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MONDAY, NOVEMBER 20, 2017

Sherbrooke society celebrating 50 years of family history

By Gordon Lambie

The Société de Généalogie des Cantons-de-l'Est, the Genealogy society tucked away in the northwest corner of the top floor of the Sherbrooke Historical Society building, will celebrate its 50th anniversary next year. In recognition of that milestone, the society is organizing a series of activities and conferences between now and next December focused on celebrating the work of the volunteer operation. Founded in 1968 at a time when it was only the second genealogy society in the province, the Eastern Townships group has included more than 3000 members over the years and has built a large resource library of local parish records.

The first activity of the 50th anniversary year will be the society's annual Christmas brunch, set to take place on December 3. The activity takes place every year as a fundraiser for the organization and has already sold out for 2017. Sherbrooke MP Pierre-Luc Dusseault is the group's honorary chairperson for the brunch this year.

"This is a chance to recognize the many people who came before us to build Sherbrooke, the Eastern Townships, and Canada," the politician said.

Dusseault acknowledged that, even six years after he was first elected, he is still Canada's youngest Member of Parliament. He expressed a hope, however, that his youth might help bring new attention to a group whose volunteers are getting older. Members of the society's

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Wales Home announces \$6.5 million fundraising campaign



MATTHEW MCCULLY

Wales Home Foundation Chairman Jordan Arshinoff-Foss, Wales Home Executive Director Brendalee Piironen, Buildings and Grounds Committee Chairman Marc Gaudet, Wales Home Foundation President Jim Thompson and CHSLD Wales Inc. President Glen Brock, ready to break ground for Phase Two of the Wales Home renewal and modernization plan.

By Matthew McCully

Over the weekend the Wales Home announced its plan to essentially double the size of its CHSLD, adding over 20,000 square feet to the facility as part of a large scale renewal plan to expand and modernize the seniors' residence in preparation for the next 100 years of care.

The project will increase the number of long-term care government subsidized beds from 84 to 96, and expand existing rooms with the addition of bathrooms and handicap accessible private showers, and improve the ventilation, energy consumption and overall efficiency of the building both physically and operationally speaking.

The mammoth undertaking is estimated to cost \$6.5 million, the largest capital campaign ever undertaken by the institution.

Jordan Arshinoff-Foss, chairman of the Wales Home Foundation, admitted the financial campaign was a big jump. By comparison, last year's campaign raised just under \$400,000.

"It's a huge step up," commented the foundation chairman, "It has to be done."

Arshinoff-Foss said the foundation already has a head start thanks to recent bequests made in the amount of \$520,000.

The expansion announcement comes just a month after inaugurating the newly renovated facade of the build-

ing, which included a new pool and therapy room, as well as a renovation of the main living room and accessible main entrance.

"Phase one was the icebreaker," Arshinoff-Foss said. "People now understand what can be done," he said, explaining that the success of the first phase of the renewal plan has instilled a level of optimism and confidence in the upcoming project.

Wales Home Executive Director Brendalee Piironen said the renewal plan will position the residence well for another 100 years of care.

Simply put, the renewal plan, being executed in conjunction with other

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LOW OF -13



TUESDAY: MIX OF SUN AND CLOUDS

HIGH OF 7
LOW OF 2



WEDNESDAY: CLOUDY

HIGH OF 4
LOW OF -9



THURSDAY: CLOUDY

HIGH OF -3
LOW OF -5



FRIDAY: PERIODS OF SNOW

HIGH OF -3
LOW OF -8

The third annual "C'est Chouette!" Christmas Market in Potton



THE SCOOP

MABLE HASTINGS

This year will mark the third edition of the "C'EST CHOUETTE" Christmas Market in Mansonville and the organizers are promising an even more exciting event with great opportunities to purchase gifts for everyone on your gift list this holiday season. This year's

sale will be held at the Town Hall (2, rue Vale Perkins) in Mansonville on Saturday, December 9 from 9am to 5pm and Sunday, December 10 from 10am to 4pm.

Potton is abundant with creative artisans offering a variety of handmade items and this event provides an opportunity to shop locally while enjoying the festive ambiance of the season. Items available for sale will include: pottery, alpaca knits, artisanal weaving, bags and accessories, floral art, woodworking, gourmet products and body care products... Attendees will also have the opportunity to meet local authors in the adjacent library.

The unique talent of the local artisans gives shoppers the chance to purchase something special while emphasizing the fact that it was created by someone living in the region making the gift even more special. For the artisan, purchases

made by friends and neighbours are a real show of support instilling pride in their work.

Organizers of the market look forward to this event and they put a lot of effort into making it happen. The true measure of its success comes from seeing so many smiling faces as folk make their way from table to table greeting neighbours and marvelling at the local talent on display.

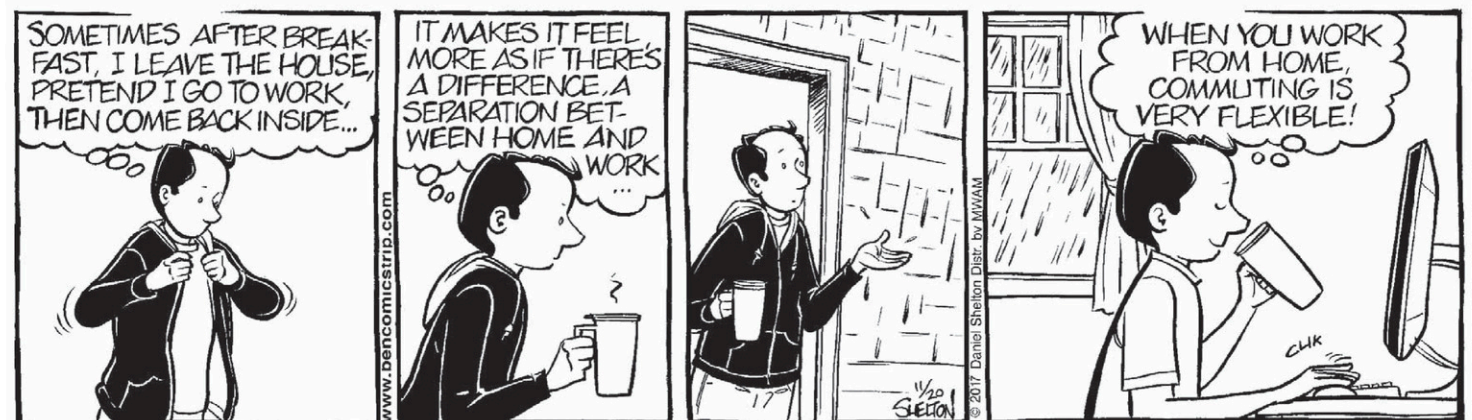
To learn more about this event or the artisans, visit the market's Facebook page at: www.facebook.com/cestchouettepotton

On December 9th or 10th, jump in the car and turn up the Christmas tunes on the radio and take a drive to Mansonville for a unique shopping experience in celebration of local talent and festive cheer.

PHOTOS COURTESY



Ben by Daniel Shelton



LOCAL NEWS

"As middle income countries transition to a more modern economy, we see that diet and work patterns really change," the researcher said.

Sherbrooke takes the lead on an international effort to fight child obesity

By Gordon Lambie

Doctor William Fraser, Scientific Director of the medical research centre of the CIUSSS de l'Estrie CHUS in Fleurimont, is spearheading a major international study which aims to combat childhood obesity and cardiovascular and metabolic diseases that may arise as a result. Fraser joins researchers in China, India, and South Africa on this study, entitled the Healthy Life Trajectories Initiative (HeLTI)

"Childhood obesity and its consequences, including metabolic syndrome, is a problem of epidemic proportions that is affecting not only western societies but also low and middle income countries in the developing world." explained Dr. Fraser.

"We think that by adopting a healthy lifestyle before becoming pregnant, the mother and the family may be able to prevent certain metabolic disorders such as obesity that may develop in the child and that can impact on health in adulthood."

Fraser explained that the study is built around the fact that there seems to be a period of time while children are still in the womb that conditions aspects of their future physical development. The hypothesis being tested, based on that notion, is that encouraging healthy diet and lifestyles in mothers in the lead up to and during pregnancy may have positive long-term impacts for the health of their children.

The study is a multicentre random-

ized control trial involving 4,000 families recruited in preconception and early pregnancy. The Sino-Canadian Healthy Life Trajectories Initiative (SCHeLTI) will assess the impact of a set of health promotion interventions, beginning before pregnancy and continuing until the child is 5 years of age.

"As middle income countries transition to a more modern economy, we see that diet and work patterns really change," the researcher said, "In India, China, and a number of developing countries, childhood obesity has increasingly become a problem."

The problem has grown so great, in fact, that the World Health Organization (WHO), has identified the condition as one of the world's key health issues. In

China, the prevalence of obesity among school-age children and adolescents tripled between 2002 and 2012.

The HeLTI study was launched by the Canadian Institutes of Health Research (CIHR) and implemented in collaboration with the World Health Organization (WHO). In order to conduct this study, Dr. Fraser and his collaborators in China have obtained a 5-year, \$2.5 million grant from the Canadian Institutes of Health Research (CIHR) and another \$2.5 million from the Natural Science Foundation of China (NSFC). This study is potentially renewable for a second 5-year period.

Lennoxville United Church Christmas Bazaar



Lennoxville United Church held its annual Christmas Bazaar and turkey supper on Saturday. While there were weather warnings about freezing rain and snow in the forecast, not many were deterred from the annual sale, full of crafts and treats of all kinds. As the first sitting was leaving the turkey supper, people were overheard saying "the meal was good, I just wish I saved more room for pie."



PHOTOS BY MATTHEW MCCULLY

Empty Bowls draws another good crowd



PHOTOS BY MATTHEW MCCULLY

Wales Home

CONT'D FROM PAGE 1

renovation and improvement projects on the grounds, is an effort to modernize and create a good working environment, Piironen said.

"It's the employees that give the care and the services," she said. "There is no I in team."

During the presentation of the plan

for Phase Two on Saturday, Piironen dedicated the day to the employees of the Wales Home.

Referring to Founder Horace Pettes Wales, Piironen said "I hope he is proud of the direction that we are taking."

According to Piironen, the renewal plan will allow the residence to focus on client-centred care.

This coming spring, Piironen said the

Wales Home intends to submit its application for Planetree designation.

"It's something we've been working on for two years," she said.

Planetree is an international organization that employs guidelines for care delivery practices at an organizational level and facilitates compassionate patient-centred care at a deeply personal level.

Phase Two, part of the holistic renewal of the Wales Home, will begin on Monday, according to Piironen.

A brief groundbreaking ceremony took place Saturday next to where the three story expansion to the Norton wing will be built.

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Ayer's Cliff man arrested for drug trafficking

Record Staff

A brief investigation led e Sûreté du Québec (SQ) officers to the arrest of a man for drug trafficking in the Ayer's Cliff area last week.

On Thursday, the SQ searched a residence on Clough Street and arrested the subject of the investigation at the scene. The man is suspected to be involved in drug trafficking in the region.

"The police seized about fifteen bags of cocaine, forty grams of cannabis, some hashish, as well as more than \$600 in cash on the spot," says SQ spokesperson Sgt Aurélie Guindon.

The 50-year-old man was detained overnight from Thursday to Friday and faces charges in connection with this operation, Guindon added.

Any information on illegal activities may be transmitted confidentially to the Central Criminal Information Service (1-800-659-4264) or Crime Stoppers (1-800-711-1800).

50 years of family history

CONT'D FROM PAGE 1

board of directors then joked that the MP was likely the only person in the room who could live to see the 100th anniversary.

The anniversary activities that follow the brunch mainly consist of conferences to be given in the months of February and March 2018, although the society will also host the province-wide gathering of genealogical societies at the Delta Hotel in September. The celebrations then conclude in December at the 2018 brunch.

The society's communications director, Guylaine Lavoie, said that the group is looking at forging stronger connections with the local English population in the region because of the significance the English speaking population to the region's history. In order to do that, she said that the group is going to reach out to local historical societies and English institutions to start building connections that might enrich their resources and access to information.

"Catholics and Protestants kept their records differently," Leblanc said, noting that most of the family histories that the society has collected came from local catholic parishes. Gilles Samson, the society's finance director, offered an example of that outreach in the fact that he is working with Bishop's College School to build background for a project on local military history that will be presented in a publication at the end of 2018.

"At fifty years old, some might say we are still young," said society president Nicole Leblanc, "but for an organization managed entirely by volunteers it is an accomplishment and a promise of longevity. If our founders were still alive, we feel they would be proud."



GORDON LAMBIE
Nicole Leblanc, President of the Eastern Townships Genealogy Society, with Sherbrooke MP Pierre-Luc Dusseault

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EDITORIAL

Numerous women have emerged describing Roy Moore's behaviour as ranging from the aggressive through the merely 'creepy' to the outright criminal.

Sweet Little Sixteen



MIKE McDEVITT

In recent weeks, the sexual proclivities of famous and/or powerful men have featured prominently in news stories relating to the worlds of American politics and entertainment, with stories of unwanted sexual aggression, exhibitionism, and inappropriate behaviour emerging daily. Day after day, prominent entertainment industry figures - including performers, producers and executives - have been the subject of accusations concerning the sense of entitlement to this kind of behaviour that can immediately be connected to the accuser's sense of vulnerability and powerlessness faced with unwanted aggression on the part of those who possess an inordinate amount of power and celebrity. In some cases, this had led to an immediate implosion of careers and reputations, and in some, has led to the accused being subject to criminal investigation.

The phenomenon of 'outing' such unacceptable behaviour has been greeted with intense relief and satisfaction by most women, which in itself, underscores the pervasiveness of a reality experienced by most women, most of the time, in almost all the social and economic situations in which women participate. It has stimulated reflection on the nature of the sexual attitudes of men in our society and the role that society plays in perpetuating an attitude that at the very least tolerates, if not encourages, those attitudes and behaviours.

Besides the prevalence of this kind of male behaviour in show business and politics, its ubiquity in other areas of life, such as the military and elite sports have also been highlighted. Sexual assault has been recognized as a major problem in the military, which has traditionally been a bastion of male aggression,

and which apparently is also a walk of life determined to shield perpetrators from facing the consequence of their actions. Complaints are routinely dismissed, or ignored, and the military's unique disciplinary system has repeatedly demonstrated that female service members are much more likely to be penalized for reporting this kind of abuse than they are to receive any kind of satisfaction. The armed forces have been compelled to take extraordinary efforts to try to deal with an ongoing problem that, unfortunately, has been firmly entrenched in the sense of 'masculinity' that, while prevalent in society at large, tends to be inordinately entrenched in the military ethos.

Complimenting things immensely is the almost universally accepted attractive effect that power can have on some females that can be found deeply rooted in our evolutionary history and is reflected in the prevalence of the 'trophy wife' phenomenon displayed by so many of the rich and powerful, not excluding the current American president, whose objective physical and personal appeal is questionable at best.

Among the most publicized and commented upon cases of sexual behaviour has been that of the Republican candidate for the Alabama senate seat vacated by current Attorney General Jefferson Sessions. The subject, Roy Moore, has been exposed as having been a particular kind of predator in his younger days, one who routinely scoured shopping malls and high school athletic events in a hunt for vulnerable teenage girls when he was an assistant district attorney in his early to mid-thirties. Numerous women have emerged describing Roy Moore's behaviour as ranging from the aggressive through the merely 'creepy' to the outright criminal. In the most egregious case, Moore is accused of fondling a 14-year old and enticing her to do the same to him. In another, involving a 16-year old, he is also alleged to have used intimidation and threats to coerce his victim into remaining silent about the aggression, essentially saying "you're only a child; who's going to believe you?"

In describing Moore, the terms 'pervert' and 'pedophile' have been used almost interchangeably, yet in both cases these terms should be examined a little



more closely, although doing so requires more analysis than the news cycle will permit. 'Pedophilia' is described clinically as an intense attraction to pre-pubescent children, to which none of Moore's actions really apply. More precisely, Moore's predilection for young girls can be described as 'hebephilia' (a persistent attraction to adolescents going through the early stages of puberty) or 'ephebophilia' (a primary sexual interest in mid-to-late adolescents whose physical maturity is more complete, usually those between the ages of 15 and 19) as described in the American Psychological Association's Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5). Both of these characteristics, experts say, are much more prevalent in our society than the term 'perversion' would indicate. As such, it is probably wise to concentrate primarily on the legality of Moore's behaviour rather than as its 'perversion.'

The above distinctions are, of course, academic and are focussed on the physical development of the target, and have no real meaning in terms of the law, which recognizes that both prepubescent and pubescent individuals are psychologically too immature to legally give meaningful consent to sexual activity with adults. The law does, however, recognize that the age difference - and the associated power difference - makes a critical difference. In general, those under the 'age of consent' (16 in most jurisdictions) cannot consent to sexual activity with those considerably older, while sexual activity between those of 'similar' age can - a distinction that many parents find disconcerting.

The problem with Moore's behaviour is not so much that he was attracted to girls in their late adolescence as it is with how he dealt with this attraction. According to the stories, he not only felt the attraction but acted upon it aggressively and openly and in a manner that was unquestionably harassment.

In his defence, many of Moore's supporters have emphasized that 'times are different' notw than they were some 30-

40 years ago, when the alleged indiscretions occurred, and the veracity of this statement is undeniably true. Alabama is not known as the most socially progressive state in the country and, by delimitation, has been reluctant to accept the social changes that have occurred in American society in the last half-century or so. Many, in fact, have questioned whether his behaviour is 'such a big deal,' and have defended his preferences as 'normal.' In only one of the cases - that of the 14-year old - was his alleged behaviour manifestly illegal and, in Canada, it would not have been so at the time it was manifest. Only in 2008, did Canada raise the age of consent to 16 from 14.

Regardless of the legal implications, society at large has long been accepting of the sexualisation of young girls and this acceptance has been evident in cultural expression from time immemorial. Mainstream movies such as "Pretty Baby," "Lolita", and "Blame it on Rio." which starred such A-list actors as Brooke Shields, Jeremy Irons, and Michael Caine, have focussed on the phenomenon, as have children's beauty pageants, the fashion industry, and dance routines. Modern music, and its practitioners have perhaps been most egregious in this regard, with such well-known musicians as Jerry Lee Lewis, Chuck Berry, David Bowie, Bill Wyman, Jimmy Page, Ted Nugent, and countless others well-known to have engaged with abhorrent behaviour with adolescent girls through the infamous 'groupie' phenomenon, which has long been well-documented.

Condemning the behaviour of these well-known figures is a major step in the right direction, of course, but for the most part a thorough examination of our society's infatuation with the sexuality of young people in general has not been forthcoming. If this attraction is 'perversion,' therefore, focussing on individuals is as much a case of denial as it is of progress. We need to take a closer look.

THE RECORD

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Local Sports

"We have to find a way to score the game's first goal. We were good in the first period. If we had scored a goal, it would have changed the game completely..."

Canada women score historic win over Papua New Guinea at Rugby League World Cup

The Canadian Press

Natasha Smith scored three tries Sunday as Canada made history by defeating Papua New Guinea 22-8 for its first ever win at the Rugby League World Cup.

In their international debut Thursday, the Canada Ravens were thumped 50-4 by three-time champion New Zealand.

With just six teams in the women's field, Sunday's victory might be enough to get the Canadian women into the semifinals.

While many of the Canada Ravens have impressive rugby union credentials, they are new to the 13-woman code. And Canada coach Mike Castle, a transplanted Brit who now makes his home on Australia's Gold Coast, has had little time with his new team.

But he liked the athleticism of his

squad and predicted Canada might turn some heads.

Canada rugby union internationals on the Ravens squad include Andrea Burk, Gillian Hoag, Mandy Marchak, Stevi Schnoor and Smith.

Canada had targeted Papua New Guinea going into the tournament, knowing the team known as the Orchids was also a new program. PNG lost 36-8 to England in its opener.

Trailing 4-0 after 11 minutes Sunday at Southern Cross Group Stadium, Canada went ahead in the 25th minute on a converted try that saw Smith bull her way through defenders to cross the line. Smith added to the lead in the 31st minute in a virtual repeat of her first try for a 10-4 lead.

The Orchids pulled a try back to cut the lead to 10-8 in the 44th minute but Canada responded with a nice try in the 59th that saw Sabrian McDaid touch

down a Schnoor grubber kick for a 16-8 lead.

Smith made it 20-8 in the 76th minute, finishing off an attack that stretched the width of the field. The conversion put the Ravens ahead 22-8.

Canada wraps up group play Wednesday against defending champion Australia.

The Canadian women had limited training sessions before leaving for Australia, with players spread across the country.

Their first competitive game was one to remember as the Ravens defeating the Corrimal Cougars, an Australian club side, 26-20 in Richmond, B.C., in October after just one practice session. The Cougars, who had been unbeaten in 2017, won the second game 20-18.

In Australia, the Ravens lost a pre-tournament warmup 38-12 to the Queensland Maori.

Primarily played in England, Australia and New Zealand, rugby league is the sport's lesser-known code although it has made inroads in Canada this year with the success of the Toronto Wolfpack.

League features 13 players instead of 15 with teams given six chances to advance the ball up the field. It can be a brutal game with gang-tackling on defence, but there is also room for creativity on attack.

The men's side of the World Cup is a 14-country competition that wraps up Dec. 2 in Brisbane with a championship doubleheader that includes the women's final.

The Canadian men were beaten in qualifying by the U.S.

Canada and the U.S. are hosting the 2025 World Cup, meaning the Canadian men and women will qualify automatically.

Canadiens need quick rebound after weak losses to Arizona and Toronto

By Bill Beacon
THE CANADIAN PRESS

It would have been a fine time for an old-fashioned bag skate, but Montreal Canadiens coach Claude Julien didn't have that option even if that was what he wanted.

After closing a six-game homestand with what the coach called an "embarrassing" 5-4 loss to lowly Arizona followed by a 6-0 thrashing from the rival Toronto Maple Leafs, the old-school reaction would be to hold a punishing, no-sticks skate to drive home the message that such performances are unacceptable.

But the league's collective bargaining agreement says teams have to designate four days off each month and Sunday had been marked down for a rest, so Julien will have to find other ways to get his struggling team going.

"At the end of the day, we have to find a way to be a better hockey club," Julien said after the latest loss. "The CBA says four days off a month, they got (Sunday) off.

"There was a time where you could

react. You can't anymore. They have the day off. I've got to continue to find ways. The punishing skate on Monday would do what for us on Tuesday and Wednesday? That's where we are now in this league. We need to evolve with the game. Maybe, back in the day, there was a time where we could do that. It's a lot harder today than it was back then."

The Canadiens (8-11-2) play in Dallas on Tuesday night and visit their former teammate P.K. Subban and the Predators in Nashville on Wednesday before returning home to face Buffalo on Saturday night.

It was crucial for Montreal to take advantage of the homestand to get back into the Eastern Conference playoff picture. Instead, they went 2-3-1.

After a 2-7-1 start to the season, they had been making up ground, going 4-1-0 in their next five games.

They opened the homestand with three games against teams that had played the night before and got a 3-2 win over Vegas, a 3-0 loss to Minnesota and an overtime win over Buffalo.

Then came an overtime loss to Columbus, the Arizona debacle in which they

blew a 2-0 first-period lead to give the Coyotes their first regulation time win of the season, and the Toronto blowout.

They did it without star goalie Carey Price, who has missed eight games with a lower body injury. Backup Al Montoya suffered a concussion in a 5-4 win in Winnipeg on Nov. 4, but then AHL call-up Charlie Lindgren was lights out in posting his first shutout in Chicago. Lindgren went 3-1-1 in five games with only seven goals against before surrendering five in each of the last two outings.

Against Toronto, he was lifted in the third period in favour of newly acquired Antti Niemi, who gave up one goal on four shots - an unstoppable rocket to the top corner by Auston Matthews.

There has been no word on when Price will return, although even the 2015 Vezina Trophy winner was struggling before his injury.

"It's not Charlie's fault, not at all," said centre Phillip Danault. "He can't do it all.

"We have to find a way to score the game's first goal. We were good in the first period. If we had scored a goal, it

would have changed the game completely. We got caught. It's unacceptable. Especially here at home."

Lindgren is trying to keep a positive attitude, even if the skaters in front of him have not been making it easy.

Against Toronto, the Canadiens dominated the opening period but couldn't get the puck past Frederik Andersen, who made 33 saves for his second consecutive shutout. Then Ron Hainsey and Nazem Kadri scored 37 seconds apart in the second period and Connor Brown got one 25 seconds into the third to put the game away.

"Mentally I'm doing all right," said Lindgren. "This is an exciting time for me.

"I just want to help these guys out, that's the bottom line. We have to get wins here. It's my job to help them out. I love these guys in the locker room. They're already like family. We'll be better."

They'll need to be. U.S. Thanksgiving is on Thursday and historically, few teams not in playoff position by then make it to the post-season.

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Death

**Tena Reed
"Shultz"**



Tena passed away peacefully at the CHUS Fleurimont, Sherbrooke, on November 4, 2017 at the age of 88. She was the daughter of the late Abram and Bathy Harder.

She leaves to mourn her daughter Shirley and her sons Fred (Sherri), Clifford, and Donnie, her grandchildren Aylssa, Sam, Erica, Spencer, Justin, Ian and Katie, her many great-grandchildren and her sisters Mary, Sarah and Susie. Tena was predeceased by her sisters Margaret and Helen and her brothers Peter, Abe and John.

A private burial service was held at the Greenwood Cemetery Waterville as per Tena's wishes.

"Shultz" will be greatly missed by family and friends.

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Do just one thing

By Danny Seo

If you want to avoid the expense (and chemicals) of dry-cleaning your clothing, consider investing in a handheld portable steamer to use at home. Using just the power of regular tap water, hot steam helps blast away wrinkles. But it also does much more. The steam is hot enough to eradicate odor-causing germs, so it helps freshen up things like sweaters and coats. You can also use it to freshen throw pillows, blankets, sofa cushions and even carpet. The key is to blast steam slowly over the item to fully saturate the fibers.

MONDAY, NOVEMBER 20, 2017

Today is the 324th day of 2017 and the 60th day of autumn.

TODAY'S HISTORY: In 1789, New Jersey became the first state to ratify the Bill of Rights.

In 1945, the Nuremberg Trials against World War II Nazi war criminals began.

In 1962, President John F. Kennedy lifted the blockade against Cuba in response to the Soviet Union removing its missiles from the Caribbean nation.

In 1969, a group of Native American activists took control of Alcatraz Island in an unarmed occupation that would last until June 1971.

In 1985, Microsoft Corp. released the Windows 1.0 graphical operating system.

TODAY'S BIRTHDAYS: Edwin Hubble (1889-1953), astronomer; Alistair Cooke (1908-2004), TV host; Robert Byrd (1917-2010), senator; Nadine Gordimer (1923-2014), writer; Robert F. Kennedy (1925-1968), senator; Estelle Parsons (1927-), actress; Richard Dawson (1932-2012), actor/TV host; Don DeLillo (1936-), author; Joe Biden (1942-), U.S. vice president; Bo Derek (1956-), actress; Joel McHale (1971-), actor/comedian; Dierks Bentley (1975-), singer-songwriter; Nadine Velazquez (1978-), actress.

TODAY'S FACT: Democratic Sen. Robert Byrd of West Virginia was the longest-serving senator in U.S. history, with more than 50 years of service from 1959 to 2010.

TODAY'S SPORTS: In 1997, A.C. Green played in his 907th consecutive NBA game, a record that he would extend to 1,192 games.

TODAY'S QUOTE: "I expect one of the prices we pay for democracy is there are going to be differences. We pay a price but we get something very important in return." — Robert F. Kennedy

TODAY'S NUMBER: 24 — defendants at the start of the Nuremberg Trials, which began this date in 1945.

TODAY'S MOON: Between new moon (Nov. 18) and first quarter moon (Nov. 26).

Consider the shingles vaccine to prevent a recurrence

ASK THE DOCTORS



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

Dear Doctor: I had shingles about 10 years ago, just after I turned 50, and it was just as difficult and painful as everyone says. Now I hear that it's possible I can get it again. Is this really true? Should I get the vaccine?

Dear Reader: Unfortunately, it's true that having had shingles once does not bestow immunity. While a second bout is rare — it's estimated that as few as 1 percent of people who have had shingles get it again within the first three years — the odds do increase over time. According to the Centers for Disease Control and Prevention, 7 percent of people who have had shingles will go on to have another bout within seven years.

For those who don't know, shingles is a nasty rash that can occur in people who have previously had chicken pox. It happens when the varicella zoster virus, which causes chicken pox, emerges from its dormant state and travels along nerve

fibers to the skin. In addition to a blistering rash, shingles can be accompanied by nerve and muscle pain and extreme skin sensitivity. Although you can get shingles at any age, half of all cases occur in people 60 and older.

Someone with active shingles can't spread the rash, but because the liquid in the blisters contains the virus, they can spread chicken pox. That makes it vital to not have physical contact with anyone who has not had or has not been vaccinated for chicken pox while you have shingles. As though the pain, itching and burning of the rash weren't bad enough, people with shingles also run the risk of being left with ongoing nerve pain, a condition known as post-herpetic neuralgia.

While this all sounds quite grim, there is some encouraging news. A new shingles vaccine called Shingrix has been released. In clinical trials with over 38,000 people, it has shown to be 90 percent effective in preventing shingles in people between 50 and 80 years old, according to clinical data from the CDC. However, when the age groups between 50 and 80 are analyzed separately, efficacy varies.

The two-dose vaccine got a preliminary nod from the CDC in October. An advisory committee recommended that Shingrix should be administered in place of an older existing vaccine, called Zostavax. Given in a single dose, Zostavax isn't as effective as the newer vaccine. It offers a 51 percent reduction in shingles, and reduces nerve pain by about 65 percent.

The CDC's advisory committee is recommending that individuals 50 and older be vaccinated with Shingrix. The committee is also urging that anyone who has already been vaccinated with the older, single-dose vaccine now also receive the new one. The vote in favor of the new vaccine was not unanimous, however. In fact, it was nearly a split decision, with eight members voting for the new guidelines, and seven voting against. A final recommendation from the CDC regarding Shingrix could come as soon as next year.

In the meantime, we would suggest you discuss these developments with your doctor. If you are a candidate for either the new or old vaccines, they may help prevent a recurrence of a painful and challenging condition.

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



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Wanting a Shift

MONDAY, NOVEMBER 20, 2017

Dear Annie

Dear Annie: For the past year, I have been working as a licensed nursing assistant, taking care of residents. I love the patients, and I've gotten very close to them. But the facility administration itself doesn't work with employees to meet their needs. I have requested to work morning shifts for months now because my man gets out at 4 p.m. and I want to be able to spend my nights with him and my family or friends. I've made multiple requests, and the administrators can't seem to work around my schedule to give me the shift I'm asking for. After a few weeks of feeling unheard and pushed aside, I started looking at other options for my career. There is a job that could pay me more and still offer benefits I need for my family and future. Should I expand my opportunities and leave or just wait till the shift I want becomes available? — A Girl Trying to Make a Living

Dear AGTTMAL: I think the answer is in your question. You said that leaving this job would mean expanding your opportunities. If the position you're considering makes sense as a career move (beyond just the convenience of the schedule), go for it. But before

you give two weeks' notice to your current employer, be sure you've secured the new job — i.e., you have an offer letter in hand. Good luck.

Dear Readers: Recently, I printed a letter from "Overwhelmed in Michigan," who complained that his wife doesn't help enough around the house. His letter hit a nerve, it seems, as I received many responses from readers. Here are a few of my favorites.

Dear Annie: "Overwhelmed in Michigan" really hit home! I'm 67 and grateful every day for the good fortune of living to enjoy my retirement years. "Overwhelmed" appears to be a workaholic who expects others to buy into his inability to smell the roses. Maybe "Overwhelmed" should calculate how much his partner's cooking, cleaning and other services have contributed to his lifestyle over the years.

The complaint against his wife and niece relates to a scene at the end of the movie "Mary Poppins." Maybe "Overwhelmed" needs to stop the rat race he has created and say "let's go fly a kite" with his wife before it's too late. — Enjoying Retirement

Dear Enjoying Retirement: You're not the only one who thought "Overwhelmed" should go fly a kite. Read on.

Dear Annie: I am writing to "Overwhelmed in Michigan." My wife is the same — a bit negligent around the house but attentive in her relationships with loved ones. If her kids call and need a baby sitter, she goes instead of cleaning the house. We had a close friend who had cancer, and my wife organized all our friends to be there for her and was always ready to do whatever was needed. When our friend died, my wife was there helping with the arrangements and consoling the family.

Everyone thinks she's the most wonderful person in the world. And you know what? So do I.

Mr. Overwhelmed, if your wife wants to go fly a kite with the grandkids, put down your tools and join her. Hold off on the grumbling. You'll be so much happier. — Happily Married in New Hampshire

Dear Happily Married: Beautifully said. Thanks for writing.

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

How to pick safer cleaning supplies

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

Cleaning is meant to make your home a healthier place, getting rid of accumulated dust, mold and mildew. But some of the sprays, powders and foams you use to get the job done may not be so good for you, notes Consumer Reports.

One reason: Many household-cleaning products now incorporate ingredients once reserved for hospitals and health-care institutions. But risky antibacterial chemicals aren't necessary to get your house clean.

Here's advice from Consumer Reports' experts:

— All-Purpose Cleaners

What to be aware of: Cleaners that contain ingredients like dimethyl benzyl ammonium chloride may help breed antibiotic-resistant bacteria.

Better bet: Clorox Green Works All-Purpose Cleaner spray did a good job of removing soap scum and dirt in Consumer Reports' tough mess tests and contains ingredients that are less likely to harm you or the environment. If you prefer ready-to-use cleaning cloths, try Clorox Healthcare Bleach Germicidal Wipes.

— Furniture Polish

What to be aware of: Aerosol sprays can contain volatile organic compounds, such as naphtha. They can irritate your eyes and throat and cause headaches and nausea. Plus they are often flammable.

Better bet: Opt for pump sprays. "Pump sprays don't contain environmentally problematic propellants, are easy to use, and the chemical droplets are larger and less likely to be inhaled," says Rolf Halden, Ph.D., director of the Center for Environmental Security at Arizona State University in Tempe.

— Glass Cleaner

What to be aware of: Full-strength household ammonia (5 to 10 percent) can potentially damage your lungs and blind you if it splashes in your eyes. It's usually found in gallon jugs at supermarkets and drugstores. (Never mix ammonia and bleach — it creates dangerous fumes.)

Better bet: If you do use ammonia, dilute it. Use at least 8 parts water to 1 part ammonia. Or try an ammonia-free product.

— Toilet-Bowl Cleaners

What to be aware of: Some cleaners contain hydrochloric acid (listed as hydrogen chloride on the label). It can burn your skin and eyes. The American

Association of Poison Control Centers says toilet-bowl cleaners harbor some of the most dangerous chemicals found in homes.

Better bet: Seventh Generation Natural Toilet Bowl Cleaner worked well in Consumer Reports' tests and contains chemicals that are less likely to be harmful.

How to Find Safer Cleaning Supplies

Look for cleaners with the Environmental Protection Agency's new "Safer Choice" logo, found on more than 1,000 products sold in stores such as Costco, Home Depot, Staples, Target and Wal-Mart.

To earn the seal, cleaning products are screened by EPA scientists for potential health and environmental risks, and are considered to be a safer alternative; they cannot contain ingredients such as triclosan, for example, which is found in some antibacterial dish detergents.

Consumer Reports' experts have evaluated the label and rated it as meaningful. For a list of products, go to epa.gov/saferchoice. For more on labels, go to GreenChoices.org.

To learn more, visit ConsumerReports.org.

Bulwer Golden Agers

On November 14, an enjoyable afternoon was held in the Bulwer Community Centre. Seventy-two people were in attendance for the delicious meal prepared by Peggy. On the menu, scalloped potatoes, ham, baked beans, carrots, mandarin orange salad, rolls & pickles. The dessert, was lemon mouse angel cake with raspberries.

It was an afternoon with 32 people playing bingo. The caller was George Martel. There were 4 tables of 500 cards being played by those choosing not to play bingo. Grace was said by Serena Wintle. Winners of the half & half were Mary Lou Burns, John Gill, Margaret Vintinner, and Alberta Everett. Peggy's goodies were won by Louise Peasley, Ben Hodge, Helena McComb, and Serena Wintle. Guests were John Forsyth and his mother Irene Forsyth.

The Christmas party will be held December 12th, 2017 and a sign up list is available at the meeting on November 28th, 2017.

Submitted by Glenda Huff

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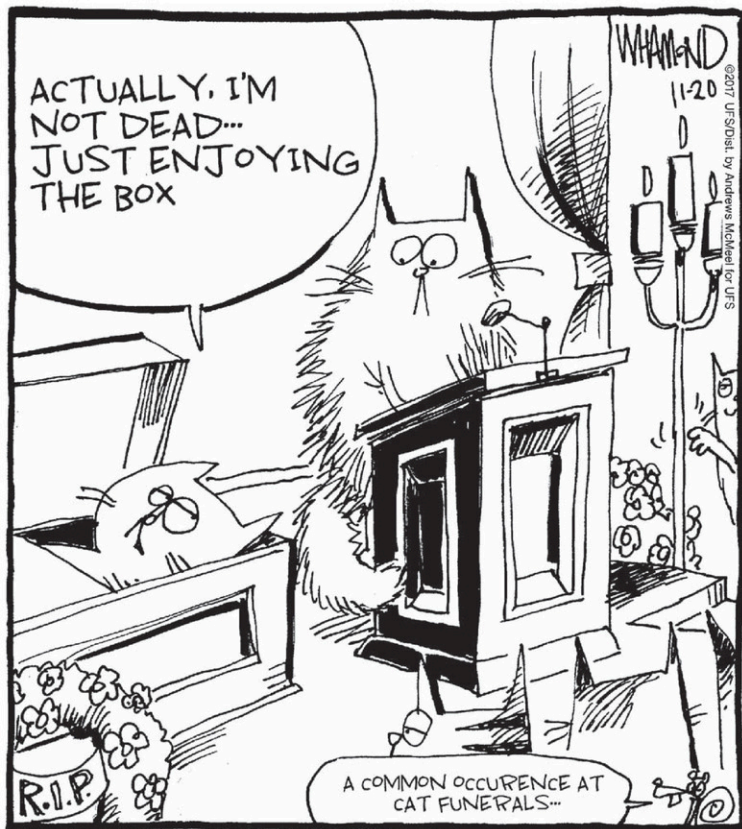
CELEBRITY CIPHER by Luis Campos

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

" J Z O M W O B J O R J J Z C L M C R U O C L M
B U Y O J H C L J O W B V J K C J Z P B L R B L S
J H X V Z F O H F Y O ' R Y C N O R . . . P H W J Z B J
C M C N O J Z B L G R . " — V Z W C R J C L B
B M X C Y O W B

Previous Solution: "Remember that just because you hit bottom doesn't mean you have to stay there." — Robert Downey Jr.
TODAY'S CLUE: *M equals W*

REALITY CHECK



HERMAN

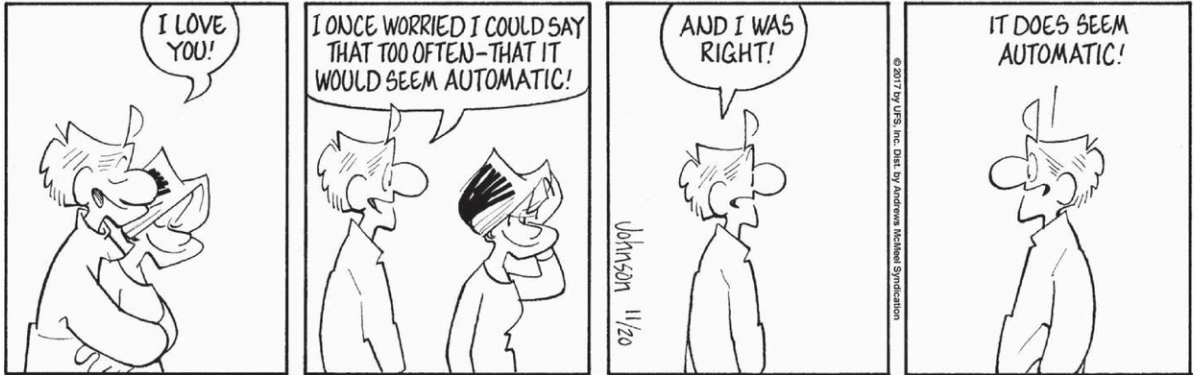


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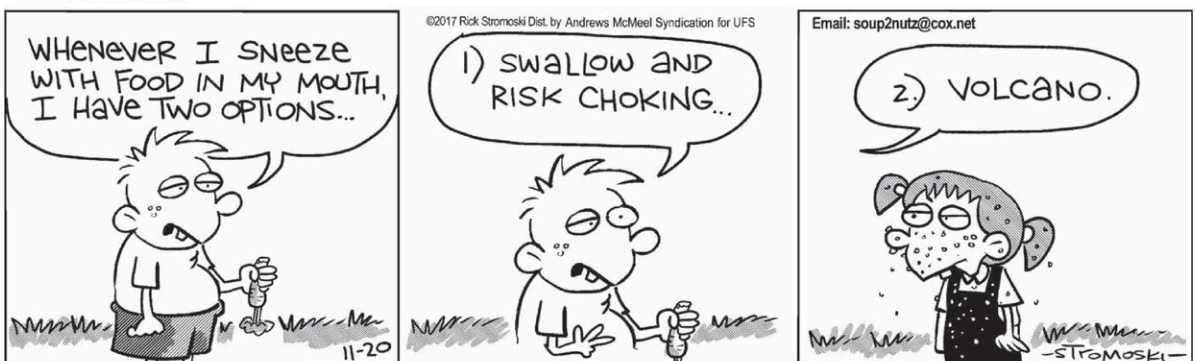
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Easy banana bread

KITCHEN SCOOP
 By Alicia Ross

I have long been a fan of banana breads. My affection is mainly because they so closely resemble cake. But it's also because of all the various incarnations and the simple flexibility of the basic formula.

Today's recipe for Banana-Brown Sugar Walnut Bread was the result of leftover baking ingredients, plus two lonely, overly ripe bananas.

The two bananas in the fruit bowl were too battered to peel and freeze for future smoothies. So I knew they had to become bread today or they would be thrown out tomorrow. With the smallest tweaking of my recipe, I turned out two beautiful loaves of Banana-Brown Sugar Walnut Bread. Once again, the flexibility of quick banana bread came through. I hope you enjoy!

Banana-Brown Sugar Walnut Bread
 Start to finish: about 1 hour, 20 minutes
 Yield: 2 standard loaves (12 slices each)

- 1 cup butter, softened
- 1 1/2 cups light brown sugar, firmly packed
- 4 large eggs
- 2 cups mashed ripe bananas
- 1 tablespoon fresh lemon juice
- 3 3/4 cups all-purpose flour
- 1 1/2 tablespoons baking powder
- 3/4 teaspoon salt
- 1 cup walnut pieces

Preheat the oven to 375 degrees. Butter and flour (or use cooking spray) two standard 9-inch loaf pans. Set aside.

In the bowl of an electric mixture, blend the butter and brown sugar on high until light and creamy. Add 1 egg at a time, mixing well after each addition. Add the mashed



Photo by Alicia Ross for Kitchen Scoop.

bananas and lemon juice, and mix just until incorporated. With the mixer off, add the flour, baking powder and salt, and then slowly mix just until well blended. Stir in the walnuts.

Bake in the center of the preheated oven for 50 minutes or until a wooden toothpick inserted into the center of each loaf comes out clean. Do not over-bake. Cool 10 minutes in the pan, then remove from pan and cool until ready to serve. Best to slice after the bread is just warm to the touch.

Store leftovers tightly sealed up to 3 days at room temperature.

Approximate values per slice: 238 calories, 12 g fat (5 g saturated), 51 mg cholesterol, 5 g protein, 30 g carbohydrates, 1 g dietary fiber, 141 mg sodium.

Alicia Ross is the co-author of "Desperation Dinners!" (Workman, 1997), "Desperation Entertaining!" (Workman, 2002) and "Cheap. Fast. Good!" (Workman, 2006).

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Your Birthday

MONDAY, NOVEMBER 20, 2017

Take pride in how you look, where you live and what you do. Self-awareness will bring you closer to your ultimate goal. Put pressure on those who don't pull their weight or neglect to give back. Take the role of peacemaker as well as the judiciary, when need be.

SCORPIO (Oct. 24-Nov. 22) — Think about what you have to offer, and find ways to use your skills and talents in ways that you've never done before. Your actions will not be forgotten.

SAGITTARIUS (Nov. 23-Dec. 21) — It's up to you to bring about positive change. Good things will happen if you are forthright about your motives and ready to negotiate or offer incentives.

CAPRICORN (Dec. 22-Jan. 19) — Take the high road and use intelligence to maneuver your way through situations. If you are too aggressive or inconsistent, you will be met with a response that is equally unpredictable.

AQUARIUS (Jan. 20-Feb. 19) — Take better care of your health by monitoring your eating and drinking habits closely. Offer to help someone you'd like to get to know better. A professional change looks promising.

PISCES (Feb. 20-March 20) — Take one step at a time. Protect your assets and take care of your liabilities. Refuse to let anyone outsmart or outmaneuver you. Listen carefully and respond mindfully.

ARIES (March 21-April 19) — Get involved, travel, study and sign up for events. You'll be at the top of your game,

and you should be intent on bringing about positive change. Raise your standards.

TAURUS (April 20-May 20) — Don't feel you must follow the crowd. Watch to see what happens before you give in to something you are only partially interested in doing. Focus on greater personal awareness.

GEMINI (May 21-June 20) — Your emotions will be difficult to control. Don't lead anyone on or make promises you won't want to keep. Speak from the heart instead of saying what you think others want to hear.

CANCER (June 21-July 22) — Accept change and you'll be able to move forward. Holding on to the past or doing your job using outdated methods will not help the people dependent on you and your progress.

LEO (July 23-Aug. 22) — If something isn't working for you, make a change. Don't put up with situations that are injurious to your emotional, physical or financial health. You'll gain support if you make the right choice.

VIRGO (Aug. 23-Sept. 22) — Compassion and understanding will be required when dealing with domestic situations. Cooperation will bring you closer to a solution involving children or elders. Physical improvement is encouraged.

LIBRA (Sept. 23-Oct. 23) — If you learn as much as you can, it will result in positive change, a new direction or a higher standard of living. Listen to experts, and share information.

MONDAY, NOVEMBER 20, 2017

Sometimes you have to guess what to do

By Phillip Alder

Sam Ewing, a former major league baseball player who batted left-handed but threw right-handed, said, "Computers are like bikinis. They save people a lot of guesswork."

Bridge players dislike guesswork, but on some deals it is unavoidable. Look at the South hand in today's diagram. With only the opponents vulnerable, partner opens one diamond, and East overcalls four spades. What should South respond?

Obviously, South is wondering about a slam — but which one? Or can East-West take two immediate heart tricks? On this deal, six of either minor can be made, but getting to one of them is not easy.

South bid five hearts, which was passed out. West led a spade. Declarer won with dummy's ace and discarded a club from his hand. Then came the heart eight. East took the trick and tapped declarer with a spade. But South just played trumps from the top and could not be defeated.

East then wondered how West could have found the lethal club lead. Even if East had doubled five hearts, most experts would treat that as showing a strong four-spade bid, not as a lead-

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| ♥ 9 4 2 | ♥ A K 7 | | |
| ♦ 10 7 4 | ♦ J 5 | | |
| ♣ J 9 8 5 | ♣ — | | |
| South | | | |
| ♠ — | | | |
| ♥ Q J 10 6 5 3 | | | |
| ♦ K Q 6 | | | |
| ♣ A Q 4 3 | | | |
| Dealer: North | | | |
| Vulnerable: East-West | | | |
| South | West | North | East |
| ?? | | 1♦ | 4♠ |
| Opening lead: ♠ 5 | | | |

directing Lightner double.

Instead of five hearts, South might have bid four no-trump. This ought not to be Blackwood (which is so unlikely), but showing at least two places to play. Here, North would rebid five clubs, giving South another guess: Should he raise to six clubs?

In six clubs, declarer should work to take these 12 tricks: one spade, five diamonds, five clubs and a spade ruff in the South hand. Yes, if diamonds break 4-1, the play gets more complicated. The curious may work it out.

CROSSWORD

Across

- 1 Gospel truth
- 5 Previous time of life
- 9 Broadway bombs
- 14 Southwestern stewpot
- 15 Texter's modest "I think ..."
- 16 Choosing rhyme starter
- 17 Hand from the audience
- 20 Actor ___ Ivory Wayans
- 21 Castle barrier
- 22 Con man's sucker
- 23 Robert of "The Sopranos"
- 25 Is the right size
- 27 Group one likes to hang with
- 34 Prefix with logical
- 35 Shrunken Asian sea
- 36 Braid
- 37 Jump
- 39 Blue cartoon papa
- 42 "Zip-___-Doo-Dah"

- 43 Clear, as an argument
- 45 Holiday trees
- 47 "Hometown Proud" supermarket chain
- 48 Area in which one has power
- 52 Royal sari wearer
- 53 Indian nurse
- 54 Plugs for products
- 57 Swallow hard
- 59 Frightened, in dialect
- 63 1970 Temptations hit with the subtitle "That's What the World Is Today"
- 66 Sing like Bing
- 67 Actress Jessica
- 68 Creative spark
- 69 Frets
- 70 Close at hand
- 71 Droops like an old sofa

Down

- 1 Road split
- 2 Skin soother
- 3 Game with suspects
- 4 Kind of acid in red wine
- 5 First settlers
- 6 Big initials in bowling
- 7 Bedding accessory
- 8 Fill to the brim
- 9 Soft penpoint
- 10 Pasture
- 11 Responsibility
- 12 Italian tower town
- 13 Ooze
- 18 Singer Reese
- 19 Two of a kind
- 24 Wander
- 26 Actress Ward
- 27 Basic anatomy units
- 28 Freeze over
- 29 Insect trapped in a "motel"
- 30 Pillow down, say

- 51 Grad student's paper
- 54 Grade school basics
- 55 Pointed pub flier
- 56 ___ gin fizz
- 58 Flag holder
- 60 Verdi title princess
- 61 "Walkabout" director Nicolas
- 62 Genetic carriers
- 64 Weather map "L"
- 65 Org. with Lakers and Clippers

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

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|----|----|----|---|----|----|----|----|----|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | | 5 | 6 | 7 | 8 | | 9 | 10 | 11 | 12 | 13 | |
| 14 | | | | | 15 | | | | | 16 | | | | | |
| 17 | | | | 18 | | | | | 19 | | | | | | |
| 20 | | | | | | | 21 | | | | | 22 | | | |
| | | | | | | | | | | | | | | | |
| 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 | 61 | 62 |
| 63 | | | | 64 | | | | | 65 | | | | | | |
| 66 | | | | | | | | 67 | | | | 68 | | | |
| 69 | | | | | | | | 70 | | | | | 71 | | |