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MONDAY, NOVEMBER 25, 2019

# Provincial Liberals meet in Sherbrooke

By Gordon Lambie

Quebec's provincial Liberal Party gathered in Sherbrooke over the weekend for a general council of its membership. Over the course of the weekend, the party also kicked off its leadership race, with an eye to find a permanent replacement for former party leader Philippe Couillard in the first half of 2020.

"The race that is shaping up will attract a number of supporters," said Pierre Arcand, the party's interim leader, to reporters on Friday evening. According to Arcand, registration for the weekend gathering had to be closed after more than 500 people registered to participate. "All members of the riding associations will have a chance to vote this

CONT'D ON PAGE 3



GORDON LAMBIE

# Local family facing deportation



By Gordon Lambie

Time is running out for the Batalla-Charris family. Settled in Sherbrooke since 2015 after having fled to Spain from Colombia, the asylum seekers are facing deportation this Wednesday, November 27, unless they can find a sympathetic voice within the immigration system to hold the door open a little longer.

Edwin Moreno, project coordinator with the Federation des Communautés Culturelles de l'Estrie explained that the family, who left their initial attempt at a new life in Spain when faced with repeated issues of racism, are currently waiting on a request for asylum on hu-

manitarian grounds, which is under review.

"The Batalla family arrived here five years ago," Moreno said, explaining that Carolina Batalla runs a local daycare and the family's eldest two children are enrolled in the school system. The asylum claim, he added, would put the family on a path to be able to apply for permanent residency, but only if the members aren't deported first.

"We are working hard to address this issue," Moreno said, pointing out that appeals have been made to Sherbrooke's Federal and Provincial representatives. "What we ask of the government or, in this case, those responsible for the file; Canada border services, is to wait until

we have an answer for that request."

The local community has demonstrated support for the family's plight, holding two public demonstrations in different parts of the city, but Moreno said that he is concerned that the matter simply is not a priority for the local politicians who hold the real power to overcome the Batalla's bureaucratic obstacles.

"We understand that there are a lot of files, but we've already seen that all it takes is the willingness to act," the coordinator said, explaining that he has seen similar situations in the past turned around in short order.

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HIGH OF 2  
LOW OF -1



TUESDAY:  
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HIGH OF 7  
LOW OF 0



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CLOUDY

HIGH OF 5  
LOW OF 0



THURSDAY:  
MIX OF SUN  
AND CLOUDS

HIGH OF 0  
LOW OF -9



FRIDAY:  
SUNNY

HIGH OF -4  
LOW OF -11

# Potton residents prepare for flu season!



## THE SCOOP

### MABLE HASTINGS

It is flu season and the CIUSSSE Estrie-CHUS Mansonville clinic saw a steady flow of patients coming in for their annual flu shot. On Thursday, November 21 some 400 people passed through the clinic as four nurses gave the injection to patients who are hoping to either keep the flu at bay this year or at the very least, ease the severity, symptoms and duration. Volunteers helped to assure that those waiting for the shot were prepared, that those who had the shot waited the fifteen minutes required to assure there was no reaction and that the flow although congested, was organised and steady.

"This was amazingly efficient," said Bruce Garside who came with a friend to get his shot. "It is nice to be able to have it done in Mansonville and I sure hope they don't take the service away," he added.

Influenza vaccines, also known as flu shots or flu jabs, are vaccines that protect against infection by influenza viruses. New versions of the vaccines are developed twice a year, as the influenza virus rapidly changes.

Getting your flu shot is the most effective way to protect you against the flu and flu-related complications. The flu shot is safe. It is important to note that, severe reactions are very rare, you can't get the flu from the flu shot, most people have no side effects from the flu shot. 2019-2020 flu vaccine will protect you against: Influenza A (H1N1), Influenza A (H3N2), Influenza B.

For the many who came out on a beautiful sunny Thursday, the sentiment was the same. Having the service locally encouraged many to take advantage.

"It was convenient, quick and well done," said Barbara Koch.

Last Thursday, November 14, CIUSSSE

Estrie-CHUS nurses; Christina Deslandes and Karine Cadorette (pictured here) gave the flu shot at the Ken Jones Centre, a respite program for persons who are intellectually or physically challenged. This has become an annual event and the clients and staff appreciate the service being brought to the clients assuring that those who wish to have the shot can do so with ease and in the company of friends and in the comfort of a place that is familiar to them. Surely, as the busy day came to an end, those involved in making it a success rested in the knowledge that Potton seniors received the boost needed to face yet another flu season.



PHOTO: COURTESY

## Ben by Daniel Shelton



# LOCAL NEWS

*A little over a year later, that plaque is nowhere to be found in the entryway, which raises the question: where did it go?*

## Where's Ruth?

By Gordon Lambie

In September of 2018 the CIUSSS de L'Estrie CHUS dedicated the main entry hall of its Fleurimont Hospital to the memory of Ruth Elkas Atto, choosing the longtime volunteer, teacher, and nursing program director to begin a tradition of naming spaces within the local healthcare network after great volun-

teers. A ceremony was held, and a plaque was unveiled.

A little over a year later, that plaque is nowhere to be found in the entryway, which raises the question: where did it go?

According to CIUSSS communications representative Genvieve Lemay, the plaque was removed at the request of Board of Directors President Jacques

Fortier, who did not feel it did justice to the role that Elkas Atto played in the community. Lemay clarified, however, that a new version of the plaque will be made and reinstalled in the entryway in a more prominent way.

"We want to better integrate it into the physical environment," she said, stating that the new plaque will be installed "as soon as possible."

At the time the original plaque was unveiled Fortier told The Record that there was a plan in the works to redesign the entryway to make it a more welcoming space, and Lemay confirmed that this is still the intent, although she could not offer any kind of timeline for when the project would get underway.

## Townshippers' celebrates 40 years

By Taylor McClure  
Special to The Record

On Saturday, Nov. 23, Townshippers' Association welcomed a full house to the Golden Lion Pub and Brewery in Lennoxville in celebration of their 40th anniversary.

The community came together in support of the association, which has been representing the English-speaking community in the Eastern Townships since 1979.

With live jazz music, incredible food,

prizes, and a jam-packed venue, it was a night to remember for Townshippers and Townshippers'.

The association will continue its anniversary celebrations with another event at the Star Café in Brome Lake on Saturday, Nov. 30 starting at 6:30 p.m. There will be a dance party, a buffet, prizes, and live music by The Random Chance.

Congratulations to Townshippers' Association on 40 years and here's to many more!



## Provincial Liberals

CONT'D FROM PAGE 1

time, contrary to what was happening in 2013, for example, so one riding is not more important than the others."

Arcand urged prospective leadership candidates and their supporters to adopt a respectful tone, noting that the party is home to some "strong personalities."

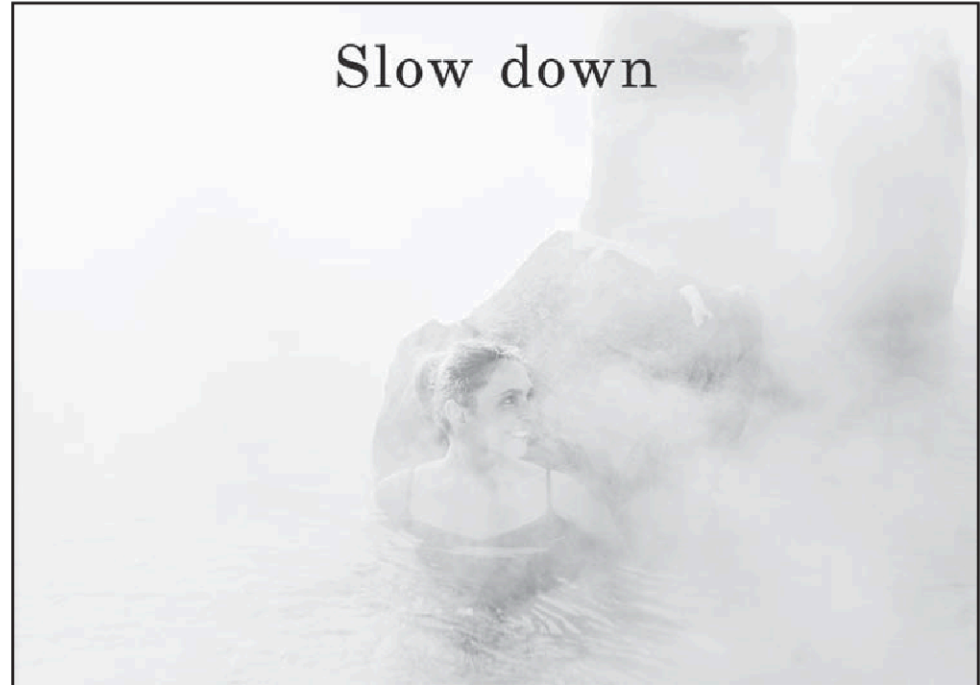
"I think that everyone needs to act with respect; that is very important. We can have debates about ideas, and divergent ideas, without having the party tear itself in two," he said. "We are one party. The opponents are on the other side of the National Assembly. We can have a debate, we can disagree on things, but at the end of the day it is very important for every member of the party that we have at the National Assembly to understand the basic values that we have."

The interim party leader said that he is not concerned that debate will get out of hand, but emphasized the importance of the message all the same.

On Saturday Drummondville Mayor Alexandre Cusson officially threw his hat into the ring for the leadership race, joining Saint-Henri-Sainte-Anne MNA Dominique Anglade among those who have so far shown interest in the top job.

While Cusson is not an elected party member, Arcand said that it can be valuable to have voices in a leadership debate come from outside of the established caucus.

Liberal party bylaws state that a leadership race can take a maximum of seven months, meaning that the leader of the provincial Liberals will be chosen by the end of May at the latest.



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# Trouble on the Tomifobia trail

Submitted by Ray Banham  
President Tomifobia Nature Trail

of the trail in other locations. If we have a good snow covering this winter the trail can remain open for winter activities. However in early spring sections of the trail will be closed until a full inspection of the trail takes place and repairs can be completed. We will arrange for fundraising to cover repairs immediately. Anyone using the trail this winter should use caution because of the unpredictable weather which may or may not cover the damage.

The recent storm and heavy rain from the storm on Oct. 21 caused a flash flood and substantial damage to sections of the Tomifobia Nature Trail.

The damage is located on the north and south side of the route #55 bridge which crosses the trail at km 6. There are several hundred meters of damage which also includes fissures on the side



PHOTOCREDIT: RAY BANHAM

## NEWS FROM BCS

# A penny shaved

Submitted by Simone Goloven  
Communications Officer BCS

A handful of our students and faculty have shelved their razors in honour of Movember.

With October marking Breast Cancer Awareness Month and November serving to raise awareness of men's health issues, our prefects decided to take action throughout this month to raise money for cancer research. Part of this campaign involved some of our follically favoured community members growing moustaches. So far, their Movember fundraiser has raised \$110 toward their goal of \$1000, with each participant donating \$10 for the privilege of growing a

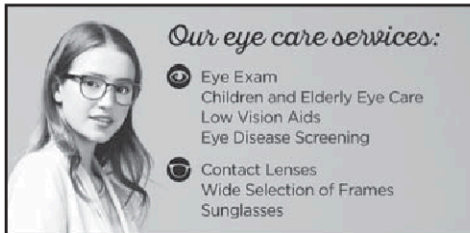
'stache. Asked about the responses they've received regarding their facial flourishes, students noted that it's been a mixed bag. "I've heard some positive things, I've heard some negative things, but it's all worth it for a good cause," expressed Philippe. Aidan shared the sentiment, adding, "our girlfriends are keen for the month to be over!"

The Movember fundraiser isn't the only source of fundraising for the project as prefects are again organizing head shavings and hair donations. Our first volunteer will be shaving their head tomorrow, so keep an eye on our feeds for more coverage of this great student initiative!



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## 16 DAYS OF ACTION

# 16 Days of Action to end gender and sex based violence



The 16 Days of Action to End Gender and Sex Based Violence begins on Nov. 25 and will end on Dec. 10. We at the Lennoxville & District Women's Centre, are committed to raising awareness in our community, and addressing gender and sex-based violence as a social issue rather than a women's issue. We thought we'd start by giving you a glimpse of why these days are so relevant to our community.

## Nov. 25 - International Day for the Elimination of Violence Against Women

The United Nations General Assembly has designated Nov. 25 as the International Day for the Elimination of Violence Against Women (Resolution 54/134). The premise of the day is to raise awareness of the fact that women around the world are subject to rape, domestic violence & other forms of violence; furthermore, one of the aims of the day is to highlight that the scale & true nature of the issue is often hidden.

## Nov. 29 - International Women Human Rights Defenders Day

Women human rights defenders (WHRDs) are women who defend human rights, & defenders of all genders who defend the rights of women & rights related to gender & sexuality. Their work & the challenges they face have been recognized by a United Nations (UN) resolution in 2013, which calls for specific protection for women human rights defenders. They are often subject to intimidation, threats, job loss & restrictions on their freedoms of movement, expression, association & assembly. In many countries, HRDs are increasingly at risk of violence, harassment & human rights abuses & violations including enforced disappearance, extrajudicial killing, arbitrary arrest or detention, unlawful imprisonment, torture, sexual violence & unfair trials. Individuals from vulnerable & marginalized groups are particularly at risk, including women, LGBTQ people, & Indigenous peoples. For example, the challenges & threats faced by women HRDs may be greater & different in nature than those faced by male HRDs.

## Dec. 1 - World AIDS Day

Women make up a significant proportion of people living with or at risk of HIV/AIDS in Canada. Indeed, about one in five people living with HIV at the end of 2014 was female. The estimate of 16,880 females living with HIV (including AIDS) represents 22.4 per cent of the national total.

While all women are potentially at risk for HIV infection, women who belong to socially & economically margin-

alized populations face a number of inter-connecting determinants of health such as racism, unemployment, homelessness, stigma & poverty, which adversely impact their risk for HIV infection & their experiences accessing diagnosis, care, treatment & support.

## Dec. 2 - International Day for the Abolition of Slavery

Human trafficking is a reality in Canada, 90 per cent of human trafficking victims are Canadian women from the ages of 14 to 19.

Those who are likely to be at-risk include:

- Indigenous women & girls; migrants & new immigrants; LGBTQ2 persons; persons living with disabilities; children in the child welfare system; at-risk youth; those who are socially or economically disadvantaged; migrant workers who may be particularly vulnerable to exploitation & abuse due to many factors, such as language barriers, working in isolated/remote areas, lack of access to services & support, & lack of access to accurate information about their rights.

### Three main components of HT:

- The victim was coerced or deceived.
- The victim is forced to work in a situation akin to slavery, servitude or forced labour (not paid for services).
- The victim is moved from her/his home to another location (sequestration, captivity or across borders).

## December 3 - United Nations International Day of Disabled Persons

Did you know that:

- At least 53 per cent of all people with disabilities in Canada are women
- The unemployment rate among women with disabilities is up to 75 per cent
- 58 per cent of women with disabilities live on less than \$10,000 per year. Of those, 23 per cent live on less than \$5,000 per year
- Accessible cribs, accessible & affordable childcare & other services for mothers with disabilities are virtually non-existent
- A drunken &/or abusive father is often considered a better parent than a mother who has a disability
- Women & children with disabilities are twice as likely to be victims of violence than non-disabled women, women & children with multiple disabilities experience even higher rates of violence
- Across Canada, few rape crisis centres & transition houses are accessible to women with all kinds of disabilities (<https://www.dawncanada.net>)

## December 6 - National Day of Remembrance & Action on Violence Against Women

The National Day of Remembrance & Action on Violence Against Women, also known informally as White Ribbon Day, is a day commemorated in Canada each Dec. 6, the anniversary of the 1989 École Polytechnique massacre, in which an armed student murdered fourteen

women & injured ten others in the name of "fighting feminism" Canadian flags on all federal buildings - including the Peace Tower on Parliament Hill in Ottawa, Ontario - are flown at half-mast on Dec. 6. Canadians are encouraged to observe a minute of silence on Dec. 6 & to wear a white ribbon (or a purple ribbon) as a commitment to end violence against women.

## Dec. 10 - Human Rights Day

Human Rights Day is celebrated annually across the world on 10 December every year.

The date was chosen to honour the United Nations General Assembly's adoption & proclamation, on Dec. 10, 1948, of the Universal Declaration of Human Rights (UDHR), the first global enunciation of human rights & one of the first major achievements of the new United Nations.

We invite you to learn more by keeping up with our series of articles for the next 2 weeks. We are very proud of this collaboration with the Sherbrooke Record, and have a variety of subjects to cover.

## WHAT CAN YOU DO FOR THE 16 DAYS?

Wear a White Ribbon to show your support. Ribbons will be available at: Bishop's University SRC office

Champlain Regional College Reception & SexEd

The LDWC office (175 Queen street suite 203 in Lennoxville)

## Get Involved:

Tuesday, Nov. 26, 12:30-2 p.m., (Champlain College Lennoxville room C252):

screening of short films exploring the 1989 Polytechnique Massacre and the crisis in missing and murdered Indigenous women and girls. The event is open to all students and the general public.

Tuesday Nov. 26 between 1 p.m. and 7 p.m., (La Paserelle 275 Principale East in Cookshire):

"Self Care Day" We take a moment for ourselves where we can watch movies, discuss, drink hot chocolate or do nothing at all if you prefer.

Tuesday, Dec. 3 at 1 p.m. (La Paserelle 275 Principale East in Cookshire):


Workshop "Rebuilding myself after conjugal violence" The workshop is happening in French but English direct translation can be offered (please register).

Friday Dec. 6 from 5 p.m. to 6 p.m. (La Paserelle 275 Principale East in Cookshire):

Everyone can join the event outside of La Paserelle to listen to the speeches and to see the installation commemorating the 14 victims.

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# EDITORIAL

A further bizarre twist is the honorary mayor of Anatevka is Rudy Guiliani, Donald Trump's operative, and associate of accused election finance law violators Lev Parnas and Igor Fruman, two of the promoters of the Anatevka project.

## From Galt to Guiliani; Saga of Russian Jewish refugees continues



PETER BLACK

one of the early proponents of Confederation, and a visionary entrepreneur who was instrumental in the settlement and economic expansion of the Eastern Townships, played a key role in bringing Russian Jewish refugees to Canada at the time of the first wave of pogroms.

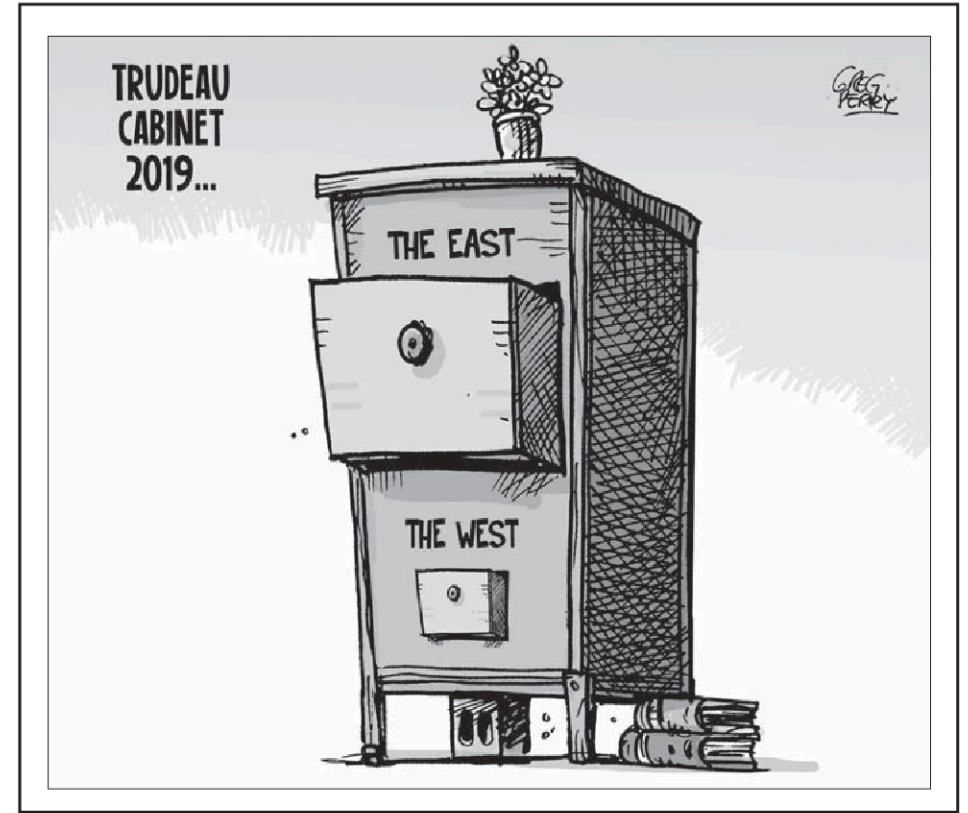
Alexander Tilloch Galt, who represented Sherbrooke in Canadian legislatures from 1849 to 1872, was named Canada's first High Commissioner to the United Kingdom in 1880. Shortly afterwards he was actively involved in what would become the first mass settlement of Jewish refugees in Canada.

The assassination of Czar Alexander II in March, 1881, wrongly blamed on Jewish militants, sparked a wave of violent attacks on Jewish villages. Many Jews sought to escape the oppression by emigrating to safer countries. As recounted in a 2015 National Post article by author and historian Allan Levine, Galt, working on a committee with concerned British officials and citizens, sprung into action to arrange emigration for Russian Jewish refugees to Canada.

Writes Levine: "Galt was motivated to assist the Jews by both his strong sense of humanitarianism and the economic benefits he anticipated for Canada ... In his opinion, the Russian Jews were 'a superior class of people,' as he told prime minister John A. Macdonald. The key was controlling the flow. 'We might have a lot of them thrown up on our shores unprovided for. By being on the Committee I can prevent this.'"

Levine recounts "Like most Canadians at the time, Macdonald was wary of admitting a large number of Jews to Canada. But he agreed with Galt that a small group, 'a Jew colony,' as he described it, might in the long run prove useful. If they were not successful as farmers, the Jews would probably take up peddling."

The first group of 260 Russian Jewish refugees arrived in May, 1882, and ended up on the Prairies and in Winnipeg,



Toronto and Montreal. They received support from Christian and Jewish organizations as well as municipalities. Thousands more would come to Canada as purges continued until the outbreak of the First World War. All told, an estimated two million Jews fled Russian during the 30 years of what we would today call ethnic cleansing.

In an ironic contemporary footnote, in 2015, a rabbi working with a group of investors built a village called Anatevka, inspired by Fiddler on the Roof, in Ukraine, near Kiev, as a haven for Jewish refugees from the war with Russia. A further bizarre twist is the honorary mayor of Anatevka is Rudy Guiliani,

Donald Trump's operative, and associate of accused election finance law violators Lev Parnas and Igor Fruman, two of the promoters of the Anatevka project.

In a now notorious 2018 video, Guiliani, Parnas and Fruman are seen in a Trump hotel lobby talking on a smart phone with the founding rabbi of Anatevka. Says Fruman "Anatevka is the best place in the world."

However, as matchmaker Yenta says at the end of Fiddler, Anatevka, representing real Russian Jewish villages during the time of pogroms, was "not exactly the Garden of Eden."

### Letters

The Record welcomes your letters to the editor. Please limit your letters to 300 words. We reserve the right to edit for length, clarity, legality and taste. Please ensure there is a phone number or email where you can be reached, to confirm authorship and current town/city of residence. Names will not be withheld but the address and phone number of the writer are not published, except by request. Preference is given to writers from the Eastern Townships.

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# Local Sports

In the final matches: Jean Guy Lizotte skipped his Sherbrooke team to victory over Gilles Bilodeau's Sherbrooke team to take the Community Aid's Main Trophy

## 9th annual Sticks & Stones Bonspiel

Submitted by Allan Rowell

The Lennoxville Curling Club concluded the 9th annual Sticks & Stones Bonspiel on November 22nd. This bonspiel is an event sponsored by Community Aid to give people who use the stick a chance to win trophies. This year 48 players from Lennoxville, North Hatley, Sherbrooke and the Border curling clubs were vying for the two Community Aid trophies. Community Aid's mission is to "Promote and coordinate

mutual aid and volunteer work in the community, making it easier for seniors to continue living at home ..."

In the final matches: Jean Guy Lizotte skipped his Sherbrooke team to victory over Gilles Bilodeau's Sherbrooke team while on sheet 2 Yves Choquette's North Hatley Team came from behind to take Community Aid's Consolation Trophy from Maitland Warner's Border team.



A) Community Aid Main Trophy curlers: back (left to right) Team Bilodeau: Aurèle Poisson, Guy Godbout, Sylvie Gilbert-Fowlis (Sponsor), Germain Bélisle and skip Gilles Bilodeau. front (left to right) Team Lizotte: J.G. Papillon, Denis Dionne, Pierre Robitaille and skip J.G. Lizotte.



B) Community Aid Consolation Trophy curlers: back (left to right) Team Warner: Gail Lynch, Gary Monroe, Sylvie Gilbert-Fowlis (Sponsor), Gizelle Grieve, and skip Maitland Warner front (left to right) Team Choquette: Gilles Menard, Anne Choquette, David Wilson and Skip Yves Choquette.



(Picture of Community Aid Main Trophy All Pictures by Allan Rowell)

### WE NEED A HELPING HAND THIS HOLIDAY!

#### ALEXANDER GALT CHRISTMAS BASKET CAMPAIGN 2019

The AGRHS Christmas basket campaign has been a long-standing tradition in the community. Over the years we have been fortunate in being able to rely on several partners and community members to help us fill the baskets with some staples and all the trimmings of a holiday meal. Thanks to great success last year, this holiday season we will continue to focus on raising funds rather than food items (any such donations will be taken to the local food bank), baskets will be created from the funds received. With the help of our local partner Lennoxville's Provigo Robert Lafond, we are able to create baskets filled with daily necessities, holiday essentials and fresh produce. Your overwhelming support has allowed us to move forward to better answer the needs of the community and we thank you. The baskets will benefit families from Alexander Galt Regional High School sector (elementary and high school).

**We hope we can continue to rely on your support, as it remains very important for the success of our Christmas basket campaign.**

Please, make cheques payable to (tax receipts for donations of \$10 and over will be issued):  
**AGRHS Christmas Basket Campaign**  
 and mail to: **AGRHS, P.O. Box 5002, 1700 rue College, J1M 1Z9**

*Thank you for your generosity!*

Death

Death

In Memoriam

Datebook



Jarrod Alan Sharman

Surrounded by his beloved wife and family, Jarrod Alan Sharman passed away peacefully at the age of 45 Friday, Nov. 22, 2019 at the CHUS Fleurimont following a brief but devastating illness.

Son of Allan Sharman and Beverly Dobb of North Hatley, he leaves to mourn his loving wife and best friend Tara McCully, daughter of Ralph and Sharon McCully, his brother Wesley (Cynthia Allen), and sister Amy (Mike Wolfe); brothers-in-law Aaron McCully (Roxanne Lister); Andrew McCully (Stephanie Bouthilier); Matthew McCully; and sister-in law Leslie McCully (Jeff Nichols). He was the much-loved and treasured uncle to 18 nieces and nephews, who called him simply 'Uncle'.

He will be sadly missed by his colleagues and students at Alexander Galt Regional High School where he was a teacher, friend and coach of basketball and soccer teams. He was the former president of the Lennoxville Curling Club, an active member of the Lennoxville Golf Club and a ready volunteer who offered his considerable talents willingly. He positively influenced the lives of so many young people as a teacher, coach and mentor at Alexander Galt Regional High School and previously at Andrew Stuart Johnson High School in Thetford Mines.

Visitation will be held from 6 to 9 p.m., Friday, Nov. 29 at Cass Funeral Home, 3006 College Street, Lennoxville. A funeral service will be held Saturday, Nov. 30 at 11 a.m. at the Lennoxville United Church, 6 Church St., Lennoxville, followed by a reception at the Lennoxville Curling Club.

A Jarrod Sharman scholarship fund has been set up at Alexander Galt Regional High School. In lieu of flowers, donations to Alexander Galt Regional High School (notation Jarrod Sharman Scholarship) will be gratefully accepted.

**MARSH** - In memory of our mother Phyliss Marsh who passed away on November 25, 1999.

*Mom, 20 years ago today you had to leave us and we had to let you go*

*You are missed and loved more than words can say, and even though we can't hear your voice or see your beautiful face, you are always with us in our hearts.*

We love and miss you every day, Mom.

MONDAY, NOVEMBER 25, 2019

Today is the 329th day of 2019 and the 64th day of autumn.

**TODAY'S HISTORY:** In 1783, the last British troops withdrew from New York City, three months after the signing of the Treaty of Paris.

In 1947, studio executives agreed to blacklist the "Hollywood 10," who had been cited for contempt of Congress the previous day for not cooperating with the House Un-American Activities Committee.

In 2002, President George W. Bush signed legislation creating the Homeland Security Department, naming Pennsylvania Gov. Tom Ridge as its first secretary.

**TODAY'S BIRTHDAYS:** Andrew Carnegie (1835-1919), financier/philanthropist; Virgil Thomson (1896-1989), composer/music critic; Joe DiMaggio (1914-1999), baseball player; Augusto Pinochet (1915-2006), Chilean president; Joe Gibbs (1940- ), football coach; Ben Stein (1944- ), TV personality/author; Amy Grant (1960- ), singer; John F. Kennedy Jr. (1960-1999), publisher; Cris Carter (1965- ), football player/sports-caster; Jill Hennessy (1968- ), actress; Christina Applegate (1971- ), actress.

**TODAY'S FACT:** Augusto Pinochet came to power in 1973 in a CIA-supported coup that deposed Salvador Allende, the first elected Socialist president of Chile.

**TODAY'S SPORTS:** In 1980, Sugar Ray Leonard regained the WBC welterweight boxing title when his opponent, Roberto Duran, quit in the eighth round.

**TODAY'S QUOTE:** "As I grow older, I pay less attention to what men say. I just watch what they do." — Andrew Carnegie

**TODAY'S NUMBER:** 60,000 — U.S. Customs and Border Protection employees in 2019, making it the largest organization overseen by the Department of Homeland Security.

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

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# Halitosis and metallic taste in mouth are common, usually benign

**ASK THE DOCTORS**

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

**Dear Doctor:** My husband has had very bad breath for several months, and lately he says he has a metallic taste in his mouth. Can you tell us what might be the cause?

**Dear Reader:** Bad breath is a fairly common occurrence, as is a metallic taste in the mouth. The cause of these is usually something benign, such as a lapse in oral hygiene. However, each can be a sign of a more serious condition, so it's worthwhile to figure out what's going on.

Let's start with bad breath, or halitosis. A frequent cause is the presence of bacteria that live on the surface of the tongue, below the gumline and in the throat. These tiny organisms, which feed on the food particles left behind when we eat, emit an array of stinky gasses as a byproduct of their digestion. Two compounds in particular contribute to foul-smelling breath. They are hydrogen sulfide, which smells like rotten eggs, and methyl mercaptan, which smells like putrid cabbage.

Some foods that we eat, such as onions and garlic, can also contribute to bad breath. Additional common causes for unpleasant breath include the poor dental hygiene that we mentioned earlier; an infection in the mouth, teeth or gums; the use of tobacco products; or interactions with certain medications or multivitamins. Saliva plays an important role in keeping the oral cavity clean, and a condition known as dry mouth, or xerostomia, can lead to bad breath. Chronic acid reflux, sometimes referred to as gastroesophageal reflux disease, or GERD, is also associated with unpleasant odors in the mouth.

When it comes to the reasons for a metallic taste in the mouth, there's a bit of crossover with halitosis. Poor brushing habits, certain foods and an oral infection can play a role. So can pregnancy, cancer treatments like chemotherapy and radiation therapy, and environmental exposure. Some medications may cause a metallic taste, as can multivitamins containing zinc or copper. People who follow low-carb diets often report developing a persistent metallic taste, a side effect of their bodies being in ketosis.

However, the complaint is also associ-

ated with several more serious conditions. The perception of unusual flavors can occur in certain cancers when tumor growth affects the complex cellular pathways involved in taste and smell. They can also occur in diabetes, as a result of alterations to glucose metabolism. Kidney disease, liver disease and some metabolic disorders, which are marked by a buildup of waste products, can cause both bad breath and changes to taste. Taste abnormalities are also often seen in people with dementia, due to disease-related changes in the brain.

Since both the bad breath and the metallic taste are somewhat recent changes, we think it would be a good idea for your husband to see his dentist. A thorough checkup will reveal any tooth decay, gum disease or infection. If nothing turns up and you're still worried, consider a visit to your primary care physician, who can help identify any underlying medical problems that require attention.

*Eve Glazier, M.D., MBA, is an internist and associate professor of medicine at UCLA Health. Elizabeth Ko, M.D., is an internist and assistant professor of medicine at UCLA Health.*

## RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

**BIRTH NOTICES, CARDS OF THANKS, IN MEMORIAMs, BRIEFLETS:**  
Text only: 40¢ per word. Minimum charge \$10.00 (\$11.50 taxes included)  
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**BIRTHDAY, ANNIVERSARY & GET-WELL WISHES, ENGAGEMENT NOTICES:**  
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**WEDDING WRITE-UPS:**  
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**DEADLINES FOR DEATH NOTICES:**  
For Monday's paper, call 819-569-4856 between 1 p.m. and 5 p.m. Sunday.  
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# Gift-shopping for a special child

Dear Annie

MONDAY, NOVEMBER 25, 2019

**Dear Annie:** Christmas is coming up, and I like to give each of my friends and neighbors a little something. There's a very nice family nearby; I usually give the adults a box of candy and their older child a smaller box of candy. Their younger child has Down syndrome. Last year, I gave him an ornament. This year, I'd like to do something different, but I don't know what. He will be 3 at the end of January. I don't want to do anything out of the ordinary because I think that could be offensive. Any suggestions? — Ms. Santa

**Dear Ms. Santa:** If you don't want to do anything out of the ordinary, maybe ask his mom what his favorite animal is and get him a nice soft plushie that he can cuddle with. If you want to get something for his family, perhaps you could make a donation in his name to a charity that helps children with Down syndrome. Whatever you choose, I'm sure it will be appreciated, as it's usually the thought that counts.

**Dear Annie:** This letter is for the grandmother who's concerned about her children being raised by a mother with OCD. My sister and I grew up in a household with a very OCD mother. Her OCD controlled her life and ours. The good news is that, while we're generally clean and tidy adults, we are normal and nowhere near OCD ourselves. The problem was the extreme control and the ways in which she wasn't functional enough to keep our meals or our extracurriculars on time. The OCD took over her daily activities.

The best thing that that grandmother can do is get the kids out of the house, have them over for sleepovers and take them to do fun stuff. Before too long, the kids will see that their mother isn't normal and will reject her behavior.

The grandmother should keep an eye on the kids to make sure they're not being abused if they fail to follow their mother's rules. She should also watch for signs of anxiety. My sister and I are fully functioning adults and have raised our own healthy families, but our mother's OCD did leave its mark on us because we were controlled so much. She's still alive and still has OCD, and now she is bitter and isolated. It's sad, but we are coping and succeeding in life. — Doing Well Despite It All

**Dear Doing Well Despite It All:** I am very sorry for what you both had to endure in childhood. Perhaps it's not too late for you and your sister to encourage your mother to seek treatment for her OCD. It sounds like both of you were aware of your mother's shortcomings and made a conscious effort to do better with your own families. Congratulations on doing well despite it all.

**Dear Annie:** It seems as if many people are looking for an alternative to buying things for people for Christmas out of habit.

So, here is a creative solution we use to both keep a festive spirit and give to charities. This is a great alternative to buying for adults who honestly don't need one more thing! In my family, we each draw a name for the holidays and select a toy or special gift and an outfit the person would have loved as a child (or teenager).

We are careful to wrap the gifts in bags or loose wrappings, so as not to damage the original packaging, leaving them presentable to donate. After everyone opens their presents, we collect every-

thing and donate to organizations that distribute toys and clothing to families in need.

It is such fun to select items that represent an interest, hobby or personality trait of that person. We open gifts, laugh and celebrate one another.

Often we will buy extra necessities like jackets, underwear and socks to add to our donation bags.

We have been doing this for several years now, and everyone looks forward to picking out gifts and also knowing that someone in need will enjoy them at Christmas. — Jane, in Alabama

**Dear Jane:** I love this — not just for the charitable aspect but because it encourages everyone to tap into their inner child, which is a beautiful way to celebrate Christmas. Thanks so much for sharing your family's tradition. Here's another holiday gifting idea that a reader shared with me this week.

**Dear Annie:** Every year around Christmas, I think of telling you what I do to solve a Christmas problem that so many of your readers seem to have. I have been blessed with 13 grandchildren and seven great-grandchildren. Sending each of them only a \$10 gift — which would be lost, broken or forgotten in just a few months — seems futile, and, frankly, very expensive for me (a limited-income senior).

About 10 years ago, I started having the children look at catalogs of organizations that send money to get animals, medicines, clean water, school supplies and so much more to some very poor countries. At first, sponsoring the farm animals (goats, chickens, bunnies, bees, sheep, ducks, etc.) appealed most to them. And as time went by, they've picked other things, such as supplying a clinic or a school. I always leave it up to different children to choose. Then all that's left is for me to decide how much I can afford, pick up the phone and charge it to my credit card.

The kids seem to like this and look forward to it every year. I'm proud of them for sharing their Christmas with those less fortunate. Their parents like the idea of them sharing their Christmas, too. Plus: No shopping, no wrapping, no mailing, and I never have to leave the house! — Happy Grandma in Indiana

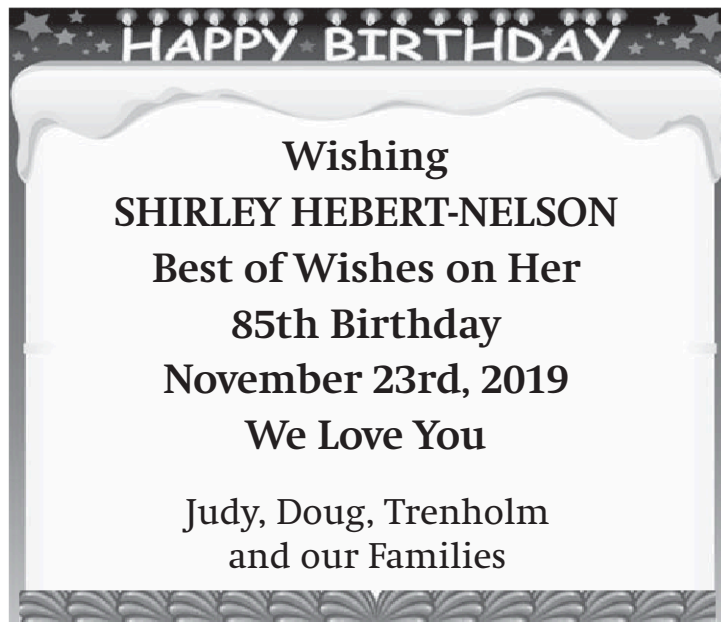
**Dear Happy Grandma:** Thank you for gifting us with the tip. Organizations such as Heifer International and World Vision offer donations via the sorts of catalogs you describe.

**Dear Annie:** Your response to "Feeling Stupid" about how to get over her sister-in-law's bizarre and cruel remark hit the mark. I was in a very similar situation with my mother-in-law. I was dumbfounded and hurt as well, but years later I realized that her remark was a result of the onset of Alzheimer's disease. — Been There

**Dear Been There:** Thank you for lending some more insight into how out-of-the-blue, out-of-character behavior can signal serious underlying medical problems. I'm sorry that proved true for your mother-in-law.

*"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](mailto:dearannie@creators.com).



## SUDOKU

DIFFICULTY RATING: ★★★★★

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

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### PREVIOUS SOLUTION

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

**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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### 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.

" R S P E F Y I N T H C S P C P D I T K R C J I C S F X  
U F T F Y R C J , K R E R T K O R U F X P C F J C S F  
J I N O I Y C S F K R E F X . " — D P L P P T K F O I N

Previous Solution: "I don't want to live in a world where I could say to my daughter, 'There used to be turtles that swam in the ocean.'" — Angela Kinsey

TODAY'S CLUE: a s j e n b e H

### REALITY CHECK

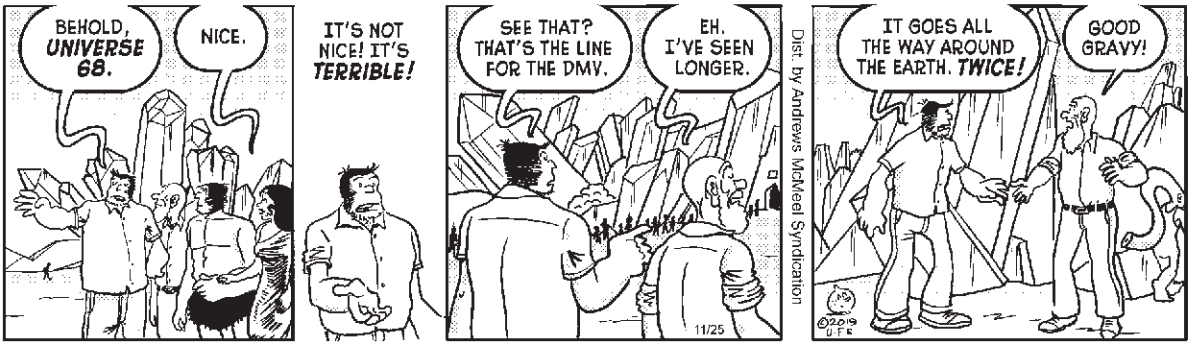


### HERMAN



"The doctor thinks he's going to be very musical."

### ALLEY OOP



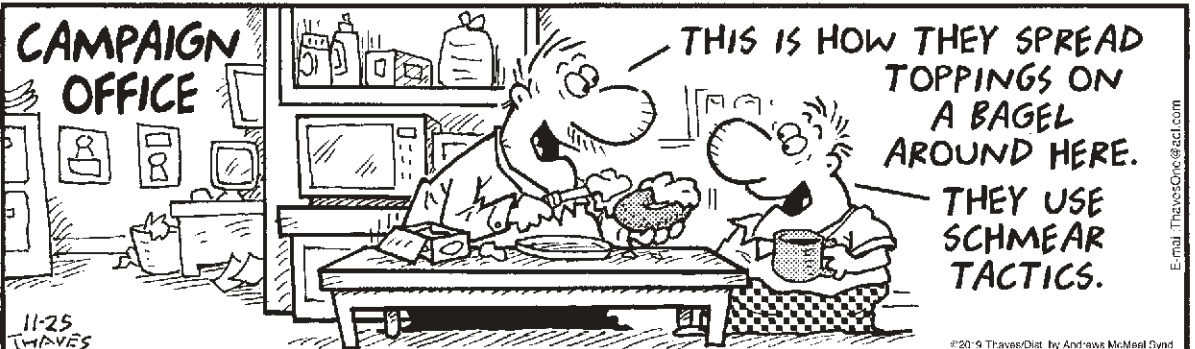
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### THE BORN LOSER



### FRANK AND ERNEST



### GRIZWELLS



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## Today in History

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THE RECORD

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Today in History for Nov. 25:  
On this date:

In 2,348 B.C., according to Archbishop James Ussher's Old Testament chronology, the Great Deluge (Noah's Flood) began.

In 1715, a patent was granted to Thomas Masters for his wife's invention to clean and cure Indian corn. That made Sybilla Masters the New World's first female inventor.

In 1735, the Tsar Kolokol bell was cast in Moscow. Weighing nearly 200 tonnes, it's probably the world's heaviest bell. During a great fire a few years after casting, firemen poured water onto it, causing an 11-tonne section to split off. The bell stands on a platform in the Kremlin.

In 1758, during the French and Indian War, the British captured Fort Duquesne in present-day Pittsburgh.

In 1783, the British evacuated New York, their last military position in the United States during the Revolutionary War.

In 1851, the first North American chapter of the Young Men's Christian Association (YMCA) opened in Montreal.

In 1884, John Mayenberg of St. Louis received a patent for evaporated milk.

In 1885, Rocky Mountain Park was established at Banff, Alta. It was the first national park in Canada and only the third in the world. Two years earlier, three men working on the Canadian Pacific Railway stumbled across a cave containing hot springs on the slopes of Alberta's Rocky Mountains. The park spans 6,641 square kilometres of valleys, mountains, glaciers, forests, meadows and rivers. It is now called Banff National Park.

In 1908, the first issue of "The Christian Science Monitor" was published.

In 1914, baseball player Joe Di Maggio was born in Martinez, Calif. His 56-game hitting streak in 1941 endures as one of the most remarkable records in baseball or any sport. He died March 8, 1999.

In 1963, the body of U.S. President John F. Kennedy was laid to rest at Arlington National Cemetery.

In 1971, the CRTC approved a licence for Channel 79 in Toronto. CITY-TV became Canada's first commercial UHF television station.

In 1973, U.S. President Nixon announced measures to reduce energy consumption, including the prohibition of Sunday sales of gasoline and lower highway speed limits.

In 1980, Sugar Ray Leonard was officially granted the World Boxing Council's welterweight championship after defeating Roberto Duran when Duran retired from the fight in the eighth round.

In 1985, Ontario Attorney-General Ian Scott and federal Indian Affairs Minister David Crombie announced a \$16.7 million settlement agreement to compensate two northern Ontario aboriginal bands for mercury pollution that devastated their communities.

In 1986, the Iran-Contra affair erupted in the U.S. President Ronald Reagan and Attorney General Edwin Meese revealed that profits from secret arms sales to Iran had been diverted to Nicaraguan rebels. The same day, National Security Adviser John Poindexter resigned and his aide, Lt.-Col. Oliver North, were fired for their involvement in the scandal.

In 1988, the largest earthquake to hit eastern Canada in more than 50 years occurred. The quake, measuring 6.0 on the Richter scale, was centred near Chicoutimi, Que., and was felt from the Maritimes to Michigan. No deaths or

injuries were reported.

In 1988, executives of the United Church of Canada asked congregations to discuss the issue of ordaining homosexuals. At the church's General Council meeting a few months earlier, the policy was changed to allow homosexuals to become full members of the church, including ordination. The policy was reaffirmed in 1990.

In 1992, the Czechoslovakian parliament approved the division of the country into two nations as of Dec. 31.

In 1993, Anthony Burgess, novelist, linguist, composer, translator and critic, author of "A Clockwork Orange," died in London at the age of 76.

In 1998, in India's state elections, the Congress Party led by Sonia Gandhi, widow of Rajiv Gandhi, won a landslide victory.

In 1999, MP Jack Ramsay was ousted from the Reform Party caucus, one day after being convicted of attempted rape.

In 1999, the Supreme Court of Canada upheld the law protecting the confidential counselling records of sexual-assault complainants.

In 2000, seven rejuvenated Eaton's stores, now owned by Sears Canada Inc., opened.

In 2002, U.S. President George W. Bush signed into law the creation of new Department of Homeland Security, the largest U.S. government overhaul since the Second World War, aimed at preventing terrorist attacks. The agency would have \$40-billion in funding and 170,000 employees from 22 different agencies.

In 2009, Canadian journalist Amanda Lindhout, 28, and an Australian colleague were freed, 15 months after they were abducted in Somalia in August 2008.

In 2009, Toyota said it would replace the gas pedals on 3.8 million vehicles in the United

States because the pedals could get stuck in the floor mats and cause sudden acceleration.

In 2010, Steven Chand, 29, convicted of trying to raise funds for the so-called Toronto 18 terror plotters, was sentenced to 10 years in prison. He had been in jail since June 2006 but because of credit for time served, he only had to serve another seven months and 10 days.

In 2012, the host Toronto Argonauts defeated the Calgary Stampeders 35-22 to win the Grey Cup, in the 100th edition of the CFL championship. Argo running back Chad Kackert was named MVP while Argo defensive end Ricky Foley claimed top Canadian honours.

In 2016, former Cuban president Fidel Castro, who led his bearded rebels to victorious revolution in 1959, embraced Soviet-style communism and defied the power of 10 American presidents during his half-century of rule, died at age 90. His death came 10 years after a life-threatening illness led him to turn over power to his younger brother Raul.

In 2017, the Western Mustangs capped a perfect season and ended a 23-year Vanier Cup drought with a 39-17 victory over the Laval Rouge et Or in the U Sports football championship.

In 2018, The Stampeders beat the Ottawa Redblacks 27-16 in the 106th Grey Cup game at Commonwealth Stadium. It was Calgary's first Grey Cup win since 2014. Stampeders quarterback Bo Levi Mitchell was named MVP.

In 2018, The Russian coast guard fired upon and seized three Ukrainian naval vessels sailing from the Black Sea into the Sea of Azov. Russia, which annexed Ukraine's Crimean Peninsula in 2014, charged that the Ukrainian boats entered its territorial waters without permission. World leaders condemned what they described as unjustified use of force by Russia and urged it to release the ships and their crews

(The Canadian Press)

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# NEA Crossword Puzzle

# Your Birthday

MONDAY, NOVEMBER 25, 2019

Concentrate on whatever brings you joy. If you take the initiative to get things done, you will not be disappointed with the results. If you attend social events, creative ideas will develop.

**GEMINI** (May 21-June 20) — Don't fear change. Give your dreams and goals a chance to flourish. Stop putting things off and start doing what you know in your heart is best for you.

**CANCER** (June 21-July 22) — You can achieve plenty if you are diligent and straightforward. The more open you are, the easier it will be to clear up unfinished business and pending problems. Love is in the air.

**LEO** (July 23-Aug. 22) — Not everyone has your best interest at heart. Be careful whom you trust with your secrets. Personal problems will surface if you are too demanding. Diplomacy and patience will pay off.

**VIRGO** (Aug. 23-Sept. 22) — Travel should be on your agenda. You will discover something about your past that will change your direction. The information you receive will encourage you to try something new.

**LIBRA** (Sept. 23-Oct. 23) — Make a choice and turn a negative into a positive. Refuse to let anyone cloud your vision or interfere with your decision. Focus on work and financial gains.

**SCORPIO** (Oct. 24-Nov. 22) — Your determination to get your way and to get things done will help you accelerate your plans. As long as you are humble and gracious, your actions will succeed.

Look for a unique opportunity. If you put your experience and skills to work for you, you will discover how to make the most with what you've got. You have the goods. You just have to put your plan together and present it with passion. Confidence will be your guiding light.

**SAGITTARIUS** (Nov. 23-Dec. 21) — A change someone makes will disrupt your life. Dealings with institutions or government agencies will be met with frustrating delays, but the end result will be to your benefit.

**CAPRICORN** (Dec. 22-Jan. 19) — A partnership looks promising. If you discuss your intentions, it will lead to an excellent deal. Prosperity is apparent, and a better relationship is evident. Romance will be overpowering.

**AQUARIUS** (Jan. 20-Feb. 19) — Don't believe or get involved in rumors. Making decisions based on assumptions will lead you down a slippery slope. Focus on entertainment, relaxation and personal growth.

**PISCES** (Feb. 20-March 20) — You will discover valuable information if you strive to find out the truth. Social events will lead to romance. Develop a creative interest and look at the possibilities.

**ARIES** (March 21-April 19) — A quick decision will change your outlook and immediate future. A financial or professional gain is within reach. Secrets are best kept. Help someone who depends on you.

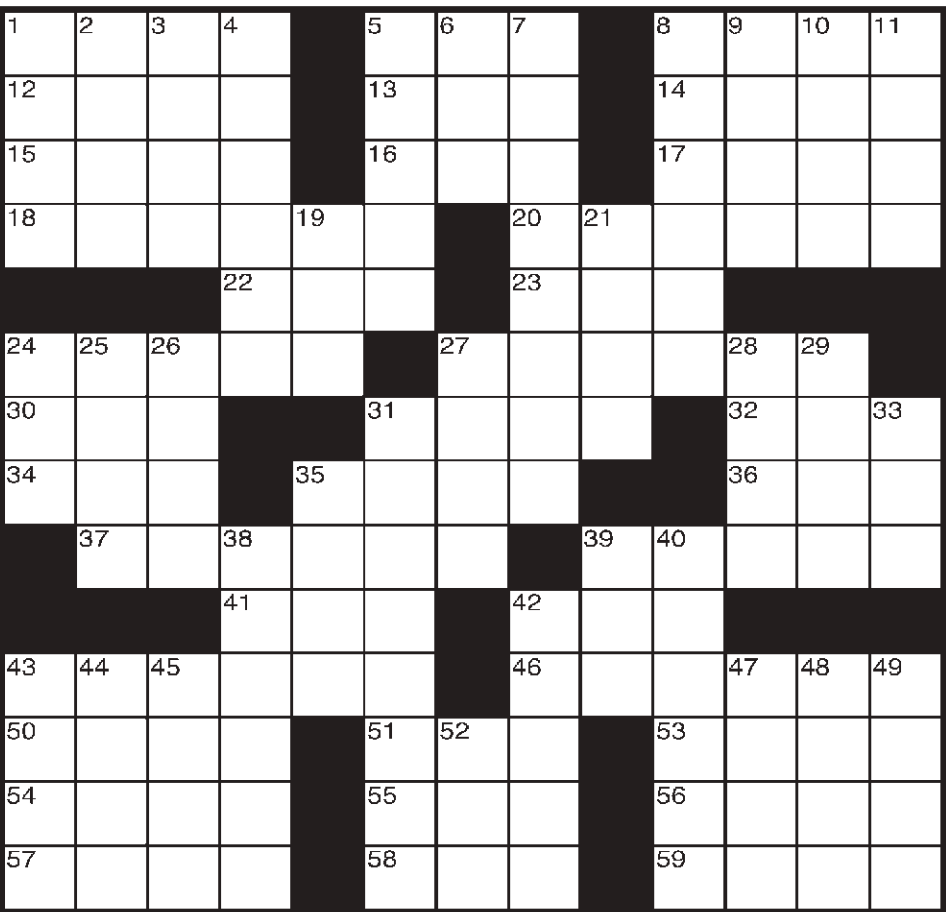
**TAURUS** (April 20-May 20) —

Answer to Previous Puzzle



- ACROSS**
- 1 Had down pat
  - 5 California's Big —
  - 8 Bumpkin
  - 12 Pelt
  - 13 Still exist
  - 14 Poet's black
  - 15 Quit flying
  - 16 Ms. Merkel
  - 17 Puerto —
  - 18 Caught, as a fish
  - 20 Boston team (2 wds.)
  - 22 Actor — Wallach
  - 23 Two-finger sign
  - 24 Quartets
  - 27 Not as hot
  - 30 Bungle
  - 31 Negative responses
  - 32 Run around
  - 34 Married
  - 35 Pet plea
  - 36 Livy's eggs
  - 37 Wall socket
  - 39 Gave medicine
  - 41 Ancient
- DOWN**
- 42 Hack's vehicle
  - 43 Cask
  - 46 Purplish flowers
  - 50 — St. Laurent
  - 51 Psyche components
  - 53 Siberian river
  - 54 Oz pooch
  - 55 Acorn
  - 56 Your Majesty
  - 57 Pasture grazers
  - 58 Right, to Dobbin
  - 59 Used thriftily

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MONDAY, NOVEMBER 25, 2019

## A second dose of bidding advice

By Phillip Alder

Eric Rodwell is one of bridge's best-ever theorists. But rather than discuss exotica, "Bidding Topics, Book Two" (Baron Barclay Bridge Supplies) contains nine chapters covering regularly occurring situations.

Rodwell discusses fourth-suit forcing, minor-suit transfers over one no-trump, Flannery, bidding in fourth position, Smolen, bidding after a two-club opening, Lebensohl, Ogust and Exclusion Blackwood.

This is one of the few full deals in the book. Look at only the West hand. What would you do after North's one-heart opening is passed around to you?

Rodwell thinks it is right to pass with such a weak hand, especially with four hearts. But his partner requested light balances with a five-card major, so Rodwell bid one spade. North rebid only two diamonds (why not three?), East raised to two spades, South competed with three diamonds, West passed, North cue-bid three spades, East doubled to warn his partner not to lead a spade, and South's bid of three no-trump was passed out.

Rodwell led the club jack. Declarer took the trick, cashed the top diamonds, crossed to his hand with a diamond and

				North	11-25-19
				♠ A	
				♥ K Q 10 9 5	
				♦ A K 10 8 4	
				♣ A 7	
West				East	
♠ K J 8 4 3				♠ 9 5 2	
♥ J 8 7 4				♥ A 6 2	
♦ Q 6				♦ 7 5	
♣ J 2				♣ K Q 8 6 3	
				South	
				♠ Q 10 7 6	
				♥ 3	
				♦ J 9 3 2	
				♣ 10 9 5 4	
Dealer: North					
Vulnerable: Both					
South	West	North	East		
Pass	??	1♥	Pass		
Opening lead: ♣ J					

played a heart to the king. East won the trick, cashed his club king-queen and exited with a spade to dummy's ace. West soon took a spade and a heart for a precarious down one. South would have made it home by playing a heart to the nine.

At the other table, North opened two clubs, and South ended in six diamonds! But after a spade lead, declarer drew trumps and led the heart nine from the board, a necessary play.