

Marie Hayes named Quebec's Family Doctor of the Year

By Gordon Lambie

Sherbrooke Doctor Marie Hayes was one of ten doctors across the country to be named Family Physician of the Year this past Monday by the College of Family Physicians of Canada. The award is given out annually by the CFPC to a physician in each province who is deemed to be providing exceptional care to patients, contributing to the well-being of their communities, and who are committed to research and the education of future generations of family doctors.

"I was quite surprised," Hayes said. "I feel honoured to have received this award."

The Co-owner of the Clinique Jacques-Cartier shared that she has been in family medicine for 30 years, covering almost all aspects of the field in the process

"I've had a really varied career," Hayes said, explaining that in addition to the over 2000 patients that she follows today, she has engaged in domains ranging from prenatal to emergency and long term care. "I'm also involved quite intensively in teaching the future generation of family physicians."

Working through the teaching unit at the Jacques Cartier clinic, the doctor said that more and more she sees young doctors drawn to the specialty of family medicine because of its complexity.

CONT'D ON PAGE 6

Wales Home wins tenth major award since 2011



COURTESY OF PAULINE JUBINVILLE

The Wales Home was given its tenth major award since 2011 on Tuesday night. Pictured here are André Leblond, Kelly Henderson, Brenda Pironen and Lisa Crosby at the gala of the Canada Awards for Excellence in Toronto. The home was the recipient of a Bronze award in quality. The Canada Awards for Excellence have been presented to private and public sector organizations that have been deemed "world class" since 1984.

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Weather



TODAY:
CLOUDY

HIGH OF 9
LOW OF -4



FRIDAY:
SUNNY

HIGH OF 3
LOW OF -7



SATURDAY:
FLURRIES OR
RAIN

HIGH OF 7
LOW OF 2



SUNDAY:
SHOWERS

HIGH OF 6
LOW OF -4



MONDAY:
SUNNY

HIGH OF 5
LOW OF 0

An unfocused look at optometry



ROSS MURRAY

Optometry is one of those professions where I think, "Hey, I could do that." It doesn't seem that complicated. With some basic equipment and an instructive YouTube video, I'm sure I could manage it.

After all, the equipment is doing most of the work. The optometrist is merely taking the readings. There is that eyeball-gazing wand, but its sole purpose seems to be to blind the patient just before he has to read some faraway letters, so it may exist more for kicks than anything else.

Plus, if it turns out there is something seriously wrong with your eyes, the optometrist refers you to an ophthalmologist. If you need glasses, he'll refer you to an optician. It's classic middle management, except with eye drops.

Undoubtedly optometry is more complex than this, and I'm sure I will soon be receiving angry letters explaining how. If I do get letters, though, I sincerely hope they tell me my arguments are short-sighted and lack clarity.

Ignorance notwithstanding, the big reason I question optometry is because it seems heavily dependent on guesswork. And guesswork not by the optometrist, who has at least watched the video, but by the patient. Speaking as one of those patients, I can assure you

that this is not a reliable method.

"Are the letters clearer with this lens? Or this lens? This one...? Or this one...?" "Ummmmmm..."

This is how my eyeglass prescription is determined: by my vague sense that one lens kind of looks clearer and the letters are sort of easier to read. All the while, my answers are tainted by the anxiety that I'm going to flunk the test.

But of course there is no wrong answer. These are my eyes, after all. This is what I see. At least, that's what I told myself last week as I sat in the chair with my face in the giant torture goggles.

"This one...?" asked the doctor. "Or this one?"

"Ummm, the first one," I said.

"Really?" the doctor replied.

Really?

So apparently there is a wrong answer.

"I mean, yeah, the second one..."

And that's how I got my new prescription.

After the exam, the doctor and I discussed the arguments for regular lenses versus progressives. When I learned that it was \$200 versus \$500, the argument was quickly settled that I would continue taking off my glasses to read.

Next, I was sent out front to pick some new frames, which seems a bit of a racket. But I was willing to overlook this fact because my current frames are being held together with electrical tape.

Picking frames is tough, knowing you'll be stuck with this look for the next two to five years. Nonetheless, I began the elimination process by deciding against the cheaper frames that were out of style and opting for the more expensive frames that will be out of style in six months.

I narrowed it down to two.

"This one...? Or this one...?"

It was the end of the day and the office was quiet, so three employees were happy to help me out, and by "help me out," I mean tell me how good I looked. I can assure you that having three women simultaneously say I look good has never happened before in my life and is unlikely to happen again, so you'll forgive me for savouring the moment.

"I'm sure whichever frames you pick, your wife will find you very handsome," said one of the clerks.

Naturally, I didn't want to leave.

But it was closing time, so I made my selection (the cheaper frames, of course) and left the frames behind to be readied with my prescription. First, though, I took a selfie on my phone, which for me is as uncomfortable and unnatural as that puff of air in the eyeball. And the expression kind of looks the same.

I came home and showed my wife my phone. "What do you think?" I asked.

She paused. She continued pausing. The pause was going on far too long.

Finally she said, "Why do you look so angry?"

I'm not angry, I said, and then I explained how hard it is to take a selfie. But the frames, I asked, what did she think of the frames?

"They're awfully big," she said.

You lied to me, three women. You lied! I knew it was a racket!

But then, coming from the optometrist, I should have guessed.

***Drop by Black Cat Books in Lennoxville this Sunday from 2-4 p.m. I'll be reading from my novel A Hole in the Ground and other works and discussing whatever there is to discuss. See you there!**

Memphremagog MRC to get SQ station by 2018

Record Staff
SHERBROOKE

The Memphremagog MRC will finally get its new Sûreté du Québec station in 2018, in spite of ongoing administrative reorganization within the provincial force.

MRC Prefect Jacques Demers con-

firmed in an article in *Sherbrooke's La Tribune* that work is scheduled to begin in spring 2017. The construction should be completed in the spring of the following year.

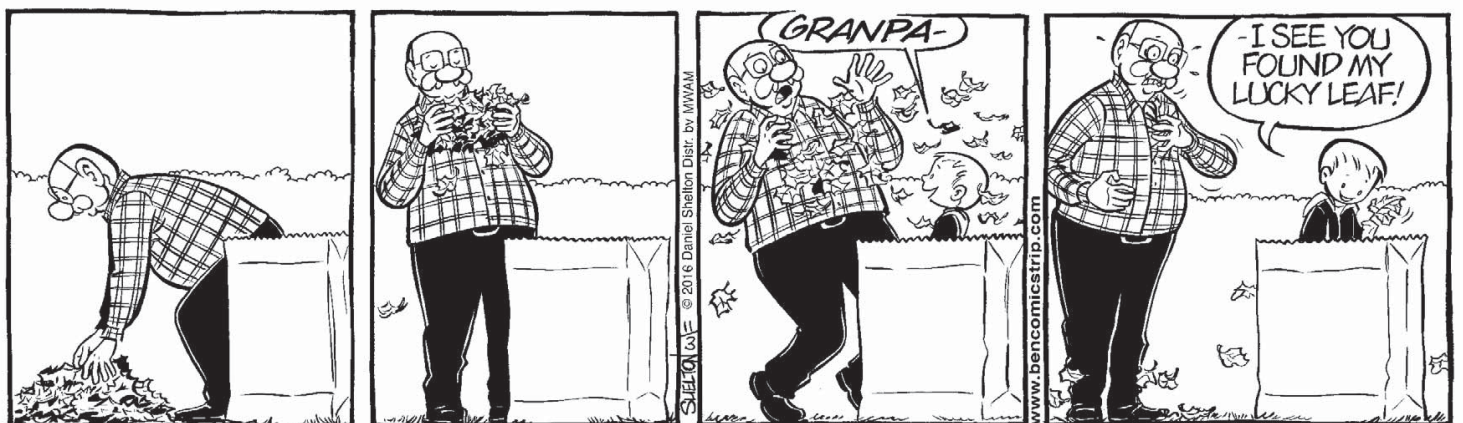
The new building will be located at exit 113 of Highway 10, near Karting Orford.

The MRC plans to adopt a short-term

loan by-law to finance the project and expects to sign a 10 to 15 year lease with the SQ.

The force has no plans for additional staff at the new headquarters, but Demers insists that the public will be better served because officers will no longer have to travel to Sherbrooke, where their offices are currently located.

Ben by Daniel Shelton



LOCAL NEWS

Murray said the fact that Minister Proulx is making himself available for 15 different regional meetings is a clear indication of how committed he is.

Regional consultation on educational success offers a direct line to Proulx

By Matthew McCully

Appalachian Teachers' Association President Megan Seline and Eastern Townships School Board Chairman Mike Murray were two of the local representatives that gave presentations during last Friday's public consultation on educational success.

Seline's presentation covered two main topics; helping all students reach their full potential and creating a favourable environment for student learning, personal development and success.

Minister of Education, Recreation and Sports Sébastien Proulx attended the consultation to hear first-hand what the needs of the region are to ensure educational success.

"Early childhood intervention is key to educational success, particularly for students in low SES (socioeconomic status) situations, but it requires specific human resources; additional resource teachers, professionals, and technicians," Seline's presentation said.

Seline suggested that the assessment and identification of students' specific needs should be identified as early as possible to avoid learning delays. She

went on to point out that four-year-old kindergarten should continue in low SES areas, and a feasibility study should be done to consider expanding the program to all students.

"Given the nearly 100% degree of integration and inclusion of special needs students in the English sector, there is a need for greater resources and direct services to students with an awareness that the difficulties and challenges caused by this degree of integration and inclusion vary from area to area," Seline stated.

She wondered if a teacher without the proper resources was providing equally appropriate learning opportunities for the special needs student, the average student, and the gifted student in a class.

Seline mentioned a need for a broader curriculum to offer more options and engage more students.

"There must be a greater number of pathways and alternative academic and vocational options in order to entice and encourage individuals to stay in school with resources to support and guide them," she said.

During her presentation, Seline pointed out that the cost of attending professional development sessions has

increased, but the funding from the Ministry has remained unchanged.

She also suggested that a government funded breakfast program for all students in public schools could contribute to a better overall learning environment.

Seline's presentation also touched on the needs in adult education, including maximum class sizes for adult ed classes, resources for special needs students in vocational training, and suggested a consultation mechanism be put in place to confer with vocational education teachers about programs.

Seline brought four local teachers to act as observers at the consultation; Kevin Shea from AGRHS, Marina Delis RRHS, Josee Gagon and Jennifer Kidd from Butler. The observers were also invited to participate in the round table discussions in the afternoon that followed the morning presentations.

ETSB chairman Mike Murray called the recent consultation "interesting, to say the least."

Murray co-presented with local French boards. While he said there was not a lot of time to get into great detail, he and his co-presenters touched on all of the high points related to educational needs in the area.

Murray added that Minister Proulx was not just there to make an appearance.

"There was an exchange. He asked questions, and he was quite penetrating in his questions, I found," Murray said.

One of the topics discussed was the need for adaptability among the vocational training programs offered. Murray used the example of Machining; while there may be resources for the training program in Sherbrooke, the need for machinists could be much higher in another region.

Murray said the minister reacted well to the need for early intervention to identify special needs in young children so that solutions can be applied before they begin suffering a lack of success.

Overall, Murray said he felt heard at the consultation and appreciated the minister pointing out that wall-to-wall solutions are not viable as far as education is concerned, and different areas will require different solutions.

Murray said the fact that Minister Proulx is making himself available for 15 different regional meetings is a clear indication of how committed he is.

Is starting your own business harder for women?

By Gordon Lambie

As a part of its second edition the Salon Feminin Pluriel, Sherbrooke's annual conference dedicated to celebrating women and discussing issues of concern to them, will be hosting a public conversation on entrepreneurship for women. Entitled "+ qu'un Panel Discussion" or "more than a panel discussion" the event will give an audience of students and members of the general public the opportunity to interact with established female entrepreneurs on the challenges and triumphs of their working lives.

Catherine Routhier, youth entrepreneurship outreach agent with the Carrefour Jeunesse Emploi employment resource centre, coordinated the event.

"The reason we call it more than a panel is that usually with a panel what you get is a small group talking and an audience listening," Routhier said. "What we want is an exchange with the audience. The way it will work is that each panelist will have a turn to speak, then there will be some questions that are specific to the entrepreneurs and their training. After that the panelists will ask discussion questions to those who are gathered."

The panel for the event will include Suzie Talbot of Diex Recherche, Chloé Legris of Espace INC., Janie Du-

quette of Alma ma Terre, and Marie-Eve Lejour of Savonnerie des Diligences, with the conversation being moderated by Maïa Poulin of Niska. Routhier said that although the discussion will be taking place in French, several members of the panel are quite capable of speaking in English.

"There will be no problem," the coordinator said. "It will be really interesting."

Routhier explained that the panel came about after the organizers of the conference asked the Carrefour Jeunesse Emploi to organize an event looking at the idea of entrepreneurship from a woman's perspective.

"There are a lot of female entrepreneurs, but compared to men there are not as many as you might think," the coordinator said, explaining that finding panelists was more of a challenge than she was expecting. "The objective is really to expose people to positive models of entrepreneurship and female business leaders while also looking at how the issues and the

realities are different for women."

Routhier said that the event is not meant to make people into entrepreneurs in an afternoon, but rather to get people thinking about how women can be masters of their own destinies and what challenges might face them in chasing that goal.

"My mandate is really to introduce people to new ideas and create discussion," the organiser said.

The "+ qu'un Panel Discussion" event will take place this coming Friday, November 4, from 1:30pm to 3:30pm at the Centre Multisport Roland-Dussault, 350 Terrill Street in Fleurimont. The Salon Feminin Pluriel conference as a whole is set to take place at the sports centre from Friday to Sunday. More information on the schedule and admission is available at <http://salon-femininpluriel.com/>



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A warm welcome to all!

School Page

Pope Elementary

Pope Memorial Elementary School News

After a heart-breaking overtime loss in the final game, the Pope Memorial Soccer Team showed their sportsmanship by managing smiles, and even, big thumbs up from one of our players! During the tournament, Pope Memorial had won, or tied, all games leading up to the final. They had practiced their passing during recesses and noon hours in the days leading up to the event, and had been coached by Dave, our supervisor, and their Phys. Ed teacher, Mr. Fortin, who organized the event. This year, in particular, there were more passes, teamwork, and definitely a strong feeling of sportsmanship throughout the day! Mr. Fortin consoled our proud and tired team, "You were the team to beat!", to which they all agreed!

More practicing took place before the Bishop's Cross Country Run, with good results! Three of our students placed in the top ten: Madison, competing against fifty-one gr. 4 girls, Bryce, competing against forty-two gr. 5 boys, and Jaden, competing against fifty gr. 6 boys! A big accomplishment for our small school! We suspected that Jaden would place well, as he ran our 8 km. 'walk-a-thon' course in 41 minutes, along side our gym teacher, Mr. Fortin! We congratulate all those who participated, as they are not only representing our school in a positive manner, they are contributing to their own healthy lifestyle!

On the subject of health, Cycle 3 students have been learning how to become smart food consumers! Under the guidance of Mary Gillespie, our 4th year Bishop's student teacher, the students have investigated why we need nutrients at a cellular level. Using clay, students constructed cells and then had a look at their own cheek cells under a microscope. They studied the nutrients that every cell needs, and found which of their favourite foods contained protein, carbs, oils, vitamins, minerals and water. Along the way, while learning to read food labels, students measured out the sugar content so that they could visibly see how much they were consuming. At our Open House, parents got into the game, as they ranked which of the nine juices and drinks had the least/most amount of sugar. There were some surprising results!

Paying attention to research stating the benefits of exercise towards health and learning, students are receiving extra exercise on a regular basis. Luckily, it is easy to provide, with our sprawling playground and beautiful surroundings. In winter, we have an ice rink, provided by volunteers from our Athletic Association. As well, we have cross country skis and a surrounding golf course, not to mention the favourite sliding hill, thanks to Mr. and Mrs. L.G. Bennett, who have allowed us

to slide every day for years. As well, on the agenda this year, are two trips to Mount Orford to downhill ski, and one trip to Melbourne, to go cross-country skiing. Kindergarten and grade one students will get their exercise tubing, as well as at indoor activities at Université de Sherbrooke.

Research also tells us that teaching another person how to do something is one of the best ways to solidify learning. Cycle 3 students recently partnered with Cycle 1 students to 'teach' them their sounds and guide them in their reading. Both parties benefited from the experience!

Cyber awareness is on the mind of many parents these days. Thanks to a program set up by Jody Meacher at ETSB, students learned about digital safety and etiquette this fall. They watched videos about how hurtful our comments can be, about bullying, how to report abuse, and suggestions about how to balance computer use with exercise and socializing. There were rich discussions, with many questions about online use and experiences students have every day. It was an important project for today's students! This fall, we have already used our ipads to research nutrients in the

food we eat, to practice basic math addition and multiplication facts with fun games (Reflex from Learn Quebec), to do an experiment virtually (Gizmos from Learn Quebec), to write and revise a Halloween story, to make our food advertisements and to make a scary Halloween imovie,. Some of the teaching about online sites appropriateness has paid off as I overheard one student who was looking up scary sounds for the background music, saying, "No, we can't use this one, it says 'kill....'", it's not appropriate." I was happy to hear that some of the lessons about what is appropriate, and what is to be passed by, are paying off. Not only for the project but every time we research online, we ask students to ask questions about where the information is coming from, why it is presented and if it is appropriate.

Our busy fall also included a Social Studies trip to a Montreal museum, a Halloween Haunted House by cycle 3, a Halloween dinner, courtesy of the Women's Institute. We feel that we are lucky to have such a diverse schedule of events, helping us to make school days enjoyable for all!



Cycle 3 Cross Country Run



Reading buddies

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The Border Report

A big thank you to the Phelps students who helped run the activities and to all the visitors that stopped by, you made our night!

PHELPS AIDE PHELPS HELPS

By Clea Corman

Halloween has come and gone, but I wanted to take a moment to acknowledge the fantastic turnout we had last Saturday for Phelps's evening of Halloween activities and crafts. The town of Stanstead organized their annual haunted house and Phelps was asked last minute if we could be open as

well for families to stop in. Our response: "Of course we'll be open!" The Phelps students helped us decorate the space during the high school session on Thursday, some Halloween craft ideas were assembled, et voilà: an evening was planned, and what an evening it was. Many families came in and stayed; parents asked us questions about the organization while their children

participated in the Halloween games and crafts. There was hot chocolate and coffee to warm up the visitors and many laughs were had by the older students who stayed and helped with the activities. A big thank you to the Phelps students who helped run the activities and to all the visitors that stopped by, you made our night!

Phelps Aide Phelps Helps is an educational non-profit striving to reduce the elevated drop-out rate in the Stanstead area. Phelps was started in 2012 by two community members, and has grown from a single program to five unique programs, providing Stanstead area students with free tutoring, educational

support and hands-on learning for both elementary and high school students.

Phelps's is starting to collect for their annual winter coat sale fundraiser. Winter coats can be dropped off at 272 rue Dufferin in Stanstead on Tuesdays and Thursdays between 12 and 6 p.m. or contact Phelps directly for additional information about to donate winter coats.

To participate in Phelps's programs or to become a volunteer send an email to info@phelpshelps.ca or call 819-704-0799. For more information about Phelps Helps or to make a donation, please visit www.phelpshelps.ca

FRONTIER ANIMAL SOCIETY

Featured Pets: Charlie, Petunia and Rose

Today we would like to introduce you to three of our newest arrivals Charlie, Petunia and Rose (Rose is still a little too shy to come out for her photos so is not pictured). Prior to being rescued, these adorable kittens, along with their mother Jasmine, were homeless and doing their best to survive on the streets of Sherbrooke. They were lucky to have such a nurturing mom. Not only did she keep them safe but despite being undernourished herself, she took very good care of her little family. There will be no more cold nights and no more babies for Jasmine and soon, she too will be posted for adoption.

Having had limited interaction with people, Charlie, Petunia and Rose were in need of a little extra TLC and socialization so we were very glad when one of our "go to" foster homes agreed to take them in. But here's the thing, this particular foster family now has two of their own cats (one of whom started out as a foster) and four fosters. That's a lot of cats! While hubby is supportive, he has his limits so by adopting one of these kittens, not only are you supporting rescue, but you might also be saving a marriage.

Charlie, who is orange and white, is the most outgoing of the three. He quickly adapted to the comforts of a home and he is proving to be quite the little character. He is playful, curious and very sweet. Charlie loves to be pet and is happiest when he has a lap to snuggle up on. He has the most wonderful purr.

Petunia is a lovely calico who, while a little less bold than her brother, is very intrigued by her cat toys and can easily be coaxed out of hiding to play. When she is happy and having fun, she makes the cutest little chirping noises. Petunia is quick to purr, enjoys her cuddles and is a very sweet and demure young kitten. In the few days she has been in foster care, she has really come out of her shell and is fast becoming more confident and inquisitive.

Rose, a beautiful black and white tuxedo, is definitely the most timid of the three but with each passing day she is becoming a little more trusting and little more confident. She keenly watches as her two siblings play and interact with each other and with people and she so wants to join them. On a couple of occasions, Rose has mustered up

enough courage to venture out and take part in a game but she is ever mindful of her surroundings. She is still so young and we know that it won't be long before she too is happily purring on her foster mom's lap.

Charlie, Rose and Petunia are approximately 3 months old.

As cute as they are, for awhile anyway, the world really doesn't need more kittens. Please sterilize your cats and if they aren't sterilized, don't let them roam outdoors.

If you would like to meet Charlie, Petunia and Rose, please send an email to frontieranimalsociety@gmail.com and we will happily set up a visit.



Charlie



Petunia

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EDITORIAL

The deficit for 2016-17 is now projected to be \$25.1 billion. It was going to be \$29.4 billion but Morneau used up his rainy day \$6 billion reserve fund that he established about a year ago

The Safety Net is Gone



TIM BELFORD

The much ballyhooed economic statement from Liberal Finance Minister Bill Morneau came out this week but like the statements of the previous Conservative ministers it was pretty much incomprehensible to the common man. It seems that no matter which Moses comes down from the mountain, the tablets he or she bears are written in Aramaic, ancient Indo-Aryan or maybe Klingon.

Those who speak the language of choice, whether it be economists, accountants, civil servants or aliens, will spend the next two weeks analyzing every graph, every line and every word in what is usually a vain attempt to reach some sort of consensus. Meanwhile, the rest of us just plod along adjusting to the inevitable tax breaks we don't qualify for, the new fees we'll have to pay, or maybe the job we're slated to lose.

However, ever conscious of my role as a journalist, and fully aware that the police are probably monitoring my land line and my computer, I'll give you the revised, shortened version of my "Eco-

Marie Hayes

CONT'D FROM PAGE 1

"It seems contradictory but (family medicine) is the specialty of generalism," Hayes explained, stating that there are a lot of critical reasoning skills involved. "It's basically knowing a lot of things about the many aspects of a person's health that can be involved when there's a health problem and integrating all of those aspects into the evaluation of the person."

Even for students who choose another specialty than family medicine at the

economic Statement Highlights." As qualifications for such an endeavour I offer my successful completion of Economics 101 and a two-day seminar on "Macro-Economic Trends in the 1950s."

OOPS THE SAFETY NET IS GONE:

The deficit for 2016-17 is now projected to be \$25.1 billion. It was going to be \$29.4 billion but Morneau used up his rainy day \$6 billion reserve fund that he established about a year ago. At that time he told us the deficit would be about \$10 billion. The extra cash that he put in a sock in his underwear drawer for emergencies wasn't there long enough to become warm.

BRING IN THE SKILLED IMMIGRANTS:

The government is going to set up a fast-track immigration policy for foreign workers who have clearly defined skills and not just a hacking cough brought on by living in a tent with twelve other refugees. There will be exceptions, including foreign doctors, engineers, dentists, lawyers, architects, chemists or any other field, which is governed by a Canadian association that restricts its membership.

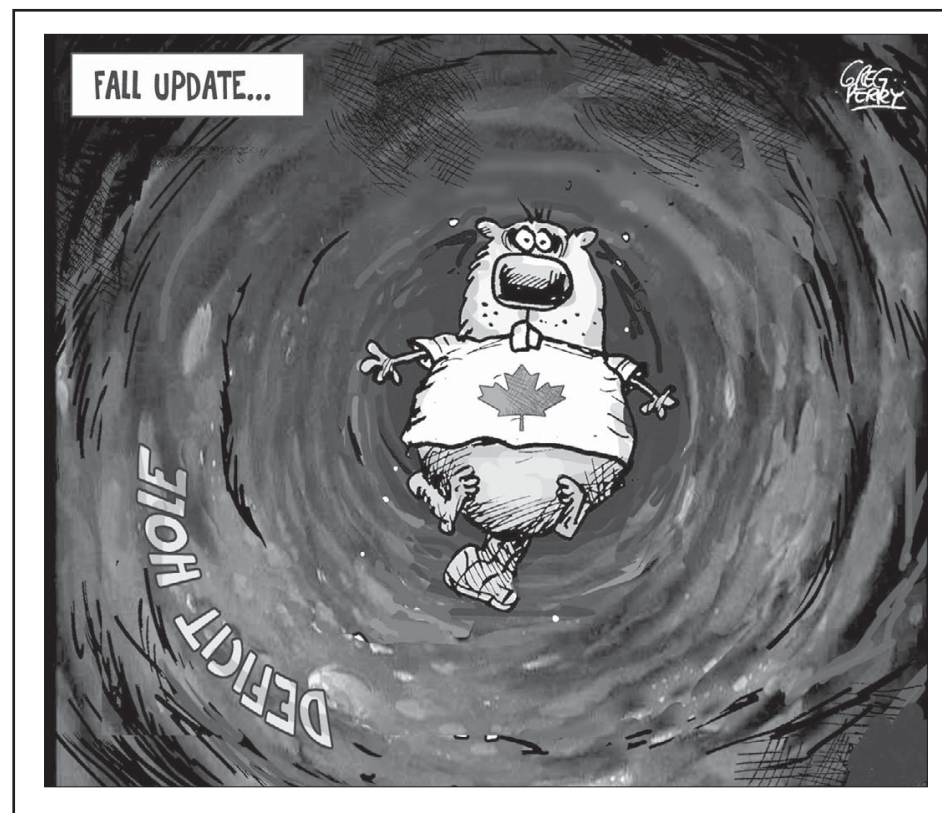
THE DEBT IS GOING DOWN:

Even with the economy in the dumpster, the oil industry at a standstill and unemployment stuck at around 7 per cent, the debt as a percentage of the gross domestic product (GDP) will slide from 31.8 per cent in 2016-17 all the way down to 30.4 per cent by 2021-22. A whopping 1.4 percent drop in just 5 years. (Note, this drop is predicated upon a number of variables too numerous to mention at this time.)

end of their studies, Hayes said that she feels that the communications skills that doctors learn during even a short rotation in the clinic are invaluable to future patient care.

"We're very fortunate to be able to follow people sometimes over their whole lives and to follow many generations within the same family," the doctor said. "Those communication skills make it such that you develop a therapeutic relationship even in a very short encounter."

Pointing out that family doctors get a



CANADA TO ENCOURAGE FOREIGN INVESTMENT BUT NOT TOO MUCH:

The government is going to create a new Invest in Canada Hub to attract foreign money. It will also ease restrictions on foreign investment unless there is a matter of national security involved or the investment threatens Canadian banks, cell-phone servers, the dairy industry, telecommunications companies or Air Canada.

AN INFRA STRUCTURE BANK:

Finally, the Liberal government will set up an Infrastructure Bank with an

initial capital of \$35 billion. They'll take \$15 billion from a fund they already set up and another \$20 billion will be carefully jiggled around by government accountants to look like equity. This way Finance Minister Morneau won't have to go to his sock drawer twice in the same year.

So there you have it. And just think, Finance Minister Morneau says one of his biggest concerns is the potential housing bubble and growing consumer debt. He says Canadians are at risk. Having seen his latest financial statement, we can probably all agree.

strong picture not just of their patients but of the communities in which they work, Hayes acknowledged the value of being able to provide medical care to her patients regardless of their mother tongue in a bilingual environment like the Eastern Townships.

"I was brought up in Sherbrooke and I was always part of the Anglophone and Francophone communities," Hayes said. "My family has always been bilingual and bicultural and I am happy to be able to understand people in their own language."

The doctor noted that providing proper care sometimes goes beyond simply understanding the words someone is

saying, stating that being able to understand the culture behind that language goes a long way towards caring for the whole person.

"I feel fortunate that I feel like I'm actually part of both communities, the English and the French," Hayes said. "That really does help in terms of communication and understanding the impact of health problems that people live with."

The College of Family Physicians of Canada will present its Family Physicians of the Year awards on Friday November 11 as a part of Family Doctor Week.

Letters

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

THE RECORD

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

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Local Sports

Provencher won all three ETIAC races she competed in at the Senior Girls level this past month

Provencher and Burns named Piper athletes of the month

Submitted by Robert Fisk

Amelie Provencher and Noah Burns of the Cross Country Running Team have been named Piper Athletes of the month for October.

Provencher won all three ETIAC races she competed in at the Senior Girls level this past month. The graduating student was instrumental in helping the Pipers win their 4th consecutive ETIAC running banner. The Sherbrooke native won the bronze medal at the regional meet held at College Mont St. Anne at the beginning of the month. As a result, the 16 year old qualified for the RSEQ provincial race and represented Estrie at Gand Mere and finished in 9th place.

Provencher also has a strong work ethic in the classroom where she sits on the Principal's List.

Burns missed the entire sports season last year with a severe accident that broke his leg in several spots. However the 13-year old showed tremendous determination and character to get back on the field with several hours of rehabilitation. Burns won three gold medals in as many ETIAC meets this past month. His story and presence helped inspire the rest of the team throughout the season. The grade eight student also excels in the classroom in which he sits on the Principals List as well. Next on Burns' to do list is the Bantam boys basketball team that he won't miss this year.



GRANT SIMEON

Amelie Provencher



GRANT SIMEON

Noah Burns

Findlay picks mix of youth, veterans for Canada's friendly vs. South Korea

The Canadian Press

Marcel de Jong and David Edgar headline Canada's men's soccer roster for a Nov. 11 friendly against South Korea.

Goalkeeper Jayson Leutwiler will make his senior team debut as Canadian interim coach Michael Findlay selected a mix of youth and experience for the match.

The game, in Cheonan, marks the first meeting between the two countries since 2002.


De Jong, with 48 international matches, and Edgar, with 40, are the more experienced players on a squad that includes seven players with four or fewer international "A" level games. Eight players are 24 years or younger, including Fraser Aird, Cyle Larin and Samuel Piette, who are all 21, and 20-year-old Marco Bustos.

"We are looking to set a real solid performance standard with this match," Findlay said in a release. "The travel and logistics of this camp and opponent we will face in this match also provides us with an opportunity to assess the players' ability to adapt both on and off the field."

Canada has posted a record of nine wins, seven draws and seven losses in 23 international matches over the past two years.

South Korea is in the six-nation Group A of Asia's 2018 FIFA World qualifying, and will use the match to prepare for its game Nov. 15 against Uzbekistan.

The Koreans' record in 2016 is six wins, a draw and two losses.



Honor & REMEMBER

Join

THE

RECORD

in saying thank you to our veterans

PHOTO OF YOUNG CANADIAN SOLDIER

Name:

Hometown:

Age when enlisted:

Regiment:

Served:


A few words about him:

They were sons, daughters, brothers, sisters, husbands, wives, fathers, mothers, friends and neighbours. They were a new generation of teachers, doctors, lawyers, farmers and businessmen who set aside their hopes and dreams to fight for our freedom. The Record would like you to join us in paying tribute to the many Townshippers who served their country in time of war.

Send a photo of a veteran(s) in your family at the age they were at the time they served and a brief description, to allow Townshippers to say a collective thank you.

The Record will publish a special section November 10 on Townshippers' contribution to the war effort.

Send photos before November 4 to classad@sherbrookerecord.com



If your business or organization would like to recognize veterans in the special section, please contact one of our sales representatives at 819-569-9525

Death

Doreen "Dody" CAIRNS

Cairns - Doreen "Dody" of Extendicare, Port Stanley and formerly of St. Thomas, passed away peacefully, on Sunday, October 30th, 2016, at her residence, at the age of 86. Beloved wife of over 67 years of Hollis G. Cairns and dearly loved mother of Terry Cairns (Carolyn) of Almont, Tim Cairns of London and Ralph Cairns (Kenzie) of Oakville. Much loved grandmother of Kelly (Rob), Jamie (Pam), Robyn (Rob), Kate (Matthew), Mark (Ashley) and loved great-grandmother of Gillian, Sydney, Riley, Ben, Ava and Jack. Dear sister of Durwood Dougherty (Belva), Vernon Dougherty (Marion) and Delbert Dougherty (Verna), all of Quebec. Predeceased by a brother Roger Dougherty (late Joan). Sadly missed by a number of nieces and nephews. Dody was born in Bury, Quebec on June 16, 1930, the daughter of the late Osborne and Hilda (Bell) Dougherty.

Resting at Williams Funeral Home, 45 Elgin St., St. Thomas where funeral service will be held Wednesday at 4:00 p.m. Cremation to follow. Visitation on Wednesday from 2 to 4 p.m. Remembrances may be made to the Canadian Diabetes Association.

WILLIAMS FUNERAL HOME

45 Elgin St., St. Thomas ON

PHONE: 519-631-0850

FAX: 519-633-6595

EMAIL: ahughson@execulink.com

www.williamsfuneralhomeltd.com

Death

Eileen Maude NUGENT
(1923-2016)

Eileen was born to Leslie and Dora Henderson on Feb. 28, 1923 at Buttermilk Hill (Inverness, QC). Eileen passed away peacefully in her home in Woodstock, N.B. on October 28.

Eileen was predeceased by her beloved husband Kenneth, her son Wayne, her parents, sister Evelyn Planche, brothers Billy and Delbert Henderson and brother in law, John Evans.

She leaves to mourn her daughter Anne and husband Gordon. Her sisters Lois, Helen (Vic), grandchildren Christina, Karen, Charlene, Scott, Sean and Steven. Eileen had fifteen great-grandchildren and nieces and nephews.

The funeral service for Eileen will be held in Sherbrooke at a later date.



In Memoriam

POWELL - In memory of Ruth Patricia Sarrasin Powell, September 2, 1936 - November 3, 2014.

*Gone are the days we used to share,
But in our hearts you are still there.
The gates of memory will never close,
We miss you more than anyone knows.
With tender love and deep regret,
We, who love you, will never forget.
Our trek down memory lane
Goes back so very far,
Your indelible presence in all we have
And all we are.*

MURRAY

LAURIE & PETER
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Prevent chronic inflammation with a healthy diet



ASK DOCTOR K

By Anthony L. Komaroff, M.D.

DEAR DOCTOR K: You've written that chronic inflammation has been linked to diseases such as diabetes and heart disease. Is there anything I can do to fight inflammation without using medications?

DEAR READER: Inflammation in the body is a double-edged sword. Short-lived inflammation, directed by your immune system at invaders like bacteria or viruses, protects your health.

But sometimes inflammation persists, even when there is no health threat. That's when it can become your enemy. Many major diseases have been linked to chronic (ongoing) inflammation, including cancer, heart disease, diabetes, arthritis, depression and Alzheimer's.

The good news is that powerful tools to combat inflammation can be found in the grocery store. I spoke to my colleague Dr. Frank Hu, professor of nutrition and epidemiology in the Department of Nutrition at the Harvard School of Public Health. He explained that components of many common foods have anti-inflammatory effects.

By choosing the right foods, you may

be able to reduce your risk of illness. Consistently pick the wrong foods, however, and you might speed up the inflammatory disease process.

The same foods that contribute to inflammation are already generally considered bad for our health, so it's easier to remember them. They include sodas, refined carbohydrates, and red and processed meats. These foods affect inflammation directly.

They also contribute to weight gain, which is itself a risk factor for inflammation. How does that happen? When you put on weight, the fat cells in your body become more numerous and also grow larger.

We used to think that what fat did was provide a storehouse of energy for when we needed it, sort of like insulation that protected us against the cold. In the past 20 years we've learned that fat cells are little factories that make hormones and immune system chemicals. These substances influence our appetite, our metabolism - and inflammation.

To reduce inflammation, avoid or limit:

- Refined carbohydrates, such as white bread and pastries;
- Fried foods such as french fries;
- Soda and other sugar-sweetened beverages;
- Red meat (burgers, steaks);
- Processed meat (hot dogs, cold cuts);
- Margarine, shortening and lard.

On the flip side are foods and beverages that reduce the risk of inflammation and chronic disease. Fruits and vegetables are particularly effective. Good choices are blueberries, apples and leafy greens, which are high in natural antioxidants and polyphenols. These are protective compounds found in plants. Nuts and coffee may also be protective.

Datebook

THURSDAY, NOVEMBER 3, 2016

Today is the 308th day of 2016 and the 43rd day of autumn.

TODAY'S HISTORY: In 1957, the Soviet Union launched Sputnik 2 with a dog named Laika aboard. Laika was the first creature to be sent into orbit.

In 1964, residents of Washington, D.C., were eligible to vote in the presidential election for the first time since the city was established in 1800.

In 1992, Democrat Bill Clinton defeated incumbent Republican George Bush and independent candidate Ross Perot to win the U.S. presidency.

In 2014, One World Trade Center opened in New York City.

TODAY'S BIRTHDAYS: William Cullen Bryant (1794-1878), poet/journalist; Walker Evans (1903-1975), photographer; Charles Bronson (1921-2003), actor; Michael Dukakis (1933-), politician; Larry Holmes (1949-), boxer; Anna Wintour (1949-), fashion journalist; Roseanne Barr (1952-), comedian/actress; Kate Capshaw (1953-), actress; Dennis Miller (1953-), comedian; Phil Simms (1955-), football player/sports-caster; Dolph Lundgren (1957-), actor; Evgeni Plushenko (1982-), figure skater.

TODAY'S FACT: Though he didn't receive a single electoral vote, third-party candidate Ross Perot won 18.9 percent of the popular vote nationally in 1992.

TODAY'S SPORTS: In 1990, opposing quarterbacks David Klingler of Houston and Matt Vogler of Texas Christian University achieved a combined 80 completions, 1,253 passing yards and 12 touchdowns. Houston won 56-35.

TODAY'S QUOTE: "These struggling tides of life that seem / In wayward, aimless course to tend, / Are eddies of the mighty stream / That rolls to its appointed end." - William Cullen Bryant, "The Crowded Street"

TODAY'S NUMBER: 162 - days Sputnik 2 was in orbit. Laika, its canine passenger, died within hours of the launch due to overheating.

TODAY'S MOON: Between new moon (Oct. 30) and first quarter moon (Nov. 7).

Include plenty of these anti-inflammatory foods in your diet:

- Tomatoes
- Olive oil
- Green leafy vegetables, such as spinach, kale and collards
- Nuts, such as almonds and walnuts
- Fatty fish like salmon, mackerel, tuna and sardines
- Fruits such as strawberries, blueberries, apples, cherries and oranges
- Spices, particularly ginger and turmeric

If you're looking for a dietary plan that closely follows the tenets of anti-inflammatory eating, consider the Mediterranean diet. This diet is high in fruits, vegetables, nuts, whole grains, fish and healthy oils.

(This column ran originally in October 2014.)

Dr. Komaroff is a physician and professor at Harvard Medical School.

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2 more
needles
'til
my
wish!"



20 years 10,000 wishes

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TOWNSHIPS

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LENNOXVILLE

St. Andrew's Craft Sale, 256 Queen St., Lennoxville on Friday, November 11 from 7 p.m. to 9 p.m. and Saturday, November 12 from 10 a.m. to 4 p.m. Warm welcome to all. Wheelchair accessible. Wood carvings, jewellery, jellies, preserves, sewing, knitting, odds and ends. Light refreshments available for donation. A wee bit of music.

SHERBROOKE

The women of Plymouth-Trinity United Church are holding their annual Pre-Christmas Buffet and Sale in the Church Hall at 380 Dufferin St., on Saturday, November 5 from 3:30 p.m. to 6 p.m. Menu will consist of ham, scalloped potatoes, assorted salads, devilled eggs, baked beans and brown bread, rolls and squares. There will also be sales tables of home-baking, jams and pickles. Everyone welcome. Think green: please bring a shopping bag for your purchases.

SCOTSTOWN/BURY

The Royal Canadian Legion, Bury Branch 48, welcomes everyone to Remembrance Ceremonies to be held Saturday, November 5 at 10:30 a.m. in Scotstown at the Cenotaph and at 2 p.m. in Bury at the Armoury Community Center. "LEST WE FORGET"

DANVILLE

St. Augustine's Anglican Church Christmas Bazaar and Luncheon on Saturday, November 5 from 11 a.m. to 1:30 p.m. Buffet luncheon is served between 11:30 a.m. and 1 p.m. There will be sales tables of home baking, candy, crafts, knitting, sewing, white elephant treasures and more. Many door prizes. The church hall will be decorated with a Christmas Present theme. You don't want to miss this annual fundraising event for the Danville Anglican Church.

LENNOXVILLE

Lennoxville United Church, 6 Church Street, Borough of Lennoxville, will hold its annual Christmas Bazaar and Turkey Supper on Saturday, November 19 from 3 p.m. to 7 p.m. For Supper Reservations, please call: 4:30 p.m. Wendy Durrant 819-346-6448, 5:30 p.m. Frankie Noble 819-842-1035, 6:30 p.m. Joan Gill 819-849-7202. Admission charged, children under 5: free. Something for everyone at the Bazaar! Attic treasures, fish pond, food table, silent auction, knitting & crocheting, aprons & potholders, wish table, jewellery, candy, church calendars.

RICHMOND

Wednesday, November 16, 10 a.m. to noon, join Town-

shippers' Association for a free Community Health Education Program presentation "Nutrition: Let's Talk About Protein" hosted at the Richmond & Region Community Learning Centre (CLC), at Richmond Regional High School, 375 Armstrong. Info: Townshippers', Debbie Bishop, db@townshippers.org, 819-566-5717, or, Richmond & Region CLC richmondclc@etsb.qc.ca, 819-826-3702 ext. 24026. A CHSSN initiative funded by Health Canada through the Roadmap for Canada's Official Languages 2013-2018: Education, Immigration, Communities.

SHERBROOKE

Have you started looking for those perfect Christmas presents for your friends and family? What could be better than original objets d'art crafted right here in the Townships by local artists? From November 6 to December 18, just in time for the holidays, you will find a wide selection of gift ideas at Bonheur d'hiver, our annual "prelude to winter" group exhibit. Nicole Champagne, Lucy Doheny, Debbie Everett, François Fournier, Caroline George, Libbey Griffith, Nicole Labbé, Julie Normand and Lise Robitaille will be exhibiting and selling their creations at wonderfully affordable prices. The public is cordially invited to meet with them during the Vernissage on Sunday, November 6, 2 to 4 p.m., at 9 Speid Street in Sherbrooke (Borough of Lennoxville). Info: (819) 564-0409.

SHERBROOKE

A breakfast meeting will be held on Tuesday, November 8 by the Canadian Federation of University Women Sherbrooke & District (CFUW) followed by a presentation by John Poveda-Martinez and Diana Velasquez-Ortiz on Sustainability in Agriculture. This includes the saga of a Colombian family coming to Canada to study and to start "Via Colibri," a local project of ecological farming. John was the recipient in 2014 of the Lampe-Tillotson Award in Agriculture. The public is invited to attend this free presentation at St. Andrew's Church, 256 Queen St., Sherbrooke (Lennoxville). The general meeting with breakfast will be from 8:45 a.m. to 10 a.m. and the presentation will follow from 10 a.m. to 11 a.m. Reservations are not necessary and there is handicapped-access. Come and bring a friend for this informative presentation.

LENNOXVILLE

Military Whist will be played at "The Hut", A.N.A.F. Unit #318, 300 St. Francis Street, Lennoxville, on Wednesday, November 9 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, November 9 at 7 p.m.

LENNOXVILLE

Notice to members of the Ladies Auxilliary, A.N.A.F. Unit #318, please assemble at the cenotaph at 11:30 a.m. on Sunday, November 6. Uniform required.

LENNOXVILLE

The annual Christmes Bazaar will be held at "The Hut",

A.N.A.F. Unit #318, 300 St. Francis Street, Lennoxville, on Saturday, November 12.

Sales tables will open at 3 p.m. Traditionnal Turkey Supper will be served buffet style starting at 4:30 p.m. Everyone is welcome, no reservations required.

LENNOXVILLE

Lennoxville and District Community Aid is hosting a presentation offered by Medicus Oxybec, a home care orthopedic company, on Thursday November 3 at 1:30 p.m. at the Amédé-Beaudoin Community Hall. The presentation is given in English and is open to all and free of charge.

NORTH HATEY

Join us on November 12 & 13 for the annual North Hatley Christmas Craft Fair in the Community Centre, 3127 Capelton Road, North Hatley, Saturday from 10 a.m. to 4 p.m. and Sunday from 11 a.m. to 4 p.m. There will be several new vendors as well as many old friends. Enjoy the warm and friendly atmosphere while looking for the perfect gift for someone on your holiday list. A light lunch of soup and a roll will be available for those interested. We look forward to seeing you.

NEWPORT VT.

Osher Lifelong Learning Institute continues their informative program on Wednesday, November 9, from, 1:00 - 2:00 pm. Admission charged. Handicap access. Join us! Eden Ice Cider Company presents a unique tasting opportunity at the Newport Tasting Center, Main Street, Newport. More info? Suzi Dix, 673-9499 or www.learn.uvm.edu/osher (click 'Statewide' tab for Newport).

LAWRENCE

Annual Flea Market, Food Sale and Lunch (Lasagna, Shepherd's pie, rolls, dessert, coffee, tea and juice) at Lawrence Community Centre, Lawrence Road, on Saturday, November 4. Hope to see you there.

AYER'S CLIFF

Sunday Brunch at Beulah United Church, 967 Main Street, Ayer's Cliff from 11 a.m. to 1 p.m. on Sunday, November 20. Come and enjoy a delicious meal of ham, sausage, bacon, scrambled eggs, homemade baked beans, pancakes with real maple syrup, toast, fruit salad coffee tea and juice. All are welcome.

STANSTEAD

Boutique Musee Colby-Curtis Museum, 535 Dufferin, Stanstead (Quebec) JOB 3EO, (819) 876-7322, will hold their annual Christmas Sale on Saturday, November 19 from 9 a.m. to 2 p.m. Gifts and Decorations. Hot Cider to be served! All welcome.

• • •

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.

Cheating among friends

THURSDAY, NOVEMBER 3, 2016

Dear Annie

Dear Annie: My friend "Mary" was dating "Lance." Behind her back, our mutual friend "Sarah" started a physical relationship with Lance while he was still in a relationship with Mary. Mary did not know about this. I was often in the company of the three of them and was uncomfortable watching Lance and Sarah making goo-goo eyes at each other every time Mary turned her back.

Now Mary and Lance have broken up, and Lance has another girlfriend. He is still hooking up with Sarah, behind the other girlfriend's back. Sarah wants to make a go of it with Lance. He has told her that he'll leave the other girlfriend for her. Oy vey!

Here's my question: I am trying to persuade Sarah to tell Mary what's up and ask Mary whether she is OK with her dating Lance. Otherwise, she'll find out through the grapevine. Sarah keeps saying she will talk to Mary, but she hasn't yet. I feel as if I'm in the middle of this ugly, cheating relationship. Mary would be so hurt and angry with me if she found out that Lance had been cheating on her and I knew about it. Or if she didn't find out about the cheating and she just heard about

Lance's "new" relationship with Sarah, she'd be hurt I knew about it and said nothing. Do I have any responsibility as a friend here, to either Mary or Sarah? — Head Spinning in North Carolina

Dear Spinning: Your head might be spinning, but I guarantee it's still on straighter than Sarah's and Lance's. Those two need to wise up and calm down, Lance in particular. He's spun you and these three women into a very tangled web.

Normally, I tell people not to get in the middle of friends' relationship problems. But I think this situation is a little different, and Mary deserves to hear the truth in a respectful way. It's crummy news no matter what, but it would be better delivered from a close friend than from the gossip mill.

Please advise Mary that she is the luckiest one, whether she realizes it yet or not.

Dear Readers: I recently printed a letter from a man who is fed up with servers asking, after he has given them cash, whether he needs any change. I asked you,

my readers, what your thoughts were on the matter, and boy, I heard from a lot of you. Here's just one of many responses. Stay tuned for more.

Dear Annie: I can so relate to the gentleman who gets angry with clueless waitstaff asking whether he needs change. Unlike you, I think this is a trained and calculated maneuver. It happens too often for it not to be.

I once went to a fairly expensive chain restaurant for brunch. It was busy, and we waited a bit too long, but otherwise the service was OK. My bill was \$9 and change, and I handed the waiter a \$20 bill. He asked that question: "Do you need change?" Really? A 120 percent gratuity?

Ever since then, I have become more and more aware of this tactic. And my conclusion is that there can't be that many oblivious servers. This is a directive and probably an effective one. I, for one, react as the gentleman does — by truncating what would have been a healthy tip. — Hugely Peeved

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

Your Birthday

THURSDAY, NOVEMBER 3, 2016

Use your imagination in order to overcome opposition and setbacks that come your way. Call in favors and make the most of the connections you have nurtured over the years. Establish yourself as a mover and a shaker. Set your goals and don't stop until you reach your destination.

SCORPIO (Oct. 24-Nov. 22) — Bring about change instead of waiting for it to come to you. Set the standard and don't stop until you are satisfied with what you have accomplished.

SAGITTARIUS (Nov. 23-Dec. 21) — You'll be tempted to brag and make promises that you won't be able to keep. Take a step back and rethink your motives and strategy. Aim to finish what you start.

CAPRICORN (Dec. 22-Jan. 19) — Deal with your responsibilities as best you can before you embark on an adventure. You'll have a better time if you've taken care of business.

AQUARIUS (Jan. 20-Feb. 19) — Lending a helping hand will also give you the upper hand. Bring about positive changes that will make your work less stressful. Invest in yourself and in new beginnings.

PISCES (Feb. 20-March 20) — Benefits will result if you have the courage to make the changes that are necessary to achieve your goal. Use your intelligence to win favors. Refuse to argue.

ARIES (March 21-April 19) — Get moving and stay active. Do your own thing and avoid interference. Celebrate

your accomplishments with a loved one. A romantic gesture will improve your personal life.

TAURUS (April 20-May 20) — Going on a day trip or taking on an intellectual challenge will encourage you to add to your qualifications. Live within your means in order to ease your stress. Don't let uncertainty weigh you down.

GEMINI (May 21-June 20) — You can bring about change if you are passionate and dedicated to a cause you believe in. An interesting relationship will bring additional opportunities your way. Romance is featured.

CANCER (June 21-July 22) — You can mix business with pleasure in order to improve your relationships all around. Take any opportunity you get to share your ideas and promote something you want to pursue.

LEO (July 23-Aug. 22) — A trip or retreat will do you good. Take your health into your own hands and make a point to get fit and improve your diet. Romance is highlighted.

VIRGO (Aug. 23-Sept. 22) — Rely on your knowledge, expertise and skills to help you make an important choice. A partnership will require special attention and compassionate words. Emotional deception is apparent.

LIBRA (Sept. 23-Oct. 23) — Live and learn. Test the waters and try something that has always been of interest to you. Don't give someone a false impression. Put more time and effort into personal change instead of trying to change others.

THURSDAY, NOVEMBER 3, 2016

The abnormal is hard to execute

by Phillip Alder

Cory Doctorow, a Canadian-British blogger, journalist and science fiction author, wrote, "Abnormal is so common, it's practically normal."

At the bridge table, the abnormal happens rarely, and most of the time it is missed, especially on defense. It is hard to make a play that would normally be suicidal but is the only winner on a given deal.

How should West analyze this layout? South is in four spades. West leads the club queen. South wins with his ace and plays a low trump. From where should West hope to find four tricks?

North's Jacoby Forcing Raise showed four-plus trumps and at least game-forcing values. South, with a minimum opening bid and no short suit, jumped to game.

Most defenders sitting West would immediately play second hand low at trick two. Then, though, declarer would win on the board and lead another trump. He would lose only one spade and two hearts.

When the dummy appears, the defenders should ask for a timeout so that they can analyze the deal. Here, West can see two defensive tricks: his spade ace and heart king. He should next count the high-card points. He has 10, and dummy holds 14. That leaves 16

| | | | |
|-------------------|------|-------------|------|
| North 11-03-16 | | | |
| ♠ K Q 7 4 | | | |
| ♥ 8 6 5 2 | | | |
| ♦ K Q J | | | |
| ♣ K 3 | | | |
| West | | East | |
| ♠ A 2 | | ♠ 8 3 | |
| ♥ K 3 | | ♥ A 7 4 | |
| ♦ 10 8 7 4 2 | | ♦ 9 6 5 | |
| ♣ Q J 10 6 | | ♣ 9 7 5 4 2 | |
| South | | | |
| ♠ J 10 9 6 5 | | | |
| ♥ Q J 10 9 | | | |
| ♦ A 3 | | | |
| ♣ A 8 | | | |
| Dealer: South | | | |
| Vulnerable: Both | | | |
| South | West | North | East |
| 1♠ | Pass | 2NT | Pass |
| 4♣ | Pass | Pass | Pass |
| Opening lead: ♣ Q | | | |

for the other two players. East can have just one high card. Which one would be useful?

Only the heart ace. West must win the second trick and shift to the heart king. Here, that works perfectly; the defenders take the spade ace, two top hearts and a heart ruff. But if it turned out that South had the heart ace, this play would cost only an overtrick.

Keep counting those points.

CROSSWORD

Across

- 1 Workbench gadget
- 6 Antlered beast
- 10 Glasses, in ads
- 14 Popular depilatory
- 15 Campaign staffer
- 16 Rochester's bride
- 17 Part of the soft palate
- 18 Lady of the knight
- 19 Concussions generally aren't visible on them
- 20 Goal for some college-bound students
- 23 "What was __ was saying?"
- 24 Tie __
- 25 Rat Pack member
- 29 Growing concerns?
- 33 Like a used hibachi
- 34 Record-setting slugger in the Japanese Baseball Hall of Fame
- 38 General on a menu

- 39 Gadgets
- 40 One of 34-Across' 2,170
- 41 Ocular organs of cephalopods, say
- 43 Aspirin target
- 44 Nocturnal carnivore
- 45 Perambulates
- 47 Piece of cake
- 51 Poet's contraction
- 52 Period needed to fulfill a request ... and a hint to words hidden in three long puzzle answers
- 58 Homey
- 59 Pack firmly
- 60 "__ making this up"
- 61 Spigot issue
- 62 Site with tech reviews
- 63 Trilateral trade agreement, briefly
- 64 Tag line?
- 65 Grinder
- 66 Speed units

- 26 Put a value on
- 27 Words before "Yeah, you!"
- 28 Brubeck of jazz
- 30 Like much of New York
- 31 Company with a longtime travel guide
- 32 They often have guards
- 35 Self-help letters
- 36 Super-duper
- 37 1959 Ben-Hur portrayer
- 39 Let out gradually
- 42 Use an Enigma machine, say
- 43 "Black Swan" Best Actress Oscar winner

- ner
- 46 Bad bottom line
- 48 "No prob!"
- 49 Origami staple
- 50 Reason to trot
- 52 Corrida beast
- 53 Israeli weapons
- 54 Until
- 55 Scoop
- 56 Suffragist Lucretia
- 57 RR station predictions
- 58 Govt. health org.

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| B | S | I | D | E | | I | M | A | X | | Z | A | P | S | |
| I | N | C | A | N | | R | U | B | E | | A | L | I | T | |
| S | E | E | Y | A | L | A | T | E | R | | I | D | L | Y | |
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| O | R | I | | S | P | I | D | E | Y | S | E | N | S | E | |
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| J | A | N | E | S | E | Y | M | O | U | R | | P | U | N | |
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| S | E | T | S | | E | W | E | R | | | P | E | S | T | O |

Down

- 1 Mötley __
- 2 Fiery flow
- 3 Bleu hue
- 4 Placate
- 5 Beseech, as a deity
- 6 Anti-DWI gp.
- 7 Venetian valentine message
- 8 Ones in charge, for short
- 9 Sixth-day Christmas gift
- 10 Workshop
- 11 One who likes to light up?
- 12 "__ go brag!"
- 13 Chooses, with "in"
- 21 Two-front, as a Coast Guard rescue
- 22 Divans
- 25 Trunk piece

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|----|----|----|---|---|--|----|----|----|----|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | | 6 | 7 | 8 | 9 | | 10 | 11 | 12 | 13 | | |
| 14 | | | | | | 15 | | | | | 16 | | | | | |
| 17 | | | | | | 18 | | | | | 19 | | | | | |
| 20 | | | | | | 21 | | | | | 22 | | | | | |
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| 25 | 26 | 27 | | | | 28 | | | | 29 | | 30 | 31 | 32 | | |
| 33 | | | | | | 34 | | 35 | 36 | 37 | | | | | | |
| 38 | | | | | | 39 | | | | | | | 40 | | | |
| 41 | | | | | | 42 | | | | | | | 43 | | | |
| 44 | | | | | | | | | | 45 | | 46 | | | | |
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| | | | | | | 52 | 53 | | | | 54 | | | 55 | 56 | 57 |
| 58 | | | | | | 59 | | | | | | 60 | | | | |
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| 64 | | | | | | 65 | | | | | | 66 | | | | |