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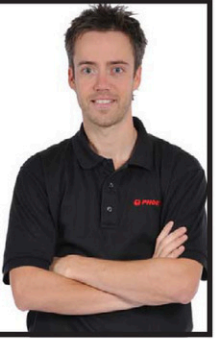
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FRIDAY, NOVEMBER 24, 2017

Quebec financial update will see school taxes equalized

By Matthew McCully

Quebec Finance Minister Carlos Leitao presented a budget-style financial update on Tuesday.

Among the planned changes is the regional equalization of school taxes, doing away with the inequity that exists currently among neighbouring boards.

"This is huge," said Eastern Townships School Board (ETSB) Chairman Michael Murray.

While the different boards on the island of Montreal had a standard rate, the rest of the province, the Townships included, had varying rates.

The result was that taxpayers without students enrolled with a specific board were free to register to pay school taxes to the board of their choice; the logical conclusion for many was to choose the board with the lowest rate available.

The vast territory covered by the ETSB meant a higher rate than its neighbours, but Murray pointed out the difference in

CONT'D ON PAGE 5

Got any HUGS to give?



MATTHEW MCCULLY

By Matthew McCully

Mental Health Estrie's annual 'HUGS (hats, underwear, gloves, socks) for the homeless' cam-

paign is underway, collecting warm clothing that will be distributed during the holiday season to clients of the Accueil Poirier homeless shelter in Sherbrooke.

Now in its 11th year, the HUGS gathered during the campaign are presented to the clients in the form of a gift bag, hoping to provide a source of comfort

CONT'D ON PAGE 8



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TODAY:
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LOW 2



SATURDAY:
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OF SHOWERS



HIGH 7
LOW -5



SUNDAY:
PERIODS OF
SNOW



HIGH -2
LOW -11



MONDAY:
CLOUDY



HIGH -6
LOW -9



TUESDAY:
CLOUDY



HIGH 2
LOW 1

Oblivion—Dark, Dark, Dark Oblivion



GOOD READS

LENNOXVILLE LIBRARY

Ever one to challenge the staid notion of a “good read” I offer today a perusal of Sergei Lebedev’s *Oblivion*. Originally published in Russian, the novel has recently been translated (2016) by Antonina W. Bouis. The story centers on the legacy of the Soviet gulag (labour camp) system. Perhaps not surprisingly, the read involves hard labour!

Growing up in the thick of the cold war, I was always fascinated not only by the tense espionage thrillers offered by John Le Carré, but also by the accounts of the Soviet gulags offered by Alexandr Solzhenitsyn. In works such as *The First Circle*, *One Day in the Life of Ivan Denisovich*, and *The Gulag Archipelago*, Solzhenitsyn provided terse, harrowing stories (based on personal experience) of the inner workings of these camps, especially in Stalinist Russia. The gulags were dotted throughout the Soviet Union, many hidden in plain sight in major urban centers, but the harshest ones were situated in Siberia. And one could be sent to these camps for a good reason (murder, theft) or for a flimsy one (writing a politically incorrect letter). A lesser known fact—these camps were not original constructs of the Soviet era; one can go back to Dostoevsky for a first-hand 19th-century account in *The House of the Dead*.

Lebedev is almost perversely vague in geographical and chronological details.

He provides no dates and refuses to localize events. The narrator (who remains nameless) grows up in a dacha (cottage) community near Moscow. Later action involves a northern Siberian city, which we are told (somewhat unhelpfully) ends with a “sk”. However, Lebedev does establish links between fictional and actual events. One occurs in 1993, marked by troop mobilization during the Russian constitutional crisis. A later event (the falling of red-coloured snow in Siberia) was actually documented in Siberia in 2007.

Events in the novel don’t occur so much as unfold. We are introduced to the narrator as a young boy. In a neighbouring dacha lives a blind old man, who comes to be known as Grandfather II. He is no relation, but he sort of comes with the dacha that the narrator’s parents have bought. Grandfather II soon establishes a relationship with the family and then with the newborn and growing narrator. The latter is not a friendly relationship, but more controlling, possessive, and somewhat threatening. (When the lad develops a case of head lice, Grandfather II is in favour of a complete head shave and treatment with kerosene!) These early events culminate when the boy is attacked by a stray dog. Grandfather II provides his own blood as transfusion, an act which grants the boy continued life, but spells the end for the old man.

The boy grows up and chooses geology as a profession. This leads him away from home, and from the vestiges of Grandfather II’s influence. Nevertheless he has the eerie and unshakeable feeling of being linked through blood. He finally inherits Grandfather II’s apartment and his dacha. In them he stumbles across artifacts, curios, and an odd series of old letters from the old man’s secret past. These lead him to Siberia, where he attempts to trace the history of Grandfather II.

Spoiler alert!! Here is where the oblivion comes in. The narrator undertakes his

own Conradian voyage into the heart of darkness. He discovers that Grandfather II was a notorious gulag director, who perfected his own particular brand of mindless cruelty—and on a massive scale. The camp has now transformed into a city, striking in its harshness and ugliness, and manifesting a history spanning thousands of years, from early nomadic tribes to the miners of the modern Soviet era. Lebedev himself worked in geological expeditions for many years in the far north, and this experience grants him a unique perspective. He is able to link the geography, the ethnic and political history into a coherent whole. What he conjures up is a vision of a soul-destroying purgatory in the far north, wrought from the climate, the land, and the forces of human nature. He has a rare gift of description and rumination: “The town was named for a Bolshevik killed in the 1930’s; the name of the town communicated nothing to the place, or the place to its name. They spoke different languages and avoided each other.... It [arose] near a giant pocket of land from which riches could be mined; it was created according to the will of the regime that moved thousands or workers to the north, it grew out of barracks, temporary huts, and that spirit had not dissipated; stale, uninhabited, the spirit of a new construction, of a workshop, oiled rags, and rotting pipes.” Fair warning, the book offers masses of ore, and sometimes the resulting payoff is a bit thin. However, more often than not the reader is carried on a raw journey inward, into a realization of the almost cosmic forces involved in human memory, consciousness, and oppression.

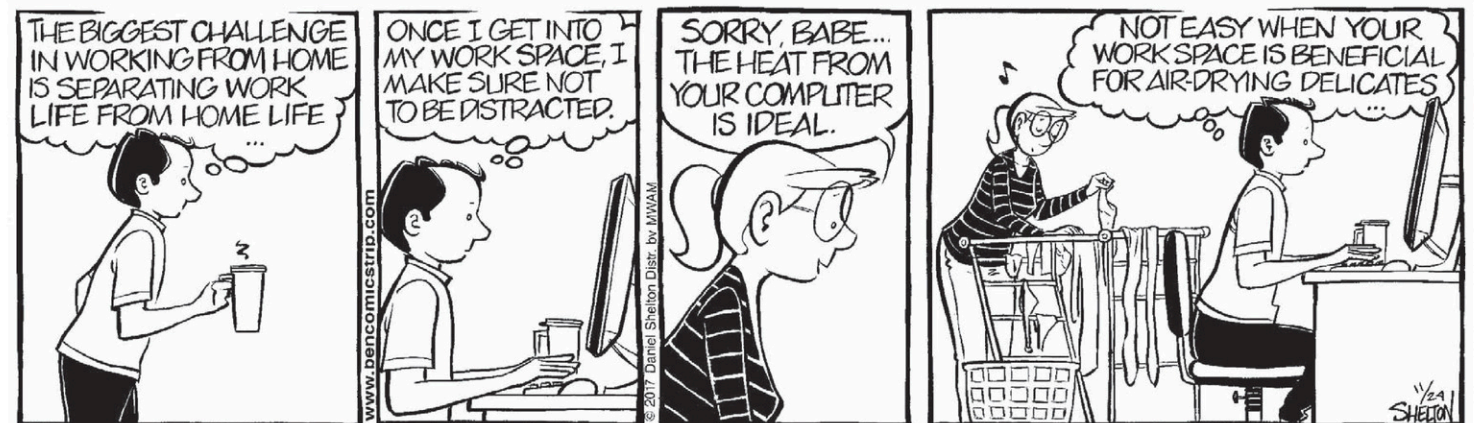
As the story develops we encounter a bizarre cast of characters—an escaped “zek” who is insane with cold and hunger; former inmates and workers who are half-destroyed, “mineralized”, and mutated through radiation exposure, ore dust, frostbite, starvation; evil commissars and thugs who remember the glory days of the Stalinist repression; the grizzled, mad survivors of a deserted community—a village beyond a camp beyond a village far above the arctic circle.

The overall thrust of the book seems to be that it is necessary for Russians to remember the past. Thousands upon thousands of prisoners were effectively consigned to oblivion during the heyday of Soviet oppression. Lebedev, even more dramatically than his forbears, seems to carry us into a direct choking encounter with the very soul of suffering, despair, and death. Available—go figure—in the Lennoxville Library!

—Stephen Sheeran



Ben by Daniel Shelton



LOCAL NEWS

"I am happy and touched that they thought of me. I want to donate my energy and show that we are always stronger in groups."

Jean-Benoît Jubinville is 2018 Honorary President of Cancer Society's 'Great Spin'

Record Staff
SHERBROOKE

The Canadian Cancer Society's Great Spin Sherbrooke fundraising campaign is back for a 6th edition with the ambitious goal of raising \$100,000 to support those living with cancer in the Estrie.

On Saturday, February 17, Great Spin will return to the Maxi Club Sports Club in Rock Forest.

This honorary president of this year's stationary bike challenge is Jean-Benoît Jubinville, a cancer survivor and Director of Sport Programs at the Triolet High School and Director of Athlete Services at the Aspirant level for Excellence sportif Sherbrooke (ESS).

This spinning event is a perfect fit for

Jubinville, who has been working with young athletes for years and who knows physical training and its impact. In addition to teaching healthy lifestyle habits, he prepares young athletes to persevere despite obstacles, having faced the challenge of a lifetime in February 2017, when he was diagnosed with prostate cancer.

"I am happy and touched that they thought of me. I want to donate my energy and show that we are always stronger in groups. I am competitive by nature and I believe without a shadow of a doubt that we will meet and exceed this year's goal," he says.

The Great Spin: a goal of \$100,000

"Every year, volunteers have been generous and dedicated and this year is no

exception," says organizing committee co-chair Mylène Vachon. "We have an incredible brigade with the same ultimate goal of raising \$100,000 for the cause. I know that with teamwork and the hope of making a difference, we will get there." Last year, the event raised more than \$94,500 for the fight against cancer and brought together more than 250 participants, cycling for at least an hour, alone or in teams, for the cause.

Information and online registration is available at grandspindon.ca and on the event's Facebook page.

In total, 10 such events will be held in February 2018 throughout Quebec. Guided by a coach and encouraged by energizing music, participants pedal, alone or in teams, depending on the spe-

cific challenge. With a level of intensity adapted to the physical condition of each, the activity is open to all. With the support of 300,000 annual donors and 30,000 volunteers, the Canadian Cancer Society is the Quebec cancer organization with the potential to save the most lives. Every year, more than two million Quebecers turn to the Society for help. In Estrie, in 2015, 89 per cent of those affected benefited from CCS support services.

The money raised by the CCS allows for the prevention more cancers and for campaigning for more laws that protect health. It is also used to fund research projects, and to support more people affected by cancer. For more information, visit cancer.ca or call 1 888 939-3333.

Sherbrooke Police seek man suspected of sexual assault

Record Staff
SHERBROOKE

Sherbrooke Police are once again launching their investigation to identify a man suspected of having sexually touched a young autistic woman in a washroom at the Éva-Sénécal library last summer.

The suspect can be clearly seen in a video distributed by the SPS Thursday morning.

The incident occurred at around 1 p.m. on July 25 when the suspect is alleged to have grabbed the genitals of the 17-year-old girl in the washroom. The suspect, aged around 60, came to the library and left immediately after the as-

sault. The victim immediately notified the persons in charge of her group, who lodged a complaint with the management of the library and the SPS.

Last summer, the SPS released photos of the suspect who is about five feet, ten inches tall and has gray-white hair. He wore sunglasses, gray pants and a purple long-sleeved shirt. He is not a regular

customer of the library.

Any information regarding this assault may be directed to the SPS Investigation Division at 819-821-5544 or Crime Stoppers at 1-800-711-1800.

The video can be viewed at www.youtube.com/watch?time_continue=2&v=FZ79M1b747U.

RETCHLESS WINTER WEATHER PREDICTIONS

Classic Canadian winter (almost)

Submitted by Andrew Retchless

In early October, I published the winter outlook on my Retchless Weather Services Facebook page. It's now time to update the winter forecast which, so far, has behaved very much as expected with an early arrival of the white stuff and a trend towards colder weather in November. First for some background: Weather 101:

In long range forecasting, meteorologists take the expected Ocean conditions and figure out what jet stream patterns they produce and go from there. It's a risky business, with Mother Nature holding the cards close until we actually get into winter.

This is what we know:

1. A weak to moderate La Niña (colder water near the equator) is forming in the Pacific causing a jet stream that has a classic dip over the centre of the North

American continent. The result is a colder, wetter pattern for Eastern North America.

2. A phenomenon called the North Atlantic Ocelation (NAO), a dance between high pressure over the Azores and low pressure over Iceland, has to be in the negative phase (ie weaker than normal pressures). This causes blocking which brings storms up the East Coast. The 2017-18 winter outlook is for conditions to be favourable for blocking.

In general terms, this means an earlier start to winter compared to what we have seen over the past 4 years. It also means a better chance for active storm patterns and a tendency for the general flow to be colder from the Northwest. This means less slush, more snow and a winter that hangs on until April.

So now for the more detailed forecast for late November and December. As ex-

pected, fall snapped into early winter conditions in mid November. The typical November yo-yo pattern will continue until mid December when a more consistent colder pattern kicks in bringing us a high probability of a white and cold Christmas.

Looking at the details, after a brief taste of early winter, November will go out with a brief warm-up next week. The first 7 days of December look like a continuation of November weather with back and forth, flurries and showers. With some storminess around the 7th that will once again be a mixed precipitation event. The expectation is that snow that will stay with us arrives around the 15th, with temperatures going sub freezing and staying there through Christmas.

It goes seasonally cold after Christmas. The big question is where the storm track will set up. The winter of

2014-15 kept us well below zero with snow arriving 5cm at a time while Boston got buried. I don't think that will be the case this year. The general consensus is that we will see some very cold weather, but only for short bursts with frequent snowfalls, and even our typical slush storms punctuating the arrival of the swing between milder and colder regimes.

So that's the way it looks from here. Keep in mind that long range forecasting has about a 60 to 70 per cent accuracy rate, so basically we are looking at tendencies. The one thing that is already very clear with our early start to winter is that, this upcoming season has a whiter and colder personality than last year. So make sure you have plenty of wood for the wood stove and your tires are in good shape and get ready to hunker down as old man winter prepares to make Townships life magic once again.



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Why this is a men's issue



By Kathryn Owen

Saturday, Nov. 25 marks the first of the 16 Days of Action to End Sex and Gender Based Violence, which we all too often perceive to be a women's issue. There's a problem with that position, and it has to do with the way we grew up.

Jackson Katz, Educator and co-founder of *Mentors in Violence Prevention (MVP)*, says that identifying gender violence as a women's issue is problematic because it gives men permission not to pay attention. Without men in the discussion, we stand little or no chance of making progress.

The cycle of abuse is predominantly perpetuated by men, and yet the burden of change is placed on women. William Muir, co-founder of *Equal Community Foundation (ECF)* has described his experience working with young men in India by pointing out that although it is estimated that more than 50 per cent of men under the age of 18 will likely grow up to rape and abuse women in that country, the programs in place to address the issues of violence are almost entirely directed at women. These changes are positive ones, promoting

the education of women, increasing their employability and autonomy; giving them a "way out" of abusive relationships. But they do not address the cycle of violence, nor do they achieve anything in changing the nature of a misogynistic culture. The solution can only be found in addressing the root of the problem. Let's be clear, the problem is not men as individuals, it is the way that we raise our men. Katz asks us to evaluate the roles that various institutions in our society play in helping to produce abusive men at pandemic rates. He reminds us that the system which produced men who abuse women is the very same which produces men who abuse other men. So what is going on with men? What is it that makes violence such a reflexive answer to the male gender?

There is a movement working to identify and address this question. Tony Porter, co-founder of *A Call To Men* calls it "The Man Box"; Connor Beaton, Founder of *ManTalk* calls it the "Mask of Masculinity"; Bill Pozzobon, Director of the *SafeTeen Boy's Program* calls it "The Boy's Code". These are all terms used to describe the qualities that our young men and boys are raised to adhere to. You must be *strong, tough and brave. Don't show your pain, fear or emotion of any kind with the exception of anger. Don't ask for help, figure things out, stay in control because men don't go crying to their friends for help.* During his presentation for TED Talks in 2010, Porter confesses that despite his enlightened view on the subject of gen-

der-based violence, he is still guilty of having told his 5-year-old son to "stop crying", "get yourself together and come back when you can talk to me like a man". Even men who are astutely aware of the fact that they should not hurt women or children, have an instinct to adhere to these standards.

The consequences of this mis-education go far beyond gender violence, they generate men who are isolated, alone and depressed. According to a study by the *World Health Organization*, men are four times more likely to commit suicide than women. Beaton refers to a study in the UK that found 50% of men were unable to identify a best friend or a close friend in whom they confided. We need to heal our boys.

The *White Ribbon Campaign*, like each of the organizations above, works to address these standards through the re-education of boys and men. The movement positively engages men, young men and boys through relevant educational programming that challenges language and behaviours, as well as harmful ideas of manhood that lead to violence against women. Their vision is for a masculinity that embodies the best qualities of being human. They believe that men are part of the solution and part of a future that is safe and equitable for all people. To quote Katz, "We owe it to women, but we also owe it to our sons. They didn't make the choice to learn that manhood is a certain way". We all have a role in this fight, and as Muir says "if you are not somehow involved in finding the solution, then you are simply a part of the problem". Silence and inaction are forms of consent



and complicity.

"In the end, what will hurt most is not the words of enemies, but the silence of our friends."-Martin Luther King.

White ribbons are available at the LDWC (300-257 Queen street), Bishop's University Doolittles, Champlain Regional College Reception.

SOURCES:

www.whiteribbon.ca
<http://www.jacksonkatz.com/>
<https://mantalks.com/>
<http://www.acalltomen.org/>
<http://ecf.org.in/>
<http://www.safeteen.ca>

GLIMPSES OF THE PAST



Maison Funeraire H.N. Brien Fonds. Sherbrooke Historical Society

In 1957, the Queen of the Eastern Townships is designated to host the annual Funeral Directors and Embalmers Convention. In the same year between October 14th and 16th, Sherbrooke welcomes over 650 delegates. The event is held in best regards since the Mayor Armand Nadeau officially opens the funeral exhibition taking place at the armory on the Bevedere Street. The presentation offers an array of coffins and it even exposes a variety of hearses. To top it all off, a banquet is held at the New Sherbrooke Hotel located on Depot Street.

INTERESTED BY HISTORY?

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Buffet des Continents food drive offers free lunch in exchange for five non-perishable items

Record Staff
 SHERBROOKE

The Buffet des Continents annual Christmas non-perishable food drive for those in need during the holiday season will take place Monday, Dec. 4 from 11 a.m. to 2:30 p.m.

For the first time in the event's 13-year history, the food drive will happen during lunch instead of dinner.

"This food drive is an important gesture of solidarity within the community," says restaurant owner Tony Commatas. "The holiday season is a time of celebration and sharing that we hope is happy and festive for all."

During the food drive, the restaurant offers a meal to patrons in exchange for donations of five or more non-perishables.

"For 13 years, more than 77,000 people have eaten with us for free and their

donations have amounted to more than 384,000 pounds of food. It's huge and, at the same time, the need for help is still there," Commatas said.

"Every year, this drive collects non-perishable foodstuffs, which are donated to the Rock-Guertin Foundation. While the holiday season is special for all of us, it is especially difficult for those in need. By paying forward together, we can help make this a happier time for thousands of people," he adds.

To encourage more donations, the Buffet asks participants to limit the duration of their meal and those under 18 must be accompanied by an adult.

According to Statistics Canada, 1.1 million people in Quebec live in a condition of food insecurity. Of these, half have run out of food in the past year. In Quebec, one in ten children is likely to go hungry. Of these, 40,000 are toddlers under the age of five.

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From the Lennoxville Academy to the Lennoxville Elementary School:

More than a Century of Education

Jean-Marie Dubois (Université de Sherbrooke) and Gérard Coté (LAHMS)

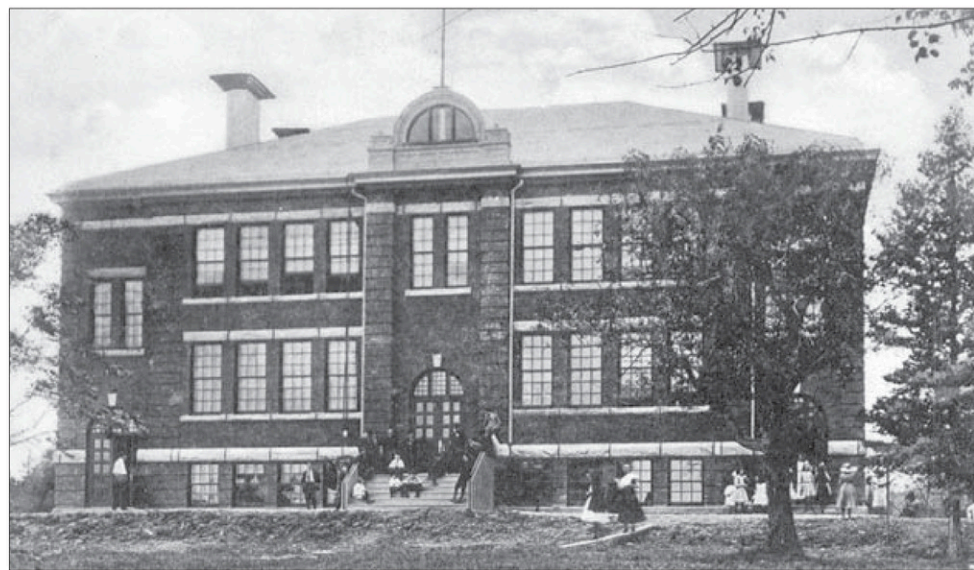
Lennoxville Academy is associated with the history of anglophone primary education in Lennoxville since 1834. That is the year the Red School House opened on Main Street (Queen Street since 1953), near Warren Street. Along with another one opened in 1864 on Main Street at the corner of Maple Street, the Red School House became the

Lennoxville Model School in 1879. It then became Lennoxville Academy in 1881 when it moved into the Town Hall (office of the Borough of Lennoxville since 2002). A street was opened next to Warren Street in 1906 and a new building went up on it in 1912, under the name of Lennoxville High School. That is when the street was named Academy. At the time, this street did not go further than Meade Street. The school was enlarged in 1931, including a gymna-

sium; again in 1952 and in 1962. In 1967, it accommodated up to 900 pupils. The students proudly wore on their school sweater the school crest with the words *Flumen fundit sed constans est schola* (The river flows but the school is constant). The yearbook was called *The Lyre*. It was only in 1969, at the time of the opening of Alexander Galt Regional High School, that the school became a primary school under the current name of Lennoxville Elementary School. In

1972, it was transferred to the Lennoxville District School Board that had taken over from the Lennoxville School Commission, established in 1871.

In 1982, the original Lennoxville Elementary School buildings of 1912 and 1931 were demolished. Since 1985, the school belongs to the Eastern Townships School Board. In 2017, the school has 286 students (77 % of which are anglophone) coming from as far as Waterville, Ascot Corner and Compton.



Building of 1912 (courtesy of LAHMS, P1097HOU)



Present buildings built in 1952 and 1962 (courtesy of Eastern Townships School Board)

Quebec financial update

CONT'D FROM PAGE 1

the rates was substantial, even between French boards as well.

"We thought a model should be put in place across the province," Murray said, pushing for years for a system similar to that used on the island of Montreal.

"Now everyone in the Estrie will pay the same mill rate," Murray said, adding the rate chosen will be the lower one.

Murray hopes the details will be worked out in time for 2018-19 tax bills.

While school board budgets have been designed based on current rates, Murray said the finance minister's recent announcement includes a compensation package for boards that do not meet their required financing goals

through taxation.

While Murray agreed there has been some erosion of the tax base for the ETSB in recent years, he said there was no way to determine whether it were because of people opting to register to pay to French boards with lower rates, or if there were other circumstances.

"We don't track that kind of thing," he said.

In addition to the equalization of the tax rate, Murray was also pleased with Finance Minister Leitao's announcement that parents with children in school will receive \$100 per child per year for the next two years to offset fees charged by school boards.

"That's another big plus for us," commented Murray.

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EDITORIAL

We must also subsidize renewable energy expansion and seek methods to store energy, reforest large tracts of land and outlaw disposable products.

SCIENCE MATTERS

Corporate influence inflames political cynicism

By David Suzuki

In 1952, my Grade 10 civics teacher asked us what we hoped to become as adults. One of the most popular boys answered, "I hope to go into politics." We were delighted because we knew he wanted to make the world and Canada better, and we admired him for it.

Things have changed in half a century. In 1992, my daughter Severn, then 12, created a minor sensation with a speech at the Rio de Janeiro Earth Summit, upbraiding delegates for not protecting the future for children. "You grown-ups say you love us, but please, make your actions reflect your words," she said.

Back in Canada, CBC Radio host Vicki Gabereau interviewed her. "So Severn, when are you running for politics?" she asked. My daughter's answer stunned me: "Oh, is that an insult?" To her generation, running for office was not admired or inspiring. Her response made me realize I was constantly decrying politicians who made grand statements but failed to follow through. To a child, my complaints indicated that politicians are hypocrites.

Democracy is far from perfect but it's better than the alternatives. We must strive to improve. Women were once thought to be incapable of making decisions and were denied the vote. Asian-Canadians and African-Canadians, even those like my parents who were born and raised here, couldn't vote until 1948. The original peoples of this land didn't

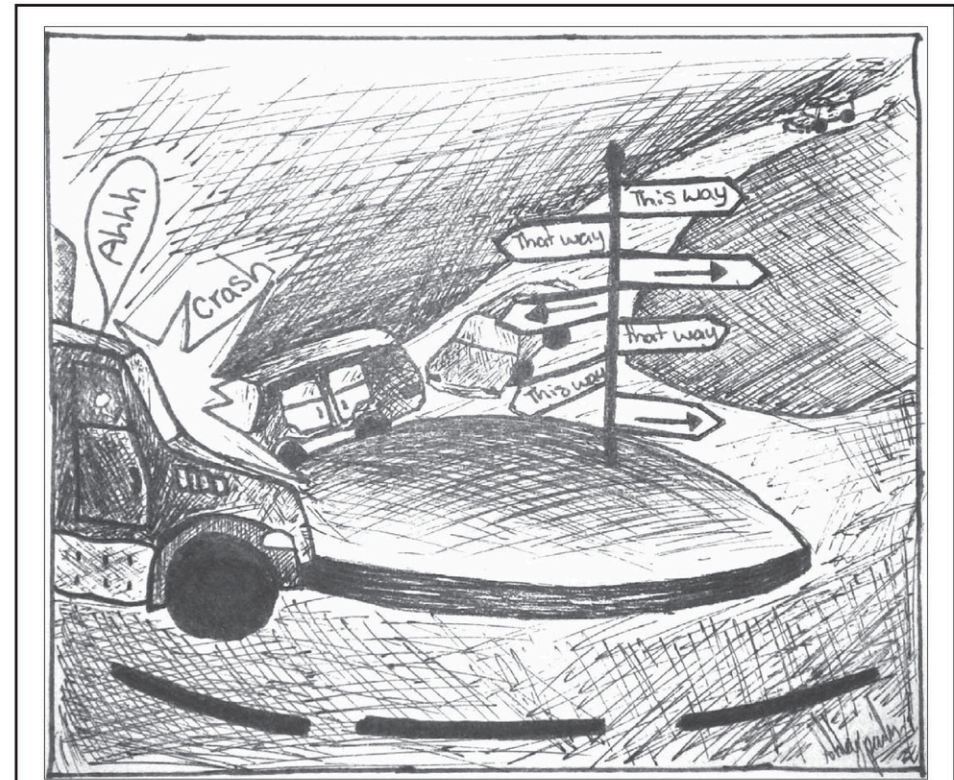
gain the franchise until 1960! Homosexuality was a crime in Canada until 1969. Change can happen in our political and judicial systems, but we have to work for it.

When far fewer than half of us fail to vote in federal, provincial and municipal elections, democracy flies out the window. It should be our civic duty to participate in the democratic process, as it is in Australia where people are required to vote.

We elect people to act in our interests and reward them with perks: gratitude and respect, good incomes and trappings like an office, support staff, cars, drivers and planes. Our tax dollars make politicians possible. I don't begrudge that. They're there to serve us and we want them to do the best job.

I often wonder what's gone wrong, although I understand why people become jaded about politics and politicians. I've met and encouraged many energetic and enthusiastic political neophytes, only to see their sense of idealism, responsibility and duty transform to a sense of self-importance that leads to entitlement. Not always, thank goodness, but frequent enough, especially when a person is promoted to cabinet.

Often it seems politicians prioritize corporate interests over those of the citizens who elected them. As prime minister, Stephen Harper avoided discussing climate change, even though Canada is more vulnerable than most industrialized nations. He pulled us out of the Kyoto Protocol, arguing that reducing



ASHLEY POULIN - LEVEL 4 ARTS CONCENTRATION STUDENT AT ALEXANDER GALT REGIONAL HIGH SCHOOL, COMMENTING ON ROUNDABOUTS

greenhouse gas emissions would "destroy the economy." This flew in the face of evidence from countries like Sweden and Denmark that reduced emissions while their economies grew. Elevating the economy above the atmosphere that keeps us alive and gives us weather and climate is a stunning case of wilful blindness that will reverberate through the lives of our children and grandchildren.

Many of us thought things would turn around after Justin Trudeau was elected. He put climate change back on Parliament's agenda, and we rejoiced at Canada's strong position in Paris shortly after. Two years later, we have to ask "What happened?" To meet the Paris target, science shows we have to leave most known fossil fuel deposits in the ground. That means no more exploration for new sources, a halt to fossil fuel industry sub-

sidies, no new pipelines, and winding down fracking and deep-sea extraction.

We must also subsidize renewable energy expansion and seek methods to store energy, reforest large tracts of land and outlaw disposable products.

Each of us has a responsibility to change the way we live to minimize our carbon footprint, but we need the folks we elect to step up and restore our confidence. The window of opportunity to avoid climate chaos is narrow. We have to use our civic responsibility and tell elected representatives that Canada must honour its commitments. The Paris Agreement is one of the most important we've ever made.

David Suzuki is a scientist, broadcaster, author and co-founder of the David Suzuki Foundation.

Learn more at www.davidsuzuki.org.

Sherbrooke man pleads guilty to bar attack with iron bar

Record Staff
SHERBROOKE

A Sherbrooke man pleaded guilty Monday to armed aggravated assault after an attack with an iron bar at Bar Le Figaro in January 2016.

Sébastien Giguère pleaded guilty on Monday before Justice Claire Desgens of the Court of Quebec to the charge, despite insisting he has no memory of the incident.

Giguère was outside the Galt St. East drinking establishment when the com-

plaintain made a disparaging remark to Giguère and the woman he was dating at the time. Giguère went back into the bar before re-emerging and entering into a second altercation with the individual in question. Giguère then went to his vehicle and instead of opening the door, he opened the trunk and retrieved a metal bar.

He then struck "four or five" blows at the other man, inflicting numerous injuries on his face and head.

Giguère told two psychiatrists who evaluated him that he could not remember having struck the blows and says he remembers nothing from when he went to his vehicle and says he "woke up" when the victim was on the ground.

It was through the testimony of wit-

nesses that made it possible to reconstruct the evolution of events. The accused collaborated with police by going himself to the Sherbrooke Police headquarters before a 911 call was made and turned himself in before going to the psychiatric department of the CHUS where he stayed for six weeks.

A pre-sentence report taking into account the circumstances will be prepared.

Criminal Prosecutor Laila Belgharras also informed the court that the victim wanted to be heard during the sentencing hearing scheduled for January 30.

The lawyers involved said they would not be submitting a joint recommendation.

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PRINT SUBSCRIPTIONS					
		GST	PST	TOTAL	
QUEBEC:	1 YEAR	135.60	6.78	13.53	\$155.91
	6 MONTHS	71.19	3.56	7.10	\$81.85
	3 MONTHS	36.16	1.81	3.60	\$41.57

ON-LINE SUBSCRIPTIONS					
		GST	PST	TOTAL	
QUEBEC:	1 YEAR	71.50	3.58	7.13	\$82.21
	1 MONTH	6.49	0.32	0.65	\$7.46

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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.

COLUMNIST

Advent's weeks are named for the gifts only we can give, acts of justice that can tip the balance in a world which still, centuries after the birth of the one we celebrate, is never quite ready to recognize or welcome infinite goodness.

ONE COLUMN, FOUR VOICES

Opening to the Spirit

Today's word: Advent

By Revs Mead Baldwin,
W. Lynn Dillabough,
Lee Ann Hogle, and
Carole Martignacco

1) With the advent of winter weather I hope you have all got your winter tires on. At the beginning of every season there are usually ways to prepare that make our lives easier.

During the Advent season before Christmas it often seems that the merchants of the world have united to persuade us that buying, buying and more buying will bring us to December 25th as prepared as we can possibly be. More than that they would have us believe that happiness, harmony and serenity will all reign because we have found the perfect gifts for our loved ones. I suppose it was inevitable that Christmas would devolve in this manner. It is so tempting to think that all our troubles would be resolved if only we had the proper gadget, the proper winter tires so to speak.

Yet it has been my experience that no exterior object, no matter how well treaded, can fix whatever ails us at Christmas time. The work of preparing for this time of year begins with an examination of ourselves, our values, our goals, our hurting places. The journey inward is fraught with an accumulation of past experiences and future expectations for Christmas, expectations that are rarely met. Trying to pretend life is perfect, that our families, our jobs, and our circumstances are perfect can be an exhausting exercise.

Instead here is my recipe for the season of Advent. Start by counting. Every day count at least one thing about your life for which you are grateful. Find the blessings. No matter how poor in spirit or pocket book I may be, I can usually find at least one thing for which I am grateful. Recognizing our poverty yet not letting it define us allows us to enter the season of Advent with humility and sensitivity. What better way to welcome the Prince of Peace into our hearts?

2) "Advent" signifies the coming arrival of a notable person or event. A person might ponder the advent of television, or of space travel or of the Internet. Something new is beginning, and it is a time of celebration. For many in church life, Advent is the season of preparation before Christmas. We celebrate the coming of God into our world in a dramatic new way. We use candles, or calendars filled with chocolate treats, and we change colours in our church decorations. This year this special season is a week shorter, as Christmas eve is also the 4th Sunday of Advent.

One of my favourite words, adventure, begins with the same letters. I like to think that life can be a series of adventures filled with excitement and passion. Each new experience brings wisdom and joy.

This year my life has gone through many wonderful, dramatic changes. I look forward to more. Our church, both locally and nationally has also undergone many changes. There are those who see change as something to be afraid of. The familiar is disappearing and we don't know the future. Many long for the past.

The word advent for me means the arrival of a new world, very different as the divine mystery unfolds. My hope is that we can rejoice together and find hope. I know that we are not alone, God is with us as we journey.

3) "Prepare ye the way..." the chorus reminds us in Handel's Messiah. Before the joy and jubilation, comes the long season of waiting in hope and anticipation. The whole first section leading up to the Nativity sings about the longing for justice, the cry of the messenger heralding the coming of light, the birth of love and goodness into a world of power and greed

gone madly awry.

In the household where I grew up Advent was about more than opening doors in a cardboard calendar for daily chocolate treats or shopping countdowns toward the gift-giving bonanza. I learned to look forward in the darkening time of year to the haunting plainsong of "O Come, O Come Emmanuel." The wreath invited me into contemplative mystery. We lit its purple, rose and white candles each Sunday at church and later, our smaller version at home. Around the dinner table we children were encouraged to prepare our hearts with acts of self-restraint, kindness and generosity.

Advent is our turn to wait on God. Can we learn to live in the space of not-yet without being impatient, anxious, or demanding? Not just standing in endless check-out queues waiting to pay for armloads of gifts. Can we live in the dark of the year without losing hope for the light to come? Can we make peace with each other, and bring joy to those whose lives are filled with suffering? Can we love the lonely and forgotten?

Advent's weeks are named for the gifts only we can give, acts of justice that can tip the balance in a world which still, centuries after the birth of the one we celebrate, is never quite ready to recognize or welcome infinite goodness. My favourite closing words for our annual Carols and Candlelight service are from Howard Thurman, reminding us that the work of Christmas begins as we put away the decorations. Or does it begin even before that - in Advent, with the realization that goodness depends on us, we are the ones we're waiting for.

4) Advent is my favourite church season. I know it should be Easter, but I don't always feel like that much joy, and the trumpets and lilies can be a bit

much.

Give me Advent: a small light, a quiet hymn, the waiting, the blue. This season wraps us like a blanket. We aren't joyful, but we also aren't alone. We simply wait in hope. The church is like a cocoon of peace in the midst of a world that is bustling around, getting broke and exhausted in attempts to make people happy. Advent doesn't worry about happy. Advent just is.

Give me the quiet prayers and the waiting at the edge of mystery. Let me be surprised, again, when the sacred child is born, but only after the needed journey. Most of life is like the trip to Bethlehem. We plod along, one foot after another, thinking about the things that need to be done. We need food. We need to find a home. We need to pay our taxes. Only sometimes, when we rest, we can remember our sacred task. We remember that God waits, always, to be born.

The Inn is full of guests, drinking and eating, and completely unaware of what is about to happen. We can go to the mall, on any given day, and be distracted. But, somewhere outside, somewhere at the edge, the world is pregnant with God. Let us remember.

One word, four voices - now it's your turn to reflect: Do you celebrate the season of Advent, and in what ways?

Rev. Mead Baldwin pastors the Waterville & North Hatley pastoral charge; Rev. Lynn Dillabough is now Rector of St. Paul's in Brockville ON. She continues to write for this column as a dedicated colleague with the Eastern Townships clergy writing team; Rev. Lee Ann Hogle ministers to the Ayer's Cliff, Magog & Georgeville United Churches; Rev. Carole Martignacco is Consulting Minister to UU Estrie-Unitarian Universalists in North Hatley.

Secret Santa Campaign

we need your help to make a child's holiday unforgettable!



TO DONATE OR SPONSOR A CHILD / FAMILY
Contact the Lennoxville & District Women's Centre
(819)564-6626 info@ldwc.ca

Magog to revise street light plans following public outcry

Record Staff
MAGOG

In the wake of considerable criticism of its new street lighting policy, the City of Magog has decided to add more lights than previously planned.

Mayor Vicki-May Hamm, along with other Council members, says she was

surprised that the subject became such an issue during the recent council meeting and the degree to which citizens expressed their unease with the new lighting proposals, which, she says, were based on experts' recommendations. "Obviously, we were wrong," she says.

For the moment, the degree to which the plan will be altered remains un-

known but the municipality is analyzing various solutions that could correct the situation. "The wish of elected officials is to install a light on each pole in the urban environment," she says. "In addition, there is technology that could improve shaded areas while reducing the glare effect of LED lights. Now, we just have to see how much it will cost," she

says.

Once the corrections are made, the annual savings generated by the new lighting policy, previously estimated at \$100,000, will be reduced. Hydro-Québec has funded one-third of the bill for the purchase of the light-emitting diodes (LEDs) that will replace conventional light bulbs.

Got any HUGS to give?

CONT'D FROM PAGE 1

around Christmas.

According to Mental Health Estrie Executive Director Tanya Gibson, last year was a big success. The campaign distributed 35 gift bags, and extended its reach to include 10 bags of HUGS supplies to clients of the youth shelter La Source Soleil, and also help some Partage St. Francois residents, former clients of Accueil Poirier, working on transitioning to a more stable lifestyle.

"So far it hasn't gotten too cold yet so it's not on everyone's mind," said Gibson, but December is coming quickly, she added.

Gibson said all types of warm clothing are happily accepted, including long johns, scarves, and even winter coats.

While gently used winter coats are welcome, any donations of undergarments must be new.

The campaign also accepts toiletries and other necessities that are hard to come by but provide a source of comfort for people in difficult living situations.

In a previous interview, Partage St-Francois Executive Director Sébastien Laberge explained to The Record that the people who frequent Accueil Poirier are walking all day. After hours and hours of perpetual movement in the wet and cold, to be able to put on a pair of clean

dry socks without any holes is more than just comfort.

"It changes their life," he said.

The shelter receives anywhere from 600-700 client visits per year. Among those, anywhere from 75 to 90 per cent are people who are struggling with a mental illness, according to local statistics.

Close to 80 per cent of the Accueil Poirier clientele is male.

Gibson said the greatest need is for socks and underwear for men and gender neutral items.

HUGS donations can be dropped off at the Mental Health Estrie office, located at 257 Queen Street, Suite 900.

There is a red bin outside the door where items can be left even if the office is closed.

Financial donations are also accepted. Mental Health Estrie makes regular contact with the Sherbrooke shelter to know if there are any specific needs. One year, the organization used financial donations to the HUGS campaign to buy a new blanket for each bed at Accueil Poirier.

For more information about the HUGS campaign or details about specific needs this year, call 819-565-3777 or email mhe.info@bellnet.ca.

NEXT GAME
AT PALAIS DES SPORTS

ES
OREURS
Val d'Or

VS.

NOVEMBER 25
AT 4 P.M.

PRESENTED BY

L'Ami Denis
SHERBROOKE

Ville de
Sherbrooke

WE NEED A HELPING HAND THIS HOLIDAY!

ALEXANDER GALT CHRISTMAS BASKET CAMPAIGN 2017



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!

Local Sports

Sherbrooke will be without forward Marek Zachar following the first week of December and possibly longer.

Phoenix comeback to beat Olympiques in OT

Grégoire nets GWG after Birds erase 3-goal deficit in 3rd period

By Dylan Konecny

After 40 minutes, the Birds found themselves down by a score of 4-1 on the road in Gatineau and the Olympiques seemed to be in good position to avenge their recent 6-0 shutout loss to Sherbrooke. However, there was simply no quit in the Sherbrooke Phoenix on Wednesday night.

In the final 20 minutes of regulation Sherbrooke netted three goals on Mathieu Bellemare to draw the game even at 4-4 and force overtime. In the extra frame, Phoenix assistant captain Thomas Grégoire deked out Bellemare and ended the game with his second goal of the night.

The first part of the game saw both teams trade chances until Gatineau finally got the game's first goal with a

score from Alexandre Landreville at 16:52.

After the first intermission, Grégoire tied the game up fast at 1-1 when Marek Zachar found the defenceman in the slot for a one-timer at 1:29.

However, the rest of the middle period belonged to the Silver and Black. After Sherbrooke's first goal, Gatineau scored three unanswered special teams goals to take a 4-1 lead after 40 minutes.

The Olympiques' goals came from Mitchell Balmas and Jeffrey Durocher on the power play at 4:55 and 6:22. Late in the period, Giordano Finoro scored short handed to give Gatineau their three-goal lead.

Less than a minute into the third period, Hugo Roy tipped the puck past Bellemare off a Grégoire point shot, cutting the Olympiques lead in half with a power-

play goal.

With the man advantage again, Zachar picked the corner on the Gatineau netminder to make it a one-goal game.

Finally, with 90 seconds remaining in the third period Sherbrooke tied the game. After a Gatineau defenceman coughed up the puck on his own blue-line, Nicolas Poulin walked in for a break-away goal, tying the game 4-4, and setting the stage for Grégoire's overtime game winner.

The overtime heroics from Grégoire gave Sherbrooke their third straight win. It was Phoenix goalie Brendan Cregan's third consecutive start and victory. The Halifax native stopped 23-of-27 shots, while his opponent Bellemare was overwhelmed in the game managing saves on 45-of-50 Phoenix shots. Sherbrooke was 2-for-6 on the power play, giving up one

goal short handed, while Gatineau was 2-for-4.

Sherbrooke will be without forward Marek Zachar following the first week of December and possibly longer. Per Jérôme Gaudreau of la Tribune, the Czech Republic forward has earned an invite to the selection camp for his country's U20 national team ahead of the World Junior Championships in Buffalo, New York. Should Zachar earn a spot with team Czech Republic he will be absent from the Phoenix lineup until the new year. The 19-year-old forward has scored 22 points (12G, 10A) in as many games so far this season.

Next up for the Birds is a two-game home stand. The games will be against the Val-d'Or Foreurs, tomorrow afternoon, and the Rouyn-Noranda Huskies on Sunday.

Toronto's Kendal Thompson finds her passion for music and health



A RUNNER'S MIND

CHRISTINE BLANCHETTE

For some, choosing a career can take half of their adult lives. With so many interesting choices out there, even professionals have been known to switch careers mid-stream on life's journey. It is safe to say none of the above applies to Toronto singer, Kendal Thompson. At age three, Thompson already knew she wanted to be a singer. At 12, her passion for music was developing while taking vocal lessons in school. Later on, she picked up the guitar her father had purchased years earlier for ten dollars. Learning to play guitar and taking singing lessons naturally led her to further taking wing as a song writer, which has also taken her to the next level.

Growing up in the small town of Alliston, Ontario, which is about a one-hour drive northwest of Toronto, Thompson decided 10 years ago to make the move to Canada's largest city to pursue her music career.

In a phone interview, the 30-year-old singer/songwriter talked about her up and coming music career and how fitness plays an important role in her active lifestyle.

In August, Thompson released her first single and music video, called 'Human Feel.' Her video is about gender expression, diversity and love. Thompson says, "Human Feel is a statement of the uni-

versal need for personal contact, emotional connection, and acceptance across cultural, ethnic, and gender boundaries."

Thompson continues, "The message of Human Feel is clear: No matter who you are, what you are, or where you are, love and acceptance can define us as humans if we choose it. My music is wavy pop, with R&B undertones where there is a new Indie sound, not classic. It is a bit cooler (than pop), hip sound." Thompson's inspiration comes from soul artists Lauryn Hill and Frank Ocean.

Her video for Human Feel was directed by Dylan Mitro, a Toronto based film director who previously shot videos for indie band, the Zolas. She is excited that the feedback from the video has been positive. Thompson is buoyed by her friends and industry professionals alike, who expressed their appreciation for the video.

For Thompson to keep her energy level always on a high note while performing, working out is essential. When asked her about her fitness regime, she said, "My favorite place to work out is at the Hourglass in Toronto. (It's) is a boot camp, so it's a different workout every day. Ideally I'd like to be able to work out about four times a week but lately it's been a bit less, more around two to three times a week. I try not to pressure myself or stress myself out about it because I enjoy it and won't ever stop working out."

On the subject of good nutrition and healthy eating, one of her favorite dishes, she says is: "I like making this spicy garlic pasta when I have a guest to cook for. It's a recipe that was handed down to me by Michael Rault, who's another awesome musician. It's just lots of garlic, olive oil and chili flakes and spaghetti. I like to add shrimp to it as well and sometimes top it off with goat cheese."

Thompson's music can be heard on iTunes and Spotify and her first Extended Play, One was launched in 2015.

www.runwithit.ca

Twitter: @christineruns

Instagram - runwithit_christineblanchette

YouTube channel - runwithit

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ROUYN-NORANDA HUSKIES VS. SHERBROOKE PHOENIX

NEXT GAME AT PALAIS DES SPORTS

NOVEMBER 26 AT 3 P.M.

PRESENTED BY LA GRANDE MÉNAGERIE L'ANNUAIRE

Ville de Sherbrooke

Church Services

Anglican

LENNOXVILLE

Saint George's Anglican Church, Lennoxville, at 84 Queen St., celebrates Holy Eucharist every 1st, 2nd & 3rd Sunday at 11 a.m. Morning Prayer is held every 4th Sunday at 11 a.m. Sunday School every 1st & 3rd Sunday at 11 a.m. 819-346-5564.

LENNOXVILLE

All are welcome to witness the ordination of Gene Sparkes Ross and Gabriel Kwenga to the Sacred Order of Deacons this Sunday, November 26, at 4 p.m. at St. George's Anglican Church, Lennoxville, by the Rt. Rev. Bruce Myers, Bishop of Quebec, with special music by the Sherbrooke Gospel Choir and refreshments and fellowship following the service.

NORTH HATLEY

St. Barnabas Anglican Church, 640 Sherbrooke Road in North Hatley. 9 a.m. Eucharist Service every 1st and 3rd Sunday; Morning Prayer Service (Liturgy of the Word) every 2nd and 4th Sunday. 819-842-2686.

Presbyterian

LENNOXVILLE

St. Andrew's Presbyterian Church, 256 Queen St., Lennoxville, 819-569-3100, Sundays: 10:30 a.m. Worship and Sunday School.

United

AYER'S CLIFF - MAGOG

Ayer's Cliff - Magog - Georgeville Pastoral Charge welcomes everyone for Sunday service at Beulah United Church in Ayer's Cliff - Worship service and Sunday School 9:15 a.m. and St. Paul's United Church, Magog - Worship Service and Sunday School 11:15 a.m. with lunch provided each Sunday following the service in Magog. Minister: Rev. Lee Ann Hogle 819-571-7233.

LENNOXVILLE

Lennoxville United Church, corner of Queen and Church Street, welcomes you to worship with Rev. Linda Buchanan on Sunday, November 26 at 10:00. Sunday School is available. Refreshments will be served. Phone: 819-565-8449; website: lennoxvilleunitedchurch.com

SHERBROOKE

Plymouth-Trinity United Church, corner of Dufferin and Terrill, 819-346-6373 - www.plymouthtrinitychurch.org. Sunday, November 26 is the Reign of Christ Sunday. Service in English at 10:30. Welcome to you all! Notre culte en français se tient à 9:00. Bienvenue à tout le monde!

TRENHOLM

Trenholm United Church. Worship and song await you at our monthly service on Sunday, November 26 at 11 a.m., followed by soup and sandwich lunch. Everyone is welcome! Also, please mark our Christmas Candlelight Service on your calendar. It will take place on December 17 at 7 p.m.

WATERVILLE/NORTH HATLEY

Waterville/North Hatley United Church, Sunday, November 26, 11 a.m. Service with Rev. Mead Baldwin. Sunday School. Rev. Mead Baldwin 819-837-1112.

Studies indicate possible connection between sleep and dementia



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

Dear Doctor: I read that not getting enough sleep can increase my risk of Alzheimer's disease. I've had occasional trouble sleeping most of my life, and it seems to be getting worse as I get older. How worried should I be?

Dear Reader: Just like food, water and the air we breathe, getting enough high-quality sleep is vital to our well-being. As anyone who has pulled an all-nighter can attest, lack of sleep can impair reasoning and problem-solving, interfere with learning, and even lead to accidents or injury. Chronic sleep deficit, meanwhile, has been linked to health issues as serious as diabetes, obesity, cancer and heart disease.

Ongoing research continues to find a correlation between sleep deficit and various types of dementia, including

Alzheimer's disease. In one of the more recent studies, participants who reported sleep problems like insomnia, poor sleep quality and daytime sleepiness had a measurable increase in amyloid plaques in their spinal fluid. These sticky proteins are considered to be indicators of Alzheimer's disease.

Just how does the sleep-wake cycle affect these Alzheimer's markers? Researchers at the University of Rochester Medical Center believe they have discovered a significant piece of the puzzle. In studies published in 2012 and 2013, they revealed the existence of a cleansing system in the brains of mice, which removes waste products at a rapid pace.

They dubbed it the "glymphatic system" because it mirrors the waste-clearing function of the body's lymphatic system, but is managed by the glial cells in the brain. Unlike cerebrospinal fluid, which plays a crucial role by circulating nutrients to the brain and clearing away debris, the glymphatic system is not passive. It's swift, efficient and reaches all corners of the brain.

What's particularly intriguing is that the glymphatic system is active during deep sleep. Researchers found that during these stages of sleep, the cellular structure of the brain shifts. The spaces between the cells open, allowing the toxins that built up while we were awake to be quickly removed. The glial cells con-

trol the flow by shrinking during deep sleep to allow for rapid movement, then swelling again during REM sleep and at waking, all but shutting the system down.

The takeaway is that a good night's sleep, which includes adequate deep sleep, literally clears out the brain. When we skimp or get poor-quality sleep that doesn't include adequate deep sleep stages, we impair the brain's ability to cleanse itself of potentially damaging waste materials.

Thus far, the glymphatic system has been confirmed only in mice. However, the mouse brain is surprisingly similar to the human brain, which is why it is used for study. As scientists build on this research, further discoveries will be made. But at the very least, we are reminded how important sleep is to good health and well-being.

As for your question about whether you should worry, we want to reassure you. Just because a symptom and a disease can be connected, it doesn't mean that they must be. The nature of research like this is to identify patterns for future study. The fact that you have experienced sleep problems does not mean that an Alzheimer's diagnosis is inevitable.

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

SUDOKU

DIFFICULTY RATING: ★★★★★

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	7				1	4		8
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11/24

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PREVIOUS SOLUTION

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6	1	4	5	2	8	3	9	7
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9	6	3	1	4	5	7	2	8
8	3	5	4	9	2	6	7	1
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HOW TO PLAY: Each row, column and set of 3-by-3 boxes must contain the numbers 1 through 9 without repetition.

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

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11/25

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				7				

DIFFICULTY RATING: ★★★★★

SUDOKU

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

In Memoriams

HUMPHREY, Gordon - In loving memory of my husband, father and grandfather who passed away November 24, 2016.

*Time may help to ease the bitter pain
Of the loss of one held dear,
But only few know how we miss him
And the loneliness of this year.
We try to be brave and remember
He now is free from all pain,
And at the road's end, God willing,
We all shall meet again.*

**Forever in our hearts,
IRENE
LANA, DAN & FAMILY
NANCY & CHRIS
NORMA, ROGER & FAMILY**

HUMPHREY - In memory of Gordon Humphrey, November 24, 2016

*Thinking of you Dad,
But that is nothing new,
I thought about you yesterday
And the day before that too,
I'll think about you tomorrow
And as the years come and go,
I'll think about you forever
Because I loved you so.*

**Love always,
LANA, NANCY AND NORMA**

In loving memory of our Grampie.

*Tears silently fall
That others don't see,
For a kind loving Grandad
That meant the world to me.
You always had a smile to share,
Time to give and time to care,
Never selfish, always kind,
Such happy memories
You have left behind.*

**Love
MICHEL AND MATHIEU**

HUMPHREY - In loving memory of mother, Catherine, December 27, 1975, dad, Cedric, October 30, 1988, and brother, Gordon, November 24, 2016.

*Words are few,
Thoughts are deep,
Memories of you
We will always keep.*

**SHIRLEY, HAROLD
AND KEVIN NUTBROWN**

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

*Family ties are lasting bonds
That are woven in each heart
To keep a family close in thought
Together or apart.
Love you forever Mom,
Forget you never.*



Death

**Mary Lemoine
WINTLE**

Passed away peacefully at the CHUS Fleurimont, on November 23, 2017 in her 89th year. Survived by her loving husband Lloyd. Cherished mother of Sheila, Charles, Anthony (Murdeena) and Marilyn. Dear grandmother of Christopher (Afrooz), Samuel (Elizabeth), Jeremy (Lianne) and Zachary. Great-grandmother of Everett and Seamus. Predeceased by her brothers Perry and Mel Lemoine and her sister Betty McKeage.

Visitation will take place at the Trenholm United Church, on Monday, November 27, 2017 from 1:00 to 2:00 p.m. followed by the funeral service at 2:00 p.m. with Rev. Reg Jennings officiating. Interment will be in the Trenholm Cemetery.

Special thanks to the CHUS Fleurimont 4th floor nursing staff and the Wales Home Norton 1 caregiving staff for the wonderful care given to Mary.

In lieu of flowers, donations to the Trenholm Cemetery Fund would be greatly appreciated.

**CASS FUNERAL HOMES
295 Principale S., Richmond QC
PHONE: 819-826-2502
FAX: 819-564-4423
www.casshomes.ca**

Death



Anna Verbeek Goorts

Passed away peacefully at the Wales Home on Tuesday, November 21, 2017 at the age of 92. Born in Veghel Holland. She was the daughter to Hendricus Verbeek and Maria Johanna van der Pol, and wife to the late Peter Goorts.

Anna leaves to mourn her children Peter (Cynthia), the late John, Henry (Lisa Crosby) and Johanne (Brian Taber). She was grandmother "Oma" to Jeremy (Maryse Chagnon), Jason, Sarah, Chris (Isobel Lupien), Marisa, Andrew and Brandon (Katrina Raymonde). Great-Oma to Zachery, Anthony, Fredrick, Riley and Adrian. She will be missed by numerous relatives and friends in Canada and Holland.

Visitation will be held at the Cass Funeral Home, 295 Principale St. S., Richmond, on Friday, November 24, 2017 from 7:00 to 9:00 p.m. and on Saturday, November 25 from 1:00 to 1:45 p.m. A funeral Mass will be held at the Ste-Bibiane Church, Richmond at 2:00 p.m.

The family would like to thank the Wales Home and especially all of the Norton 3 staff for the excellent care given to Anna.

In lieu of flowers, donations made to the Wales Home Foundation, 506 Rte 243 N., Cleveland, QC J0B 2H0 would be gratefully appreciated.

**CASS FUNERAL HOMES
295 Principale S., Richmond QC
PHONE: 819-826-2502
FAX: 819-564-4423
www.casshomes.ca**

In Memoriam

McADAMS, Irene - In loving memory of a dear mother and grandmother who passed away November 24, 1986.

*The face we love is missing,
The voice we love is still,
A place is vacant in our hearts
That never can be filled.
So many times we cry.
Love and memories hold you close,
But never is there a final goodbye!*

**Love you always, and forever.
BERNICE, CARMELLE,
CLAUDE, PHILIPPE**

Card of Thanks

MORIN - I wish to thank family, friends and neighbours for attending my birthday celebration, also for the lovely gifts and cards.

**Greatly appreciated,
CAROLE**

Datebook

FRIDAY, NOVEMBER 24, 2017

Today is the 328th day of 2017 and the 64th day of autumn.

TODAY'S HISTORY: In 1932, the FBI Scientific Crime Detection Laboratory (commonly known as the FBI Crime Lab) officially opened in Washington, D.C.

In 1859, Charles Darwin published his theory of natural selection in "On the Origin of Species."

In 1963, accused John F. Kennedy assassin Lee Harvey Oswald was fatally shot by Jack Ruby on live national television.

In 1971, the hijacker known as D.B. Cooper parachuted from a plane over Washington state with \$200,000 in ransom money and was never seen again.

TODAY'S BIRTHDAYS: Zachary Taylor (1784-1850), 12th U.S. president; Henri de Toulouse-Lautrec (1864-1901), painter; Dale Carnegie (1888-1955), author; William F. Buckley Jr. (1925-2008), columnist; Oscar Robertson (1938-), basketball player; Pete Best (1941-), drummer; Billy Connolly (1942-), actor/comedian; Spider Robinson (1948-), author; Russell Watson (1966-), singer; Stephen Merchant (1974-), actor/come-

dian; Katherine Heigl (1978-), actress.

TODAY'S FACT: In 1903, a moth with a 10-inch tongue was discovered in Madagascar, 41 years after Charles Darwin hypothesized its existence.

TODAY'S SPORTS: In 1960, Wilt Chamberlain of the Philadelphia Warriors set an NBA record with 55 rebounds in one game. The Warriors lost the game to the Boston Celtics, 132-129.

TODAY'S QUOTE: "You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you." — Dale Carnegie, "How to Win Friends and Influence People"

TODAY'S NUMBER: 61 — percentage of Americans who, at the time of a mid-November 2013 Gallup poll, believed the assassination of President John F. Kennedy was part of a conspiracy; 30 percent of those polled believed that Lee Harvey Oswald acted alone.

TODAY'S MOON: Between new moon (Nov. 18) and first quarter moon (Nov. 26).

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

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

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

Discounts: 2 insertions or more: 15% off

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

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

Text only: \$16.00 (includes taxes)

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

WEDDING WRITE-UPS:

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

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

DEADLINES FOR DEATH NOTICES:

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

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

Intimidated by boyfriend's friend

FRIDAY, NOVEMBER 24, 2017

Dear Annie

Dear Annie: I've been dating "Tim" for about a year. When we first started dating, I was intimidated by how pretty some of his female friends were, but that feeling faded when I got to know them. They've all been warm and welcoming — that is, except for one girl. I've always gotten a weird feeling from "Meg." She hasn't been mean exactly, but she's always just been a bit standoffish. I can't put my finger on what it is. She's been perfectly polite and not obviously cold. But something makes me wonder whether she and Tim used to have a thing or she likes him now. Oddly, this didn't start really bugging me until about a month ago, and I'm thinking that may be because Tim and I have been spending a little less time together. I've been really busy with work, and so has he, and our schedules don't line up great.

I've been afraid to bring this whole thing up with him. I don't want to drive him away by acting jealous. Plus, he's given me no reason to worry. He is very trust-

ing of me and doesn't mind that some of my best friends are guys. He proudly introduces me to everyone as his girlfriend. And perhaps the ultimate sign of trust in this day and age: He never hesitates to let me use his laptop.

Yet I still keep thinking about Meg and wondering whether the two of them text, and when he leaves the room, I'm tempted to look at his phone. I know; it's bad! I haven't given in to the temptation, but if this feeling keeps up, I'll probably cave eventually. Am I being paranoid? How can I tell? — A Little Green

Dear A Little Green: When you find yourself acting like a private investigator with your partner, redirect that magnifying glass to examine yourself and your relationship instead. I don't think Meg is the problem. I think that you were having some anxiety about the relationship and that she's what your mind latched on to. Still, because it's been bothering you this much, it's

worth gently raising the topic with Tim. Tell him you've always felt a little intimidated by Meg, and ask whether there was ever anything between them. He won't get defensive if you present it as an earnest question and not as an accusation. Communication and trust go hand in hand, and if you can learn to speak openly and listen carefully to your partner, deeper trust will follow.

Dear Annie: When you divorce your spouse, are you supposed to refer to your in-laws as "ex-in-laws," as in "my ex-brother-in-law"? My neighbor says yes, but I thought my in-laws would always be my in-laws, even after a divorce. — Just Curious

Dear Just Curious: In conversation, you can refer to them however you'd like. But your neighbor is correct: Legally speaking, your in-laws are no longer your in-laws after a divorce. It might feel less awkward to say "my ex-husband's brother" than "my ex-brother-in-law."

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

Your Birthday

FRIDAY, NOVEMBER 24, 2017

You'll be torn between the past and the future. Try living in the moment while using the past as a barometer for what you want to accomplish in the future. Having a sense of what works right now will help you avoid time-consuming pitfalls.

SAGITTARIUS (Nov. 23-Dec. 21) — Clear up unfinished business so that you can enjoy downtime with family and friends. A change you want to make at home will require your undivided attention and plenty of energy.

CAPRICORN (Dec. 22-Jan. 19) — Consider the consequences before you let your emotions take the reins. It's best to ease into any situation that could influence your position or reputation. Romance is encouraged.

AQUARIUS (Jan. 20-Feb. 19) — You'll tend to overreact if you get into conversations with people who don't share your opinions. Walk away from anyone who is a poor influence or who indulges in bad habits.

PISCES (Feb. 20-March 20) — Don't share your financial information or anything involving your health, a legal settlement or contract. An unusual opportunity will be worth a second look.

ARIES (March 21-April 19) — A business trip or meeting will be educational. Don't reveal your initial feelings. If you take time to think matters through, you will discover a way to benefit from what's being suggested.

TAURUS (April 20-May 20) — Don't let a problem within important relationships dictate how your day unfolds. Do your best to meet someone halfway to complete what needs to be accomplished.

GEMINI (May 21-June 20) — Keep life simple, get responsibilities out of the way and have some fun with the people you enjoy being with most. An unexpected encounter will give you something to think about.

CANCER (June 21-July 22) — You'll be tempted to take on too much or overspend on something you don't need. Stretch your dollars and pursue realistic

changes. Romance is highlighted.

LEO (July 23-Aug. 22) — A change will do you good. Taking a short trip, visiting a place you haven't been for a long time or just hanging out with someone new will lead to interesting conversations and encounters.

VIRGO (Aug. 23-Sept. 22) — Stay calm, no matter how demanding someone becomes. You'll stand a better chance of getting your way if you use persuasive charm to turn the tables.

LIBRA (Sept. 23-Oct. 23) — Don't spend what you don't have or try to impress someone with exaggerated stories. Stick to the truth and be who you are; you'll be appreciated for your honesty.

SCORPIO (Oct. 24-Nov. 22) — A sensitive issue involving a friend or relative is best handled quietly. If you are too aggressive or telling in the way you air your concerns, the outcome will not favor you.

SATURDAY, NOVEMBER 25, 2017

Take what's happened in the past and use it to help you make better choices. Building a strong base from which to work will enhance your chance to reach your goals and obtain the recognition you desire. Discipline and knowledge will be the keys to your success.

SAGITTARIUS (Nov. 23-Dec. 21) — Getting together with old friends will have an impact on you emotionally. Don't be too quick to forgive and forget an incident that left you down and feeling bad.

CAPRICORN (Dec. 22-Jan. 19) — Choose to use your energy wisely. Sign up for a physical activity that will challenge and stimulate you. Focus on positive change and keeping the peace. Love is highlighted.

AQUARIUS (Jan. 20-Feb. 19) — Avoid making an impulsive physical change. If you want to do something different, try volunteering for a cause you believe in or taking a course to enhance your current skills.

PISCES (Feb. 20-March 20) — Stress will impact your health. Clear up unfinished business and walk away from physically challenging situations and demanding people. Listen to your gut feeling, not to what others tell you.

ARIES (March 21-April 19) — Personal change will do you good. Taking a short trip or spending time with someone you

find interesting will lead to new ideas and personal changes. Self-improvement projects are featured.

TAURUS (April 20-May 20) — You'll have unusual ideas that will help shape the way you get along with partners and move forward with your relationships. Offer a fair and honest assessment.

GEMINI (May 21-June 20) — Get to know your peers better and be willing to ally with those who share your concerns, interests and will to bring about positive change.

CANCER (June 21-July 22) — Visit a friend or relative who can shed some light on a situation you're facing. Knowing where you stand will help you understand what needs to be done. Romance is featured.

LEO (July 23-Aug. 22) — Take care of personal finances and tidy up any unfinished business that needs to be addressed before the year comes to a close. You'll discover information that will alter your current habits.

VIRGO (Aug. 23-Sept. 22) — Stick to basics and refuse to let anyone tell you that you need to do something you don't. Moderation and common sense will win in the end.

LIBRA (Sept. 23-Oct. 23) — Taking short trips, going on shopping sprees and spending time with someone who mentally stimulates you will make this a stellar day, as long as you stick to your budget.

SCORPIO (Oct. 24-Nov. 22) — When dealing with sensitive issues or while trying to help someone in need, use intelligence and show compassion to avoid disruptive interference. Stick close to home and avoid dealing with bureaucracy.

80 years young!



Come help
John McElreavy
and family
celebrate his
80th birthday
at the Wales Home
living room
2 p.m. to 4 p.m.
November 25.

Live music and light refreshments.
Best wishes only.

Sunday
horoscope
on page 15

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.

“ L G Y Z O E Z I L F T F Z S S E T N L I Z U E U
L F T M G C X Y ; I O N G U M Z N W G C U Z U Y
L F Z U H N L G D G Y B G C L F E N D E B L . ”
— X E G U T X I T N N E

Previous Solution: “Thanksgiving Day is a good day to recommit our energies to giving thanks and just giving.” — Amy Grant

TODAY'S CLUE: *g s j n b e d*

CELEBRITY CIPHER by Luis Campos

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

“ C ' W U C J F S R F M Z I F Y Y L X S A H P J Y —
C ' E F D R S S A F Y O P C P S A F L R I P C P '
H P W S A F L R R P H S P C D A S . ” — C I E C P D
V F I U C P

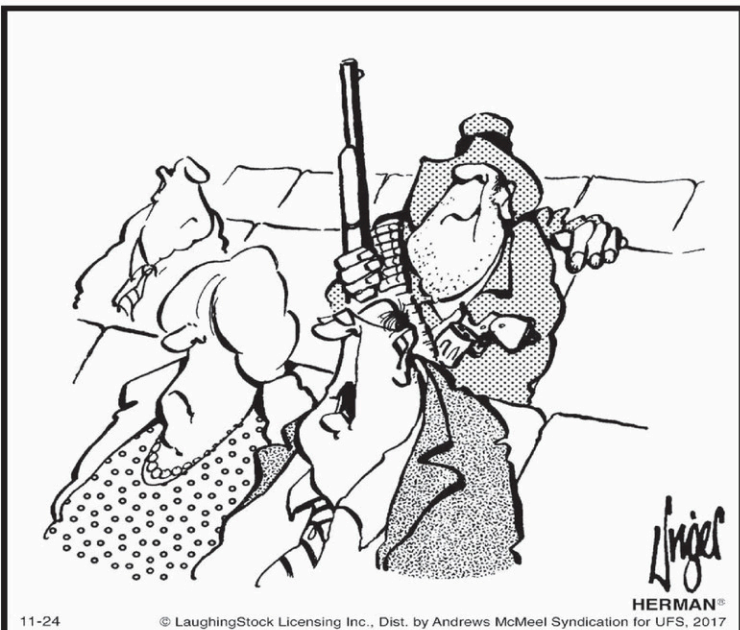
TODAY'S CLUE: *Z equals P*

Previous Solution: “Today I am the happiest man in the world: my son was born and thanks to God for this gift.” — Lionel Messi

REALITY CHECK



HERMAN



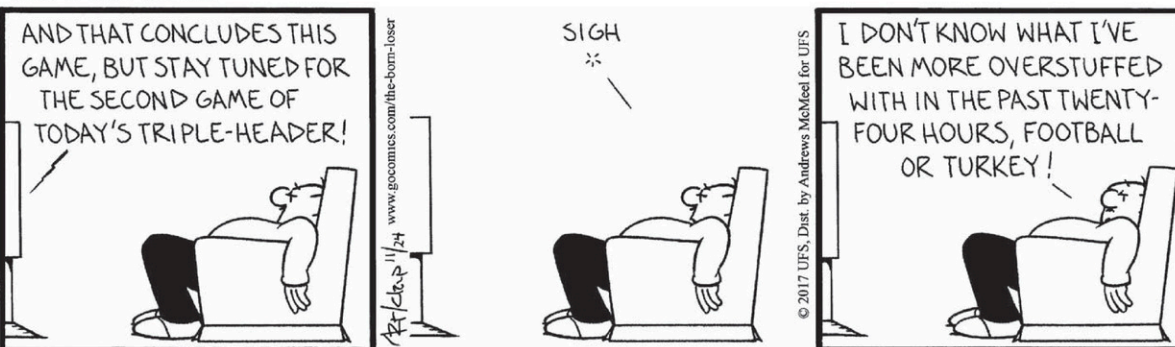
ALLEY OOP



ARLO & JANIS



THE BORN LOSER



FRANK AND ERNEST



GRIZWELLS



SOUP TO NUTS



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REACT NOW!

CALL SHERBROOKE: (819) 569-9525 BETWEEN 8:30 A.M. AND 4:30 P.M.
 E-MAIL: classad@sherbrookerecord.com
 OR KNOWLTON: (450) 242-1188 BETWEEN 9:00 A.M. AND NOON

DEADLINE: 12:30 P.M. ONE DAY PRIOR TO PUBLICATION
 OR MAIL YOUR PREPAID CLASSIFIED ADS TO
 THE RECORD, 6 MALLORY, SHERBROOKE, QUEBEC J1M 2E2

CLASSIFIED

001 Property for Sale



Make your classified stand out, add a photo for \$10. per day. Deadline: 2 days before publication. Drop by our office in Sherbrooke or Knowlton. **819-569-9525. classad@sherbrookerecord.com**

100 Job Opportunities

PROPERTY MAINTENANCE. Couple wanted for property care in Austin. Property maintenance year-round; driving (car provided); help in owner's house. House (2 bedrooms) provided on property; remuneration on an hourly basis. Must have references and the ability to communicate in English. Send your C.V. to: Property Maintenance, P.O. Box 1, Austin, QC, J0B 1B0.

145 Miscellaneous Services

LENNOXVILLE PLUMBING. Domestic repairs and water refiners. Call Norman Walker at 819-563-1491.

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THE VOICE OF THE EASTERN PROVINCES SINCE 1857

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450-242-1188

190 Cars For Sale



Make your classified stand out, add a photo for \$10. per day. Deadline: 2 days before publication. Drop by our office in Sherbrooke or Knowlton. **819-569-9525. classad@sherbrookerecord.com**

035 For Rent

2 BEDROOM APT. in great area, 1 bathroom. Convenient to shops. \$700 per month plus utilities. Contact elias.hill71@minister.com

100 Job Opportunities

100 Job Opportunities

THE RECORD
THE VOICE OF THE EASTERN PROVINCES SINCE 1857

is looking for **replacement carriers** in the **Lennoxville area.**

You would need to be on stand-by, ready to fill in if one of our regular carriers needs to be replaced at the last minute (i.e. illness or other) or if a route opens up.

If you're interested in being on our list, please call

THE RECORD
THE VOICE OF THE EASTERN PROVINCES SINCE 1857

819-569-9528
 between 8:30 a.m. to 4:30 p.m. or leave a message after hours, or e-mail:
billing@sherbrookerecord.com

CLASSIFIEDS ONLINE!
 www.sherbrookerecord.com

035 For Rent

LARGE 4 1/2 in Sherbrooke's old North, duplex with basement and shared back yard, one parking spot, washer and dryer hookup. Beautiful neighbourhood, short walk to downtown Sherbrooke as well as local parks. Close to French and English elementary schools. Grocery store across the street. \$650 per month, hydro not included. No pets. Available immediately. Call 819-791-1974 for more information.

NORTH HATLEY - 4 1/2 room apartment, hardwood floors, private parking. \$500 per month, utilities not included. Call 819-573-2282.

SHERBROOKE - Gillespie Street. 2 1/2, semi-furnished, stove and fridge, parking, free laundry in basement. \$425 all included. Call 819-346-3429 cell. or 819-346-3125 home.

Want to find the perfect buy? Look in the classifieds!



150 Computers



Make your classified stand out, add a photo for \$10. per day. Deadline: 2 days before publication. Drop by our office in Sherbrooke or Knowlton. **819-569-9525. classad@sherbrookerecord.com**

CLASSIFIEDS ONLINE!
 www.sherbrookerecord.com

275 Antiques

WE BUY from the past for the future, one item or a household, attic or basement, shed or garage. We like it all, give us a call. 819-837-2680.

290 Articles For Sale

3 WOOD BURNING STOVES FOR 12" wood. Small efficient cast iron stove, Norwegian made. Contact Warren at 819-791-2768.


ARE YOU FED UP with scraping ice and snow off your car yet? **Garage Tent** for sale, 11x20. Asking \$200. Call 819-842-4211, leave message.



Make your classified stand out, add a photo for \$10. per day. Deadline: 2 days before publication. Drop by our office in Sherbrooke or Knowlton. **819-569-9525. classad@sherbrookerecord.com**

355 Christmas Trees

JOHN ROBINSON'S CHRISTMAS TREE Yard, 3670 ch. Glenday, Huntingville. Open daily from 9 a.m. to 4 p.m. Fraser Fir and Balsam. Come and choose your tree. 819-346-0134.



PUBLIC NOTICE

CONFORMITY OF BY-LAW NO. 1200-6 WITH THE REVISED LAND USE AND DEVELOPMENT PLAN OF THE CITY OF SHERBROOKE

To all qualified voters within the territory of the City of Sherbrooke

PUBLIC NOTICE is hereby given by the undersigned, the assistant clerk of the City of Sherbrooke:

THAT during the regular meeting held November 20, 2017, City of Sherbrooke Municipal Council adopted by-law No. 1200-6, amending the Zoning and Subdivision By-law No. 1200 of the City of Sherbrooke, to add the following use to the uses authorized in zone H1508 and to prescribe the subdivision standards, principal building standards, and land use standards applicable:

- H-9 Multi-family residential unit - 9 to 18 dwellings only;

THAT by-law No. 1200-6 is available for consultation at the clerk's office located at 191 Du Palais, Sherbrooke during regular office hours, from 8:30 a.m. to noon and 1:30 to 4:30 p.m.

APPLICATION FOR AN ASSESSMENT OF CONFORMITY WITH THE REVISED LAND USE AND DEVELOPMENT PLAN OF THE CITY OF SHERBROOKE

In accordance with Section 48 of Government of Quebec decree no. 850-2001 and Section 137.11 of the *Act respecting land use planning and development*, any qualified voter may apply, in writing, to the Commission municipale du Québec for an assessment of the conformity of by-law No. 1200-6 with the revised land use and development plan of the City of Sherbrooke.


The application must be submitted to the Commission municipale du Québec at the following address within 30 days following the publication of the current notice:

Commission municipale du Québec
10 Pierre-Olivier-Chauveau
Mezzanine, Aile Chauveau
Québec, QC G1R 4J3

If the Commission municipale du Québec receives applications from at least five qualified voters in accordance with Section 137.11 of the *Act respecting land use planning and development* with respect to the by law, the Commission shall, within 60 days after the expiry of the period prescribed in that section, give its assessment of the conformity of the by-law with the revised land use and development plan of the City of Sherbrooke.

GIVEN IN SHERBROOKE, this 24th day of November 2017.

Me Line Chabot
 Assistant Clerk



www.ville.sherbrooke.qc.ca

Lennoxville Golden Agers

A meeting of seniors was held on November 21, 2017.

6 tables of military whist were played. Winners were: 1st place with 34 flags: Greta Nish, Marsha Wallis, Isobel Nelson and Glenda Huff. 2nd place with 29 flags: Robert Davis, Keith Vintinner, Monika Mosberger and Lise Provencher. 3rd place with 28 flags: Bev. Suitor, Elsie Moore, Caroline Rowe and Pearl Custeau. 4th place with 26 flags: Louise Peasley, George Peasley, Stan Brown and Edith Wesbroom. 5th place with 24 flags: Fern Lapointe, Irene Young, Claudette Cyr and Alberta Crawford. 6th place: Jack Kimpton, Helen Nobes, Doris Coates, Renaud Pare.

Grace was said by Pat Decoteau. A delicious meal was prepared and served by Billie Lidstone.

Door Prizes were won by Jean Naylor, Renaud Pare (won twice), Keith Vintinner and George Martel.

It was a special time of catching up and visiting with friends.

The next meeting on December 5 is the Christmas Party.

Thanks to everyone who came and assisted in any way to make this afternoon an enjoyable outing for seniors.

Submitted by,
 Glenda Huff

Your Birthday

SUNDAY, NOVEMBER 26, 2017

Weigh the pros and cons of any far-fetched idea that crosses your path. You'll be tempted by a challenge that could turn out to be intriguing, but emotionally costly. Don't leave anything to chance when money or personal stability is at risk. Trust your ability to go solo.

SAGITTARIUS (Nov. 23-Dec. 21) — You'll be misled by someone looking to take advantage of you. Don't get taken in by compliments or promises that have little merit. If you want something, do it yourself.

CAPRICORN (Dec. 22-Jan. 19) — Look for any opportunity to engage in something that will boost your reputation. Putting your best foot forward and offering a helping hand will make you feel and look good.

AQUARIUS (Jan. 20-Feb. 19) — Concentrate on creative endeavors and using your connections to figure out how you can improve your resume or update your skills to suit the changing job market.

PISCES (Feb. 20-March 20) — Dream big to come up with a plan that will offer excitement and potential financial gain. If you do something nice for a loved one, your personal life will improve.

ARIES (March 21-April 19) — You won't be given all the facts. If you are suspicious of something, ask questions or take action. Don't be fooled into thinking that someone you are dealing with doesn't have ulterior motives.

TAURUS (April 20-May 20) — Reflect on past relationships and compare them to

your current situation. The similarities will help you devise a plan that will enhance your life and improve the way you adjust to change.

GEMINI (May 21-June 20) — Self-deception will cost you. Try to look at any situation you face realistically, even if it puts you in an awkward position. Truth is the best way to fix a problem.

CANCER (June 21-July 22) — Taking a day trip or attending an exhibit or museum will spark your imagination. Personal or physical changes will make you feel good about your life and appearance.

LEO (July 23-Aug. 22) — Listen to complaints, but question anyone using emotional manipulation to get his or her way. Information you retrieve will lead to alterations to your lifestyle or the way you do things.

VIRGO (Aug. 23-Sept. 22) — Personal growth and improvement will pay off. Stay focused on the projects that are most important to you. Listen to your intuition when dealing with friends, relatives or domestic concerns.

LIBRA (Sept. 23-Oct. 23) — Make an important relationship your priority. Discuss plans openly and work in unison to bring about the changes that will make you both happy. Children will offer unusual insight.

SCORPIO (Oct. 24-Nov. 22) — Explore your options and consider what and whom you want to include in your plans. A change at home should provide a unique setting to help enhance your pursuits.

FRIDAY, NOVEMBER 24, 2017

It is best to be lucky and good

By Phillip Alder

P.G. Wodehouse, in "Uneasy Money," wrote, "At the age of 11 or thereabouts women acquire a poise and an ability to handle difficult situations which a man, if he is lucky, manages to achieve somewhere in the later seventies."

You have no doubt heard that it is better to be lucky than good; however, it is obviously best to be lucky and good.

This deal was played at Bridge Base Online. North-South got a very lucky result.

The bidding was exciting for a sequence that ended in one spade. First, though, what should West have led against that contract?

North made a very aggressive takeout double. Then, when it went redouble-pass-pass, South was internally screaming, "Pass! Pass! Pass!" That contract would probably have gone down two, plus 1,000 to North-South.

North, not being telepathic, ran to one diamond. East doubled that with four trumps. Then West doubled South's one spade despite only three trumps. South wanted to run to two clubs, but, nervous of a misunderstanding, he passed.

West should have led the spade four. Then the defenders could have forced three rounds of trumps before making declarer ruff a heart to cut him off from

North 11-24-17			
♠ A 10 9 3			
♥ 10 6 4 2			
♦ Q J 4 3 2			
♣ —			
West			East
♠ Q J 4			♠ K 6
♥ A Q J 5			♥ K 9 8 7
♦ K 9 8			♦ A 7 6 5
♣ 10 9 7			♣ K 5 2
South			
♠ 8 7 5 2			
♥ 3			
♦ 10			
♣ A Q J 8 6 4 3			
Dealer: West			
Vulnerable: Both			
South	West	North	East
	1♣	Dbl.	Redbl.
Pass	Pass	1♦	Dbl.
1♠	Dbl.	All Pass	
Opening lead: ??			

the club suit. South would have gone down two. Instead, West led the club 10, and East put up his king! South won and guessed well to play two rounds of trumps to lose only two spades, one heart and one diamond. Plus 560 was a great result.

CROSSWORD

Across

- 1 Old AT&T rival
- 4 __ Na Na
- 7 Pigsty
- 11 Least used
- 14 Nightmare reaction
- 16 "Collages" author
- 17 Grammy winner for "I Believe I Can Fly"
- 18 Part of a Requiem Mass
- 19 Name suffix
- 20 Ukr. and Georgia, once
- 21 With legal tender
- 23 Even prime
- 26 2016 World Series Champions
- 28 Locale
- 29 Con target
- 30 "The Hunger Games" nation
- 32 Pianist Templeton
- 33 Estadio shout

34 Formal reply to "Who's there?"

- 35 Foul line shots: Abbr.
- 36 "Too rich for my blood"
- 38 Loose
- 39 "__ and the Real Girl": 2007 film
- 41 Judicial attire
- 42 Altar constellation
- 43 Hudson Bay native
- 44 Like kittens
- 45 Honda subcompact
- 46 Actor Culkin
- 48 Some NCOs
- 51 Nipper's brand
- 52 Saint of "On the Waterfront"
- 54 Something to exercise
- 57 Particularly noxious
- 58 Cialis competitor
- 59 Periodic table listing
- 60 Numbered piece
- 61 Obstinate critter

vides, aptly

- 24 Pixar title robot
- 25 Slanted pieces
- 27 Scale a cliff, aptly
- 30 Rice dish
- 31 Longtime video game name
- 35 For the taking
- 37 On the market
- 40 Singer Grande

44 Certain drums

- 47 Walled Spanish city
- 49 Colors
- 50 __ precedent
- 51 Fixes, in a way
- 53 Fall bloomers
- 54 Lacto-__ vegetarian
- 55 Domino depression
- 56 Sigma follower

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

62 That, in Tijuana

Down

- 1 Alumni
- 2 North African capital
- 3 Government revenue generator, aptly
- 4 Emphatic Acapulco as-sent
- 5 Rousseau et al.
- 6 Like many elephants
- 7 Eins und zwei
- 8 Google find
- 9 Basic chem. unit
- 10 Ask too many ques-tions
- 12 Cold sufferer's boxful
- 13 Hillary's feat, aptly
- 14 Sad, to Sartre
- 15 Retailer's increase, aptly
- 22 Is out sick, say
- 23 What Red Bull pro-

1	2	3		4	5	6		7	8	9	10			
11			12				13		14	15				
16								17						
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45					46				47			48	49	50
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54	55	56							57					
58									59					
60										61				62

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