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Love, from Betty Crocker

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THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

Remembrance Day in Richmond

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TUESDAY, NOVEMBER 13, 2018

Clowns Sans Frontières: bringing back laughter to children in need

By Emilie Hackett
Special to the Record

Clowns Sans Frontières (CSF) has begun its first Eastern Townships Jour Nez campaign. Throughout the month and until Nov. 18, CSF will be running an awareness campaign and calling for donations in the hopes of bringing back hope into the lives of thousands of children.

Several businesses have partnered with the campaign and will give their customers the opportunity to support CSF in a show of solidarity for the thousands of children positively affected by CSF initiatives. \$2 clown noses can be purchased, and donations can be made at locations including Choco-Là, on King Street, T.A.F.I. et cie, on Wellington Street, and Espaces 100 Noms on Queen Street.

According to the United Nations High Commissioner for Refugees, the number of displaced people has reached its highest point in decades, with more than 65 million uprooted persons across the world in 2017.

CONT'D ON PAGE 3

La Guignolée underway at the Ayer's Cliff Marché



MATTHEW MCCULLY

By Matthew McCully

The Marchés Tradition in Ayer's Cliff, owned by Guy Patry and his wife Daniele Boivin, is one of the

many IGA outlets participating in the grocery chain's annual Christmas food drive.

Between Nov.8 and Dec. 31, pre-filled bags of non-perishables are available

for purchase at the store for \$10.

Each IGA chooses its own local organization to support for the annual food drive.

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Weather



TODAY:
SNOW

HIGH OF 1
LOW OF -13



WEDNESDAY:
SUNNY

HIGH OF -8
LOW OF -15



THURSDAY:
SUNNY

HIGH OF -5
LOW OF -9



FRIDAY:
SNOW

HIGH OF -2
LOW OF -5



SATURDAY:
CLOUDY PERIODS

HIGH OF 0
LOW OF -7

Farewell Stan Lee



DISHPAN HANDS

SHEILA QUINN

Stanley Martin Lieber was born on December 28th, 1922 in New York City. His parents, Celia (Solomon) and Jack Lieber (a dress cutter) were Romanian Jewish immigrants.

On December 5th, 1947, Stan married Joan Clayton Boocock, who was from Gosforth, Newcastle upon Tyne, England. The two remained married for seventy years, until her death at 95 years of age in July of 2017.

When Joan died, Stan credited her with supporting him early on in his career, 'when he was trying to create superheroes that he and others could care about.'

On November 12th, 2018, after being rushed to the Cedars Sinai Medical Centre in Los Angeles, California, Stan joined his beloved Joan, and the world lost one of its most playful, imaginative storytellers, known to fans as Stan Lee.

Lee worked closely with artists Jack Kirby and Steve Ditko, John Romita Sr., Don Heck, Bill Everett, and Joe Maneely, co-creating Spider-Man, The Hulk, Doctor Strange, Black Panther, The Fantastic Four, Iron Man, Daredevil, Thor, The X-Men, among many other well-known, and well-loved characters. He was inducted into the comic book industry's Will Eisner Award Hall of Fame in 1994 and the Jack Kirby Hall of Fame in 1995. He received a National Medal of Arts in 2008.

Stan Lee's career in comics began in

1939, when, with the support of his uncle Robbie Solomon, he became an assistant at Timely Comics (a division of Pulp Magazine). Timely Comics would later become Marvel Comics.

Lee began by doing very basic work, filling inkwells, fetching lunch for the artists, proofreading, erasing pencil marks from finished pages, until his debut in Captain America Comics, in May of 1941, where he used the name Stan Lee for the first time, later making the legal change.

In late 1941, Lee became interim editor of Timely Comics. He was just shy of nineteen years of age. In 1942, began serving the United States Army as a US member of the Signal Corps, first repairing telegraph poles and communications equipment, but was later transferred to Training Film Division where he wrote manuals, slogans, worked on training films and cartooning. He returned to Timely Comics in 1945, following his service in World War II.

When DC Comics Julius Schwartz brought back the superhero with the Flash, and later Justice League of America, Timely Comics publisher Martin Goodman tasked Stan Lee with creating a new team of superheroes. With his wife's encouragement, he made a shift in approach, incorporating mood swings, depression, vanity, in-fighting, even financial concerns, boredom or illness into his characters' lives.

The first superhero group, co-created by Jack Kirby, was The Fantastic Four, whose popularity led to the creation of an onslaught of new characters, incorporated into the same universe. Gathering the characters together, Kirby and Lee created The Avengers series, now an ongoing sensational box-office series of blockbusters at the movies.

Lee appeared in many of the Marvel films, an Easter egg treat hidden for fans to thrill at. A memorable cameo is Stan Lee's appearance as himself in the film Iron Man, starring Robert Downey Jr. Lee is seen with three blond women, and

Tony Stark (played by Downey Jr.) mistakes him for Hugh Hefner. Lee said this was his favourite cameo appearance. In Iron Man 2, Tony Stark mistakes him for Larry King - continuing the joke.

The characters that Stan Lee helped to create currently represent some of the biggest names and storylines in recent cinematic history. For those characters who did not have much film credit to their names prior to starring in one of the Marvel movies, such as Thor's Chris Hemsworth, scoring a role in one of these films can lead to instant career success and superstar status.

Spider-man: Into the Spideverse is set to hit theatres on December 14th, 2018, and then 2019 sees Captain Marvel, Avengers 4, Dark Phoenix (from the X-Men series), Spider-man: Far From Home, The New Mutants all see the big screen, with Gambit (another X-Men film) following closely in 2020.

Stan Lee created characters who had a very vulnerable, familiar quality, and that have taken on legendary proportions in the hands of The Walt Disney Company (that has owned Marvel since 2009), and that will continue to excite and thrill audiences and create new fans.

Lee's contribution to characters that challenge themselves to face the very thing that is at the core of their own fears and limitations will continue to inspire. One tremendous gift before the end of his life is certainly that he had not just the opportunity to witness his legacy take shape, but also the playful invitation to participate. While fans have a lot to look forward to, Stan Lee, and his fun cameos, will most certainly be missed.

'Faith is my sword. Truth is my shield. Knowledge my armour.' - Doctor Stephen Strange.

Thank you Stan Lee, for your hand in worlds within worlds, beyond worlds, where the sky isn't the limit, but just another starting point.

Information retrieved from MDb.com, Wikipedia and Time.com

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Ben by Daniel Shelton

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LOCAL NEWS

The achievement of these three prizes from Planetree brings the Wales Home's total to 15 prestigious awards won since 2011, including the recent "Recreation and Quality of Life" award.

Wales Home and CHSLD recognized for patient-centred care

Record staff

The Wales Home and CHSLD has received Gold recognition for Excellence in Person-Centered Care from Planetree International.

Executive Director Brendalee Piironen travelled to Boston with six employees to receive this prestigious honour at Planetree's 40th annual International Conference on Person-Centered Care in early October. The Wales received two additional prizes during the awards ceremony: a Global Person-Centered Care Innovation Award for its Wellness Room, and a Planetree Scholar Award, recognizing the Executive Director for her commitment and achievement as a proponent of person-centered care. The CIUSSS de l'Estrie-CHUS, partner of the

Wales, also received their Gold Certification at the Conference for their Centre de Réadaptation Estrie.

Planetree uses its international "Person-Centred Certification Program" to formally recognize excellence in person-centred care in various types of healthcare facilities. There are three tiers of recognition: Bronze, Silver, and Gold. Each tier represents an incremental level of achievement in person-centred care. There are a total of 133 Planetree-certified sites worldwide: 82 gold certifications, 6 silver, and 45 bronze. The Wales Home is thus one of 82 gold-certified healthcare facilities in the world, and one of 4 in Canada. The CHSLD Wales is the only gold-designated long-term care facility in Quebec.

The Wales embarked on its Planetree

journey in 2016, discovering that the Wales Home and CHSLD Wales were already in line with many of its values.

Planetree is a not-for-profit organization that partners with healthcare facilities across the world and the care continuum in the pursuit of person-centred care. Planetree's main components include valuing human interactions, stimulation through food and nutrition, evolution through arts and entertainment, including close ones in care, creating a healing environment, communication through human touch, being open to complementary therapies, partnering with the community, sharing information, and supporting the quest for sense. The Wales Home has and will continue to work hard to comply with all of these components.

The Wales Home recently appointed Kimberly Bailey as its new Planetree Coordinator. Under her guidance and expertise, the Wales will embark on its next Planetree session. The session will last three years, at the end of which the Wales hopes to be recertified Gold. Part of Kim's role will be to provide retreats for employees to ensure proper training on the Planetree model.

The achievement of these three prizes from Planetree brings the Wales Home's total to 15 prestigious awards won since 2011, including the recent "Recreation and Quality of Life" award from the Fédération Québécoise du loisir en institution.

Archdiocese of Sherbrooke reaches out to people in Quebec's Far North

Record Staff

In order to provide practical help to the dioceses of Québec's Far North, the Archdiocese of Sherbrooke is organizing a fundraising dinner next week in support of Mission chez nous.

Founded by the Quebec Assembly of Catholic Bishops (AECQ), the goal of Mission chez nous is to raise awareness of the reality of Aboriginal life and support missionary initiatives in northern dioceses.

ceses.

"The Archdiocese of Sherbrooke wants to participate in this effort to open dialogue with the Aboriginal peoples by offering material support to help the dioceses of the North to meet the many challenges posed by the vastness of the territories, explained Edith Bélanger, Coordinator of Diocesan Services for the Archdiocese of Sherbrooke. "In addition, being aware of their difficulties makes it possible to reduce much of the preju-

dice towards these First Nations," she added.

As part of the fundraising dinner, guests who have lived with native peoples will share their experiences. This first edition will hopefully become an annual event over the years.

The spiritual tradition of the natives is among the great foundations of the Catholic religion. Their spirituality is characterized by an immense respect for nature, the attraction of open spaces,

and peace with all people and elements of creation.

The fundraising dinner will take place on Nov. 15, at 5 p.m. at the Mariannah Fathers' House, at 2075 Sainte-Catherine Rd, Sherbrooke.

It is also possible to make a donation to Mission chez nous via the organization's website: missioncheznous.com

La Guignolée

CONT'D FROM PAGE 1

Marché Guy Patry in Ayer's Cliff collects the bags for the United Church's Christmas baskets, which are distributed during the holiday season for local families in need.

Now in its third year, Patry explained that the campaign started quietly, but has been growing steadily.

"I would say between 150-200 bags were sold," Patry said, referring to previ-

ous years.

"This year I ordered 250, and I'll sell 250," he said.

While crediting the citizens of Ayer's Cliff for their generosity, Patry added that the campaign has been a success across the province since it started.

"Sobey's (which owns IGA) sold out last year a week before the end of the campaign," Patry said.

The bags are filled with food items based on a list of suggestions from the

Quebec Food Bank organization and can include things like pasta, rice, flour, granola bars, canned vegetables, baby food, and soup, among other things.

At the end of the campaign, Patry said a representative from the Ayer's Cliff United Church will pick up the bags, which will be added to Christmas baskets being delivered to families in the area.

In addition to La Guignolée, Patry and his wife sponsor other local initiatives

throughout the year, including a Turkey dinner with all the trimmings for the students of Ayer's Cliff Elementary School just before Christmas break. Pointing out that a lot of families struggle to put food on the table, Patry said he provides the food to ensure local children can enjoy a special holiday meal together.

Clowns Sans Frontières

CONT'D FROM PAGE 1

CSF describes itself as offering extensive support in locations where cultural growth can be stunted by oppression, war, or poverty, such as in the slums, refugee camps, child prisons, orphanages, native communities, youth centers, and more.

Volunteer professional artists host free shows, workshops, and workshops that allow children in vulnerable positions to laugh and escape from their harsh realities just for a moment. They work closely with grassroots organizations to ensure that continuous initiatives will be offered to children in distress.

The organization will reveal the amount raised in the Townships on Nov. 20, in the context of World Children's Rights Day. In 2017, 57 artists were involved with CSF in Canada and across the world. CSF also worked with more than 26 partners, including the Red Cross and UNICEF, dedicated 98 hours to social intervention programs and

trained more than 22,000 beneficiaries. CSF is one of Clowns Without Borders International's 15 autonomous organizations. Clowns Without Borders has organized over 5,000 shows in 36 countries, reaching over 2 million people, since 1994.

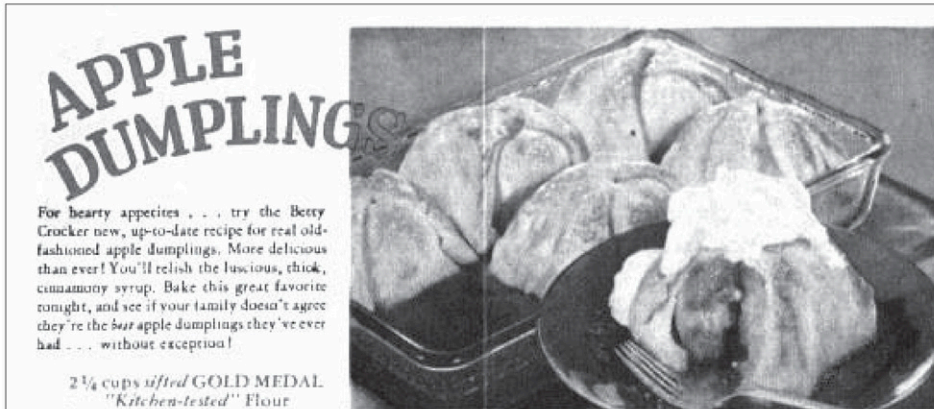
Love, from Betty Crocker

By Linda Knight Seccaspina

I always believed in Betty Crocker—well, I wanted to believe that the first lady of food was real. Similar to finding out that Nancy Drew’s author Carolyn Keene wasn’t real, one day Betty Crocker was no longer real either. I realized that dear old Betty was just a brand name and trademark developed by the Washburn Crosby Company.

The story goes that they chose Betty as her name because it sounded as American as the Apple Pie she would show us all how to make. The original Betty Crocker New Picture Cookbook was first published in 1951 and everyone knows someone that has a Betty Crocker Cookbook in their home. Betty, like Margie Blake from the Carnation Company, was important to me as my mother died young, and food somehow replaced parental figures. Well, that’s what a few years of therapy taught me.

The recipes from any Betty Crocker Cookbook are from leaner times, and in the 50’s my mother used to make Tuna Pinwheels and Canned Devilled Ham Canape’s for her canasta parties. Bernice Ethylene Crittenden Knight was a stickler for an attractive food presentation, and she also made something called Congealed Salad for holiday meals. A combination of Orange Jello, Cool Whip, crushed pineapple, and wait for it, shredded cheese. I think my Dad called it "Sawdust Salad" and I seriously tried to remain clueless as to why. I’m sure everyone has a family member that says



APPLE DUMPLINGS

For hearty appetites . . . try the Betty Crocker new, up-to-date recipe for real old-fashioned apple dumplings. More delicious than ever! You’ll relish the luscious, thick, cinnamon syrup. Bake this great favorite tonight, and see if your family doesn’t agree they’re the *best* apple dumplings they’ve ever had . . . without exception!

2 3/4 cups sifted GOLD MEDAL "Kitchen-tested" Flour
 3/4 teaspoon Salt
 3/4 cup Shortening
 Ice Water, about 7 to 8 tbsps.
(Just enough to make dough stay together)

6 medium-sized, tart, juicy Apples
 1/2 cup Sugar
 1 1/2 teaspoons Cinnamon
 1 tablespoon Butter

1 cup Sugar
 1/4 teaspoon Cinnamon
 4 tablespoons Butter
 2 cups Water

SIFT FLOUR and salt directly into mixing bowl. Add most of shortening and cut it in with a pastry blender or 2 knives until mixture looks like "meal". Then add remaining shortening and cut it in pieces the size of giant peas. Sprinkle water lightly over mixture, blending it in with a fork until dough can be just pressed together into a ball. (If desired, divide dough into two or three parts to make it easier to handle.) Roll out dough 1/8 in. thick on a lightly floured cloth-covered board. Cut in 7-in. squares.

Pare and core the apples, and place an apple on each pastry square. Fill cavity of each apple with the sugar and cinnamon, mixed together. Dot

with butter. Moisten points of pastry square. Bring opposite points up over the apple, overlapping them. Seal well. Place about 2 inches apart in an 8 by 12-inch baking pan. Chill thoroughly in refrigerator.

Make the syrup by mixing together in a saucepan the sugar, cinnamon, butter and water and boil for 3 minutes. Pour the hot syrup around the chilled dumplings in baking pan. Bake immediately for 5 to 7 minutes, until crust shows slight coloring, in a very hot oven (500°). Then reduce temperature to a moderate oven (350°) and bake about 30 to 35 minutes longer. Makes 6 dumplings. Serve warm with hot syrup, and with cream, too, if desired.



Betty Crocker SWEET CREAM CAKE

You’ll want to add this delightful and handy recipe to your prize collection. Lovely, light, and tender, Sweet Cream Cake is very practical and ideal for even the busiest housewife. You can make it in a jiffy! See other side for two delicious Chocolate and Spice variations made from the basic recipe.

2 Eggs
 1 cup Sugar
 1 tsp. Vanilla
 1 1/2 cups sifted GOLD MEDAL "Kitchen-tested" Flour

2 tsp. Baking Powder
 3/4 tsp. Salt
 1 cup rich sweet Cream (35% butter fat)

BEAT THE EGGS until thick and lemon-colored. Gradually beat in the sugar (using a rotary beater) and beat well. Blend in the vanilla.

Sift the flour, baking powder and salt together, and stir into the egg mixture alternately with the cream.

Then pour this mixture into either two well greased and floured 8-inch round layer pans or one well greased and floured 8-inch square loaf pan. Bake for 25 minutes for layers; 40 to 45 minutes for loaf . . . in a moderate oven (350°).

This cake is delicious without any icing; but it may be "dressed up" in various ways if desired. One layer may be iced; the other filled

Continued on other side.

they’ll bring a "salad" to a family dinner, but then they bring some Jello concoction. Bonus points if it has marshmallows. Actually I feel more justified in calling anything a salad if I dump leftover taco beef and salsa onto a little lettuce topped with shredded cheese.

Everyone baked bread, but I guess not all people like Betty’s Fruit Loaf recipes

because on page 78 of my vintage Betty Crocker cookbook the former owner of the book hand wrote:

"Terrible, even Nookie the dog turned it down."

The steamed brown bread baked in a can was another baking tragedy. It was so horrible my Dad took my Grandmother’s failed recipe target shooting at the Cowansville dump. I would like to think that some of those rats got to feast on one of those brown breads. Of course, maybe after sampling it, they might have wanted to be put out of their misery.

I also used to love Betty Crocker’s 7 minute-frosting that my mother would put it on some of her 1950s nuclear coloured cake. Then there were the Floating Islands, homemade Rice Pudding, chilled with whipped cream and cinnamon on top. My grandmother’s

specialty was steamed English Pudding, and when she was done, she would soak lumps of sugar with orange extract and then place them decoratively around the pudding. One by one each lump would be lighted with a match which would result in a near miss family dinner explosion each time.

Nostalgic triggers a story about our lives, helping us reflect on traditions and moments about the days when our parents and grandparents were alive. That’s why we should never lose print recipes, and real paper-based cookbooks. Those mystery meat recipes, books, and foods that were the same colour as radiation will always resonate with us because we get to see and relive the gravy stained favourites, and the personal notes in the margins. If reading about Betty Crocker has you craving a big slice of cake, you’re not alone. Time to bake!

THE RECORD

Brome County NEWS



ON NOVEMBER 20th

The Record and Brome County News will publish a special supplement

in partnership with

The Pet Connection Lennoxville, SPA des Cantons, SPCA Montérégie and Frontier Animal Society.

This edition will be filled with wonderful pets up for adoption, success stories and adoption tips. If you would like to help a pet find a home by sponsoring a pet please call **819-569-9525** or email classad@sherbrookerecord.com

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This is Buddy. He is a 3 year old beagle. He is good with other dogs and small children and is looking for a good home.

Buddy is Sponsored by **Patty Curtis North Hatley**

Donald Lecture Series welcomes Beverly McLachlin

Former Chief Justice to speak about diversity

Record Staff

The 2018-19 Donald Lecture Series season continues at Bishop’s on Wednesday, Nov. 14, with featured speaker the Rt. Hon. Beverley McLachlin, former Chief Justice of Canada. She will discuss the subject of diversity.

Diversity is not an idealistic notion but a reality that can present unique

challenges. McLachlin will provide her thoughts on the issues of diversity that she experienced in the courts and that currently face Canadians.

The Donald Lecture Series conferences are free, non-ticketed public events, which take place at Bishop’s Centennial Theatre. All conferences begin at 7 p.m. Parking is free on Bishop’s campus on Donald Lecture Series evenings.

I'm gonna be a Fireman someday.

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Remembrance Day in Richmond

By Claudia Villemaire

In spite of a biting breeze, which took the warmth out of a sunny day, Legionnaires, local organizations and a large crowd of spectators turned out for the traditional Last Post ceremonies Sunday afternoon at Parc des Souvenirs in Richmond.

With flags lowered for the Last Post, laying of wreaths, prayer in both languages and a triple row of legionnaires in parade dress, the importance of remembering casualties and veterans of WWI, WWII, Vietnam and Afghanistan seemed to be the priority of this chilly afternoon which included youngsters with their own hand-crafted poppies and crosses, ready to place their handiwork on the steel fence, a fitting final decoration to our war heroes.

Earlier on Sunday, the Legion members gathered at Foyer Wales Home, with the same ceremony presented at 11 a.m. sharp, continuing a tradition begun decades ago.

Also last week, with students of St Francis Elementary School presenting a stage-presentation of poppies and crosses, crafted by the students themselves, animating the poem, 'In Flanders Fields' set the mood for the Legion's Last Post ceremony.

Once again, a few days before Armistice weekend, the Legion members travelled to Durham Sud, another annual tradition for this branch, where every student from the francophone Ecole Primaire

with their own version of handcrafted wreaths turned out together at this village's monument where the names of the two war casualties are listed.

Saturday evening the annual Veterans' banquet brought members, veterans and local folk together to toast the local heroes who never returned, honor the veterans who did make it home and award the Legionnaire of the year awards to a regular member and a member of the Ladies Auxilliary. This year's selections were Brian Mastine and Lucie Whittingstall, both with longstanding years of service at this branch. Service pins were also awarded with the longest service pin awarded to Elsie Dunn for her sixty years of membership.

Tuesday this week, once again, the traditional ceremony will be presented at Richmond Regional High School where students have prepared a dramatic presentation of their own, written and produced by themselves with a helping hand from staff when needed. Winners in the traditional poster competitions will also be announced and prizes awarded at this event.

Election and installation of officers is coming up on Nov. 26 and all members are encouraged to attend. This branch 15 has been in place for 90 years and with the welfare of local veterans and their family their priority, supporting schools with bursaries, the Christmas campaign and several other organizations. Their continued community support through memberships and collaboration at the branch level is always dependent on local encouragement.



CLAUDIA VILLEMAIRE

Cenotaph ceremony in Parc des Souvenirs in Richmond

Remembrance Day in East Clifton



SUBMITTED BY ALLAN ROWELL

It was cold and windy in East Clifton but that didn't deter the many who came to pay homage to East Clifton's fallen. Reverend Tami Spires and Burton McConnell led the proceedings.

Remembrance Day, Sawyerville



SUBMITTED BY ALLAN ROWELL

George Standish, Steve Alden, Barry Berwick and Dave Price watch as a grade 5 Sawyerville student struggles to plant the cross of one of Sawyerville's fallen.

THE RECORD

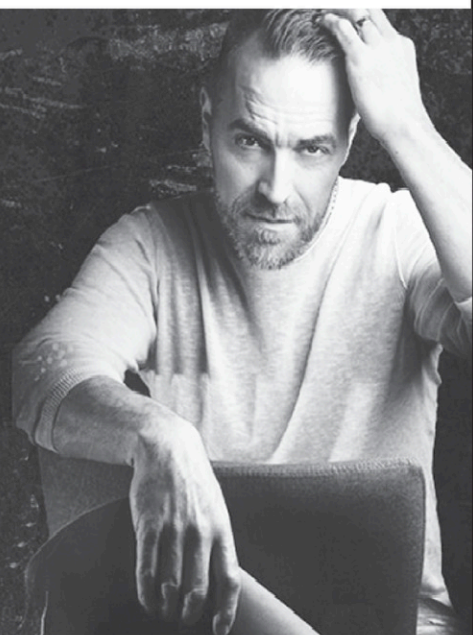


The Record and Firehouse Productions want you to win a pair of tickets to the George Canyon Made in Canada Concert at Centennial Theatre on December 4.

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To win the pair of tickets, email The Record with the answer to the following question:

WHAT COMPETITION SHOW DID GEORGE CANYON COMPETE IN WHERE HE WAS THE THE RUNNER-UP?

Send your answer by November 19 to classad@sherbrookerecord.com

The winner will be randomly drawn on November 20 at 9 a.m.

EDITORIAL

Their population is thought to have increased to about 300. These orcas prefer to eat harbour seals, requiring the caloric energy of about one seal a day.

SCIENCE MATTERS

Human behaviour is at the root of orca plight

By David Suzuki

News about orca mother Tahlequah carrying her dead newborn for 17 days through the Salish Sea this summer was heartbreaking, and rightfully captured the world's attention. It highlighted the plight of one of Canada's most endangered marine mammals. The southern resident killer whale (orca) population has dropped by 25 per cent in two decades. Just 74 remain, and none has successfully given birth in three years.

The southern residents' survival depends on chinook salmon, their primary food. In the Fraser River, one of B.C.'s most important salmon rivers, 11 of 15 chinook stocks are highly depleted and require conservation action. Habitat destruction, fisheries, contaminants, agricultural runoff, warming and acidifying waters from climate change, and disease threats from open net-pen salmon farms all play roles in chinook decline. Commercial and recreational fisheries compete with whales for salmon, and their presence, along with all ocean traffic, disrupts the feeding whales.

Sports fishing groups attribute chinook declines to seals and sea lions and are calling for culls. But blaming seals doesn't explain low chinook returns.

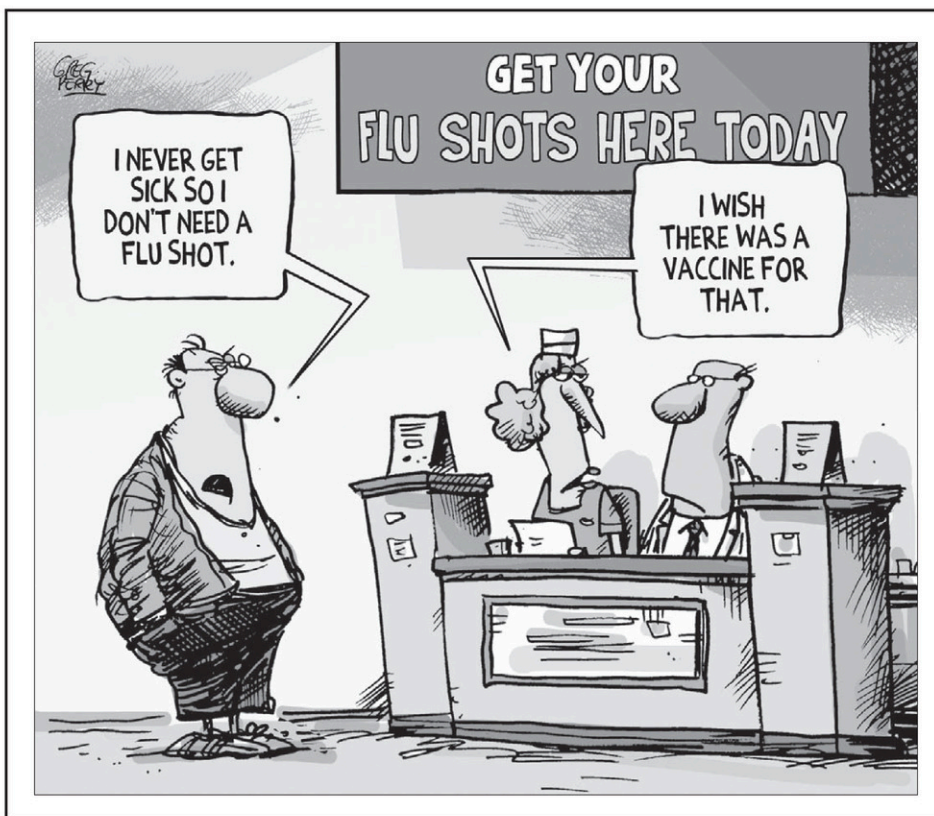
People nearly eliminated harbour seals from B.C.'s coast in the 20th century. Predator control and overhunting for the commercial fur trade brought populations to fewer than 10,000 in the 1960s. After seals were protected in 1970, numbers increased to near 1880s pre-exploitation levels, at about

110,000, and have remained stable since the late 1990s. Recovery of seal populations can be considered a good news story.

It's tempting to look for simple linear solutions such as a cull, but it's highly unlikely to have the desired outcome. The complexity of marine food webs requires a non-linear view that includes millions of ecological possibilities. According to one study, only four per cent of a harbour seal's diet is salmon, and an even smaller proportion is chinook. Seals eat all species of juvenile salmon, and only rarely the adult salmon recreational fisheries target. They also eat small fish, such as hake, which are major salmon smolt predators, as well as fish that compete with chinook. It's plausible that a seal's presence increases rather than decreases chinook numbers.

Transient orcas have been seen more often than their resident cousins in B.C.'s coastal waters over the past decade. Their population is thought to have increased to about 300. These orcas prefer to eat harbour seals, requiring the caloric energy of about one seal a day.

Many people calling for seal and sea lion culls also point to increased hatchery production as the best solution to plummeting wild salmon stocks. But during more than 130 years of West Coast hatcheries, fisheries have collapsed and wild salmon populations have declined. The proliferation of hatcheries between 1900 and 2014, among other factors, led to a 97 per cent reduction of wild Puget Sound steelhead.



Pacific salmon are an adaptive species, capable of measurable genetic variations within 17 generations and able to adjust to the variable natural environments where they were born. Artificially selecting parents in a hatchery removes much of the natural selection necessary to ensure effective adaptation. The latest science also shows even short periods of time spent in an artificial environment changes hatchery fish, making them less fit for survival and carrying genes that may harm wild stocks if hatchery fish make it to spawning grounds.

Hatchery fish can never really be wild. Their presence can do more harm than good. Those that survive compete with wild fish for food, and in some cases may eat smaller wild fish. With more than five billion hatchery salmon released each year, concerns have been raised about the overall carrying capacity of the North Pacific Ocean and lim-

ited food supplies. Often the use of hatcheries results in a drive for more fishing to justify hatchery costs or to avoid taking necessary actions such as reducing catch and restoring habitat to rebuild wild fish populations.

Commissioner of the Environment and Sustainable Development Julie Gelfand called the federal government's measures to protect endangered orcas reactive, limited and late. Humans are the main threat to wildlife. We must take responsibility and change our destructive ways. If we want orcas and other species to survive, we should look in the mirror and change our own behaviour.

David Suzuki is a scientist, broadcaster, author and co-founder of the David Suzuki Foundation. Written with contributions from David Suzuki Foundation Senior Communications Specialist Theresa Beer.

Learn more at www.davidsuzuki.org.

Portland Blvd reopens after delays

Record Staff

Sherbrooke's Portland Blvd is now completely open to traffic after being closed for five weeks, as the

section between Lionel-Groulx and Jacques-Cartier boulevards was reopened Monday morning.

Teams were working throughout the weekend to open the boulevard before

the winter season set in.

The discovery of rock, unplanned blasting, and especially the temperature have slowed the work, which was initially planned for three weeks.

In addition to underground infrastructure and pavement reconstruction and resurfacing, the City has narrowed

the road in front of Wilson St. to increase pedestrian safety. More visible markings and flashing lights were also installed.

A bit of marking and fences to install at pedestrian crossings remains to be done.

Letters

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

THE RECORD

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			GST	PST	TOTAL
QUEBEC:	1 YEAR	155.00	7.75	15.46	\$178.21
	6 MONTHS	85.00	4.25	8.48	\$97.73
	3 MONTHS	44.00	2.20	4.39	\$50.59

ON-LINE SUBSCRIPTIONS					
			GST	PST	TOTAL
QUEBEC:	1 YEAR	108.72	5.44	10.85	\$125.00
	1 MONTH	9.78	0.49	0.98	\$11.25

Rates for out of Quebec and for other services available on request.

The Record is published daily Monday to Friday. Back copies of The Record are available.

The Record was founded on February 9, 1897, and acquired the Sherbrooke Examiner (est. 1879) in 1905 and the Sherbrooke Gazette (est. 1837) in 1908. The Record is published by Alta Newspaper Group Limited Partnership.
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Local Sports

Gilles Bilodeau's team from the Sherbrooke club prevailed over North Hatley's Team Bob Kyffin to take the Consolation Trophy.

Lennoxville Sticks & Stones Bonspiel

This past week (November 4th to 9th, 2018), the Lennoxville Curling Club held the Sticks & Stones Bonspiel - with teams from the Eastern Township vying for the two Community Aid Trophies.

In the A event, Maitland Warner of the Border Curling Club skipped his team to victory over Lennoxville's Team Cai Lynch, skipped by Jim Thompson, to take the Main Trophy, while on sheet 2, Gilles Bilodeau's team from the Sherbrooke club prevailed over North Hatley's Team Bob Kyffin to take the Consolation Trophy.

Submitted by Allan Rowell



A) Community Aid Main Trophy: back (left to right): Border Curling Club; Maitland Warner (skip), Muriel Martin, Gary Monroe and Glayds Koteles. front (left to right): Lennoxville Curling Club; Jim Thompson, David McCormack, Paul Deshaies (sparing for Cai Lynch) and Louis Duval.



Bonspiel sponsor Community Aid: presenter; Sylvie Gilbert-Fowlis



B) Community Aid Consolation Trophy: back (left to right): North Hatley Curling Club; Bob Kyffin (skip), Gary Labrecque sparing for Bob McVety, Richard Thompson and David Wilson. front (left to right): Sherbrooke Curling Club; Germain Belisle, Gilles Bilodeau (Skip), Guy Godbout and Aurel Poisson.

Spartans host Thanksgiving Showcase this weekend

Stanstead College and the Pat Burns Arena will host exceptional high school hockey this weekend as the Spartans hold their annual U.S. Thanksgiving Hockey Showcase.

The Varsity Boys Spartans and the Prep U16 team will compete against Kimball Union Academy from Meriden, NH; Northwood School, Lake Placid, NY; Upper Canada College, Toronto, Ont.; and Kuper Academy, Kirkland, Que.

Game times are Saturday at 1:00 pm (UCC vs Northwood), 3:30 pm (KUA vs SC Varsity), 6:00 pm (Kuper vs SC Prep); and Sunday at 9:00 am (Kuper vs SC Prep), 11:00 am (SC Varsity vs UCC) and 1:30 pm

(Northwood vs KUA).

This past weekend, the Varsity Boys Spartans competed in their first league weekend with the Midwest Prep Hockey League (MPHL) with 3 wins and 1 loss. So far this season, the boys have a record of 8-2-0. The Prep U16 team, meanwhile, is early in their season with 2 wins and a tie.

Admission to all games is free, and the public is invited. They are also encouraged to come see the new murals lining the walls of the viewing stands, depicting the history of hockey in the border communities.

Submitted by Ross Murray



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In Memoriam

In Memoriam

In Memoriam

Datebook

TUESDAY, NOVEMBER 13, 2018

Today is the 317th day of 2018 and the 53rd day of autumn.

TODAY'S HISTORY: In 1887, "Bloody Sunday" took place in London, as violent clashes broke out between mostly Irish demonstrators and British police.

In 1956, the Supreme Court ruled that bus segregation in Alabama was illegal.

In 1970, the Bhola cyclone in Bangladesh killed an estimated 500,000 people.

In 1982, the Vietnam Veterans Memorial was dedicated in Washington, D.C.

In 2015, a series of coordinated terror attacks in Paris killed 130 people and injured 368 others.

TODAY'S BIRTHDAYS: Robert Louis Stevenson (1850-1894), writer; Louis Brandeis (1856-1941), U.S. Supreme Court justice; Buck O'Neil (1911-2006), baseball player; Jack Elam (1920-2003), actor; Garry Marshall (1934-2016), filmmaker; Joe Mantegna (1947-), actor; Whoopi Goldberg (1955-), actress/talk show host; Jimmy Kimmel (1967-), comedian/TV host; Steve Zahn (1967-), actor; Gerard Butler (1969-), actor.

TODAY'S FACT: The Guantanamo Bay Naval Base in Cuba was established in 1903, when a stipulation in the Cuban-American Treaty designated the Guantanamo Bay area to be perpetually leased to the United States.

TODAY'S SPORTS: In 1985, Lynette Woodard made her debut as the first female member of the Harlem Globetrotters.

TODAY'S QUOTE: "Life is not a matter of holding good cards, but of playing a poor hand well." — Robert Louis Stevenson

TODAY'S NUMBER: 8,727 — Broadway performances of Disney's "The Lion King" since its debut on this day in 1997, making the musical the third-longest-running show in Broadway history (as of Oct. 28, 2018).

TODAY'S MOON: Between new moon (Nov. 7) and first quarter moon (Nov. 15).

In memory of one of the most loved and respected ladies in the world,

PHYLLIS CRACK

It has been nine years, but we still miss you every day. We hope you are dancing with Dad once again.

Love Cyndy & David
(and all your family & friends)



NEWMAN, George B.: July 1, 1910 – November 13, 1990.

*The world changes from year to year,
Our lives from day to day,
But the love and memory of you
Shall never pass away.*

DOUGLAS & GABY

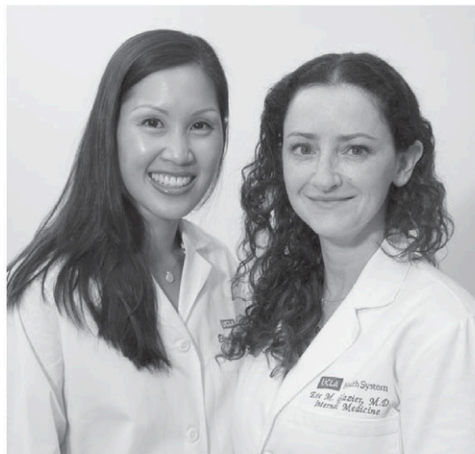
Card of Thanks

THORNELOE – I was so overwhelmed by all my lovely cards and gifts I received for my 100th birthday and I want to thank each one of you from the bottom of my heart. You have made my 100th birthday so very special. A heartfelt thank you to my family for my lovely birthday party and to everyone who attended and shared in my celebration. I enjoyed every minute of it! You all made my day so special! You warmed my heart and I so enjoyed seeing and visiting with you all. I will always remember this special day!

VIOLET THORNELOE



Study indicates weight loss can lessen breast cancer risk



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

inflammation, though whether this plays a role in cancer is still being studied.

Meanwhile, some research has connected this rise in breast cancer risk to excess weight that was gained in adulthood but finds that it may not apply to women who were overweight or obese as children. And to top things off, as these studies become deliberately more inclusive and diverse, it appears that ethnicity and race also play a role in whether or not excess weight adds to an individual's breast cancer risk.

The study you're referring to comes from City of Hope, a cancer treatment and research center here in Southern California. The impetus was to learn if weight loss might reverse the increased risk of breast cancer in women who were overweight or obese. The scientists also wanted to know whether the timing of that weight loss would matter.

They drew from data compiled by the Women's Health Initiative, a long-term study of health outcomes in older women overseen by the National Institutes of Health. The 61,000 women in the breast cancer study, all post-menopause, had normal mammograms at the start of the 11-year period of the study.

The researchers compared the health data of women who lost (and maintained the loss) of at least 5 percent of their total body weight with the health

data of those whose weight remained the same. One of the takeaways, as you mentioned, was that the 5 percent weight loss was associated with a reduced breast cancer risk.

Unfortunately, this study doesn't answer your question about weight loss and a reduction of breast cancer risk among women who are not overweight. The women in the study who lost weight started out with an average body mass index, or BMI, of 29. That's deep into the overweight category, which is a BMI between 25 and 29, and bumping up against the lower threshold of obesity, which is a BMI of 30 and above.

However, body weight isn't the only factor to consider. The presence of abdominal fat, independent of body weight, has been linked with an increased risk of several types of cancer, including colon, rectal and pancreatic cancers. It's also a risk factor in a number of metabolic diseases.

Our advice is to reduce your weight and your middle with a healthful, whole-food diet and regular exercise. And, if you're regulars here, you pretty much know what's next: Please, no smoking.

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

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

BIRTH NOTICES, CARDS OF THANKS, IN MEMORIAMs, BRIEFLETS:
Text only: 40¢ per word. Minimum charge \$10.00 (\$11.50 taxes included)
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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:
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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, November 13 at 164 Queen Street, Suite #104, from 1:30 p.m. to 2:30 p.m.

LENNOXVILLE

You are cordially invited to join us for the 17th annual Music Achievement Awards Jam and Celebration at the A.N.A.F. Unit 318, "The Hut," 300 St. Francis Street, Lennoxville on Saturday, November 24 from 3 p.m. to 9 p.m.

NORTH HATLEY/LENNOXVILLE

The Saint Francis Regional Ministry of the Anglican Church is organizing Christian Meditation sessions. The approach used is centering prayer. This is a contemplative Christian practice which involves sitting in silence, letting go of thoughts and emotions in order to rest in the presence of God. All are welcome to join us on Tuesdays from 6 p.m. to 7 p.m. at St Barnabas' Anglican Church, 640 Sherbrooke Road in North Hatley and on Thursdays from 6 p.m. to 7 p.m. at St George's Anglican Church, 84 Queen Street in Lennoxville. The sessions have already begun. For more information, please contact Sam Borsman at 819 620 6058

LENNOXVILLE

The Saint Francis Regional Ministry of the Anglican Church is organizing a group discussion on Seeking God in a Secular age. Charles Taylor, a Roman Catholic Québécois, is considered one of the world's most important philosopher and his book, A Secular Age, will be at the center of the discussions. The group meets every Wednesday from 7 p.m. to 8:30 p.m. at 84 Queen Street, Lennoxville. The discussions have already begun. For more information, please contact The Rev'd Canon Giuseppe Gagliano, ggagliano@quebec.anglican.ca, 819-570-3433.

LENNOXVILLE

Lennoxville United Church annual Christmas Bazaar and Turkey Supper will take place from 3 p.m. to 7 p.m. on Saturday, November 17 at the Gertrude Scott Hall, 6 Church Street. Admission charged, youth 6 to 12 is half price, 5 years and younger is free. For supper reservations, please call: 4:30 p.m.

Wendy Durrant 819-346-6448, 5:30 p.m. Frankie Noble 819-348-9118 and 6:30 p.m. Joan Gill 819-849-7202. Something for everyone at the Bazaar: Attic Treasures, Fish Pond, Wish Table, Food Table, Silent Auction, Knitting & Crocheting, Candy, Crafts, Jewellery, 2019 Church Calendars.

BURY

Health Link Information Session: Check-Mate - Home Invasions, on Wednesday, November 21, 11:30 a.m. to 2 p.m., at the Armoury Community Centre (563 Main, Bury). Admission charged for lunch (must reserve). To reserve, Kim Fesenden 819-872-3771, ext. 2.

RICHMOND

Mental Health Estrie, in collaboration with the CIUSSS de l'Estrie-CHUS, invites the community to learn more about accessing mental health services in Val-St-Francois. The first of six interactive educational events will take place on Thursday, November 15 at 7 p.m. at the Richmond Community Learning Centre located at 375 Armstrong Street. A brief information session about the help available will be followed by a Q&A and an opportunity to meet local organizations serving your area. For more information, please call Mental Health Estrie at 819-565-3777 or email mhe.info@bellnet.ca.

NORTH HATEY

Join us on November 17 & 18 for the annual North Hatley Christmas Craft Fair in the Community Centre, 3127 Capelton Road, North Hatley, Saturday from 10 a.m. to 4 p.m. and Sunday from 10 a.m. to 4 p.m. There will be several new vendors as well as many old friends. Enjoy the warm and friendly atmosphere while looking for the perfect gift for someone on your holiday list. A light lunch of soup and a roll will be available for those interested. We look forward to seeing you.

LENNOXVILLE

African Community Festival on Saturday, November 17, 4 p.m., St. George's Anglican Church in Lennoxville, 84 Queen Street. All are welcome to a time of worship followed by a meal, to celebrate the rich African cultural presence in Sherbrooke and the surrounding area. If you have any questions or in need of more information, please contact the Rev'd Gabriel Kwenga (819 342 3223; gkwenga@quebec.anglican.ca).

LENNOXVILLE

The 1st Lennoxville Scouts are inviting past and present members of 1st Lennoxville and all friends of Scouting to celebrate our 100th Anniversary on December 1 from 9 a.m. to noon at the Hut (Army, Navy, Air force Unit #318), 300 St. Francis St., Sherbrooke, QC J1M 0B3). There will be a meet-and-greet, reminiscing, and light refreshments, as

we mark this milestone for our group. Past and present members of the 1st Lennoxville Scout Group and friends of Scouting from around the Townships will be there. As a token of appreciation for their dedication to Scouting over the years, we wish to prepare a list with the names of all past and present 1st Lennoxville leaders. We hope you can attend and add your name to our list! Also, if you know of any past leader who cannot attend, you can add their name too. Please feel free to invite any past leader and member of the 1st Lennoxville Group. RSVP: Chris Drew 819-562-4969 (please leave a message including your name) or csdrew@hotmail.ca.

LENNOXVILLE

There will be a "Special Edition" of The JOLLY. The John Luce Memorial Dart tournament, Sunday, November 25 at 1 p.m. at the ANAF Unit 318, 300 St. Francis, Lennoxville. The game will be 501 Darts, no double in - double out. Bring your own partner, mixed or doubles. This is a benefit fundraiser to help out a local lady who urgently needs medical equipment to help with her day to day living. Let's pull together, raise some \$\$\$, have fun playing darts and make this happen before Christmas.

AYER'S CLIFF

Sunday Brunch on Sunday, November 18 at Beulah United Church, 967 Main Street, Ayer's Cliff from 11 a.m. to 1 p.m. Come and enjoy a home cooked meal of ham, sausage, bacon, scrambled eggs, baked beans, pancakes with real maple syrup, toast, fruit salad, coffee, tea and juice. All are welcome. Thank you for your continued support of Beulah United Church. Admission charged.

LENNOXVILLE

Cafe Church, Sunday, November 18, 6:30 p.m. to 8 p.m., at the Amedee Beaudoin Community Centre, over the Lennoxville Fire Station. Join in the fun of discovering budget-friendly Christmas tips that will allow you to focus on the holiday's true meaning. Free admission. Refreshments and babysitting provided. Sponsored by Green Ridge. Info: 819-820-8494.

RICHMOND The annual Christmas Tea and Bazaar

will be held on Saturday, November 24 from 2 p.m. to 3 p.m. at St. Anne's Church Hall, 171 Principal St. South. Shop from a huge assortment of articles at the Bazaar and Food tables starting at 1:30 p.m. The Silent Auction will close promptly at 3 p.m. There are door prizes, too. Shop till you drop then relax with delicious food and a beverage. We'd love to see you there.

RICHMOND

New: Tea & Talks. December 4. 2 p.m. to 4 p.m. at RRHS (375 rue Armstrong). A social afternoon for seniors to get together. And talk! Come enjoy some tea and talk with special invited guest speakers. Bring a friend to make it double the fun. Free refreshments.

NORTH HATLEY

Dark Memories haunted Jefferson Davis in Quebec, a paper by recently deceased Bishop's professor Robert MacGregor, will be presented by Dr. Adele Ernstrom. Prof. MacGregor's research examines local responses to Jefferson Davis's presence in Quebec. They range from reports he arrived in Lennoxville in his wife's clothes, to threats from a Stanstead crowd that he be tarred and feathered as a war criminal. He was held responsible for the abuse of Union captives in Andersonville Prison. Shedding light on Canadians' relationship with the American Civil War, the paper will be presented in a service to honour the memory of Prof. MacGregor. All are welcome. Refreshments. Sunday, November 25 at 10:30 a.m. at UUEstrie, 201 Main St., North Hatley. Info: 819-842-4146, www.uuestrie.ca, Facebook UU Estrie.

SUDOKU

DIFFICULTY RATING: ★☆☆☆☆

3	4			2		5	7	
7		6		5				
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11/13

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PREVIOUS SOLUTION

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

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

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CELEBRITY CIPHER

by Luis Campos

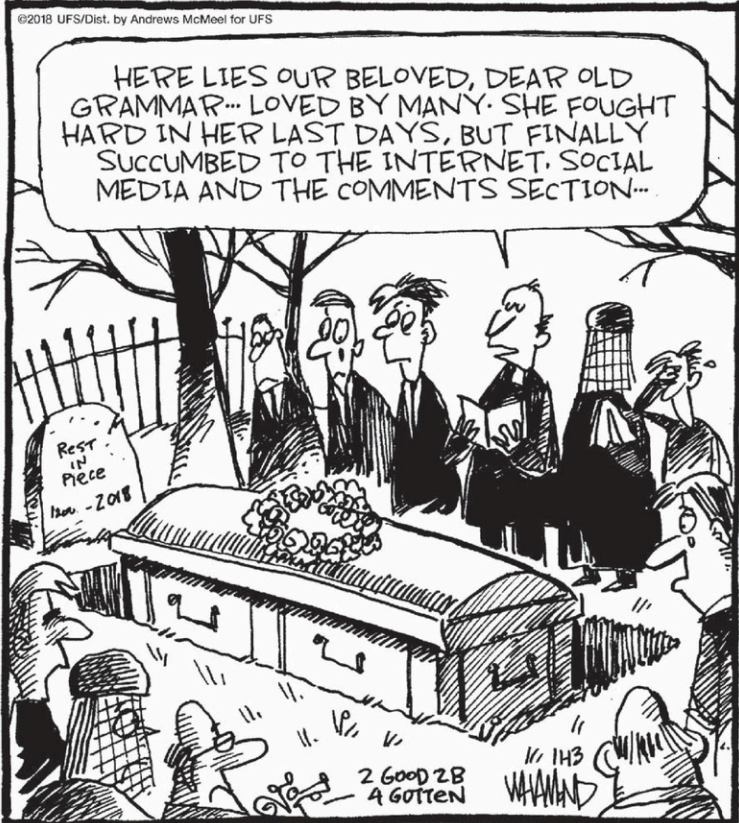
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

" FLHJYJITH AIJTM MBZJW AJYMLWZH
GT HJEZTYZ. OZ AWGCJVZ MBZ FLHJY,
ITV XGL AWGCJVZ MBZ HJEZTYZ."
- EZGAGEV HMGSGOHSJ

Previous Solution: "I can't live one day without hearing music, playing it, studying it or thinking about it." — Leonard Bernstein

TODAY'S CLUE: A sjenba 0

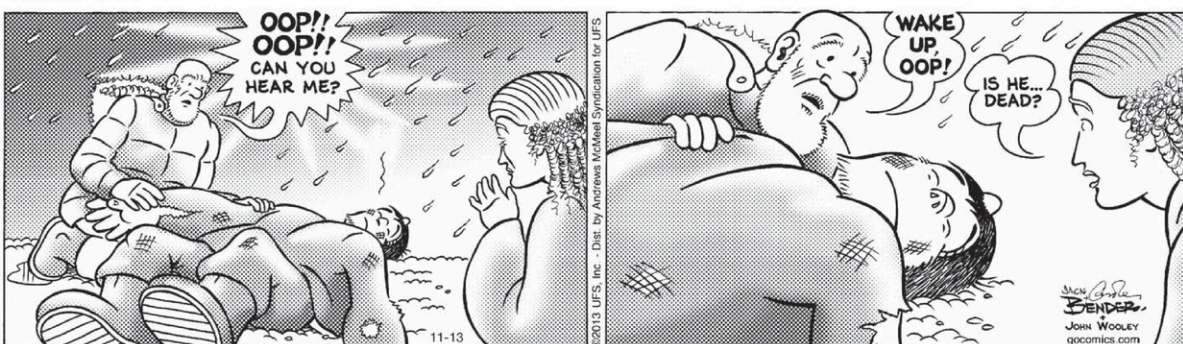
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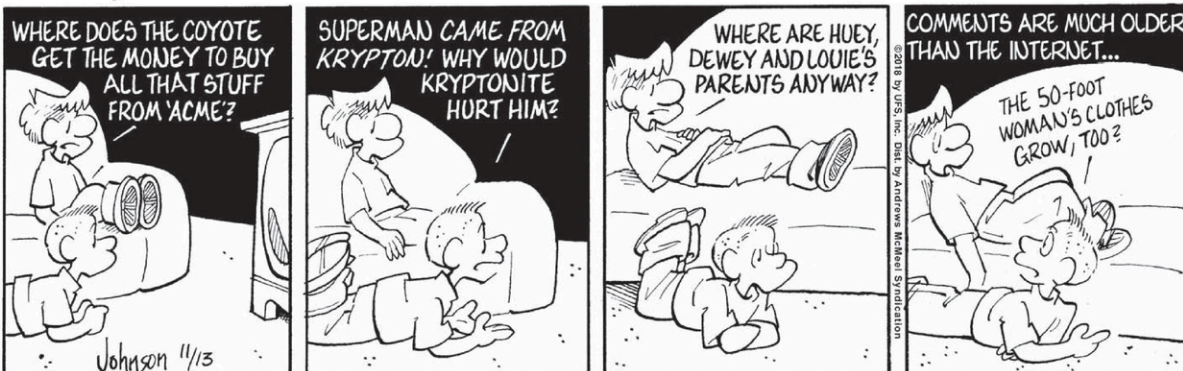
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ON NOVEMBER 20TH

Brome County NEWS  **THE RECORD**

will publish a special supplement in partnership with The Pet Connection Lennoxville, SPA des Cantons, SPCA Montérégie and Frontier Animal Society.

This edition will be filled with wonderful pets up for adoption, success stories and adoption tips.

If you have already adopted a pet and would like to submit a photo of your pet along with a small text about your success story please send before November 13th. to classad@sherbrookerecord.com

Invited, invited, invited, not invited

Dear Annie

TUESDAY, NOVEMBER 13, 2018

Dear Annie: A former co-worker of my husband's invited us to his son's wedding. We received the usual "save the date" card one year prior to the ceremony. For the whole year, he asked us whether we would be attending every other week. About six months before the wedding, my husband's contract was not renewed, and he was temporarily unemployed. The co-worker still kept asking us whether we would be coming, and when we received the actual invitation in the mail, he called practically every day to ask us to send in the card to let him know we would be attending and what our dinner selections were. He then called and asked us whether we wanted to stay overnight in one of the rooms he had reserved for guests at a local hotel. This was two weeks before the wedding. After we declined the room invitation, he called us back and told us that his wife didn't think we should come to the wedding because my husband was unemployed and it would be a hardship for us to come. He still calls our house as if nothing ever happened. I was totally insulted and do not think my husband should keep in touch with him. Am I being unreasonable? — Steamed in Connecticut

Dear Steamed: Goodness. Months of incessant phone calls and confirmations and then a last-minute cancellation after all that back-and-forth — this man sounds like a ball of nervous energy, wound up tighter than an eight-day clock. His wife doesn't sound much better.

Though I understand your taking offense, I wouldn't take it personally. This has everything to do with them and nothing to do with you two. If your husband wishes to continue talking to them, that's his choice (though I would advise him that any plans he and this man make should be entered into the date-book with pencil, not ink). You're not obligated to be friends with them. But there's also no point in staying angry with them. Let off that steam before it burns you.

Dear Annie: Recently, you printed a letter from "Crying Grandma." I agree wholeheartedly that she needs to seek counseling of her own to identify why she made such an egregious error in judgment.

With that being said, I see it as an opportunity to address a real issue happening in the educational system that you lightly touched on. Many children are inappropriately diagnosed with attention deficit hyperactivity disorder for a variety of reasons. Parents, schools and doctors alike believe that better diagnostic tools have opened the floodgates in identifying students who need medication. This is far from the truth. For example, when a child can't read, that begins to cause anxiety, and it is often misinterpreted as ADHD. The majority of children experiencing symptoms at school are doing so because of a language-based learning disability. About 1 in 5 students have such a disability. Dyslexia is the most common one. The bottom line is that parents need to request a complete and thorough neuropsychological examination that is conducted by a team that has experience assessing language-based learning disabilities. This is only the tip of the iceberg, but it is a step in the right direction. Often there is something else going on that doesn't require medication. — Dawn W.

Dear Dawn: Well said. Thanks for writing.

"Ask Me Anything: A Year of Advice From Dear Annie" is out now! Annie Lane's debut book — featuring favorite columns on love, friendship, family and etiquette — is available as a paperback and e-book. Visit <http://www.creatorspublishing.com> for more information. Send your questions for Annie Lane to dearannie@creators.com.

Secret Santa Campaign
 help to make a child's holiday unforgettable!



Lennoxville & District Women's Centre
 203-175 Queen St. Sherbrooke QC J1M 1K1

THE RECORD
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NEA Crossword Puzzle

- ACROSS**
- 1 Egg layer
 - 4 Gradual
 - 8 Sweater sizes
 - 11 River in Asia
 - 13 Joke response (hyph.)
 - 14 Bonn single
 - 15 Coating of frost
 - 16 Eros, in Rome
 - 17 Recent (pref.)
 - 18 Abounded
 - 20 Backup strategy (2 wds.)
 - 22 Galena, e.g.
 - 23 Noisy bird
 - 24 Images
 - 27 Provides the eats
 - 30 Decays
 - 31 Vincent van —
 - 32 Assn.
 - 34 Bright
 - 35 Veers
 - 36 Hepburn nickname

- 37 Tyrolean tunes
 - 39 Arthur — Doyle
 - 40 Glasgow no
 - 41 Mauna —
 - 42 Some eclipses
 - 45 Grinding teeth
 - 49 Madrid gold
 - 50 1492 caravel
 - 53 District
 - 54 Columbus campus
 - 55 At all times
 - 56 Polio vaccine inventor
 - 57 Review harshly
 - 58 Credit card balance
 - 59 So long!
- DOWN**
- 1 Injure
 - 2 Cleve-land's lake
 - 3 Christen
 - 4 Tint
 - 5 Flee hastily
 - 6 Melodrama shout

Answer to Previous Puzzle

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

- 7 On the — (angry)
- 8 Lawless role
- 9 Claim on property
- 10 Uppity one
- 12 Citrus fruits
- 19 Trauma ctrs.
- 21 Caustic substance
- 23 Bouts of over-indulgence
- 24 401(k) cousin
- 25 Mimic
- 26 Conductor —
- 27 Barn habitants
- 28 Speckled horse
- 29 Baja Ms.
- 31 Squall
- 33 Ike's rank
- 35 Ached for
- 36 Outback cuties
- 38 Genetic material
- 39 Corp. VIP
- 41 Target rival
- 42 Chicago district
- 43 Latin bear
- 44 Part of speech
- 46 Fast steed
- 47 Trust
- 48 Rice wine
- 51 — had it!
- 52 Corn Belt st.

1	2	3		4	5	6	7		8	9	10
11			12		13				14		
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			22				23				
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42	43	44				45			46	47	48
49				50	51	52			53		
54				55					56		
57				58					59		

Your Birthday

TUESDAY, NOVEMBER 13, 2018

Getting along with others will try your patience. Attempt to see both sides of whatever situation you face before you decide to make a fuss. It's important to give everyone the same freedom that you demand if you want to maintain balance in important relationships.

SCORPIO (Oct. 24-Nov. 22) — Take a moment to review what's going on around you. An emotional matter will escalate if you aren't willing to compromise. Less talk and more action is the way to go.

SAGITTARIUS (Nov. 23-Dec. 21) — Search for the truth, regardless of the situation. You may want to believe what someone tells you, but if something doesn't add up, you may want to take a second look.

CAPRICORN (Dec. 22-Jan. 19) — Emotional matters will arise when dealing with changes someone wants to make at home or in their life. Sometimes it's best to let others figure things out for themselves.

AQUARIUS (Jan. 20-Feb. 19) — Check over any documents that could affect your assets or taxes. Don't trust someone with information. Find out firsthand what is the best path for you. Personal improvements are favored.

PISCES (Feb. 20-March 20) — Question everything and everyone. Knowing is believing, so do your due diligence and get the facts yourself. Don't let anger or distress lead to indulgent behavior.

ARIES (March 21-April 19) — A struggle will bring results. Wiggle your way upward and onward. Trust in your ability to go the distance. Channel your energy where it counts the most. Romance is in the stars.

TAURUS (April 20-May 20) — Mixing business with pleasure will lead to an emotional issue. Partnerships should be handled with care. Rely on a trusted friend or colleague to help you out of a sticky situation.

GEMINI (May 21-June 20) — A job opportunity looks promising. You'll get a boost to your reputation if you take charge and finish what you start. A personal gain is heading your way.

CANCER (June 21-July 22) — Look at your choices and find the one that will result in you gaining the most experience. Take on a challenge or do something you've never done before.

LEO (July 23-Aug. 22) — A change at home will do you good. Cut your overhead or alter your living arrangements with an eye toward saving money. A new acquaintance should be handled with care. Don't share personal information.

VIRGO (Aug. 23-Sept. 22) — Get into the swing of things. Attend a conference or trade show, or set up a meeting with someone who can shed some light on something you want to pursue.

LIBRA (Sept. 23-Oct. 23) — Get out of the house and take part in something. It will do you good to volunteer or engage in an activity that will get you up and moving.

TUESDAY, NOVEMBER 13, 2018

The top independent bridge magazine

By Phillip Alder

The Bridge World, of which I am the associate editor, is like a Ferrari with a small Fiat in the trunk. Edited by Jeff Rubens, it aims primarily at serious duplicate players. There are reports about the top national and world championships, hands you can bid with your partner, and an expert panel answering bidding and opening-lead questions.

In addition, though, there are three quizzes (two declarer play and one defense) aimed at players looking to improve. Here is one of those deals. How should South play in six diamonds after West leads the club jack?

The given auction is debatable. I would have opened the South hand with a so-called gambling three no-trump, showing a solid seven- or eight-card minor with no side ace, king or void. Then North could have jumped to six diamonds. Maybe you would have opened three diamonds, but these days nonvulnerable pre-empts have been so devalued that this hand would be deemed too strong by many pairs. Hence Rubens' one-diamond opening.

If trumps are not 4-0, South has 12 top tricks: two spades, one heart, seven diamonds and two clubs. So, he should

	North	11-13-18	
	♠ A K 8 3		
	♥ A 10 6		
	♦ 10 5		
	♣ A K 7 4		
West		East	
♠ J 7 5 4		♥ Q 10 9	
♥ K J 9 3 2		♦ Q 5	
♦ —		♦ J 9 8 7	
♣ J 10 9 8		♣ Q 6 5 2	
	South		
	♠ 6 2		
	♥ 8 7 4		
	♦ A K Q 6 4 3 2		
	♣ 3		
Dealer: South			
Vulnerable: Neither			
South	West	North	East
1♦	Pass	1♠	Pass
2♦	Pass	6♦	All Pass
Opening lead: ♣ J			

assume that they are 4-0. Then declarer must take four ruffs in his hand to gain seven diamond winners the hard way.

The play goes: club king, club ace, club ruff, three top trumps (pitching a heart from the board), spade to the king, club ruff, spade to the ace, spade ruff, heart to the ace and the last spade to score the diamond six with a coup en passant. If East ruffs, South discards; and vice versa.

Details at bridgeworld.com.