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THURSDAY, JANUARY 5, 2017

Sherbrooke Express ceases publication

Record Staff
SHERBROOKE

The weekly Sherbrooke Express closed its doors Wednesday costing two journalists their jobs.

The free paper was known as the Journal de Sherbrooke until it was purchased by TC Media from Quebecor nearly three years ago.

TC Transcontinental's Director of External Communications, Katherine Chartrand, confirmed the closure to the online news service Estrie-Plus.

"The media industry is becoming more and more difficult and the viability of the Sherbrooke Express was easy to maintain due to considerable competition in Sherbrooke. TC Media had analyzed the possibility of closure in recent months as there was a significant decline in advertising revenue and the decision was made to close the newspaper as well as its website," Chartrand said.

The final issue of the Sherbrooke Express was published on December 28.

In the Eastern Townships, TC Transcontinental still owns the Reflet du Lac de Magog and the Progrès de Coaticook, in addition to distributing the Publisac. The weekly Les Nouvelles in Asbestos, for its part, was folded into Windsor's L'Étincelle in the fall.

TC Transcontinental also owns the Express de Drummondville, the Nouvelle l'Union in Victoriaville, the l'Avenir de l'Érable and the Courrier Frontenac from Thetford Mines.

TC Transcontinental owns approximately 100 publications in Quebec and is part of the Coalition for the Sustainability of the Information Media in Quebec, which calls for transitional financial assistance from Quebec City and Ottawa.

The coalition calls for financial support to temporarily support press companies when they need to review their business model.

Richmond apartment block destroyed by fire



GORDON ALEXANDER

By Gordon Lambie

The Residence Le Riverain in Richmond was completely destroyed after a fire broke out on Wednesday morning. Help was called in from neighbouring Windsor to help fight the fire in the three storey building that once housed the St-Jacob Hotel and Richmond Town Manager Rémi-Mario Mayette told the Record that a temporary shelter was established as fast as possible to take in the occupants of the

building.

"The temporary shelter was opened at 9am in the Centre Sainte-Famille," Mayette said, explaining that the town took charge of looking for alternative living situations for the occupants. The building, he said, offered rooms and apartments for people living in vulnerable or underprivileged circumstances.

By early afternoon the town manager said that all but three of those at the emergency shelter had found places to stay with family or friends. The three

that remained were actually from a building across the street and were evacuated due to concerns about smoke inhalation. It was expected that they would be able to return home by the end of the day.

Mayette was not able to give a cost estimate on the damage, but pointed out that the structure has been completely demolished. Asked about the cause of the blaze he said he was not certain but

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Weather



TODAY:
FLURRIES

HIGH OF -9
LOW OF -12



FRIDAY:
MIX OF SUN
AND CLOUD

HIGH OF -8
LOW OF -16



SATURDAY:
SUNNY

HIGH OF -7
LOW OF -27



SUNDAY:
CLOUDY

HIGH OF -9
LOW OF -27



MONDAY:
SUNNY

HIGH OF -16
LOW OF -19

January Newsletter of Russian Cyber-Hackers Local 301



ROSS MURRAY

Mildly Oppressive New Year, Comrades.

Holiday season is over in decadent West. Many bourgeois families woke on morning of Magical Jesus Holiday to find new electronic devices under freshly killed living room tree. It is musical ringtone to Mother Russia's eavesdropping ears. Soon all of West will be puppet for Russian master and all of Russian people will have free subscription to Netflix.

Much work remains. But first, Comrades, we offer three hearty claps of hand to newest member of hacker family: Nadia has delivered strong and healthy baby girl underneath Soviet-era tractor in village. Welcome, Baby Vladimire, sister to Vladimir 1 and Vladimir 2. CLAP. CLAP. CLAP.

Also we thank Boris for bringing beet muffins to last meeting. They were adequate. CLAP. CLAP. CLAP.

Reminder to members: Tuesday is Bring-Former-Communist-To-Meeting night. We look forward to hearing stories of how American imperialists did not land on moon and Canada is big hockey cheat. Dress code: drab.

And now to big news.

Glorious Russian Federation is now ranked #2 in Barely United States of America as perceived threat to liberty

and so-called democracy. Thanks to your efforts, brothers and sisters, of hacking email accounts that use "P-A-S-S-W-O-R-D" as password and making laptop virus that is just plain mean, Russia has passed #3 China as Western bogeyman. This is first time since sad days of end of magnificent Soviet experiment.

Also: we are #1 among girls 13-15. CLAP. CLAP. CLAP.

We knew this day would be coming. China's status as international pariah was weak, based on boring economic power. Threat of cheap Dollar Store spatula does not inspire fear and loathing among American people because they like cheap Dollar Store spatula too much.

Our most serious competitor is fanatics of ISIS, who stay at #1 as threat, but is more irrational fear for West than real threat. ISIS is not organized regime like Russia or China. It is faceless, irrational fear, like fear of dark or Ryan Seacrest.

Yet we remained at #4 for long time. For many years, we have been stuck behind China and oddball cousin locked up in basement, North Korea. Not even cheating in Olympic sport makes Russia great again. We are thinking at one point we will have to bring back female gymnasts with moustache just to get picture in newspaper.

Not to mention we have perfect Bond villain in Supreme Leader Vladimir Putin, who is intelligent like fox and virile like heterosexual viper. But Americans are not so interested, because he oppresses not Americans but own people. Territories Russia annexes at legitimate requests of Russian-loving neighbour citizens are too boring for uninformed Western buffoons to care about. And Syria! Do not get me starting about Syria.

It is hard to be American top scapegoat. But, look, my comrades! American election of Orange TV Businessman provides perfect opportunity to relive glory of Reagan-era Evil Empire!

Thanks to genius hacking of Democratic National Convention emails to reveal top secret information - that Clinton supporters think Bernie Sanders is big goonie-bird - Little Orange Fingers wins election. Russia wins United States election! It is not clueless, short-sighted, bigoted, bamboozled Trump voters who now have buyer's regret, it is Russia that wins election! It is not out-of-touch, rudderless Democratic party that loses election. It is Russia that makes them lose election! All things that go wrong for next four years, it is fault of Mother Russia!

Because of Russian ingenuity and general sneakiness, my fellow hackers, they cannot even be certain it is one of our brothers and sisters who did this hacking. Tweeting Orange says it is not Russia. Tweeting Orange says it is Russia. Who knows? Oh, wonderful undermining of corrupt American democracy!

Corporate stooge Washington Post reports Russia hacks into Vermont power grid. It is not so; only oppressed worker checking Yahoo email on laptop. It does not matter! Russia is still #2 bogeyman! And American worker drone uses Yahoo!

It is wonderful to be big distraction from many real and larger problems that will lead to inevitable destruction of Western civilization. Continue your struggles, brave hacker comrades. Onward with the great work of hacking our way into paranoid hearts and minds of American people. CLAP. CLAP. CLAP.

In closing, if one of you could fix keyboard so I can type little word like "a" and "the." It is big problem.

Power outages hit Val-Saint-François

Record Staff
SHERBROOKE

Some 1,700 Townships Hydro-Québec customers were deprived of electricity Wednesday morning, specifically in the Val-Saint-François MRC after

freezing rain swept across the province.

The Crown utility reported that the most affected areas included Richmond, Cleveland, Melbourne and Ulverton. In Richmond alone, 1,455 customers out of 2,018 lost their power

According to Hydro-Québec, the freez-

ing rain that accumulated in the early hours caused the outages by creating pressure on vegetation that comes in contact with electrical wires. Some 60,000 customers lost power. The regions most affected were the Laurentians, the Montérégie and the Outaouais.

Ben by Daniel Shelton



LOCAL NEWS

"At the scene, police saw no sign of braking on the road, which suggests that Lagassé did not realize his vehicle's trajectory," Sinton said in his report.

Coroner blames fatigue for Sherbrooke man's fatal crash

Record Staff
SHERBROOKE

A Quebec coroner has concluded that only fatigue can explain the accident that killed Sherbrooke resident Robert Lagassé last February on Highway 222 in Saint-Denis-de-Brompton.

After a careful examination of the evidence and expert testimony, Coroner Gilles Sinton concluded that the death of the 55-year-old was accidental.

The accident took place on the afternoon of February 16 around 4 pm when weather and the visibility were good. At the accident scene, the road is straight, flat, and paved with asphalt in good con-

dition but wet at the time. An examination of Lagassé's vehicle was requested and no major defects that could have caused the accident were found, Sinton said. No incoming or outgoing voice or text messages were made at the time of the accident and witnesses did not see any animals on or near the road.

"At the scene, police saw no sign of braking on the road, which suggests that Lagassé did not realize his vehicle's trajectory," Sinton said in his report.

Lagassé had been suffering from fatigue before the crash, and had consulted a doctor in February 10 and was diagnosed pneumonia and prescribed an antibiotic and a leave of absence from work until February 14, two days before

the accident.

"On February 15 and 16, Lagassé returned to work and his colleagues did not notice that he was having difficulty, but on February 16, 2016, at the end of his shift, he met with a representative of his employer to request a few extra days of leave," the report reads.

Moreover, there was no indication that Lagassé deliberately caused accident. An autopsy revealed only secondary collision damage and toxicological analyses reported no drugs or alcohol in his bloodstream.

"Given all of this information and the circumstances of the accident, we can infer that Mr. Lagassé most likely fell asleep at the wheel," Gilles Sinton sum-

marized.

"Just like alcohol, fatigue changes our ability to drive. Our reflexes are slower, attention diminishes, and judgment is altered, he added." Sleepy drivers can cause as many accidents as impaired drivers. From 20 to 30 per cent of road accidents are caused by fatigue and 30 to 40 per cent of these accidents are fatal. Regardless of age, rest is the only remedy for fatigue."

In addition, Lagassé had not fastened his seat belt. "According to the SAAQ, seat belts have been shown to reduce the number of fatalities in frontal impact collisions by 50 per cent and by 20 per cent in lateral hits," he said.

Sherbrooke winter parking rules now in full force

Record Staff
SHERBROOKE

The City of Sherbrooke is reminding motorists that winter night parking is prohibited from midnight to 7

a.m., from November 15 to March 31. There will be no temporary suspension of the prohibition until March 14.

The City is reminding residents that, as part of a pilot project, the prohibition can be lifted in specific nights if certain

conditions are met only during the following periods:

- November 15 to December 15;
- December 24 to January 2,
- March 15 to March 31.

At all other times, the prohibition is

in place, regardless of weather or road conditions.

For more information, citizens are invited to visit sherbrooke.ca/hiver in the Parking section.

Richmond apartment block

CONT'D FROM PAGE 1

had heard that it was related to smoking. The 911 call came in at 7am, but the town manager said that its now believed the fire started as early as 6:15.

Though the north side of the Riverain building faced a public square, Place René-Thibault, it was a close neighbour on its south side of the building that houses Quincaillerie Richmond, a local

hardware store. Eyewitnesses reported seeing the neighbouring structures under an almost continuous spray of water to prevent the fire from spreading, and Mayette confirmed that the fire was contained to the one structure.

Looking ahead, the town manager pointed out that the Red Cross is on site to provide emergency aid for the first 72 hours.

"After that, people are on their own,"

Mayette said. "Since everyone is with family, though, we think things shouldn't be too bad."

A Red Cross Volunteer confirmed that there are seven representatives of the organization on site to help evaluate the needs of the evacuees. He said that the purpose of the Red Cross is, indeed, to provide front line care and then step back after three days, but he clarified that there is a re-evaluation of need at

the end of the first three days after which people might still receive assistance with housing or food if needed.

"No one will be left out in the cold," he said.

In addition to concerns about the people out of a home as a result of the fire, a number of people in the community expressed disappointment at the loss of a building with a long history in the community.



CLAUDIA VILLEMAIRE



CLAUDIA VILLEMAIRE

My take on 2016

By Gordon Lambie

For those who missed the explanation yesterday, the newsroom team here at The Record decided to try a different kind of year in review looking at the stories that proved to be most memorable to us. Whereas Matthew chose to look at things thematically, I'm going to walk through 2016 month by month.

For me, the most interesting story of January was the Lennoxville landslide.

The newsroom got a call saying that there seemed to be a landslide along the bike path south of Lennoxville. While interested, I was skeptical about the idea of a major landslide in January. By the end of my walk down a snowy trail it was clear that landslide was exactly the right word. More than 100 feet of path was buried beneath a half frozen muck that stood almost shoulder high and came very close to stealing my boot when I tried, foolishly, to climb over it to take photos. Follow-ups on the cleanup and

cause of the slide lasted until May.

In February nursing students at the University of Sherbrooke participated in a mass casualty simulation. The whole scenario played out in a gymnasium, half of which had been arranged to look like a cafeteria where an explosion had just taken place. The "victims" were made up with realistic injuries of different extremes, and all were acting the part of people who had experienced a serious trauma. There was smoke and screaming in the air and while nothing about what happened was real, that didn't stop it from also being unsettling and intense to observe. At the same time, though, it was impressive to watch the nursing students take charge and roll with uncertain circumstances quickly and with professionalism.

March was Maple Month in The Record and that meant a lot of learning about the opinions and serious study that is going into the world of sugaring today. I found it really interesting to compare the differences between the commercial sugar shack experience and peoples' family traditions, but more than that I enjoyed the experience of going through all the photos. After some searching, the staff dug up a file of photos related to sugaring that had gotten buried in the archives over the years. Almost every day we ended up looking through those pictures to see if there was anyone recognizable that we could reach out to and check in with.

I only worked at the paper for two weeks in April before going on paternity leave, but before stepping out I had the chance to check in with BU Education students Jonathan Baillargeon and

Christine Heuvelink. Baillargeon had been corresponding with The Record since January, sending in a series called "Northern Reflections" about his experiences on a remote teaching placement in northern Quebec. The face to face interview provided a nice opportunity to cap off the series that had ended as he packed his bags for home.

I packed my own bags shortly thereafter, but returning in May I decided to see if I could track down the origins of the grad wall tradition at Richmond Regional High School.

While hardly a Sherlock Holmes story, the search proved to be far more complicated than expected. After talking to the current as well as several past art teachers, principals, and students of the school, I learned a lot about how students have left their marks over the years but I never did manage to get a clear picture of what graduating class first signed their names to a mural on the wall of the school.

There's no one story in June that stands out in my memory, probably because it was a month when Sherbrooke saw its own versions of news happening on a national and international scale. The University of Sherbrooke's medical school weighed in on the matter of doctor assisted death; the city was host to a significant vigil for the victims of the Pulse night club shooting in Florida; and the city council adopted a dog haltering rule that was eventually withdrawn due to public upset.

In July I checked back in with two groups who had been working in late 2015 and early 2016 to privately sponsor refugee families from Syria and Iraq. The frustration and concern expressed during those interviews is easy to remember because I did another check-in just before the end of 2016 and found everyone in essentially the same position.

I was away again for a few weeks in August, but towards the end of the month the local mural collective M.U.R.I.R.S. unofficially unveiled their new "#Sherbylove" mural near the corner of King and Wellington Streets in downtown Sherbrooke. The painting immediately raised criticism from parts of the local French community for its use of "#Sherbylove," a seemingly English term. The tag, which serves as a form of digital bookmark in online searches, has been widely used to describe things people love about the community online for years. A conflict that seemed at first like a language debate soon started to look more like it was about who is using the internet and in what ways.

September saw a surge of reaction to the poor state of Glenday road in Lennoxville. The fact that the eastern end of Glenday is in terrible shape came as news to no one who is familiar with the road, but a large group of local residents making the trip out to the usually quiet borough council meeting to petition for solutions automatically made the experience more memorable. The city later committed to the compromise of grinding up the asphalt into packed gravel this coming spring.

October saw the Wales Home in Richmond celebrate the groundbreaking for its new expansion while also making a



GORDON LAMBIE

The newsroom got a call saying that there seemed to be a landslide along the bike path south of Lennoxville.

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The Border Report

In the right home, Darcie will thrive.

FRONTIER ANIMAL SOCIETY

Featured pet: Darcie

This is Darcie's second kick at the can and we are hopeful that this time, a match can be made. Our motivation for running Darcie this week is twofold. For one, she has been with us since the early fall and a shelter is not the ideal environment for a dog like Darcie but secondly, she has been invited to attend a two week training session and the best possible outcome would be for Darcie to transition directly from her training into a home environment. We are looking for an adopter or a foster.

Darcie is a great dog who needs an experienced and dog savvy adopter who is prepared to give her the structure and guidance she needs.

In the right home, Darcie will thrive. She is smart, engaged and interactive and she is also a big suck. She is quick to roll over for belly rubs and fully indulges in any and all attention she can get. Darcie is very well liked by all of our volunteers. She loves to run and chase her ball in our fenced in dog park but isn't all that inclined to let the ball go once she has it, instead preferring to lie down and happily gnaw on it.

As terrific as she is, Darcie is a willful and determined shepherd mix who will out-manuever a hesitant or inexperienced

owner. While out on her walks, if something draws her attention she can become quite fixated and when this happens, it can be difficult to get her to disengage. The trainer will, however, be working on this.

For all her bravado, Darcie is actually a little insecure and will do best in a home where she is not left alone for long periods while she adapts to her new routine. Keeping her well exercised and making sure she has lots of mental stimulation will do her a world of good.

Darcie interacts well with some other dogs but she can be selective so proper introductions are important.

If you understand the shepherd temperament and are willing and able to devote the time needed to build a relationship based on trust, love and mutual respect, we would love to hear from you.

Darcie is friendly and affectionate and we know she will respond well to an owner who is confident and consistent and who will give her the stability she needs in a loving environment. She is still young and has so much potential.

Darcie will be ready for her adoptive or foster home in just over two weeks so we don't have a lot of time to make this

happen. Our trainer will continue to provide support following Darcie's placement. For more information about adopting or fostering Darcie, please send an email to

frontieranimalsociety@gmail.com or better yet give our adoption coordinator Brenda a call any day of the week between 8 a.m. and 8 p.m. at 819.876.7747.



Darcie

UdeS Art Gallery celebrates Black History

Record Staff
SHERBROOKE

For the first time in its history, the Art Gallery at the Université de Sherbrooke is participating in Black History Month, an annual celebration of the history of the expanded African diaspora. Celebrated in October in the

United Kingdom and February in the United States, it is now celebrated in Africa, France, the Caribbean, Central America, South America, and of course in North America. In Quebec, February has been Black History Month since 2007, to highlight the important contribution that Black communities have made to the development of the

province for more than 300 years.

Under the supervision of Hanna Krabchi, a candidate for the Bachelor of Applied Politics at the Université de Sherbrooke, and Malcom Odd, a graduate of the UdeS Visual Arts Certificate program, the gallery is presenting an exhibition that is an initiative of young people involved in their environment.

Artists Kevin Calixte, Kandolo, Malcom Odd, and Valencia are featured in the exhibit and will be present in the gallery on Tuesday, January 10.

For additional information, please contact 819.821.8000 ext. 63748 or 1-514.978.2850.

My take on 2016

CONT'D FROM PAGE 4

serious appeal for government funding. That cry for help came to a head toward the end of the year when the home revealed that its long term care facility had to pay off a \$1.7million deficit by the end of the fiscal year. Premier Philippe Couillard, on a visit to Sherbrooke, stated that the government will

be working with the home to try to find a solution in 2017.

In November Health Minister Gaetan Barrette said that he was surprised to hear that a study published in September by the local public health authority shows English speakers in the region are in poorer health than the French speaking population. Every English speaker involved in healthcare that I spoke to after

that told me that the results of the study were not at all surprising, but shared a general sense that having the information written down could only be a positive thing.

December ended just under a week ago, so it feels a little funny to reminisce, but after having been to the groundbreaking in July, it was very interesting for me to tour the halls of the impressive

new Grace Village Pavillion in Huntingville with Executive Director Greg Bishop.

More happened in 2016 than could be adequately summed up in one simple article but, for me, those were the stories that stood out.



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EDITORIAL

Not only do I have an aversion to any month that begins or ends with a flake I also have decidedly strange tastes in a variety of areas.

Switched at birth



TIM BELFORD

The other day, somewhere between the 4,000th and 4,000 and first shovel of snow, something dawned on me. I don't belong here. I don't mean just in Lennoxville or the Eastern Townships. I don't even mean in Quebec or Canada. I mean anywhere much north of the 30th parallel.

You see, I don't like the cold and I hate snow. I don't like the frigid blast against my cheeks I despise having to constantly clean my glasses of melting flakes and I wouldn't take up skiing on a bet. I don't skate, I don't toboggan and I would sooner stay indoors for an entire season than put on mittens, toques and scarves. In short, living in a place that has a minimum of five months of winter is entirely wrong.

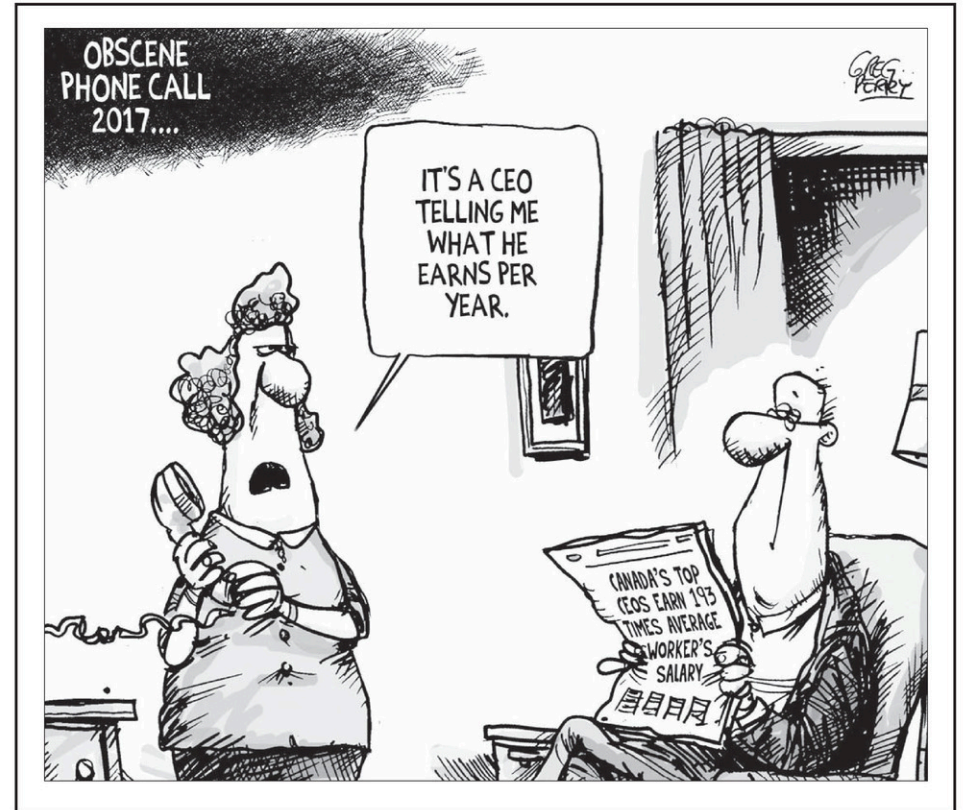
The second thing that dawned on me as I leaned on my shovel came as a shock. In a moment of startling clarity it all made sense. I must have been switched at birth. After all, babies look more or

less the same and if a smiling nurse pushes a tiny bundle into a mother's waiting arms who's to know. It's not that it never happens. This year alone there have been at least two cases of switched babies that made the papers. Besides it would explain a lot.

Not only do I have an aversion to any month that begins or ends with a flake I also have decidedly strange tastes in a variety of areas. Take food for example. Growing up in what I now know was likely my foster home, food was of the Scots-Irish tradition with heavy emphasis on meat, potatoes and root vegetables. Pepper was considered an exotic spice and cabbage came boiled.

Even with the northern dietary predilections of my foster parents, however, I still managed to develop a taste for 'real' food. I love Cajun cooking. I'm happy with a Creole dish. Sit me down in front of a Vindaloo curry and I'm in seventh heaven. Bring on the Tabasco sauce, chop up the chipoltes and pass the chili. If it's spicy it's for me.

Then there's music. I admit to a fondness for Celtic airs and the sound of the pipes and like everyone growing up in the 60s I danced to the teenage buckle-buffers of Bobby Vinton, Bobby Curtola, Bobby Darin, Bobby Sands and all the other Bobbys. But I led a secret life. At home, in the privacy of my own room, I would flip on the hi-fi and listen to New Orleans jazz. While my friends raved about the Beatles and the British inva-



sion I was hooked on Louis Armstrong and Fats Waller.

Nope, the writing is on the wall. I got swapped. Somewhere in the deep south there is a pasty-faced version of me who pines for the true north strong and free, a child who pushed away his gumbo and begged his mother for boiled dinner. This same child probably spent much of his life cutting out travel articles featuring Quebec's Carnivale, dreaming of ice

palaces and pining for a chance to skate on the Rideau canal, all in vain.

Many years ago I spent a little time living in Antigua and Jamaica. That experience only added to my belief that it is far better to feel sand between your toes than snow down

your neck. Oh well, it's a little too late to straighten things out now so I guess I'll just have to sit by the fire and wait it out.

EDUCATION ANALYSIS

Massey Vanier gives fitness a place in class

New high school program being observed by McGill for effects on student learning

By Scott Stevenson

Eastern Townships schools are raising the bar to healthy new heights in making physical activity an important part of the school day. Given the importance of exercise to physical and mental health, this is undoubtedly helping the students involved, and hopefully more will follow.

Alexander Galt Regional High School has been running its own sports concentration program for over five years, mirroring the Sports Études programs in

French-language schools. Students at Galt enrolled in Sports Concentration have several regular class blocks per week in the gym, on the field, or at the arena practising their sport rather than sitting in a classroom. They often spend an entire morning or afternoon in their physical activity.

Many of those same students also join an extracurricular school sports team, giving them all the more exercise after the regular school day. This goes a long way toward burning what in many growing teens becomes a surplus of energy,

keeping the body moving as it needs, and promoting greater mental concentration and well-being.

But schools have tended to be like society in compartmentalizing study, physical fitness, and well-being in unnatural ways. Where do you draw the line between physical and mental health; between Chemistry and Biology, Psychology and Psychiatry? Traditionally, we've considered physical and mental health as two separate goals, with schools focusing on the intellectual too often at the expense of the physical.

As recent as the early 2000s in Quebec, Physical Education classes were cut to a bare minimum of a couple of hours per week in public schools—until many realized this was hurting students' ability to learn academically, in addition to promoting poor health.

Now, schools value physical activity again, but still largely treat the physical and mental as separate concerns.

during normal class time, students jog, run stairs, or play fast-paced games to get their heart rate up. A normal academic class is delayed for the activity, which is led by the teacher scheduled to have the students that block.

"It's beneficial, not only for the body, but for the brain too," Massey Vanier's Physed teacher and hockey coach, Donald Kerr, told The Record in December.

Kerr is also measuring the effects of the program on students, and McGill University's Child Psychology department is observing and assisting with the program's performance evaluation, to determine whether the approach should be applied elsewhere.

"If it goes well, we'd like to go across all levels; why not a whole board thing?" Kerr said.

And why not bring physical and mental growth even closer together—through creative ways of learning mentally while moving physically? While walking? While stretching? The next study could look at how students learn while physically active rather than sitting still.

With more physical activity during the school day, perhaps we might see less attention-deficit-hyperactivity medication and fewer costly individual education plans.

Exercise to learn at Massey Vanier

Massey Vanier High School in Cowansville is moving closer to an integration of the two. Last September, it started a Learning Readiness Daily Physical Activity Program for its first-year high school students.

For 30 minutes after lunch each day,

THE RECORD

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QUEBEC:	1 YEAR	71.50	3.58	7.13	\$82.21
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The Record is published daily Monday to Friday. Back copies of The Record are available.

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Local Sports

Local curler Meaghan Rivett is on the Laval-sur-le-lac team.

Junior Curling Provincials underway

By Matthew McCully

The Provincial Junior Curling Championships got underway yesterday, bringing together the provinces best young curlers, vying for a shot at nationals.

The girls' teams played out of the Sherbrooke Curling Club, with two draws yesterday.

For the 9 a.m. draw, team Boisvert(Etchemin) defeated team Legler (Aurèle-Racine) 9-1, and team Lavoie(Victoria / Etchemin) defeated team St. Georges (Laval-sur-le-lac), last year's provincials winners, 8-7.

For the afternoon draw at 2 p.m. team Lavoie defeated team Boisvert 7-2 and team Jean (Montréal-Ouest / Kénogami / Etchemin) defeated team St-Georges 6-4.

Local curler Meaghan Rivett is on the Laval-sur-le-lac team.

The boys' teams played out of the Lennoxville Curling Club, with four draws yesterday, beginning at 8:15 a.m.

Team Provencher(Laval-sur-le-lac) defeated local team Cheal(Lennoxville / Trois-Rivières) 11-4, and team Bédard(Lacolle / Glenmore) won against team Lo(TMR) 7-4.

For the noon draw, team Adam(Belvédère / Noranda / Amos) defeated team Maria(Hudson Legion) 8-4 and team Roberge(Etchemin / Rimouski) defeated team Mullen(Trois-Rivières / Kénogami / Victoria) 10-5.

According to team Cheal coach Jeff Cheal, his team had a disappointing morning, but explained that the team is comprised of juvenile age players, so though this tournament was mostly about letting the players gain experience at a higher level.

By press time, the third draw was underway, and team Cheal was playing much better than they had in the morning, according to spectators at the Lennoxville club.

After six ends, team Cheal was leading against team Lo 10-4, suggesting the morning jitters were out of their system and the young team was playing with more focus.

Matches resume at the Sherbrooke club at 9 a.m. this morning for the girls, and 8:15 a.m. in Lennoxville for the boys.

Anyone wanting to keep an eye on locals in the tournament can catch team Cheal playing at noon and 7:30 p.m. in Lennoxville, and team St-Georges, the girls' defending champions with local Meaghan Rivett have a match at 2 p.m. in Sherbrooke.



PHOTOS BY MATTHEW MCCULLY



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2016 Babies!



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

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

The Record at 6 Mallory St.,
Sherbrooke, QC J1M 2E2
or e-mail:

classad@sherbrookerecord.com
with Visa or MasterCard for payment.

Deadline: January 6, 2017.

Published on January 13, 2017.

(Winners randomly chosen)

Prizes to be won:

\$50 gift certificate courtesy of



147 Queen Street, Lennoxville
819-569-3601

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BÂTON ROUGE 2844, rue King Ouest
Sherbrooke (Québec)
Tel.: 819-346-9888

and three
1 year ONLINE subscriptions to

THE
RECORD

Death



**Irene HEBERT (Nee Cathcart)
1920-2016**

Mrs. Irene Hebert Cathcart passed away peacefully at the Hôtel-Dieu hospital on December 24th, 2016 at the age of 96, wife of the late Lucien R. Hebert, and daughter of the late Eugénie Audet and the late Joseph M. Cathcart.

Mrs. Cathcart leaves to mourn her children: Alexandre and Adele, as well as her sisters-in-law Madeleine Piau and

Rachel Lagueux. Predeceased by her brothers and sisters: Rita Cathcart, Jacqueline Cathcart (Charles Lund), and Malcom Cathcart, also predeceased by her in-laws: Rene Hebert (Alice), Leo Hebert (Albea), Maurice Hebert (Julia), Maurice Lemire (Therese), Antoine Hebert (Yolande), Romeo Hebert (Claire), Lionel Bernier (Marguerite), Jeanne Brien, Gerard Lagueux, Françoise Hebert, Alexandre Hebert. She also leaves to mourn many nieces and nephews, other family and friends.

Mother made our world a brighter and better place. A loving and generous soul. She will be remembered for her graciousness, thoughtfulness, and kindness. Her generosity and compassion was her gift to all. We will miss her wonderful smile and the healing sound of her voice.

Visitations will be held at: **Steve Elkas Funeral Home, 601 rue du Conseil, Sherbrooke, Que.**, on Thursday, January 5th, 2017 from 7 p.m. to 8:30 p.m., please note there will be no visitation at the funeral home on Friday. Condolences will be given directly at St-Patrick's Church, 20 Gordon St., Sherbrooke, Que. from 10:30 a.m. to the start of the service at 11 a.m. on Friday, January 6th, 2017. The interment will be held at a later date in the spring at the St-Edmond cemetery in Coaticook.

STEVE L. ELKAS FUNERAL HOME
601 Conseil St., Sherbrooke QC
info@steveelkas.com

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FAX: 819-820-8872
www.steveelkas.com

Death

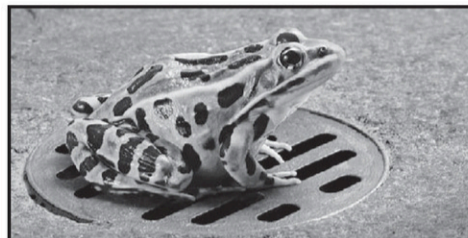
In Memoriam

BRAZEL – In loving memory of my dear wife, Phoebe Rose, who passed away January 5, 2003.

*Trust Him, Always
Never dread tomorrow
Or what the future brings,
Just pray for strength and courage
And trust God in all things.
And never grow discouraged,
Be patient and just wait
For God never comes too early
And He never comes too late.*

Helen Steiner Rice

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Datebook

THURSDAY, JANUARY 5, 2017

Today is the fifth day of 2017 and the 16th day of winter.

TODAY'S HISTORY: In 1781, British naval forces led by Brig. Gen. Benedict Arnold captured and burned Richmond, Virginia.

In 1914, Ford Motor Co. raised basic wages from \$2.40 for a nine-hour day to \$5 for an eight-hour day.

In 1933, construction began on the Golden Gate Bridge in San Francisco Bay.

In 1957, President Dwight D. Eisenhower announced that the U.S. would intervene militarily and economically at the request of other nations in response to the spread of communism.

In 2005, the dwarf planet Eris was discovered.

TODAY'S BIRTHDAYS: King Camp Gillette (1855-1932), safety razor inventor; George Reeves (1914-1959), actor; Jane Wyman (1917-2007), actress; Walter Mondale (1928-), former U.S. vice president; Alvin Ailey (1931-1989), dancer/choreographer; Robert Duvall (1931-), actor; Umberto Eco (1932-2016), author/philosopher; Juan Carlos (1938-), former king of Spain; Charlie Rose (1942-), talk show host; Diane Keaton (1946-), actress; Bradley Cooper (1975-), actor; January Jones (1978-), actress.

TODAY'S FACT: The safety razor was one of the first disposable products ever made.

TODAY'S SPORTS: In 2004, Pete Rose admitted to gambling on baseball games while serving as manager of the Cincinnati Reds.

TODAY'S QUOTE: "I don't even have an email address. I have reached an age where my main purpose is not to receive messages." – Umberto Eco

TODAY'S NUMBER: 1,672 – performances in the original run of "The Wiz," an adaptation of "The Wonderful Wizard of Oz," at the Majestic Theatre and the Broadway Theatre in New York, after premiering this day in 1975.

TODAY'S MOON: First quarter moon (Jan. 5).

– Steer clear of large meals before bedtime.

– Be aware that caffeine and alcohol can interfere with sleep.

Remember – how you feel during the day has a lot to do with how well you slept the night before.

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

Using your smartphone at bedtime interferes with sleep



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

Dear Doctor: I recently sent my mom an email at midnight, and ever since then she's been after me to stop using my smartphone at bedtime. She insists that the light from the screen interferes with sleep patterns. Is that really true?

Dear Reader: I'm pretty sure this isn't the answer you're looking for, but your mother is right. The ways in which the "blue light" emitted by smartphones, tablets and computer screens affects sleep patterns is quite a hot topic in scientific circles these days. And according to the scores of studies done in

recent years, the answer is consistently the same: Yes, these devices do have a negative effect on your nightly rest.

This is troubling because insufficient sleep is associated with serious conditions such as high blood pressure, diabetes, coronary heart disease, depression and even obesity. About one-third of all Americans don't get the seven hours of sleep that are recommended to maintain good mental and physical health. In fact, the sleep deficit in the United States is so severe that the Centers for Disease Control and Prevention now identify it as a public health problem.

So how do the multiple screens in our lives figure into the epidemic of insufficient sleep?

Light is the cue your brain relies on to sync itself with the outside world. It regulates your circadian rhythms, which influence sleep patterns, hormone releases, body temperature and other vital functions.

Smartphones, tablets and computers all emit high-energy light in the blue spectrum. This particular wavelength, which is similar to sunlight, has been shown to suppress the release of melatonin, a hormone produced by the pineal gland in the brain that makes you feel sleepy.

When you use your smartphone at night, even up to 90 minutes before you

go to sleep, you're confusing your body clock. The blue light from the screen is telling your brain it's still daytime. That suppresses the release of melatonin, which makes it difficult for you to fall asleep.

Once you do drift off, the disruption to your circadian rhythm is profound enough that it's difficult to stay asleep. What sleep that you do manage to get is often of poor quality. Instead of feeling refreshed when you wake up, you face the day tired.

Some smartphone makers have introduced an option to move the self-illuminated screen from bright blue to a warmer yellow/red spectrum, as with Apple's "Night Shift." And while this may have a modest effect on sleep, we would recommend that putting your phone away at bedtime is a better idea.

To give yourself the best chance at a good night's sleep:

– Read from a printed book rather than an illuminated screen.

– Make your bedroom as dark as possible. Use curtains to block exterior light, and eliminate inside light from clock dials, TV sets and, yes, smartphones.

– Do what you can to block out sound – earplugs or a white noise machine can help.

– Keep your bedroom cool; 65 to 68 degrees is ideal.

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

BIRTH NOTICES, CARDS OF THANKS, IN MEMORIAMs, BRIEFLETS:
Text only: 40¢ per word. Minimum charge \$10.00 (\$11.50 taxes included)
Discounts: 2 insertions or more: 15% off
With photo: additional \$18.50. **DEADLINE:** 11 a.m., day before publication.
BIRTHDAY, ANNIVERSARY & GET-WELL WISHES, ENGAGEMENT NOTICES:
Text only: \$16.00 (includes taxes)
With photo: \$26.00 (\$29.90 taxes included) **DEADLINE:** 3 days before publication.
WEDDING WRITE-UPS:
\$26.00 (\$29.90 taxes included) WITH PHOTO: \$36.00 (\$41.40 taxes included)

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DEADLINES FOR DEATH NOTICES:
For Monday's paper, call 819-569-4856 between 1 p.m. and 5 p.m. Sunday.
For Tuesday, Wednesday, Thursday or Friday's edition, call 819-569-4856 or fax 819-569-1187 (please call to confirm transmission) or e-mail: production@sherbrookerecord.com between 9 a.m. and 5 p.m. the day prior to the day of publication. The Record cannot guarantee publication if another Record number is called. Rates: Please call for costs.

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, January 10 at 164 Queen Street, Suite #104, from 1:30 p.m. to 2:30 p.m.

WATERVILLE

The Lennoxville and District Community Aid will be holding a Blood Pressure clinic on Tuesday, January 17 at the Town Hall from 10 a.m. to 11 a.m.

NORTH HATLEY

The Lennoxville and District Community Aid will be

holding a Blood Pressure clinic on Friday, January 6 at the Library, 165 Main St. North, from 10:00 a.m. to 11:30 a.m.

LENNOXVILLE

Military Whist will be played at "The Hut", A.N.A.F. Unit #318, 300 St. Francis Street, Lennoxville, on Wednesday, January 11 at 1:30 p.m.. To reserve a place for yourself or a table for 4, please contact Cheryl Bradley at 819-569-2067.

LENNOXVILLE

Ladies Auxiliary meeting at "The Hut", A.N.A.F. Unit #318, 300 St. Francis Street, Lennoxville, on Wednesday, January 11 at 7 p.m. Meetings now held downstairs.

RICHMOND

A Robbie Burns event at Beechmore Manor, 310 River Road, Cleveland on Saturday, January 21 will be hosted by Richmond County Historical Society. The cocktail soirée from 7 p.m. to 10 p.m. will entertain by the ambiance of the setting, the poetry of the bard, music of the highlands, as well as the best of Scottish hors d'oeuvres. Revelers could support the RCHS at the dram bar where shots of scotch and the famous Robbie Burns cocktail will be provided. A projection of

local Scottish Heritage video will be presented. Ticket price includes access to the event as well as hors d'oeuvres and non-alcoholic beverages. Tickets are limited; please reserve at 819-826-3929 or bev2000@primus.ca.

LENNOXVILLE

The "Stand Up Program" effectively prevents falls! Did you know that 1 in 3 person 65 years of age or over experiences at least one fall a year. The fall can seriously affect your health. Lennoxville & District Community Aid has a qualified professional to offer the program. A new FREE session will be starting in January - Sign up Now! If you have some question call us at 819-821-4779.

• • •

This column accepts items announcing events organized by churches, service clubs and recognized charitable institutions for a \$7.00 fee, \$10.00 for 2 insertions of same notice, \$13.00 for 3 publications. Maximum 35 words. If you have more than 35 words the charge will be \$10.00 per insertion. Requests should be mailed, well in advance, to The Record, 6 Mallory, Sherbrooke, Quebec, J1M 2E2, be signed and include a telephone number and payment. Telephone requests will not be accepted. Admission charges and trade names will be deleted. No dances.

Elusive sleep

Dear Annie

THURSDAY, JANUARY 5, 2017

Dear Annie: I used to get by on six hours of sleep a night, but as I've gotten older, I really like to sleep for a full eight or nine hours every night. But the problem is that it is not always easy to sleep that long, especially if I am snoring a lot.

I snore so loudly that my wife sometimes asks me to sleep on the couch, or she will sleep there herself. But even if I am alone, my snoring is so bad that sometimes it wakes me up. I know that sounds funny, but it's true.

I am really looking for any suggestions you have for more restful sleep. I do know that when I try to get by on less than eight hours of sleep, I am much more susceptible to colds and the flu. When I manage to sleep eight or nine hours a night, I always feel much better and almost never get sick.

My wife would also appreciate your help with this. She knows I can't control the snoring, but her patience is wearing thin. — Snoring in Slumberland

Dear Snoring: Everyone has a favorite "stop snoring" remedy. Ask around and you're likely to hear dozens: Take a hot shower before bedtime; use a saline rinse to clear the nasal passages; don't drink

alcohol; lose weight; tape tennis balls to your back so you sleep on your side, etc.

All of those are worth trying, but the best thing for you to do is visit your doctor. He or she can review your symptoms and refer you to a sleep specialist for evaluation, as it's possible you're suffering from sleep apnea. Sleep apnea not only deprives you of those wonderful full-slumber nights but also is incredibly dangerous if left untreated. For your health and the health of your marriage, it's important to put this problem to bed as soon as possible.

Dear Annie: After reading the letter from "Confused Young Life in California," the young man who is incarcerated, I am begging you to please stop telling millennials, "You can still be whoever you want." This is how we parents have messed up our children. We have told them all their lives that they can do whatever they want to do in life if they simply work hard enough. It is just not true, and intellectually, you know that. We all do.

This is particularly true for someone coming out of prison. Such a person has the deck stacked against

him because he is a former criminal. Period.

This young man needs to hear the unvarnished truth. He can still become a contributing member of society. But because of his actions, he most likely will not be able to be whoever he wants to be.

Words of encouragement are powerful, but they need to be used in a realistic way. Before this young man can achieve a meaningful life, he needs to have an arsenal of truth. — DBS

Dear DBS: Notice that I said this young man can be "whoever," not "whatever," he wants — a matter of heart, not aptitude.

Every morning, we open our eyes and get to decide what type of person we want to be that day. What I want is for this young man to see that there's a light within him just waiting to shine.

But to your point: Yes, it's important to have realistic goals. But it's just as important to have improbable, idealistic, get-laughed-out-of-the-room goals. Planning for the worst doesn't mean you have to stop hoping for the best.

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

Coaticook Area Senior Citizen's Club

December 20 was our last meeting of 2016. We were greeted with the wonderful music of the group from 'Musique en Fête', Angèle, Henri, Jean and René. It was a festive occasion with good traditional food for this Christmas meal. (Contact for the group is at 819-878-3852).

Shirley Desruisseaux introduced the musicians and singer. She thanked Micheline and the staff of the Elie Carrier Center and gave her a small token of our appreciation. She read the text 'Grandma's Christmas Strategy'. Micheline also read a text. Shirley followed with a few jokes and finally the blessing for the meal.

We had a good crowd this week, close to 50 people and door prizes were won by Arnold MacKeage, Michelle Lessard, Angèle, André Beaudin, Rita MacKay, Jeanne Desmarais, Joan Baldwin, Jean-Marc Fontaine, Barbara Bellows, Oliva

Lessard, Ketha Woodman, Delma Fowler and Janet Shepherd. The winners of the participation prizes were Jacqueline Marchesseau, Pat Bryant, Jeanne Desmarais and Michelle Lessard.

After the meal, the music was so inviting that a few people started dancing. The continental was the big winner with the most dancers. It was followed by Blue Christmas and Angèle, the singer and angel, sang Holy Night.

Our next meeting will be January 17, 2017 at the Elie Carrier Center. Our guest speaker will be Debbie Roy. You will be receiving a call ascertaining your presence. As usual if you gave your name to come and can't make it, please contact Shirley Desruisseaux before Thursday the 12th at 819-849-6170.

Shirley Desruisseaux, President
Suzanne Martin, Secretary

Helping the elected: The Roundabout Complainer

He tells you how this should be
And how that matter should get
handled;
You listen to his complaint intently
Until your senses get tired and dulled.

You know he should be going direct,
By telling those who have the paid
duty
To review his complaint, and then
correct
The annoyance, so imperfect and
faulty.

But he is heard going on and on to all
All people who listen to his endless
woes;
Yet the right person was elected to the
Hall
And he is the one in the dark who
never knows.

If we want our elected, selected for
their job,
To do what they must, to their trusted
ability:
Then let us all do direct to them, to set
on hob
To bring to light, the needs, to raise
sensitivity.

For it will not be in the comfort of
their homes,
That those sitting by their fireplace
will act
In the interests of round about
unhappy tones
Unless the complaints reach those who
must react!

G.L. Brown

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CELEBRITY CIPHER

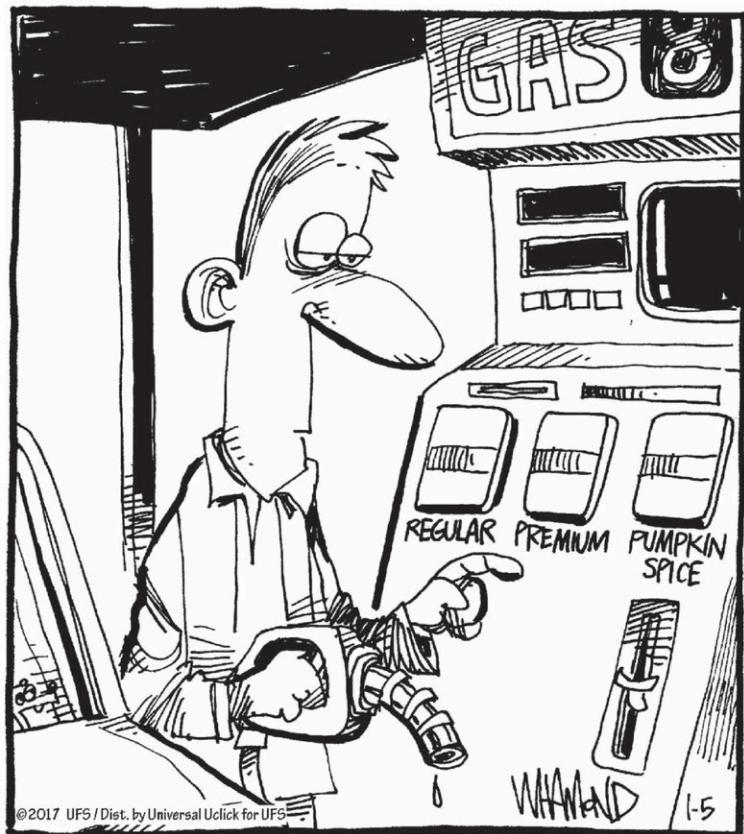
by Luis Campos

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

" YU KTDBOX NTM TE TYOXL RTE
NBI RIW GJ RMM LE LDTGLTE TEJ
YTZO TE TXLT IWD IK LD. LD NTM
NIEJOXKWG DI NDRB." — JIYLELR
RBLTEOMO

Previous Solution: "My favorite review described me as a cinematic equivalent of junk mail ... it sounds like a dig." — Steve Buscemi
TODAY'S CLUE: X sjenbz Z

REALITY CHECK

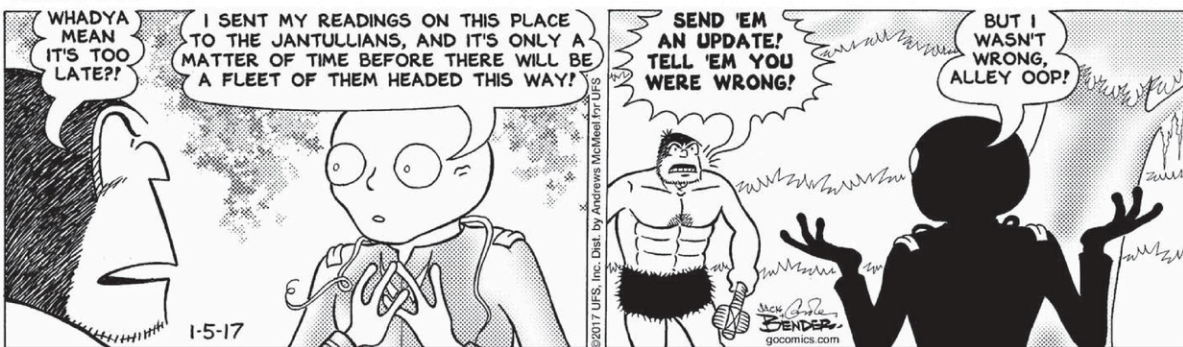


HERMAN

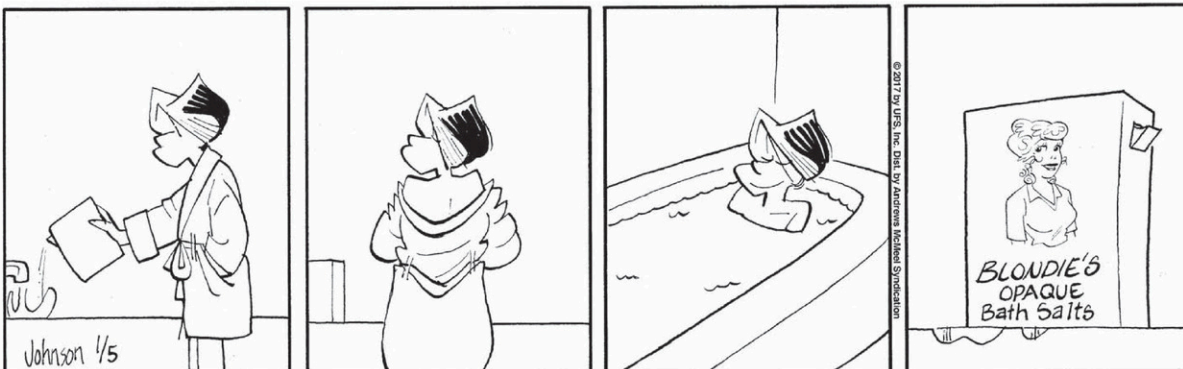


"Why are you such a messy eater?"

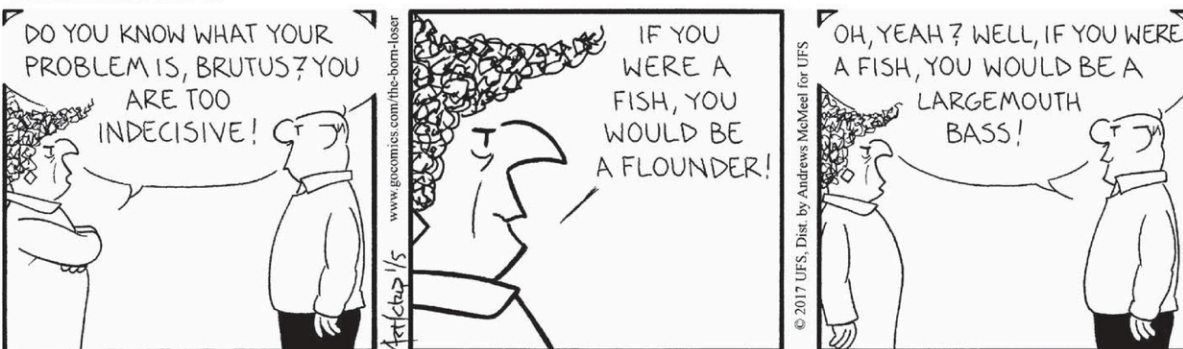
ALLEY OOP



ARLO & JANIS



THE BORN LOSER



FRANK AND ERNEST



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SOUP TO NUTS



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CLASSIFIED

Trip abroad means new recipes to replicate back at home

KITCHEN SCOOP
 By Alicia Ross



Photo by Alicia Ross for Kitchen Scoop

My favorite part of travel is sampling a whole new cuisine. In fact, I make a point not only to sample but also to bring back recipes to try to duplicate the flavors at home. I do this for two reasons: First, so I can share them with you! Second, because once I nail a recipe, I'm transported back to the moment when I first tasted it.

Today's recipe was shared by the owner/manager of Posada de la Luna, a wonderful bed-and-breakfast in Antigua, Guatemala. My daughter and I were served this classic beverage the first morning we spent there. Officially the recipe is called Avena con Leche. Translated literally it is "oatmeal with milk," but translated figuratively it is a warm, homey hug in a mug. We were served it alongside el chapin tipico (the typical breakfast) of fried plantains, scrambled eggs with chopped onion and tomato, black beans, cheese and tortillas.

Oatmeal with milk is easy to make, and you probably already have the ingredients on hand. Even though our hosts don't wait for cool weather to savor its goodness, Avena con Leche can be enjoyed on a chilly winter morning. It also makes a fabulous drink to take along if you are running late, which makes hurrying to work more enjoyable than you thought possible.

Avena con Leche
 Start to finish: about 30 minutes
 Yield: 8 servings (leftovers are delicious)

- 1/2 cup old-fashioned oatmeal
- 4 cups water
- 1/2 cup light brown sugar, packed
- 6 cups whole milk
- 1 large cinnamon stick
- 1/2 teaspoon salt
- Ground cinnamon for garnish if desired

In an electric blender, process the oatmeal and water until oats are pulverized. Pour oatmeal mixture into a 3-quart or larger heavy-bottom pot and place over medium-high heat. Add sugar, milk, cinnamon stick and salt.

Stirring almost constantly, bring oatmeal to a low boil. Reduce heat to prevent oatmeal from boiling over and, stirring constantly, cook for about 5 minutes or until volume is reduced by one-third. Remove from heat and cool to a drinkable temperature. Serve in mugs with ground cinnamon atop each serving if desired.

Approximate values per serving: 154 calories, 6 g fat (3 g saturated), 18 mg cholesterol, 6 g protein, 19 g carbohydrates, 0.4 g dietary fiber, 227 mg sodium.

 (Alicia Ross is the co-author of "Desperation Dinners!" (Workman, 1997), "Desperation Entertaining!" (Workman, 2002) and "Cheap. Fast. Good!" (Workman, 2006). Contact her at Kitchen Scoop, c/o Universal Uclick, 1130 Walnut St., Kansas City, MO 64106, or send email to tellus@kitchenscoop.com. Or visit the Kitchen Scoop website at www.kitchenscoop.com.)

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SUDOKU

DIFFICULTY RATING: ★★☆☆☆

	9	4	2	3				
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				2				
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			6		7	1	2	

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PREVIOUS SOLUTION

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

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

Your Birthday

THURSDAY, JANUARY 5, 2017

Keep a clear head and an open mind as you navigate your way forward. Don't let your confusion or uncertainty cause you to make an impulsive move or hasty assumption. Focus on gathering facts and making every step you take count.

CAPRICORN (Dec. 22-Jan. 19) — You'll be torn between what you want to do and what you should do. If you decide to make a move, be sure to seek any approval you may need as you go forward.

AQUARIUS (Jan. 20-Feb. 19) — Get in touch with someone from your past. It will remind you of old dreams and spark a renewed interest in something you used to enjoy doing.

PISCES (Feb. 20-March 20) — Look for alternative ways to bring in more cash. You will have to make compromises in order to reach your goals. Moderation and putting a set budget in place will help you excel.

ARIES (March 21-April 19) — Stay active and stick with it until you finish what you start. Leaving anything undone will lead to complaints and criticism. Show how valuable you are and aim to please.

TAURUS (April 20-May 20) — Get involved in something you find rejuvenating or helpful. Learn as you go and build experience that will encourage you to be a better person. Romance is highlighted.

GEMINI (May 21-June 20) — Set

reasonable goals and get into a routine that will help you reach them. Taking care of personal business and affairs of the heart will give you peace of mind.

CANCER (June 21-July 22) — Making last-minute decisions or changes based on your emotions will backfire. Keep your life simple and be moderate in all that you do. Do your utmost to protect partnerships.

LEO (July 23-Aug. 22) — Don't hesitate. If you want something, go after it wholeheartedly. Strive for excellence and productivity in order to surprise and impress someone who can influence your future.

VIRGO (Aug. 23-Sept. 22) — Changes at home could be unnerving and cause friction, stress and overspending. Step back from whatever situation you face and consider what you want before moving forward.

LIBRA (Sept. 23-Oct. 23) — Keep your life simple in order to avoid backlash. Refuse to let anyone talk you into something you don't want to do. A change of heart will lead to a change in lifestyle.

SCORPIO (Oct. 24-Nov. 22) — Positive changes at home or to your methods will help you establish what you want to do next personally and professionally. A move or lifestyle change is apparent.

SAGITTARIUS (Nov. 23-Dec. 21) — Make a change that will encourage you to do what's best for you instead of acting in accordance with others' wishes. If you are true to yourself, you will excel.

THURSDAY, JANUARY 5, 2017

If it does not help to win a trick, duck

By Phillip Alder

Hans Christian Andersen wrote, "Being born in a duck yard does not matter, if only you are hatched from a swan's egg." Which of those words is relevant to this deal? It was reported by the unfortunate declarer, Mike Kamil of Spartanburg, South Carolina.

South was in three no-trump. West led the diamond king: four, 10, three. West then shifted to a low heart, and East, Geir Helgemo, a Norwegian by birth who now represents Monaco, put in his nine to stop dummy's king from becoming an entry card. What happened after that?

North ought to have responded one no-trump, but he felt that if his side belonged in three no-trump, it would be better to have the strong hand as the declarer. That was exactly how it panned out.

South's intention was to take these nine tricks: three spades, two hearts, one diamond and three clubs. There was no time to lose, so, at trick three, declarer played a club to dummy's queen.

If Helgemo had taken this trick and, say, returned his second diamond, South could have won with his ace, cashed the club king and played

North 01-05-17			
♠ Q 7 4			
♥ K 7 5			
♦ 8 4			
♣ Q 9 8 6 3			
West			East
♠ J 9 6			♠ 10 8 5 2
♥ 10 8 4 2			♥ A 9 3
♦ K Q 9 7 5			♦ 10 6
♣ 10			♣ A J 5 2
South			
♥ A K 3			
♠ Q J 6			
♦ A J 3 2			
♣ K 7 4			
Dealer: South			
Vulnerable: North-South			
South	West	North	East
1♦	Pass	1♥!	Pass
2NT	Pass	3NT	All Pass
Opening lead: ♦ K			

another club to end with those nine winners.

Instead, Helgemo played low, successfully disrupting declarer's communications.

As declarer had noted a momentary pause from East, he led another club and put up his king, hoping East had started with ace-third. However, South had no chance to make his contract, even if he had put in his club seven. He had only one dummy entry left in the spade queen and needed two.

CROSSWORD

Across

- 1 Gucci of fashion
- 5 Manual reader
- 9 Certain highlands musician
- 14 Celebrity
- 15 Salon service
- 16 Eco-friendly spa brand
- 17 >:-(
- 20 Gazpacho ingredient
- 21 Grammatical unit
- 22 Make up for skipping classes, perhaps
- 24 Scholar's deg.
- 25 :(
- 30 Carpooling calc.
- 33 Frigid end?
- 34 Straight man
- 35 Bust
- 36 Vegetation
- 38 Tarzan creator's monogram
- 39 Virus named for a Congolese river

- 41 Trains above the road
- 42 Allows to attack
- 45 "Smack That" rapper
- 46 Manhattan part
- 47 ;-)
- 49 Pro
- 50 Cabinet dept. with an Office of Science
- 51 Dined at a table for one
- 56 Near-failing grade
- 60 :-O
- 62 Reached, as expenses
- 63 Veiny cheese
- 64 Work with needles
- 65 Med. specialty
- 66 Couture line
- 67 Gels

Down

- 1 Came to rest
- 2 Long drive?
- 3 Brown digs?
- 4 Many an Albee play
- 5 Puts on the internet, e.g.
- 6 Poivre companion
- 7 Slow Churned ice cream
- 8 Swarming (with)
- 9 Where many aces can be seen
- 10 Like some academic walls
- 11 Menial worker
- 12 Part of NEA: Abbr.
- 13 Demolish, in Devon
- 18 Gillette brand
- 19 Remove wooden pins from
- 23 Sacred songs
- 25 Mass consumption?
- 26 Like links-style golf courses

- 27 Sprang up
- 28 Razzie Award adjective
- 29 Easy to prepare, as desserts
- 30 Mushroom in Asian cuisine
- 31 Raptor's weapon
- 32 Go out with __
- 37 "The Jazz Singer" singer
- 40 Applicants with low credit scores, to loan officers
- 43 Dutch banknotes
- 44 Günter Grass novel, with "The"
- 48 __-plié: ballet movement with knees

- half-bent
- 49 Like marbled steak
- 51 Houston pro, locally
- 52 Captain who says, "For hate's sake I spit my last breath at thee"
- 53 Sharp flavor
- 54 Well-used crayons
- 55 Creator of Perry and Della
- 57 Diamond complement
- 58 Minute, e.g.
- 59 Some NCOs
- 61 __ shooter

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

1	2	3	4		5	6	7	8		9	10	11	12	13				
14					15					16								
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60													61					
62																64		
65																66		
																		67