



Sherbrooke emerges as Canada's second most desirable housing market in 2023

By William Crooks Local Journalism Initiative

Sherbrooke has been ranked as the second most desirable place to live in Canada, based on the surge in housing prices in 2023.

Topping the list is Powell River in British Columbia, which saw an impressive 40.5 per cent increase in average house prices over the past year.

This latest data sheds light on the dynamic shifts in Canada's real estate landscape, spotlighting regions like

CONT'D ON PAGE 3

Kay much more than okay

Kathleen Hartwell receives Order of the Diocese of Quebec



COURTESY

Kathleen Hartwell receives the Order of the Diocese of Quebec from Anglican Bishop Bruce Myers at St. George's Lennoxville

By William Crooks Local Journalism Initiative

Local Kathleen Hartwell (Kay) received the prestigious Order of the Diocese of Quebec in a Dec. 3 ceremony at St. George's in Lennoxville, recognizing her lifetime of service and

commitment to the Anglican Church. Her laudable accomplishments are detailed in a nomination letter authored by Archdeacon of Quebec Edward Simonton.

Raised in Lennoxville and a lifelong attendee of St. George's, Kay's journey in faith and service began in her youth, states Simonton's letter of nomination.

CONT'D ON PAGE 3



The Record's E-Edition allows you to read the full edition of the paper, plus Townships Weekend is now included with your online subscription.

To subscribe, go to www.sherbrookerecord.com. Click on E-Edition and follow the simple instructions. Start enjoying The Record for as little as \$10.76 plus tx per month.



View issues of The Record, Brome County News, Townships Outlet and our special sections with just a click of the mouse!

Already a print subscriber? Get the E-Edition free! Contact: 819-569-9528 billing@sherbrookerecord.com

The Record e-edition

There for you
24-hours-a-day
7-days-a-week.
Wherever you are.

Access the full edition of the Sherbrooke Record as well as special editions and 30 days of archives.
Renew or order a new 12-month print subscription and get a 12-month online subscription at no additional cost or purchase the online edition only for \$137.50

Record subscription rates
(includes Quebec taxes)

For print subscription rates,
please call 819-569-9528
or email us at
billing@sherbrookerecord.com

12 month web only: \$137.50
1 month web only: \$12.37

Web subscribers have access to the daily Record as well as archives and special editions.

- Subscribing is as easy as 1,2,3:
- 1. Visit the Record website: www.sherbrookerecord.com
- 2. Click e-edition.
- 3. Complete the form and wait for an email activating your online subscription.

Weather



TODAY:
SUNNY
HIGH -9
LOW -19



FRIDAY:
MIX OF SUN
AND CLOUDS
HIGH -4
LOW -12



SATURDAY:
MIX OF SUN
AND CLOUDS
HIGH 4
LOW 3



SUNDAY:
PERIODS OF
RAIN
HIGH 5
LOW 1



MONDAY:
RAIN, SNOW
POSSIBLE
HIGH 1
LOW -5

Looking back at grocery stores, Gold Bond stamps and the Regal catalogue



LINDA KNIGHT SECCASPINA

Gone are the days of the clerks knowing you by name and discussing any struggles or happiness you were going through. We seem to be living in an impersonal age, and, sadly, some people seem to like it that way. Rural grocery stores became plagued by shrinking customers who flocked to the big box stores for cheaper prices. Small towns should understand the old grocery store was, and still can be, a small town's economic anchor, and a rural tourism attraction.

Shuttering the local grocery stores knocked the wind out of our community Main Street. It was like losing a part of the lifeblood of what keeps a pulse going in small towns. After all, the grocery store was always the heart of the rural town. It wasn't the products they sold that made them special—it was the service. They took the time to talk to you, and in return you got a real feel for the community when you were there. It was pivotal to the future survival of a small town, and now sadly has become an endangered species.

I remember grocery stores giving out Gold Bond stamps for loyalty. As a kid I spent many hours filling collector books for my grandmother. I'd eagerly lick the stamps until my tongue would get dry and my mouth had an awful taste. I'd also spend hours looking at the rewards catalogues to see what I could get. Just when I had it figured out, a new catalogue would arrive in the mail. I never thought that the store-bought items were probably less expensive in the long run as this was way too

much fun.

A department store in Milwaukee introduced the first trading stamps back in 1891 and the stamps were exchanged for goods in the store. In 1896, the Sperry and Hutchinson Company, which began issuing S&H Green Stamps that year, was the first trading stamp company that operated as an independent business, providing stamps to different types of merchants in a community, along with booklets to paste them in, and opening their own stores where merchandise was purchased only in exchange for the company's stamps. Cold, hard cash wasn't accepted at the stores known as "redemption centres." So now we have to ask ourselves, were these stamps the predecessor of Air Miles, Petro Points, PC Optimum, Scene Points, etc.?

There were questions however as to whether stamps were an advantage to consumers or took advantage of consumers. The battles raged from the earliest days but ultimately it would not be politics or lobbying that would bring down the industry but the unforeseen turbulence of a changing economy. One thing was for sure, though, the trading stamp will always be remembered.

When I was setting up the Eaton's Christmas Catalogue room display years ago at the Carleton Place and Beckwith Heritage Museum I was asking Jennifer Irwin if she remembered the Regal Catalogue. I can remember my Grandmother and neighbours buying boxes of cards and gift wrap. It seemed every card you received on a special occasion was from the Regal Catalogue. Regal is an over 85-year-old Canadian catalogue brand famous for our unique, one-of-a-kind household Regal products brought to millions of Regal consumers through a network of independent Regal sales reps in every province and territory.

The direct marketing pioneer known for catalogues full of wrapping paper, toothpaste squeezers, ball hat cleaners and other tchotchkes was established in 1928. Since then, it has gone through several owners and a bankruptcy in 2005 yet it still carries on in some form or



COURTESY

another somewhere.

According to their site Regal has been around since 1928. William McCartney decided he wanted to manufacture his own greeting cards and with the support of a woman who would later become his wife the card and gift wrapping business began. In the 40s the Canadian school system got involved using Regal as a source for fundraisers and that is probably the first place I saw a Regal Catalogue in the 50s. I remember the smelly erasers and especially the 100 pairs of earrings. Then there were those gadgets that seemed to be made exclusively for them, as you couldn't find them anywhere else except the Regal Catalogue.

Every season has a memory just like the Regal catalogue. The fact that it is still around in some form somewhere means I don't have to trade my tomorrow for a single yesterday. Even an old photograph can make their memories linger in your mind like the photograph of the McClatchie Grocery store. When I look at that photo I am still standing beside that wooden counter inside, feeling the sunshine on my face, and holding my grandmother's hand. Nothing is ever really lost to us as long as we remember.

Ben by Daniel Shelton



Local News

'Racines Plurielles' will feature a series of activities focusing on musical creation, collaboration, and intercultural understanding, states a press release

Sherbrooke libraries launch 'Racines Plurielles' to foster intercultural harmony

Record Staff

In a move to strengthen intercultural relationships within its community, the City of Sherbrooke has announced the launch of a unique project, 'Racines Plurielles', in its public libraries. This initiative aims to build enduring connections between immigrants and their host communities, enriching the cultural fabric of Quebec.

'Racines Plurielles' will feature a series of activities focusing on

musical creation, collaboration, and intercultural understanding, states a press release. A key highlight of the project is a partnership involving Sylvestre Elementary School students, renowned Quebec artist Fannie Gaudette, and emerging talent Amanda Ota, a newcomer to the area. Together, they will create an original song inspired by the children's perspectives on the theme "My country is".

This creative journey, capturing the essence of cross-cultural exchange, will be documented by videographer

Pléa Mouhamadou. The resulting short film will provide an intimate look at the song's development process. The grand unveiling of both the song and film is scheduled for an intercultural evening on Feb. 17, 2024, at the Éva-Sénécal municipal library.

In addition to the musical showcase, the event will invite the public to engage in an intercultural workshop and enjoy a joint performance by Gaudette and Ota. The library will further enhance the experience by setting up listening stations for

attendees to enjoy the new song and film.

'Racines Plurielles', initiated by Culture for All and supported financially by the Ministry of Immigration, Francization, and Integration, embodies the values of hospitality, listening, sharing, and respect. "This project is not just about cultural exchange; it's about building the Quebec of tomorrow through harmonious integration and mutual respect," said Michel Vallée, President and CEO of Culture for All.

housing market

CONT'D FROM PAGE 1

Sherbrooke as burgeoning hotspots for homeowners and investors alike. The findings underscore the evolving preferences and priorities of Canadian homebuyers, with these areas emerging as key destinations for those seeking residential opportunities.

"We've got two universities, a French one and an English one," explained local Real Estate Agent Max Messier, which both have a big impact on the market. The CIUSS de l'Estrie - CHUS hospital is also a big employer, Messier

said, and is a comparatively rare feature of the area. Sherbrooke's Industrial Park brings in a lot of people too, he added.

He sees a lot of people leaving Montreal, with the possibility of remote work making the Townships an attractive option. Many come for the bigger properties and make the commute back to Montreal once every one or two weeks.

The mountains, skiing, lakes and proximity to Montreal and the U.S. border are also important selling features. "Location is everything in

the Townships." Many are coming back to the Townships after leaving, recognizing its potential for a heightened quality of life.

According to the slightly different statistics Messier recently received, the 2023 median cost for a property in Sherbrooke was \$377,000. Last year it was \$350,000. The average price of a property is \$486,000.

Messier acknowledged the 29 per cent increase in average price from last year, but cautioned against assuming this will continue. "I'd like to have a crystal ball, believe me," he said

wryly. He emphasized that those who properly maintain their properties are likely to make a profit. It is clear from the data this year, he insisted, that non-maintained houses' prices do not increase. This is a change from the pandemic years, where every property increased in value regardless.

During the pandemic, prices did not quite double, but increased dramatically, he continued. Before 2020, one could find something for around \$200,000. Now, it is impossible, he said, "below \$300,000 to \$350,000 - forget about it."

Order of the Diocese

CONT'D FROM PAGE 1

Helpers, Junior Auxiliary, and Girls' Auxiliary. Her dedication continued into adulthood, earning her the status of a lifetime member of the Anglican Church Women (ACW).

Kay's contributions extended beyond her home parish. In the Greater Parish of Coaticook, she took on roles as a lay reader, pastoral visitor, and parish treasurer. Her administrative skills were invaluable in her role as secretary, where she prepared weekly bulletins and other essential parish documents.

After returning to St. George's, Lennoxville, Kay continued to serve as a lay reader and pastoral visitor. She also held positions as a member of the Parish Guild, president of the Parish Council, and completed a four-year Education for Ministry course.

Her influence reached the diocesan level, where Kay was a delegate to the General Synod and Diocesan Synod. She contributed as a member and treasurer of the St. Francis Deanery Council, sat on the Diocesan Executive Committee, and was involved in various other committees. Notably, she served on the Companion Diocese Committee and joined Bishop Bruce Stavert on

international trips to the Philippines and Ireland, representing the diocese.

Kay was instrumental in organizing intercultural exchanges, including a visit to Quebec by Irish youth in 2005 and facilitating a reciprocal visit for Quebec youth to Ireland in 2006.

The Deanery Ministry Committee highlights Kay's unwavering faith and dedication as an Anglican Christian as the primary reason for her nomination. "This award would be a token of our love for Kay, who has given so much of her love to the Church," Simonton expressed on behalf of the committee.

In response to the nomination, Myers formally informed Kay of her upcoming investiture as a member of the Order of the Diocese of Quebec. This honour, said Myers' letter, established by the Synod of the diocese in 2012, is awarded to laypeople who have made significant contributions to the work of the church within the diocese over the years. Kay's dedication and service have clearly met these criteria, he wrote.

Myers wrote that the Dec. 3 ceremony would be a fitting acknowledgment of Kay's tireless efforts and unwavering faithfulness to the church's life and work over the years, and recognize her as an exemplar of dedication and service within the Anglican community.



COURTESY

Kay officially received the honour Sunday at 11 a.m., halfway through the church's regular service. The ACW presented her with flowers for the occasion, followed by a short speech

by Lennoxville ACW President Ferne McConnell. The service was followed by a large reception in the church's hall, with around 50 community members and clergy in attendance.

16 DAYS OF ACTION

Healing through art



The healing journey can be a long and winding road for victims of violence. Counselling and accessing mental health services are a vital step in the process, and some seek out additional solace through artistic expression.

Art therapy provides a way to express emotions and experiences not easily shared face to face. Whatever the genre (music, poetry, prose, dance, or visual art), the creative act can help victims process their abuse and move on. Art therapy is not about the final product; it is about healing through the process of making art.

According to the American Art Therapy Association, "Art therapy is used to reduce conflicts and distress, improve cognitive functions, foster self-esteem, and build emotional resilience and social skills. It engages the mind, body, and spirit in ways that are distinct from verbal communication."

Do you remember the hours you spent as a child with a colouring book and crayons? Can you recall the feeling of calm you felt? Making art can still work its magic on adults.

If suffering from the emotional impacts of abuse, fear or stress, art therapy offers an outlet for expression that can lead to enhanced clarity and insight. It can reduce stress and consequently improve both mental and physical health that have been negatively impacted by past hurt. Why not give it a try?

The poem found below has been created by a member of the LDWC. Name withheld to guard anonymity. Here is her statement about the poem:

"There is always this hope that one will leave their toxic relationship but that leap of faith

can seem unfathomable for many. The juxtaposition of familiarity and entrapment showcases the torment and inner struggle of their predicament. This poem isn't here to offer hope but rather a bleak picture of surrender."

silent is the whip
gashing stains of glory
for dawn shall die
consumed to oblivion

in these waking hours
cease this anger
behold the whispers
the dares
for he will swear

echoing cries
clench his thirst
these blazes of glory

tis a promise? a curse?
forsake me not
these fragments i will cherish
for i am nothing
if not yours

Dewey yellow with your hints of
purple
Creeping in these sleepless
slumbers
Intruding upon old wounds

Your founding father
the filthy lies, the terrible truths
whatever he says, his word is
absolute

So let me hate you, while my heart
still beats
for soon, my body shall be yours
drenched in pains
a life underserving of you

PHOENIX
PHOENIX SHERBROOKE 2023 - 24

7 DECEMBER 2023

7 PM

STUDENT NIGHT

📍 **PALAIS DES SPORTS**

📱 **BILLETSPHOENIX.CA**

Moose Hide Campaign

The Moose Hide Campaign is an Indigenous led grassroots movement of men and boys - and all Canadians - who are standing up against violence towards women and children. The Canadian Federation of University Women, Sherbrooke & District, held their Christmas party on Dec. 5, just one day before the anniversary of the Montreal Massacre which took place on Dec. 6, 1989. Fourteen young women died that day just because they were women. At our Christmas party, members observed a minute of silence in remembrance of those who died that day, and also handed out the Moose Hide pins and explaining their significance to our members. The pins are worn as a commitment to honour, respect and protect women and children. So far the campaign has distributed almost 5 million pins. In Indigenous culture, moose hide is considered medicine

and the hope is that these pins will serve to shine a light into the shadows of a devastating social illness. At least 850 women and girls in Canada were violently killed between 2018 and 2022, according to the Canadian Femicide Observatory for Justice and Accountability's annual report. This means a woman or girl is killed every 48 hours in Canada and those numbers continue to rise.

While our Christmas party was meant to be a time of joy and fellowship among the women in our organization, we thought that bringing attention to the Moose Hide Campaign was timely while we remember those 14 young women who were never able to graduate and go on to live full lives.

Submitted by Janet Watson
Past President, Canadian
Federation of University Women,
Sherbrooke & District

The Border Report

Why were we dressed this way? Wednesday was our High School literacy focussed monthly meal and *The Hunger Games* was our book of the month; the Phelps team decided to embrace the theme.

Wouldn't expect anything less!

**PHELPS AIDE
PHELPS HELPS**

By Phelps Helps

We like to mix it up at Phelps Helps.

If you had walked through the doors of Phelps Helps last Wednesday evening at around 4:30, this is what you might have seen inside our busy four walls: our Grade 6 École du Jardin-des-Frontières participants, just having finished their tutoring session and wrestling into coats and boots while their parents waited patiently just inside the entrance; the first busload of our High School Tutoring Program participants streaming in preparation for the session; less usual, but not atypical, you would have seen the Phelps team dressed in "Hunger Games-esque" outfits, putting on our make-up and adjusting our fascinators. The parents didn't blink, saying they wouldn't expect anything less from Phelps. The teens were more surprised, seeing the staff involved with the day to day of the High School Tutoring Program, the ones who were always asking them to focus on their work, dressed in eccentric outfits!

Why were we dressed this way? Wednesday was our High School literacy focussed monthly meal and

The Hunger Games was our book of the month; the Phelps team decided to embrace the theme. In addition to the costumes, there was a delicious meal of beef pot roast with roasted potatoes and vegetables. And, true to the theme (but not the hunger aspect), we had games. The teens raced each other in a scavenger hunt to which the staff at Phelps held the answers. We had a trivial pursuit game with prizes for all. And while most of the teens wore no costumes, by the end of the evening they were all wearing fascinators of their own.

On another evening, the following Friday, if you had walked into Phelps Helps you would have been greeted with a different but no less striking sight. Along with the usual Phelps Youth Club staff and a dozen teens, you would have met a number of four-legged and winged visitors - two doves, a guinea pig, two rabbits, a dog, and a pig - all here for a night of animal therapy, courtesy of Khalizoo, Erika-May's zootherapy business. The animals were there for a purpose: to offer some quiet, unconditional companionship for anyone who sought it out, and to open up conversations with Erika-May who has a Master's



COURTESY

degree in Counseling Psychology.

And then again, if you had walked into Phelps Helps the next day, Saturday afternoon, you would have encountered an entirely different scenario. On this day, you would have seen kids and adults alike sitting in rows facing each other over chess boards, a team of Phelps Helps staff and volunteers facilitating. The atmosphere was of camaraderie and respect, participants' faces a study of concentration. For two hours, around 20 youth and adults competed against others in their age group, a great way to spend a chilly Saturday afternoon!

What may seem like eclectic and random events occurring at Phelps Helps in the span of one week are actually packed with purpose. The Phelps Helps team dressed in Hunger Games costumes, therapy animals on the premises, a chess tournament, these are all ways in which Phelps Helps show our investment in the youth of our community and ways in

which we seek to bring out the best in them. From learning Hunger Games trivia with adults who are having fun, to hanging out with Fluffy the pet pig, to taking one chess adversary after another in a battle of wits, all are learning experiences and just plain fun. You never know what you might encounter when you walk into Phelps Helps.

Phelps Helps is a community-led non-profit organization dedicated to improving the lives of children, teens and young adults in Stanstead, Quebec and its surrounding areas. Through a range of free, tailored programs and initiatives, Phelps Helps supports educational achievement, careers, youth development and more. Its focus on collaboration and community engagement ensures lasting, positive change for a brighter future. For more information or to volunteer, please email us at info@phelpshelps.ca, visit our website www.phelpshelps.ca or call us on 819-704-0799.

FRONTIER ANIMAL SOCIETY

Featured pets: Basham

Picked up as a stray when still just a very young puppy, Basham spent two long years at a municipal shelter in Texas waiting for his forever family. That family never came.

With better hopes of adoption in Canada, 2-year-old Basham made the long journey and was transferred into our care in mid-August. We are only posting him now (3 months since he arrived at our shelter), as we felt he needed time to adjust.

For a sensitive dog like Basham, spending so much time in a shelter environment, without daily one-on-one care, did not help build his confidence. Timid and insecure, it takes time for him to trust and feel safe around people.

Basham's adopter must understand that he is anxious and fearful and that it will take time and patience to build his trust. He will need to adapt to his new person, his new environment and his new life

in a loving forever home at his own pace. Basham deserves a chance to find peace and comfort in a loving home where he can settle in and know he is there to stay.

What we can tell you is that if you put in the time, once you build a bond with Basham, he will be your loyal and trusted companion and will seek your attention and affection. He will follow you everywhere in hopes of getting a belly rub (which he loves!) scratches behind his ears and if he is lucky, a treat or two.

Basham gets along extremely well with other dogs, big and small. He is playful, and he is not possessive of his food or toys. We feel he will do very well and integrate faster, in a home with another calm and well-balanced dog. Basham is not, however, good with cats.

We are looking to place Basham in a calm and quiet home where he will not be left alone for long periods regularly. He needs an experienced

adopter who he can rely on to help him build his confidence and trust.

Because he is anxious and insecure, Basham is a flight risk so his adopter must be extremely vigilant, especially in the first few months following his transition to his new home. In the beginning, even in a securely fenced yard, he should be kept on a leash and accompanied. He enjoys his walks but for his safety, his leash must be attached to a no-slip martingale collar, a harness is not a safe option.

Basham is a good dog who had a rough start and he is struggling to find peace in this world.

If you can be the one to give Basham the love, consistency, and security he needs, we'd love to hear from you. To inquire, please give our adoption coordinator Brenda a call at 819.876.7747 any day of the week between 8 a.m. and 8 p.m.



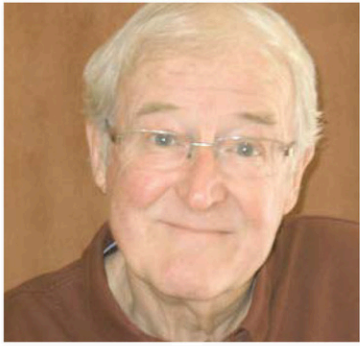
COURTESY

Basham

EDITORIAL

You could almost hear the collective moan of the environmental do-gooders who had heeded the call to dump their oil furnaces for an electric heating system; myself included.

Comfy, cozy. . . for now



TIM BELFORD

Well, winter finally kicked in last weekend and of course so did Murphy's Law. For those of you who don't know it, Murphy's Law is a simple axiom that states, "Anything that can go wrong, will go wrong."

First, with a ton of wet, heavy snow, Hydro Quebec went belly up across the province with special emphasis on the Eastern Townships where a significant portion of the population found themselves sitting in the dark.

You could almost hear the collective moan of the environmental do-gooders who had heeded the call to dump their oil furnaces for an electric heating system; myself included. Where a power failure in the past required the simple flick of the furnace switch from "electric" to "oil" and a cranking up of the generator, to ensure a comfy, cozy home, now there was little that could

be done.

Thank goodness the generator was still working and at least the fridge, freezers and a handful of outlets were functioning properly. But without hot water or heat this was indeed "cold comfort." I immediately went to Plan B.

Plan B included two space heaters; one for the basement to prevent the pipes from freezing and another for the kitchen to supplement the fireplace which was burning merrily. The problem here was to calculate how much of a drain on the generator the two heaters would cause. I miscalculated.

The heaters worked well for about a half hour then abruptly turned off, along with everything else connected to the generator. I grabbed a flashlight and headed out into the blizzard. Sure enough, I had overloaded the beast and had to press the reset button. It also meant that I would have to try again with just one heater.

Shutting off the kitchen heater (keeping the basement above freezing levels was more important at this point) I reasoned that my bride could make do with just the fireplace. This too, lasted for another fifteen minutes and then the breaker went again. What to do?

As luck would have it, we also possessed two smaller space heaters that I figured would draw much less power than had the two before them. I also calculated that we would have to reduce the overall draw on the



generator. There was nothing for it but to unplug the freezers and the refrigerator in the hope that power would be restored before excessive melting took place. It worked.

The biggest problem remaining was the generator itself. It would have to be shut off before we went to bed and hauled back inside the garage. Remember the ice storm and all the reports of generators being stolen during the night? It wasn't going to

happen to us.

When we finally crawled into bed, toasty warm thanks to my bride's use of several micro-waved magi-sacs strategically placed under the covers, we were ready to hunker down until morning.

Of course, no sooner had I pulled the comforter up to my chin, than the power came back on.

They say all's well that ends well but I can't help thinking of next time.

Letters

REPLY TO CHARLES TAKER'S XMAS CARD TRADITION

I take great pleasure in reading Charles Taker's articles about the way he spends his traditional Christmases. Today's article on writing cards resonated with me.

It's no secret that I returned to Knowlton two years ago after having left the province seventy years previously. At that time, I was sending Christmas cards and continued to do

so throughout my life. That's right, some people who received cards from me then still receive them to this day.

For some reason I decided to get into the Christmas spirit big time this year. I'm not sure whether it's because I feel so grounded, so happy to be back to my roots or because memories of the best Christmases ever in the 1940's with family, grandparents and great-grandmother seem closer now that I've returned to Knowlton.

This year I made my cards. That's right, I hand painted some fifty-odd cards, included my annual newsletter and mailed them off to friends and relatives far and wide. I don't consider

my annual letter to be a "boast" letter as Charles's mother would call it. I tell what it's like for a unilingual English woman to live in Quebec today, that I lost my 17-year-old Sasha this year but was able to adopt three-year old Vanille. I write that I may not have a doctor, may not agree with some of the new legislation coming in, but that I am so happy to be living in Quebec, the land of my birth.

Or maybe it's because a longtime friend and her dog are coming to spend the holidays with me. Whatever the motivation, I cooked Charles's great grandmother's cake recipe which was printed in the Record about a month ago. I was so happy to get this recipe as my great grandmother's recipe was lost long ago. After weeks of steeping in rum I tried the cake, decided it was ripe and began making my deliveries. Reports are coming back. Best cake ever tasted. I totally agree.

In my enthusiasm I didn't stop

there. No, no, no. I made a variety of different batches of Christmas cookies. A friend in Penticton, BC and I baked cookies together. We emailed back and forth during the two weeks of baking, sending comments, photos and suggestions to each other. Indeed, it was just like she was still down the street. I am in the process of passing those cookies around.

Comments I'm receiving on my cakes that were delivered with a card, cookies that came with a card and the letter inserted inside a card, rarely mention the card. I put only my initials on the bottom right and one has to look carefully to find it. Possibly some may never realize they have an original Barnes in their possession.

Charles, thank you for your interesting articles on a traditional Christmas. If you give me your address, I'll send you a card.

JOAN WINDLE BARNES

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. Please email your letters to newsroom@sherbrookerecord.com. Preference is given to writers from the Eastern Townships.

THE RECORD

6 Mallory, Sherbrooke, Quebec J1M 2E2
FAX: 819-821-3179

E-MAIL: newsroom@sherbrookerecord.com
WEBSITE: www.sherbrookerecord.com

SHARON McCULLY PUBLISHER (819) 569-9511
MATTHEW McCULLY MANAGING EDITOR (819) 569-6345
SERGE GAGNON CHIEF PRESSMAN (819) 569-4856
JESSE BRYANT ADVERTISING MANAGER (450) 242-1188

DEPARTMENTS
ACCOUNTING (819) 569-9511
ADVERTISING (819) 569-9525
CIRCULATION (819) 569-9528
NEWSROOM (819) 569-6345

KNOWLTON OFFICE
5B VICTORIA STREET, KNOWLTON, QUEBEC, JOE 1V0
TEL: (450) 242-1188

PRINT SUBSCRIPTIONS

For print subscription rates, please call 819-569-9528 or email us at billing@sherbrookerecord.com

ON-LINE SUBSCRIPTIONS

QUEBEC:	1 YEAR	119.59	5.98	11.93	\$137.50
	1 MONTH	10.76	0.54	1.07	\$12.37

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

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

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

PM#0040007682

Return undeliverable Canadian addresses to The Record, 6 Mallory Street, Sherbrooke, QC J1M 2E2

Member
ABC, CARD, CNA, QCNA

Local Sports

The competition holds particular importance for synchronized skating teams. The Novice level teams will vie for a chance to represent Quebec at the 2024 Novice Canadian Championships.

Goodall and Robert named Proviso Robert Lafond Athletes of the Week

Women's hockey player Gabriella Goodall and men's basketball player Charles Robert are the final Proviso, Robert Lafond Bishop's University Athletes of the week for the Fall semester.

Goodall, an Ottawa native and a fourth-year English major in her third year of eligibility scored her first goal of the season, a power play marker, on Saturday in the Gaiters 3-2 shootout win against McGill. The 5'7 forward has played in all 13 of the Gaiters' games. They sit at 8-5-0 and in second place in the RSEQ heading into the Christmas break.

The Gaiters return to the ice on Sunday, January 7 when the travel to Montreal to face the Carabins at 2 p.m.

Robert scored 32 points, grabbed 10 rebounds, had two assists and a steal on Thursday night in a 77-76 loss to the Concordia Stingers. The 32 points are the most by any player in an RSEQ contest this year. He now leads the conference in scoring

at 22.3 points per game, that puts him seventh in U SPORTS. He's also leading the country in field goal percentage at 67.5 percent.

Despite the loss, Bishop's sits at 4-2 and in second place in the RSEQ with 10 games remaining.

They return to the court on Friday, January 5 when they travel to Quebec City to face the Laval Rouge et Or at 8 p.m.

Proviso, Robert Lafond returns for the 2023-24 season as the title sponsor of the Bishop's University Athlete of the Week. The Lennoxville landmark is a great supporter of Bishop's University Athletics and Recreation through the Athlete of the Week partnership that dates back over a decade.

Stay up to date with everything Bishop's Athletics at www.gaiters.ca and @BishopsGaiters.

Submitted by Marty Rourke
Manager of Athletics & Recreation
Communications, Bishop's
University



Gabriella Goodall



SIMON SWAIN/BISHOP'S ATHLETICS
Charles Robert

Sherbrooke gears up for a prestigious provincial skating competition with over 750 participants

Record Staff

The City of Sherbrooke is set to host the highly anticipated Limitless Section Championships at the Novice level for Quebec, an event proudly supported by Patinage Estrie. The competition, scheduled from Dec. 14 to 17, is expected to draw over 750 skaters to the region.

According to a press release, this significant event will be a critical platform for Pre-Novice and Novice level athletes in Ladies, Men, Pairs, and Dance categories. It serves as the qualifying round for Team Quebec, allowing them to represent the province at the Pre-Novice and Novice Challenge of Skate Canada in Oakville, Ontario, in Feb. 2024.

The competition holds particular importance for synchronized skating teams. The Novice level teams will vie for a chance to represent Quebec at the 2024 Novice Canadian Championships. Similarly, teams competing in the Intermediate and Open levels will have the opportunity to qualify for the Skate

Canada Cup in Waterloo, Ontario, in Feb. 2024.

Sherbrooke's Le Palais des Sports Léopold-Drolet and Eugène-Lalonde Arena will be the venues for this four-day event. The organizers, Patinage Sherbrooke, have announced free entry for spectators, encouraging the public to witness the thrilling competition. Over fifty athletes from the Estrie region will participate, showcasing their talents and competitive spirit.

The event's success is attributed to the contribution of over a hundred dedicated volunteers. Through the collaborative efforts of Patinage Sherbrooke and Patinage Estrie, the competition is poised to be a major highlight in the provincial skating calendar.

Patinage Sherbrooke extends its best wishes to all participating athletes, anticipating a successful and memorable event in the heart of Sherbrooke.

The complete competition schedule is available on the official website: <https://patinage.qc.ca/championnats-b-de-section-quebec/>



ALEXANDER GALT CHRISTMAS BASKET CAMPAIGN 2023

At this time of the year, it is always heartening to see the unwavering support of our local community towards the AGRHS Christmas Basket campaign. Since 1999, the numerous donations have help us bring the Christmas spirit to less fortunate families in the Alexander Galt Regional High School sector.

Such initiatives play a crucial role in making a difference in the lives of those who need it the most. I truly believe that the community's generosity will make this campaign a success once again.

Let's work together to bring hope and joy to the families around us during the holiday season.

Please, make cheques payable to
AGRHS Christmas Basket Campaign
(tax receipts issued for \$10+ donations):
and mail to: AGRHS

P.O. Box 5002, 1700 rue College, Sherbrooke, QC, J1M 1Z9

Thank you for your generosity!

Do just one thing



by Danny Seo

With over 1 million nonprofit partners, the American Express “Members Give” program can be a win-win scenario for everyone. You can choose your favorite charity to receive a cash donation when you use your Amex credit card. Your donation is fully tax-deductible, and you still earn Membership Reward points for yourself. Plus, when it’s time to do your taxes, you have an easy way to track your donations so you can deduct them on your tax returns.



OUR WORLD WITHOUT ARTHRITIS STARTS NOW
Give until it hurts no more

ERASE THE PAIN

ThePain.ca

Date Book

THURSDAY, DECEMBER 7, 2023

Today is the 341st day of 2023 and the 76th day of autumn.

TODAY’S HISTORY: In 1787, Delaware became the first state to ratify the U.S. Constitution.

In 1941, Japan launched a surprise attack on Pearl Harbor, Hawaii, killing 2,403 American service members and civilians.

In 1999, the Recording Industry Association of America filed a copyright infringement lawsuit against the online file-sharing service Napster.

In 2002, Iraq denied that it had weapons of mass destruction in a United Nations declaration.

TODAY’S BIRTHDAYS: Willa Cather (1873-1947), author; Eli Wallach (1915-2014), actor; Ted Knight (1923-1986), actor; Ellen Burstyn (1932-), actress; Harry Chapin (1942-1981), singer-songwriter; Johnny Bench (1947-), baseball player; Tom Waits (1949-), singer-songwriter; Larry Bird (1956-), basketball player; Jeffrey Wright (1965-), actor; Patrice O’Neal (1969-2011), actor/comedian; Sara Bareilles (1979-), singer-songwriter; Emily Browning (1988-), actress; Nicholas Hoult (1989-), actor.

TODAY’S FACT: Following the Japanese attack on Pearl Harbor in 1941, the Senate voted for a war resolution 82-0. The House of Representatives approved the resolution 388-1.

TODAY’S SPORTS: In 2007, home-run record holder Barry Bonds pleaded not guilty to lying to investigators about using performance-enhancing drugs.

TODAY’S QUOTE: “The heart of another is a dark forest, always, no matter how close it has been to one’s own.” – Willa Cather, “The Professor’s House”

TODAY’S NUMBER: 129 – servicemen lost by the Imperial Japanese Navy during the attack on Pearl Harbor on this day in 1941.

TODAY’S MOON: Between last quarter moon (Dec. 4) and new moon (Dec. 12).

MS lives here.

Multiple sclerosis never hits just one person. It affects the entire family.

MS Multiple Sclerosis Society of Canada

1-800-268-7582 www.msociety.ca

SIBO treatments focus on eradicating overgrowth



ASK THE DOCTORS

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

Dear Doctors: I’ve been having a lot of bloating and intestinal gas. A friend says this can mean that you have too much bacteria in your small intestines. How does that happen, and how do you fix it? Also, I’m not sure I understand the difference between the large and small intestines.

Dear Reader: Your friend is referring to a condition known as small intestinal bacterial overgrowth, often shortened to SIBO. The term refers to an imbalance in the populations of microbes living in the small intestine. That’s the part of the digestive tract that runs from the stomach to the large intestine. The large intestine, also known as the colon, connects the small intestine to the anal canal.

The large and small intestines get their names due to a marked difference in their diameter, not in their length. The small intestine ranges from about 20 to 25 feet in length in adults. That is much longer than the large intestine, which is about 6 feet long. However, at about 3 inches in diameter, the large intestine is about triple the size of the small intestine, which is about 1 inch wide.

The large intestine plays host to trillions of bacteria and other microorganisms, which are collectively known as the gut microbiome. The small intestine, by contrast, does not naturally have large numbers of bacteria. When something causes the populations of bacteria in the small intestine to become too great, or to be the wrong

kind, it can lead to the symptoms of SIBO. These include the gas and bloating that you have experienced.

Additional symptoms can include a feeling of fullness despite not having eaten recently, abdominal pain or cramping, and changes to bowel habits, such as loose stools, diarrhea or constipation.

SIBO can arise as a complication of abdominal surgery. It may also appear due to conditions such as Crohn’s disease, diverticulosis or irritable bowel syndrome; as a side effect of diseases such as diabetes that reduce small bowel motility; or as a result of immunodeficiency.

Diagnosis begins with a physical exam and a detailed review of the person’s symptoms. Many conditions can cause the same symptoms, so further testing is required. This may include blood tests, blood chemistry analysis, the use of an endoscope to visually examine the small intestine and a biopsy or culture of tissue from the small intestine.

Breath tests, which measure the amount of methane or hydrogen someone produces after drinking a glucose solution, can also be helpful. A rapid increase in these gases may suggest the presence of bacterial overgrowth in the small intestine.

Treatment focuses on both eradicating the overgrowth of bacteria and managing the conditions that led to it. This often begins with a course of antibiotics and can include changes to diet. Some people may be asked to pause the use of antacids during treatment.

SIBO can sometimes lead to nutritional deficiencies. When this is suspected, blood tests to identify those deficiencies, and vitamin or mineral supplements to address them, may also be prescribed.

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

(Send your questions to askthedoctors@mednet.ucla.edu, or write: Ask the Doctors, c/o UCLA Health Sciences Media Relations, 10960 Wilshire Blvd., Suite 1955, Los Angeles, CA, 90024. Owing to the volume of mail, personal replies cannot be provided.)

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

BIRTH NOTICES, CARDS OF THANKS, IN MEMORIAMs, BRIEFLETS:

Text only: 40¢ per word. Minimum charge \$10.00 (\$11.50 taxes included)

Discounts: 2 insertions or more: 15% off

With photo: additional \$18.50. **DEADLINE:** 11 a.m., day before publication.

BIRTHDAY, ANNIVERSARY & GET-WELL WISHES, ENGAGEMENT NOTICES:

Text only: \$16.00 (includes taxes)

With photo: \$26.00 (\$29.90 taxes included) **DEADLINE:** 3 days before publication.

WEDDING WRITE-UPS:

\$26.00 (\$29.90 taxes included) WITH PHOTO: \$36.00 (\$41.40 taxes included)

Please Note: All of the aforementioned (except death notices) must be submitted typewritten or neatly printed, and must include the signature and daytime telephone number of the contact person. Can be e-mailed to: classad@sherbrookerecord.com - They will not be taken by phone.

DEADLINES FOR DEATH NOTICES:

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

TOWNSHIPS' CRIER

TOWNSHIPS

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

LENNOXVILLE

Visit our "Bonheur" exhibit at Uplands Cultural and Heritage Centre! This art exhibit, a prelude to the festive season, is the perfect occasion to find unique local gems. This edition showcases the works of ten artists and artisans: Sylvia Audet, Claire Bureau, Lucy Doheny, Debbie Everett, Caroline George, Nicole Labbé, Brenda Smith, Marilyn Hobbs Turner, Donald Mercier and Laurier Mercier. Admission is free. Hours: Thursday to Sunday - 10 a.m. to 4:30 p.m. *Closed on December 1. The exhibit will run until Uplands closes for the holidays on December 17, 2023 at 4:30 p.m.

LENNOXVILLE

Mental Health Estrie has officially launched its 2023-24 HUGS campaign. From November to March, we accept donations of NEW hats, underwear, gloves, socks, scarves and other warm articles of clothing which we donate to local shelters for people experiencing homelessness. Items can be dropped off directly at our offices in the beige bins next to door #2 at 3355 College in Lennoxville or let us do the shopping for you - all monetary gifts are used to purchase essentials. You can also call us to schedule an in-person drop-off of items or cheques. Please make cheques payable to Mental Health Estrie and indicate HUGS on the memo line. Thank you to all for your continued support and help! For more information, call 819-565-3777 or projects@mentalhealthestrie.com.

LENNOXVILLE

Be part of the world's largest human rights event Amnesty International's annual Write for Rights campaign! HOW? By writing just a few letters or signing petitions to help free human

rights activists and writers who write truth to power. When? Sunday, December 10 from 10 a.m. to 4 p.m. Where? Visit the Write for Rights table during the Townships Sun's Book Fest, at the Amédée-Beaudoin Community Centre, 10 Samuel-Grantham, Lennoxville. Who? The Unitarian Universalist Community (UUEstrie) invites you to stop by and participate. Camille Bouskela, Adele Ernstrom, Rachel Garber, and Mary Lynn Ross will be there to greet you. All are welcome. Admission is free. Info: rachel@uuestrie.ca

LENNOXVILLE

Book Fest! The Townships Sun Holiday Book Fest invites all book lovers to meet an exciting line-up of 25 or more Townships authors and their books. Enjoy a program of short readings, panel discussions, videos, and music throughout the day. A free pancake breakfast will be served until 1 p.m., and tea and treats all day. The Book Fest is on Sunday, December 10, from 10 a.m. to 4 p.m., at the Amédée-Beaudoin Community Centre, 10 Samuel-Grantham, Lennoxville. Free admission.

All are welcome! The Book Fest is sponsored by the Townships Sun as part of its 50th Anniversary celebrations, partnering with the Townshippers' Association, English Language Arts Network, and the Quebec Writers' Federation. Info: townshipssunRSVP@gmail.com.

LENNOXVILLE

The St. Mark's Chapel Choir of Bishop's University invites you to their annual Festival of Lessons & Carols. This special candlelit service will feature traditional anthems and carols to usher in the Advent and Christmas season. A freewill offering will be collected. Saturday, December 9, 7 p.m., and Sunday, December 10, 2 p.m. Parking is free. All are welcome.

LENNOXVILLE

Dance with Slightly Haggard on Saturday, December 9, starting at 8 p.m., at the A.N.A.F. Unit 318 (The Hut), 300 St. Francis Street, Lennoxville. Admission charged. Everyone 18+ welcome.

Can't control co-worker's lies

Dear Annie

THURSDAY, DECEMBER 7, 2023

Dear Annie: I have a co-worker who consistently spreads misinformation in order to get out of doing her job. She often makes up policies that don't exist to try to trick other departments in our workplace into doing her work (even when that means the work gets done incorrectly by people not trained for the job we do). In the past, I've tried printing out policies and coming to her with physical evidence that what she's saying is not true, but she gets very verbally aggressive, citing her many years of experience, and always has an excuse for why she shouldn't have to do her fair share of work.

Since we work in the same department, it makes my job much more difficult when I have to explain to others what the real policies are and the proper procedures for the

work we do. I'm unsure of how to respond when co-workers ask me why they've heard differently from what I explain to them in this regard. I don't want to speak negatively about my co-worker, especially to people from other departments who I hardly know, but I'm not sure how to delicately explain that she was being untruthful.

She has a significant amount of seniority, while I'm a relatively new grad with less than two full years of experience, so I doubt she'd face any corrective action if this was brought to HR, as others have made complaints before me, and with her aggressive personality, I know I need to be careful in how I handle this so as not to incur her wrath. Can you suggest a way to graciously explain to co-workers from outside departments why they've received incorrect information? - Honest Worker Dear Honest Worker:

This is exactly the type of problem that you should bring to HR, especially since you've already tried confronting her directly with no luck. It shouldn't be on you to undo her damage, and HR shouldn't be deterred by the fact that you're a recent grad while your co-worker has some seniority at the company. Assuming they take their work seriously, they will be your advocate.

Another idea is to consult your direct manager, assuming she is also the manager of your co-worker. Be sure to articulate how her behavior is hindering the company's productivity as a whole - not just inconveniencing you.

Dear Annie: I would caution "Regrets Being Nice," the person who allowed a homeless man to move into their house, that in many jurisdictions, the friend will have established tenancy

under the law. They should consult a lawyer before doing anything else. It's quite possible that a formal eviction process is required if the friend refuses to leave, even if they paid no rent. - Trying to Help

Dear Trying: Thank you for this advice. It's always wise to consult a professional. Many readers wrote in suggesting that "Regrets Being Nice" seek legal counsel.

"How Can I Forgive My Cheating Partner?" is out now! Annie Lane's second anthology - featuring favorite columns on marriage, infidelity, communication and reconciliation - is available as a paperback and e-book. Visit <http://www.creatorspublishing.com> for more information.

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



Great conversations don't start themselves.

From first dates to Main Street meet-ups to the last virtual call of the day. Turn to the local news to spark your next great conversation... 9 in 10 Canadians do.

Visit ChampionTheTruth.ca

News Media Canada
Médias d'Info Canada

CANADA'S NEWS MEDIA.
CHAMPION THE TRUTH.

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.

"BKZCB EUOUCRY ECY C ACGBCYBUP
CPBLK, C NLT BL MZ CKLSGJ CGJ BVZ
XUGJZYB YLSO. VZ EUOO MZ RUYZJ."
— HCGZYYC VSJDZGY

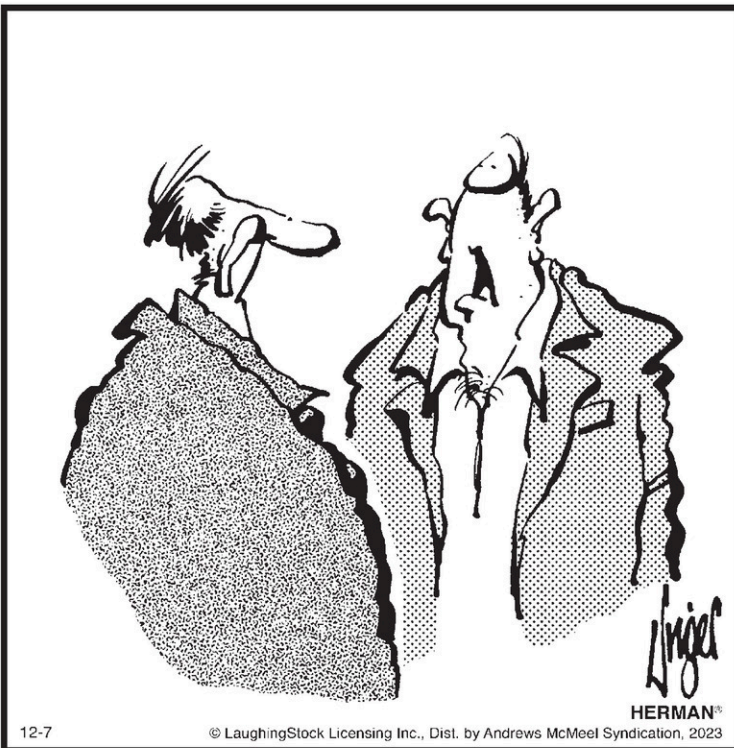
Previous Solution: "You just can't take anything you want out of life without putting something back in exchange." — Piper Laurie

TODAY'S CLUE: r sjanbe N

REALITY CHECK



HERMAN



12-7

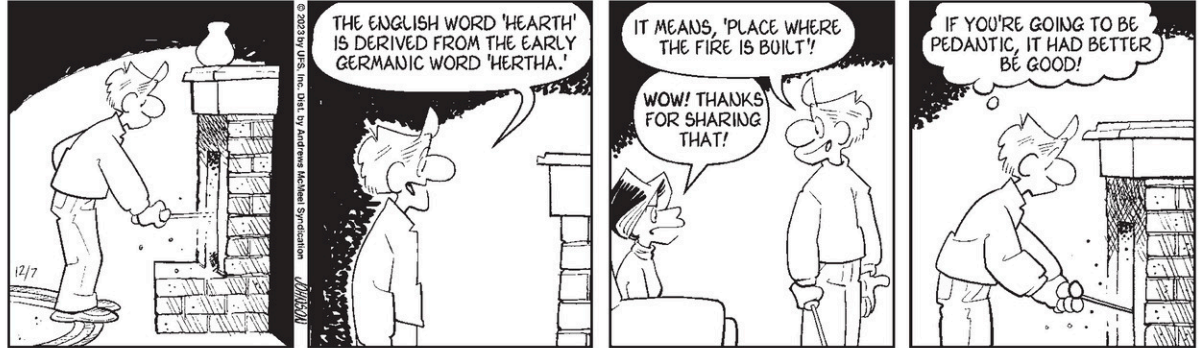
© LaughingStock Licensing Inc., Dist. by Andrews McMeel Syndication, 2023

"We went to Greece for a second honeymoon. Six days and seven fights."

ALLEY OOP



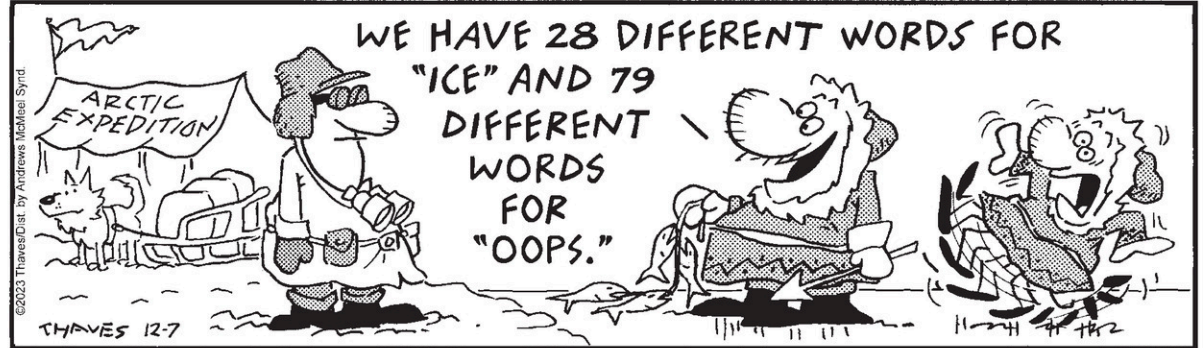
ARLO & JANIS



THE BORN LOSER



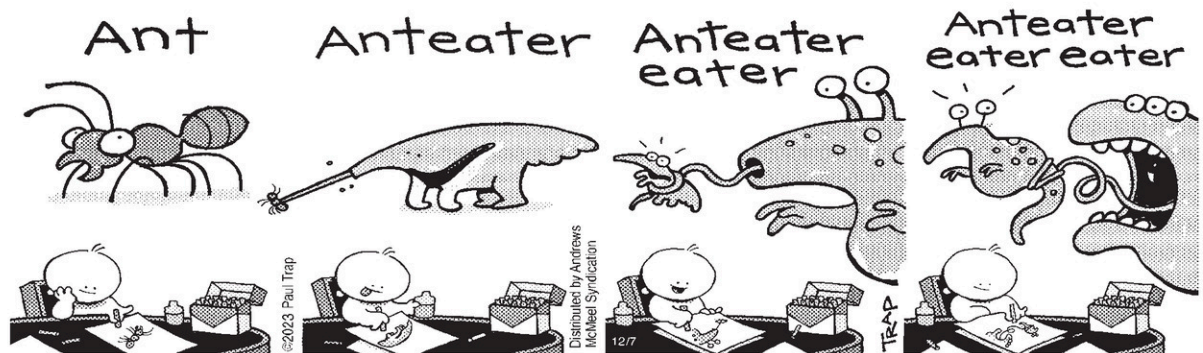
FRANK AND ERNEST



GRIZZWELLS



THATABABY



Diabetes The New EPIDEMIC

REACT NOW!

Diabetes Québec

Information and donations:
(514) 259.3422 or 1.800.361.3504
www.diabete.qc.ca

Go grocery shopping with dietitians.

When you choose products with the Health Check symbol, it's like shopping with the Heart and Stroke Foundation's dietitians, who evaluate every participating product based on Canada's Food Guide.

www.healthcheck.org

Check for Health Check™

Call Sherbrooke: (819) 569-9525 between 8:30 a.m. and 4:30 p.m.
 E-mail: classad@sherbrookerecord.com
 or Knowlton: (450) 242-1188 between 9:00 a.m. and noon

CLASSIFIED

Deadline: 12:30 p.m. one day prior to publication
 Or mail your prepaid classified ads to
 The Record, 6 Mallory, Sherbrooke, Quebec J1M 2E2

**Classifieds
work!**

819-569-9525
 classad@
 sherbrookerecord.com

275 Antiques

275 Antiques

LICENSE PLATE COLLECTOR looking to buy Quebec license plates. Please send pics via text or call Daniel 450-278-0517, Daniel.vincelette@hotmail.com

WE BUY from the past for the future, one item or a household, attic or basement, shed or garage. We like it all, give us a call. 819-837-2680..

SUDOKU

DIFFICULTY RATING: ★★★★★

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

12/7

© 2023 Dist. by Andrews McMeel Syndication for UFS

THE RECORD

CARRIER WANTED IN RICHMOND

to deliver The Record
(Monday to Friday)

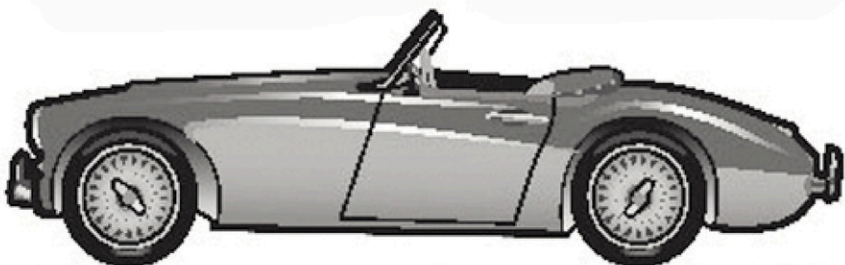
If interested,
please contact
819-569-9528
between 9 a.m. and 3 p.m.
or email
billing@sherbrookerecord.com

PREVIOUS SOLUTION

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

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

YOU'VE GOT IT.



Somebody else wants it!

Got something you no longer use?
Sell it in the Classifieds!

It may just be the perfect item to fill somebody else's need.

THE RECORD
THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

819-569-9525 • 450-242-1188
classad@sherbrookerecord.com

*I'm gonna be
a Fireman
someday.*



Muscular Dystrophy
Association of Canada



1 800 567-ACDM
Until there's a cure, there's us.

NEA Crossword Puzzle

Your Birthday

THURSDAY, DECEMBER 7, 2023

will stop you from discovering the truth. Step back, clear your head and look at the facts. Opportunity is apparent, but it will take sound ideas and planning to take advantage of it.

GEMINI (May 21-June 20) - Get to know your colleagues better. Mix business with pleasure, and you'll gain valuable insight. A heart-to-heart talk will bring you closer to some needed stability.

CANCER (June 21-July 22) - Network, attend a reunion or reconnect with someone connected to something you wish to pursue. A partnership looks promising. Recognition is likely if you follow through with your plans.

LEO (July 23-Aug. 22) - Consider what you love to do most, but clear up unfinished business before you head out to play. Watch your spending on luxury items, entertainment and unnecessary self-improvement projects.

VIRGO (Aug. 23-Sept. 22) - Tone down your attitude and quietly make the changes that will benefit you. Don't allow someone to step in and take the reins when control on your part is necessary. Anger will hold you back.

LIBRA (Sept. 23-Oct. 23) - Do what is necessary and don't look back. Refuse to let emotions stand between you and what you want. Use your Libra charm to get others to see things your way. A disciplined approach will be key.

SCORPIO (Oct. 24-Nov. 22) - Take care of domestic matters. By searching for unique alternatives, you'll find a lucrative outlet in which to apply your skills, knowledge and experience. Be secretive regarding your feelings.

Trust your instincts, abilities and experience this year. Expand your skills, qualifications and outlook. Refuse to let your emotions prevent you from getting things done and meeting your expectations. Let go of the past and press forward with enthusiasm and gratitude. Don't let what others do stand in your way.

SAGITTARIUS (Nov. 23-Dec. 21) - Take control and don't let go. Trust in your ability to get things done according to your specifications. Relying on others will be disappointing and costly. Don't bother with explanations.

CAPRICORN (Dec. 22-Jan. 19) - Don't let your emotions overrule your common sense. Dealing with friends, relatives and colleagues will be difficult if you try to take control. Kindness and consideration will be crucial.

AQUARIUS (Jan. 20-Feb. 19) - Focusing on tidying up loose ends will ease your mind. Refuse to be tempted into extravagance. Do what's best for you, and don't let others' decisions slow you down.

PISCES (Feb. 20-March 20) - Consider what's most productive and head in that direction. Refuse to get wrapped up in someone else's drama. Pursue your goals, live up to your word and take good care of yourself.

ARIES (March 21-April 19) - Make your decisions count. Don't mince words. Tell it like it is and ask for what you want. A direct approach will help you decide your next move.

TAURUS (April 20-May 20) - Emotions

Answer to Previous Puzzle

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

- ACROSS**
- 1 "Baby, — Cold Outside"
 - 4 Vishnu incarnation
 - 8 Fail
 - 12 Luau food
 - 13 Genesis name
 - 14 Anger
 - 15 Rep.'s counterpart
 - 16 Irish or Welsh ancestor
 - 17 About (2 wds.)
 - 18 Bone in the ear
 - 20 Passover feast
 - 21 "Friend or —?"
 - 22 Hopper
 - 23 Lariat
 - 26 Army enlistee
 - 30 Zoo animal
 - 31 Western alliance
 - 33 Long story
 - 34 "— the Knife"
 - 36 Mystical letter
 - 38 Apple product
 - 39 Craftsman
- 41 Clearing**
- 43 Bit of coal**
- 44 "Act your —!"**
- 45 Flatboat**
- 48 Feeling foolish**
- 52 Crooked**
- 53 Knee bend in ballet**
- 54 — Maria**
- 55 Tribe of Israel**
- 56 Actor Alan —**
- 57 "The — & Stimpy Show"**
- 58 Sharp**
- 59 Tinted**
- 60 Eat a little of**
- DOWN**
- 1 — facto
 - 2 Foot digits
 - 3 Does wrong
 - 4 Masked critter
 - 5 "Someone Like You" singer
 - 6 Gent
 - 7 Qty.
 - 8 Popular '90s sitcom
 - 9 World

- 10 Monstrous one
- 11 Look searchingly
- 19 "No —, and/or buts"
- 20 Part of RSVP
- 22 Benefit
- 23 Dalai —
- 24 On — — with
- 25 Denomination
- 26 Wow
- 27 "— — — Camera"
- 28 Mild oath
- 29 Track and field event
- 32 Spirited horse
- 35 Mob VIP
- 37 Intellectual, informally
- 40 Take legal action
- 42 Meadow-land
- 44 Stage whisper
- 45 Stop suddenly
- 46 Toward the sheltered side
- 47 Wander
- 48 Friendly nation
- 49 Emporium
- 50 — and anon
- 51 Refute
- 53 Shoe insert

1	2	3		4	5	6	7		8	9	10	11
12				13					14			
15				16					17			
18			19						20			
			21				22					
23	24	25				26				27	28	29
30				31	32				33			
34			35		36			37		38		
39				40				41	42			
			43				44					
45	46	47				48				49	50	51
52					53					54		
55					56					57		
58					59					60		

THURSDAY, DECEMBER 7, 2023

Driving down the wrong road

By Phillip Alder

Whenever some bridge declarers come to a crossroads, they always seem to crash.

In today's deal, South thought he was driving so cleverly along the main highway when in reality he was heading down a side road that looked superficially attractive but was leading to a cliff top.

Against three no-trump, West led the heart three: four, jack, king. South counted seven top tricks and anticipated getting two more from diamonds. He also knew an avoidance play when he saw one.

South led a diamond to dummy's king, returned to hand with a spade and led a second diamond. If West had played the queen, South was planning to duck in the dummy, keeping East off the lead. However, when West played the 10, declarer put up dummy's ace and led a third round. South was pleased to see West win this trick, but he was less pleased when West promptly switched to the club nine (the high card denying interest in the suit) in answer to his partner's encouraging club seven discard on the previous trick. East won with the ace and returned a heart: down one.

South's path required finding the *

North		12-07-23	
♠	Q 10 7		
♥	7 5 4		
♦	A K 7 6 3		
♣	Q 10		
West		East	
♠	8 6 3	♠ 9 5 2	
♥	A 10 8 3	♥ J 9 6	
♦	Q 10 9	♦ J 5	
♣	J 9 4	♣ A 7 6 5 2	
South			
♠ A K J 4			
♥ K Q 2			
♦ 8 4 2			
♣ K 8 3			
Dealer: South			
Vulnerable: Both			
South	West	North	East
1 NT	Pass	3NT	All Pass
Opening lead: ♥ 3			

diamonds 3-2, West's holding the club ace and West's having to win his side's diamond trick. However, there was a much better route available. Assuming West's heart three was an honest card, the suit had to be splitting 4-3. If so, South just needed to find West with the club jack. At trick two, South should have finessed dummy's club 10. His nine tricks would have been four spades, one heart, two diamonds and two clubs.