

Red Cross study finds seniors struggling

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MONDAY, AUGUST 24, 2020

Sherbrooke security guard dies four months after being struck

Record Staff

Philippe Jean, a security guard who was struck by a Walmart customer in Sherbrooke, has died after spending four months in an induced coma.

Jean, a father of five, had recently been hired as a security guard to monitor the traffic going in and out of the building before the fatal incident. His brother, Guillaume Jean, confirmed the death to Radio-Canada.

Nacime Kouddar was apprehended by police as a suspect in the attack. He was charged with aggravated assault, leaving the scene of an accident, criminal negligence causing bodily harm and assault with a weapon causing bodily harm.

The 25-year-old allegedly argued with Jean after the security guard informed Kouddar that he and his partner could not enter the Walmart together due to Quebec's new health and safety guidelines.

The situation has been cloudy for months as Kouddar's lawyer stated security footage from the altercation paints a different picture. However, the video has not been released. It remains unclear whether Kouddar will be handed new charges in light of Jean's death.

Richmond day campers police for a day



COURTESY

Record Staff

Children participating in Richmond's summer day camp recently received a visit from the cadets of the Sûreté du Québec as part of the "discovery of the profession of police officer" program.

This activity allowed the young

people to hear more about the job of police officers, to get a closer look at a patrol car and to learn about the equipment that a police officer uses for work. Two cadets, Étienne Lessard and Ismael Landry, as well as agent Mike Cyrenne-Tourigny, from the Sûreté du Québec du Val-Saint-François post in Richmond, were on hand to answer

questions asked by the children in order to talk about police work first-hand.

The groups participating in the activity were presented with washable SQ tattoos, coloring books and cop for a day caps, much to the delight of everyone involved.

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Weather



TODAY:
60% CHANCE OF SHOWERS

HIGH OF 23
LOW OF 17



TUESDAY:
70% CHANCE OF SHOWERS

HIGH OF 23
LOW OF 8



WEDNESDAY:
MIX OF SUN AND CLOUD

HIGH OF 17
LOW OF 8



THURSDAY:
SUNNY

HIGH OF 21
LOW OF 8



FRIDAY:
MIX OF SUN AND CLOUDS

HIGH OF 20
LOW OF 10

Potton offers a range of leisure and fitness activities for this fall



THE SCOOP MABLE HASTINGS

The Municipality of the Township of Potton is pleased to offer citizens a range of leisure and fitness activities for this fall. To ensure that all the health measures defined by the government are properly applied and that the classes are as safe as possible for participants, leaders of programs recently attended a training workshop on health and safety instructions, given by Potton's new preventionist James Bouthillier.

As communities strive to return to a new kind of normal, fall programs are being adjusted, modified and redefined due to the COVID-19 Pandemic and Government safety protocols. While the following activities are being offered with modifications through the Municipality of Potton, programs of the Missisquoi North Volunteer Centre (CABMN) are on hold until further notice and will be posted on their website at www.cabmn.org when program start up dates have been determined.

The Municipality of Potton will offer



PHOTO COURTESY

the following programs and dates, times and details on costs and group capacity can be found on www.potton.ca and include: a new craft evening with librarian Ann Colgan at the Potton library with a new project created every month. Programming will also include: Saturday Karate with Alain Veilleux from September to November. Beginners and Intermediate Pilates with Monique Gilbert, M.Sc.Kinesiologist will take place from September to December as well as X-fit on Thursdays in the Park Andre Gagnon.

Other activities include Petanque through fall until October with Carole Delaitre at the Park Andre Gagnon. Afternoons from October 29 to April at the Catholic Church basement the Club des Retraites will offer cards, Wii, pool and darts. Michael McCusker will host Bridge on-line and Marie Gagnon will lead Thursday Yoga at the Town Hall.

Activities continue with Badminton

and Pickelball at the Mansonville Elementary School Gymnasium. Action Sante will offer Tai Ki Gong on-line and the Choir Le Choeur des Chouettes will also meet.

As everyone strives to get back to some kind of a routine these activities provide options with the safety measures necessary in place to assure the well-being of all participants. All details are easily accessible on the Potton website and due to the fact that group capacity may be reduced, you are encouraged to sign up early. While some activities are free of charge, the costs for those with a fee are listed on the site.

Physical activity and thoughtful tasks can only help all to get through the fall and winter months in a healthier mind frame. The Municipality of Potton wants to do all it can to aid citizens in attaining good health.

Waterworks maintenance in Lennoxville this week

Record Staff

Work to install a new fire hydrant and close off the water access point for the former site of L'ami Denis on the south end of Lennoxville will restrict traffic to one lane on Queen street for part of this coming week and result in interruptions to water service in the surrounding area. Starting Tuesday,

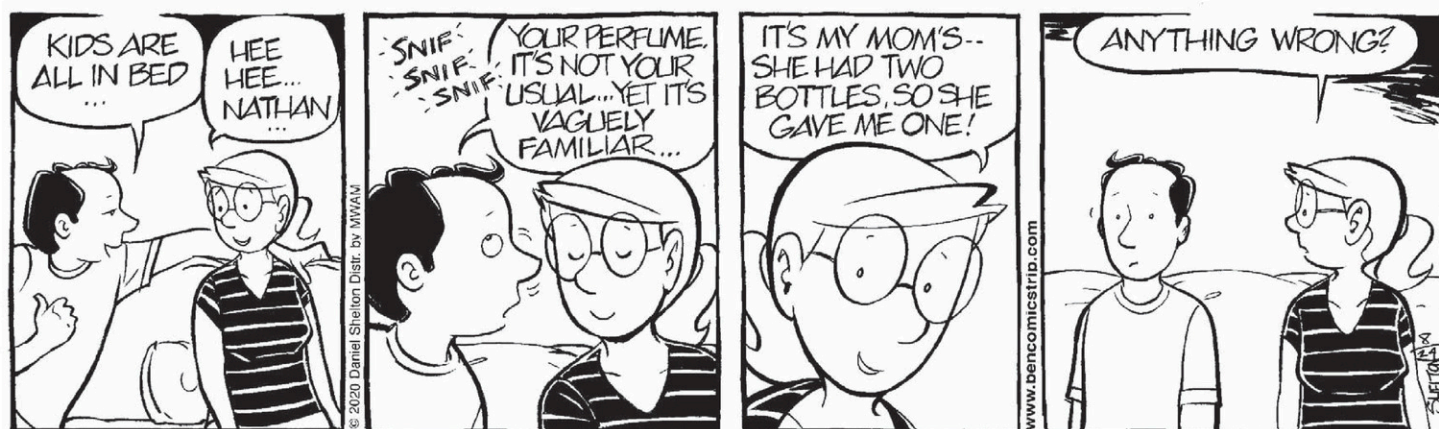
Aug. 25, a 7:30 a.m. and continuing until 6 p.m. Wednesday, drivers heading into town should expect to detour onto highway 410, as the northbound lane will be closed at the J.D.L.Laguë John Deere dealership site. southbound drivers should still be able to proceed out of town as normal, but signalers will be on site to help guide traffic.

On Tuesday only, water service will be cut off to residents at 9, 11, 15, 16, 20,

and 30 Queen Street between 8 a.m. and 6 p.m. After water is restored, a 48-hour preventative boil water advisory will be in effect for those same addresses.

On Monday city work crews will also be in place to carry out repairs to the waterworks network on Speid Street near the corner of Deacon in Lennoxville. That work is expected to be completed before noon.

Ben by Daniel Shelton



Local News

Quebecers seemed to be better off in general than the rest of the country's elders, but there was still a significant uptick in anxieties about food safety, health, depression, etc.

Quebec reports 74 new COVID-19 cases, 1 death linked to virus

The Canadian Press and Matthew McCully

From among the new cases, 12 were reported in the Estrie region bringing the local total to 1,155.

Health authorities say the latest confirmed infections brings the total in the province to 61,673 since the beginning of the pandemic.

The Health Department has also added one more death for which the date is unknown, bringing the total to 5,740.

The province says 54,682 people have recovered from the virus.

Hospitalizations are down seven to

117, of which 14 remain in intensive care—a decrease of two from the previous day.

The province conducted 15,599 tests on Friday, the last day for which figures were available.

Quebec is reporting 74 new COVID-19 cases today while patients in hospital and intensive care declined.

Red Cross study finds seniors struggling most

By Matthew Sylvester

the pandemic and quarantine. Nearly a third of those aged 65 or older reported that they couldn't name anyone they could count on to get help from if they needed it. The same number reported feeling lonely often or even every day. Only half of respondents said that they had high hopes for the future.

Quebecers seemed to be better off in general than the rest of the country's elders, but there was still a significant uptick in anxieties about food safety, health, depression, etc.

"The results are disconcerting," said Dr. Paul Hebert, Medical and Science Advisor for the Canadian Red Cross. "While staying at home can be a life-saving measure for older adults, we also know that social isolation and emotional disconnectedness are major health concerns. They can worsen physical and emotional problems — particularly for the frail, who have far less ability to cope with even minor

medical setbacks."

Seniors were not the only group to experience a small monthly increase in feelings of loneliness, depression, and hopelessness. "There is considerable research linking prolonged social isolation and loneliness to higher risks of physical and mental conditions, such as high blood pressure, heart disease, cognitive decline and a weakened immune system," says Dr. Hebert.

Hebert emphasized how important it is for the less vulnerable populations to stay aware of the conditions of seniors, and watch for signs of mental deterioration like anger, irritability, loss of appetite and weight, loss of interest in activities they would normally enjoy, and changes in sleep habits.

In the long term, Hebert said that this study has revealed how important it is to develop systems to help seniors cope with future emergencies, and even day to day life.

"COVID-19 has exposed flaws, but mostly it has illuminated long-standing issues regarding care for our aging population," he said. "The sectors, systems and processes serving the vulnerable among Canada's aging population are varied and complex, but right now there is also a strong common interest in collaborating and coordinating to pursue improvement."

Hebert said that spirit of improvement has already manifested itself in the Pan Canadian Social Collaborative started by the Red Cross to deal with this issue. "We felt it appropriate to engage with leaders within the medical, social, academic and research communities to pursue policies and programs that address the needs of vulnerable groups and are based on sound evidence so that we improve the health of older Canadians and members of vulnerable sub-populations," he said.

The ongoing COVID-19 pandemic is shaking up the lives of all Canadians, but it isn't difficult to see that seniors have had to deal with the worst of the fallout out of any other age group. Four months ago, the Canadian Red Cross began a voluntary study targeting seniors to see what the psychological impact of isolation have been on the most vulnerable age group.

The study was conducted in four segments between the months of April and July. Over that time, around 2,000 participants over the age of 18 - with an emphasis on seniors aged 65 and older - were polled on different questions relating to the psychological stresses they were forced to deal with.

After analyzing the results of the study, the Red Cross found that many long standing struggles faced by the senior population were exacerbated by

André Desfossés given Lieutenant Governor's medal

Record Staff

The Town of Richmond recently announced that local resident and longtime volunteer André Desfossés had been awarded the Lieutenant-Governor of Quebec Medal for Seniors in recognition of his involvement in the Richmond community.

The town thanked Desfossés for his many years of volunteering, which include involvement in the Volunteer Action Center for over 11 years, of which he was also president from 2015 to 2018. He has also been involved in other organizations including meals on wheels, the Knights of Columbus and the Golden Age club. His knowledge of the environment and the needs of the community have also led him to actively participate in the development of the Age-Friendly Municipality (MADA) policy and in the monitoring committee for the MADA action plan.

Reacting to the news, Desfossés said he was "honored and very moved by this honor,"

"I was speechless when I received this medal," he added. "I am proud to contribute to the development of my community."

Richmond mayor, Bertrand Ménard thanked Desfossés for his involvement and the positive impact he has in Richmond.

"We are very happy that Mr. Desfossés was rewarded after all this volunteering," the mayor said. "André is an example of a citizen who

works for the good of his community and the presentation of this medal not only underlines the contribution of this man but also the very important contribution that great volunteers like him have for the town."



COURTESY

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EDITORIAL

The Cirque had already been in a struggle for Quebec ownership of the company that even included Quebecor acquisition addict Pierre Karl Peladeau.

Quebec's pride, Cirque du Soleil, falls into 'foreign' hands



PETER BLACK

It's hard to think of any one thing or person that's put Quebec "on the map" in a positive way in recent years more than the Cirque du Soleil. Fellow Las Vegas act Celine Dion, sure, but after that, what or whom else?

The Cirque has dazzled audiences literally around the world, redefined the tightrope, clowns and elephants concept of circuses, and inspired dozens of other imaginative spin-off competitors in this genre of live entertainment. It also made a heck of a lot of money.

Hence, it should be of some consequence that the Cirque, this sparkling jewel of Quebec creativity, should fall into "foreign" hands, like some pretty acrobat in the clutches of a moustache-twirling villain.

Foreign, in this case, means outside the province, since the new controlling co-owner of the little circus that grew is Toronto-based Catalyst Capital Group Inc. which, according to its website, "specializes in control and/or influence investments in distressed and undervalued Canadian situations."

Well, "distressed situation" certainly describes the Cirque du Soleil, which, like every other entertainment venture that requires an audience of living, breathing humans in large groups, saw its bookings and revenues plummet like a high-wire act without a net. In March, as the coronavirus bomb burst, the Cirque laid off 95 per cent of its staff, about 2,600 people, from clowns

to costume-makers, around the world.

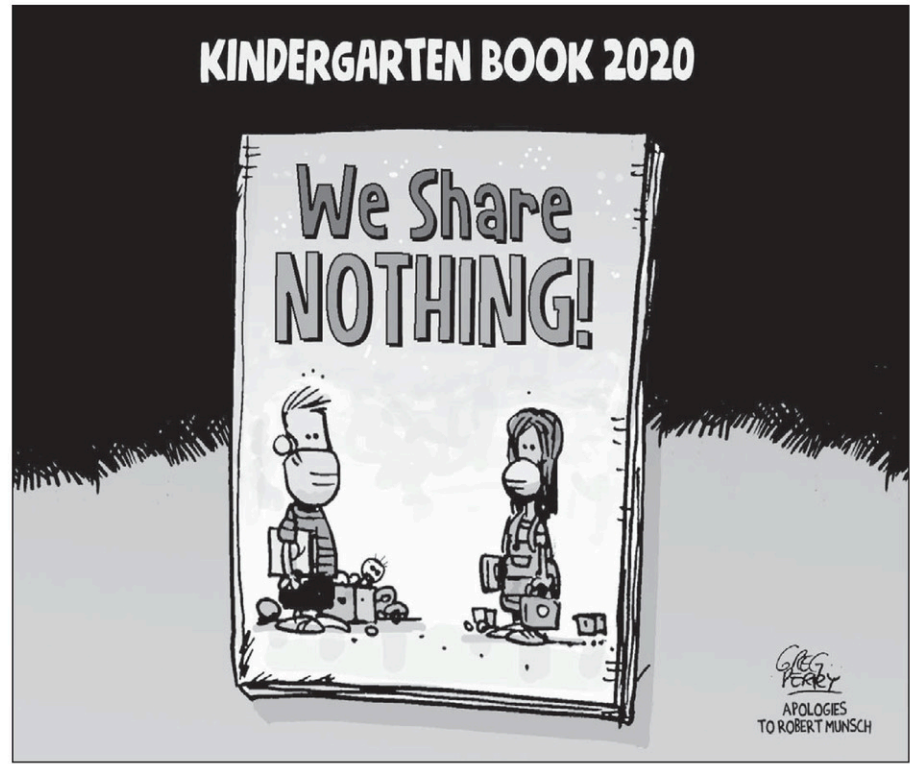
The Cirque had already been in a struggle for Quebec ownership of the company that even included Quebecor acquisition addict Pierre Karl Peladeau. In fact, prior to the latest court-adjudicated take-over, the largest shareholders of the Cirque were a Texas-based investment outfit and the Chinese mega-conglomerate Fosun, which had big dreams of opening Las Vegas-like Cirque shows all over China.

The tourism division of Fosun, coincidentally, bought the French-owned Club Med franchise for a billion bucks and change in 2015. The local tidbit of irony and proof that it's a small corporate world after all, is that Club Med is building its first all-season mountain resort in the world down the road from Quebec City at Le Massif in the Charlevoix region.

The owner - lock, stock and T-bar - of the popular ski mountain overlooking the St. Lawrence River, is none other than Daniel Gauthier, co-founder of the Cirque, who cashed in his chips in 2002. Gauthier is intimately familiar with the Charlevoix area; he fetched up in Baie Saint Paul at age 17 where he met Guy Laliberté with whom he would create a street performance company that eventually became the Cirque du Soleil.

Gauthier served as money manager and then president of the rapidly expanding company from 1984 until he packed it in to pursue another dream, creating a world class attraction out of the sleepy Massif mountain. At last count, after numerous delays, Club Med Quebec Charlevoix., a \$120 million investment, is slated to open in December, 2021 - assuming guests from outside Canada will be allowed to visit by then.

Laliberté, meanwhile, took much longer to cash in his stake in the circus empire he created out of a stilt-walking act. And what a leger-de-main that was. The Caisse de dépôt et placement (Quebec taxpayers' pension fund) bought out Laliberté's last 10 per cent shares in the company for \$75 million.



That purchase doubled the 10 per cent stake the Caisse already had in the company.

That was in February before the pandemic struck - perhaps the China-savvy Laliberté knew something dreadful was coming - and suddenly the Cirque has declared bankruptcy, corporate vultures are circling, and poof, like bad magic, the Caisse's investment - Quebec's investment - in the Cirque is up in a puff of smoke. One report says the Caisse's losses on the Cirque now total \$170 million.

Questions are coming hard and fast about how the Legault government let the Cirque slip out of Quebec hands and into those of its creditors - owed some \$1 billion - from outside the province.

On the positive side, the creditors, which, besides Catalyst Capital, includes some U.S.-based firms, plan to invest hundreds of millions in getting the Cirque back on its feet once the pandemic retreats. Maybe they'll eventually sell back some of the company that made Quebec famous to stake-holders back home.

Letters

DEAR EDITOR,

As our economy starts to reopen, the health and safety of Canadians is our number one priority.

That's why the Government of Canada is acting now to put the right tools in place before a potential second wave of the COVID-19 pandemic hits.

We have negotiated a Safe Restart Agreement with the provinces and territories that will invest \$19 billion to protect the health of Canadians and ensure they can safely return to work.

This Agreement bolsters the capacity of the provinces and territories to conduct contact tracing and testing, with a goal to have capacity for up to 200,000 tests a day across the country. This is vital to containing future outbreaks quickly before they spread.

To better protect seniors in long-term care homes, we are funding infection prevention measures and expanding eligibility for federal infrastructure funds so they can be used to modernize and renovate long-term care facilities.

We have set up a contingency reserve of personal protective equipment so front line and essential workers have the vital protection they need to do their jobs.

The Agreement also makes a significant investment to ensure sufficient and safe childcare is available for families. By ensuring staff and children are safe, parents will have the peace of mind to feel confident returning to work.

The federal government is creating a temporary national sick leave program so no one feels pressured to go to work when sick. The program will provide 10 days of paid sick leave to workers who do not already qualify through their employers to ensure they can stay home and get well.

Throughout these difficult times, Canadians have stood together to look out for one another and protect our communities.

Our government will continue to ensure that Canadians have the supports to stay safe and get through this pandemic.

Yours sincerely,

DEB SCHULTE
CANADA'S MINISTER OF SENIORS

THE RECORD

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Memphremagog Conservation Inc. holds annual general meeting

By Matthew Sylvester
Special to the Record

On Saturday, Memphremagog Conservation Inc. held their annual year-in-review to discuss the progress of the various conservation projects that take place on the lake. After introductions from a couple of the group's board members, MCI President Robert Benoit announced that despite small setbacks due to the COVID-19 pandemic, the organization had succeeded in achieving all of the goals it had set out for the year.

On top of the list of priorities was the Coventry landfill. Operated by Casella Waste Systems, the Coventry landfill site is the only waste treatment facility in the entire State of Vermont. It's located right next to the Black river, the main source of inflowing water to the Memphremagog.

Since 2013, the landfill has been accepting 600,000 tonnes of garbage annually. An expansion to the site that

was approved by the state of Vermont back in 2017 would increase that number to over a million.

This poses a huge threat to the ecosystem and water resources of the lake. When rainwater falls on the landfill, it picks up different substances from the waste that can be harmful to the lake. While much of this leachate is treated at the nearby Newport water treatment facility, the plant isn't equipped to treat leachate containing high levels of several contaminants.

Disposal through the Newport treatment plant was dispersing hundreds of chemicals, many known to have adverse effects on human health, into Lake Memphremagog. A representative for the organization wrote that they "Believe that the precautionary principle must be applied due to the ecological, recreational and tourism importance of Lake Memphremagog and the fact that the Lake is a drinking water reservoir for more than 175,000 residents of the Eastern Townships."

Late last year, a small group of members including Benoit, along with hired legal help, travelled down to meet with Casella to discuss possible solutions. During their meeting, which lasted from 9 in the morning to midnight, it was decided that the landfill would spread out their leachate dumping by trucking it to different rivers in the area for the next four years.

While only temporary, this represented a huge step forward for MCI. The group has plans to continue pressuring both the company and the state of Vermont to find a solution that will ensure the Memphremagog stays leachate free permanently.

The organization also went over the different programs it has in place to control invasive species like Japanese knotweed, common reed, and zebra mussels. Extraction of huge amounts of plant matter was carried out to help control the former, and a study on the concentration of zebra mussels was conducted for the latter.

All in all, 49 different locations along the lake were surveyed. Compared to last year, the invasive mussels were found in 3 more locations, bringing the total up to 32. The organization also removed more than 12,000 mussels alongside the study.

When asked why it was so important to control the presence of invasive species in the lake, biologist and General Manager Ariane Orjikh explained that these species lack the natural predators that exist for other species in the local ecosystem. This can lead to the invasive species taking all the resources away from and choking out native species, which has an incredibly negative effect on the local ecosystem.

Benoit added that "This is a global problem, not just for the Memphremagog, because of how global we are as humans." He emphasized the importance of washing your boat before bringing it into a new lake to prevent the spread of harmful invasive species, no matter how far you travel.

Water damage at the Hôtel-Dieu de Sherbrooke

Record Staff

The CIUSSS de l'Estrie CHUS is asking for the population's cooperation in using the Sherbrooke Hôtel-Dieu emergency department judiciously. Inconveniences caused by water damage have created additional pressure on services in the department.

Non-urgent surgeries could also be postponed.

Patients affected by the situation

will be contacted. Those not contacted will receive services as planned.

A broken sprinkler on Aug. 22 forced the closure of 23 beds for a period of just under a week to repair water damage on three floors. This is putting additional pressure on emergency departments due to limited access to hospital beds.

Patients hospitalized in the affected rooms have been transferred to safe areas. Over the next few days, work will take place to safely reintegrate patients

in the affected rooms on the 3rd, 4th and 5th floors.

What to do before going to the Emergency Department

If you're sick and your condition is not urgent, you should:

- Stay home and take care of yourself;
- Consult Info-Santé by calling 811;
- Consult a pharmacist;
- Consult your family doctor or a walk-in clinic.

"People in need of urgent care should not hesitate to go to the emergency room. Our teams are ready to receive them. However, if a person can consider other options, this is the preferred option at all times." commented Donald Haineault, Acting Director of Corporate Services at the CIUSSS de l'Estrie-CHUS.

Sherbrooke Phoenix forward signs contract with Wilkes-Barre/Scranton Penguins

By Michael Boriero - Local Journalism Initiative Reporter

After lighting up the Quebec Major Junior Hockey League (QMJHL) last season, Sherbrooke Phoenix leading scorer Félix Robert is heading to the American Hockey League (AHL).

Robert recently signed a contract with the Wilkes-Barre/Scranton Penguins, the Pittsburgh Penguins AHL affiliate hockey team. The 21-year-old dominated the QMJHL in his fourth year putting up career-best numbers.

He finished tied for third in league scoring with 92 points in 46 games after missing time due to a bout with mono. Robert, a native of Lac-Mégantic, is an undrafted free agent. The contract offer vindicated years of proving doubters wrong.

"It's been a dream for me since I was a kid and I've just been working hard for the past four years in the QMJHL

just to achieve that goal, so I'm very proud," he said.

Robert told The Record that rumours had been swirling for about month before the Penguins organization decided to pull the trigger on locking up the 5'8" centre. The AHL presents another challenge, he explained, another mountain to climb.

There's a lot of unknown, Robert added, because he has grown accustomed to the speed and physicality of the QMJHL. But while he thinks it will take some time to transition into the league, he feels more comfortable now in his abilities as a hockey player.

"I'm going from the older guy to the youngest, but I think I'm more prepared to jump into the AHL than I was to jump into the QMJHL because physically I'm more ready. I'm bigger and I think I'll adapt well," said Robert.

Over the last few months, he has spent countless hours doing off-ice

exercises with his personal trainer. He just recently made his way back onto the ice with COVID-19 measures loosening up in Quebec.

The goal, according to Robert, is to continue building on his speed, strength and more importantly, his decision making skills. He credits a lot of his success to his now-former Phoenix squad.

"I was doing a lot of training my first two seasons, and I think it's what made the biggest change," he said. "My weight went up, it made me stronger, faster and everything was easier on the ice."

But while he is eager to set off on a new journey, the last few days have been bittersweet for the Townshipper. He leaves behind a powerhouse Sherbrooke team looking to replicate a historic 51-win season.

The Phoenix were poised to make a run for the championship this season

behind a strong leadership core featuring another Penguins prospect, Samuel Poulin. But the season was cut short due to the pandemic, so Robert departs with some unfinished business.

"The saddest thing I think for me is we didn't have the chance to perform in the playoffs or at least try to win the cup," he said. "We had a chance, we were at the top of the league."

Robert admitted it's difficult to say goodbye to his longtime teammates, but he understands this is all part of a larger mission, which is to one day play in the National Hockey League. Whether that plan comes to fruition or not, he plans to give it his best shot.

"The next step for me is to play in the AHL, after that it's to be a good player in the AHL and after that maybe make the jump to the NHL, who knows? You need to believe and I believe in myself," said Robert.



The ABCs of going back to school safely

From assigning **one classroom per group** and **handwashing** to solutions to ensure **all subjects are taught** and **increased support** for students, we've adopted measures for a safe and successful school year.

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Votre
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Québec 

Death

Death

Datebook



Ernest John SHAUGHNESSY

In Sherbrooke the 12th of August 2020 at age 89 passed away Mr. Ernest John Shaughnessy. He was the husband of late wife Rose-Ida Bouchard and the son of late William Alexandre Shaughnessy and late Laura Desruisseaux.

Visitations: Saturday, August 29 from 1 p.m. to 3 p.m. The funeral service will be held the same day at 3 p.m.

The burial will be at Johnville cemetery at a later date.

Left to cherish his memory, his children Eric (Diane Brisson) and Maureen (Greg May), his daughter in law Carole Nadeau (Clement Girard), His grandchildren Alexandre Shaughnessy (Veronique), Andrew (Sarah), Phillippe (Sarah-Eve), Kassandra May (Steven), Michael Tremblay, Cynthia (Sebastien), Maxime Girard (Christina) and Simon-Pierre (Stephane). His great-grandchildren Liam, Adam, James, Noah Shaughnessy and Tomas Tremblay. His nieces and nephews, great nieces & great nephews in the Shaughnessy family Elsie Shaughnessy, Barry (Kathy), Robert, Suzanne, Shirley-Ann McVety (Bob), Shirley Wright/Sandra Gilliam (Wayne) Brittnay/Felicia, Lydia May and Mr. Brisson.

Special thanks to Grace Village's personnel for the beautiful year spent at the residence and to the employees on the 6th floor at l'Hotel Dieu de Sherbrooke.

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MONDAY, AUGUST 24, 2020

Today is the 237th day of 2020 and the 66th day of summer.

TODAY'S HISTORY: In 1814, British forces invaded Washington, D.C., and set fire to the White House.

In 1949, President Harry Truman formally announced that the North Atlantic Treaty was in effect.

In 1981, Mark David Chapman was sentenced in New York for the murder of John Lennon.

In 2006, the International Astronomical Union announced a new definition for "planet," which reclassified Pluto as a "dwarf planet."

TODAY'S BIRTHDAYS: Jorge Luis Borges (1899-1986), author; Vince McMahon (1945-), wrestling promoter; Paulo Coelho (1947-), author; Mike Shanahan (1952-), football coach; Mike Huckabee (1955-), politician/TV personality; Stephen Fry (1957-), actor/comedian; Cal Ripken Jr. (1960-), baseball player; Jared Harris (1961-), actor; Marlee Matlin (1965-), actress; Reggie Miller (1965-), basketball player; Ava DuVernay (1972-), filmmaker; Dave

Chappelle (1973-), actor/comedian; Rupert Grint (1988-), actor.

TODAY'S FACT: In 1891, Thomas Edison received a patent for his Kinetograph motion picture camera and the Kinetoscope viewer.

TODAY'S SPORTS: In 1989, baseball commissioner A. Bartlett Giamatti banned Pete Rose from the sport for gambling on Major League Baseball games.

TODAY'S QUOTE: "For me as person who loves movies and thinks that they're magic, to watch the magic happen, it was a demystifying of the idea that only certain people can do it, and that this was a world being created outside of my reach." – Ava DuVernay

TODAY'S NUMBER: 5 – dwarf planets in our solar system currently recognized by the International Astronomical Union: Pluto, Ceres, Eris, Haumea and Makemake.

TODAY'S MOON: Between new moon (Aug. 18) and first quarter moon (Aug. 25).

Stress tests help to see how the heart behaves

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

Dear Doctor: I'm a 56-year-old man. I have been out of breath lately and have had some mild chest pains. My doctor wants me to have a stress test. Is it really necessary? What will it entail?

Dear Reader: The purpose of a stress test is to see how someone's heart behaves when it's being asked to work hard. These types of tests have a number of uses. For instance, they can help assess general cardiac health; identify and evaluate various types of heart disease or arrhythmias; and help to gauge the success of medications or treatments for cardiac-related ailments.

For people living with heart disease or recovering from a cardiac event, a stress test can help pinpoint the type and intensity of exercise that is safe. A stress test can also be used to confirm whether certain symptoms, which can have a variety of causes, are heart-related. This includes the shortness of breath and chest discomfort that you have described.

The most common stress tests involve walking on a treadmill or riding a stationary bicycle. While the person exercises, a

variety of devices measure and monitor blood pressure, heart rate, oxygen saturation and the electrical activity of the heart. Some stress tests, which evaluate lung function, will measure oxygen use. The activity level of a stress test begins low and slow, then gradually increases. The idea is that, as the heart is asked to work harder and harder, underlying problems may be revealed. This can include the onset of physical symptoms such as dizziness, unusual breathlessness or chest pain, or abnormal changes to the electrical activity of the heart.

When you schedule a stress test, you'll be asked to stop eating or drinking for a set period of time before the test begins, generally a few hours. You will also be instructed not to smoke and to abstain from alcohol and caffeine. Your doctor will ask you what medications and supplements you take on a regular basis, and will let you know if any of them need to be paused. If you have asthma and use an inhaler, be sure to let your doctor know, and bring the inhaler with you.

Electrodes to capture the electrical activity of your heart are taped to various parts of your chest, and a blood pressure cuff is attached to your arm.

A pulse oximeter, to measure blood-oxygen saturation, may be clipped to a finger. During the active portion of the test, usually 10 to 15 minutes, you will exercise at an increasingly higher rate, until you reach a target goal. If symptoms develop at any point, the test is cut short. These can include chest pain, dizziness, shortness of breath and abnormal changes to blood pressure or electrical activity. It's important to let the tech administering the test know if you feel discomfort at any time. Monitoring may continue after the test is complete to see how the heart and body recover.

Within the next few days, your doctor will review the test results with you. If coronary disease is suspected, either treatment or additional testing may be recommended.

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

(Send your questions to askthedoctors@mednet.ucla.edu, or write: Ask the Doctors, c/o UCLA Health Sciences Media Relations, 10880 Wilshire Blvd., Suite 1450, Los Angeles, CA, 90024. Owing to the volume of mail, personal replies cannot be provided.)

SUDOKU

DIFFICULTY RATING: ★☆☆☆☆

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

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PREVIOUS SOLUTION

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

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

NEA Crossword Puzzle

Your Birthday

Answer to Previous Puzzle

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

- ACROSS**
- 1 — Raton, Fla.
 - 5 Wool supplier
 - 8 Make — — for it
 - 12 Astronaut — Shepard
 - 13 Winery feature
 - 14 Used to be
 - 15 Tall tale
 - 16 Trade
 - 18 Light snow
 - 20 Candy striper
 - 21 Your choice
 - 22 Technique
 - 23 Belly dance clackers
 - 26 Granola kin
 - 29 They're often inflated
 - 30 Failures
 - 31 Corrida cry
 - 33 Cribbage card
 - 34 Skirt style
 - 35 Savage or Rogers
 - 36 Wandering about
 - 38 One-piece outfit
- DOWN**
- 1 Howl
 - 2 Canute's foe
 - 3 — Gustav Jung
 - 4 Zinnias and marigolds
 - 5 All
 - 6 Like crayons
 - 7 And so on
 - 8 Is in store for
 - 9 Tear

- 39 No, to a laird
 - 40 Literary compilation
 - 41 Curb
 - 43 Minor cleric
 - 46 Mountain toppers
 - 48 Mugger
 - 50 Hockey disk
 - 51 Lao-Tzu's "way"
 - 52 Feels crummy
 - 53 Scroll holders
 - 54 Fuse word
 - 55 "Damn Yankees" vamp
- 10 Press
 - 11 Originally named
 - 17 Foxes' prey
 - 19 Med. personnel
 - 22 Imported car
 - 23 Kind of meditation
 - 24 Inventor — Sikorsky
 - 25 Gray wolf
 - 26 — bean
 - 27 Anecdotal knowledge
 - 28 Seine aits
 - 30 Banquet
 - 32 Sullivan and Murrow
 - 34 Orange Bowl city
- 35 Geometric pattern
 - 37 Some sweaters (hyph.)
 - 38 Forensic sci. tool
 - 40 Fable writer
 - 41 Mumble
 - 42 Put down carpet
 - 43 Wee drink
 - 44 Akron's home
 - 45 Without value
 - 46 College stat
 - 47 KLM datum
 - 49 Fed. property manager

MONDAY, AUGUST 24, 2020

Put the past behind you, and prepare to make a big change. Opportunity is within reach. Channel your energy into improving your most important relationships and engaging in your favorite pastimes. You deserve to achieve peace of mind. Make romance a priority, and share your intentions with a loved one.

VIRGO (Aug. 23-Sept. 22) - An online journey will lead you in a new direction. A chance to use your skills differently will lead to interesting partnerships. Reconnect with someone you haven't seen in a long time.

LIBRA (Sept. 23-Oct. 23) - Don't overspend or let anyone take advantage of you financially. Unfinished business will leave you in an awkward position. Damage control will be necessary.

SCORPIO (Oct. 24-Nov. 22) - Use reason when dealing with people delivering ultimatums, and you will find a way to get them to see things your way. A change is likely to happen quickly. Go with the flow, and the result will be better than anticipated.

SAGITTARIUS (Nov. 23-Dec. 21) - Helping someone who has assisted you in the past will make you feel good. A sales pitch may entice you, but make sure you can afford the buy-in. Stick to what you can afford.

CAPRICORN (Dec. 22-Jan. 19) - Listen to someone's plan, but don't make any hasty commitments. Concentrate on your health and emotional well-being. Don't hesitate to do your own thing. Your ideas will be sound.

AQUARIUS (Jan. 20-Feb. 19) - Being observant will keep you out of trouble and allow you to make a wise decision. Distance yourself from a situation that is causing confusion or making you feel bad.

PISCES (Feb. 20-March 20) - You can repair a damaged partnership if you are willing to accept some of the blame. An exciting new perspective on something you've always wanted to do will encourage you to take a chance.

ARIES (March 21-April 19) - Avoid taking on too much of a financial burden or giving the impression you are capable of doing something you cannot. Take a moment to rethink your strategy. Keep the peace.

TAURUS (April 20-May 20) - Don't let someone's flirtation or poor judgment lead to a bad decision. The more hands-on you are when making decisions, the easier it will be to control the outcome.

GEMINI (May 21-June 20) - Don't let your personal life interfere with your work responsibilities. Recognize when someone is taking advantage of you. Focus on getting ahead, not on pleasing someone who doesn't deserve you.

CANCER (June 21-July 22) - A hobby or self-improvement project will push you to pursue an exciting path. Reconnect with old friends, and plan a virtual reunion. A forgive-and-forget attitude is favored.

LEO (July 23-Aug. 22) - Finish what you start, and honor your promises. A lifestyle change will improve an important relationship. If you have doubts, say what's on your mind and find out where you stand.

MONDAY, AUGUST 24, 2020

Which opponent has the monarch?

By Phillip Alder

When the auction is competitive, and your partnership has a good trump fit but insufficient high-card values for game, you should usually apply the Law of Total Tricks. You should bid as high as your combined number of trumps. So, with nine trumps between you, take the bidding at least to the three-level.

North chose to limit his hand immediately, not respond one heart. East's double was responsive. It showed the values to act, but with no clear-cut bid available; typically, no four-card major. South, knowing his partner wouldn't bid two diamonds with fewer than four trumps, raised to three diamonds despite holding a minimum opening. This ended the auction, and then the declarer, Danish international Knut Blakset, justified his bidding with excellent card-reading.

East won the club lead with his king and returned a trump. Would you have finessed or gone up with the ace?

The percentage play was to finesse, but Blakset stopped to work out the distribution of the missing honors. East was marked with the club ace-king and a high heart honor. (If West held the heart ace-king, he would have led one.)

North		08-24-20	
♠	Q 8 5 2	♠	6 4 3
♥	Q 9 7 4	♥	K 10 8
♦	J 5 4 3	♦	9 8 6
♣	6	♣	A K 7 4
West		East	
♠	K 9 7	♠	6 4 3
♥	A J 6 2	♥	K 10 8
♦	K	♦	9 8 6
♣	J 9 5 3 2	♣	A K 7 4
South			
♠	A J 10	♠	Q 10 8
♥	5 3	♥	
♦	A Q 10 7 2	♦	
♣	Q 10 8	♣	
Dealer: South			
Vulnerable: Neither			
South	West	North	East
1♦	Dbl.	2♦	Dbl.
3♦	Pass	Pass	Pass
Opening lead: ♣ 3			

West had to have the other honors to justify his takeout double. So, declarer put up his diamond ace, and West grudgingly dropped the king. Blakset claimed, conceding one spade, two hearts and one club.

East could have made life much harder for South if he had won the first trick with the club ace rather than the king. True, it would have misled West, but that couldn't have mattered here.

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		

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.

“ T J N X T V N P T I V T K P L Z F Z A P I J A
M A C T E K . P L Z C Z K P T K S N T V P Z U H T P L
N M T P P M Z K E T Z V E Z W T E P T I V . ”
— B T J T L Z V U C T O

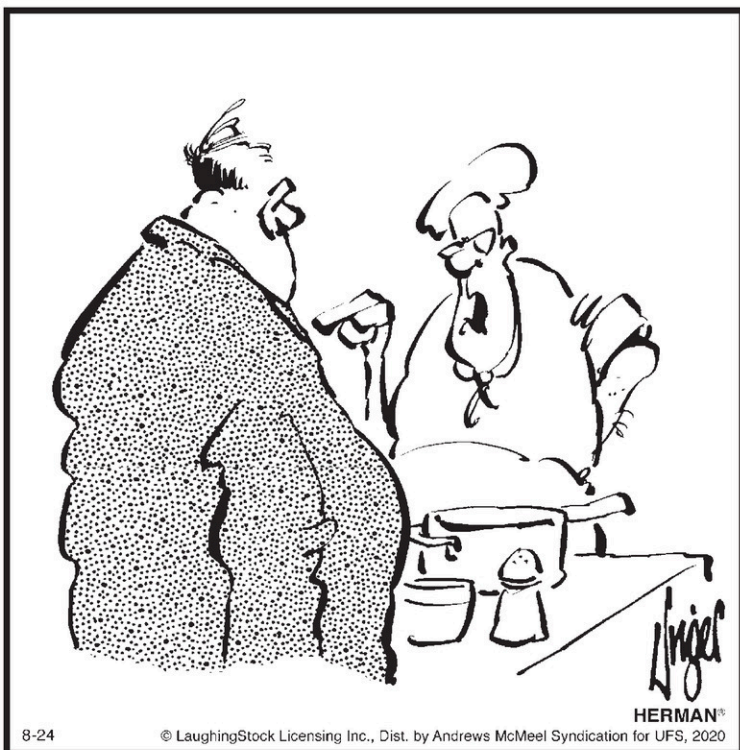
Previous Solution: “I’m in competition to be better tonight than I was last night and to be better tomorrow than tonight.” — Charlie Daniels

TODAY’S CLUE: $F \text{ equals } K$

REALITY CHECK

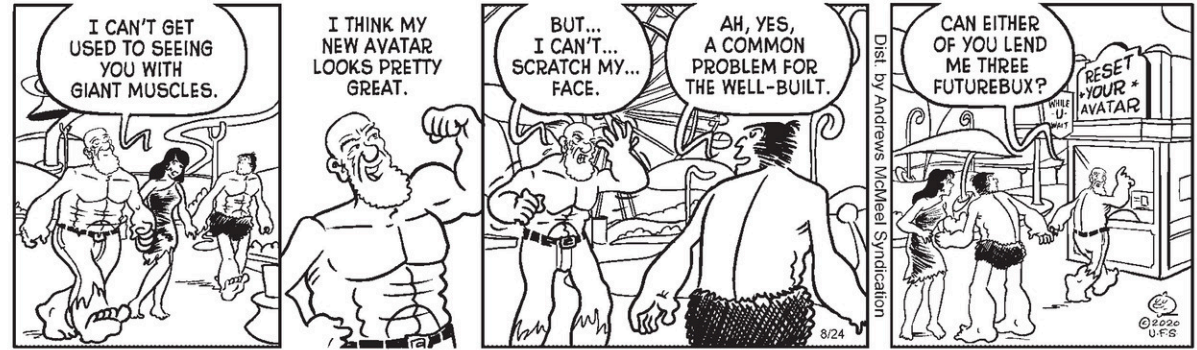


HERMAN

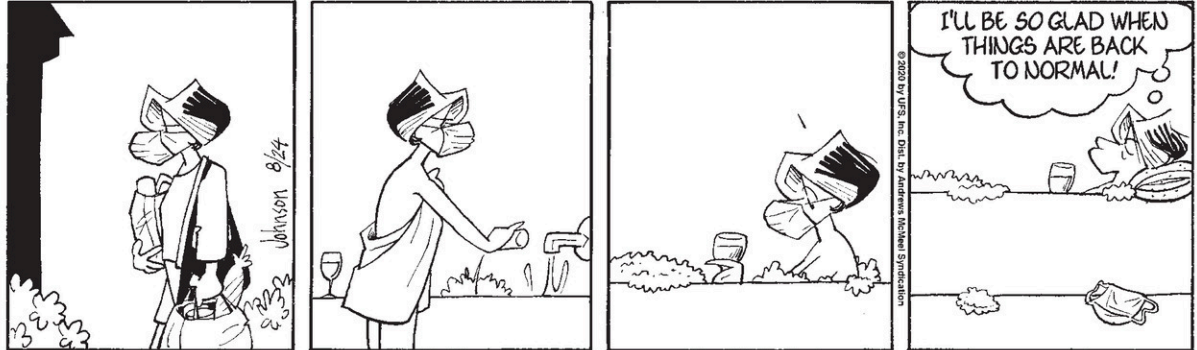


“OK, you’ve got the job. But you make sure you have a big breakfast before coming to work.”

ALLEY OOP



ARLO & JANIS



THE BORN LOSER



FRANK AND ERNEST




GRIZZWELLS



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Online dating mystifies parents

Dear Annie

MONDAY, AUGUST 24, 2020

Dear Annie: I am a 27-year-old man who needs help. Recently, I met a guy via the internet. We hit it off and have a lot in common. In addition, he lives in the same state that I do. I've seen pictures of him, so I know what he looks like. He even gave me his phone number. I want to call him so we can stay in contact.

The problem is that I'm on the same phone plan as my parents, and they are the type of people who prefer face-to-face meetings and are wary of meeting people over the internet. How do I get them to understand that not all people you meet on the internet are bad people? – Different Generation

Dear Different Generation: You are not going to get your parents to change their minds about the internet; and, to be quite honest, their fears have some merit. There are some really bad people online. At the same time, there are plenty of wonderful individuals who have met their future spouse online. Don't worry about convincing your parents. Just live your life and be smart and safe, and consider paying for your own phone plan.

Dear Annie: Last year, on Sept. 5, 2019, to be exact, a reader wrote in about intermittent fasting and how it has changed her life. I discovered fasting after reading her letter to you and have had much success in losing weight and staying healthy. I would like to tell "Healthy and Happy" thank you. – Grateful

Dear Grateful: Congratulations on

your weight loss. Thank you for your letter, for sharing your success and for giving "Healthy and Happy" a shoutout. I am hopeful that "Healthy and Happy" will read this. And, in that same vein, I'd like to thank all of my readers who are willing to share their lives – the good, the bad and the ugly – with strangers. You never know the positive mark you can make.

Dear Annie: Due to COVID-19, my siblings and I were not able to see our very elderly mother for more than two months. When her birthday came around in May, we created "Happy Birthday" signs and taped them to our cars. We then proceeded to do a drive-by parade, while beeping our horns and hooting and hollering and waving at her. My siblings' ages run between 65 and 57 (there are seven of us), and we all have different health issues. So, this drive-by benefited us all, and we got to see and celebrate our 94-year-old mom #AloneTogether. – Happy with a Parade

Dear Happy with a Parade: Thank you for your letter! What a wonderful way to celebrate your mom. You can also do this for children's birthday parties, graduations or really any special occasion that you want to enjoy company while celebrating safely.

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

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

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shopping centres,
stores,
movie theatres,
restaurants,
bars,

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