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## What I learned from Rhoda Morgenstern

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# THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

## Quebec has a subscription crisis as regional media fail

Editorial - Page 6

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TUESDAY, SEPTEMBER 3, 2019

## Lac- Mégantic granted \$1.93 million to rebuild downtown

Record Staff

The Town of Lac-Mégantic was awarded \$1.93 million in financial assistance this past Friday, August 29, to help rebuild and develop the downtown area that was destroyed in the tragic rail accident on July 6, 2013.

"Rebuilding the downtown area is an important step for the residents of Lac-Mégantic," said Compton-Stanstead MP and Minister of Agriculture and Agri-Food Marie-Claude Bibeau. "I am proud of the actions taken by our government in cooperation with the Town of Lac-Mégantic to help revitalize the core of this strong, dynamic and resilient community."

The financial assistance was granted in the form of a non-repayable contribution under the Support for SMEs (Small and Medium Enterprises) and Organizations component of the Lac-Mégantic Economic Recovery Initiative (LMERI), administered by Canada Economic Development for Quebec Regions (CED).

CONT'D ON PAGE 5

## Bishop's University inaugurates new laboratories and greenhouse



EMILIE HACKETT

Lennoxville borough president Claude Charron, Haut-Saint-François MNA Geneviève Hébert, Principal Michael Goldbloom, project manager Dr. Kerry Hull, and Compton-Stanstead MP Marie-Claude Bibeau.

By Emilie Hackett  
Special to the Record

Continuing its work to renovate and modernize campus facilities, Bishop's University unveiled the new Johnson science laboratories and greenhouse this past Friday, August 30. The \$9.3 million project, which began

in January 2018, is meant to significantly improve the experience of students and faculty taking classes and conducting research, notably in astrophysics, organic chemistry, biodiversity, epidemiology, and cell biology.

At the opening, Bishop's Principal and Vice-Chancellor Michael Gold-

bloom addressed a room full of alumni, staff, students, and political representatives, such as Lennoxville borough president Claude Charron, Haut-Saint-François MNA Geneviève Hébert, and Compton-Stanstead MP and Minister of Agriculture and Agri-Food Marie-Claude

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LOW OF 10



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LOW OF 8



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SUNNY

HIGH OF 18  
LOW OF 5



FRIDAY:  
CLOUDY

HIGH OF 19  
LOW OF 7



SATURDAY:  
60% CHANCE  
OF RAIN

HIGH OF 18  
LOW OF 10

# Love and friendship, come what may



## DISHPAN HANDS

### SHEILA QUINN

I didn't make a speech.

Me!

How did I, the speech queen, the get-past-the-stage-fright-and-just-step-up-to-the-microphone friend not make a speech....when one of my best friends in the world got married?

It just sort of happened.

I was taking their photos, I had cut his mother's hair the night before and styled it the day of, I had done another friend's hair and gotten my own act together, I had already done five of what would be eight hours of wedding-related driving that weekend, so I know I was doing things....but I should have said something.

I needed to say that being married and having a family are topics I am sure came up in conversation the day we met, at Champlain College in theatre class in the fall of 1993. My Dad had just died, I was floundering all over the place in every way - he was accepting of that, amnd understanding beyond belief. He was clearly one of the kindest people I had ever met, but he had a punky, messy sense of humour like mine. He was the most loyal friend to all of his friends, and he was figuring out his way mostly on his own.

He was an incredibly gifted singer - I would see him in the Alexander Galt production of *The Sound of Music*, and then in *Joseph and the Amazing Technicolour Dreamcoat* in Knowlton, he would later move to Montreal, branching off from everything that was Townships familiar for us, and participate in shows at the Segal Centre, even learning Yiddish to do so, and toured around Europe performing with the theatre.

We were roommates for a brief time, both in transition and navigating our own relationships. There was a lot of

singing involved. Mostly him singing every song from the beautiful musical film *Moulin Rouge* that was released that year. He had already seen it four times in the theatre by the time I finally made it, and I had already learned most of the lyrics thanks to him.

His life was a little fly-by-the-seat-of-his-pants in some ways, but he managed to survive. He moved to Montreal, ready to carve out a different existence from our Townships origins. Time lapsed at one point and for several years we only sort of connected now and then. I understand now that part of that was a growing space, trying to sort out who he was. I was struggling through early motherhood and my own bits and pieces (and chunks and icebergs) of chaos.

With social media, there was a reconnect.

We met up in Montreal and the visit was so good for our souls - it was just the same perfect storm of friendship. He was just as kind and funny, and now things in his professional life were starting to fall into place. As I navigated more change in my life, he became more present. We always knew how to listen to each other, how to help the other consider different angles of a situation, and also felt deeply protective of one another.

We began making a point of visiting one another more, dragging other friends into the picture, forming a bit of a motley crew of folk on some sort of fringe.

We talked each other through relationship issues, from excitement and attraction to sadness, betrayal and break-ups. Then, in 2011, within a few weeks of each other, we both met fellows that we are both still respectively 'with'.

I was so taken with how he and his boyfriend balanced one another out. They supported one another tremendously, they debated and sorted everything that came their way. They bought a condo in the city, and then adopted a dog, then bought a house and adopted a second dog. His partner became like a brother-in-law, I felt like an auntie to their (rather large) puppies.

We continue to share just about every single bit of news that comes our respective ways. Nothing seems too insignificant. As for the big things in life, he's been responsible for more rescues and celebrations than I can count.

His partner made a beautiful speech about him at their wedding in St-Jean this weekend, detailing the elements of

stability, happiness, loyalty and permanence that my always kind, always loving and thoughtful friend had brought into his life.

He said that he himself had always been a logical, pragmatic person, but that he really didn't know how to be happy....and that my friend had shown him that.

In my case, my friend taught me how our very best friends can become the loves of our lives, removing all pressure from anyone romantically involved with us. My cluster of best friends became just that to me, him included. How freeing that is - it resets and restores our sense of being and belonging in the world. It's another precious kind of forever.

Watching him and his husband celebrate their wedding day this past weekend, after eight years of life together, was a beautiful, unforgettable thing.

Their wedding cake spoke volumes. On the top of three layers, sat two little men made of fondant, one in a yellow suit and the other in blue (their favourite colours) atop a small green (the combination of yellow and blue) airplane. They each held little silver microphones....beside my friend's blue-suited fellow was a tiny Starbucks coffee cup and beside his husband's, an encyclopedia, indicative of his thirst for knowledge.

Along the sides, actual photos of them had been magically transformed into edible travel art - of their many trips around the globe, and each layer was surrounded with tiny fondant luggage.

Clearly, my friend has found his companion to travel through life and love with, and as usual, he fed us with that sweet experience, always generous, always enthusiastic to share in life's bounty.

Wedding days always seem to build, mount and grow in excitement, and then speed straight past in a flurry of details. But the smiles, the looks, the love remains.

Thank you, Brad, for always being there for your friends - I know we all feel the same way. Thank you René, for seeing what we see and more, in this powerhouse of loving kindness. Some things in life feel like they just sort of happen....and sometimes love is like that too. But the work that goes into truly building a life together is a different story. You are both made of that stuff. Congratulations - everyone around you looks forward to what is to come.

## Ben by Daniel Shelton



## LOCAL NEWS

*“What people reported back to us was that it was fascinating to think they knew the area and realize that actually they didn’t,” Holliday said.*

## Théâtre des Petites Lanternes explores old haunts in new ways

By Gordon Lambie

The Théâtre des Petites Lanternes (TPL) held its Fête du Quartier de la Création this past Saturday, inviting the population to explore the part of downtown Sherbrooke that surrounds Wellington Street South. Organized as a part of the theatre’s “Quatre-Quarts” project, the event was the second of four festivals planned to take place this year celebrating the unique and defining qualities of four different downtown neighbourhoods.

According to Kristelle Holliday, the Executive and Artistic Director of the theatre company, the Fête du Quartier de la Création was built around a whimsical kind of treasure hunt that called on participants to use their five senses to explore the streets and sector around Wellington in ways they might never have considered before. Over the course of roughly two hours, participants were taken on an adventure that involved having a back alley tea party with pink flamingos, using a payphone to listen to a poem, and collaborating on a public

artwork in the square near the old train station, among other activities.

“What people reported back to us was that it was fascinating to think they knew the area and realize that actually they didn’t,” Holliday said, sharing that about 95 people did the tour in groups of about two to six people over the course of the day, and roughly 200 people participated in the day altogether.

“I love it when people can see different parts of the town,” the organizer said, referring to the example of the phone booth as something people might

pass by every day, that they were challenged to look at differently. “It was awe-some.”

The two remaining neighbourhood festivals will revolve around the areas that the company has dubbed the “Quartier des musées”, around Dufferin Street, and the “Quartier de la Cathédrale” which surrounds Marquette Street.

TPL’s annual lantern festival is also coming up this fall, with the programming set to be announced early next week.



PHOTOS BY FRANÇOIS SERVEAU

## Bishop’s greenhouse

CONT’D FROM PAGE 1

Bibeau.

“As with our Library and Learning Commons Project last year, the Governments of Canada and Quebec provided funds to support these improvements to our infrastructures in the Johnson building, which will greatly benefit our students’ journey towards academic excellence,” he remarked, sharing that funding for the project came from the Post Secondary Institutions Strategic Investment Fund and Quebec’s Plan quinquennal d’investissement universitaire.

“I’m proud to see the completion of these state-of-the-art greenhouse and laboratories,” declared Bibeau. “These international quality facilities will offer students a concrete experience to help Bishop’s contribute to the progress in science and research. Beyond the dollars that were invested in the project, it is much more interesting to see what has been accomplished with those dollars. Investing in people is the way to plant the seeds of innovation.”

The Johnson building is the most recent in a growing list of renovated and modernized facilities on campus. In recent years, Bishop’s University also revamped its sports center, its library, and three student residences. Johnson now features over 700 square metres of renovated space, including modernized

teaching laboratories in organic and analytical chemistry, improved communal study rooms, and new safety features such as electronic card access control points.

BU’s modernized greenhouse now boasts 15-foot ceilings, which allows for the cultivation of a wide variety of species and experiential learning opportunities, such as growing hops for the Arches Brewery, an integral part of the Brewing Sciences graduate certificate program.

“Sustainability is very important here, so we use water recuperation systems from melted snow for example, for our irrigation,” explained biology laboratory technician Geneviève Levasseur. “We also have blackout curtains on our ceiling and all three walls to limit light pollution. This is especially important, given that we have the astronomical observatory over at the Nicolls building, and that we are close to the Mont-Mégantic observatory.”

The greenhouse’s control system is connected to a meteorological station, which allows it to fully determine the building’s humidity, temperature, and light levels. Snow fall activated roof warmers help prevent snow or ice buildup and timer-controlled lights ensure a year-round operation.

Visitors were able to visit the greenhouse, a multitude of laboratories, and

communal spaces.

“This new space really favours academic and cultural exchange in ways we had never been able to experience before. Simply put, my students and I did not have a room dedicated to us and our work,” mentioned biology associate professor Dr. Patrick Bergeron, when asked by Bibeau about the benefits of the renovations.

“Our graduate and undergraduate students can discuss their findings, theories, and concerns here,” he continued. “Not every graduate student wants to go study biology in downtown Toronto. BU’s location in the Eastern Townships offers a truly hands-on approach. We have been studying several native animals’ response to climate change, such as a chipmunk population in Mansonville, for over a decade, and we also work in a frog freshwater habitat located behind the sports center.”

“When Quebec University students have access to quality research and learning infrastructures and equipment, all Quebecers stand to reap the benefits of their knowledge and discovery,” added Hébert. This inauguration comes just days after the Quebec government announced an extra \$1M that will be granted to Bishop’s University on a yearly basis.

“I don’t think they teach project management to those obtaining their doc-

torate in biology, but Dr. Kerry Hull can certainly now consider a career in construction management,” quipped Goldbloom as he introduced the Johnson renovations’ project director and professor in the Biology department and interim Dean of Arts and Science for Natural Science and Mathematics and Social Science Kerry Hull.

“I’d like to thank Karl Gagnon and Geneviève Levasseur, our laboratory technicians in the Johnson building in chemistry and biology, who went above and beyond to ensure that the installations met the needs of our students,” said Hull. “I also want to recognize the work of David Lacroix and Gilles Morin who managed the construction with assiduity and patience, as well as the architect teams from Espace Vital and Capital Greenhouse and all the engineers and workers who dedicated their time to the project.”

“I want to finally thank the faculty, staff, and students of Bishop’s University and Champlain College. Renovation projects in occupied buildings that are at the center of our science programs us a complex project that has unique challenges,” she conceded. “I’m proud to say that we now have safe and modern facilities to teach and research physics, chemistry, and biology.”

# What I learned from Rhoda Morgenstern

By Linda Knight Seccaspina

Valerie Harper died Friday in Los Angeles after a long battle with cancer at the age of 80. She and The Mary Tyler Moore Show hold enough personal memories for me to last a lifetime. Please raise your hand if you wanted to live in Mary's apartment and wear all her clothes. I used to sit around watching a snowy television set minus today's remotes, iPad or cell phones, and always related to Rhoda Morgenstern— because she and I felt the same way about life.

**"You're having a lousy streak. I happen to be having a terrific streak. Soon the world will be back to normal. Tomorrow you will meet a crown head of Europe and marry. I will have a fat attack, eat 3000 peanut butter cups and die."** – Rhoda Morgenstern

Rhoda helped me get over bad adolescent memories like Valentine's Day and other horrid 'heartfelt' festivities in school. I can never remember any year being a Hallmark moment and sometimes you just wished the day would go away. Like Rhoda I kept waiting for that magic moment to happen and it never did until many years later.

**"Allow me to introduce myself, I'm another person in the room."** – Rhoda Morgenstern

Like Valerie Harper in her final television sitcom days as Rhoda, we search our entire life to find the answers, to accept ourselves. As I type this I want to tell Valerie Harper that you gave me the message I needed to understand years ago.

Rhoda finally found husband Joe, and after decades I finally found my Hallmark moment. My "Joe" helped me accept myself for who I am, and he "can always take a nothing day, and suddenly make it all seem worthwhile." Real love is not based on romance, candlelight dinners and walks along the beach— it is based on respect, compromise, care and trust.

These beloved women from "The Mary Tyler Moore Show" and "Rhoda" created characters that meant a lot to each and every one of us. The humour and laughter they brought is nothing compared to the inspiration and lessons about life we have learned from them. They have proved that friendship isn't about whom you have known the longest, it's about who came, and never left your side. We truly have been blessed by their longevity, and for some of us they changed our lives.

Me? I am trying to 'live every moment as much as I can'. Thanks Valerie Harper for your words of wisdom. I have not stopped living each day to its fullest and I bet

Hallmark doesn't even have a card for me either— and that's okay with me— because it was okay with you. I will miss you Valerie Harper.



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# “Fall” – The season that gets a bad rap



**THE SCOOP**  
**MABLE HASTINGS**

**Y**es, we all dread the end of summer as we layer on the sweatshirt or sweater and put away our shorts and sandals but, before you diss the fall season too much, give it some thought.

Fall brings with it many of the Festivals and Fairs we all enjoy as well as the time of harvest where the effort of the spring planting and the summer watering and weeding comes to fruition giving us all potatoes, corn to preserve and pickles to can. And fall means APPLES! Delicious, juicy and crisp apples that will assure our tables at least one freshly made pie accompanied by the smell of cinnamon and spice throughout the house.

Despite what you may believe, there are some wonderful things to do in the fall season and many are thanks to Mother Nature and the foliage when, much like a night at the Oscars, she sports her perfect dress leaving we, the spectators in awe. This site is available in every area of the Eastern Townships and beyond.

The Owl’s Head Autumnfest will run from September 21-22, 28-29, October 5-7 and 12-14, for three weekends when the hiking is at its best! The incredible view of Lake Memphremagog and the surrounding mountains allows those who take advantage of the opportunity a chance to witness one of the most beautiful sceneries in the Eastern Townships. Owl’s Head will operate its quadruple chairlift to give access to the summit. Visit owlshead.com or facebook for rates and hours of operation.

While the Autumnfest runs during the weekends, the mountain is accessible on weekdays however, the main building and toilets are not accessible. If you have not experienced the views from Owl’s Head’s summit, this is a must activity as you will be glad you witnessed such amazing beauty in our own backyard.

If you are coming to the Owls Head Autumnfest, a stop at Potton’s Api M.D. Honey Farm located on Route 243 just north of Mansonville is where you can find more than just honey with a variety of delicious and useful products to enjoy.

A stop at local fruit stands is a highlight for our family. Places like Paradis des Fruits on Bruce Street in Dunham, a family operation open on weekends from 8:30am to 5:00pm is a great place for a large variety of apples and fruits that you can pick yourself or buy from the stand conveniently located beside the main road. According to their website:

“We offer U-Pick or freshly picked strawberry, raspberry, blueberry, blackberry, red & black currant, gooseberry, apple (22 varieties), pear & plum. Taste and choose from six floral varieties of NATURAL HONEY, produced by our bees. Enjoy a warm welcome in our friendly FRUIT PARADISE, next to wineries in the Appalachian Hills, where we have been working in harmony with nature for more than 50 years.”

There are other stands of this type all over the Eastern Townships. Once you find the fruit stand that best suits you and your family, you will see that it quickly becomes a “must” stop every fall season. Many of these stands are situated close to a variety of vineyards where tastings and boutiques await you.

If you are low on cash and wonder what you can do for a fall outing with the family, jump in your car! A drive along the county roads, a walk or hike together with the addition of a picnic lunch and a camera will assure memories to get you through the cold and snowy winter. It’s fall, let’s make the best of one of the most beautiful times of the year.



PHOTOS: MABLE HASTINGS

## Lac-Mégantic

CONT’D FROM PAGE 1

A number of projects have already been completed under this initiative, including the construction and development of public infrastructures such as parking and the pedestrian walkway between the railway and Frontenac Street. It will also allow for the development of the Espace Mémoire Ancien Musi-Café and the Générations and Dourdan parks.

The LMERI has a \$35M budget and three components: the City Reconstruction Projects, Support for SMEs and Organizations, and Investment Funds. These sections are all administered by the Mégantic region Société d’aide au développement de la collectivité (SADC), a local community development group.

“The Government of Canada has made sure to be there for Lac-Mégantic businesses and community members,”

mentioned Navdeep Bains, minister responsible for CED. “This funding reaffirms our commitment to supporting the reconstruction and economic recovery of the Town of Lac-Mégantic.”

The announcement was made on behalf of Bains, Minister responsible for the Innovation, Science and Economic Development portfolio, which is made up of 17 federal departments and agencies, including CED and the other five regional development agencies.

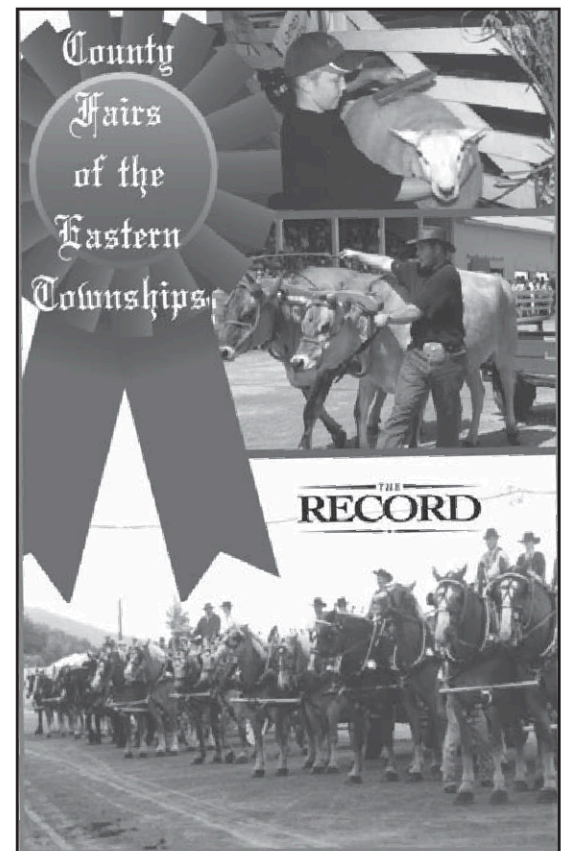
“Public participation has been key to all of the projects carried out with Canada Economic Development’s support,” added Julie Morin, mayor of Lac-Mégantic. “The Canadian government’s support for rebuilding is essential, and it is helping us recreate landmarks and gathering places that have a positive impact on all residents.”

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# EDITORIAL

Who really is to blame for the wretched state of media in Quebec, Canada and across the literate world?

## Quebec has subscription crisis as regional media fail



PETER BLACK

Martin Cauchon veritably bounded into the radio studio four years ago, bursting with enthusiasm for his latest venture. The former Liberal justice minister under prime minister Jean Chretien was eager to talk about convincing his friend André Desmarais to sell him and his investors six of Quebec's most important regional newspapers owned by a subsidiary of the family's mammoth Power Corporation.

The first question to Cauchon maybe should have been: "What, are you crazy?" but it was more likely "Why are you doing this?" It also might have been "What have you been smoking?" since Cauchon, as justice minister had advanced a bill to lighten sentences for possession of marijuana and is currently chairman of the board of a cannabis production company.

Whatever got Cauchon exuberant about acquiring La Tribune in Sherbrooke, Le Soleil in Quebec City, Le Nouvelliste in Trois Rivières, Le Quotidien in Saguenay, La Voix de l'Est in Granby and Le Droit in the Outaouais, he seemed convinced at the time he could tilt successfully against that monster windmill of information called the internet and breathe the hope back into regional journalism.

Cauchon explained his motivation in an interview a year after acquiring the papers under the Groupe Capitales Médias company: "It's all about public ser-

vice. Information plays a fundamental role in these regions and in every other region at that.

"Our newspapers serve as actors and witnesses to community, economy, politics, culture, social life, and so on. The fact that we can share this information in a way that preserves proximity and quality is a testament to our healthy democracy. I feel like it's my duty to protect this outlet. Day in and day out, I am inspired by this mission."

So, you can't blame Martin Cauchon for trying. However, his hopeful vision of revitalizing regional papers through a winning combination of digital platforms and good old printing presses has piled up a mountain of debt, left the employee's pension plan deeply in the red, and provoked (yet another) hair on fire crisis among politicians and other "influencers."

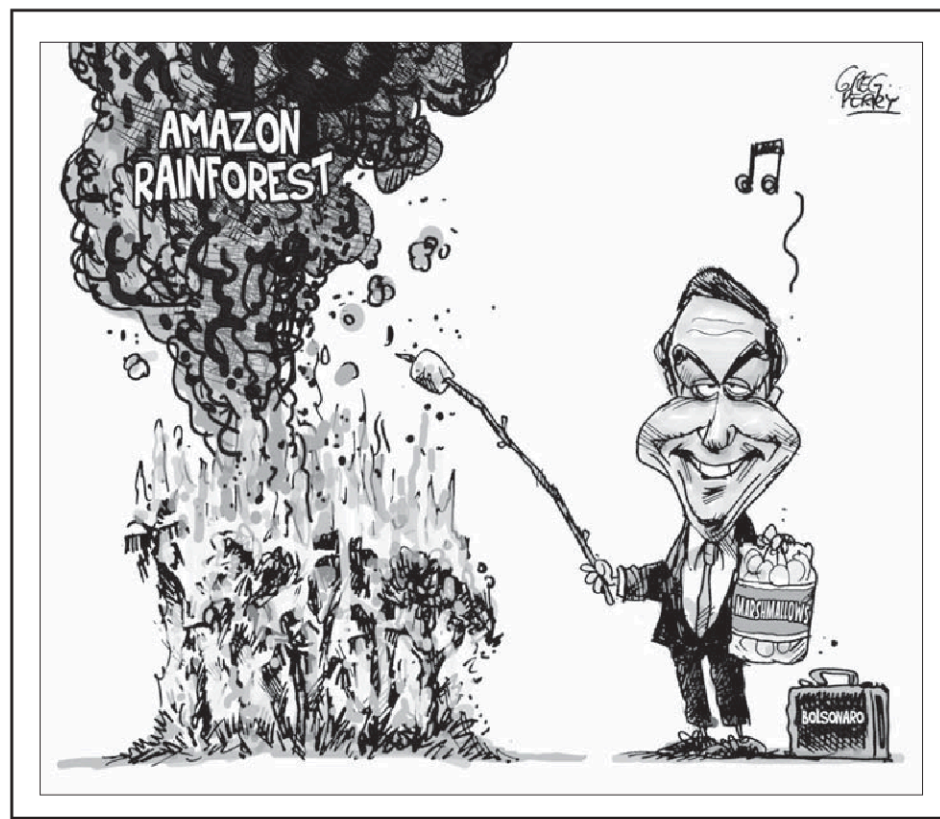
Emergency hearings at the National Assembly last week seemed to produce some kind of consensus that taxpayers should come to the rescue of the failing media group and others in the same sinking boat. Indeed, the Quebec government quickly advanced a \$5 million "loan" to keep the papers operating and some 350 journalists and the like employed.

Rival media companies are also circling like sharks smelling tasty regional pickings. Quebecor boss Pierre Karl Péladeau says he's ready to buy them all, lock, stock and unions over a barrel.

Péladeau, whose Quebecor company earns most of its profits through its Vidéotron digital arm, says a losing business model is at the heart of Groupe Capitales Médias' woes.

So, beyond the political/corporate hand-wringing and recriminations, who really is to blame for the wretched state of media in Quebec, Canada and across the literate world?

At least a partial answer may lie in a study earlier this year by journalism graduate students at the University of



British Columbia. Their survey of 1,700 Canadians found 81 per cent would not pay to read news on the internet and 90 per cent would switch to free alternatives if their preferred websites starting erected firewalls and charging for content.

So if people prefer to get their information through Facebook or any of the endless other sources of free "fake news," what can be done about that? The simple answer might be for people to step up and support their local media via subscriptions, for which there may be a tax deduction under the federal government's media fund for qualifying outlets.

There are some examples of subscrip-

tions sustaining quality news sources. Apparently, Montreal's venerable intellectual daily Le Devoir actually makes money by subscriptions. The New York Times is even making money now - thanks, we suspect, to the antics of President Donald Trump stimulating interest.

So, it can be done. Seems all it takes is for at least a portion of people who moan the decline of regional journalism to put their money where their heart is.

To twist an oft-twisted quote - all it takes for regional media to fail is for good people to do nothing. Martin Cauchon did something. Maybe others should do their part.

### Letters

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# Local Sports

For Bishop's Taylor Merrithew (Kingston, Ont./Bishop's College School) scored a pair of tries and set up a third where a penalty try was awarded to the Gaiters.

## Freshman Aubry Flawless in first U SPORTS start; Gaiters beat No. 7 X-Men in Home Opener

Freshman quarterback Charles Aubry went 27-37 for 264 yards and three touchdowns on Saturday night in the Bishop's Gaiters home opener as they beat the No. 7 StFX X-Men 32-19 in front of a raucous Coulter Field crowd.

Aubry also added 61 yards on 6 carries and a touchdown.

The freshman was flawless as the Gaiters improved to 1-1 while StFX dropped to 1-1 in the AUS.

Aubry connected with fellow freshman Nathan Lupien, sophomore Corey Williams (Montreal, Que./Cégep de John Abbott) and senior Nathan Walker (Brampton, Ont./St. Roch C.S.S.) through the air for touchdowns.

He added one on the ground.

Bishop's led 5-0 after the first stanza and 18-6 at halftime. After three, the hosts were up 25-11 but StFX pushed early in the fourth quarter. The X-Men scored a touchdown then after their second blocked punt of the game were only

able to manage a rouge to cut the lead to 25-19.

Aubry showed veteran poise down the stretch and marched the Gaiters 75 yards on nine plays before connecting with Walker for a major at the 11:52 mark. That put the game all but out of reach and gave the Gaiters their first win against a ranked opponent since 2013.

For his efforts, Aubry was awarded the AUS Subway Player of the Game.

Bishop's defense was stellar, led by Louvre Moussenguët who recorded six tackles including 2.5 sacks. Guillaume Trottier (Lévis, Que./Cégep de Lévis-Lauzon) also had six tackles and a sack.

For StFX Bailey Wasdal went 7-15 for 95 yards, a touchdown and an interception before giving way to Quinn Stewart halfway through the third quarter. Stewart finished 6-10 for 85 yards and a touchdown.

Bishop's Louis-Philippe Gregoire (Jonquière, Que./Cégep de Jonquière) led all



PERRY BEATON

Aubry also added 61 yards on 6 carries and a touchdown.

rushers with 77 yards on 14 carries.

Next up, Bishop's travels to Halifax to face the St. Mary's Huskies (1-0) on Saturday, Sept. 7. Kickoff is slated for 3 p.m. Atlantic, 2 p.m. Eastern.

Stay up-to-date anytime with the

Bishop's Gaiters at [www.gaiters.ca](http://www.gaiters.ca) or on social media by using @BishopsGaiters or #GaiterNation.

## Martlets outlast Gaiters in thrilling Season Opener on Coulter Field

The game was a seesaw. The Bishop's Gaiters and McGill Martlets traded blows back and forth in their RSEQ University women's rugby season opener on Coulter Field. In the end, the visitors delivered the last punch, a converted try in the 74th minute. It was the seventh lead change of the afternoon and good for a 25-22 McGill victory.

For Bishop's Taylor Merrithew (Kingston, Ont./Bishop's College School) scored a pair of tries and set up a third where a penalty try was awarded to the Gaiters.

Reigning Bishop's Female Athlete of the Year Erika Scott (Dewittville, Que./John Abbott College) was contained most of the day before finally finding

some daylight in the 64th minute, she scampered 75 yards for a try that gave Bishop's a 22-18 lead at the time.

McGill's Joely Greenbaum responded with what ended up being the winning try 10 minutes later. Dana Silerova converted to give McGill breathing room. Silerova was named McGill's MVP after scoring their first two tries and opening the scoring with a penalty just 11 minutes in.

Scott was game MVP for Bishop's.

Next up Bishop's (0-1) will travel to Montreal to play Concordia (1-0) on Sunday, Sept. 8 at 1 p.m.

McGill and Bishop's will play a rematch on Sunday, Sept. 15 at 1 p.m. in Montreal.

## Gaiters effort comes up short against Montreal in Home Opener

It was 67 minutes of tight, hard fought soccer as the Bishop's Gaiters kept the reigning RSEQ Champion Montreal Carabins in check on Friday night. The Carabins had exploded for 11 goals in their opener but through 67 minutes, Bishop's kept them off the scoresheet.

Montreal, who controlled possession for much of the night, was finally able to beat Bishop's keeper Mehana Heins (Ottawa, Ont./Merivale S.S.) in the 68th minute. Midfielder Fatima Gharsallah scored both goals for the Carabins, her

second coming in the 79th minute.

Montreal took 25 shots at target, 11 of them connecting while Bishop's fired four, two of them on net.

Head Coach Paul Ballard:

Heins was named the game MVP for Bishop's and Gharsallah earned the honour for Montreal.

The Gaiters also lost their opening game of the year, a 6-0 defeat at McGill on Wednesday.

Next Up Bishop's heads to Concordia on Friday, Sept. 6. Game time is 6 p.m.

**18<sup>th</sup> edition**

# Le Rendez-vous Howard

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Death

Death



**Dr. William "Bill" Barakett**  
May 11, 1945 - August 26, 2019

Bill Barakett practiced medicine in the Eastern Townships for 47 years. As a young graduate of McGill University, he started at the Brome Missisquoi Perkins Hospital (BMP) in Cowansville in 1972. He not only saw patients but also became involved in running the hospital and was Chief of Medicine of the BMP for 25 years as well as President of its Foundation. Dr. Barakett was passionate about medicine and was a tireless fundraiser for the hospital and the clinic he helped start in Knowlton. He took a special interest in people with addictions, at first mostly alcoholism but of late opioids. He was keenly interested in pain management. He worked at the Butters Foundation, for people with intellectual disabilities, and was medical advisor to Dunham House, a treatment centre in West Brome. Dr. Barakett was named a Member of the Order of Canada in 2002. The citation said in part: "William Barakett is known as a family doctor who goes beyond the call of duty.... A former leader in numerous professional organizations, he is a model of dedication and caring for young general practitioners." Dr. Barakett is survived by his wife Janie, his children, Elise and David, his granddaughter, Addison, and his sister, Joyce. He was predeceased by his brother Lawrence and his sister Nita.

There will be a visitation at Désourdy Funeral Home, 101 rue Jean-Besré, in Cowansville QC, on September 13th, 2019 from 1 to 5 p.m. and 7 to 9 p.m. A funeral will be held at St. Paul's Anglican Church, 24 St-Paul Rd., Knowlton, at 2 p.m. on September 14th. In lieu of flowers, memorial donations may be made to BMP Foundation, Butters Foundation or Dunham House.

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# Datebook

TUESDAY, SEPTEMBER 3, 2019

boarder.

Today is the 246th day of 2019 and the 75th day of summer.

**TODAY'S HISTORY:** In 1783, the signing of the Treaty of Paris officially ended the Revolutionary War.

In 1838, abolitionist leader Frederick Douglass escaped slavery in Baltimore.

In 1939, France, the United Kingdom, New Zealand and Australia declared war on Germany in response to the country's invasion of Poland.

In 2004, a three-day hostage situation at a school in Beslan, Russia, ended with a gun battle that killed more than 300 people, including 186 children.

**TODAY'S BIRTHDAYS:** Louis Sullivan (1856-1924), architect; Ferdinand Porsche (1875-1951), automotive engineer; Kitty Carlisle (1910-2007), actress; Alan Ladd (1913-1964), actor; Mort Walker (1923-2018), cartoonist; Eileen Brennan (1932-2013), actress; Malcolm Gladwell (1963- ), journalist/author; Charlie Sheen (1965- ), actor; Jennie Finch (1980- ), softball player; Shaun White (1986- ), snowboarder/skate-

**TODAY'S FACT:** Ferdinand Porsche, founder of the automobile company of the same name, designed the first hybrid gasoline-electric car. Known as the Lohner-Porsche Mixte Hybrid, the car went into production in 1900.

**TODAY'S SPORTS:** In 1950, Guiseppe "Nino" Farina won the Italian Grand Prix to become the first Formula One World Drivers champion.

**TODAY'S QUOTE:** "He who knows naught of dreaming can, likewise, never attain the heights of power and possibility in persuading the mind to act." — Louis Sullivan, "Education"

**TODAY'S NUMBER:** 4,435 — U.S. service members killed in battle during the Revolutionary War, according to the U.S. Department of Veterans Affairs.

**TODAY'S MOON:** Between new moon (Aug. 30) and first quarter moon (Sept. 5).

## The skinny on keto and paleo diets



**ASK THE DOCTORS**

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

**Dear Doctor:** I've heard that the keto or paleo diets are good for weight loss and controlling blood sugar. Now I'm reading that a new study says they're bad for your heart. What's actually true?

**Dear Reader:** You're referring to the ketogenic diet, also known as keto, and the Paleolithic diet, or paleo.

Both are low-carb approaches to eating that are quite popular right now.

The paleo diet, also known as the caveman diet, draws from the foods that were presumably available to our Paleolithic ancestors. Since the Paleolithic era lasted 2.5 million years and ended about 12,000 years ago, the specifics of those diets are basically guesswork. But the core tenet of the paleo diet is that if a caveman didn't eat it, neither should we. The result is a low-carb diet heavy on meat, with a limited amount of high-fiber fruit and vegetables. Since the Paleolithic era predates agriculture, things like grains, beans, cereals, legumes and dairy products, each of which require farming, don't make it onto the plate.

The keto diet is even more restrictive. Its roots go back to the 1920s, when researchers found that a diet containing a very low proportion of carbohydrates and a very high proportion of fat appeared to reduce the number or severity of seizures in people with epilepsy. The goal of the diet is to put the body into a metabolic state known as ketosis. In ketosis, the body has depleted its stores of carbohydrates, its first go-to for energy, and instead begins to burn fat. This results in the creation of metabolic byproducts, including certain fatty acids, which are believed to ease the symptoms of epilepsy. Another side effect of ketosis is steady weight loss. The keto diet is heavy on protein and fat, including meat, fish, sausages, bacon, oils, butter, cheeses, nuts and seeds. The diet allows high-fiber car-

bohydrates, but in limited amounts.

It's true that studies have associated both the paleo and keto diets with improved blood glucose control. They each also result in better appetite control and speedy weight loss. However, we don't yet have enough reliable data about whether these diets promote long-term weight loss, or what health risks may be attached over time. The study you mentioned in your letter found a sharp increase in a certain blood biomarker linked to heart disease risk in participants who followed the paleo diet. At the same time, they had an increase in high-density lipoprotein, or HDL, the so-called "good cholesterol."

Another study tied high-meat, low-carb diets to a drop in the diversity of the gut microbiome. An increase in the number of harmful bacteria was also observed. A separate analysis of a number of existing studies also found links between meat-heavy diets and an increase in cardiovascular risk. Bottom line — we're still sorting things out.

We understand the allure of the keto and paleo diets, but our advice continues to be a focus on whole rather than processed foods, lean proteins, a wide variety of fresh fruits and vegetables, whole grains, nuts and legumes, and healthful oils. Good for the heart, good for the gut and good for the planet.

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

### RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

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Text only: 40¢ per word. Minimum charge \$10.00 (\$11.50 taxes included)  
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With photo: additional \$18.50. **DEADLINE:** 11 a.m., day before publication.  
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With photo: \$26.00 (\$29.90 taxes included) **DEADLINE:** 3 days before publication.  
**WEDDING WRITE-UPS:**  
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# TOWNSHIPS' CRIER

## TOWNSHIPS

If you want to drink, that's your business. If you want to stop, we can help. Call Alcoholics Anonymous 1-888-424-2975, www.aa.org

## LENNOXVILLE

The Lennoxville and District Community Aid will be holding a Blood Pressure clinic on Tuesday, September 10 at 164 Queen Street, Suite #104, from 1:30 p.m. to 2:30 p.m.

## NORTH HATLEY

The Lennoxville and District Community Aid will be holding a Blood Pressure clinic on Friday, September 6 at the Library, 165 Main St. North, from 10:00 a.m. to 11:30 a.m.

## WATERVILLE

The Lennoxville and District Community Aid will be holding Blood Pressure clinic on Tuesday, September 3 at the Town Hall from 10 a.m. to 11 a.m.

## LENNOXVILLE

You are cordially invited to join us for the 18th Music Achievement Awards Jam and Celebration at "The Hut," A.N.A.F. Unit 318, 300 St. Francis, Lennoxville on Saturday, September 28 from 3 p.m. to 9

p.m. The recipients are Willie Fisk and Bubba Lacroix.

## STANSTEAD

Fall Leaf Fair on Saturday, September 7, 9 a.m. to 11:30 a.m., at Christ Church Hall, 548 Dufferin, Stanstead. Sales tables, crafts, attic treasures, homemade goodies. Please join us for coffee and treats. Everyone welcome. Thrift Shop open.

## NORTH HATLEY

Fundraiser Auction for the North Hatley Legion, 95 Jackson Heights, North Hatley on September 7 at 10 a.m. Viewing: September 6 at 5 p.m. and September 7 at 9 a.m. Something for everyone. All welcome. Info: 819-842-2933 after 2 p.m.

## BURY

Centre Communautaire de Brookbury. There will be a Fundraiser Bingo Game at the Brookbury Hall on September 6 at 7 p.m. The address is 571 Route 255, Bury. Everyone is welcome. Come and have a fun evening. Information: Brenda 819-884-5984.

## LENNOXVILLE

Annual Quilt Show, sponsored by the Lennoxville Quilters, on Friday, September 6, 10 a.m. to 5 p.m., and Saturday, September 7, 10 a.m. to 4 p.m., in St. George's Church Hall, 84 Queen St., Lennoxville. Admission \$5. Refreshments by the Parish Ladies. Prizes, courses (beginners and advance quilters).

## LENNOXVILLE

Uplands Cultural and Heritage Centre

presents Connexions, the third and final component of our Art Bridge project that combines art and cultural mediation (funded by Heritage Canada). The Connexions exhibition aims to initiate, inspire, and gather the public around the works of eleven innovative artists: Kaitlyn Card, Maya Cashaback, Joanna Chelkowska, Holly Fedida, Mira Doheny, Philip Dutton, Karine Guyon, Trevor McKinven, Regine Neumann, Catherine Ostiguy and Karl F. Ehrlich. These artists from varied backgrounds all have a special relationship with the Eastern Townships. Meet them at our Vernissage on Sunday, September 8 from 2 p.m. to 4 p.m. at Uplands (9 Speid Street, Sherbrooke/Lennoxville).

## SHERBROOKE

Bowling. Are you up for something new? Come join us. Men and women needed. No experience necessary. Small balls - 10 pins. A fun adult league. September to April, Thursday nights 6:30 p.m. to 9 p.m., at Centre Multi-Loisirs Sherbrooke, 1010 Fairmount Street, Sherbrooke. Call Everett Boynton 819-822-0286.

## RICHMOND

Summer is waning and fall schedules are starting up. Join others at Richmond 50+ Club, meeting for the new season on Monday, September 9 starting at 1:30 p.m. at the Richmond Melbourne United Church, 247 Principale St. South. Military Whist will be enjoyed that day. For more info, please contact Bev at 819-826-3832.

## AYER'S CLIFF

Sunday, September 15 - Fall Brunch at Beulah United Church, 967 Main Street, Ayer's Cliff from 11:00 a.m. - 1:00 p.m. Come and enjoy a delicious meal of ham, sausage, bacon, scrambled eggs, homemade baked beans, pancakes with real maple syrup, toast, fruit salad coffee tea and juice. All are Welcome

## RICHMOND

The Richmond Terry Fox Walk for cancer research will take place on Sunday, September 15 at 9:00a.m. It will start at the corner of Craig and Principale streets! Everyone from 2 to 98 years old is welcome to show support for Terry Fox! The Richmond Canadian Legion will be having their Terry Fox brunch that morning! Looking forward to see many of you!

## LENNOXVILLE

Hope Community Church invites the community to attend their Grand Opening service on Sunday, September 8 at 10:30 a.m. to celebrate the newly renovated facility located at 102 Queen St, in Lennoxville.

They would also like to invite everyone to stay for their Annual Community Block Party immediately following the Service, from Noon to 3 p.m. There will be music, kids activities, BBQ & bouncy castles. Everything is completely free of charge. For more information contact us at 819-822-2627 or email info@hcclennoxville.ca

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# SUDOKU

DIFFICULTY RATING: ★★☆☆☆☆

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

9/2

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## PREVIOUS SOLUTION

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

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

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

## PREVIOUS SOLUTION

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

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.

Send your social notes to: [classad@sherbrookerecord.com](mailto:classad@sherbrookerecord.com)

**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.

"UPY JAZYBY NWWMBZIVJPBYGU VJ  
UM CIAT UPY IVGYJ CYULYYG LMTE  
NGK ZINS." — NTGMIK X. UMSGCYY

Previous Solution: "I finished a big book the other day. 421 pages. That's a lot of coloring when you think about it." — Adam Sandler

TODAY'S CLUE: K equals E

**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.

"DCEYFWD MZ ZEEC ... LJ ZVCKWXB  
OFO V IKVMXFHMS PEI EH WEX  
LVT FWD LK HKKS SFTK F YVB  
SKBBKC XAVW VWJ EXAKC TFOB."  
— LFSV TMWFB

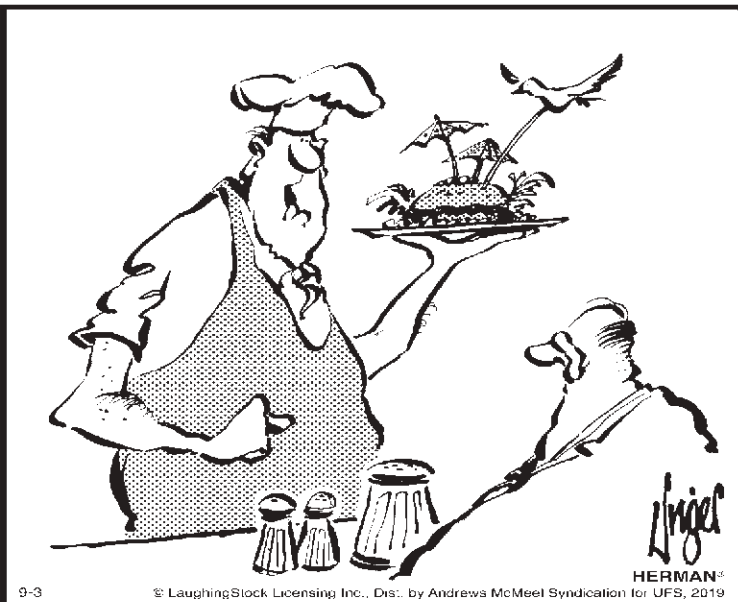
TODAY'S CLUE: W equals Y

Previous Solution: "The supreme accomplishment is to blur the lines between work and play." — Arnold J. Toynbee

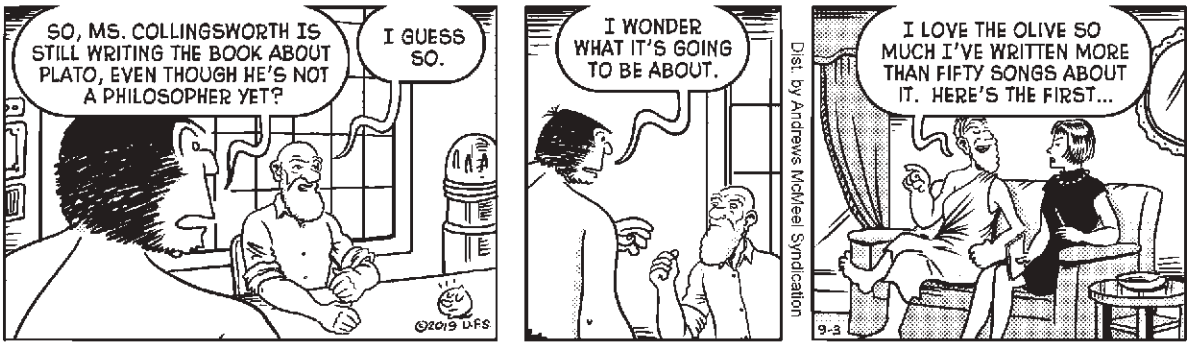
**REALITY CHECK**



**HERMAN**



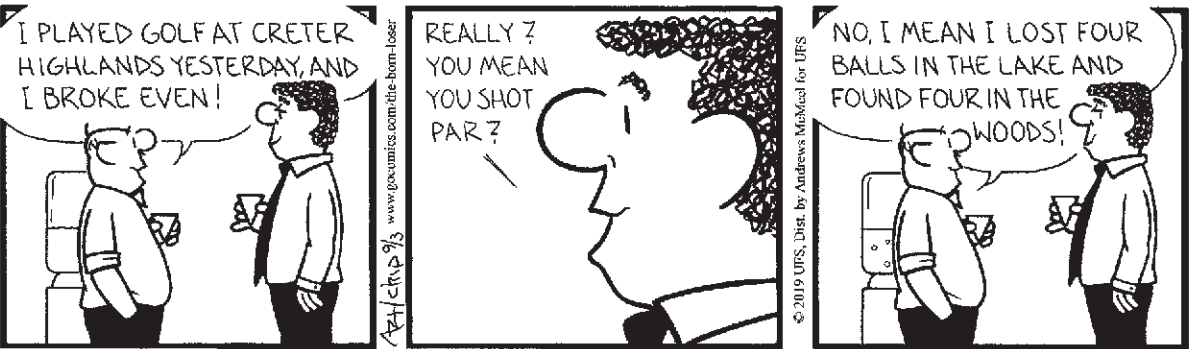
**ALLEY OOP**



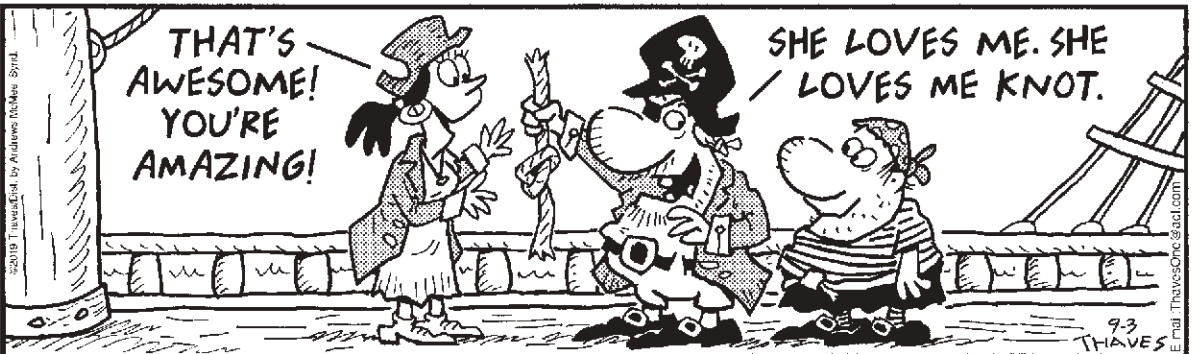
**ARLO & JANIS**



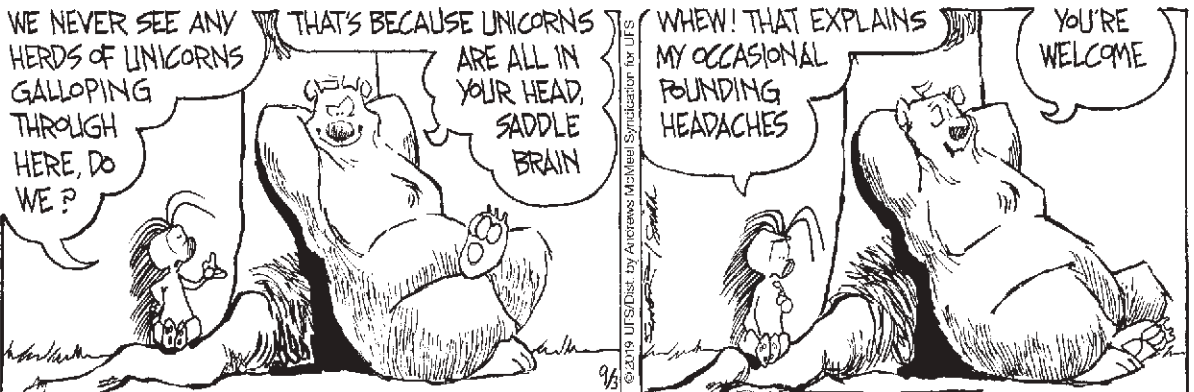
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## This low-calorie chicken dish is full of flavour



As the seasons transition from summer to autumn, it is time to incorporate hardier recipes into the dinner repertoire. But just because something seems to be more filling doesn't mean it has to be high in calories or compromise light eating plans.

Cooks may be surprised to discover how much flavour is nestled within this 300-calorie "Spinach-Walnut Stuffed Chicken" dish from "Taste of Home: Healthy Cooking Cookbook" (RDA Enthusiast Brands) by the Taste of Home Editors. The cheese and chicken produce stick-to-your ribs satiety, and the toasted walnuts add a delicious crunch.

**Spinach-Walnut Stuffed Chicken**  
 Serves 4

- 1/2 cup finely chopped onion
- 1/2 cup finely chopped fresh mushrooms
- 1/4 cup finely chopped celery
- 2 garlic cloves, minced
- 2 1/2 teaspoons olive oil
- 1 10-ounce package frozen chopped spinach, thawed and squeezed dry
- 1/4 cup crumbled Gorgonzola cheese
- 4 boneless skinless chicken breast halves, 6 ounces each
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 egg white
- 1/4 cup ground walnuts

In a small skillet, saute the onion, mushrooms, celery and garlic in oil until tender. Stir in spinach and cheese; remove from the heat.

Cut a lengthwise slit through the thickest part of each chicken breast; fill with spinach mixture. Sprinkle with salt and pepper. Place egg white and walnuts in separate shallow bowls. Dip one side of chicken in egg white, then in walnuts.

Place in an 11-inch x 7-inch baking dish coated with cooking spray. Bake, uncovered, at 350 F for 25 to 30 minutes, or until chicken juices run clear.

(Metro Creative)

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## NEA Crossword Puzzle

- ACROSS**
- 1 Hurl an insult at
  - 5 First aid box
  - 8 Bear offspring
  - 11 Word of mouth
  - 12 Geologic divisions
  - 14 Cotton gin name
  - 15 Slimy vegetable
  - 16 Farm wagon item
  - 17 Literary miscellany
  - 18 Where Damascus is
  - 20 Toto's home
  - 22 Decline gradually
  - 23 On one's — (alert)
  - 24 Geometric solid
  - 27 Answered a judge
  - 29 Ms. Rand of fiction
  - 30 Good judgment
  - 34 Porcupine kin
  - 37 Gourmandize
  - 38 Terminates
  - 39 Extreme
  - 41 Metric weight
  - 43 Monk's title
  - 44 Gets stuck (2 wds.)
  - 46 Sharp bend
  - 49 Planet, in verse
  - 50 Gallop or canter
  - 52 Unceasingly
  - 54 T, in Athens
  - 55 Lie low
  - 56 Pasternak heroine
  - 57 Sault — Marie
  - 58 Male parent
  - 59 Large number
- DOWN**
- 1 Giraffe's home
  - 2 Peeves
  - 3 Not any
  - 4 Looks daggers at
  - 5 Shish —

### Answer to Previous Puzzle

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

- 6 Lyricist Gershwin
- 7 Discussion
- 8 Halt
- 9 Arm bones
- 10 Prejudice
- 13 Installed in office
- 19 "Big Blue"
- 21 Centering point
- 24 Cry of disgust
- 25 Type of whiskey
- 26 Wabash loc.
- 27 NFL players
- 28 Carry wearily
- 30 Univ. degree
- 31 Mesh fabric
- 32 Airport rental
- 33 LAX datum
- 35 Sets
- 36 Plenty
- 39 Web addr.
- 40 Tags
- 41 K, to a jeweler
- 42 Saturate deeply
- 43 Honored
- 44 Little bits
- 45 Discharged a debt
- 47 — Office
- 48 Had been
- 51 Actress Lupino
- 53 Blustery

1	2	3	4		5	6	7		8	9	10
11					12		13		14		
15					16				17		
	18			19			20		21		
			22				23				
24	25	26				27	28				
29					30				31	32	33
34			35	36					37		
			38					39	40		
	41	42					43				
44					45		46		47	48	
49					50		51			52	53
54					55				56		
57						58			59		

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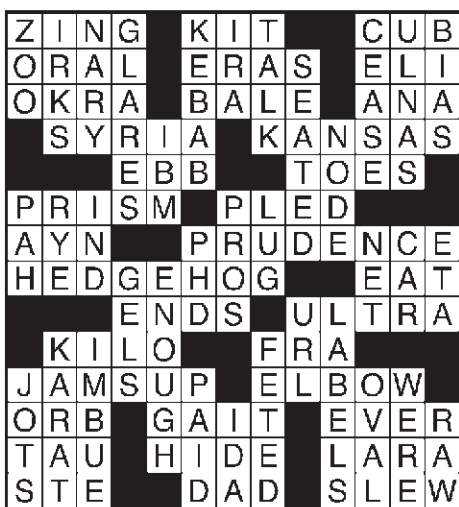
# NEA Crossword Puzzle

# Your Birthday

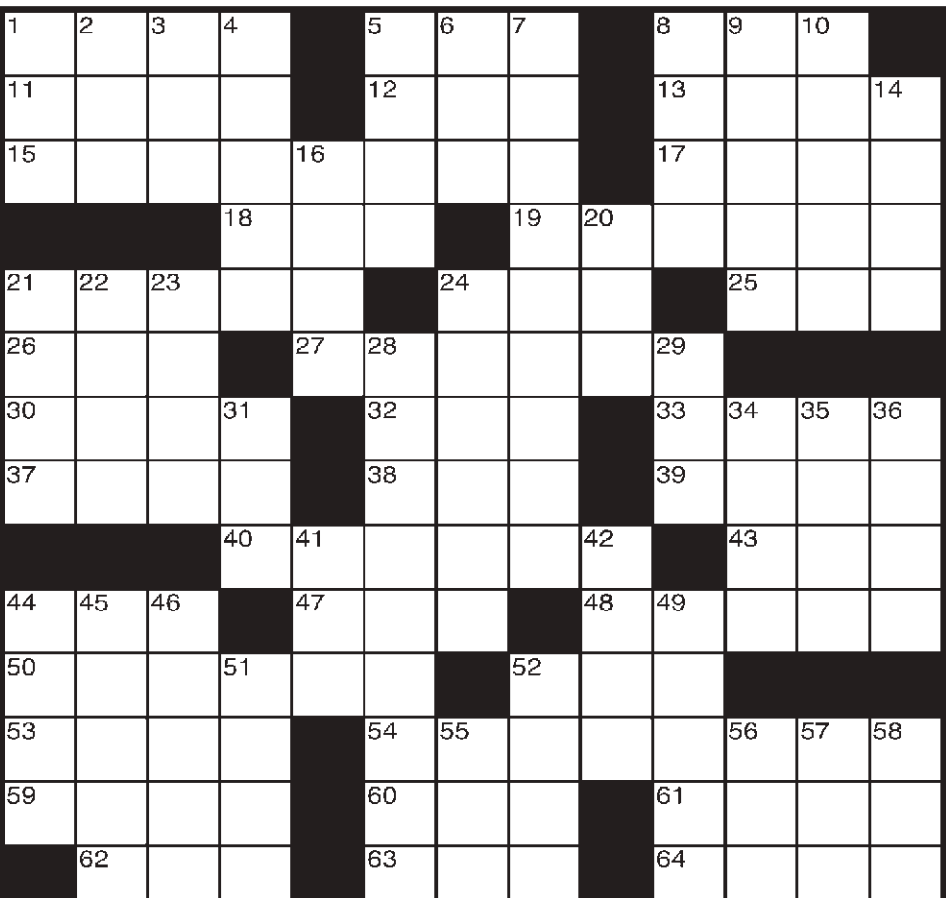
TUESDAY, SEPTEMBER 3, 2019

- ACROSS**
- 1 Kahuna's spud
  - 5 Cudgel
  - 8 Paramount rival
  - 11 Attention-getter
  - 12— Dawn Chong
  - 13 Mountain range near China
  - 15 Native of Munich
  - 17 Shape or form
  - 18 Speed off
  - 19 Feasible
  - 21 Wall decor
  - 24 Above, in verse
  - 25 That, to Juanita
  - 26 Advantages
  - 27 Mountain flower
  - 30 Not taped
  - 32 Summer, in Calais
  - 33 Types
  - 37 World's fair
  - 38 AMA members
  - 39 Galvanizer
  - 40 Detective
- DOWN**
- 1 Diner's bill
  - 2 Gotcha!
  - 3 Give it the gas
  - 4 Cornhusker city
  - 5 Soft ripe cheese
  - 6 Battery size
  - 7 Most gentle
  - 8 One of the Three Bears

Answer to Previous Puzzle



- 9 Bard's theater
- 10 Shopping centers
- 14 Concept
- 16 Small brook
- 20 49er's quest
- 21 Runner's unit
- 22 System for some servers
- 23 Host's plea
- 24 Production
- 28 Naxos' locale (2 wds.)
- 29 Taylor, to fans
- 31 Aurora, to Socrates
- 34 Facial features
- 35 Body joint
- 36 Mutilate
- 41 Ship's record
- 42 Med. plans
- 44 Woodwind
- 45 Of an earlier style
- 46 Life
- 49 Norwegian playwright
- 51 Ms. Dinesen
- 52 Your highness
- 55 Cleveland cager
- 56 Lyric poem
- 57 Estuary
- 58 Congeal



Revisit dreams you put by the way-side. Make a list of priorities and put together a plan that will encourage you to get things done. Spend more time networking, learning and making positive changes that will prompt you to embrace new adventures. If you mix the old and the new, progress will take place.

**VIRGO** (Aug. 23-Sept. 22) — Follow the path that excites you the most. Getting involved in something new will lead to interesting encounters with people who motivate you to follow your heart.

**LIBRA** (Sept. 23-Oct. 23) — Buy only what you can afford. Living beyond your means will get you in trouble with someone who shares expenses with you. Do your best to keep the peace.

**SCORPIO** (Oct. 24-Nov. 22) — If you share your feelings and desires with someone special, you'll find out where you stand and how best to move forward. Personal improvements at home and work will pay off.

**SAGITTARIUS** (Nov. 23-Dec. 21) — Talks will be misleading. Listen carefully and decipher the meaning behind the words. Don't let gullibility cost you mentally, physically or financially. Moderation is encouraged.

**CAPRICORN** (Dec. 22-Jan. 19) — A change at home or work looks promising. Financial gain, greater responsibility and a higher title, along with some perks that will raise your self-esteem, are heading in your direction.

**AQUARIUS** (Jan. 20-Feb. 19) — Impulse purchases should be nipped in the bud. Think about every cent you spend. You cannot buy love or respect. The more you save, the better you will feel.

**PISCES** (Feb. 20-March 20) — If you keep moving forward, inch by inch, you will get good results. You can count on loyal friends to help if you ask them. Don't be shy. Call in favors.

**ARIES** (March 21-April 19) — Think big, but stick to what's reasonable. If you are practical but also imaginative, you will come up with a plan that will help expand your interests.

**TAURUS** (April 20-May 20) — You've got what it takes to close a deal, finish what you start, attract support and motivate and inspire others. Don't waste time procrastinating; take action.

**GEMINI** (May 21-June 20) — Someone will mislead you. Ask questions and distance yourself from anyone who is being pushy or trying to force you in a direction you shouldn't go. Keep your life simple.

**CANCER** (June 21-July 22) — Positive changes at home or work will lead to better relationships with the people you deal with daily. Love and romance are on the rise and will improve your personal life.

**LEO** (July 23-Aug. 22) — Get busy. The less time you have to get involved in what everyone else is doing or saying, the better. Self-help, healthy living and personal growth are favored.

TUESDAY, SEPTEMBER 3, 2019

## Do you stick in your short nose?

By Phillip Alder

Today is the 80th anniversary of Great Britain's declaration of war on Germany. That day was also my mother's 10th birthday, but I never discussed it with her.

Some bridge deals are battles; others are swung on one seemingly inconsequential decision. What about today's?

Oliver Goldsmith, an Irish-British author, wrote, "The first blow is half the battle."

In a bridge deal, there are two first blows — the opening bid and the opening lead.

Whoever makes the opening bid gives his side an immediate advantage. The opening lead is made by a defender to try to balance declarer's advantage. But sometimes it is the decisive blow — as in this deal.

South sensibly opened one no-trump. He did not worry about his low doubleton; covering that was partner's job. North used Stayman to try to uncover a 4-4 major-suit fit. Now came the key moment of the battle; should East have made a lead-directing double?

In this deal, most definitely, because it takes a club lead to defeat four spades. If South wins with his ace, draws two rounds of trumps and turns to hearts,

North				09-03-19
♠ 10 7 6 4				
♥ A K Q 8				
♦ 7 6				
♣ J 3 2				
West			East	
♠ J 9 3			♠ Q 8	
♥ J 6 5 4 2			♥ 10 7	
♦ Q J			♦ K 8 4 3 2	
♣ 9 7 4			♣ K Q 10 5	
South				
♠ A K 5 2				
♥ 9 3				
♦ A 10 9 5				
♣ A 8 6				
Dealer: South				
Vulnerable: North-South				
South	West	North	East	
1NT	Pass	2♣	Pass	
2♠	Pass	4♣	All Pass	
Opening lead: ??				

he can take only nine tricks. If he doesn't touch trumps, East will ruff the third heart from the shorter trump side.

The double is not without risk. If South can redouble with ace-jack-fifth of clubs, and North can pass, it could prove pricey for East-West. However, when this deal was played at Bridge Base Online, when East did not double, West led the diamond queen. South gave up a diamond and cruised home, aided by two diamond ruffs on the board.