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MONDAY, AUGUST 22, 2016

Garage sale for stroke and brain trauma victims

Record Staff

Again this year, the Estrie Stroke and Head Trauma Association (ACTE) will be holding its annual garage sale to raise funds to improve support for its ever-growing clientele and expand its range of services to those with significant and sometimes severe limitations.

The sale will be held at the association headquarters at 68 Jacques-Cartier Blvd Nord, August 27 and 28 from 8 a.m. to 4 p.m. Nearly \$25,000 worth of quality merchandise will be offered at a bargain price.

This year, new services or attractions will be on hand including a silent auction, Chinese auction, selling all kinds of goods from artisanal chocolates and soaps, the liquidation of surplus from the Coop du Séminaire de Sherbrooke, to homemade local snacks.

Last year, more than 40 volunteers, members, and relatives were involved in the event.

The Association works with cerebral-vascular accident victims and victims of head trauma. Both of these types of problems have a common denominator; brain damage which leaves permanent injuries. In very severe cases: speech disorder (aphasia), partial or complete paralysis of parts of the body, problems with attention, concentration, memory, organization, are all possible. Many of these people live in extremely difficult living situations. They are very often unable to resume their previous occupations.

This is where the Association fits in, with its psychosocial support, programming of activities, and various workshops on issues like rights, for example.

Supported financially by the CIUSSS, the SAAQ, and the United Way, the Association faces a difficult socio-economic situation that everyone is aware of and consequently finds solutions to meet the growing needs of its members.

RCHS bringing women to the forefront



MATTHEW MCCULLY

Lorraine O'Donnell, who researched and curated the QAHN Heroine Housewives, with RCHS curator Grace Johnston, who prepared an exhibit of Local Women in History.

By Matthew McCully

Newly installed in the manse of St. Andrew's Presbyterian Church in Upper Melbourne, the Richmond County Historical Society (RCHS) paid tribute to the significant role of women in history with a double exhibit on Saturday.

On July 17, Curator Grace Johnston launched an exhibit featuring 17 local women, nominated by community members, who had played a significant role in the history of the region either

through the impact they had on their peers, or their contributions to the community.

The RCHS exhibit happened to coincide with a Quebec Anglophone Heritage Network (QAHN) project called Housewife Heroines, drawing attention to the unpaid work that Canadian women did at home during WWII.

Curator Grace Johnston learned of the QAHN project when her exhibit of local women was already underway. When she heard the QAHN exhibit was travelling and available, she jumped at

the opportunity to fill the RCHS with a nod to women.

On Saturday, between 2-5 p.m. visitors were invited to enjoy the double exhibit and learn about local women, and in a greater context, the role Canadian women played during WWII.

"It's amazing what I've learned about people," Johnston said, going through the biographies of the 17 women nominated for the RCHS exhibit. Among them is Johnston's former elementary school teacher, Alice Norris.

CONT'D ON PAGE 3

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SHOWERS

HIGH OF 19
LOW OF 10



TUESDAY:
CLOUDY

HIGH OF 23
LOW OF 15



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HIGH OF 28
LOW OF 15



THURSDAY:
CLOUDY

HIGH OF 30
LOW OF 18



FRIDAY:
CLOUDY

HIGH OF 24
LOW OF 14

Downie calls out to Trudeau, highlights the North, during final show of tour

By David Friend
THE CANADIAN PRESS

Like a shooting star streaking across the Canadian sky, Gord Downie gave the country one exuberant burst of energy before bowing out.

With a delirious sold-out crowd at the Rogers K-Rock Centre in Kingston, Ont., hanging on his every word — and countless more fans watching on TV at home or at public screenings — the Tragically Hip frontman delivered what many fear was his final performance.

While the band was careful not to definitively say that their now-concluded “Man Machine Poem” tour would be their last, the recent revelation that Downie is battling terminal brain cancer gave the hometown Kingston concert an aura that was both celebratory and sombre.

Downie, who exuded manic energy throughout the nearly three-hour-long, 30-song concert, poured his heart into the unforgettable live show while paying tribute to fans who encouraged him on.

“Thank you, people, for keeping me pushing and keeping me pushing,” he told the audience, dressed in one of the sparkling metallic leather suits now forever linked to the tour.

The crowd responded with a chant of “Gordie!”

It was one of countless moments throughout the sweltering evening when Downie seemed to feed off the energy and gratitude of his emotional fans, who often fought back tears.

Some came dressed in Hip-themed hockey jerseys, while others mimicked Downie's new look with their own variations on his shiny suits, feathered hats and prints of the “Jaws” t-shirt he wears on stage.

Before the Hip took the stage, the crowd ushered in their performance with an impromptu rendition of O Canada.

Moments after cameras witnessed Downie hugging and kissing his bandmates backstage, the group launched into “Fifty Mission Cap,” followed by “Courage (for Hugh MacLennan),” “Wheat Kings” and “At the Hundredth Meridian,” all off the album “Fully Completely.”

The Hip then covered all the bases, playing songs from their latest album, “Man Machine Poem,” and fan favourites

from “Music ? Work,” “Road Apples,” “Phantom Power,” “Up To Here,” “Day For Night” and “Trouble at the Henhouse.”

Fans ate up every musical morsel, singing along to each track and throwing their hands in the air to emphasize all the right moments.

At other times, the energy would ease off a bit and some in the crowd would go silent, staring blankly at the stage — perhaps absorbing the likelihood they were witnessing the grand finale of the Hip's storied musical journey.

Usually a man of few words, Downie used the national platform of the televised concert to campaign for Canada's North. He twice praised Prime Minister Justin Trudeau, who was in attendance.

“Thank you to the prime minister for coming to our show, it really means a lot to all of us,” said Downie, who was pictured by Trudeau's photographer before the concert embracing the prime minister.

“We're in good hands, folks, real good hands. He cares about the people way up North, that we were trained our entire lives to ignore, trained our entire lives to hear not a word of what's going on up there. And what's going on up there ain't good.”

He added: “It's maybe worse than it's ever been, so it's not on the improve. (But) we're going to get it fixed and we got the guy to do it, to start, to help.”

Downie took other breaks to show his

lighter side. He extinguished a debate that has raged between Hip fans this tour by revealing that the scarf adorning his neck for most of the evening was actually two colourful socks linked together.

“A singer needs to keep his or her voice always warm,” he said, briefly undoing the sock to reveal its heel before tying it back onto his neck.

Downie also recalled the band's humble beginnings on the streets near the arena. He joked about how they struggled early on, but also how they appreciated the support of their female fans, in particular.

Saying goodbye for the first time, Downie left the stage with brief acknowledgment of the artificiality of inevitable encore performances. Still, he played along and waited for the crowd to cheer him back for three more songs.

He made the crowd work a little harder for the second encore, and by the third one, the audience's cheers for more reached a new peak as people banged the arena seats and chanted his name.

Downie closed the show out with their biggest hit, “Ahead By A Century.”

The band — rounded out by guitarists Rob Baker and Paul Langlois, bassist Gord Sinclair and drummer Johnny Fay — put down their instruments, stood arm-in-arm as the crowd screamed their goodbyes, and then walked off stage for good.



CANADIAN PRESS

Frontman of the Tragically Hip, Gord Downie, centre, leads the band through a concert in Vancouver on July, 24, 2016

Ben by Daniel Shelton



LOCAL NEWS

The police were able to catch up with him on Highway 143, near Goshen Rd. in Val-Joli, however, apparently because he ran out of gas.

High speed equals heavy fines on the 55

Record Staff
SHERBROOKE

The Sûreté du Québec from the MRC du Val St-François were responding to a report about the biker when they caught up with the offender a few minutes later but the latter refused to stop; fleeing down Highway 143 in Richmond, towards Windsor.

The police were able to catch up with him on Highway 143, near Goshen Rd. in Val-Joli, however, apparently because he ran out of gas.

additional fines for dangerous driving and refusal to stop were also issued bringing the total to more than \$4,000

The 26-year old Laurierville man was immediately handed a \$1,819 and 18 demerit points for excessive speeding and

Police also summarily suspended his driver's license for 30 days and impounded his vehicle.

A speeding motorcyclist was nabbed Friday morning, clocked at 195 km/h on highway 55 South towards Sherbrooke.

Solutions Plastik expands production facilities

Record Staff
SHERBROOKE

tions by 30 per cent in size. In addition, the company plans to incorporate more advanced technologies in their manufacturing processes.

injection molding, mainly for the automotive sector.

and the United States. "It also hopes to add a dozen jobs to its current 80 by the end of the year.

The investment will allow the company to maintain its competitiveness with factories located in China, Mexico,

Magog's Solutions Plastik will invest a million dollars this fall to enlarge its Industriel Blvd opera-

Solutions Plastik specializes in plastic

Leaflet accuses Sherbrooke mosque of terror ties

Record Staff
SHERBROOKE

lamic Muslim Brotherhood. The leaflet was placed in several mailboxes in Sherbrooke west near the mosque, which is occupied by the Estrie Islamic Cultural Association (ACIE).

Sherbrooke, it denounces alleged links between Muslim prayer room in Lévis and the Muslim Brotherhood. Both entities vigorously deny the allegations.

the case, without identifying the complainants.

Police spokesperson Martin Carrier has confirmed that the Criminal Investigation Division has opened a file on

On Friday, another leaflet was found circulating in Sherbrooke, this one condemning radical Islam in general.

Sherbrooke Police have opened an investigation into the distribution of a leaflet linking the A'Rahman mosque on Massé St. to the radical Is-

An almost identical leaflet was distributed in Lévis in early August. As in

RCHS

CONT'D FROM PAGE 1

Part of the display includes a class picture when Johnston was in Grade 4.

"Her salary for teaching us was \$40 per month," Johnston said, adding, "You can't get by on that anymore."

As for the permanent installations of the RCHS, the new location at the manse gave an opportunity to set up a period home, complete with a living room, master bedroom, children's rooms, and also a makeshift schoolroom on the second floor.

The Local Women in History tributes are framed and placed on the walls in the different rooms, or on side tables among other period artifacts. Because the frames are from the historical society, the exhibit blends effortlessly into the scenery, with new things to discover in each room.

During the double exhibit on Saturday, RCHS Presi-

dent Leo Gaudet took the opportunity to thank members and volunteers for helping with the move and setup in the new location at the manse.

Gaudet also pointed out the importance of highlighting women, saying Saturday's event was not only about history, but about 'her story.'

"Do you ever see airports named after women?" Gaudet asked the crowd gathered in front of the manse. "Why? Is it because girls don't fly?"

He went on to say that dedications are often awarded to politicians, most of whom, historically, have been men.

"We don't talk enough about women," Gaudet said, proud of the current exhibition at RCHS as well as the travelling display provided by QAHN.

Based on the stories of the women currently on display, Gaudet suggested that society could be

more matriarchal than it appears, and should be acknowledged.

"The name on the airport is not necessarily the most important," he said.

The Heroine Housewives display, 10 bilingual panels throughout the museum, describing the role women played at home during WWII, will remain at RCHS until Sept.3 when it will move on to a new location in Montreal.

The Local Women in History will remain in the museum indefinitely, Johnston said, until the RCHS board has some brainstorming sessions to decide on the next exhibition.

Until then, Johnston said tours of the display and museum are available by appointment, by calling (819) 826-1332.



The Local Women in History includes the following women:

Alice Rogers	Bev Jones
Bessie Banfill	Alleda Nixon
Jennie Barrie	Jennie Barrie
Adelaide Beers	Alice Norris
Margaret Converse	Cillia Peart
Mildred Cowan	Alice Pollock
Alice Dresser	Grace Taylor
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MEET YOUR NEIGHBOURS

Margaret Owens

The things that stay with us

By Matthew McCully

It's nearly impossible to know in advance what will mark a person's life, for better or worse, and become a lasting part of who they are.

When Margaret Owens was a child, she looked at a painting of a tree on a wooden panel that her grandmother had made and said, "That's boring."

A few days later when Owens returned for another visit, her grandmother had painted an additional limb on the tree, with a little owl perched at the end of it.

Anyone walking through Owen's home today can see her affinity for owls, with pictures and figurines on walls and shelves throughout.

The experiences that touched and shaped Owens' life are not only on the walls.

With a file folder nearby full of newspaper clippings, she told the story of her 35 children.

"People ask me if I got married and had kids. I say well, actually, I have 35 children."

Owens was one of a group of nurses working at the Rehabilitation Institute of Montreal in the early 1960s, the time when children affected by thalidomide were born.

A so-called wonder drug, thalidomide was an anti-nausea and sleep aid, developed in Germany, and was prescribed in Canada between April of 1961 and March of 1962, remaining available in some pharmacies until May.

Because the drug was first distributed in Europe, warning bells rang when children born with serious malformations were linked to mothers having taken thalidomide and it was pulled from the market in Germany and the U.K. in 1961.

"They were about a year ahead of us," Owens explained. Even when the connection was clear, there was a window of a few months when thalidomide, known to cause birth defects, was still available in Canada.

"We got our first one in 1962," Owens remembered, at the Rehab institute.

"They hadn't had any very young children there before," Owens said, but based on what had been reported in Europe, doctors knew thalidomide babies could be coming.

"It wasn't a case where we knew this was going to happen, we were all learning as it went along," she said.

Owens explained that the level of complication was dependent on how

much thalidomide a mother took, and at which point in her pregnancy. She remembered hearing of one mother who had only taken one pill as a precaution during a flight to Europe and her baby was severely affected; other mothers mentioned taking several doses and their children were minimally affected.

Owens said that at the time, many babies died in utero, and other cases of thalidomide related issues went unreported.

"Nobody wanted to admit thalidomide was given," she said, adding that some doctors denied prescribing it.

"Mothers felt guilty because they had taken it," she commented.

During her five years working at the Rehabilitation Institute, 35 thalidomide children visited Owens' ward. Some came in and out for treatments and evaluation, and some remained at the institute full-time.

"Each child was different," Owens said, explaining that in addition to physical challenges, each child's development depended on how their family adapted to the situation.

When she first started, another nurse had the idea of dressing the children by age with 6-month-olds in pink, 12-month-olds in blue, the next age yellow, and so on.

"The first thing I did was change that," Owens said, insistent the children not be dressed in simple colour coded hospital gowns.

"They weren't sick," she said, explaining that while they had major physical challenges to address, the children were active and curious like any other.

"You weren't just nursing. You were dealing with all the other problems that kids needed," Owens said, which meant buying clothes for the kids, and sometimes toys as well.

While there were always toy donations coming to the facility, Owens explained they didn't always suit the children's needs.

"Say we got six snow shovels. Well, if you don't have regular hands, they're pretty useless," she said, asking to see toys first, or even better, get the money to buy toys appropriate for the children.

"It was fun to go out and spend other people's money and buy the kids toys they could use."

"Things like that made us mothers. We had them for 24 hours a day."

After working with the thalidomide children at the Rehabilitation Institute

of Montreal, Owens went on to a number of other positions, from obstetrics, to camp nurse. She helped form Community Aid. She returned to school in the 1990s and studied fine arts and art management.

She agreed that none of her experiences impacted her as much as her 35 children.

"Once a nurse, always a nurse," Owens said, recognizing that those children would now be in their fifties.

She keeps a close eye on thalidomide survivors' fight for compensation and care, wanting their story to not be forgotten as the age and their needs change.

Because the effects of thalidomide include deafness, blindness, disfigurement, limb malformations and a host of other challenges, for many the care required is life-long.

In 1991, Health Canada provided a lump sum compensation package for Canadian-born thalidomiders, but Owens that consistent support is needed as they age, and as their parents pass away, leaving many to fend for themselves.



PHOTOS BY MATTHEW MCCULLY

Margaret Owens: "People ask me if I got married and had kids. I say well, actually, I have 35 children."

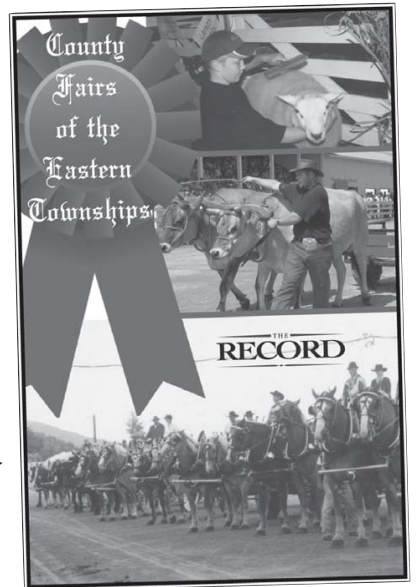
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EDITORIAL

Whether it is actors, comedians, writers, or musicians, our best and brightest are lured away to the more lucrative American market and are judged – even at home – on the basis of the recognition they win there.

A Canadian farewell



MIKE McDEVITT

As the international circus known as the Olympic Games eased into its final stretch this past weekend, and as much of the world focussed on great athletic achievements, the great enigma that is Canada took a Saturday night to gather around its electronic devices to watch what could be the swan song of an iconic Canadian band.

The event was the final show in the Tragically Hip's latest, and probably last, national tour, announced soon after the revelation that lead singer and lyricist Gord Downie had been diagnosed with an aggressive and fatal form of brain cancer. The prognosis did not look good.

Almost immediately, tickets for shows on the tour quickly sold out and almost immediately, stories began to emerge of scalpers demanding outrageous sums of money to see a band that is almost unknown beyond our borders. It was the spawning of a quintessential Canadian moment.

In the midst of the ticket controversy, Canada's national broadcaster, the CBC, arranged to broadcast the final show in Kingston and turned what would have been a sad farewell to the national house band into a National Social and Cultural Event.

Despite the many trials and tribulations that the public broadcaster has endured over the past few years - with extreme budget cuts and personality scandals - somebody at the Mother Corp.

had the courage to throw caution to wind and devote the entire network to producing a concert from a Kingston hockey rink. To accomplish this, the network interrupted its own highly expensive prime-time Olympics schedule and even gathered our homegrown athletes together to watch the show. Now that's commitment.

As the network began promoting the event, excitement grew across the country, well fueled by a desire on the part of a considerable number of Canadians to be 'part of history,' as a country says a sad farewell to a favoured artist.

The Tragically Hip have had an enthusiastic fan base in Canada for almost three decades, supported by a solid rock and roll foundation coloured with the deep and intriguing lyrics of Downie, himself, whose odd voice, moves and gestures gave power to the obscure, but distinctly Canadian viewpoint of their post-punk lyrics. Oddly, for Canadian popular culture icons, the band's fame did not spill over into the American or European markets, belying their outstanding popularity in Canada. The music itself was a perfect fit to the broader North American canon and yet the appeal – and it was a powerful one – seemed only to touch Canadians.

So what appeared to be a farewell concert by a B-list band became, almost a national holiday with arenas, bars, and private homes hosting parties to watch a three-hour, commercial fee, live concert of what had suddenly emerged as Canada's national band. The prime Minister was there, demonstrating his hipness with leather and an appropriate t-shirt. The Olympic athletes gathered like groupies behind an excited Ron MacLean, forgetting briefly the intensity of competition to listen to an odd man sing about Bobcaygeon and a sinking New Orleans in a gravely, tortured, agonizing wail.



It was a good performance. The band itself displayed the tight virtuosity that comes from years of touring and playing sketchy bars, while Downie seemed to personify the emotional dichotomy of the situation. For despite the morbid reason for the intense interest the country has shown in this event, the concert possessed more of an air of celebration than of mourning and, while the fate awaiting the doomed singer was never far in the background, the overall mood remained positive, admiring, and, perhaps, grateful for a musical legacy unique to the band – and to the country that embraced it.

Canada is often criticized in the cultural milieu for being a decidedly difficult nut for homegrown entertainers to crack. We have a well-known tendency to withhold our respect for native talent until recognition from afar validates our initial thoughts. Whether it is actors, co-

medians, writers, or musicians, our best and brightest are lured away to the more lucrative American market and are judged – even at home – on the basis of the recognition they win there.

It is, perhaps, this that makes the Tragically Hip tribute so essentially Canadian/ The band was strictly ours and owed nothing to the over-the-top world of pop culture celebrity and everything to the fact that they always stayed essentially the same – a hard-working Canadian rock band whose songs and viewpoint remained essentially tied to its Canadian roots.

The band has released 14 studio albums over the past three decades, nine of which have gone platinum in Canada, and in them, a legacy of solid, interesting, and thought-provoking music has painted an impressionistic portrait of the country that spawned it. It's a legacy that will only grow with time.

Jury deliberations to stretch into 10th day in Quebec election shooting trial

The Canadian Press

The jury deciding the fate of Quebec's alleged 2012 election-night shooter will return for a 10th day

of deliberations after failing to reach a verdict on Sunday.

For a second straight day, there were no questions or messages from the jurors contemplating the charges against

Richard Henry Bain as deliberations stretched into their second week.

Bain, 65, faces a first-degree murder charge in the shooting death of stagehand Denis Blanchette outside a nightclub as then-Parti Quebecois leader Pauline Marois was inside celebrating her party's provincial election victory.

Bain also faces three counts of attempted murder.

The prosecution argued that Bain deliberately fired the bullet that killed Blanchette and seriously injured another stagehand because he was angry over the PQ's victory.

But Bain's defence team countered he was mentally ill and should be found not criminally responsible on all charges.

As Day 9 concluded, Bain's lawyer said

the length of the deliberations could be a sign that one or two jurors disagree with the majority.

But Alan Guttman also reminded reporters that lengthy deliberations aren't unusual in cases involving a defence of non-criminal responsibility.

"It's very, very long but it's not unreasonable," he said outside the courtroom.

Last week, Quebec Superior Court Justice Guy Cournoyer told the jury its first task was to evaluate Bain's mental state on the night of the shooting.

If they reject the not criminally responsible defence, which would apply to all charges, the seven women and five men on the jury must reach unanimous verdicts on each of the four charges Bain is facing.

THE RECORD

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Local Sports

"The last few starts have been on seven or eight days (rest)," he said. "As a pitcher there's adjustments you have to make. I don't think I've forgotten how to pitch."

Aaron Sanchez sent to minors as Blue Jays limit innings; Aaron Loup recalled

The Associated Press

Aaron Sanchez is being sent to the minor leagues as the Toronto Blue Jays skip a start to limit his innings.

Toronto optioned the 24-year-old right-hander to Class A Dunedin on Sunday, and the Blue Jays plan to recall him to start against Baltimore on Aug. 31.

Sanchez is 12-2 with a 2.99 earned-run average, fifth-best in the AL. He has made 24 starts and thrown a career-high 156 1/3 innings. He likely will not pitch in the minors.

"We've talked a lot about this over the year," Blue Jays general manager Ross Atkins said. "Not just over the last month, but as good as Aaron has become, we all along thought at some point we'll have to manage his workload. That's what this is about. He'll come right back in the rotation."

Sanchez has struck out 132 and opponents are batting .230 against him. Left-hander Aaron Loup was recalled from triple-A Buffalo and will pitch out of the bullpen.

Sanchez pitched three hitless innings Saturday, then allowed Cleveland to tied

the score with a five-run fourth and was pulled.

"Making this move was something we tried to stay away from, talking about innings being a concern," Sanchez said. "I still have to get ready. It's not like my season's over. It's normal work when I go down there. Nothing changes for me."

"The last few starts have been on seven or eight days (rest)," he said. "As a pitcher there's adjustments you have to make. I don't think I've forgotten how to pitch."

The Blue Jays front office planned on keeping Sanchez to a hard innings cap

at the start of the season to prevent long-term wear on his arm.

In early August Toronto changed course and opted for a six-man rotation after acquiring veteran left-hander Francisco Liriano in a trade with the Pittsburgh Pirates.

Loup has a 6.00 ERA over six inning this season for the Blue Jays. He has a 3-0 record with a 1.00 ERA over 16.2 innings with 23 strikeouts this season in Buffalo.

Canadian Milos Raonic eliminated in semis by Andy Murray

The Associated Press
By Joe Kay

Angelique Kerber reached the Western & Southern Open final Saturday, leaving her one win away from unseating Serena Williams at No. 1.

Kerber took control after a 33-minute rain delay in the first set and beat Simona Halep 6-3, 6-4 in humid, windy conditions, putting her within reach of the world's top ranking. Williams has led the WTA rankings for 183 consecutive weeks, the second-longest such stretch.

A win on Sunday over 15th-seeded Karolina Pliskova would move Kerber to the top spot in next week's rankings. Williams dropped out at the start of the tournament because of an inflamed shoulder, leaving her ranking vulnerable.

Andy Murray extended his successful summer — another Wimbledon title, another Olympic gold medal — by reaching the final as well by downing Canadian Milos Raonic, giving him a chance for a third Cincinnati championship.

More is at stake in the women's title match. Kerber has tried to avoid thinking about No. 1 because she didn't want to put any more pressure on herself. Now, there's no avoiding it.

"I've had a lot of ups and downs the last few years and a lot of experiences from which I've learned," Kerber said. "I think I'm one of the best tennis players."

"One match away, still a long way to go."

She'd become only the second German woman to hold the top spot. Steffi Graf's reign at No. 1 ended in 1997. It would be Kerber's first title in Cincinnati — she lost her other finals appearance in 2012.

Halep was on a hot streak, winning

back-to-back titles at Bucharest and Montreal. She'd also beaten Kerber in their four matches on hard courts this season, although Kerber won at Wimbledon.

Kerber led 4-3 in the first set when rain forced the delay. She won eight of the next nine points to take the first set, then pulled ahead 4-0 in the second set, pumping her right arm in celebration as the games piled up.

Pliskova advanced to the championship match for the first time by beating Garbine Muguruza 6-1, 6-3 in an earlier match. She was well aware of the stakes on Sunday.

"I know it," she said. "For me, doesn't really mean anything. For her, yes. I don't know if she would be a little bit stressed or something, but I would love to have her as a No. 1 after a few years. But I'll do anything for her not to get there, if she wins (in the semifinals)."

In the men's bracket, Murray beat Raonic 6-3, 6-3, also overcoming a brief rain delay in the first set. He's won his last 22 matches, a career best. And he appeared fresher on Saturday after pulling through a draining summer of success.

After beating the product from Thornhill, Ont., for his second Wimbledon title and getting another Olympic gold medal in Rio de Janeiro, he came to Cincinnati worn out. He developed a bad head cold and had a stiff back that limited his movement during the quarterfinals. He was much sharper on Saturday with only 11 unforced errors.

"I'm not going to be fresh," Murray said. "I've played a lot of tennis the last few weeks. This week has been hard for me, coming from Rio. Tomorrow is going to be my first match during the day. Every player will tell you the conditions are different in the daytime."

The men's bracket was wiped out by

injuries. Novak Djokovic and Roger Federer skipped the tournament, and Rafael Nadal was knocked out early as he plays back into shape following a severe wrist injury.

By reaching the finals, Murray made it 33 straight Masters championships involving at least one member of the Big

Four — Murray, Federer, Djokovic and Nadal. One of them has won each of the last 18 Masters championships.

Murray will face Marin Cilic, who rallied to beat unseeded Grigor Dimitrov 4-6, 6-3, 7-5 in a rain-delayed semifinal that ended at 1:36 a.m. local time.



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Datebook

MONDAY, AUGUST 22, 2016

Today is the 235th day of 2016 and the 64th day of summer.

TODAY'S HISTORY: In 1851, the American yacht America won the first America's Cup.

In 1864, the first Geneva Convention, which established protections for those wounded in active warfare, was signed by 12 European nations.

In 1902, the Cadillac Automobile Co. was founded.

In 1996, President Bill Clinton signed the Personal Responsibility and Work Opportunity Act welfare reform into law.

TODAY'S BIRTHDAYS: Claude Debussy (1862-1918), composer; George Herriman (1880-1944), cartoonist; Dorothy Parker (1893-1967), author; Leni Riefenstahl (1902-2003), film director/actress; Ray Bradbury (1920-2012), author; Norman Schwarzkopf (1934-2012), general; Valerie Harper (1939-), actress; Bill Parcells (1941-), football coach; David Chase (1945-), screenwriter/producer; Tori

Amos (1963-), singer-songwriter; Layne Staley (1967-2002), singer-songwriter; Kristen Wiig (1973-), actress/comedian; James Corden (1978-), TV personality.

TODAY'S FACT: The Comics Journal named George Herriman's "Krazy Kat" the best American comic strip of the 20th century in 1999.

TODAY'S SPORTS: In 1989, Texas Rangers pitcher Nolan Ryan struck out Rickey Henderson of the Oakland A's, becoming the first major league pitcher to

reach 5,000 strikeouts.

TODAY'S QUOTE: "People ask me to predict the future, when all I want to do is prevent it. Better yet, build it." — Ray Bradbury

TODAY'S NUMBER: 196 — nations that have acceded to the Geneva Conventions.

TODAY'S MOON: Between full moon (Aug. 18) and last quarter moon (Aug. 24)

Get a head start on safety

FROM CONSUMER REPORTS(R)
By the editors of Consumer Reports

If you're riding your bike in the suburbs of Washington, D.C., with your head unprotected, don't be surprised if you hear a voice bellowing at you from a passing car: "Get a helmet!" It could be Consumer Product Safety Commission Chairman Elliot Kaye's 6-year-old son, who has taken it upon himself to be a sometime cycling safety advocate.

"I applaud him loudly for it," Kaye laughs. "Once we're out of earshot."

Both generations of the Kaye family understand an often-overlooked reality: Head injuries are a serious problem in cycling. For all of the news about traumatic brain injuries (TBIs) among football players, there were 286,978 bike-related head injuries treated in U.S. emergency rooms between 2007 and 2011 — more than from any other sport — according to a 2016 study published in

BMC Emergency Medicine.

That means a bicycle helmet is one of the smartest purchases you can make, notes Consumer Reports. According to a study by the Insurance Institute for Highway Safety, 60 percent of people who died in a bike accident in 2014 were not wearing a helmet.

Almost half of the 1,189 cycling accidents in people ages 5 to 18 in one Minnesota county involved a head injury, according to a study by Ruchi Kaushik and colleagues at the Mayo Clinic Children's Center. Of the 11 kids who were hurt the worst, including two deaths, 10 of them were helmetless. And a helmet can mean the difference between injury and disaster. When researchers at the University of Arizona in Tucson analyzed the records of more than 6,200 people nationwide who had a TBI as the result of a bike accident, they found that wearing a helmet cuts the risk of severe injury by 58 percent.

Those numbers should be convincing enough to erase any doubt about the benefits of helmets. Still, no one knows whether or by how much they reduce concussion risk.

"You wear a helmet to protect yourself from head injuries that can kill you," says Robert Cantu, M.D., Clinical Professor of Neurology and Neurosurgery at Boston University Medical School. Those include skull fractures and bleeding inside the skull or the brain.

Scientists know how much force it takes to crack a skull, so they've been able to design a test that determines a helmet's ability to prevent that. But concussions aren't completely understood, says Consumer Reports, and not all TBIs are perceivable on a CT scan or an MRI, which makes devising a test to measure the force it takes to cause one difficult.

However, it seems likely that helmets help somewhat because in a crash the materials they are made of blunt impact

and disperse energy; that may keep the brain from jostling too much inside the skull, which is the cause of concussions. And after going for decades with few safety-related changes, helmet manufacturers are beginning to innovate with concussion prevention in mind. Questions remain, but Consumer Reports' tests this year suggest that, at least in the lab, there may be some added benefit to a technology called Multi-directional Impact Protection System, or MIPS.

No helmet offers complete protection in every accident. But helmets are comfortable, you don't have to spend a lot of money to get a good one and it could save your life. That's why you should wear a helmet every time you ride — or risk getting heckled by a precocious 6-year-old.

To learn more, visit ConsumerReports.org.

Antiviral medicines help ease shingles pain

ASK DOCTOR K



By Anthony L. Komaroff, M.D.

DEAR DOCTOR K: I've been diagnosed with shingles. What can I take for the pain?

DEAR READER: Shingles, also known as herpes zoster or just zoster, is caused by the varicella-zoster virus. It is the same virus that causes chickenpox. Once you have had chickenpox, the varicella-zoster virus remains in your body's nerve tissues. It is inactive, but it can be reactivated later in life. This causes shingles.

When the virus reactivates, it causes a burning or tingling sensation in the affected areas. A few days later, the virus causes a blistering rash. Your affected skin may be so painful and sensitive that you cannot even stand having your clothing touching the area. One patient of mine with shingles on his forearm switched for several weeks to wearing a short-sleeved shirt to the office, something he never had worn to work before.

If you're over age 50 and have had shingles pain for less than three days, the current recommendations call for doctors to prescribe antiviral medicine to kill the virus that causes shingles. (If you are younger than 50 and very uncomfortable from shingles that began in the last three days, your doctor may still prescribe antiviral therapy.)

The two medicines recommended most often are famciclovir (Famvir) and valacyclovir (Valtrex). These antiviral medications not only help shorten the days of pain that you have, they also help reduce the risk of long-lasting shingles pain, a condition called post-herpetic

neuralgia.

The pain that accompanies shingles can be intense. If the antiviral medicine does not provide enough relief, you can take additional pain medicines. Start with nonsteroidal anti-inflammatory drugs (NSAIDs) and acetaminophen. If necessary, your doctor will prescribe more potent pain medicines; these include codeine, tramadol and (when the pain is very severe) oxycodone.

Some studies led doctors to add corticosteroid drugs such as prednisone to the treatment of shingles. However, as more studies of this treatment have been completed, it looks as though these medicines may offer more risks than benefits.

You should also gently rinse your skin rash and blisters once or twice daily with cool water. Your doctor may suggest that you use antibiotic ointment on open areas.

Shingles usually takes seven to 10 days to run its course. Blisters may take several weeks to disappear completely. The duration of pain is highly variable. Most people's pain decreases within two

or three months.

However, a small number of people develop post-herpetic neuralgia and continue to have pain for many months, or even years. Different medications from those used during the attack of shingles are effective. These include tricyclic drugs, gabapentin and pregabalin. These drugs alter the way your central nervous system perceives pain signals. If the pain is severe, then the more potent drugs used for the pain of shingles may also be helpful. These include oxycodone, morphine and methadone.

Other treatments for post-herpetic neuralgia being evaluated, but as yet unproven, include capsaicin, topical lidocaine and acupuncture. A shingles vaccine is recommended for most adults age 60 and older. Even though treatment is effective, nothing beats preventing the condition in the first place.

(Dr. Komaroff is a physician and professor at Harvard Medical School. To send questions, go to AskDoctorK.com, or write: Ask Doctor K, 10 Shattuck St., Second Floor, Boston, MA 02115.)

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Your Birthday

MONDAY, AUGUST 22, 2016

Take the initiative and make changes that will encourage a better domestic life or the formation of a business you can run from home. Variety is good for the soul. Engage in the things that excite you mentally and physically and will bring you greater financial security. Live, love and laugh.

LEO (July 23-Aug. 22) — Your attitude will make a difference as to how others treat you. Optimism is a good way to attract opportunities. If you believe in yourself, so will everyone else.

VIRGO (Aug. 23-Sept. 22) — Cut to the chase and take care of legal, contractual and financial matters quickly. If you let your emotions run the show, you will lose your equilibrium. Don't let someone else take charge.

LIBRA (Sept. 23-Oct. 23) — Secretive actions will lead to trouble. Honesty will bring about the results you want in the quickest manner. Refuse to let anyone bully or put pressure on you.

SCORPIO (Oct. 24-Nov. 22) — Put your energy into an employment search, personal improvements and striving for financial gain. Size up your situation and make reasonable changes that will lead to concrete results. Ask and you will receive.

SAGITTARIUS (Nov. 23-Dec. 21) — Nothing will be as it appears. Don't rely on hearsay; get to the root of the matter and decide what's best for you. Now is not the time to be a follower.

CAPRICORN (Dec. 22-Jan. 19) —

Emotional game-playing is best ignored. You are best off focusing on personal growth and doing what will bring the highest rewards rather than trying to accommodate someone else's demands.

AQUARIUS (Jan. 20-Feb. 19) — Embrace change, work hard and strive to turn a plan into a reality. Live life according to your rules, and don't give in to others' emotional demands. Be true to yourself.

PISCES (Feb. 20-March 20) — You need to put greater emphasis on love, romance and relationships. You can bring about favorable changes if you work with someone you care about to build a stable future.

ARIES (March 21-April 19) — Don't leave anything to chance. Making plans that you can adjust along the way will lead to your success. Stay alert and be ready to take advantage of an opportunity.

TAURUS (April 20-May 20) — You will come out on top if you are prepared to give your all. Making plans with children or family or socializing with peers or friends will boost your confidence.

GEMINI (May 21-June 20) — Take command, but don't antagonize someone who is stubborn or likely to fight back. Keep your life simple and focus on personal improvements, not on trying to change others.

CANCER (June 21-July 22) — Unexpected changes must not be allowed to throw you off course. If you adjust to whatever transpires and carry on, you will reach your goal and surpass your expectations.

MONDAY, AUGUST 22, 2016

Patience is often a bridge virtue

By Phillip Alder

Benjamin Disraeli, twice the British prime minister in the 19th century, said, "Patience is a necessary ingredient of genius."

One clear difference between bridge geniuses — experts — and less-capable players is the speed with which they take tricks when on defense.

In this deal, how should the declarer-play and defense proceed after West leads the heart king against three no-trump?

It was reasonable for North to use Stayman, despite his poor spades. If South also had four spades and weak diamonds, four spades could have been the best contract.

South starts with seven top tricks: one spade, one heart, one diamond and four clubs. He has finesses available in both rounded suits, and it is logical to start with the diamonds, because if that finesse wins, declarer is home.

South should duck dummy's heart ace twice and take the third round. In this way, he learns the good news that hearts are 4-3, not 5-2. Then he takes the diamond finesse. What happens next?

Many Wests would win the trick to cash the last heart. But then South will get into the dummy with the club queen and, perforce, take the spade finesse, and with this layout he would collect

		North	08-22-16
		♠ 9 8 5 2	
		♥ A 6 3	
		♦ 7 2	
		♣ Q 6 4 3	
West		East	
♠ J 7 4		♠ K 10 6 3	
♥ K Q J 10		♥ 9 7 4	
♦ K 10 8 5		♦ 9 6 4	
♣ 5 2		♣ 10 8 7	
		South	
		♠ A Q	
		♥ 8 5 2	
		♦ A Q J 3	
		♣ A K J 9	
Dealer: South			
Vulnerable: Neither			
South	West	North	East
2NT	Pass	3♣	Pass
3♦	Pass	3NT	All Pass
Opening lead: ♥ K			

two spades, one heart, two diamonds and four clubs.

A genius West will duck the first diamond. Then declarer would surely cross to the club queen and repeat the diamond finesse. Now West produces his king, cashes the last heart, and exits with a club. Then South cannot get into the dummy to take the spade finesse and will end down one.

CROSSWORD

Across

- 1 D.C. fundraisers
- 5 Throat-clearing word
- 9 Square root of 64
- 14 Marathon aftermath
- 15 Singer Horne
- 16 Versailles send-off
- 17 Moscow : nyet :: Berlin : ___
- 18 Paper or plastic choice
- 20 Detective Pinkerton
- 22 Protest singer Phil
- 23 "Okay, ___ do it!"
- 24 Waitstaff boss
- 27 Gravy container
- 28 Cocktail
- 31 Online company with many drivers
- 33 Tot's piggies
- 37 Religious symbols
- 39 "___ culpa"
- 40 Misfortune

42 Tales of ___: misfortunes

- 43 Bamboo eater
- 45 Watson of "Harry Potter" films
- 46 Learning by memorization
- 47 Carrier that added "ways" to its name in 1997
- 49 Butter toffee bar
- 51 Popular climb from Lone Pine, California
- 57 Car rental giant
- 60 Most of the Jolly Green Giant's laugh
- 61 "Done!"
- 62 Fries, slaw, etc. ... and what this puzzle's circles represent
- 65 "Terrible" tsar
- 66 Coral island
- 67 West Point initials
- 68 Take a break
- 69 Oater law group
- 70 Gas company with toy trucks
- 71 Neighborhood

Opera"

- 29 Ultimatum words
- 30 Tie the ___: marry
- 31 Strike caller
- 32 Older brother of Jeff Bridges
- 34 "___ to Billie Joe"
- 35 Large shade tree
- 36 Total in math
- 38 "Understand?"
- 40 Scott of "Happy Days"
- 41 Flea market payment
- 44 Ones "in distress" in old films
- 46 Tax-sheltered nest egg

48 German coal valley

- 50 Modeler's buy
- 52 "Obviously, Einstein!"
- 53 "___ are the times that try men's souls": Paine
- 54 Early-bird catches
- 55 Rub out
- 56 Gossipy sort
- 57 Without delay, in memos
- 58 Don Corleone's first name
- 59 Nuptial vows
- 63 Barcelona cheer
- 64 Carrier to Copenhagen

M	I	N	A	J		S	L	A	B		E	W	W	
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E	E	R		B	L	E	H			M	A	V	E	N
T	R	A		J	E	S	T			C	R	Y	P	T

Down

- 1 Old TWA rival
- 2 High-speed Amtrak service
- 3 Legumes used in cook-offs
- 4 McCain or McConnell
- 5 Math subj.
- 6 King of Judea
- 7 Firstborn son of Cain
- 8 Ultra-manly
- 9 Corn piece
- 10 Peaceful
- 11 Barb
- 12 Furnace output
- 13 Harbor craft
- 19 Cornerstone abbr.
- 21 Gun lobby org.
- 25 Kett of old comics
- 26 Christine's lover in "The Phantom of the

1	2	3	4		5	6	7	8		9	10	11	12	13
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66						67					68			
69						70					71			

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.

“ ‘FOYYC WOCU’ ... VGYVGUGKRU RFG
TGUR PG SOK TG ... PFGK XMBG POU
ADDW OKW XMBG POU UMJYXG.”
— OKUDK PMXXMOJU

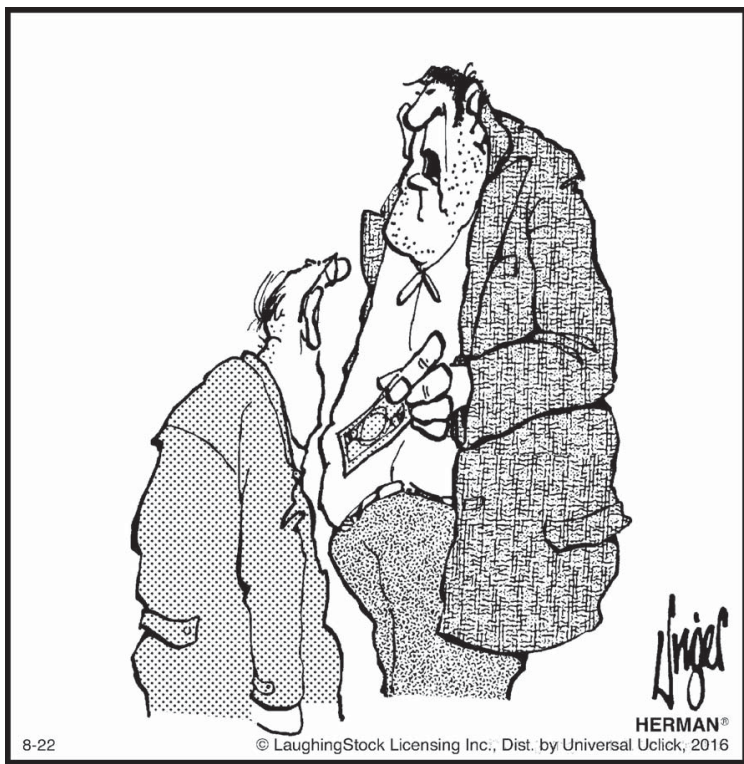
Previous Solution: “Live life to the limit, every minute of every day ... there are only so many tomorrows.” — Michael Landon

TODAY'S CLUE: *S equals C*

REALITY CHECK

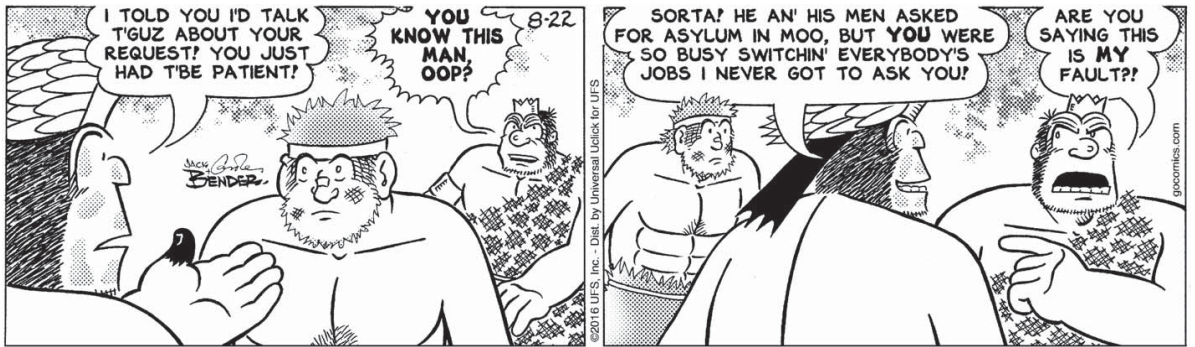


HERMAN

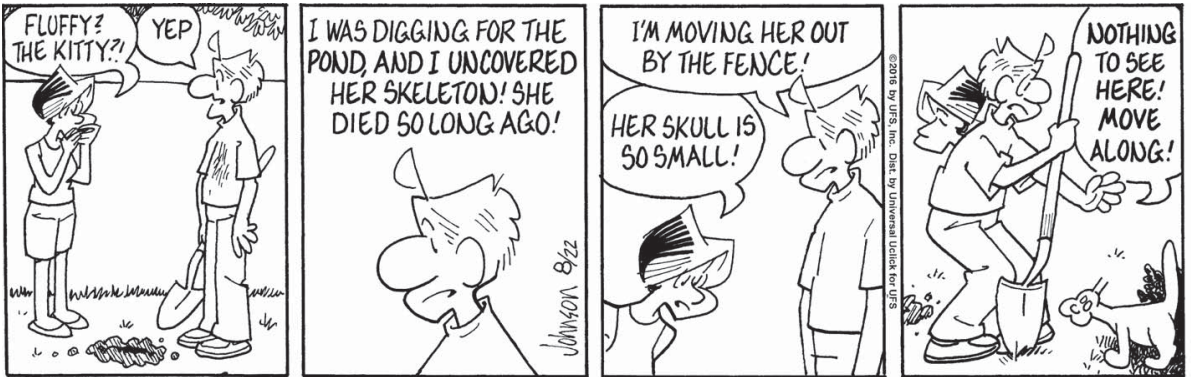


“Hey bud, I need change. Give me two twenties for this five.”

ALLEY OOP



ARLO & JANIS



THE BORN LOSER



FRANK AND ERNEST



GRIZWELLS



SOUP TO NUTS



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Checking out

Annie's Mailbox

MONDAY, AUGUST 22, 2016

Dear Annie: I have an embarrassing problem, and I don't know what to do.

I met a beautiful young woman who works in a local store. She is about 20 years younger than I am. She took my breath away the first time I saw her, but I figured that with the age difference, there was no chance.

I saw her every day for about 18 months, and every day I liked her more. One day, she told me she was depressed and needed to be cheered up. She also told me she was glad to see me because I always cheered her up. That was the nicest thing a woman has ever told me.

A couple of weeks later, I went into the store, and we locked eyes. She turned around without a word and went into the back room and didn't come out while I was there. Needless to say, that hurt.

For the next two weeks, she acted the same way, as if I were invisible. I was devastated. I stopped going in when she was working. I can take a hint.

Ten months later, she changed shifts, and I saw her

again. It is a much longer story, but she acted as if I was her best friend again. That's when I realized I am in love with her. But with the age difference, I know it's a no-brainer. Again I was devastated, even more so this time.

My question is this: Why is she so cruel? Is it a power thing? A tease?

My heart is broken again, and I guess I want to know why a woman would do that to someone who has always treated her with respect. It's so cruel. I'm lost here. Maybe I hurt her. But she won't talk about it, so I don't know. What should I do? — Crush on the Clerk

Dear Crush: I think you're shopping in the wrong aisle here. It's possible this girl is playing games with you, but the bottom line is that you will never know what is going on in another person's head. You can only control how you react.

So let's focus on your feelings here: I don't think you are in love with this girl; you are infatuated with her. The best way to get over infatuation is to avoid the object of it. Change your routine; go to a different store.

I'd also recommend

getting involved in a community organization so you can meet more people and build your self-esteem. You can't expect anyone else to respect you if you don't respect yourself.

Dear Annie: My girlfriend and I occasionally go to events during which "The Star-Spangled Banner" or a similar patriotic song is performed. The announcers always ask that people stand and please remove their caps. My girlfriend, "Marie," absolutely refuses to remove her hat. This is not for political reasons. Rather, she says removing a hat is only for guys. Fortunately, no one has expressed annoyance at her — at least no one other than me. Asking politely has no effect. What can I do? — No-Hatter

Dear No-Hatter: Neither of you is too far off base. The widely accepted etiquette is that men must remove their hats during the national anthem; women can leave fashion hats on but should remove unisex hats (such as baseball hats and beanies). So show her this column if you are in the right. And if you're wrong, you owe her some Cracker Jack.

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

Austin W.I. summer meeting

The Austin W.I. meeting took place on Wednesday, August 10 at the home of Tina Linde with co-host Lisette Maille.

Debi Bonn opening the meeting at 1:30 p.m. after thanking the co-hosts for their hospitality.

Motto: Be yourself - who else is better qualified. Roll Call: Name your trade when you had to work for a living and was answered by 8 members with an interesting variety of occupations.

Due to the absence of Secretary Liz Goodwin, Bea Juby was kind enough to replace her for today. The July meeting had been cancelled so the minutes from the June meeting were read and approved.

Treasurer Betty Telford reported on the fundraiser that was held in June showing a favourable balance to help continue our work for 2016.

The member who was to bring the monthly prize was unexpectedly absent so there will be a double drawing in September to be supplied by Lisette & Betty.

Many thanks were given to Debi Bonn for chairing the meeting and Bea Juby for doing Secretarial duties.

Following the meeting, all were treated to a delicious tea of Sweet Bread with fresh fruit and whipped cream. It was all appreciated and enjoyed.

The next meeting to be held at the home of Debi Bonn on Chemin Viens on September 14 at 1:30 p.m. Roll Call: Bring a funny story.

Submitted by
 Betty Cochrane Telford,
 Publicity

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SUDOKU

Difficulty: 2 (of 5)

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8-22-16

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PREVIOUS SOLUTION

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

HOW TO PLAY:

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

