

Missing Waterloo boater found dead

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THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897



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Closures and precautions follow increase in local COVID cases

Record Staff

The directorate of public health for the CIUSSS de l'Estrie – CHUS confirmed a case of COVID-19 among the staff members of one of the City of Sherbrooke's summer day camps on Sunday. The camp is run out of the Plein Soleil School in the city's des Nations borough by the Sherbrooke Loisirs-Action organization.

According to a press release issued by the city, various means of communication have been set up in order to properly inform the people concerned, as well as the parents of children who attend the various day camps in Sherbrooke, who are considered to be contacts at moderate or high risk of contracting the disease.

Following the initial results of the Public Health investigation into the situation of the infected person, a total of 26 children and seven camp counselors have been placed in isolation for a period of 14 days from the date of their last at-risk contact. These people have already received a call from Public Health

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Beebe woman celebrates Christmas in July with family and friends



STEVE BLAKE

Corinne Boomhower, left and family and friends relax in front of the fireplace where the stockings were all hung Saturday as they celebrated.

By Steve Blake
Special to the Record

In the midst of a pandemic and other diseases this year, a Beebe woman decided to spread a little Christmas cheer five months ahead of the holiday. Corinne Boomhower decorated her lawn on Main Street and invited some

of her family and friends to celebrate.

"It started as a joke," Boomhower said Saturday afternoon under a big shade tree while listening to Christmas tunes. Her mother and her aunt both have cancer, she said. "I said I'd put up my Christmas tree."

But the project grew and it became a full blown party.

"It's a little cheery," she said. "There's been so much negativity this year. It's a way to make people smile."

She said Friday, July 24 was exactly five months ahead of Christmas Eve. Who knows – perhaps next Friday they'll celebrate New Year's Eve.

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Weather



TODAY:
MIX OF SUN
AND CLOUDS

HIGH OF 28
LOW OF 20



TUESDAY:
60% CHANCE OF
SHOWERS

HIGH OF 27
LOW OF 16



WEDNESDAY:
60% CHANCE OF
SHOWERS

HIGH OF 26
LOW OF 15



THURSDAY:
MIX OF SUN
AND CLOUDS

HIGH OF 25
LOW OF 8.15



FRIDAY:
MIX OF SUN
AND CLOUDS

HIGH OF 24
LOW OF 14

Cyanobacteria once again lead to beach closures around Massawippi lake



ANNE SOPHIE LE BRUN ROBLES GIL

EXPLORING OUR NATURAL ENVIRONMENT

On July 22 a warning was issued about cyanobacteria near Massawippi beach and North Hatley beach. Conditions improved the following day and swimming was again permitted at the beach, but it was recommended swimmers not remain in the water for extended periods.

Present in the Massawippi lake since at least 2006, cyanobacteria have been the cause of several beach closures like the recent one. And for good reason, too. Cyanobacteria can be quite toxic.

So, what exactly are cyanobacteria? Well, they are commonly known as blue-green algae, although this is a misnomer because they aren't technically algae. Instead, they are an ancient group of bacteria that date back at least 2.5 billion years. In fact, they are amongst the first living things to leave a significant fossil record. These bacteria are a little different from the ones that make you sick or help you digest your food as part of your gut flora: they can do photosynthesis. This is why they were mistaken for algae for such a long

time.

They are amongst the first living things to have done photosynthesis and are credited for having created a significant portion of the 21 per cent of oxygen found in our atmosphere. Even today, cyanobacteria are responsible for 20 to 30 per cent of the photosynthesis that happens in open water. Cyanobacteria are also an important component of plankton, which are microscopic organisms at the base of most aquatic food webs. In their absence, the food web would collapse.

But, what about the toxicity? For all the good they do on a global scale, they can be dangerous on a local level when they bloom.

Cyanobacteria can create a variety of different toxins, like neurotoxins that damage the nerves and hepatotoxins that damage the liver. The tricky thing is that not all species of cyanobacteria produce toxins, and the only way to know for sure is to send a sample to a lab. Even then, it can take a week or more before you get the results back. By that point, lots of people and animals may have been exposed to the toxins, which are a serious health concern.

These toxins can cause symptoms like vomiting, diarrhea, disorientation, seizures, skin irritation, and breathing difficulties in as little as 15 minutes after exposure. Other times, it will take a few days before symptoms start to show up. In serious cases, these toxins can even be fatal.

This is especially a problem with dogs. Dogs tend to drink the lake water or lick it off their fur after a swim, meaning they end up ingesting more toxins.

What should you do if you think you, someone you know, or your dog has been exposed? The first thing is to rinse any lake water off with clean

water to make sure no more toxins get into their system. Next, you should call a doctor or a vet.

Of course, it would be better not to be exposed to these toxins. Seeing as it is hard to know when cyanobacteria are toxic and when they aren't, it is important to avoid the water if cyanobacteria are present.

How can you tell if there are cyanobacteria in the water, then? Usually, cyanobacteria take one of two forms, both of which can be dangerous. Either they grow in very algae-like mats at the surface or spread out deeper in the water, where they will turn the water an opaque blue or green colour. Cyanobacteria may even be brown or red.

If you see cyanobacteria, make sure no one goes into the water, dogs included. Then, if a municipality or conservation organization has not yet issued a warning about the cyanobacteria in that area, contact them to let them know. They will then be able to dispatch someone to come to check it out, confirm the presence of cyanobacteria, and issue an official warning.

Would it not be better still to have fewer cyanobacteria blooms in our lakes?

Yes, within reason, but two of the main factors leading to more cyanobacteria blooms can be difficult to control. The first of these factors is heat. The hotter it is, the more cyanobacteria grow. With climate change leading to warmer and warmer summers, the situation may get worse. The second one is nutrients. Cyanobacteria grow better and faster when there are lots of nutrients in the water. These nutrients can come from fertilizer runoff from farms. Having better protections in place to keep fertilizer from getting into the lakes could be a great help.



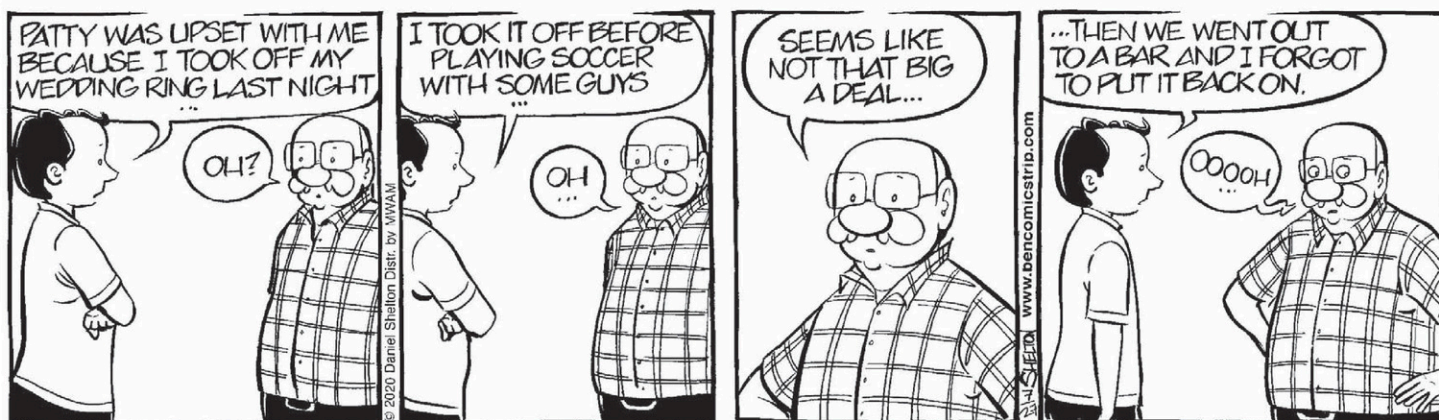
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Ben by Daniel Shelton



Local News

Tremblay said that SQ divers were on site until 9p.m. on Saturday when the search was called off due to a lack of light.

Missing Waterloo boater found dead

By Gordon Lambie

The body of a man in his twenties was recovered from the waters of Lake Waterloo by Sureté du Québec (SQ) divers around 9:30 a.m. on

Sunday.

According to SQ spokesperson Stéphane Tremblay the search began not long after 5 a.m. Saturday morning when an eyewitness reported that the young man's pedal boat had sunk.

Despite attempts on the part of the witness to help the boater, the latter was lost beneath the surface. He was not wearing a life jacket.

Tremblay said that SQ divers were on site until 9p.m. on Saturday when

the search was called off due to a lack of light. The work began again in the early hours of Sunday morning.

As of this writing, the SQ has yet to reveal the identity of the victim.

Coroner's office clarifies its role investigating deaths of Norah, Romy and Martin Carpentier

Record Staff

Chief Inspector of the Sûreté du Québec, Guy Lapointe's press briefing on July 22, 2020 in Montreal, allowed the population to better understand the sequence of events that led to the deaths of Norah and Romy Carpentier as well as their father, Martin Carpentier. In response to the many questions it has since received, the Coroner's Office released a statement to clarify the role of the coroner now that the police investigation is over.

Coroners and police officers, although they work closely together, do not have the same role and are not governed by the same laws. Coroners cannot rule on a person's civil or criminal liability. The purpose of their investigation is not to lead to a trial, but

to provide answers about the elements that led to the death, all with a view to prevention.

Coroners systematically intervene when a death occurs as a result of negligence or in obscure or violent circumstances. Their investigation's first aim is to formally identify the deceased person. It also aims to determine as precisely as possible the date and place of death as well as the probable causes and circumstances. To this end, the coroner collaborates with several partners and experts, who vary according to the context. Police officers are key partners, because even after their criminal investigation is completed, they support the coroner throughout the investigation in order to enable them to fulfill their mission.

In the hours following the discovery of a body, the coroner orders the

expert opinions deemed necessary to properly conduct the investigation (autopsy, toxicological analyses, etc.). A careful examination of the body allows several questions to be answered about the time of death and the manner in which the person died. When an autopsy is performed, it is the role of the pathologist to bring out these elements. The coroner also makes sure that he or she gets all the information he or she needs, such as the police investigation report and the medical record, if applicable. The coroner then has the delicate role of clarifying the circumstances surrounding the death using all the information gathered.

Coroner and lawyer Sophie Régnière will therefore attempt to shed light on the elements that led to the recent tragic deaths of Norah and Romy Carpentier and the death of their father,

Martin Carpentier. It is important to know that the coroner's investigation process is confidential until the release of the final report, which is public. Coroners have an important duty of confidentiality in their work and that is why no interviews will be given about these deaths until the investigation is completed and the report is made public.

The average length of time between when a coroner is notified of a death and the release of the report is currently around 11 months.

Furthermore, it should be noted that certain facts stated at the Sûreté du Québec press briefing on July 22, including the evaluation of the date of the three deaths, are based on preliminary analyses and could be revised based on the elements brought to light during the coroner's investigation.

COVID cases

CONT'D FROM PAGE 1

and will be tested in the coming days. Public Health will follow up with people at risk to ensure that they remain asymptomatic.

Despite the situation, the Public Health Department has not required the complete closure of the Plein Soleil day camp.

"We have agreed to the enhancement of certain measures with the management of the camp and a public health professional will ensure close follow-up with the community throughout the week," said Dr. Alain Poirier, director of public health for the Eastern Townships. "The situation will be reassessed according to its evolution."

The organizations responsible for day camps in the city will be in contact by email with all the parents of the children who attend all the day camps to inform them of the situation. All day camps will be open Monday morning, as usual. However, the sanitary measures already in place will continue to be strictly enforced.

For the time being, the Public Health Department does not recommend screening asymptomatic people, unless advised otherwise by telephone.

"As such cases have arisen in other cities in Que-

bec, we were prepared to face this difficult situation," said Sherbrooke Mayor Steve Lussier. "With the collaboration of the Public Health Department of the CIUSSS de l'Estrie - CHUS and Sherbrooke Loisirs-Action, the day camps, an important service for parents and children, will continue."

Elsewhere in the region, the Dépanneur Bibeau in East Angus shared the news on Facebook late Saturday that it would be closed until further notice because of a confirmed case.

"We would like to inform you that all our staff has just been tested and we are making the decision to close until the situation is restored even if the outbreak does not come from the establishment," the post reads.

The Studio Georgeville has similarly closed, simply stating that the decision was made, "due to recent cases of COVID-19 in the area."

Province-wide, the cumulative number of cases was 58,583 on Sunday afternoon, with 50,812 of those considered recovered and 5,667 dead. A total of 197 people were still in hospital, with 10 of those in intensive care.

In the Estrie region the total number of confirmed cases (including those who have recovered or died since March) climbed by 13

to 1015. There have been no new COVID-19 related deaths in the region since June 23.

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EDITORIAL

OK, let's try screaming that out: "Go Boors Go!" Not quite so glorieux.

Becoming habituated to calling Montreal Canadiens Habs



PETER BLACK

Oh boy! It's almost August and the Stanley Cup play-offs are about to begin. Sure, go ahead, read that sentence again. Time for fans to cheer for their favourite team among the 24 that made the more-or-less arbitrary cut.

Here in Quebec and elsewhere where the bleu-blanc-rouge rule, thousands of fans will be cheering (through their masks?), "Go Habs Go!" Wait a minute. Habs? Is that nickname OK, as they say?

Hate to pick the scab off what is surely an ancient and insoluble debate, but with the zeitgeist being to revisit modern manifestations of historic inappropriateness, from sports team names to statues of colonialist suppressors, should not the term "Habs" be up for review?

One steps onto the ice of this lingering linguistic/cultural/anthropological controversy with maximum trepidation. It is as touchy a topic as whether Carey Price still has it in him for a Cup run.

Not that long ago, it was verboten in English-language newsrooms to use "Habs" in headlines or as a convenient second reference in stories about the Canadiens hockey club. This was about the time when the Quebec independence movement was in full roar, in the wake of the Meech Lake constitutional fiasco, when careful effort was

made to not insult Quebecers and compel them to separate.

But then, as independantiste fervour waned, so apparently did the interdiction on the use of "Habs" in media and general discourse. Nowadays, the handle is back in routine usage. Regardless, there are undoubtedly those who are still uncomfortable with the moniker. And with reason. "Habs," of course, is the short form for habitant, which historically refers to the French settlers who populated Nouvelle France, farmers mostly.

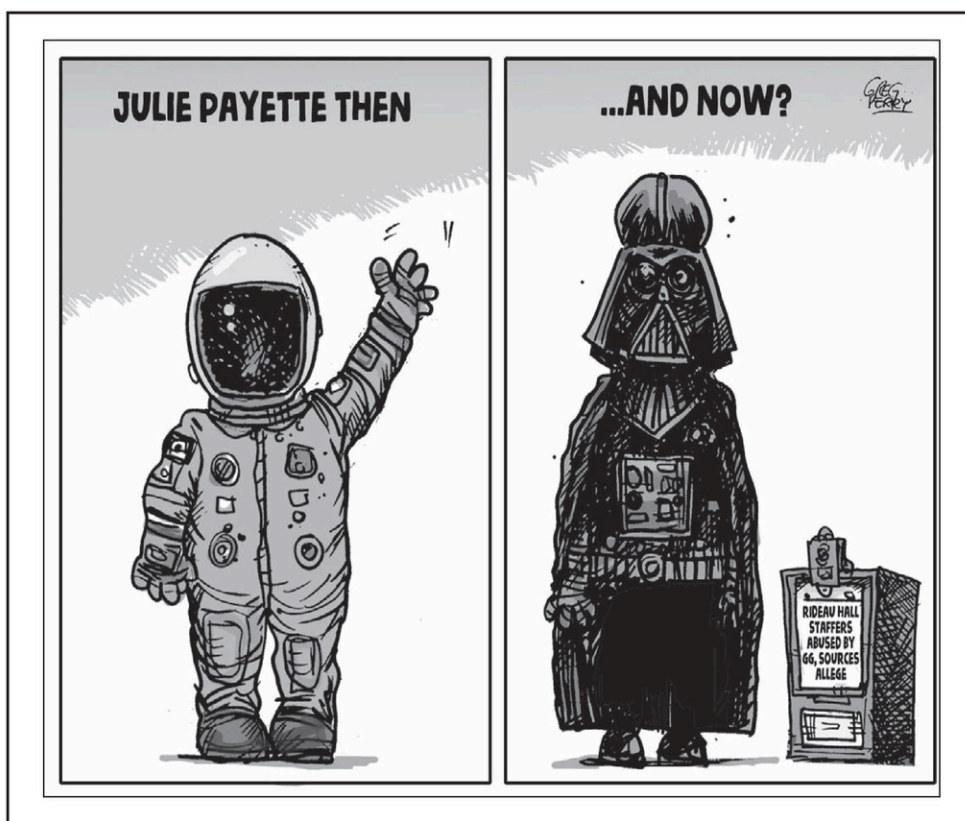
My precious brick of a dictionary, the 1958 edition of Dictionnaire de la langue française au Canada (which comes with assembly instructions), contains this eighth definition of habitant: "Ironiquement: rustre: ne fais pas habitant! ne fais pas le rustaud." Several inches deeper into the dictionary, in the French-to-English section, a "rustaud" is defined as a "boor, rustic, clod-hopper, clown."

OK, let's try screaming that out: "Go Boors Go!" Not quite so glorieux.

Should you be wondering how it came to be that a hockey team was tagged with such a dubious nickname, thankfully, Montreal writer and linguistic sleuth Mark Abley has penned an excellent entry on the cultural nuances of the word habitant for the Canadian Encyclopedia.

Apocryphal legend attributes the first use of Habs to describe the Canadiens to the colourful sports entrepreneur Tex Rickard, the owner of the New York Rangers - Tex's Rangers, get it? Asked by a reporter in 1924 what the 'H' stood for on the Canadiens' crest, he uttered the h-word, presumably with that rustic thing in mind.

Abley, however, uncovered an earlier reference, dating back to a 1914 story in Le Devoir. A report on a game between the Canadiens and a team from Toronto (a precursor to the Leafs) said this: "Sans contredit les 'Habitants' eurent



l'avantage continuellement.' (Without a doubt, the 'Habitants' constantly had the edge.) The newspaper used the term again a week later when the Canadiens thumped the Ottawa Senators."

Abley further notes that at the time Montreal had two professional hockey teams, the Wanderers, supported mostly by anglos, and the Canadiens, whose mostly francophone fans would wear "typically habitant gear to the arena, notably tuques, moccasins, and brightly colored sashes."

Perhaps what spares "Habs" from contemporary condemnation as a slur upon a proud people is it's become almost fashionably ironic. Modern

Quebec, mainly urban, sophisticated, a world leader in business and industry, has advanced lightyears beyond the Kreighof caricature of the humble, pipe-smoking peasant.

Somewhere in the recent annals of fandom, "Habs" became separated from habitant as a derogatory term. Truth be told, dubious history or not, there's something mighty powerful about 20,000 manic fans in the Bell Centre chanting "Go Habs Go!"

Alas, that thrill will have to wait until after the 2020 Stanley Cup has been awarded in October (!) and whenever a normal NHL season, with real fans in the stands, resumes.

Letters

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

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Expos back on the field thanks to new limits for outdoor gatherings

By Michael Boriero – Local Journalism Initiative Reporter

The Sherbrooke Expos are back in action once again after the Quebec government lifted the 50-person limit in outdoor public spaces.

The Ligue de Baseball Majeur du Québec (LBMQ), the province's senior amateur baseball league, took another brief hiatus from league play when it was determined that stadiums would not be allowed to host more than 50 people.

However, the government lifted

restrictions and will allow up to 250 people at outdoor public events. It goes even deeper with sports, though, as it all depends on the capacity in a team's stadium.

"It's different for every stadium, so in Coaticook it's at 250, in Sherbrooke it's at 300, because every field layout is not the same," said Expos team manager Bruno Laurin. "In certain stadiums you are allowed to have more people and it's the city that decided."

According to Laurin, they fixed the limit based on how many people they can sit while respecting the social

distancing rules. Thetford's stadium seats about 7000 people, he explained, there's no reason why they would only be allowed 50.

"They did what seems to be logical which is look at the field and look at how many people you could sit and go with a number that would be realistic, but I mean this should have been done before," he said.

There will be some growing pains for teams like Coaticook that can only seat 250 and St-Jean-sur-Richelieu that can only seat 125, Laurin added. They might suffer financially, but it's better

than the original 50-person limit.

Sherbrooke is less worried about taking a significant loss, though, since they average about 300 fans every game. Laurin said team management predicted over 500 people for the home opener, so they will need to turn away some baseball diehards going forward.

"There's not one team in the league that could survive with only 50 fans in the park and for us, I mean, 300 people max, last year maybe two or three games we had more than 300," Laurin said.

Police watchdog investigating the death of a 33-year-old Sherbrooke man

Record Staff

The Bureau des enquêtes indépendantes (BEI) is investigating the circumstances surrounding an event in Sherbrooke on Saturday, July 25, 2020, when a 33-year-old civilian died during a police intervention by the Sherbrooke Police Service.

The BEI's mission is to investigate all cases when a person dies or is injured while in police custody and when a po-

lice firearm is discharged.

According to the BEI website, preliminary information suggests at approximately 10:15 a.m. Saturday police were reportedly called regarding an altercation between two men outside a business in Sherbrooke. When the police arrived, one of the men reportedly fled the scene.

A police officer allegedly pursued and caught up with the man, and then used pepper spray to subdue him.

Once subdued, the man lost consciousness.

He was then transported to hospital where he was pronounced dead at approximately 11:36 a.m.

Eight BEI investigators have been assigned to investigate whether the information provided was accurate. They arrived on the scene close to 3 p.m. according to a press release on the BEI website.

In accordance with the Regulation

respecting the conduct of investigations by the Bureau des enquêtes indépendantes, the BEI has called upon the Sûreté du Québec (SQ) to act as a supporting police force in this investigation. The SQ will provide a forensic identification technician, who will work under the supervision of BEI investigators.

The EIB is asking anyone who may have witnessed this event to contact it via its website at www.bei.gouv.qc.ca.

Local restaurants forced to adapt to survive

By Matthew Sylvester
Special to The Record

Dining rooms have been opened back up to the public for over a month now, but restaurant operators in Lennoxville are still forced to adapt constantly in order to survive. Pandemic regulations and reduced customer counts mean that the face of food has changed drastically over the past months, and it may never be exactly the same again.

Jyoti Nigam, owner of Lennoxville's Shalimar Indian restaurant, explained how his establishment's strategy

evolved over the course of the pandemic in an interview on Saturday. "We're always having to adapt," he said, "because new information is coming out every day and we like to listen to the experts."

The Shalimar was forced to close down their dining room for the three months when the pandemic was at its worst. While this proved difficult for the restaurant, Nigam was grateful that they had already begun doing deliveries by the time restrictions hit. This made the transition from being a mostly sit-down restaurant to only being able to offer takeout and delivery

a less painful process than it could've been.

"We wanted to continue giving our service to the community," said Tim Brink, head server at the restaurant, in reference to the shift to takeout and delivery. The system allowed clients to either stay at home or in their cars and still be served, without ever entering the building.

Delivery services have become a vital bloodline for restaurants everywhere. Services like Uber Eats, Skip, and Sherbrooke Livraison, which the Shalimar uses, provide third party delivery services where in-house options

aren't available.

Even with restrictions loosening and dining rooms being opened at half capacity, sales are only reaching 60 per cent of what they were pre-COVID. "We've got an incredible team, they really make everything work," Nigam explained, as one of the biggest reasons they've still got their heads above the water.

"I'm sure people in downtown spaces must be having a much harder time," he said, "where volume is much more important."

High-speed Internet access coming to Township of Melbourne

Record Staff

The Township of Melbourne has been working closely with COOPTEL for almost two years now and is in the home stretch to provide high-speed internet service to the community.

The municipality signed an agreement with COOPTEL in October 2019 with the goal to serve 100 per cent of

the households on its territory. The engineering phase of the project was completed during the spring and summer of 2019 and was followed by preliminary work and the approval of the plans. The installation of the main transport line has also been completed.

In March 2020, COOPTEL advised the municipality that the construction of the network was delayed due to some issues beyond their control including

permit requests and permissions as well as the COVID-19 pandemic.

Since then, the municipality has given several authorizations to COOPTEL for the installation of the fiber optic cable on the territory. In addition, a telecom company should be on site this week to start some of this work.

A gradual connection of households will begin this fall, but the construction of the network in the Township of

Melbourne is scheduled to be completed by March of 2021. The Mayor and the Councillors are pleased with the advancement made by COOPTEL in the construction of the fiber optic network in the Township of Melbourne and hope the citizens will appreciate having access to an affordable and reliable high-speed internet service.

Wear a mask



The virus is primarily transmitted from person to person by contact and by contaminated droplets released into the air when an infected person talks, coughs or sneezes.



These contaminated droplets can travel up to two metres and reach people nearby.

Wearing a mask reduces the risk that an infected person transmits the virus to others by limiting the release of droplets.

It's important to continue applying all the other health measures, such as washing your hands and physical distancing, when wearing a mask.

Let's continue to protect ourselves.

[Québec.ca/mask](https://quebec.ca/mask)

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Datebook: July 27, 2020

Today is the 209th day of 2020 and the 38th day of summer.

TODAY'S HISTORY: In 1789, Congress established the Department of Foreign Affairs, later renamed the Department of State.

In 1953, a Korean War armistice was signed after three years of fighting.

In 1974, the House of Representatives voted to recommend the first article of impeachment against President Nixon.

In 1996, a bomb exploded in an Atlanta park during the Summer Olym-

pics, killing one person.

TODAY'S BIRTHDAYS: Hilaire Belloc (1870-1953), writer/historian; Leo Durocher (1905-1991), baseball player/manager; Norman Lear (1922-), TV producer/writer; Jerry Van Dyke (1931-2018), actor; Bobbie Gentry (1944-), singer-songwriter; Peggy Fleming (1948-), figure skater; Bill Engvall (1957-), actor/comedian; Triple H (1969-), professional wrestler; Nikolaj Coster-Waldau (1970-), actor; Maya Rudolph (1972-), actress; Alex Rodriguez (1975-), baseball player; Jonathan Rhys

Meyers (1977-), actor; Jordan Spieth (1993-), golfer.

TODAY'S FACT: The Republic of Korea (South Korea) refused to sign the armistice agreement that ended the Korean War. It has never made a peace treaty with the Democratic People's Republic of Korea (North Korea).

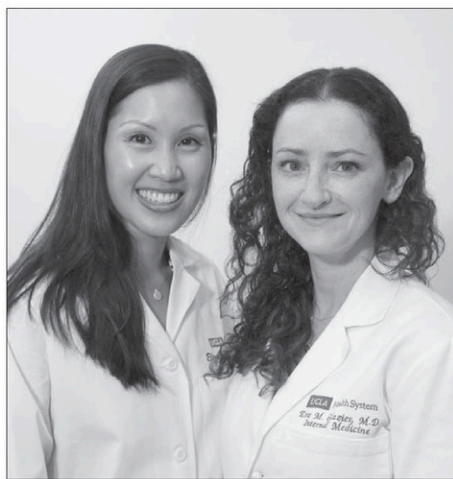
TODAY'S SPORTS: In 1986, 83 years after the Tour de France was established, American cyclist Greg LeMond became the first non-European to win the race.

TODAY'S QUOTE: "I thought she was the funniest woman, and I believed being a comedian was the most exciting thing you could be." – Maya Rudolph on Gilda Radner

TODAY'S NUMBER: 4 – Major League Baseball teams (Dodgers, Giants, Cubs and Astros) managed by Leo Durocher on his way to a career total of 2,009 wins.

TODAY'S MOON: First quarter moon (July 27).

The best mask for kids is one they'll wear



ASK THE DOCTORS by Eve Glazier, M.D., and Elizabeth Ko, M.D.

Dear Doctor: Our city requires face masks now, and we're not sure what's the best kind for our kids. Our teen wears an adult mask, but we have a 6-year-old and a 9-year-old as well. Do

you have any advice?

Dear Reader: We've been getting this question a lot as various state and city lockdowns end and we're all peeking out from our quarantine bunkers. There's no question that face masks are a vital tool for a safe reentry into public life. They do a good job at blocking our exhaled breath, which helps prevent the spread of the novel coronavirus in people who are infected. That said, there are a few caveats. Face coverings should not be worn by children younger than 2 years old, by anyone who has trouble breathing, or by anyone who is unable to remove the mask without assistance from someone else.

The best type of face mask for kids is the one that the child will wear. That's going to be your guiding principle. Don't worry too much about details such as the type of material the mask is made of, how it attaches or whether

or not it has a filter. The bottom line is that if it's not comfortable, your child won't wear it properly. They'll tug and pull at it or try to readjust it. In the process, they'll wind up touching their faces, which increases the risk of infection. Even with an optimal mask, a younger child may not be able to tolerate it for extended periods of time. If that's the case, prioritize mask use for situations when social distancing isn't easy to maintain. Wearing a mask is particularly important indoors, where people tend to crowd together and where the virus can linger.

As for the masks themselves, they are effective only if they cover both the nose and the mouth. Look for one that's fitted with a flexible clip on the nose piece. That makes it easy to adjust and customize to your child's face. Avoid masks with a one-way valve. These allow the exhaled air to escape and do nothing to protect the people around you. Choose a mask that fits

over the chin and reaches around the sides of the face. Not only will this give a more secure and comfortable fit, it helps cut down on the amount of air that blows out of the mask, rather than diffusing through the fabric.

If your kids are anything like ours, they have definite opinions about what they like to wear. Giving them a say in choosing their own masks can boost the odds that they'll actually wear them. Look for washable masks made with two layers of breathable cloth. It may take a few purchases to find the mask your kid prefers. Once you do, get at least two masks per child so it's easy to keep them clean. Teach kids to avoid touching their faces once the mask is on, and to clean their hands thoroughly once it's removed.

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

Do just one thing



By Danny Seo

Any home cook knows you should never pour used cooking oil down the drain, because it can cause plumbing problems. But the alternative can mean tossing tons of soaked paper towels in the trash, where they surely will end up in a landfill. So, what to do? Take the cooled, used cooking oil out to the yard and use it to kill pesky weeds. Not only will cooled oil kill tough weeds, but the oily mixture will prevent them from coming back. And since it's vegetable oil, it also will biodegrade slowly in the ground.

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NEA Crossword Puzzle

Your Birthday

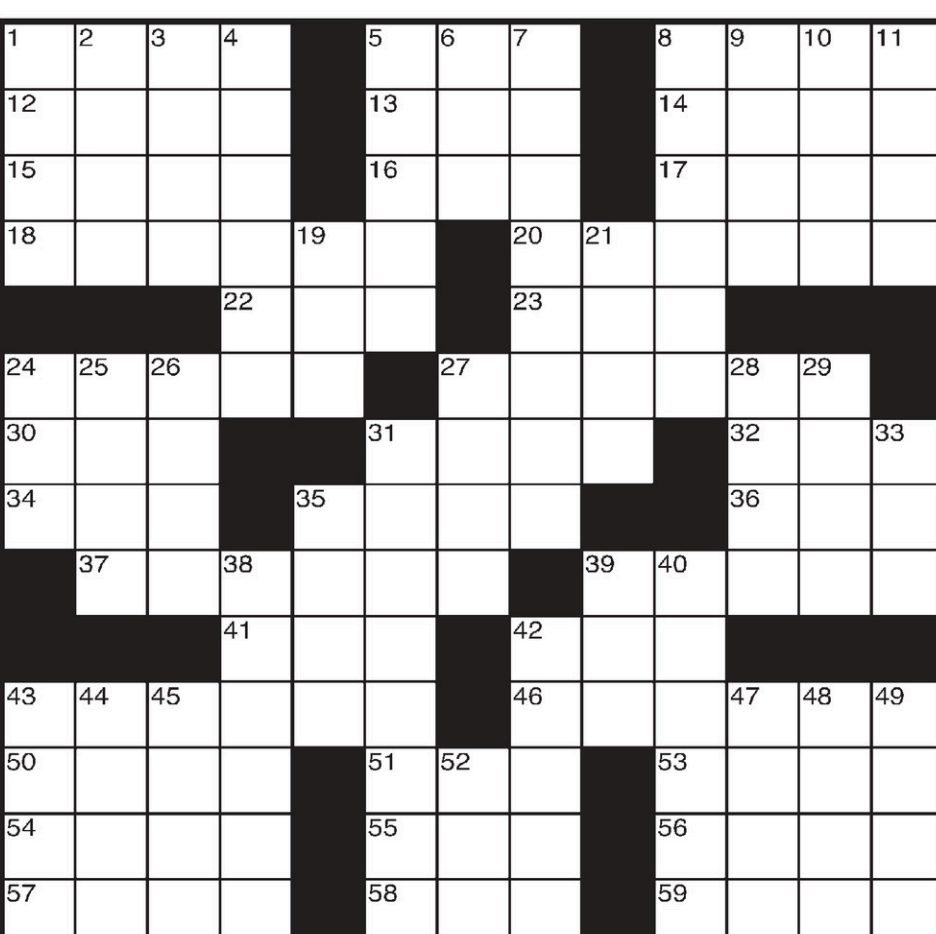
MONDAY, JULY 27, 2020

Answer to Previous Puzzle



- ACROSS**
- 1 Sharpen
 - 5 Jo's sister
 - 8 Warrior princess
 - 12 Fairy tale word
 - 13 Item in a poker pot
 - 14 In a tizzy
 - 15 Go without grub
 - 16 Forensic sci. tool
 - 17 Nothing, to Pedro
 - 18 Travel choice
 - 20 School-book
 - 22 Regret
 - 23 Carried through on
 - 24 West Point student
 - 27 Colonial dance
 - 30 Source of metal
 - 31 Speeder's penalty
 - 32 Mid-Atlantic st.
 - 34 Switch to low beams
 - 35 Not — — to stand on
- DOWN**
- 36 Doctors' org.
 - 37 Diamond-like gem
 - 39 Not smooth
 - 41 Commercials
 - 42 Father's lad
 - 43 Top stories
 - 46 Turn on
 - 50 You, to Yves
 - 51 Na+ or Cl-
 - 53 Burglar's "key"
 - 54 Folktale monster
 - 55 Prefix for classic
 - 56 Had bills to pay
 - 57 Stir-fry pans
 - 58 Canine warning
 - 59 Big steel town

- 6 Long time
- 7 Protecting
- 8 "Kubla Khan" locale
- 9 "Drat!"
- 10 Bump
- 11 Thickening agent
- 19 Weirdo
- 21 One, in Berlin
- 24 Fish choice
- 25 Phoenix loc.
- 26 Moore or Lovato
- 27 Air
- 28 Holland export
- 29 Office sub.
- 31 Dental chore
- 33 Set down
- 35 "Who Made Who" rockers
- 38 Pay hikes
- 39 Deli salmon
- 40 Clear, as a drain
- 42 Mexican mister
- 43 Declare openly
- 44 Takeout words
- 45 Fez wearer
- 47 Corn Belt state
- 48 Row
- 49 Dust devil
- 52 Not 'neath



Consider your objectives and follow the strategy you mapped out for the upcoming year. Pay less attention to what's going on around you and more to what you are trying to achieve. Resist any outside pressure. Make adjustments to ensure that you maintain control.

LEO (July 23-Aug. 22) - Gather knowledge, pick up skills and focus on what you want. Refuse to let an emotional incident result in an undesirable change. Keep the peace and avoid arguments.

VIRGO (Aug. 23-Sept. 22) - A little will mean a lot. Consider your options and offer better alternatives. Intelligence will override inconsistency. Do what's right, and associate with those who bring out the best in you.

LIBRA (Sept. 23-Oct. 23) - Nurture essential relationships and make personal changes conducive to feeling and looking your best. Don't allow anyone to put you in a vulnerable position. Say no to demanding people.

SCORPIO (Oct. 24-Nov. 22) - It will be hard to make up your mind and control your emotions. Learn from experience, and recognize what you must do to get what you want.

SAGITTARIUS (Nov. 23-Dec. 21) - Tidy up unfinished business. Clear the way for better projects. Concentrate on long-term plans and contracts that can save you money or make you more of it. Show others what you have to offer.

CAPRICORN (Dec. 22-Jan. 19) -

Enhance your skills, technology and attitude, and you'll step into a position that suits your lifestyle. A change at home could boost your income.

AQUARIUS (Jan. 20-Feb. 19) - Don't follow others. Consider what brings you the most joy and head in that direction. Personal improvements will give you the confidence to present and promote what you have to offer.

PISCES (Feb. 20-March 20) - Look over contracts and health, legal and money matters. Your attitude will determine the response you get. Question anything that doesn't sound realistic or honest before you make a commitment.

ARIES (March 21-April 19) - Make personal and physical changes that will add pizzazz and push you into the spotlight. Change begins with you, so stop waiting and start doing. Romance is on the rise.

TAURUS (April 20-May 20) - Keep everyone guessing. Don't commit to anything until you are sure it's what you want. If a change isn't going to make your life better, you are best off taking a pass.

GEMINI (May 21-June 20) - Don't settle for less; if you want more, do what's necessary and don't complain. Be direct and do whatever it takes. Make independence a priority.

CANCER (June 21-July 22) - Evaluate your options and consider how best to use your skills to get ahead. Look at a partnership proposal carefully and familiarize yourself with the motives behind it before you get involved.

MONDAY, JULY 27, 2020

The redundancy is a plus in addition

By Phillip Alder

It is strange how certain expressions containing unnecessary words get into the language. People often refer to the SAT test - the Standard Aptitude Test test. And - my particular aversion - so many people say they got off of something. Why the "of"? Also, my local paper had the wonderful "two female twins" - did you ever see three twins?

In bridge, cashing an unnecessary winner might be expensive. Here is an example, although it would not be clear-cut for West to find the winning defense. Look only at the West and North hands. Against four hearts, West leads the spade ace: seven, two, three. What should West do next?

North has an unappetizing hand full of quacks, but with 7 points and four trumps, he must raise.

When East plays the spade two, West knows that his partner holds either an unlikely singleton or at least three spades. If East had a doubleton, he would have started a high-low signal.

If East holds the diamond king-queen, West probably needs to shift to that suit. Here, though, West must lead a club at trick two. This establishes four tricks for the defense: two spades, one

North				07-27-20
♠ Q J 7				
♥ Q J 10 8				
♦ J 7 4				
♣ 6 5 3				
West		East		
♠ A K 9 8 5		♠ 10 4 2		
♥ K 5		♥ 6 3		
♦ 9 8 3		♦ 10 6 2		
♣ 7 4 2		♣ K Q 10 9 8		
South				
♠ 6 3				
♥ A 9 7 4 2				
♦ A K Q 5				
♣ A J				
Dealer: South				
Vulnerable: Both				
South	West	North	East	
1♥	1♠	2♥	Pass	
4♥	Pass	Pass	Pass	
Opening lead: ♠ A				

heart and one club.

Note that if West cashes the spade king at trick two, declarer will discard his club jack on the established spade queen, using the diamond jack as the dummy entry. Also, if West switches to a diamond, South wins in hand and immediately plays a second spade himself.

Since declarer cannot discard his second spade on any of dummy's cards, that trick can wait.

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.

“NRW LUUG. NRW LUUG ... NROEG
ZLUPN Z LUUG. ARZN Z YWTHWDN
OESWENOUÉ. NRW LWJN ZEC BUJN
OBYUTNZEN WSWT!” — VZEE ZTCWE

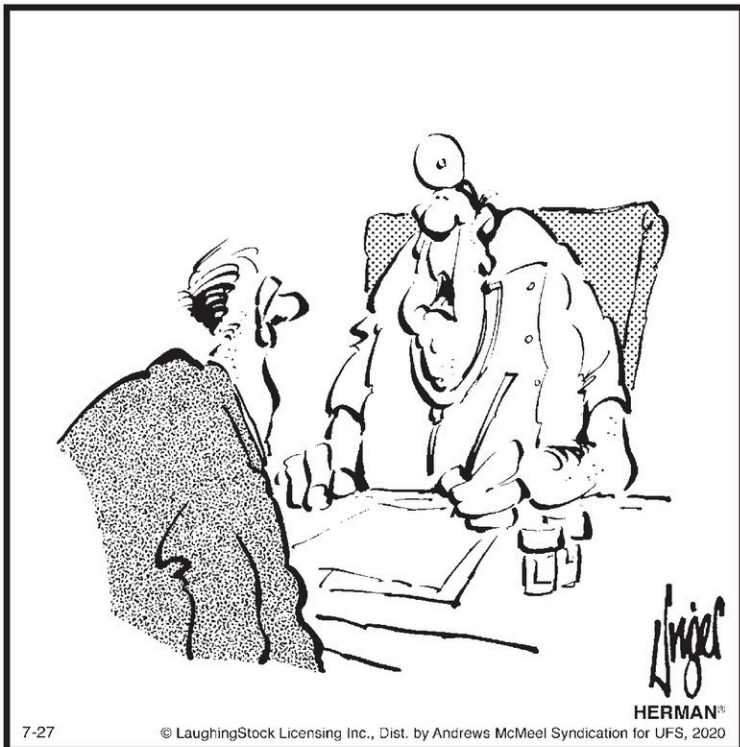
Previous Solution: “Music is like the genius of mankind, universal ... Kids deserve the richness and dimension of it in their lives.” — Flea

TODAY'S CLUE: F equals H

REALITY CHECK

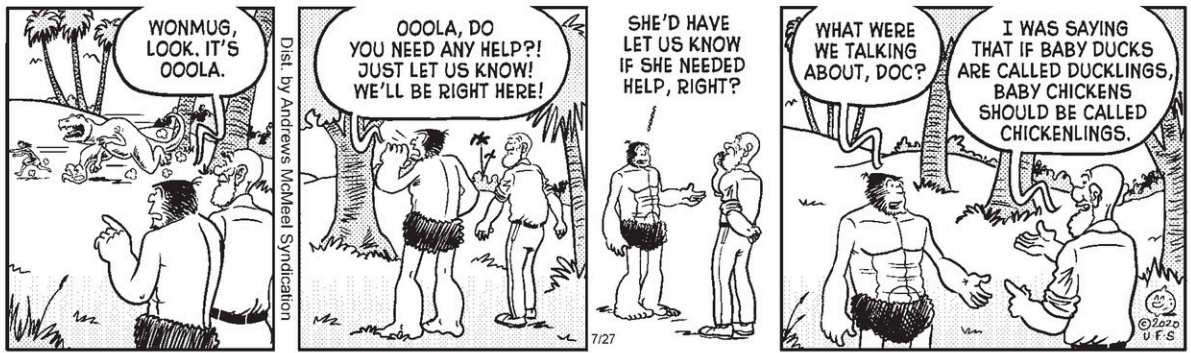


HERMAN



“I'm putting you down as 'potential donor material.'”

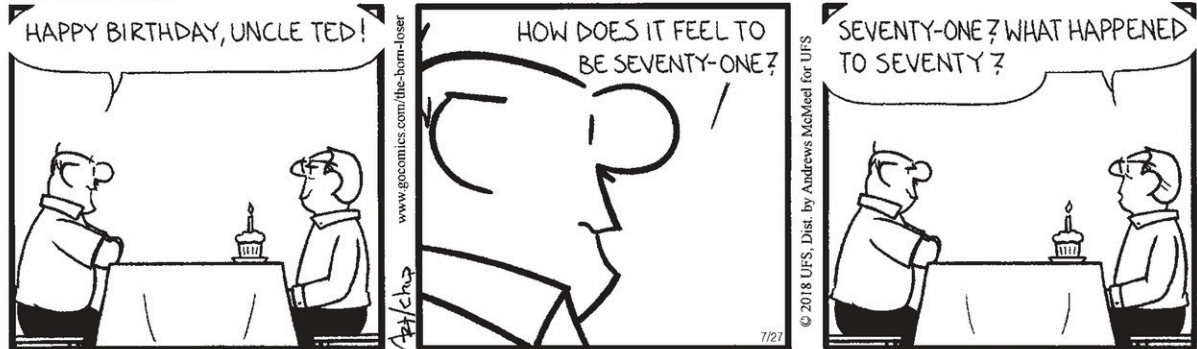
ALLEY OOP



ARLO & JANIS



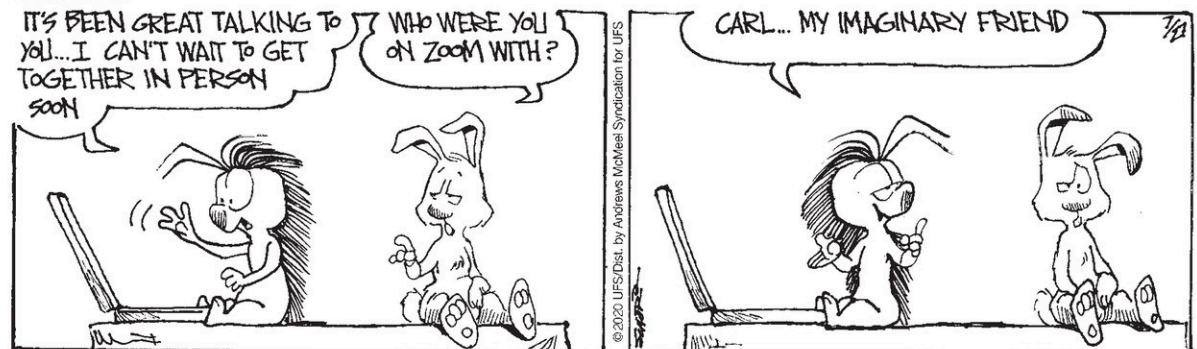
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Dear Annie

MONDAY JULY 27, 2020

Dear Annie: For over four years, I was with and engaged to who I believed to be an incredible man. He was smart, funny and hardworking. We had to live in two separate states for work, but I commuted as much as I could and helped with his bills. I learned six weeks ago he has been cheating on me. I told him to go be happy.

Honestly, I meant it. Instead, he called every day, told me he wasn't with her anymore and called her every name in the book. I finally told him I couldn't take communicating every day - that he was pushing me into a nervous breakdown. Two days later, he announced their engagement. They had never broken up. He's been lying to her also.

Here's the question: We have investments together. We are stuck speaking at least once a month, but I can't believe a word he says, so I'm not sure he's actually doing what he says he's doing and protecting my interests. The other thing is I don't hate him. I don't know how to. We went through so much, and he tossed everything away with no explanation, as if our relationship and I were garbage. How do I unlove someone? How do I deal with him without getting upset? - Heartbroken and Betrayed

Dear Heartbroken and Betrayed: First things first. Get out of your investments together so you can cut off contact with him.

He sounds like a very unhappy man, and you don't need that in your life. Unloving someone takes time. Give yourself permission to grieve your loss of what you thought the future might look like. The reality is that he was not who he pretended to be, and you dodged a bullet by breaking it off with him. It will take time to see that.

Now is the time to reach out to friends and family you trust. Lean on them for support and strength. In time, your feelings will fade and you will find a man who truly deserves someone as special as you. You could also seek the help of a therapist. Best of luck to you, and remember, in the long run, it is a blessing that you are no longer with him. Your real man is waiting for you!

Dear Annie: This is in response to the man who sneezes into his hand.

I am a 65-year-old man, and throughout my years growing up, my dad always had a white handkerchief in his back pocket. When I was a teenager, he gave me some, and I still never leave the house without one in my back pocket. I am quick to pull it out when I feel a sneeze coming on.

It is also handy for grandkids' runny noses and has been used in emergencies to stop blood flow. I think all men should carry one for just these reasons. Am I old-fashioned? - Always Carry a Kerchief

Dear Always Carry a Kerchief: It is always in style to be courteous to others. Lending your

grandkids a kerchief is a good way to be polite and helpful. The only thing old-fashioned about your letter is that you said only men should carry a kerchief. Women should do the same. Tissues are also a good way to go.

"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.

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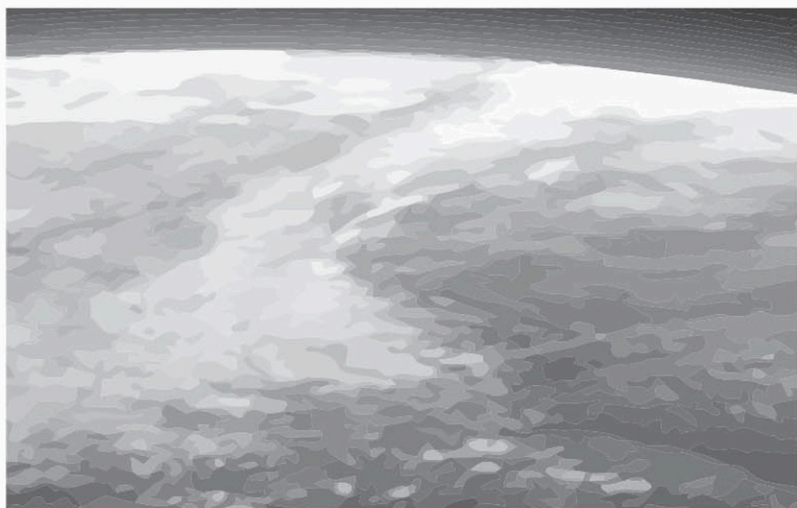
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Can you guess what the bigger picture is?

ANSWER: EARTH

SUDOKU

DIFFICULTY RATING: ★★★★★

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

7/27

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PREVIOUS SOLUTION

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

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

Which mask do you want to wear?

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