

**Getting in
shape in
Potton**

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THE
RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

**Busy season
for the 1st
Lennoxville
Scouts**

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TUESDAY, NOVEMBER 6, 2018

**Townshippers
invited to walk
in the shoes of a
refugee**

By Gordon Lambie

It's said that to understand someone else's pain, you have to walk a mile in their shoes. This afternoon, between 3 p.m. and 8 p.m., the Service d'Aide aux Neo-Canadiens, is inviting the public to do just that with a half-hour simulation activity aimed at helping people understand the experiences of the thousands of refugees and immigrants who come to Canada every year.

According to Denisa Olimid, the Director of Communications at SANC, participants will get to know the ways that the organization helps new arrivals by going through a 30 minute activity. The scenario is this: Canada and the United States are at war and thousands of displaced Canadians are seeking safety overseas. Iraq has opened its doors to the refugees, and the Service d'Aide aux Neo-Iraqiens has offered its resources to help the newcomers settle into their new home.

"We expect quite a lot of people," the communications Director said, explaining that more than 20 different actors have been recruited to help set the scene. Olimid added that that five of Sherbrooke's municipal councilors have signed on to participate, in addition to Sherbrooke MNA Christine Labrie. "Immigration is an experience that affects everyone, but it needs to be experienced to be understood," she said.

The activity is a part of the Semaine sherbrooise des rencontres interculturelles, a week devoted to understanding the diversity of local cultures that make up the local community. SANC is located at 530 Prospect Street in Sherbrooke, not far from the Terrill Street Bridge.

**New trade deal hailed as good news
for Townships auto workers**



GORDON LAMBIE

Benoit Tetreault (left), President of Waterville TG, and Patrick Cloutier (right), the company's Corporate General Manager, look on as Marie-Claude Bibeau, Minister of International Development and Member of Parliament for Compton-Stanstead, speaks to the importance of the new USMCA trade deal for Canada's Automotive Sector.

By Gordon Lambie

Marie-Claude Bibeau, Minister of International Development and Member of Parliament for Compton-Stanstead was in Waterville on Monday morning to talk about the ben-

efits of the new USMCA trade deal for the Canadian Automotive industry. Speaking alongside representatives of Waterville TG, the local producer of sealant systems for automobiles, Bibeau hailed the new deal as good news for the more than 2,000 people in the East-

ern Townships employed in jobs connected to the auto industry.

"People always talk about the automotive industry like it only exists in Ontario," the minister said. "In Quebec it

CONT'D ON PAGE 3



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TODAY:
RAIN

HIGH OF 11
LOW OF 7



WEDNESDAY:
MIX OF SUN
AND CLOUDS

HIGH OF 11
LOW OF 3



THURSDAY:
CLOUDY

HIGH OF 6
LOW OF -2



FRIDAY:
60% CHANCE
OF SHOWERS

HIGH OF 4
LOW OF 1



SATURDAY:
60% CHANCE
OF FLURRIES

HIGH OF 3
LOW OF -6

Neurogenesis new brains all around



DISHPAN HANDS

SHEILA QUINN

For the last year, documentary filmmaker Albert Nerenberg and Joey Kasz (Joyful) have been working on a project related to 'neurogenesis', otherwise known as brain growth. This month, in West Bolton, the pair are leading a second retreat related to the concept.

'The Eastern Townships is made for Neurogenesis, brain stimulation,' said Nerenberg. 'You want nature. Fresh air, changing terrain, and a host of potentially stimulating experiences, healthy food and novel activities.'

Albert: 'There was an assumption for many years that the brain is fully formed by the late teens or twenties, and (he laughs) it's all downhill from there. The thinking pointed to adult brains being on a downslide of decay and decomposition until death. What a depressing idea!' Albert Nerenberg laughs again, and he knows a lot about laughter, with several documentaries (including 'Extreme Laughter' and 'Laughology') out from under his lens.

'What was anyone supposed to look forward to?'

Joey Kasz, also known as Joey Joyful, explained that studies have begun to demonstrate that it is possible that our brains actually take about fifty years to grow - 'I'm on my second brain!' he laughs too, easily and is as disarming as Albert, 'My goal is to grow three over my lifetime!' I'm the one laughing this time.

Albert explains that what makes a brain grow is considered neurogenic - whereas what makes a brain shrink is neurotoxic. 'Unfortunately, most people don't want to hear it, but something like alcohol is a neurotoxin.'

Joey pipes in, 'Attitudes, diet, habits - we intuitively know a lot of what is neurogenic or neurotoxic.'

Many of the studies on the brain not growing any further appear to have just been, well, believed. How could adult neurogenesis exist? There was no reason for the brain to continue to grow. Researchers began to see differently, however, when changes in environments

caused brain change in older animals. That prompted a correlation with the potential for there being the potential for neurogenesis in the adult human brain.

In the last twenty years there has been a great deal of change and focus on quality of life in older age. Brain health and brain growth activity has become a popular focus for youth, parents, aging groups, including residences for the elderly. A quick search online reveals what seems like limitless companies and groups encouraging incorporating brain activity with all ages.

Initially, Albert and Joey were working on a documentary (an ongoing project), yet they found that organizing the first ever Neurogenesis Retreat brought them to the surprising realization that actualizing the neurogenic activities with an event, gathering a group together, was really FUN. Albert remembers a series he wrote for *The Gazette* on 'the science of fun', 'When someone was giving a speech, if the person delivered the information in an unpleasant way, those listening experienced something almost like a headache - lighting up the same part of the brain. However, if the person used humour to deliver the content, it was like a firework in the brain! Fun is brain-stimulating!'

The pair interviewed Brant Cortright, PhD, author of 'The Neurogenics Lifestyle - Upgrade Your Brain, Upgrade Your Life'. When they asked Cortright why he had put such time into synthesizing the information in his book, he stated, 'I did this because as a teacher of psychology at a university, I can access the studies - but the public doesn't know!' Albert and Joey were inspired to not simply share the information in a documentary film, but also in the form of a retreat.

Joey elaborates, 'We wanted to span the gap between people and the science - to show them easy applications and habits that can be applied to people's lives.'

The pair are basically taking the edge off of change. Activities in their second retreat, to be held November 16th, 17th and 18th at a cottage in West Bolton, as well as in part each day at Spa Bolton, include Laughercize, Actorcize, eye gazing, REM hypnosis, improv and time at the Bolton Spa, among other activities. Activities are designed to flow smoothly, and last approximately thirty minutes - allowing people who feel less inspired by one activity to look forward to other elements to come.

Twelve different environments at the spa lend themselves well to the concept of change stimulating one's brain. 'We made this retreat enjoyable to create - and that really avoided the stress associated with bringing people together for an experience.'

Albert: 'One of our main rules in leading these retreats is that we could propose an activity, and then when participants

asked why it was neurogenic, we would have information to explain how it fit into brain growth.'

He continues, 'We're both really busy people - but it is so much better to share this experience with neurogenics. There were things we didn't expect. The 'tribal' bond of just being together through the experience of learning about brain growth was a really healing part of the process.'

Sleep is considered a critical part of the neurogenics process, and so the group activities will start as of 11:00 a.m. on both Saturday and Sunday.

Part of the process involves perseverance in learning to cope with moving from discomfort to another process - including the eye gazing sessions, something many people are not comfortable with - and some are not able to maintain for long enough to truly 'get' the experience. The retreat also includes 'tapping', also known as Emotional Freedom Technique, where participants learn to tap out unpleasant sensations, such as anxiety, or tap in positive experiences, such as a revelation. A Harvard study concluded that this tapping technique reached the amygdala, deep in the brain's medial temporal lobe, that plays a key role in the processing of emotions. Another activity (that sets most participants to shivering, just thinking about it) is cold exposure. Joey and Albert use the Wim Hof method, based on the famous Ice Man - a record-breaking cold exposure expert from Holland (the man who climbed Mount Kilimanjaro in shorts). The idea is to learn how to light your metabolic 'inner fire'.

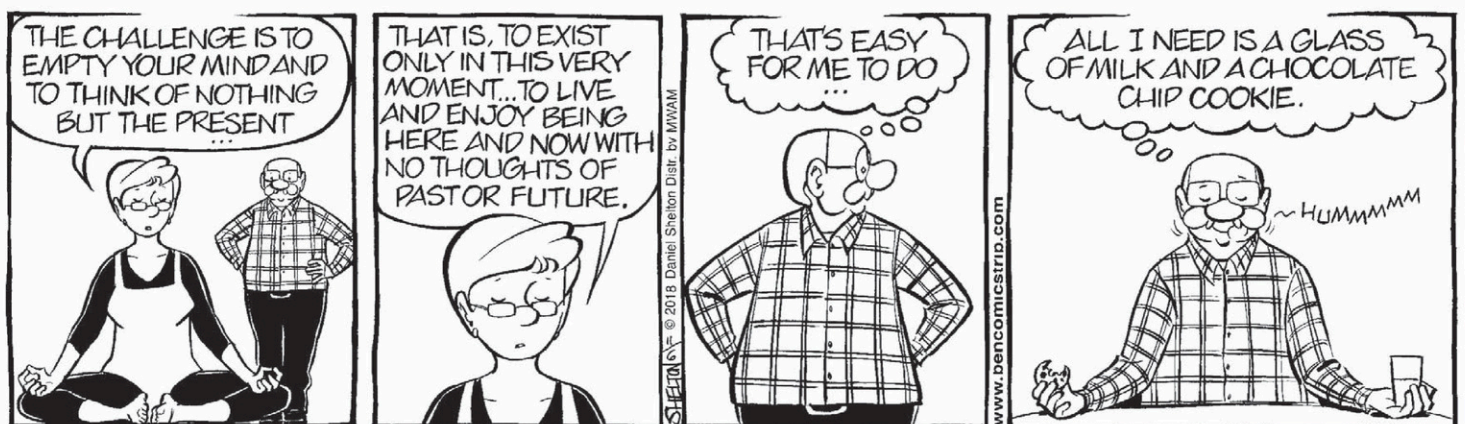
At the initial retreat there was an amazing breakthrough for a participant who claimed to have a circulatory condition, but who began to respond to the very gentle process of cold exposure used by Albert and Joey. She decided to immerse herself at the foot of the waterfall at Spa Bolton, and said she would do so for ten seconds - that she turned into SIXTY seconds under the cold water. The sense of alertness is powerful. Albert tells of how he closed his pool closer to the end of October than the usual September end date, taking twenty minute morning swims at 43 degrees.

'We work on a lot of preparation before the cold exposure activity - and of course it's all strictly voluntary!' Albert reassures. 'Most of the activities we undertake, people could learn on their own, but doing so in community is truly healing.'

The retreat involves action-based workshops, includes a neurogenic diet - all healthy foods such as blueberries, walnuts, salads, promoting brain health over the course of the weekend.

For more information, please search Neurogenesis 2.0 on Facebook, where more details on the event are featured.

Ben by Daniel Shelton



LOCAL NEWS

Gabriella Canzani was the most successful recipient of the night, earning a total of 13 scholarships and awards.

Thirteen academic awards for Alexander Galt's Gabriella Canzani

By Emilie Hackett
Special to the Record

The Alexander Galt Regional High School (AGRHS) held its 49th annual Awards Night on Friday Nov. 2 with several local foundations gave out awards, such as the Lampe Foundation, Unity Lodge #9, Ladies' Auxiliary-ANAF-Unit 318-Lennoxville, and the Compton County Women's Institute, among others. The Alexander Galt Scholarship Foundation also presented awards, giving \$12,000 to 27 students.

Gabriella Canzani was the most successful recipient of the night, earning a total of 13 scholarships and awards. She received, among others, the Bishop's University Scholarship, the Heather Fisher Memorial Trophy, the Doctor Ralph Steinman Award, the Eastern Townships School Board Commissioner's Bursary, the Everett "Doc" Porter Award, and the Governor General's Academic Medal Award. Canzani achieved the highest academic standing of her cohort over her five years at Alexander Galt with a 94 per cent average.

Ms. Stephanie Brown, teacher at AGRHS and the Awards Night master of ceremonies, highlighted that although "teaching is hard work, the best compliment my students can give me is that they do not need me anymore. That they have succeeded." Indeed, several of her students were quite successful. Class valedictorian Dominique Lumley, the runner-up for best overall average after Canzani, received the Ella Hoy Trophy and the Jamie Coles Memorial Citizenship Award which celebrates leadership and involvement in the school. Naomi

Wiseman-Beese was awarded the AGHRS Student Council Bursary and the Lampe Foundation Leadership Award, while Laurie Chenard was given the Bob Halsall Student Activities Award.

The ceremony was held in memory of former Principal James Robert McConnachie. Several awards were given in honour of past AGRHS students or staff members, including McConnachie, Christine Guillette, Clinton Munkittrick, and Peter Crossman.



From left to right: Caitlyn Gerrish (Global Excel Scholarship and Honour Roll), Naomi Wiseman-Beese (AGRHS Student Council Bursary, the Lampe Foundation Leadership Award, and Principal's List), Gabriella Canzani (prizes listed inset) and Laurie Chenard (Bob Halsall Student Activities Award, Drama Achievement Award, and Principal's List).



PHOTOS COURTESY OF MARIE THIBAUT.

Gabriella Canzani was awarded the Governor General's Academic Medal as the top academic student in her cohort.

New trade deal

CONT'D FROM PAGE 1

is 115 businesses, 6,500 jobs and \$1.8 billion dollars in the economy."

Bibeau pointed out that at the start of the recent negotiations on North American free trade, the United States wanted 50 per cent of all components used in new cars to be American-made. In the end, the proportion changed to 75 per cent North-American made.

She also hailed the deal as being good news for the rights of workers, noting that the new rule requiring that 40 per cent of the components of a vehicle be made by workers who make at least \$16 per hour takes pressure from cheaper foreign markets off of Canadian workers.

Benoit Tetreault, President of Waterville TG Inc., said that he followed the USMCA negotiations very closely.

"It is clear for me that, had this agree-

ment not been signed, there would have been major impacts on our Quebec and Ontario factories," Tetreault said. "If import tariffs had been put in place for automotive parts, close to 90 per cent of our products would have been affected, meaning that the impact would have been great for Waterville TG."

The company president expressed relief at the agreement that was reached, as he said that Waterville TG would not have been able to remain viable after losing 90 per cent of its market.

Dairy not forgotten

Although Bibeau put the focus of the day on celebrating a win for the auto sector, her opening remarks were on the subject of the way the new agreement is expected to impact dairy farmers and producers.

"There are very important things to celebrate in this agreement, but at the

same time we recognize that for dairy farmers in our region there is a challenge to overcome," the minister said. "We will not let them fall by the wayside, we will work together."

Bibeau reiterated the fact that the President of the United States went into the negotiation process wanting to completely dismantle Canadian supply management, and argued that although there were concessions made in the form of market access for American producers, the system was protected overall.

In speaking with The Record after the press conference, the minister pointed out the fact that she is one of the Members of Parliament with the highest concentrations of dairy farmers in her riding and said that she is following the response and actions being taken very closely.

"We just announced the creation of

the two working groups last week; one will be working on the short term, in terms of how we can find the best financial mechanism for producers and processors that will be impacted," she said. "The second will be working on the medium to long-term vision for the agricultural sector and the dairy sector more particularly."

These groups, Bibeau explained, are composed of producers, processors, and government representatives who are working together to try to find the best ways to support the dairy industry under the new agreement.

"It's hard to say when the agreement will be ratified by the three countries, but we may say six months or so," she added. "This gives us the time to figure out the best mechanisms and make it real before they really feel the impact of the agreement."

Getting in shape in Potton



THE SCOOP MABLE HASTINGS

The new Potton in Shape program offered through the Municipality of Potton got off to a great start this past Saturday, October 27 with 23 participants of all ages joining in on the

fun. The Saturday morning program is held at the Mansonville Elementary School from 9:30-10:30 a.m. and the following programs are being offered weekly, free of charge, through to December 1st.

Tiny Tots with Hiro Gagnon, Open Gym with Aleeyah Cervinka and Victor Gagnon, Yoga with Marie Garon, November 17th, Zumba with Geneviève Quintin, November 3rd and November 24th, Pilates with Kinesiologist, Monique Gilbert November 10th and December 1st.

The program is meant to be flexible, and although it is hoped that citizens participate as much as possible, people do not need to commit to the entire 6 weeks.

The Open Gym program will rotate ac-

tivities each week. Floor hockey 2 weeks, Basketball 2 weeks and Obstacle Courses 2 weeks.

Parents can participate in activities at the same time as their children, giving them a well-needed break.

This program was created by the Potton Leisure Committee and is offered FREE of charge! The Goal is to expose local Pottoneers of all ages to local programs that are already in place and to continue to support our citizens on their mission to adopt an active and healthy lifestyle. Members / Municipal Leisure Committee include:

- Bruno Coté (President)
- Michael Laplume (Councillor)
- Monique Gilbert (Seniors Services / CABMN)
- Catherine Ducharme (Citizen)
- Monica St. Onge (Citizen)
- Trish Wood (Municipality)

There are currently over 20 different leisure & sport programs offered by local citizens and organisations in the Township of Potton. To see all program details, visit <http://potton.ca/en/recreation-and-culture/activities/>

The Municipality of Potton wishes to promote recreational activities for young people by offering sports programs at a reasonable cost for its residents; it will therefore provide financial assistance to parents who enroll their

children in higher-level programs that are offered outside of the Township of Potton. This assistance is provided by means of a reimbursement requested by the parents. Up to \$200 per child per year could be reimbursed. Details: <http://potton.ca/en/recreation-and-culture/activities/activities-for-children/>

There are a variety of amazing instructors and animators delivering high-quality programs in Potton. The Leisure Committee would like to introduce these instructors to those who are not yet participating.

The key is get people from the community to take part in the programs being offered to assure that they continue. Potton is lucky to have local instructors who can offer these programs and participation is the best way to show interest and support.

Saturday's participants were thrilled with the concept and enjoyed the flexibility and quality of the instruction. Additional interest has been expressed so numbers are expected to grow each week.

For more information contact:
Trish Wood
Loisirs, culture et vie communautaire
Municipalité du Canton de Potton
2, rue Vale Perkins, Canton de Potton,
Québec J0E 1X0
450 292-3313 poste 228
loisirs@potton.ca | potton.ca



PHOTOS COURTESY

THE RECORD

Brome County NEWS



ON NOVEMBER 20th

The Record and Brome County News will publish a special supplement

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Busy season for the 1st Lennoxville Scouts

By Didi Gorman

There's a lot going on at the 1st Lennoxville Scouts this fall.

With two camps already behind us and our weekly program well underway, we're full to the brim with fun and activity.

Our Cubs (ages 8-10) and Beavers (ages 5-7) started the season with a joint camp at Lake Lovering. The cold weather provided the perfect incentive to learn how to start a campfire. The endeavor included searching the forest for dry twigs and dead branches to serve as kindling, as well as roasting marshmallows on the flickering embers.

Our Scouts (ages 11-14) spent a day on the banks of the St. Francis River in a combined journey of kayaking and horseback riding. Braving a rather chilly morning, our youth showed an extra degree of resolve and perseverance. We're proud of them for that.

Our Investiture night took place on October 24th at the Lennoxville United Church. This event marked the official entry of our new members into the World Scout movement. During the ceremony all new members recited the Scout values and received our group's neckerchief. The event was especially remarkable this year, as we have welcomed a whole new Venturer section (ages 15 and up) into our group, bringing our headcount to exactly one hundred members – the largest we've ever been.

With four sections in our group this

year, we will be initiating many new projects in the coming months. One of them is known in Scouting as 'linking activities'.

A 'linking activity' is when two age groups come together for a joint activity, whereby the older youth take on leadership roles and teach the younger members various skills. Examples include building birdhouses, learning to tie a hammock to a tree, creating mini-rockets out of plastic bottles, or designing wood cars.

These meetings are enriching to all participants and provide a priceless opportunity to learn from one another and to make friends with members from other sections.

But it's much more than just that. For our older members this is a chance to serve as role models for their younger peers, thus applying the principle of a 'youth-led' program – a value highly encouraged in Scouting.

Another project we have recently launched is the opening of a new section – the Venturers, for members between the ages of 15 and 18.

There has been a growing demand in recent years by our older Scouts to continue the program. What started as a mere pilot project is now a fully operational section.

Youth in the Venturer section are given the highest degree of independence in our group. They plan, oversee, and carry out their activities with only a minimal intervention from our leaders – the aim of which is to develop respon-



sibility and maturity on their route to adulthood.

With the addition of the new section and with many new leaders this year, we have reached the impressive number of a hundred members – all the more meaningful, as this year marks our 100th anniversary.

The 1st Lennoxville Scouts will be celebrating their 100th anniversary on Saturday, December 1st, 2018, from 9:00 a.m. to 12:00 p.m., at the Hut (the Army Navy Air force Unit #318, address: 300 St Francis St, Sherbrooke, QC J1M 0B3). We will be meeting-and-greeting, reminis-

ing, and enjoying light refreshments.

We would like to extend an invitation to all past and present members of our group – as well as to any friends of Scouting from other groups in the area – to come and celebrate with us. Please RSVP to Chris Drew, Tel: 819-562-4969 / email: csdrew@hotmail.ca

As a thriving group for a hundred years and counting, we are very grateful for the privilege of making a positive difference in the lives of local youth.

Yours in Scouting, Didi Gorman, 1st Lennoxville Scouts



Memphremagog MRC fined for Environmental Quality Act infringement

Record Staff

The Memphremagog MRC has been convicted of an offense under the Environment Quality Act for work done on the shores of Castle Creek.

On August 26, 2014, the MRC carried out work on Castle Creek shoreline in Magog, dredging sediment without first obtaining a certificate of authorization from the Minister of the Environment in contravention of section 22, second para-

graph of the Environment Quality Act.

The MRC has been fined \$15,000 and must, in addition to legal costs, reimburse the prosecution costs incurred by the Ministry, to the tune of \$1,909.

The register of convictions for offenses under the Environment Quality Act or its regulations can be consulted at the following address: www.registres.mddelcc.gouv.qc.ca/condamnations/recherche.asp

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EDITORIAL

Still, there's no denying Nordhaus and Romer's influence on climate policy and economics. Nordhaus's carbon pricing work is solid and has convinced many jurisdictions to adopt it.

SCIENCE MATTERS

Economists' Nobel puts spotlight on climate solutions

By David Suzuki

As the U.S. administration denies or downplays climate science, some more sensible Americans have been rewarded for developing climate solutions.

Economists William Nordhaus and Paul Romer recently won the Nobel Prize in economics for their work on, respectively, "integrating climate change into long-run macroeconomic analysis" and "integrating technological innovations into long-run macroeconomic analysis."

The award is not without controversy, but it's telling that such a prestigious honour went to people who offer pragmatic tools for action on an urgent crisis their government refuses to even acknowledge.

Yale University professor Nordhaus developed a crude model in the 1970s to explore how economic activity affects the climate system and the role policy might play in solutions. He used it to demonstrate that putting a price on carbon pollution would be an efficient tool for reducing emissions without harming the economy. Romer, a New York University professor and World Bank chief economist and senior vice-president until January 2018, argues policies that foster education and innovation and encourage firms to develop new ideas can spur economic growth and novel solutions.

Therein lies the controversy. Both are mainstream economists who believe economic growth is the ultimate goal of society, and both have used models ill-suited to understanding how growth affects the environment. Nordhaus has

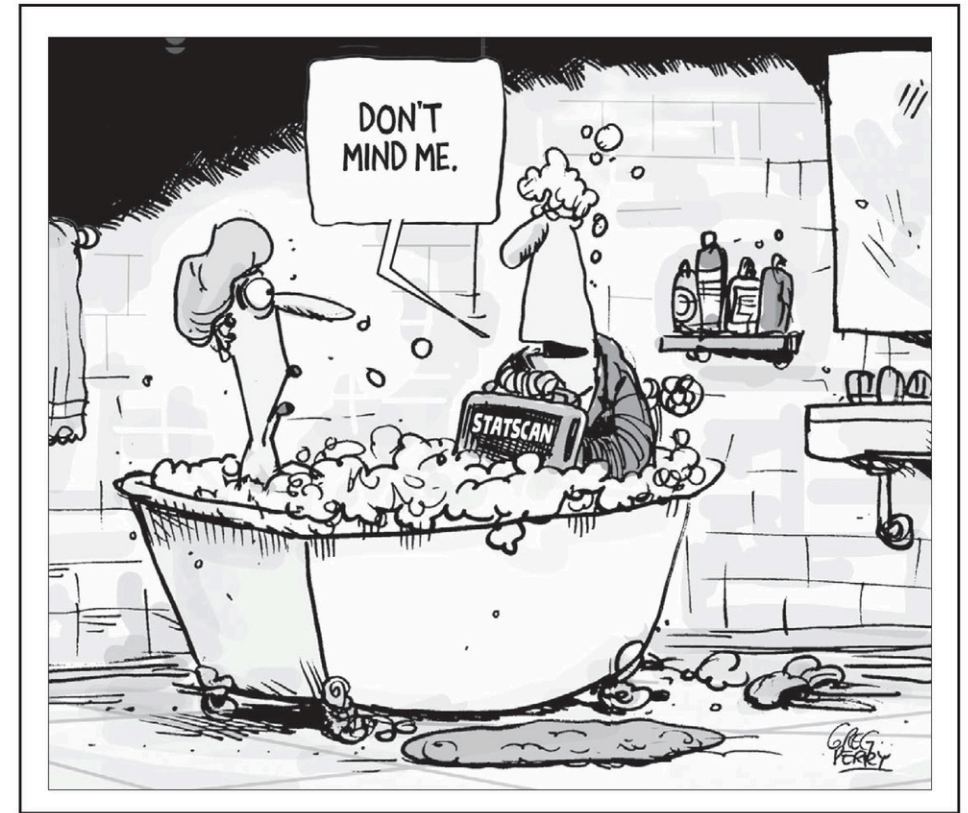
been criticized for failing to understand the model used in the Club of Rome's influential 1972 report *The Limits to Growth*, and dismissing it based on his misunderstanding.

Many economists and others argue that economic growth is a poor way to measure a society's progress and that it contributes to issues like climate change. "I would say [this prize] is the last hurrah of a certain old guard of the economics profession that want to preserve the idea of growth at all costs," Julia Steinberger, ecological economist at the U.K.'s University of Leeds, told *Science* magazine.

Still, there's no denying Nordhaus and Romer's influence on climate policy and economics. Nordhaus's carbon pricing work is solid and has convinced many jurisdictions to adopt it.

And Romer's evaluation of possibilities is refreshing. "People think protecting the environment will be so costly and so hard that they want to ignore the problem and pretend it doesn't exist," he said after the Nobel announcement. "Once we start to try to reduce carbon emissions, we'll be surprised that it wasn't as hard as we anticipated."

Rather than time-wasting arguments with people who reject climate science or humanity's role, these are the kinds of debates we should be having. Our economic system poses significant challenges around global warming. Some think it will take nothing less than overturning capitalism to address the crisis, while others believe capitalism facilitates the kind of innovation and change that can get us out of our mess. In between, economists and thinkers have proposed



many ways of measuring progress and developing economic systems that are compatible with sustainable societies.

Former World Bank economist Herman Daly launched a whole new research program in ecological economics with his proposal for "steady state economics." Kate Raworth's ideas about "doughnut economics" show how human well-being can be achieved within planetary boundaries. Most economists following their lead agree that a healthy climate requires us to move to a post-growth economy with well-being rather than increasing material wealth as the go

Nordhaus and Romer are speaking to conventional audiences, but at least they're speaking with conviction that humanity faces a crisis that must be resolved — and they're offering solutions. Some of their ideas, such as pricing carbon pollution, are essential; others fall within an economic paradigm that is in-

creasingly being questioned.

That Nordhaus and Romer received a Nobel Prize for climate work illustrates a contradiction in the U.S. — and, by extension, the world — between people and institutions (including many local governments) working to resolve the climate crisis and a national government and many in industry that have chosen to ignore the problem and often mislead the public about it.

Regardless of what one thinks of these economists' work and whether or not it deserves a Nobel, it's refreshing to see a major economics prize recognizing work on climate change and policies that will enable the transition to an economy powered by zero-carbon energy sources.

David Suzuki is a scientist, broadcaster, author and co-founder of the David Suzuki Foundation. Written with contributions from David Suzuki Foundation Senior Editor Ian Hanington.

Learn more at www.davidsuzuki.org.

Archdiocese of Sherbrooke marks Intercultural Encounters Week

Record Staff

As part of the Sherbrooke Week of Intercultural Encounters, Nov. 1 to 11, the Archdiocese of Sherbrooke

will contribute to the program by offering a café-partage on Friday, Nov. 9, from 2 to 3 p.m. at 95 rue Ozias-Leduc.

The activity entitled Home and Integration: How to Meet the Challenges?

will offer a discussion on the reality of newcomers and the challenges they face every day. The animation will be provided by Fr. Jean-Marc Grégoire c.m.m and Véronique Douti from the intercultural pastoral mission of the Archdiocese. They will be accompanied by Louise Carrier, a volunteer with newcomers.

"When you come to a new country, you have to adapt to a completely different world. Whether at the grocery store, pharmacy, or other public places, you must recreate landmarks. Everything has to be learned," said Douti.

Intercultural pastoral care by the Archdiocese of Sherbrooke pays particular attention to the material, social, and spiritual needs of refugees and people of immigrant background. It offers sponsorship and helps newcomers on a daily

basis. The organization supports immigrant families who do not speak French by providing support for parent meetings at school or for medical appointments. It can also provide transport for some to classes or teach the basics of driving to those who have to practice to obtain their license.

The leaders of the intercultural pastoral mission have also set up a sewing workshop where women of all religions are welcome. This training allows immigrant women to learn how to handle thread and the needle while socializing with each other.

The purpose of these interventions is to help newcomers adapt to their new home environment and to quickly regain their social autonomy.

THE RECORD

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		GST	PST	TOTAL	
QUEBEC:	1 YEAR	155.00	7.75	15.46	\$178.21
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		GST	PST	TOTAL	
QUEBEC:	1 YEAR	108.72	5.44	10.85	\$125.00
	1 MONTH	9.78	0.49	0.98	\$11.25

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Local Sports

2018 proved itself to be the season they had been waiting for. With 7 wins in 7 games and only 6 goals scored against them.

The Champlain Cougars become provincial champions

By Emilie Hackett
Special to the Record

The Champlain Lennoxville women's soccer team won the provincial championships in the RSEQ second Division. They beat the Sainte-Foy Dynamiques 1-0 on Sunday, Nov. 4 in Quebec City.

The Champlain Cougars have gone a long way in the last five years. After reaching an all-time low in 2013 with a

goalless season, coaches Philippe Ribaux and Shane Kerrigan have worked hard with their players to improve skills and stamina, practicing up to four times a week. Their labour started paying off, as the Cougars slowly climbed in the RSEQ standings over the years. In 2017, they finished off as the #1 team in the conference with 5 wins and 2 ties but were eliminated in the first round of playoffs.

2018 proved itself to be the season they had been waiting for. With 7 wins

in 7 games and only 6 goals scored against them, the Cougars finished as #1 in the conference yet again. Their post-season was successful, and they finally

earned the title of provincial champions. The championship game's only goal was scored by Pénélope Cabana, who led the team with 8 goals in the regular season.

Alouettes quarterback Johnny Manziel "happy" with first taste of CFL

The Canadian Press

Johnny Manziel says he's content with his life in the CFL after completing his first season.

The former Heisman Trophy-winning quarterback, who began the season on the bench with the Hamilton Tiger-Cats, finished the year with eight starts for the Montreal Alouettes and a greater appreciation for the game north of the border.

"I'm happy here right now," Manziel told reporters on Sunday during the Alouettes' season-ending media availability.

"Football probably got to a point in the past for me where it was about money and I'm comfortable right now. I'm comfortable with a great group of teammates, I'm comfortable in a great city like Montreal.

"I'm happy being back on the field and I don't know if that would be the situation in another league. But I'm happy with where I'm at and what's going on and the opportunity to compete and play ball."

Manziel made headlines across North America when he signed with Hamilton after a tempestuous and short-lived NFL career. But the 25-year-old saw zero regular-season action with the Tiger-Cats before being dealt to Montreal on July 22.

He missed time with a concussion and lost six straight starts with the Als - he didn't throw his first TD pass until Sept. 30 in a home loss to the Saskatchewan Roughriders - and secured his first win on Oct. 28 in a 40-10 rout of the visiting Toronto Argonauts.

Manziel said he started feeling more comfortable with the CFL style as the season went on.

"It's comfort all the way around," he said. "When I really feel comfortable with what I'm doing and what the scheme is and concepts that I've ran a million times before, you see a big difference in those plays and plays that are new to me that are more CFL-based concepts.

"The more I got reps with those plays the more I felt better with the whole entirety of the playbook."

Manziel made his eighth and final start of the season for Montreal on Saturday - a 30-28 win in Hamilton - completing four-of-five passes for 59 yards before giving way to Antonio Pipkin in the second quarter.

The 25-year-old finished the year with 106 completions in 165 attempts and threw 1,290 yards with five touchdowns and seven interceptions.

He is under contract for one more season with the Als.

"I didn't really know what to expect when I got here, but this league has exceeded my expectations as far as talent and what kind of league this is," Manziel said. "It exceeded my expectations as to what kind of guys we have in this locker-room and what kind of people are in this organization.

"It's been a good learning experience. ... I'm understanding what this league is about scheme-wise and learning a lot of things I didn't know before. So great learning experience and I'm really looking forward to being able to piece that all together."

In Memoriam

SYLVESTER, William (Bill) – In loving memory of a dear husband, father and grandfather who passed away 8 years ago on November 6, 2010.

*Gone are the days we used to share
But in our hearts you are always there.
The gates of memories will never close
We miss you more than anyone knows.
With tender love and deep regret
We, who love you, will never forget.*

Loving and missing you,

LINDA (wife)

CHILDREN

GRANDCHILDREN

and GREAT-GRANDDAUGHTER



TUESDAY, NOVEMBER 6, 2018

Today is the 310th day of 2018 and the 46th day of autumn.

TODAY'S HISTORY: In 1860, Abraham Lincoln defeated three other candidates to win the presidency.

In 1861, voters in the Confederate States of America elected Jefferson Davis president.

In 1947, "Meet the Press" made its television debut.

In 1975, punk rock pioneers the Sex Pistols played their first concert.

In 1995, Cleveland Browns owner Art Modell announced a deal that would move the nearly 50-year-old NFL franchise to Baltimore.

TODAY'S BIRTHDAYS: Charles Dow (1851-1902), economist/journalist; John Philip Sousa (1854-1932), composer; James Naismith (1861-1939), inventor of basketball; Zig Ziglar (1926-2012), author; Mike Nichols (1931-2014), filmmaker; Sally Field (1946-), actress; Glenn Frey (1948-2016), singer-songwriter; Ethan Hawke (1970-), actor; Rebecca Romijn (1972-), model/actress; Pat Tillman (1976-2004), football player; Emma Stone (1988-), actress.

TODAY'S FACT: "Meet the Press," which is the longest-running television series in history and is still on the air, began in 1945 as a radio show called "American Mercury Presents: Meet the Press."

TODAY'S SPORTS: In 1869, Rutgers College defeated Princeton University (then known as the College of New Jersey) by the score of 6-4 in the first modern intercollegiate football game.

TODAY'S QUOTE: "What you get by achieving your goals is not as important as what you become by achieving your goals." — Zig Ziglar

TODAY'S NUMBER: 6 — years in the term for which Jefferson Davis was elected to serve as president. The Civil War ended before his term expired.

TODAY'S MOON: Between last quarter moon (Oct. 31) and new moon (Nov. 7).

Bulwer Golden Age Club

October 30 - 75 members gathered at the Bulwer Community Center.

Eight tables of 500 were played, as well as a table of Skip Bo and 2 teams of carpet bowling.

Everyone assembled for supper. Grace was said by Jean Naylor. Another wonderful meal prepared by Peggy Grapes and helpers, consisting of cabbage rolls, mashed potatoes, yellow beans, carrots, caesar salad, homemade pickled beets, pickles and rolls. Chocolate cake was served for desert. A wonderful meal Peggy.

Results of 500 were: Ladies 1st place Linda MacLeod with 3700, 2nd place Ilah Batley with 3320 and low score Marion Annesley with 2120. Men 1st place Clyne

MacDonald with 3460, 2nd place George Peasley with 3420 and low score Lionel Statton with 2940.

Results of Skip Bo: Mary Simons and Beverly Cote each won a game.

Results of carpet bowling were: Red team (Ken, Marylou and Reg) beat black team (James, Jean and Doris) 9 to 6; the second game, black team won by 3 points.

Door prizes were won by Colleen Matthews, Fred Williams, Fern McConnell, Linda Batley and Clyne MacDonald.

Peggy's goodies were won by Laura Fleury, Marion Annesley, Gail Macdonald and June Morrison.

Thank you to everyone who helped set up and clean up, it is always much appreciated.

There will be a meeting at 1 p.m. at the next get-together to plan the Christmas party on December 11.

We will start back on January 8, in the new year.

We wish to inform everyone that we are now accepting new members. Please call Keith Vintinner at 819-832-1583.

Submitted by
Colleen Matthews

Coaticook area Senior Citizen's Club

On October 16, we had our meeting at the Elie Carrier Center. We had a good number of members and four visitors.

Our president, Penny Fowler, presented Mr. Marc-Alexandre Fonda from the office of the Honorable Mrs. Bibeau, federal deputy of Compton. He talked to us about the assistance offered by the riding office for federal services. The office is at 175 Queen St., Sherbrooke and we should not hesitate to contact them when we have activities taking place in the region.

We had a proposal by Shirley Desruisseaux: that the CASC give a donation of \$200 to the Dixville Cemetery in memory of Mrs. Barbara Bellows. It was accepted by everyone.

Get-well cards will be sent to Joan Baldwin and Doris Beaudin.

Before the meal, Shirley Desruisseaux said the prayer. Ellen Baily had also prepared a jar with chocolate and everyone was invited to take a guess at the amount. The winner was Dorothy Babbins and the runner up Marry Cutler.

All the members had some Halloween decoration on them. We all participated in bringing something and some 'lucky' members were also dressed with all the rest of the deco remaining. A vote for the best costume was done and the winners were Arnold MacKeage, Pat Bryant, Robert Shepherd, Delma Fowler and Lydia May.

The participation prizes were won by André Veillette and Micheline Vachon. The door prizes by Suzanne Martin, Jim Bailey, Ed Bryant and Dorothy Babbins.

Next month's meeting is on November 20 at the Elie Carrier Center and the meal will be pork filet.

There will be a short conference by Serge Fournier of the CAB, he is temporarily replacing Jade St-Martin. Someone will be phoning you to see who are coming.

Submitted by
Penny Fowler, President
Suzanne Martin, Secretary

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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: clasad@sherbrookerecord.com - They will not be taken by phone.

DEADLINES FOR DEATH NOTICES:

For Monday's paper, call 819-569-4856 between 1 p.m. and 5 p.m. Sunday.

For Tuesday, Wednesday, Thursday or Friday's edition, call 819-569-4856 or

fax 819-569-1187 (please call to confirm transmission) or e-mail: production@sherbrookerecord.com between 9 a.m. and 5 p.m. the day prior to the day of publication. The Record cannot guarantee publication if another Record number is called. Rates: Please call for costs.

TOWNSHIPS' CRIER

TOWNSHIPS

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

LENNOXVILLE

The Lennoxville and District Community Aid will be holding a Blood Pressure clinic on Tuesday, November 13 at 164 Queen Street, Suite #104, from 1:30 p.m. to 2:30 p.m.

WATERVILLE

The Lennoxville and District Community Aid will be holding Blood Pressure clinic on Tuesday, November 6 at the Town Hall from 10 a.m. to 11 a.m.

LENNOXVILLE

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

LENNOXVILLE

The annual Armistice supper will be held on Saturday, November 10 at "The Hut," A.N.A.F. Unit #318, 300 St. Francis Street, Lennoxville at 5:30 p.m. Roast beef with all the trimmings will be served. To reserve please call Doreen Morissette at 819-821-2967, no later than November 8.

NORTH HATLEY/LENNOXVILLE

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

LENNOXVILLE

The Saint Francis Regional Ministry of the Anglican Church is organizing a group discussion on Seeking God in a Secular age. Charles Taylor, a Roman

Catholic Québécois, is considered one of the world's most important philosopher and his book, A Secular Age, will be at the center of the discussions. The group meets every Wednesday from 7 p.m. to 8:30 p.m. at 84 Queen Street, Lennoxville. The discussions have already begun. For more information, please contact The Rev'd Canon Giuseppe Gagliano, ggagliano@quebec.anglican.ca, 819-570-3433.

LENNOXVILLE

Lennoxville United Church annual Christmas Bazaar and Turkey Supper will take place from 3 p.m. to 7 p.m. on Saturday, November 17 at the Gertrude Scott Hall, 6 Church Street. Admission charged, youth 6 to 12 is half price, 5 years and younger is free. For supper reservations, please call: 4:30 p.m. Wendy Durrant 819-346-6448, 5:30 p.m. Frankie Noble 819-348-9118 and 6:30 p.m. Joan Gill 819-849-7202. Something for everyone at the Bazaar: Attic Treasures, Fish Pond, Wish Table, Food Table, Silent Auction, Knitting & Crocheting, Candy, Crafts, Jewellery, 2019 Church Calendars.

BURY

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

RICHMOND

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

HUNTINGVILLE

Sherbrooke Connection (for men and women) will meet on Thursday, November 8 at 9:30 a.m. at Grace Village, 1515 Pleasant View St., Sherbrooke (J1M 0C6). Healing Hearts. Cynthia Pohran will share her faith story about heart wounds. Caring for Electronics: David Blodgett will have tips on computer care. Pianist Virginia Strout. Admission

charged. For more info call Pauline 819-563-8061 or sherbrookewc@yahoo.ca. rsvpministries.com.

LENNOXVILLE

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? At Uplands Cultural and Heritage Centre, from November 4 to December 16, 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. Lucy Doheny, Debbie Everett, Caroline George, Stuart Main, Michael Royea, Natacha Sangalli and Kathy Teasdale will be exhibiting and selling their creations at wonderfully affordable prices. Uplands, 9 Speid Street in Sherbrooke (Borough of Lennoxville), is open Wednesday to Friday from 10 a.m. to 4:30 p.m. and Saturday and Sunday from 1 p.m. to 4:30 p.m. Info: 819-564-0409.

DANVILLE

A.D.S. 20th annual Craft Fair will be held Saturday and Sunday, November 10 & 11, from 10 a.m. to 4 p.m., 217 Water Street, Danville. Brome Lake Books, local artists and mini workshops. Brunch served on Sunday morning from 10 a.m. to 1 p.m.. Door prize. Free entry. Everyone welcome!

SCOTSTOWN/BURY

The Royal Canadian Legion, Bury Branch #48, welcomes everyone is Remembrance Ceremonies to be held on Saturday, November 10 at 10:30 a.m. in Scotstown at the cenotaph and at 2 p.m. in Bury at the Armoury Community Centre. "Lest we forget."

LENNOXVILLE

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

LENNOXVILLE

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

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

RICHMOND

The Richmond Legion, Branch #15, will be holding their Armistice Banquet on Saturday, November 10 at 6 p.m. This traditional Turkey Supper, with apple pie for dessert, will be prepared and served by the Ladies Auxiliary. Please reserve your tickets before November 7 (819-826-3444). Admission charged. The Richmond Remembrance Day Parade will take place on Sunday, November 11. Those people participating in the parade to the Cenotaph please gather at the Legion for 1:30. Those people who do not wish to parade are invited to gather, at the Memorial Park, by 2 p.m. Following the parade you are invited to return to the Legion.

MAGOG

Spaghetti Supper, hosted by St. Paul's United Church Women, on Saturday, November 10 from 5 p.m. to 6:30 p.m. at 211 rue des Pins, Magog. Admission charged. Vegetarian and gluten free options available. Homemade cakes for dessert. All are welcome.

BULWER

Bulwer Branch Quebec Farmers Association will meet on Thursday, November 8 at the Bulwer Community Centre at 8 p.m. Pot-luck lunch. Everyone welcome.

AYER'S CLIFF

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

Black & white value

What is black and white,

read all over and serves as a great teaching tool? The newspaper, of course.

Teachers can use the newspaper in a number of ways in the classroom to enhance students' education. They can cut several pieces of art from the paper and have young students just learning to write name them, or clip a feature story from the paper and have older students respond to it in an essay.

Whatever the activity, newspapers benefit students. When used in the classroom, they improve students' reading, writing and critical thinking skills, inspire them to participate in discussions and debates, and expand their knowledge of past, current and future events.

THE
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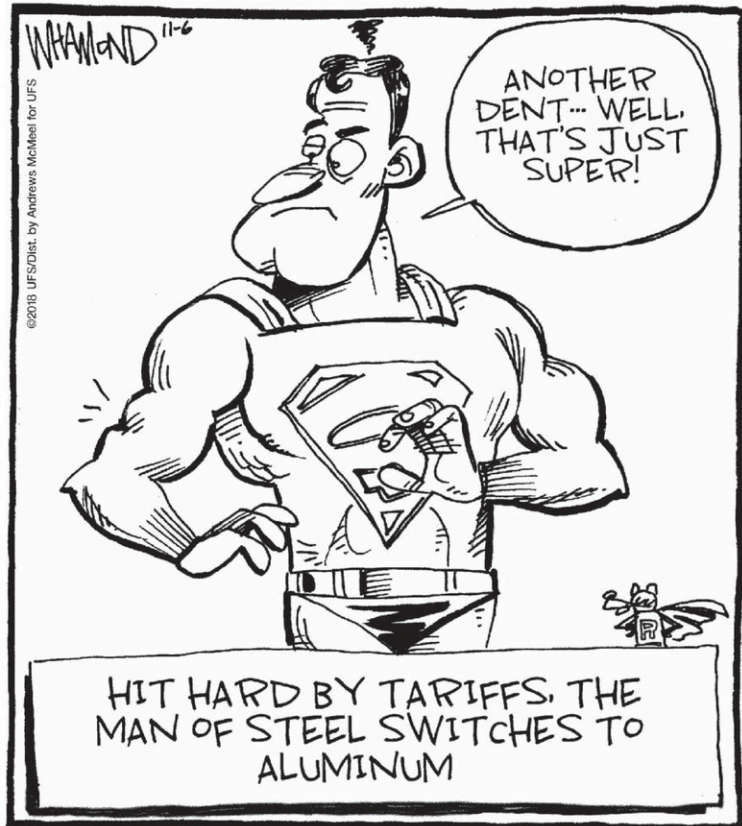
CELEBRITY CIPHER by Luis Campos

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

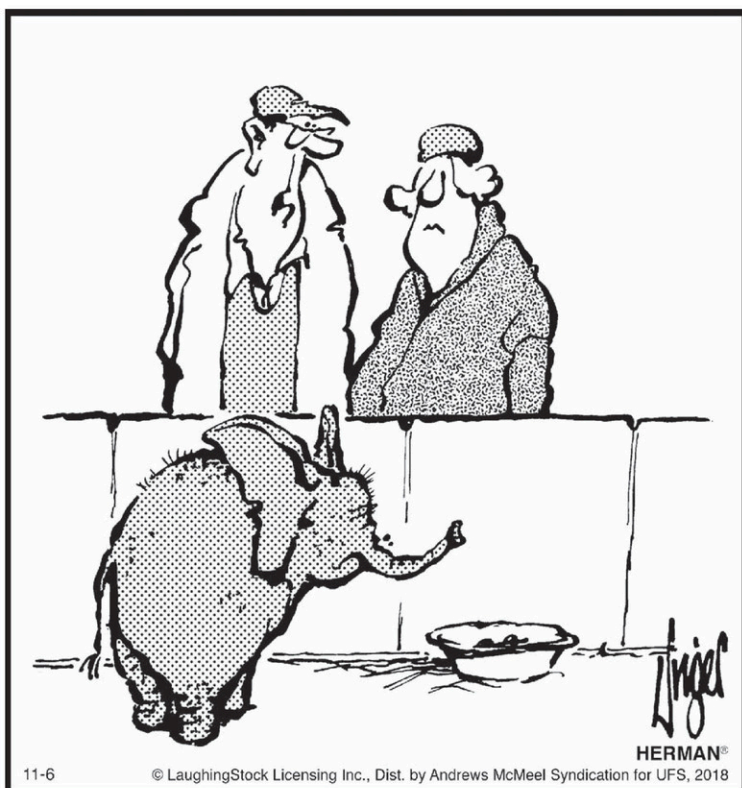
“ DBDLEZWYC MDVZYP SC YWE
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EXD MDCNWYCZGZBZEZDC WT
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— MWGDME JDYYDPH

Previous Solution: “It’s comfortable, it’s nice, it’s warm, but success just leaves you kind of feeling a little bloated.” — Nick Nolte
TODAY’S CLUE: *o sjenbe 7*

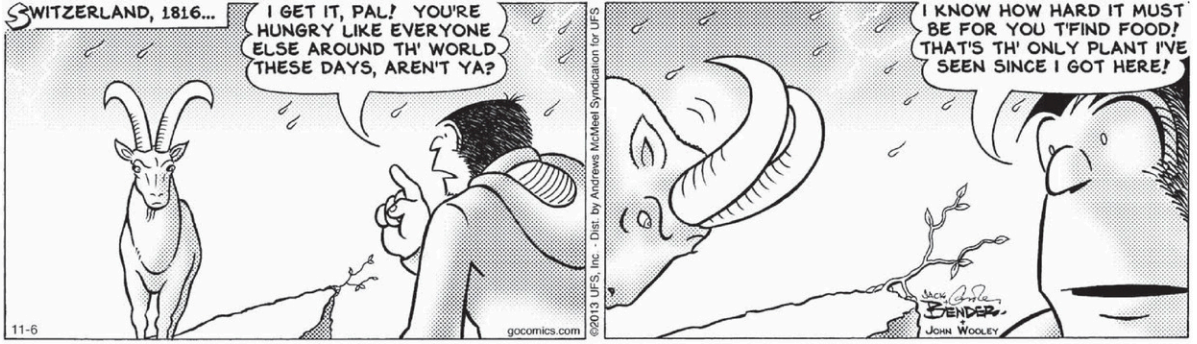
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 OR KNOWLTON: (450) 242-1188 BETWEEN 9:00 A.M. AND NOON

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Husband is nice to hurtful neighbour

Dear Annie

TUESDAY, NOVEMBER 6, 2018

Dear Annie: I am an active member of my small community and have served on many boards, including as an elected official. There are a few community members who have taken their different views on city priorities to a personal level, and that has set up the uncomfortable situation of seeing each other at our children's events and places such as the grocery.

One person, a neighbour of mine, publicly called me names that referenced my looks and actively spread inaccurate and toxic information about me. My husband had to call him over a neighbourhood issue, and this neighbour disparaged me, thinking my husband was someone else. The confusion was quickly sorted out, but nothing was ever said about the personal attack on me. My husband did not want to confront the neighbour, and although I wish he would have made a statement of support for me, I supported his decision.

I was able to keep the hurtful behavior directed at me compartmentalized until my husband disregarded my request of limited contact with the neighbour.

A successful watermelon patch provided the opportunity to share our bounty with neighbours. I asked my husband to share the limited melons with our friends instead of the hurtful neighbour, as there were not enough for everyone. My husband ignored my direct request

and delivered a melon to this man with a smile.

The fact that I have been betrayed and my feelings are being dismissed is dominating my thoughts and impacting our marriage. My husband is defensive anytime I try to bring up the issue. Please help this 30-year marriage navigate this. — Going Through a Rough Patch

Dear Going Through a Rough Patch: It is bad politics — but very common these days — when issues devolve into personal attacks.

You could just as easily have defended yourself to your neighbour, and you should feel free to do so — politely. But the real issue is your husband and his lack of support for you. It is not so much that he gave your neighbour a melon (a nice thing to do); it is that this was the man who attacked you personally.

Tell your husband how you feel. Ask him why he would give a man who was so hurtful to his wife a melon with a smile. It could be that he resents your involvement with politics or that he hates conflict and simply wants to be a good neighbour. Only he can tell you the answer.

Dear Annie: This is in response to the letters from "Shy" and "Forever Grateful." Bystanders who step up and do something in response to seeing someone being bullied are called upstanders. People who don't feel comfortable standing up to bullies or even reaching out to bullied people because they're shy can go to a trusted adult and explain that they have observed bullying and are concerned for the

person who is being targeted. Tipping off a teacher or aide enables someone in charge to observe the bullying and intervene. Most school personnel have received some training around the issue of bullying and are aware of how subtle bullying can be. They are likely to respond when an upstander approaches them. — Professor of Health Education

Dear Professor: I hadn't heard the term "upstanders" before; what a great turn of phrase and a great idea. Thanks for sharing your professional expertise.

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

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

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SUDOKU

DIFFICULTY RATING: ★☆☆☆☆

6				8		4		
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11/6

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PREVIOUS SOLUTION

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

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



ON NOVEMBER 20TH

Brome County NEWS  **THE RECORD**

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

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

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

NEA Crossword Puzzle

- ACROSS**
- 1 Milk source
 - 4 Menacing sound
 - 7 Formic acid producers
 - 11 Auto pioneer Ransom — Olds
 - 12 Solar plexus
 - 14 Cry aloud
 - 15 Md. neighbor
 - 16 Beg pardon!
 - 17 Sea eagle
 - 18 Villa
 - 20 Found the cost of
 - 22 Goal
 - 23 Manipulate
 - 24 Persian monarchs
 - 27 Leash
 - 30 Has the flu
 - 31 Leaning tower town
 - 32 Deep distress
 - 34 Cookbook amt.
 - 35 Mineral deposits
 - 36 Cheer
- DOWN**
- 1 Surrender territory
 - 2 Flamenco shouts
 - 3 Become limp
 - 4 Free of charge
 - 5 Shorten a skirt, maybe

Answer to Previous Puzzle

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

- 6 Motorist no.
- 7 "Anchors —!"
- 8 DEA operative
- 9 Pitchfork part
- 10 Luge, e.g.
- 13 Female ruler
- 19 Pleased sighs
- 21 Ms. Rudner
- 24 Took a break
- 25 Whisper loudly
- 26 Dog food brand
- 27 Laced up
- 28 Washstand item
- 29 Starlet's dream
- 31 Maxim
- 33 Urban trains
- 35 Just fine
- 36 Simple toy (hyph.)
- 38 Changes a bill
- 39 Disdains
- 41 Trojan War story
- 42 Type size
- 43 Spoken
- 44 Study hard
- 46 Common amphibian
- 47 Land parcel
- 48 Cod kin
- 51 Gleeful cry

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		

Your Birthday

TUESDAY, NOVEMBER 6, 2018

If you embrace change, you'll figure out the best way to make it work for you. The way you handle situations will greatly affect your future. Choose quality over quantity, and practice restraint while leaning toward budget-friendly options. Take your time and make every move count.

SCORPIO (Oct. 24-Nov. 22) — You will tend to overreact today. Think about each decision you make and each action you take. Think creatively to get the best of your opponents.

SAGITTARIUS (Nov. 23-Dec. 21) — An urge to embellish could get you into trouble. Think twice before you expose someone's secrets. Gossiping will ultimately make you look bad.

CAPRICORN (Dec. 22-Jan. 19) — The effort you put in will bring about positive change. If you do things your way, others will catch on and follow. A new beginning looks promising.

AQUARIUS (Jan. 20-Feb. 19) — Don't jump into something too quickly. Your emotions may tell you to go, but common sense should tell you to sit tight. Concentrate on making personal gains and physical improvements.

PISCES (Feb. 20-March 20) — Make a move that will promote financial security. Making a safe investment, improving home efficiency or focusing on a personal goal will pay off. Follow your own path, not someone else's.

ARIES (March 21-April 19) — Think

matters through. Consider the cost of reaching your objective. Do the work yourself and save on labor. Romance is on the rise.

TAURUS (April 20-May 20) — Partnerships should be your focus. Surround yourself with people who share your concerns, ideas and plans. Working in conjunction with like-minded people will help you excel.

GEMINI (May 21-June 20) — Personal improvements can be made. Exercise, getting a makeover or tightening up your routine to fit more "me time" into your schedule will bring good results. A romantic encounter will enhance your life.

CANCER (June 21-July 22) — Figure out what makes you happy, and plan your day. An event will encourage you to try something new, leading to an enjoyable new connection.

LEO (July 23-Aug. 22) — Slow down. You may be thinking straight, but you'll still face opposition from someone you are emotionally attached to. Get others on board before you make a decision.

VIRGO (Aug. 23-Sept. 22) — How you handle others will make a difference. If you are critical, expect someone to fight back. Offering encouragement will help you get ahead, while sniping will greatly hinder you.

LIBRA (Sept. 23-Oct. 23) — Change the way you handle joint ventures, your money and your health. Implement a routine that enables you to take care of your needs and your responsibilities.

TUESDAY, NOVEMBER 6, 2018

The certain trick suddenly disappears

By Phillip Alder

Douglas Adams, in "The Hitchhiker's Guide to the Galaxy," wrote, "There is a theory which states that if ever anybody discovers exactly what the Universe is for and why it is here, it will instantly disappear and be replaced by something even more bizarre and inexplicable. There is another theory which states that this has already happened."

At the bridge table, sometimes you think you have sure winners, only to watch them disappear. In today's deal, the declarer was Harry Harkavy, one of the most talented players ever, who died on his 50th birthday from pancreatitis in 1965.

Over West's weak two-bid, North made a debatable takeout double given his doubleton club, but bridge is a bidder's game. When Harkavy (South) advanced with three hearts, East happily doubled, expecting a pleasant windfall. It did not work out like that.

After West led the spade king, the play started: spade ace, diamond ace, diamond ruff, club king, club ace, club ruff, diamond ruff and club ruff — eight tricks in. South, with three trumps left in his hand, led a diamond from the board to promote his heart 10 to make his contract.

				North	11-06-18	
				♠	A 9 2	
				♥	J 7 4	
				♦	A J 7 5 3	
				♣	K 6	
West				East		
♠	K Q J 8 6 3				♠	5
♥	—				♥	A K Q 9 5
♦	Q 10 8 2				♦	K 9 4
♣	J 9 3				♣	Q 10 7 2
				South		
				♠	10 7 4	
				♥	10 8 6 3 2	
				♦	6	
				♣	A 8 5 4	
				Dealer: West		
				Vulnerable: Neither		
South	West	North	East			
	2♠	Dbl.	Pass			
3♥	Pass	Pass	Dbl.			
Pass	Pass	Pass				
				Opening lead: ♠ K		

Did you notice that if East had had only four hearts, and West could have led the suit, the contract would have gone down three? East had too many trumps!

The late Richard Freeman said, "I never saw Harry Harkavy make a mistake. I remember the time everyone in the North-South field was playing one no-trump and making either 90 or 120. But Harry made plus 600. What's so unusual about that? Harold was sitting East-West."