you'll have to take the initiative.

Dear Annie: My situation is the classic example you would find in a college psychiatry textbook in a chapter dealing with mental cause and effect, and your input to solve it is necessary.

Recently, I had serious financial and medical setbacks, including being informed that I must wear a urinary collection bag 24/7. Then I erupted by email at one of my seven mature children over some inconsequential issue and said some nasty words over things that basically had nothing to do with what my son had emailed me about. After several disgusting retorts back and forth, I forwarded the chain to the other six children and got some very bad comments from several of them.

As a result of their (justifiable) outrage, I have not had any contact with three of these adult children for several years now. I have sent what I intended to be sincere apologies and begged for forgiveness, suggesting they recall all the good times of our past. And I accepted all of the blame for the original heated email exchange between my son and me.

I now realize that my lashing out had nothing to do with the actual words that were being said but instead was a result of my subconsciously feeling the need to lash out at the first person who crossed me.

Would a third party be the best way for a final solution to bring the entire family back together? Might one of the four children who are still talking to me act as a mediator, or might they receive the same coldness from their siblings because of their contact with me?

If not one of the four children, who else might you suggest to act as a third party to resolve this? I have done all that I can do, with zero responses! I am in my 90s, and I do not want this complete deprivation of contact with my family members in my very late years, especially considering that I had so many decades of great relationships with all of

them before. — Puzzled Great-Grandpa
 Dear Puzzled: Kudos for stepping up and taking the blame. That's not easy. Your children either didn't fully believe your apology to be sincere or weren't ready to hear it. Try getting the whole family together in person so you can state again how sorry you are, and enlist the help of a counselor or a religious adviser for mediation. But let go of any expectations. Prepare yourself mentally for the fact that these three children still may not want to hear it. Focus instead on what you can control: your attitude.

Dear Annie: This is in response to "Daughter in Distress," whose mother is in a care facility because of Alzheimer's disease.

Wanting to go home is common with Alzheimer's patients. Do not give in. Your role is to be a daughter. You cannot do that and be a caregiver without exhausting yourself.

No one else can be her daughter. Others can be caretakers.

Some care facilities allow the spouse to cuddle the patient in bed. This could be a way to calm her until she falls asleep. — Speaking From My Experience

Dear Speaking: I'm printing your letter here for the sake of "Daughter in Distress" and anyone else coping with the transition of having a parent move in to a care facility. Thank you for sharing your insights.

Send your questions for Annie Lane to dearannie@creators.com.

SUDOKU

DIFFICULTY RATING: ★☆☆☆☆

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

5/8

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PREVIOUS SOLUTION

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

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

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