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**Confederation
Christmas in
London**

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MONDAY, DECEMBER 19, 2016

Monk cheese expanding to meet demand

By Gordon Lambie

The Saint-Benoit-du-Lac cheese factory is expanding. Late last week The Saint-Benoit-du-Lac abbey announced that construction is already underway on a \$7.5 million facility that will replace the current factory, which dates back to 1943.

"We have gotten to this point. We started with a small cheese factory in 1943 and over the years it has grown, but only through expansions to that original building," explained Brother Luc Lamontagne. "The demand for production is greater than what the facility can handle right now."

Lamontagne said that the new building, which is expected to be complete by next September, will have almost entirely new equipment as well as an expanded square footage and higher capacity so that the production has room to grow with market demand.

"This new equipment will help us maintain a high quality of cheese," the monk said pointing out that the new facility will be 20,000 square feet in place of the current 13,000 and will increase the cheese vat capacity from 5,000 litres to 7,000 litres. Lamontagne said that the new equipment will include smaller vats well suited to experimentation with new varieties, leaving room for the cheesemakers not just to expand their production capacity, but also the kinds of cheese they produce. He emphasized that the products currently being made, as well as all of the factory's 12 permanent jobs, will remain stable despite the developments and added that any

CONT'D ON PAGE 3

Holiday luncheon for veterans at The Hut



MATTHEW MCCULLY

By Matthew McCully

Dozens of local veterans and members of the military community gathered at yesterday afternoon for a Christmas lunch, organized by Robert Groulx, Service Officer with Lennoxville's Unit 318 of the Army, Navy and Air Force (ANAF-The Hut).

"We don't talk about veterans enough," Groulx said.

"Before we lose everyone, I decided to

offer them a Christmas lunch," he said.

Groulx assigned the seating at the event so that veterans of different ages and backgrounds would be seated together, to share their experiences.

"We're talking about 70 years of war experience between the oldest and the youngest," Groulx said, "they've got a lot to say to each other."

Only two veterans from World War Two were in attendance, one of which was Grant Taylor, last surviving charter

member of The Hut.

"There were supposed to be eight others," Groulx said, "but they were all too sick and couldn't come."

At the beginning of lunch, Groulx welcomed guests, introducing each one by name and rank.

"There are two kinds of guests here," Groulx explained.

"To me, the honoured guests are the veterans," he said. "The special guests

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Fun for all at the boys and girls group Christmas party in Potton



THE SCOOP MABLE HASTINGS

There were a lot of smiling faces on Thursday, December 15 as the Missisquoi North Volunteer Centre Boys and Girls groups came together for their Annual Christmas Party at the Youth Centre in Mansonville. Thirty five youth plus staff and volunteers met after school for a variety of holiday fun, which included: A horse drawn sleigh ride with Roger Cote of Cote Meadows farm. There was gingerbread cookie decorating, a photo booth, games, limbo and more... Volunteers included: Linda and Abby Jersey, Sheila Samborsky Norma clifford as well as the Youth Centre Staff. The party was organized by Sarah Jersey,



MABLE HASTINGS

Coordinator Youth and Volunteer Programs and Eleanor Cote, Coordinator Youth and Communications at the CAB. The boys group meets weekly on Thursdays after school to 4:30 for boys ages 5-12 and the girls group for the same ages

meets after school to 4:30 on Fridays at the Youth Centre. For more information on these groups, visit the CAB website at: www.cabmn.org or call the Youth Centre at 450-292-4886

'Bouboule' suspect turns himself in

Record Staff
SHERBROOKE

A man wanted since November 23 in connection with the Operation 'Bouboule' drug raids turned himself in to police Thursday to face charges of trafficking and possession of narcotics before Quebec Court Justice Serge

Champoux in Sherbrooke. He will be detained until his return to court Monday for a bail hearing.

Several accused in this case have already settled their accounts with justice and entered guilty pleas.

As a result of Operation "Bouboule", \$28,875 in cash was seized from the six warranted searches, as were forty

methamphetamine tablets, 2,743 grams of cannabis, about 10 grams of cocaine, and some hashish.

Two others, Nicolas Pratte, 33, and Sylvain Dulac, 57, will return to court on February 14 at the same time as their co-accused have their sentencing hearings.

Weather



TODAY:
SUNNY,
WINDY

HIGH OF -15
LOW OF -16



TUESDAY:
MIX OF SUN
AND CLOUDS

HIGH OF -4
LOW OF -6



WEDNESDAY:
CLOUDY

HIGH OF -1
LOW OF -5



THURSDAY:
60% CHANCE
OF FLURRIES

HIGH OF -1
LOW OF -7



FRIDAY:
MIX OF SUN
AND CLOUDS

HIGH OF -2
LOW OF -7



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Ben by Daniel Shelton



LOCAL NEWS

More than a hundred travel columnists from Quebec, elsewhere in Canada, the United States, and elsewhere published articles following a press tour in the region.

ET tourism enjoys 'exceptional' 2016

Record Staff
SHERBROOKE

Tourisme Cantons-de-l'Est has taken stock of the '2016 tourist year, which it says was exceptional' from several points of view. A brief summary of their review follows.

To begin with, the Quebec tourism industry now falls under the umbrella of the Tourism Industry Alliance of Quebec (AITQ). The transfer of responsibilities began this summer and a new team is in place and is refining its orientations.

Tourisme Cantons de l'Est has a new Executive Director as Francine Pate-naude replaces the retiring Alain

Larouche.

For the local tourist industry, a warm and sunny summer, an abundant and diversified offering, affordable gasoline prices, and a favorable exchange rate helped attract an increased number of visitors to the region, with notable increases in visitors from Ontario and the United States. In addition, peak season extended to Thanksgiving.

The occupancy rate for all types of accommodation including campsites was up from 4 to 8 per cent depending on the sector.

Tourisme Cantons-de-l'Est and its partners' cross-platform promotional campaigns in the Quebec (\$800,000) and

border (\$400,000) markets led to a 10.2 per cent increase in visits to the website and 32.9 per cent on the New England and Ontario market microsite.

In July, the Cœurs villageois, project was launched, to help municipalities develop their living environment harmoniously while enhancing their tourist attractiveness. The first six municipalities are: Coaticook, Cookshire-Eaton, Danville, Eastman, Piopolis and Sutton. The network is expected to expand in 2017.

More than a hundred travel columnists from Quebec, elsewhere in Canada, the United States, and elsewhere published articles following a press tour in

the region. Journalists and bloggers also highlighted the great assets the Easton Townships has in terms of: living well, gourmet tourism, and the outdoors. Among the media reporting on the region were The Washington Post, National Geographic, CTV News, and the National Post, to name just a few.

The regional tourism agency also highlighted the success of special events like Coaticook's Foresta Lumina, its exceptional restaurants like The Manoir Hovey, and the artisanal cheese and wine producers that have sprung up in recent years.

Canuel sues Le Tapageur for over \$500,000

Record Staff
SHERBROOKE

A Gatineau man, who allegedly suffered a serious allergic reaction after being mistakenly served a salmon tartar is seeking damages from the Bistro Le Tapageur in downtown Sherbrooke, its administrators and the waiter for a half million dollars, according to Sherbrooke's La Tribune.

The francophone Sherbrooke daily reports that Simon-Pierre Canuel has claimed a maximum of \$490,000 in damages for him and \$25,000 for those suffered by his wife during the incident that took place on May 29 of this year.

The civil suit, filed in Sherbrooke last week, comes after the Director of Criminal and Penal Prosecutions decided last September not to lay a criminal negligence charge against the restaurant waiter who had been targeted by a police investigation.

Canuel argues that the consumption of a glassful of licorice flavoured liquor with explains the fact that he did not immediately detect the smell of the tar-

tar that was served to him by mistake before taking a bite. In his complaint, he argues that he has suffered a number of consequences of anaphylactic shock after swallowing the salmon to which he was allergic.

Among those, he cites respiratory problems, cardiac arrest, a two-day coma, intubation to allow ventilation of the lungs, and a two-week hospital stay in intensive care. He also cites unspecified psychological damage caused by the defendants' negligence, including anxiety attacks, sleep disturbances, a food-related phobia, isolation to avoid situations that remind him of the incident, and spontaneous anger.

Canuel also claims to have to take antidepressants and antipsychotics as a result of the anaphylactic shock and apparently made an attempt on his own life in November.

Canuel is claiming that the waiter was negligent in serving him the fish although he had already warned him he was allergic. He also cites the fact that the waiter in question was drinking alcohol with other customers at the time

of the incident. He cites the restaurant management for allowing the waiter to consume alcohol and for not having either an Epi-pen or a defibrillator on hand.

Since this story broke, Canuel has been denounced as a fraud by an ex-part-

ner and it has been revealed that he has launched several suits of a similar nature against other institutions, notably in France.

The two parties are scheduled to appear in Superior Court on January 30, 2017.

Monk cheese

CONT'D FROM PAGE 1

production and job increases tied to the expansion are linked to demand. Essentially, the more cheese people want, the more they will make.

According to the monk, the transfer to the new building will happen in two phases. Production will shift to the new building when it is complete with storage remaining in the exiting facility's

underground cellar, after which the central section of the old factory will be demolished and new storage facilities built.

The monk said that all of the funding for the expansion was sourced either from internal funds or donations.

"We didn't get any grants, but there were people who contributed because they believe in what we do," Lamontagne said.

Christmas

is just around the corner and it's time to be thinking about gift giving. Offer the gift of a subscription to The Record to keep family and friends linked to the events of the Townships.

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School Page

Richmond Regional High School

Richmond Regional High School CLC: Giving, Creating and Connecting

Tis the season to help others! This winter, Tara-Ann Smith & her Leadership students collected an impressive collection of non-perishables that was donated to a local Christmas Basket program. A great big thank-you to everyone in our school community for being generous with their donations!

Have you heard of makerspace, the collaborative workspace movement where people gather to create, invent and learn? This year, RRHS set up its own makerspace room next to the library where students can come in at lunchtime or with their classes to create and have fun. So far we have a sewing corner, an arts & crafts table, an electronic circuit board for making over 500 projects, and a K'nex building area. Please note that we are accepting donations of sewing and art supplies as well as K'nex and Lego pieces. We could also use one or two volunteers to come and supervise the students during lunchtime. Please contact Pascale Duguay for more information: duguayp@etsb.qc.ca / phone: 819-826-3702 ext. 24017.

Registrations underway for winter Community Programs

The Community Watchdog Program aims to help members of the English-speaking community become more knowledgeable about resources and services specifically in the health and social services sector. The 2-week base training workshops equip program participants to help those in their own networks – friends, neighbours, family members – reach the appropriate resource if and

when the need arises. In addition, 4 optional workshops on complementary topics will also be offered (ie. suicide prevention, caregiving, nursing services). Starting January 18th: Tuesdays, 7pm – 9pm. Please call to register or for more information: 819-826-3702 ext. 24027.

The popular Parent-Child Mother Goose Program will start up again every Friday morning from 9:30am - 10:45am, beginning January 27th. Parents are invited to come cuddle, connect and learn rhymes and songs to enjoy with their 0-3 years child. This free program offers assistance with transportation and childcare for older siblings. Registrations will be taken by phone only until January 13th: 819-826-3702 ext. 24026.

New this winter, elementary-aged children will have the opportunity to participate in a hands-on science enrichment program, "Mad About Senses" offered by Mad Science. Students K-6 will get to experiment with Van der Graff generators, explore optical illusions, and even alter their voice to sound like Star Wars' Darth Vader! Workshops take place Mondays from 3:15pm – 4:15pm starting February 6, and costs \$95 for a 5-week session. Afterschool transportation from St. Francis Elementary School available. Register online at montreal.mad-science.org or by calling 514-344-6691.

Keep informed of more activities for students and community by following us on Facebook (RichmondRegionCLC and Richmond Regional High School), visit our website at <http://richmond-high.etsb.qc.ca> or send us an email (richmonclc@etsb.qc.ca) to be added to our monthly community newsletter!



LOOKING FOR AN ORIGINAL GIFT?

The Record published a commemorative book entitled "**County Fairs of the Eastern Townships**". This book includes pictures taken over the past century from all the fairs in the region. Cost is \$15 per book (taxes included).

We also have a limited number of "**Two Decades of Headlines**" compiled into two books. These books cover some of the most important headlines and stories from the front pages of the newspaper - wars, depression, floods, crime and punishment - book 1 from 1911 to 1920 and book 2 from 1921 to 1930. These are available at \$25 or 2 for \$40 (taxes included).

For more information,
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billing@sherbrookrecord.com.

Man robbed at knifepoint on Bowen S.

Record Staff
SHERBROOKE

The attack occurred around 1:00 a.m. near the city center.

"The victim was taken by surprise from behind by first individual who put a knife against his throat, while the second approached from the front and de-

manded the victim's wallet. The two then sped away on foot.

The two suspects were between the ages of 20 and 30 and each wore a black hooded winter coat.

The first suspect stands about five

feet, ten inches, while the other measures about six feet.

Any information concerning these suspects may be sent to the Sherbrooke Police Investigation Division at 819-821-5555.

A Sherbrooke man who was walking home along Bowen St. in Sherbrooke was mugged Thursday night by two armed men.

Musecole donates \$2442.50 to SES music program



GORDON LAMBLE

The students of Sherbrooke Elementary School's rock band with principal Anastasia Christodouloupoulos (left) and music teacher Tracey Rivette (right) receiving a cheque for \$2442.50 from local musician and Musecole founder Matthew McCully (centre). Musecole, a non-profit organization with a goal of supporting music programs in schools and communities in the Eastern Townships, raised the money for the SES music program through the "Back to Graceland" Paul Simon tribute concert held at the end of October at Centennial Theatre.

Holiday luncheon

CONT'D FROM PAGE 1

are the politicians."

After the veterans were named, each remaining standing until the list was complete, Groulx then went on to thank local politicians for their attendance. The national anthem was then played, followed by a moment of silence, before lunch was served.

Following the meal, Sherbrooke MNA Luc Fortin, Quebec's Minister of Culture and Communications announced his intention to give a special heritage classification to the Monument aux Braves cenotaph located on King Street in Sherbrooke.

Also in attendance, Marie-Claude Bibeau, MP for Compton-Stanstead and Minister of International Development and La Francophonie, presented Korean War veteran Réal Lambert with the Ambassador of Peace Medal.

"I worked for a month-and-a-half to get the approval," Groulx said, adding that he received the medal in the mail two days ago, just in time to present to Lambert.

When asked if he felt veterans were well represented in the Townships, Groulx said there is always room for improvement.

He explained that under the Harper government, eight veterans offices were closed across the country.

"They forgot about us in Sherbrooke," Groulx said, explaining that nine offices have been

opened, but the local office was not among them.

"I'm building a multi-functional committee," Groulx said, to ensure that the needs of vets are not left aside. "We want to take care in all ways possible," Groulx said.



MATTHEW MCCULLY

"We don't talk about veterans enough," Groulx said.

2016 Babies!



Proud parents, grandparents, aunts and uncles, show off your pride and joy in our "Babies of 2016" edition of The Record to be published on January 13, 2017.

Mail a photograph of the baby with: baby's name, birthday, parents' name, hometown and 10 words describing the little tyke, along with \$20. (taxes included), daytime phone number and a stamped, self-addressed envelope to

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THE
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EDITORIAL

On Christmas Day, 1866, John A. Macdonald sent the Act that would create Canada to colonial officials to begin the process of approval.

Confederation Christmas in London



PETER BLACK

Dear Readers, you are going to be hearing and reading an awful lot about Confederation in the next year, like it or not. It is, after all, the sesquicentennial of the country.

So, please indulge this space as it gets an early jump on Confederation excitement. Still, it is a seasonal tale, and one of significance to Quebec Anglos.

As we prepare to chill the champagne to be uncorked on New Year's Eve 2016, to celebrate the birth of the nation, it might be instructive to recall that in December, 1866, Confederation was not actually a done deal.

In fact, the pact to unite six British North American colonies - Canada West, Canada East (united at the time by forced marriage), New Brunswick, Nova Scotia, Prince Edward Island and Newfoundland - began to unravel shortly after the conference in Quebec City in October, 1864, that had produced the 72 Resolutions defining the proposed federation.

Newfoundland was out from the get-go, P.E.I. bolted shortly afterward, then the plan faced vigorous opposition in Nova Scotia and New Brunswick. In the Province of Canada, though, the deal

was pretty much rubber-stamped.

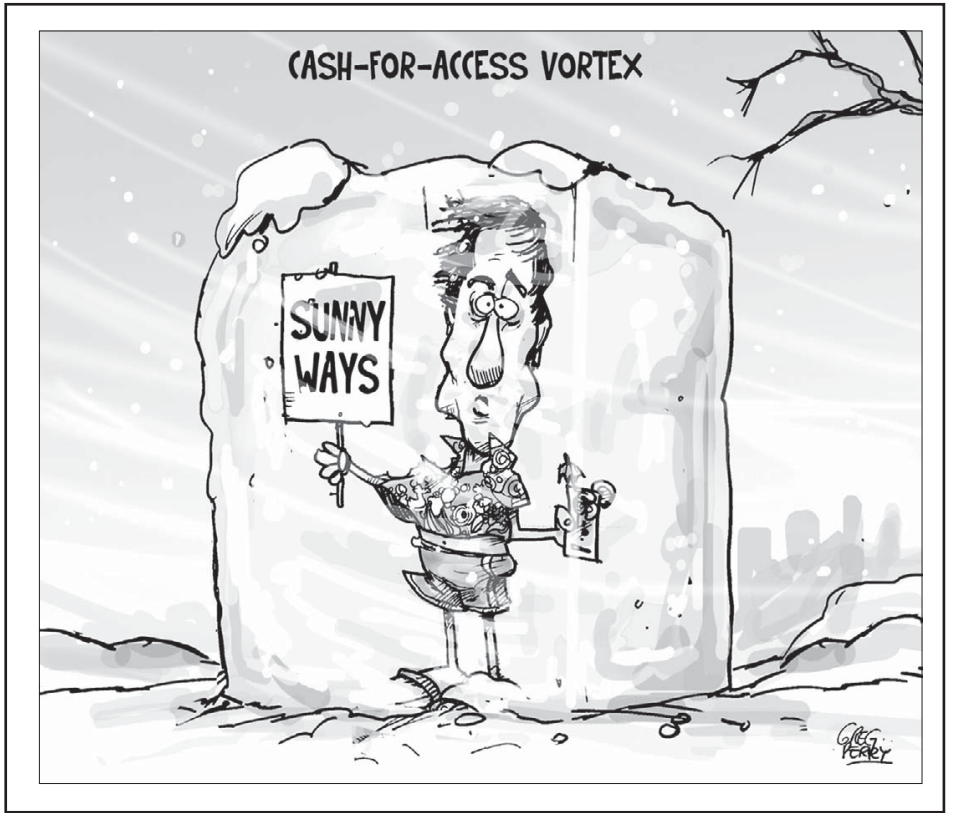
In December, 1866, delegates from the four colonies gathered in London, England, to fine tune the Confederation plan for approval by the British government, and, naturally, Queen Victoria, who was asked to pick a name for the new country. (Sir John A. Macdonald wanted the Kingdom of Canada, which was the name used up to the fourth draft of the BNA Act, but British officials feared a backlash from Americans.)

The delegates from what henceforth would be called the Province of Quebec were George-Étienne Cartier, Macdonald's long-time political partner, Hector Langevin, of Quebec City, and Alexander Tilloch Galt, the Sherbrooke-based real estate developer, railway promoter, and early visionary of a Confederation plan. Galt, in fact, had travelled to London, along with Cartier, in 1858, to sell British officials on a scheme he had devised for uniting the colonies.

Galt, though, was not an elected official when Macdonald invited him to join the delegation to London. He had resigned cabinet over the government's withdrawal of a bill to guarantee English, meaning Protestant, education rights in Lower Canada (Quebec), as well as Catholic rights in Upper Canada (Ontario) once Confederation was enacted.

There are no official minutes for the London conference, so we don't know how it actually came about, but various personal accounts make it clear Galt, acting on assurances from Cartier, proposed the inclusion of Section 93 that protects minority education rights in the provinces of the new Dominion of Canada.

On Dec. 19, Galt wrote from London "(t)he education question came up today



and, I am thankful to say, our Canadian delegates all stated that no change could be permitted in what we proposed on behalf of Canada," adding that he expected the Maritime delegates to sign on and "the matter will be settled."

In the same letter Galt bemoans the fact he will probably have to stay on in London until the British government passed the BNA Act, which turned out to be in March, 1867. He also took a swipe at a fellow Quebec delegate: "(o)ur friend Cartier devotes himself so much to society that we do not get much work out of him"; understandably, since Cartier was in London with both his wife and mistress.

In any event, Galt's amendment is described as the only important change made to the deal forged in Quebec City two years earlier. In years to come, of course, Section 93 would be the subject of many a challenge in provincial legis-

latures and the courts. In 1997, Quebec was granted a constitutional amendment changing school boards from religion to language-based.

On Christmas Day, 1866, John A. Macdonald sent the Act that would create Canada to colonial officials to begin the process of approval. Macdonald was pretty much bed-ridden at the time, recovering from burns he had suffered earlier in December when his hotel room caught fire. The future first prime minister had fallen asleep while his reading candle was still aflame. Cartier and Galt were in adjoining rooms and Macdonald summoned them for help putting out the fire. One dare not wonder what would have happened to the Canada project had the fire at a London hotel been catastrophic.

Such was Confederation Christmas-time in London. Happy sesquicentennial.

SharQC done as last two cases stayed

Record Staff
SHERBROOKE

The last two members of the Hells Angels still facing charges stemming from the 2009 Operation, in-

cluding one of Canada's 10 most wanted criminals, saw all the proceedings against them dropped Thursday.

The Chief Prosecutor's Office filed the stay of proceedings against Claude Gauthier, 48, a member of the Trois-Rivières

chapter of the Hells Angels, and Guy Rodrigue, 59, of the Sherbrooke Chapter. Twenty-nine charges, including murder, conspiracy to commit murder, drug trafficking, and gangsterism, were among the charges dropped.

Rodrigue has been detained since handing himself over to the police on December 1 after several years on the run. He asked for and obtained immediate release from Superior Court Justice Marc David, who also ordered the cancellation of any arrest warrant against Gauthier, who is still on the run.

The Prosecutor's decided to stop the proceedings taking into account the legal implications of a decision rendered on October 9, 2015 by Justice James

Brunton, which was not appealed. Brunton had cancelled dozens of trials under SharQC due to unreasonable delays.

That decision is in no way linked to the Supreme Court's Jordan judgment, which imposes limits on the length of time limits considered unreasonable. Brunton's decision concerned delays over the disclosure of exculpatory evidence and led ultimately to the stay of proceedings of some three dozen other cases connected to SharQC.

Operation SharQc, carried out in April 2009, led to the arrest of 156 Hells Angels sympathizers, including 111 full patch members - virtually the entire Quebec contingent.

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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Gaiters say au revoir to RSEQ

Football team joining the AUS conference in 2017

By Dylan Konecny

2016 is the year of change for the Bishop's University Gaiters. After over a decade of playing in the RSEQ football conference with their fellow Quebec schools, the Gaiters football team will now compete in the AUS starting with the upcoming 2017 season.

Since 2003 the Gaiters have had only three winning seasons in the Quebec conference and four playoff appearances. Under head coach Leroy Blugh (2006-2010) the Gaiters made appearances in the post-season three of the five years he was at the helm. Under head coach Kevin Mackey (2012-2016) the Gaiters had one playoff appearance in the five years he was head coach.

Despite all appearances that the school is in utter turmoil; financial hardship, no athletic director, no head coach and now a switch into a new conference. Appearances can be deceiving. The university's leadership team has been eyeing this move for over a year. The process for this move had been in the works under the previous athletic director Jean Benoit-Jubenville and head coach Kevin Mackey, with the support of Principal Michael Goldbloom and dean of student affairs Jackie Bailey. However, the AUS initially turned down Bishop's.

After a third straight one-win season, numerous lopsided losses and Mackey's resignation being announced at the end of the season, the university underwent a serious re-evaluation of the department of Athletics and Recreation and the football program. This process concluded that the University and its resources were better suited to compete in the AUS against schools of a similar size and budget. The AUS looking to add another team to their schedule felt it was an appropriate time that they could add the Gaiters program.

One of the key moments for the re-visitation of the process was after the Gaiters' homecoming game against AUS opponent St. Mary's University. The University's senior leadership were spellbound by the atmosphere created by the tightly competitive game against their opponent from out east with all the students and alumni in attendance.

Bishop's annual budget for football is \$350,000 dollars according to posting for the head coach's position. The budgets of the other teams in the RSEQ are reportedly two or three times bigger, depending on the team.

After consulting with key stakeholders and feedback from alumni the leadership group in the University felt the team would be more competitive and it would be more cost effective to play against similar sized schools with similar budget constraints.

The alumni feedback on the switch wasn't all positive, it also wasn't all negative. Some alumni have voiced their opinion on the departure to the AUS as a cop out. The other stance from alumni is that this was a necessary change and that the team will have a better chance to be consistently competitive in a financially sustainable environment.

Instead of the Dunsmore Cup, the Gaiters will now set their sights on the Loney Bowl and the Jewett Trophy.

Bishop's already has an academic partnership with three of the four schools out east in the U4 group of schools, creating an opportunity to foster closer academic

relations while reinvigorating fresh athletic rivalries.

According to the Gaiters athletic department the move out east will have minimal impact on the student-athletes and the team's staff. The school's plan for the team moving forward is to fly out east the morning of games and fly back the same night. The flight from Sherbrooke's airport to Halifax is approximately 55 minutes and from there another 30 minutes by bus to the stadium. Depending on the game's location the travel times would be similar for the other three opponents possibly bussing once a season as well.

In 2015 the Gaiters football team flew

to Halifax to play St. Mary's. The cost of the two-day trip was approximately \$50,000; covering both flights, chartered buses in Nova Scotia, one nights stay in a hotel as well as meals for the team plus staff. Those costs are expected to decrease significantly when shrinking the trip length to one day.

The AUS-RSEQ crossover is set to expire and it is doubtful that the conferences will renew the deal. For now, the status of the annual Mayor's Cup game between Bishop's and the Université de Sherbrooke is up in the air. Bishop's and Sherbrooke new regular season schedules will almost certainly not allow for the crosstown-

valry to continue. The possibility of the team's scheduling an exhibition game either preseason or midseason on a league bye-week still could remain a slim possibility.

The interview process is currently underway for the Gaiters' head coach position. The school expects to have a candidate within the next few weeks and make a formal announcement in January.

2017 will be a new era for the Gaiters football team. A new conference, new opponents, a new coach and the new goal of winning the Loney Bowl en route to the Vanier Cup.

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In Memoriam

RIVARD, Arthur David Maurice - December 19, 2006.

*In the blink of an eye
Ten years passed,
In the blink of an eye,
Still love persists.
You were here
And now you're gone,
In the blink of an eye,
Still love persists.
Love persists and love transforms.
Selfish love, self-pitying love,
Possessive, grasping love,
Slowly transformed.
No more clinging to what was.
Only joy in having shared that earthly time,
And hard-earned lessons
About meaning,
About purpose.
Love persists.
So what is left to measure?
Ten years passed?
Nineteen years of life?
Love that persists?
"Love is patient, love is kind...love never ends" 1 Cor. 13
Love you always,
MOM, DAD,
ANNE-MARIE, ISABELLE, AMÉLIE*

Vitamin D supplement may not be necessary



ASK THE DOCTORS

By Robert Ashley, M.D.

Dear Doctor: Should I take large doses of vitamin D to prevent osteoporosis?

Dear Reader: This is an excellent question. Vitamin D appears to be a wonder vitamin in regard to health. For whatever ails you, it seems, vitamin D is the cure. But that's not necessarily true.

Vitamin D is so crucial for healthy bones that deficiencies in children lead to the malformed bones seen in rickets. Because vitamin D helps the body absorb calcium, it's vital for a host of other bio-

logical functions as well. In fact, vitamin D acts more like a hormone in that way.

The recommended daily allowance of vitamin D is 600 to 800 units. It can be found in foods fortified with vitamin D — and the numbers of those products seem to be increasing — or from fatty fish or eggs. But the majority of the vitamin D that our bodies need begins with UVB light; our bodies use this light to produce the precursors of vitamin D.

Adults who are out in the sun regularly and have normal vitamin D levels probably don't need a vitamin D supplement. A meta-analysis published in the renowned medical journal *The Lancet* reviewed 24 studies that followed patients who took vitamin D. The research found little change in bone density with supplementation of vitamin D. Some studies found that vitamin D reduced the risk of bone fracture — but only when it was combined with calcium.

Calcium on its own has been shown repeatedly to decrease the risk of fractures. Vitamin D on its own has not been shown to decrease fracture risk.

Some practitioners recommend mega-doses of vitamin D to their patients, causing very high blood levels of

it. But high levels of vitamin D in the bloodstream might actually increase the rate of bone breakdown.

The highest daily intake considered safe by the Institute for Medicine is 4,000 units. If you are taking vitamin D, have your blood levels checked. For the prevention of osteoporosis, the Institute of Medicine recommends a vitamin D blood level greater than 20 ng/mL (nanograms per milliliter). The majority of people can achieve this level without supplementation, but if you do supplement, 600 units is more than sufficient.

As for all the other purported health benefits of vitamin D, such as its ability to decrease the risk of cancer and heart attacks, there may be benefit to vitamin D intake, but we're not sure yet. We need good long-term studies that compare people who take vitamin D daily against those who don't.

Until then, if you don't have osteoporosis and you do have sufficient vitamin D levels in your blood, there appears to be little additional benefit to taking a vitamin D supplement.

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

Datebook

DECEMBER 19, 2016

Today is the 354th day of 2016 and the 89th day of autumn.

TODAY'S HISTORY: In 1777, the Continental Army under George Washington set up winter quarters in Valley Forge, Pennsylvania.

In 1932, the first BBC World Service radio broadcast aired, as "Empire Service."

In 1998, the U.S. House of Representatives voted to impeach President Bill Clinton.

In 2011, North Korea announced that dictator Kim Jong Il had died two days earlier.

TODAY'S BIRTHDAYS: Carter G. Woodson (1875-1950), historian; Leonid Brezhnev (1906-1982), Soviet leader; Jean Genet (1910-1986), author; Edith Piaf (1915-1963), singer/actress; Al Kaline (1934-), baseball player; Richard Leakey (1944-), paleoanthropologist; Robert Urich (1946-2002), actor; Reggie White (1961-2004), football player; Criss Angel (1967-), magician; Tyson Beckford (1970-), model; Alyssa Milano (1972-), actress;

Warren Sapp (1972-), football player; Jake Gyllenhaal (1980-), actor.

TODAY'S FACT: The first American president to be impeached by the House of Representatives was Andrew Johnson in 1868.

TODAY'S SPORTS: In 1980, Brigham Young University's football team, down 20 points with three minutes to play, staged an improbable comeback to defeat Southern Methodist University in the Holiday Bowl, 46-45.

TODAY'S QUOTE: "When I got to the street, I walked boldly. But I was always

accompanied by an agonizing thought: the fear that honest people may be thieves who have chosen a clever and safer way of stealing." — Jean Genet, "Miracle of the Rose"

TODAY'S NUMBER: 12 — astronauts in the Apollo program who set foot on the moon's surface. The last manned lunar flight, Apollo 17, returned to Earth on this day in 1972.

TODAY'S MOON: Between full moon (Dec. 13) and last quarter moon (Dec. 20).

How to survive a high-deductible health plan

FROM CONSUMER REPORTS(R)

By the editors of Consumer Reports

Brace yourself: Within a few years, your only choice for health insurance through your employer may be a high-deductible health plan, according to Consumer Reports.

These plans have smaller monthly premiums, but there's a trade-off: You have to pay a lot more out-of-pocket before your insurance begins to cover a portion of your bills. Those upfront payments, or deductibles, as defined by the IRS, are a minimum of \$1,300 per year for individual insurance coverage and \$2,600 for a family. And that's only the minimum.

How to Make the Best of a High-Deductible Plan

Consumer Reports consulted health-policy and insurance experts, talked with doctors and conducted its own re-

search to uncover the most cost-effective ways to use your high-deductible plan while getting the medical services you need.

— Know what's free. Many routine health services intended to keep you well or catch problems early (including colonoscopies, mammograms and vaccinations) are free in all insurance plans now. So make sure you go to a doctor for the care you're entitled to get.

— Comparison shop. High deductibles are supposed to nudge you to shop around for lower prices for nonemergency care. But few people are doing that. Most health-insurance sites provide information on where to find in-network services. And some offer cost-estimator tools that give the price you'll pay different providers for, say, an MRI or knee surgery. (If your health insurance company doesn't offer one, call your insurer directly to ask for quotes.)

Spending the time to research costs can be worth it. Prices for medical treatments can vary considerably from provider to provider, even within the same city.

But don't shop by price alone. Among the insurance websites Consumer Reports evaluated, a majority scored well on price information. But users said that the sites were difficult to navigate and that they lacked information on the quality of services from sources, such as independent ratings of doctors and hospitals, and user reviews. "Prices vary a lot, but quality does, too," warns Orly Avitzur, M.D., a neurologist and medical director of Consumer Reports.

— Interview your doctor. Doctors can be a valuable resource for patients trying to balance cost with quality of care. Researchers at Duke University analyzed recorded conversations from 1,800 doctor visits. Cost came up 30 percent of the

time. And in almost half of those conversations, doctors offered ideas about how patients could find less expensive prescriptions, diagnostic tests or other health services. You can also use online resources such as ConsumerHealthChoices.org, which Consumer Reports created as part of its partnership with the ABIM (American Board of Internal Medicine) Foundation's Choosing Wisely campaign.

— Get care on the calendar. Keep track of your spending against your annual deductible, which resets every year. If you expect you'll need an expensive procedure that will get you close to or over your deductible, schedule it early in the year if you can. That way, if you need more care later in the year, your insurance will kick in.

To learn more, visit ConsumerReports.org.

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

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

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.

"HYVMF, JBP N'H NBF OHF DZ GCXVSL.
 / XDO'MM ZVSE NBP N MVZF VH HNVMM
 JDCNBJBVMF - VZ XDO TOHN HYVMF."
 - GBPCMVF GBPWMVS

Previous Solution: "Someday perhaps I'll have to get a grown-up job ... but for now I'm having too much fun being a reporter." — Andrea Mitchell

TODAY'S CLUE: E equals D

REALITY CHECK

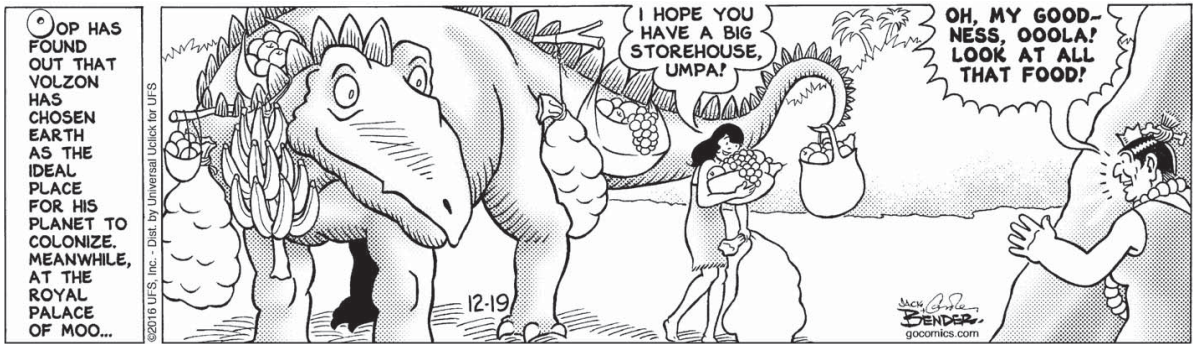


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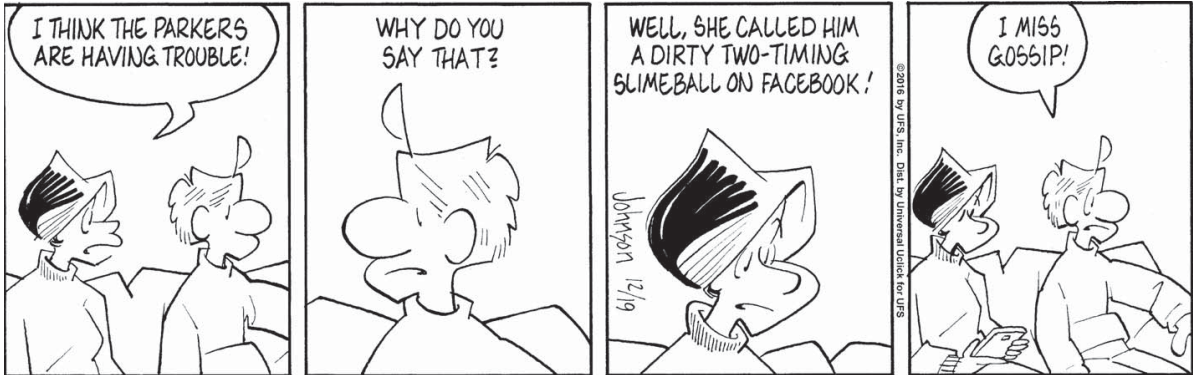


"Have you got a smoke alarm I can switch off while I'm cooking?"

ALLEY OOP



ARLO & JANIS



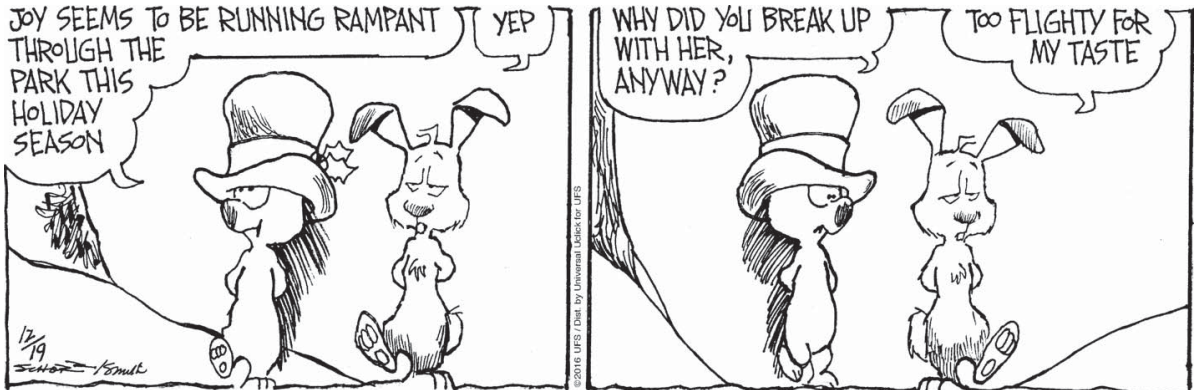
THE BORN LOSER



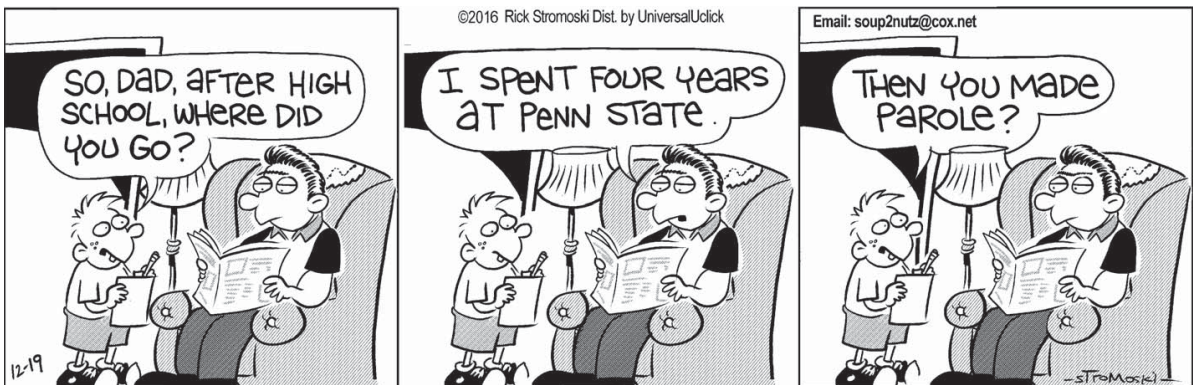
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A here-and-there father

Dear Annie

MONDAY, DECEMBER 19, 2016

Dear Annie: My now-ex-husband and I got married and had a baby right after high school. We had a beautiful baby girl, "Sophia." Caring for a newborn while all my friends were going off to college was challenging, but I would not trade the experience for the world. Sophia is my light and love.

The problem is with her father. He felt a great deal of resentment at having to care for a baby when he was only 19. He preferred going out with the guys to spending time at home with Sophia and me. The tension and resentment built until one day, he left us, saying it was too much for him. He said he would be going to community college to start over. I was devastated. He didn't want any major responsibilities, so I was awarded sole custody.

Now Sophia is 5 years old. As hard as it is for me, I know that he is her father, so I allow him to see her when he has time. Last week, he picked her up to go to the movies. She came back with stars in her eyes from getting to spend the afternoon with Daddy. The problem is that she wants to see him every weekend. When I told him this, he said he just doesn't have the time and can't commit to every Saturday or even every other Saturday.

I hate to see her so disappointed each Saturday when I have to tell her that Daddy won't make it today. His inconsistency is breaking her heart. I have allowed him to come and go as he pleases because I don't want her to have zero relationship with her father. Is this type of inconsistency OK for a child, or should I just cut him off entirely? — Confused Mom

Dear Confused: This man is giving you only crumbs while you and your daughter deserve the whole cake. What he's doing to Sophia — and to you — is terrible and selfish, and no, this kind of inconsistency is not OK for a child.

It's time to sit him down for a long, serious heart-to-heart and lay it all out. Express your concerns about the effect his unpredictability is having on your daughter. Ask him whether he could pledge to see Sophia for one Saturday a month without any ifs, ands or buts. That commitment should be small enough even for his stunted sense of responsibility, and your daughter would at least have one Saturday a month that she could safely look forward to.

But also let him know upfront that if he were to stand her up even once, that would be it. Sophia's little heart deserves to be treasured, not broken.

Dear Annie: I have just read the letter from "Appalled," who is disgusted by men wearing hats while indoors, along with your response. I strongly suggest that you educate yourselves. My husband is a Vietnam veteran, and like many of those who served in Vietnam, he has photophobia (severe light sensitivity), a condition that increases in severity with age. The jury is still out, after decades, as to whether this condition is caused by exposure to Agent Orange; it is most definitely known to be a symptom of traumatic brain injury. He wears a baseball cap indoors at all times; the only other option is to keep his eyes closed. If your reader and you are so disgusted and appalled by his indoor hat, my suggestion is simple: Don't look at him. — Donna

Dear Donna: You're on the mark. I hadn't considered the medical reasons for why someone might wear a hat indoors. Thank you for writing.

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

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12/19

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PREVIOUS SOLUTION

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4	2	9	6	3	8	1	5	7

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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ASK THE EXPERTS

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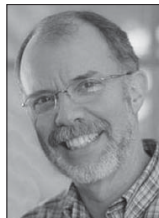
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