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Telephone fraudsters in the Townships

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THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

Over \$800,000 in summer funding for small businesses and organizations

Page 5

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PM#0040007682

WEDNESDAY, AUGUST 5, 2020

Local health authority partners with paramedics co-op to increase coronavirus testing

By Michael Boriero – Local Journalism Initiative Reporter

The CIUSSS de l'Estrie-CHUS recently entered into a partnership with the Coopérative de travailleurs d'ambulance de l'Estrie (CTAE) – a paramedics co-op in the Eastern Townships – in order to offset the loss of personnel heading on summer vacation.

The CTAE engaged in partnership discussions with the Township's health authority three weeks ago. According to the co-op's director of operations, Jean-François Pellerin, the process went by relatively quickly as the CIUSSS needed extra hands.

"We are proud to strengthen our contribution in this fight against the virus by making our professionals and equipment available to help," Pellerin said in a statement.

Pellerin added that the CTAE had

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If you 'tri', you will always win



MATTHEW MCULLY

By Matthew McCully

Triathlon might not be the first thing to pop into the head of the average person looking for a fitness challenge.

But next week locals Joshua Bray and James Andrews will give it their best try, attempting a sprint triathlon to push themselves physically, and also use the opportunity to fundraise

for two causes dear to their heads and their hearts.

The challenge will check a lot of boxes for Bray and Andrews, friends since they attended Bishop's College School and Bishop's University together. Not only will they get to push each other to get into top shape and have some friendly competition during the race, they are using the event as a platform to raise awareness for Mental Health Can-

ada and the Cancer Research Society of Montreal. Bray and Andrews' friendly competition also extends to the fundraising for the two organizations.

"The real challenge for us was not who was going to finish first, but who could raise the most money in the process," Andrews said.

A sprint triathlon includes a

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Weather



TODAY:
SHOWERS

HIGH 24
LOW 12



THURSDAY:
SUNNY

HIGH 24
LOW 10



FRIDAY:
SUNNY

HIGH 26
LOW 12



SATURDAY:
SUNNY

HIGH 27
LOW 11



SUNDAY:
MIX OF SUN
AND CLOUDS

HIGH 28
LOW 14

HAND-IN-HAND

Mon Shack



Mon Shack opened its building in the summer of 2018 to meet mental health needs in the Estrie region as well as the urgent need for the English-speaking community to have access at these services. It provides supervised apartment to young adults aged 18-35 years old dealing with mental health issues like schizophrenia, bipolar disorder, depression, personality disorder and more.

Mon Shack is the first in Estrie to offer bilingual services in the supervised housing sector, along with a mental health-focused living environment. After only two years, we are having tenants going back to school, at work or volunteering in the community!

The building, situated in wooded surroundings at 3195 College Street in Lennoxville, 18 one-bedroom units as well as a community room and outside facilities.

We put the individual first

At Mon Shack, the individual is at the core of our mission. We believe in personal empowerment and in the strengths of each individual, as well as their ability to heal and participate actively in society. Much more than just supervised housing, Mon Shack is a real living environment, open to the community.

Our model prioritizes on-site intervention and we work in tandem with health services, hospitals and community resources. It is also important to us to ensure the diversity, quality and accessibility of services. Resident partic-

ipation, as well as that of their loved ones and the community, is key to the success of the living environment.

Activities at Mon Shack include individual and group interventions, kitchen workshops, budget management and income tax workshops, a community garden, art therapy, fitness workshops, volunteering or work in the community, activities of daily living and home living activities, group activities, and involvement in the living environment. All activities are aimed at fostering the development and maintenance of independence and empowerment, social skills, personal skills, healthy lifestyle habits, healthy self-esteem, and active civic participation.

These personal and professional skills will allow the individual to integrate or reintegrate into the workforce or to take on a volunteer role.

We need your support

Mon Shack does not receive recurrent subsidies for its services, so we have to self-finance all of our services. Your contribution will enable to change the lives of many young adults with mental health issues.

Donations help to offer a roof, professional services and rehabilitation to these young adults. In return, they will be able to give back to the community.

Dreaming of making a real difference? We can make your dream come true!

By, for and with the community!

Become a member of Mon Shack for free and get access to our activities! Cooking group,

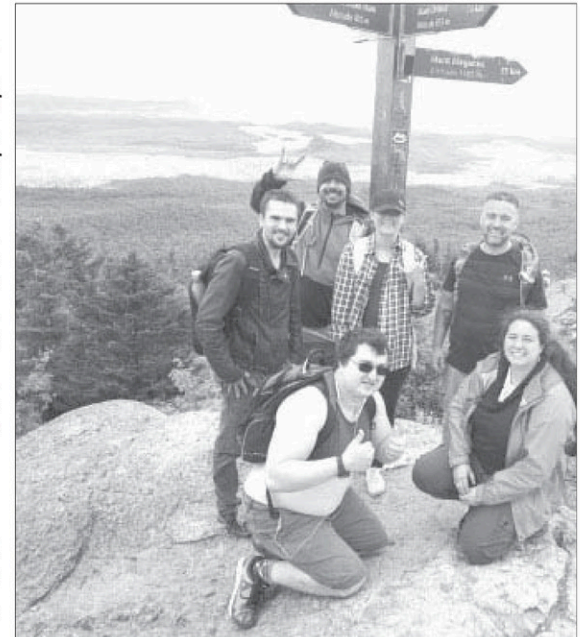
art-therapy sessions, Yoga and more! Visit our website at: www.monshack.ca to see our activities calendar.

Special events to come:

OPEN TO ALL - FREE : A public Yoga session will take place next Thursday at 1:45p.m. at the communal space on the corner of Queen and Samuel-Gratham in Lennoxville. Come with your friends and your family to enjoy a fantastic Yoga with the teacher Lysanne Prevost.

Fundraising with the collaboration of the Lennoxville Familiprix and M. Pierre-Olivier Fortier : My Shack, My hot-dog! Will take place on August 8, from 11a.m. to 1:30p.m. during the public Market in Lennoxville. It's a great way to support a local organisation while also having fun. Come and have a hot-dog, chips or a soft drink to support Mon Shack.

You have questions? You know a young adult who can benefit having an apartment at Mon Shack? Call us, at 819 481-1853.

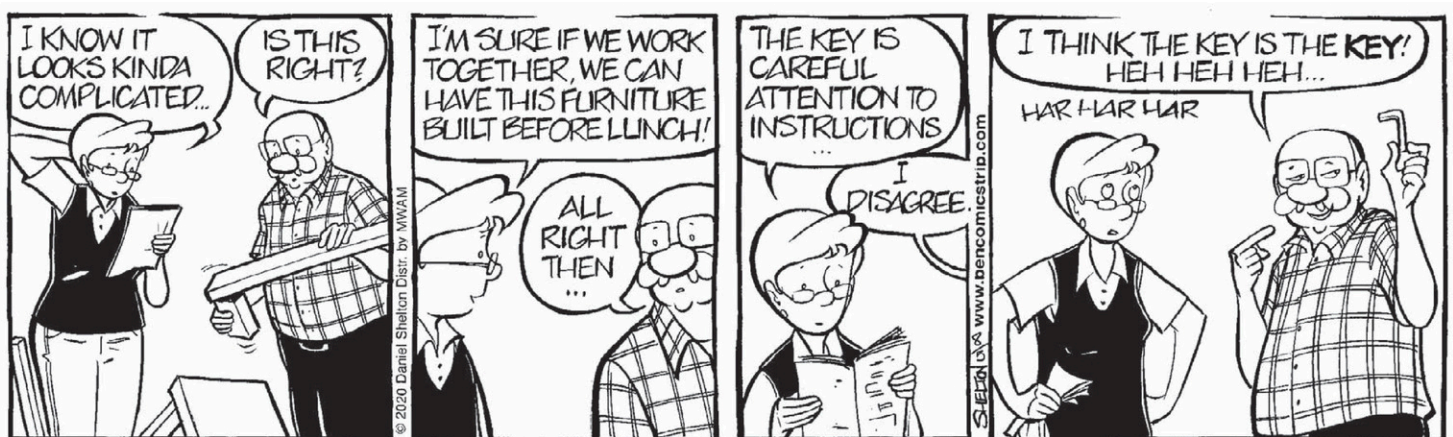




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Ben by Daniel Shelton



Local News

The scammers took advantage of her trust and convinced her that the bank needed her to purchase Google gift cards to help with the investigation.

Telephone fraudsters in the Townships

By Matthew Sylvester
Special to the Record

Many residents of Ayers' Cliff were hit with a series of phone scam calls over the weekend, with the town going as far as to send out a warning not to respond to any suspicious calls. The fraudsters claimed to represent CIBC, the only bank in town, before getting victims to buy gift cards and hand over their codes.

Marilyn Lawand fell victim to the scam.

She received a call on Friday at 7 a.m. from someone claiming to be the senior fraud supervisor at CIBC, and they said that her account had been defrauded for \$1,500. According to the scammers, they even had the RCMP involved.

Lawand explained that she's usually got slim margins on her monthly budget, and losing that much money

would put her in a pretty tight spot. She was ready to do whatever she could to help the bank get her money back. Lawand said that she never felt the urge to question the callers. "I grew up in a community where people trusted each other," she said.

The scammers took advantage of her trust and convinced her that the bank needed her to purchase Google gift cards to help with the investigation. Each morning for the rest of the weekend, they would call her up and ask her to go get more. They kept her thinking they were legitimate by providing even more personal information about her bank account than she had on hand.

Luckily, Lawand was able to figure out the trick on Sunday morning after calling up her bank's actual number and asking a few questions. They revealed that her account had never been defrauded in the first place, and that the people who were claiming to

Centennial pool in Lennoxville closed for repairs

Record Staff

Centennial Pool, located in the borough of Lennoxville, will be closed for a minimum period of two days due to mechanical maintenance. The City of Sherbrooke announced the closure Tuesday, Aug. 4.

be helping her were probably pocketing the gift card numbers to sell later on.

"It's not the kind of scam I'm used to," Lawland explained. She said that she always looks out for people who offer things that are too good to be true, but this time it was her willingness to help that was taken advantage of. "I just don't want this to happen to anyone else," she said.

A representative from the Sûreté du Québec explained that these over the phone scams have been getting all the more common in recent years. Orga-

nized scammers will sometimes use other methods to obtain your information to seem more credible before making their attack. Sometimes even publicly available information can seem like enough to prove someone's legitimacy.

She offered a few general rules of thumb to go by when you're on the receiving end of a suspicious call; to always ask for a full name and the name of the enterprise they represent, to never give out your personal information over the phone, and to never give any sort of payment by phone, email,

If you 'tri'

CONT'D FROM PAGE 1

750-metre swim, which will be done in Lake Massawippi. The two racers will then bike 20 kilometres to the BCS campus in Lennoxville and drop off their bikes, and then finish with a five-kilometre run.

It was Andrews who came up with the idea for a triathlon. He was a client of Bray, who is a personal trainer, and proposed the idea around the end of June. Bray, having done some running events in the past including a half-marathon, jumped on the idea.

"As one of my clients, he had just

come on for about a month, and we had been amping things up quite a bit," Bray said, explaining a triathlon would be a great fitness challenge for the two friends.

They gave themselves a month to prepare for the triathlon, training around 12-15 hours per week.

The race will take place next Monday, Aug. 10.

Bray and Andrews will have people in the water with them for safety reasons, and someone on the bike path in case a chain breaks or they blow a tire. A handful of friends and family will greet them at the finish line on the

BCS campus.

While the winner of the sprint triathlon will be declared on Monday, Bray and Andrews said their fundraising for Mental Health Canada and the Cancer Research Society of Montreal

will continue until the end of August.

So far, Bray raised just over \$450 for Mental Health Canada, and Andrews has around \$800 raised through a GoFundMe campaign for the Cancer Research Society of Montreal.

"This isn't a one and done, at least for me," Bray said. "I set out the goal to do two or three things like this per

year," he explained. His next idea is a 12-hour treadmill run or something similar to raise money and raise awareness. He hopes Andrews will be up for more friendly competition.

Anyone interested in helping Bray and Andrews in their fundraising efforts can use the following links to donate:

Josh <https://raceroster.com/events/2020/24011/tamarack-ottawa-virtual-race-weekend-2020/pledge/participant/9641546>

James <https://www.gofundme.com/f/james039s-campaign-for-cancer-research>

Increase coronavirus testing

CONT'D FROM PAGE 1

plenty of resources to spare. They have the necessary specialized equipment used for testing and recently purchased an adaptable trailer, which was transformed into a mobile screening clinic.

The materials are stationed at 500 Rue Murray in Sherbrooke, where they are being used to help employees at the CIUSSS. However, the mobile trailer can be deployed to any location in the Townships, according to a press release.

The CTAE also hired 15 paramedics this summer, which made it easier for Pellerin to divvy up his staff to alleviate pressure for people working at screening clinics. The national health authority gave paramedics permission to go beyond normal duties.

The co-op also has three ambulances in reserve at its disposal, he continued, which could be used as impromptu mobile screening clinics. Pellerin said that employment options are limited

for paramedics. This initiative creates some diversity in the field.

Testing recommended

With construction holidays wrapped up, Health Minister Christian Dubé, is asking people who travelled across Quebec to be on the lookout for potential symptoms and to get tested if they start showing any signs.

Dubé also called on parents with children attending day camps and daycares to stay vigilant after Quebec reported several COVID-19 outbreaks. He added that the situation is under control, but parents should not be shy to bring their children to a screening clinic.

The health minister concluded with a reminder that screening is essential to stopping the spread of the coronavirus in the community. According to a Quebec government press release, the virus is still circulating, which is why people need to be proactive.

"Testing is one of our most powerful weapons in our fight against the virus,

especially in view of a potential second wave of COVID-19. I'm confident that we will be able to control the spread of the virus in this way," Dubé said.

The latest COVID-19 data reveals 123 new cases in the province over the last 24 hours, bringing the total number of people infected to 59,845. Three new cases were reported in the Estrie region, bringing the local total to 1,064.

The province recorded one new death in the last 24 hours for a total of 5,685.

The number of hospitalizations decreased by three for a total of 169. Among these, 21 patients are in intensive care, which is an increase of three. On August 2, 9,574 tests were performed, for a cumulative total of 1,277,886.



MICHAEL BORIERO

EDITORIAL

In this regard, #SchoolsNotBars is more than a catchy hashtag trending on social media.

COVID-19:

Provinces must respect children's rights to education whether or not schools reopen in September

By Anne Levesque
Assistant professor, Faculty of Law,
University of Ottawa

Children and youth have unwittingly become hot potatoes in one of the most pressing issues our society now faces regarding coronavirus: whether and how schools will reopen in September.

Ontario's Minister of Education, Stephen Lecce, announced July 30 that all publicly funded elementary schools will reopen five days a week, and most secondary schools will open under an "adapted model" that limits student interaction. The province also announced measures such as mandatory masks for students from grades 4 through 12 and \$309 million in funding for student health and safety, including \$50 million for public health nurses.

By trying to please everyone, Ontario's plan could risk pleasing few. For months, parents in desperate need of respite had been urging a full-time and in-person return of students. Many parents have pointed to the devastating economic consequences of having a large proportion of workers hamstrung by child care. The evidence is compelling: A recent study from RBC found women are participating in the workforce at the lowest levels in three decades.

But politicians, unions and school administrators warned of the potential health risks that a full-time reopening would pose to staff and students without adequate measures. Following Ontario's announcement, some parents and others are questioning whether the province's plans will be sufficient.

But children and youth aren't hot potatoes, they're human beings with rights. As a member of the Inter-disciplinary Research Laboratory on the Rights of the Child at the University of Ottawa, I believe that we can depoliticize the back-to-school debate by reframing it with the rights of children and youth at its centre.

But does this mean that children and youth have the right to return to full-time, in-person instruction in September?

Legal obligation: Governments now face difficult decisions that involve the delicate balance of public health and eco-

nomics sustainability. At the same time, all decisions must comply with international human rights law, given the fact that Canada is one of the 193 states that ratified the Convention on the Rights of Children (CRC).

This means offering quality education to our children is a legal obligation. If governments want to lessen the quality of education provided to children and youth, they must first prove that they've given careful consideration of all alternatives and provided the maximum available resources to avoid violating the rights of children and youth.

In this regard, #SchoolsNotBars is more than a catchy hashtag trending on social media. It accurately describes the policy choices that must be made in order to limit community viral transmissions so that we can respect the human rights of children and youth to a quality education.

Child- and youth-centred approach: The Convention on the Rights of Children is the most widely ratified human rights document globally and it represents a watershed change in how children and youth are regarded. It acknowledges them as full-fledged human beings and rights bearers, and moves away from seeing them as passive recipients of adult actions.

An overarching obligation of states under the convention is to give primary consideration to the best interests of children and youth in all matters concerning them. Canada's ratification of it means that all levels of governments must ensure that their decisions and actions comply with the convention.

The best interests of children and youth appear not to have been fully considered in some pandemic policies.

For instance, Stage 2 of Ontario's reopening plan allowed for adult-specific indulgences such as drinks on patios and nail salons.

But while these openings meant adults could drink and get manicures, "playgrounds [and] play structures" were slated to "remain closed," despite the low-risk activities associated with them. The rights of children and youth to play, guaranteed by the convention and vital to their development, continued to be violated.



Rights-based decisions: The right to education is guaranteed by the Convention on the Rights of Children and is intrinsically linked with the best interests of children and youth. As observed by the Committee on Economic, Social and Cultural Rights, education is both a human right in itself and an indispensable means of realizing other human rights.

Children have a right to an education that develops their full potential, including their respect for human rights, their sense of identity and affiliation and socialization, in an environment that prepares them for all aspects of life.

Schools are where children and youth go to have a wide range of their rights fulfilled. These include the right to be protected from violence, the right to receive information, the right to play, the right to access social support and to exercise their freedom of thought and assembly.

While we are rightly called to account for historic and present systemic problems with schools as sites of injustice, discrimination or abuse, schools can also be sanctuaries for marginalized or vulnerable children and youth.

For example, children and youth with disabilities rely on schools to access technologies that will help them overcome communication barriers. Gay-Straight Alliances provide safety and confidentiality for LGBTQ2 students to affirm or educate themselves about sexual orientation, sexual identity, gender identity and gender expression.

Schools can also help counter linguistic and cultural assimilation in Canada's official language minority communities.

Must prove all alternatives considered: Under international human rights law, the scaling back of the quality of the education provided to children and youth ought to be avoided. It is permitted in only in very limited circumstances. Educational experts have argued that online and part-time education is insufficient, inadequate and inequitable compared to safe, full-time, in-person instruction.

If governments want to lessen the quality of education provided, they must first prove they've given careful consider-

ation to all alternatives and provided the maximum available resources to avoid violating the rights of children and youth.

Governments must canvass all other physical locations available to hold in-person instruction to guarantee small class sizes and comply with physical distancing policies if the current infrastructure is lacking.

Accommodation plans must be made for students and teachers who are immunocompromised.

Measures must also be taken so that schools can open safely while respecting the rights of students and teachers to enjoy the highest attainable standard of health. This means that the return-to-school plan must involve efforts to limit community transmission.

A preliminary budget prepared by the Toronto District School Board shows that financial costs associated with implementing the required public health guidelines would be steep.

If it is truly unsafe: If returning to in-person instruction is truly impossible for public health reasons after considering all of these options, training and support must be provided to teachers to create and deliver quality distance education to children and youth that is adapted to their needs and accessible to those with various needs and circumstances. Developing curricula in a haphazard manner isn't acceptable.

It's not unusual that respecting human rights involves considerable financial expenses and complex logistical hurdles.

The right to vote, for example, requires the creation of 20,000 polling stations and the hiring of more than 233,000 people to tend to them.

Adults must now make similar large-scale efforts and financial expenditures in order to respect the rights of our children and youth to a quality and safe education in September.

Anne Levesque does not work for, consult, own shares in or receive funding from any company or organisation that would benefit from this article, and has disclosed no relevant affiliations beyond their academic appointment.

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Over \$800,000 in summer funding for small businesses and organizations

By Matthew Sylvester
Special to the Record

On Tuesday morning Compton-Stanstead MP Marie-Claude Bibeau announced that her riding will receive \$821,992 as part of the Canada Summer Jobs program. In total, 114 different organizations will receive a portion of the funding, which would double the number of jobs created for youth since 2015, Bibeau claimed.

Canada Summer Jobs is a part of the government's Youth Employment and Skills Strategy. It aims to provide youth with meaningful and valuable job opportunities while supporting non-profit organizations and small businesses across the country. The program provides wage subsidies to those organizations to create job opportunities for young people aged 15 to 30 years.

Representatives from four different organizations that will receive funding from the program based in Ayers' Cliff were present for the announcement, which took place in the College Massawippi building. The announcement was made over Facebook to allow for social distancing.

Due to the evolving COVID situation, some changes were made to the program this summer to help out employers. The wage subsidy for all accepted

applicants was increased to 100 per cent, where private businesses only received a 50 per cent subsidy last year. It's hoped that this extra funding will enrich the job market for youth while helping keep some small businesses above the water during the largest recession in over 70 years. In total, the program will create 210 jobs in the Stanstead-Compton region this year.

"We had numerous youths in our region who decided to roll back their sleeves this summer and who contributed to the exceptional collective effort that was necessary due to the pandemic," Minister Bibeau said. She emphasized the importance of the work opportunities provided by the program, giving youth the chance to use their time over the summer to help out local organizations.

Jed Richman is the general manager of Camp Massawippi. He explained that the camp often simply doesn't have the funds to pay for full-time workers over the summer, and that the Canada Student Jobs program is what lets them keep operating and serving their community. "I'm very pleased that the government has determined that we provide an essential service," Richman said. Camp Massawippi is a summer camp specially adapted to the handicapped.

Executive Director of Everblue Massawippi Michèle Gérin said that the program is "No less than a question of survival for the lake organizations." She explained that the program's wage subsidy is the only way that the organization is able to hire workers during the summer, and that without the help of the youth employees their services

would have been cut in half.

Canada Summer Jobs was expanded this year to include all youth between the ages of 15 and 30, rather than only students. The riding of Compton-Stanstead also saw an increase in total funding of \$42,000 compared to last summer.



PHOTO COURTESY OF THE OFFICE OF MARIE-CLAUDE BIBEAU
The Canada Summer Jobs wage subsidy program provides the finances needed for many organizations to offer seasonal work.

L'Gros Luxe restaurant closes up shop



MICHAEL BORIERO

Record Staff

Yesterday the Sherbrooke location of the restaurant L'Gros Luxe located on Wellington Street South announced that because of the current economic context, they are closing their doors permanently.

According to the statement on

Facebook, the team is already at the drawing board preparing for an eventual return to Sherbrooke under new management. In the meantime, the restaurant thanked patrons for their support and invited anyone interested in exploring franchise and partnership opportunities to get in touch by emailing info@lgrosluxe.com.

Air passenger advocacy group asks top court to hear ticket refund case

The Canadian Press
OTTAWA

An advocacy group is asking the Supreme Court of Canada to hear a case on passenger refunds as frustration over flights cancelled due to the COVID-19 pandemic continues to simmer.

The Air Passenger Rights organization has sought leave to appeal a Federal Court of Appeal decision that dismissed the group's attempt to compel the Canadian Transportation Agency to promptly remove a statement on refunds from its website.

The CTA said in March that airlines have a right to issue travel credits instead of a refund for cancelled trips in the "current context," though the agency later clarified that the online statement was "not a binding decision."

Canadian airlines have generally

avoided offering reimbursement to customers whose flights were called off because of the coronavirus crisis, with carriers citing the agency's position in complaint responses and in answer to analyst questions.

Air Passenger Rights founder Gabor Lukacs says the CTA's statements mislead the public about their right to a refund and contradict the quasi-judicial body's previous decisions.

The pandemic has devastated the airline industry, with billions of dollars in losses for Canadian carriers amid grounded flights and tight international borders.

Since February, passengers have filed a handful of proposed class-action lawsuits and three petitions garnering more than 109,000 signatures that call for customer reimbursement.

The CTA did not immediately respond to requests for comment.

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Local Sports

Expos gain steam after notching back-to-back wins

Record Staff

The Sherbrooke Expos claimed their first victory of the Ligue de Baseball Majeur du Québec (LBMQ) 2020 season, defeating the Victoriaville Cactus 4-2 on Sunday evening at Amédée-Roy Stadium. They followed that up with a 13-2 romp over the Ste-Thérèse Cardinaux on Monday.

The game against Victoriaville ultimately came down to strategy at home plate. Both teams were frustrating on defense, allowing only nine hits throughout the entire match. Ismaël Pena put the Expos in scoring position after taking a walk and loading the bases.

John-Anthony Lantigua stepped up next sending a sacrifice fly to the outfield to bring in Benoit Émond for the score. In the next inning, Justin Fortin and Bruno Laurin ran to home plate thanks to a couple sacrificial shots. Lantigua capped off the scoring to put the Expos into the win column.

The Cactus pushed back in the seventh inning with a run from David Glaude, but failed to complete a comeback. Sherbrooke pitcher Claudio Ortiz was credited with the win after playing six innings. Lantigua stepped in as a reliever in the seventh to seal the victory.

The following day, the Expos lined up against the Cardinaux – a team sitting just one spot above them in the league standings. Sherbrooke showed

up at Parc Ducharme primed and ready for a breakout game. The Expos came out swinging and when it was all said and done, nearly the entire team made their way onto the score sheet.

John-Anthony Lantigua led the charge with three runs scored and one run batted in (RBI). Nelson Ercia Jr finished with two runs scored and four RBIs. Pitchers Oscar Rodriguez and Samuel Greene shared duties on the mound with each of them playing three innings. Relief pitcher Jairo Leiva Santiago allowed one run in the final inning.

The Expos, boasting a 2-3 record, have a loaded weekend ahead of them. They are back on the road Friday at 8 p.m. against the third place Shawinigan Cascades. They take on titleholders Thetford Blue Sox at home Saturday and head to Stade Léo Asselin to conclude their weekend against the Acton Vale Castors on Sunday.



ARCHIVE PHOTO COURTESY OF JLEFPHOTO

NHL Montreal Pittsburgh summary

The Canadian Press

Pittsburgh 3, Montreal 1

First Period

1. Pittsburgh, Crosby 2 (Sheary, Guentzel) 4:25.

Penalties - Montreal bench (too many men, served by Kotkaniemi) 7:04; Pettersson Pgh (hooking) 11:23; Armia Mtl (holding) 12:35; Dumoulin Pgh (holding) 13:08; Montreal bench (too many men, served by Kotkaniemi) 14:54.

Second Period

No Scoring.
Penalties - Rust Pgh (roughing) 5:33; Armia Mtl (hooking) 9:33; Armia Mtl (tripping); Weber Mtl (roughing); Malkin Pgh (roughing) 13:27; Byron Mtl (slashing) 15:01.

Third Period

2. Pittsburgh, Zucker 1 (Dumoulin, Sheary) 14:41.

3. Montreal, Kotkaniemi 2 (Petry, Lehkonen) 17:50.

4. Pittsburgh, Guentzel 1 (Rust) 19:50 (en).

Penalties _ None.

Shots on goal by

Montreal 7 6 14 _ 27

Pittsburgh 14 15 9 _ 38

Goal _ Montreal: Price (L, 1-1); Pittsburgh: Murray (W, 1-1).

Power plays (goals-chances) _ Montreal: 0-3; Pittsburgh: 0-5.

Referees _ Francis Charron, Chris Lee. Linesmen _ Derek Amell, Bryan Pancich.

Attendance _ 0 at Toronto.

At home or at the cottage, gatherings of up to 10 people are allowed.



Let's continue to protect ourselves properly.



Keep your distance



Wash your hands



Cough into your sleeve



Clean surfaces

Québec.ca/coronavirus

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Votre gouvernement

Québec

Death

**Jean
(Farwell)
Monty**


Passed away peacefully at the Pinecrest Nursing home in Plantagenet, Ontario on May 5, 2020, at the age of 93. Beloved wife of the late George Louis Monty and daughter of the late Judson and Eliza Farwell.

She is survived by her 3 children: Brian (Erica), Susan, Jeff (Linda); her 6 grandchildren: Todd, Robin, George, Shane, Stephanie, Renee, her 9 great-grandchildren: (Mathew, Sydney, Wyatt, Nolan, Zoe, Bronwyn, Etta, Theo and Archie.); and many nieces, nephews, other relatives and friends.

She is predeceased by her sisters Norma, Joyce (Bill), and Esther (late Clovis Cote); her brothers Donnie (Olene), Arthur, Albert.

A celebration of her life as a mother, wife, teacher, caregiver and friend is planned for Spring 2021 at Ives Hill.



WEDNESDAY, AUGUST 5, 2020

Today is the 218th day of 2020 and the 47th day of summer.

TODAY'S HISTORY: In 1884, the cornerstone for the Statue of Liberty's pedestal was installed on Bedloe's Island in New York Harbor.

In 1962, Marilyn Monroe was found dead in her Los Angeles home.

In 1981, President Ronald Reagan began to fire 11,359 striking air-traffic controllers for violating his order to return to work.

In 2010, a cave-in at the San Jose Mine near Copiapo, Chile, trapped 33 miners 2,300 feet underground.

TODAY'S BIRTHDAYS: Guy de

Maupassant (1850-1893), author/poet; Joseph Merrick aka "The Elephant Man" (1862-1890); John Huston (1906-1987), actor/director; Neil Armstrong (1930-2012), astronaut; Herb Brooks (1937-2003), hockey coach; Loni Anderson (1945-), actress; David Baldacci (1960-), novelist; Patrick Ewing (1962-), basketball player; Adam Yauch (1964-2012), rapper; James Gunn (1970-), filmmaker; Travie McCoy (1981-), rapper; Lolo Jones (1982-), Olympic athlete.

TODAY'S FACT: Norma Jeane Baker began using the name Marilyn Monroe in 1946, but did not legally change her name until 1956.

TODAY'S SPORTS: In 1979, Pete Rose

of the Philadelphia Phillies hit his 2,427th career single, breaking Honus Wagner's National League record. Rose would finish his career with 3,215 singles, a major-league record that still stands.

TODAY'S QUOTE: "Patriotism is a kind of religion; it is the egg from which wars are hatched." -- Guy de Maupassant, "My Uncle Sosthenes"

TODAY'S NUMBER: 91 -- minutes legendary magician Harry Houdini spent underwater in a sealed coffin before emerging unharmed, on this day in 1926. The event was Houdini's last public escape.

TODAY'S MOON: Between full moon (Aug. 3) and last quarter moon (Aug. 11).

Not all masks are created equal



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

Hello, dear readers, and welcome back to our monthly letters column. We hope you're all doing as well as possible during these challenging times. We've received even more mail than usual, much of it -- no surprise -- virus-related. We'll address some of those questions here, and the rest in an extra letters column soon.

-- Many of you have remarked upon the wide variety of facial coverings people are using and wonder if they are equally effective. The answer, unfortunately, is no. Coverings such as bandanas and scarves,

which have a loose weave and a loose fit, don't provide as effective a barrier as masks made of tightly woven fabrics, with multiple layers and a snug fit over the nose, under the chin and around the sides of the face. The goal of a face mask is to block the large droplets generated by a cough or a sneeze, as well as the airborne particles, known as aerosols, that we produce as we speak and exhale. That's also why, although they are more comfortable to wear, masks fitted with valves are largely ineffective at protecting others from exhaled breath.

-- Speaking of face coverings, we had several questions about water temperature for washing reusable masks. "I always thought it was the soap, not the water temperature, that did the work when washing hands," a reader wrote. "So why do all the articles say to wash your face mask in the hottest water possible?" You're correct that it's the molecular properties of soap that penetrate the fatty lipid membrane of the virus and disable, or "kill," it. Water temperature doesn't play a role, except in comfort. Guidelines from the Centers for Disease Control and Prevention recommend that people wash their masks with warm water and detergent. Water has to be very hot -- 140 to 150 degrees Fahrenheit -- to kill a virus on its own. What's equally important when washing a mask is to dry it thoroughly, preferably in the dryer. Damp

cloth gives other microorganisms, such as bacteria and fungus, a place to thrive.

-- In a column about chondrocalcinosis, a painful buildup of calcium crystals within the joint (also known as pseudogout), we mentioned that low doses of an anti-inflammatory called colchicine can be helpful. A reader from Kelso, Washington, wrote to say the medication brought her relief. "I have had this condition in my knees, ankles and even my wrists," she wrote. "I started taking colchicine and had an immediate easing of pain, which finally went away." We're glad to hear that you found some relief from a painful condition. It's important for readers to note that colchicine is available only by prescription. It can have side effects, and should be taken under medical supervision.

As always, thank you to everyone who took the time to write to us. Even though we can't respond to each of your letters, we do read all of them. As a reminder, we can't offer a diagnosis, recommend or comment on medications or provide a second opinion. Many of you continue to ask for copies of previous columns. The complete archive is available at uexpress.com/ask-the-doctors.

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

Take a look in your pantry for old, forgotten packets of yeast. Expired yeast may not be good for making a loaf of bread, but it can still be used to protect your garden from pests. Mix the yeast with a little salt, sugar and warm water. This sugary, salty, yeasty mixture is irresistible for slugs in your garden. Just pour it into shallow dishes and the slugs will crawl right in and drown. Place the dishes of yeast mixture every six to eight feet for the best results.



Fig.16

› If this feels like a math test, visit mathliteracy.ca or call 1-800-303-1004.

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

NEA Crossword Puzzle

Your Birthday

WEDNESDAY, AUGUST 5, 2020

at what you are up against, make adjustments and rethink your strategy before moving forward. A change at home won't please everyone.

AQUARIUS (Jan. 20-Feb. 19) – Make fitness, proper diet, health and emotional well-being your priorities. Honesty will play a role when dealing with relationship issues. Physical activity will motivate you to make changes.

PISCES (Feb. 20-March 20) – Reach out to an organization you believe in, and do your part to make a difference. Someone from your past will have an impact on the changes you make.

ARIES (March 21-April 19) – Don't stop until you have taken care of your responsibilities. Let your actions speak for you, and you will gain respect and the assistance you need to reach your target.

TAURUS (April 20-May 20) – Size up what you will have to do, and formulate a strategy that will ensure your success. Your actions will have the most significant impact. Stubbornness will work against you.

GEMINI (May 21-June 20) – Don't let distancing shove you out of the loop. Stay in touch with your associates and on top of what's going on within the industry you work.

CANCER (June 21-July 22) – Anger won't help you get your way, but channeling your energy into doing the best job possible will bring good results. Choose your battles and associates wisely.

Restrictions can build strength of character and make you realize what's truly important to you. Put your health and personal pleasures first. You may not like the changes that take place this year, but you will discover you can save money, find peace of mind and have a chance to live a simpler lifestyle.

LEO (July 23-Aug. 22) – Information you receive will help you make a progressive move. Put your energy into using your skills diversely and achieving your goals. Personal improvement will pay off.

VIRGO (Aug. 23-Sept. 22) – Self-assessment will help you gain insight into what you need to do to reach your objective. Research rules and regulations that you'll need to abide by to proceed.

LIBRA (Sept. 23-Oct. 23) – Find a way to keep others occupied and out of your way. Anger and frustration will stand between you and what you plan to accomplish. Self-improvement will motivate you.

SCORPIO (Oct. 24-Nov. 22) – Don't let others influence how you go about your business. A positive change at home will bring you peace of mind and encourage you to hone a skill that will help you get ahead.

SAGITTARIUS (Nov. 23-Dec. 21) – Handle your investments, documents and contracts yourself. Someone will take advantage of you if given a chance. Honesty will be vital to maintaining good connections.

CAPRICORN (Dec. 22-Jan. 19) – Look

Answer to Previous Puzzle

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

- ACROSS**
- 1 Calls in a loud voice
 - 6 Common-place
 - 11 Minor partner
 - 12 Squirm
 - 13 Sushi bar selection
 - 14 Determine value
 - 15 Landscape
 - 16 — du jour
 - 17 Jackrabbit
 - 18 Nonsense!
 - 19 Was, to Ovid
 - 23 Plumbing problem
 - 25 Artifice
 - 26 Knock politely
 - 29 Kind of reading
 - 32 Actress — Farrow
 - 33 Raw metal
 - 34 Long-answer exam
 - 35 Near and dear friend
 - 36 Calendar row
 - 38 Dancer — Astaire
- 40 Vine valley
- 41 Play on words
- 42 Hence
- 46 Tall tale
- 48 Farewell
- 49 Ski lodge type (hyph.)
- 52 Avoids capture
- 53 Small lizards
- 54 Up-to-date
- 55 Gather together
- 56 Additional

- DOWN**
- 1 New Mexico's flower
 - 2 Calculator key
 - 3 Big name in trains
 - 4 Unhurried gait
 - 5 Herr, in Madras
 - 6 Pliny's bear
 - 7 Wimple wearer
 - 8 Sporty truck
 - 9 Happy sighs

- 10 Brown of renown
- 11 Rib
- 12 Kelly or Whitman
- 16 Ridicules (2 wds.)
- 18 Knocks
- 20 Haunches
- 21 Great Wall locale
- 22 Bluish-green
- 24 Flight dir.
- 26 Municipality
- 27 Sphere of interest
- 28 Chirp
- 30 Accrue interest
- 31 Tint
- 37 Seal skin canoes
- 39 Take away from the total
- 41 Veep's superior
- 43 Bill tack-on
- 44 — Davis of "The Fly"
- 45 Remove from office
- 47 Andy's friend
- 48 Haley or Trebek
- 49 Muslim honorific
- 50 Not masc.
- 51 Electronics mfr.
- 52 Before, in verse

	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					

WEDNESDAY, AUGUST 5, 2020

The location is unimportant

By Phillip Alder

Yesterday, I pointed out that bridge players do not care about race or religion. They are also unconcerned about venue. The annual world championships have gone to all four corners of the globe – if the geoid of a planet can have corners! In today's deal, how should South have played in three no-trump after taking the first trick with dummy's club queen?

The deal occurred in Chinese Taipei during the 1971 Bermuda Bowl final between France and the Aces (the American professional team formed by Ira Corn Jr.).

South's two-no-trump rebid showed a balanced hand with five hearts: too strong for a one-no-trump opening but not strong enough for two no-trump.

For France, at trick two, Roger Trezel (South) called for a low spade. However, Bobby Wolff (East) wasn't caught napping. He shot in with the spade ace and returned the club 10. Jim Jacoby (West) took four club tricks to defeat the contract.

Bobby Goldman did much better. He took the diamond finesse at trick two. If West had won with the king, declarer would have still been all right unless West could have put East on lead with a spade for the lethal club play – after which, as we have just seen, the contract would have been unmakeable.

		North	08-05-20
		♠	Q J 10 7 4
		♥	A
		♦	7 6 5 3 2
		♣	Q 5
West		East	
♠	2	♠	A 9 8 6 3
♥	9 8 3 2	♥	7 6 5
♦	10 8 4	♦	K 9
♣	A J 9 7 3	♣	10 6 4
		South	
		♠	K 5
		♥	K Q J 10 4
		♦	A Q J
		♣	K 8 2
		Dealer: East	
		Vulnerable: North-South	
South	West	North	East
			Pass
1♥	Pass	1♠	Pass
2NT	Pass	3♦	Pass
3NT	Pass	Pass	Pass
		Opening lead: ♣ 7	

Here, though, the diamond finesse won. So, Goldman played a heart to dummy's ace, repeated the diamond finesse and claimed nine top tricks from five hearts, three diamonds and one club.

The Aces (Billy Eisenberg-Bob Hamman, Goldman-Mike Lawrence and Jacoby-Wolff) won the 128-board match by 243 international match points to 182.

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.

"PCSIJVE FJ ZCJV FZGCWVOSV, OSX
FV'J XFTTFANUV HPIS EGN'WI ECNSB
OSX JFSBUI OSX JCWV CT TFBNWFSB
CNV ECNW CHS UFTI." — ROA ITWCS

Previous Solution: "Loving someone who doesn't love you is like waiting for a ship at the airport." — Zayn Malik

TODAY'S CLUE: *d equals g*

REALITY CHECK



HERMAN

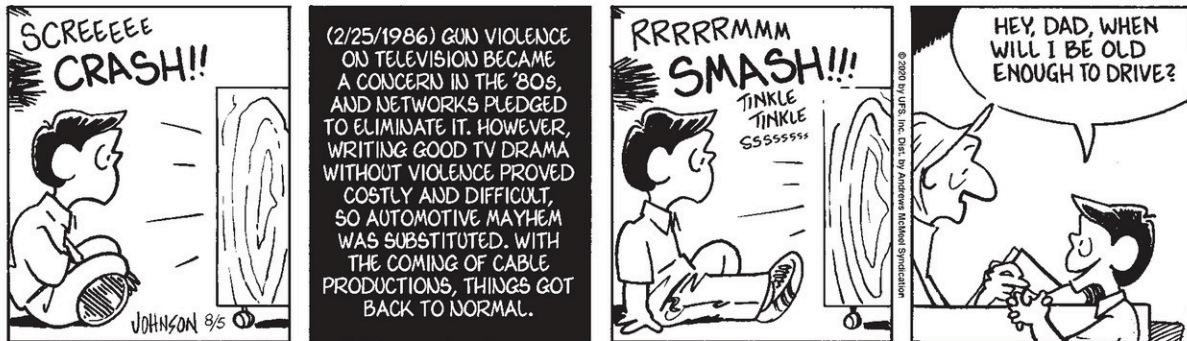


"How was I supposed to know it fired torpedoes?"

ALLEY OOP



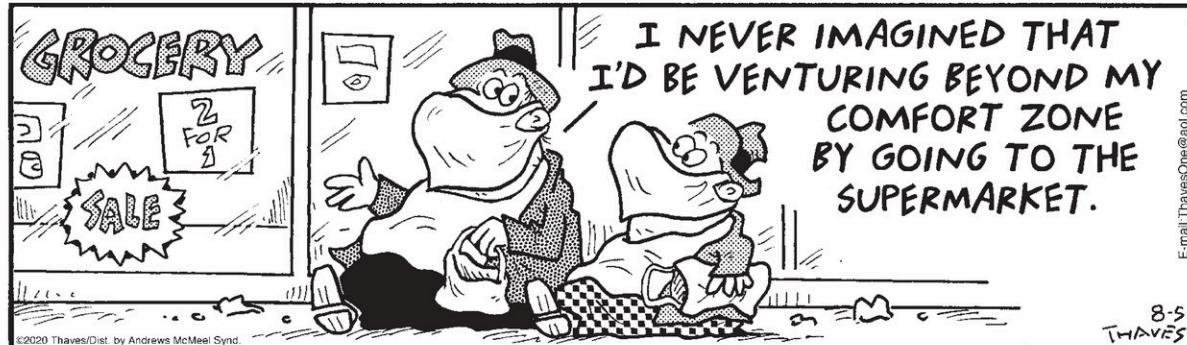
ARLO & JANIS



THE BORN LOSER



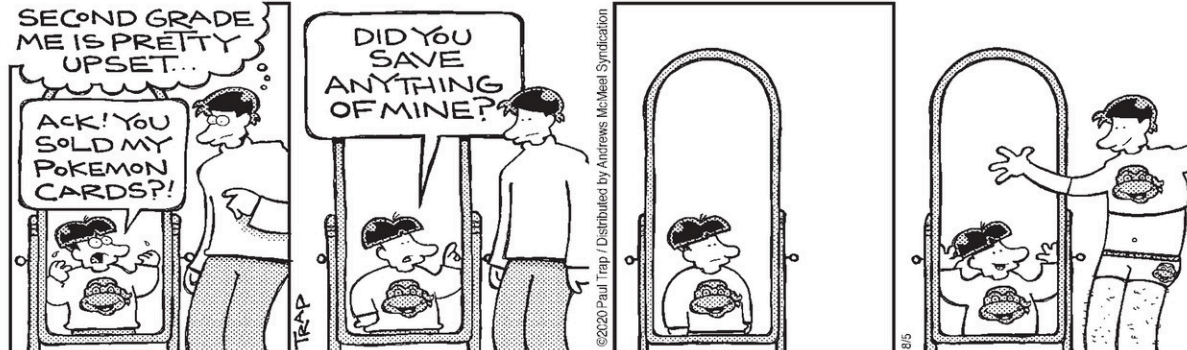
FRANK AND ERNEST



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⊙ ** ☼ ☽ ☿ ♁ ♃ ♅ ♇ ♉ ♋ ♍ ♏ ♐ ♑ ♒ ♓ ♔ ♕ ♖ ♗ ♘ ♙ ♚ ♛ ♜ ♝ ♞ ♟

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

CRYPTO FUN

☼ ☽ ☿ ♁ ♃ ♅ ♇ ♉ ♋ ♍ ♏ ♐ ♑ ♒ ♓ ♔ ♕ ♖ ♗ ♘ ♙ ♚ ♛ ♜ ♝ ♞ ♟

Determine the code to reveal the answer!

Solve the code to discover words related to eye health and safety.
 Each number corresponds to a letter.
 (Hint: 15 = I)

A. 26 15 17 15 2 4
Clue: Ability to see

B. 21 10 18 15 4 24
Clue: Part of the eye

C. 3 6 24 21 15 18 7
Clue: Sharpness of image

D. 19 15 17 18 24 4 3 10
Clue: Length between objects

Answers: A. vision B. retina C. clarity D. distance

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SUDOKU

DIFFICULTY RATING: ★★☆☆☆

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

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PREVIOUS SOLUTION

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

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

Dear Annie

WEDNESDAY AUGUST 5, 2020

Dear Annie: My husband and I have been following the recommendations for protecting ourselves and others from COVID-19 in recent months. Although we've missed seeing our kids and our grandchildren, we've stuck to our guns on this, even as others around us have begun to take a more relaxed approach. We've only recently started to see our immediate family (kids and grandkids), per the reopening guidelines in our state.

I am in my 50s and have a health condition that makes me susceptible to respiratory illnesses. If I were to be infected with the virus, I would most likely not survive. My husband is on the borderline of being at an elevated risk due to his age.

My stepson and his wife recently hosted a first birthday party for our youngest grandchild. When they sent out the invitations, they said they understood if people didn't feel comfortable attending. Given that the party would involve a large group of people from different places, most of whom do not believe in wearing masks or taking other precautions, and co-mingling for a few hours in a small space, we elected not to go.

Now my stepson and his wife are angry with us and have gone so far as to post passive-aggressive comments on social media essentially putting down those of us who believe in this "hoax." My stepson is not speaking to my husband over this, and I'm willing to bet he and his wife are placing the blame on me. I feel really bad about the tension this has created, but I don't see what other choice we had in this situation. I am at high risk, and even if my husband went without me, his exposures potentially put me at risk through the close contact we share. Honestly, though, with the numbers going up instead of down, I probably wouldn't have felt comfortable attending even if I weren't considered to be at an elevated risk.

It hurts that they don't care about my health and safety, while I am the one wondering if taking precautions to protect myself and others is selfish. I don't think this is a situation where it's possible to compromise and please everyone involved, nor do I feel like the coronavirus is going away anytime soon. Do you have any suggestions for how to best deal with this? - COVID Caused a Family Rift

Dear COVID Caused a Family Rift: You dealt with this wonderfully. You protected yourself and your husband. I would caution you not to bet or guess that your stepson and his wife are angry with you or blaming you. Communication is key here. Reach out to them via FaceTime, and let them know how sad you are that you were not able to be at your grandchild's birthday.

This is a very frustrating time for many families who cannot celebrate together. The important thing is to acknowledge that, rather than get angry over it.

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