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Government aid for men's and women's shelters

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THE RECORD

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Sports - Page 7

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WEDNESDAY, SEPTEMBER 16, 2020

Four Quebec regions designated yellow regional alert status

By Michael Boriero - Local
Journalism Initiative Reporter

The Quebec government confirmed 292 new cases of COVID-19 in the last 24 hours, bringing the total to 65,554 confirmed cases. During that time, the province recorded one death, nine hospitalizations, 133 in total, and four patients placed in the intensive care unit, 23 in total.

Premier François Legault announced that due to an increase in confirmed cases over the past few days, Bas-Saint-Laurent, Chaudière-Appalaches, Montreal and Montérégie are moving to the yellow regional alert level, joining Quebec City, Outaouais, Laval.

The Eastern Townships also maintains its yellow status, which is required when infections begin to increase.

The region's local health authority, the CIUSSS de l'Estrie - CHUS reported 10 new cases in the last 24 hours, bringing the local total to 1,470. One new positive test came from Sherbrooke's Ascot

CONT'D ON PAGE 5

Rising from the depths



GORDON LAMBIE

By Gordon Lambie

There was no shortage of spectators along the shoreline in North Hatley on Tuesday as a team set out to recover the wreckage of the seaplane that crashed and sank in Lake Massawippi on Saturday.

The work began on Tuesday morning and proceeded into the afternoon, with the aircraft emerging from the water just after 1 p.m. The efforts relied on the support of a dive team, a raft with an attached winch system, and a telescopic forklift, among other tools.

The pilot of the downed plane was reportedly on-site to oversee the operation.

Despite the removal of the plane from the lake, the village is asking the public to continue to limit their water consumption for the time being.

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Weather



TODAY:
MIX OF SUN
AND CLOUD

HIGH 22
LOW 12



THURSDAY:
30% CHANCE
OF SHOWERS

HIGH 17
LOW 5



FRIDAY:
SUNNY

HIGH 13
LOW 0



SATURDAY:
SUNNY

HIGH 12
LOW -2



SUNDAY:
MIX OF SUN
AND CLOUD

HIGH 16
LOW 0

HAND IN HAND

Suicide is a delicate topic



JEVI, the suicide prevention centre for the Estrie administrative region, was founded in 1986, having developed out of the Prévention du suicide en milieu scolaire project that began two years earlier. Since that time the Sherbrooke-based organization has worked under the philosophy that every individual has the personal resources available to overcome difficult periods in their life, but that sometimes it takes support and assistance to see the potential within oneself. Its original, youth-centered mandate has expanded to take in people of all ages and their families.

JEVI is a community organization whose mission is to promote better living and prevent suicide among the population of the seven Estrie territories it serves. Anxious to offer a full range of services with regard to the problem of suicide, JEVI invests in four generally recognized levels of action: promotion, prevention, intervention and postvention.

Over the years, our organization has developed a range of diversified services that are aligned with the realities and needs of those served. Our expertise in suicide prevention is widely recognized and goes beyond the borders of our region.

JEVI is, above all, a team driven

by a great spirit of collaboration and constant concern to offer high quality service to people in need. The values of respect, professionalism, confidentiality, honesty, mutual trust, solidarity, complicity and transparency are therefore considered essential in the pursuit of our objectives.

Protection of life, engagement, and respect of dignity are fundamental

“By talking about suicide, you contribute to deconstructing taboos, which leads to a more compassionate and helpful community. We can’t stress this enough: talking about suicide saves lives in so many ways. Raising awareness, dispelling the myths surrounding suicide, listening to the people around us, sharing our concerns and distress... And remember to seek out help. Remember to reach out to the available resources.”

values of the organization.

Last Thursday, September 10th, was the 18th annual world suicide prevention day. Just because that day of recognition is in the past, however, that doesn’t mean suicide has gone away.

In the Estrie region, an average of 70 people commit suicide every year. That’s the equivalent of more than one suicide per week.

Also striking: 80 per cent of those people are men.

Suicide is a delicate topic. We’re aware of that, and we don’t want anyone to have to deal with it alone, no matter how it affects them. Seek support: the easiest way to reach us is through the crisis line at 819 564-1354. A professional immediately answers and takes a moment to assess the situation with you. Whether you have suicidal thoughts, know someone who does or lost someone to suicide, we’re here to help. If you’re a trained professional wondering what the best course of action is, a crisis worker can coach you. All those services are free of charge, anonymous and available in English.

Although there was no significant increase in the number of phone calls received this year, stress and anxiety related to the pandemic are undeniable. The situation is taking a toll on the population’s mental health. So in this time of crisis, don’t hesitate to seek help for yourself or a friend.

Suicide prevention is even possible in workplaces thanks to our free Gatekeepers workshop. If you or your employees are interested in knowing more, don’t hesitate to call us!

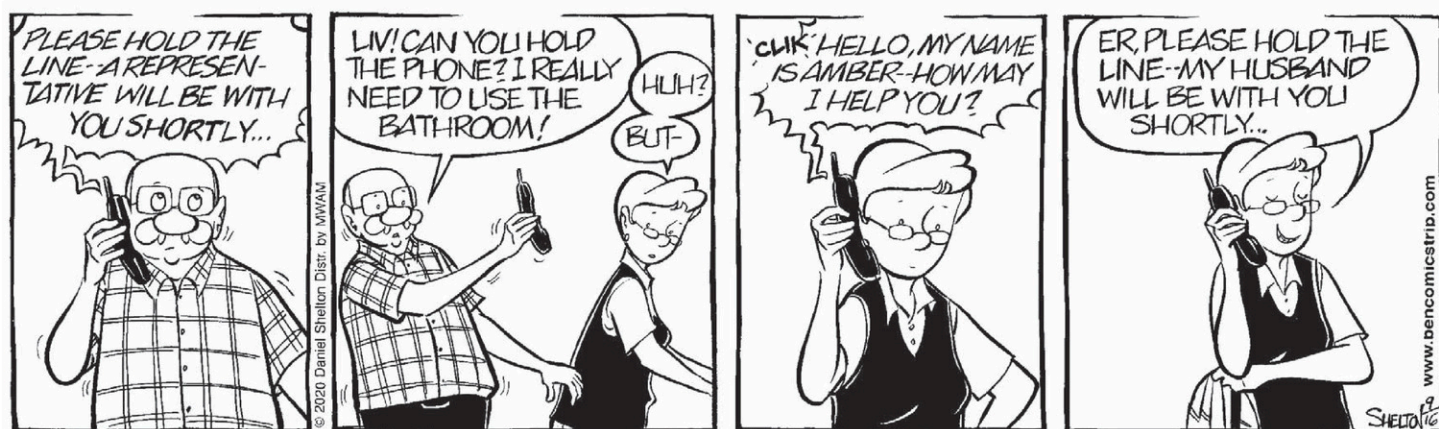
By talking about suicide, you contribute to deconstructing taboos, which leads to a more compassionate and helpful community. We can’t stress this enough: talking about suicide saves lives in so many ways. Raising awareness, dispelling the myths surrounding suicide, listening to the people around us, sharing our concerns and distress... And remember to seek out help. Remember to reach out to the available resources. Call 819 564-1354 for support or go to howtotalkaboute suicide.com to understand better.



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Ben by Daniel Shelton



Local News

"It's certainly good news. It's interesting to have, you know, this is the first proven therapy to actually save lives. This is the first firm evidence that we have and its effectiveness here is measured in lives saved."

If not Asbestos, then what?

By Gordon Lambie

The Town of Asbestos revealed the four options its citizens will have to choose from in picking a new name on Monday night. Following a vote in the month of October, the community will be known as one of Apalone, Jeffrey, Phénix, or Trois-Lacs.

According to Stéphanie Girard, the town's communications manager, the four names were drawn from a collection of nearly 1,000 suggestions provided by the community over the months of February and March. After the complete list was collected,

it was then reviewed by an advisory committee to eliminate options that did not conform to norms and established municipal and provincial naming criteria before being passed on to the town council. The four options selected for the final vote all have their own significance to the region.

Apalone refers to *apalone spinifera*, the endangered spiny softshell turtle that has, historically, been native to this region.

Jeffrey is an option based in local history, referring to William Henry Jeffrey the original owner of the local mine and namesake of the Jeffrey Mine.

Phénix is the French name for the phoenix, the mythological bird that catches fire at the end of its life and is reborn from the ashes.

Trois-Lacs refers to a nearby community that was merged with Asbestos in 1999.

Girard said that space was limited in the municipal library for the announcement of the chosen options on Monday night, but the livestream of the meeting had 300 viewers at that point when the names were made public. Residents who are 14 years of age or older now have a month to consider their choice before going to

vote between October 14 and 18.

The vote will be a ranked ballot that must be cast in person in the town council chambers on Green Shields Street. A name must receive a 50 per cent plus one majority in order to be selected. In the event that one name does not have this lead on the first round of voting, the least popular option will be eliminated from the ballot until a clear winner emerges. Voters are asked to come with a piece of ID and proof of residence when the time comes to vote. Youth 14 to 17 must be accompanied by one of their parents.

Local firefighters to host blood drive in Sherbrooke

By Jordan Dionne
Special to The Record

For three decades now Sherbrooke's fire department has been organizing a blood drive that has attracted hundreds of donors each year.

Michael Bouchard, a spokesperson for the blood drive and local firefighter, said the annual event is an important tradition for the local firefighter community.

This year, while employing Hema Québec's precautionary COVID-19 measures, volunteers will largely consist of firefighters who will have their temperatures taken and be required to fill out a health

questionnaire. They will be there to assist with the operations of the blood drive, and many will also donate. While numbers in previous years reached as high as 300 donors per day, this year the target number will be around 140 donors each day due to capacity restrictions brought on by the pandemic.

The blood drive will take place this Thursday and Friday (Sept. 17-18) from 10 a.m. to 8 p.m. at Carrefour de l'Estrie.

For the first time in the blood drive's history, potential donors are asked to reserve their spot to donate. They can either email jedonne@hema-quebec.qc.ca or call 1 800 343-7264 to reserve a spot for this week's event.



COURTESY OF MICHAEL BOUCHARD

Some firefighters who participated in last year's blood drive at Carrefour de l'Estrie. The department hopes this year's event will be as successful even with the limitations in place due to COVID-19.

Sherbrooke professor recommends corticosteroids in treatments for severe COVID-19 patients

By Michael Boriero - Local Journalism Initiative Reporter

François Lamontagne took part in a study this summer to help the World Health Organization (WHO) create a treatment guideline for patients with severe symptoms of COVID-19.

Lamontagne, a professor at the Université de Sherbrooke, who chaired the most recent recommendations issued by the WHO, determined that corticosteroids are effective when treating patients suffering from severe forms of the novel coronavirus.

"I think everyone globally, scientists, clinicians, nurses, doctors, patients mostly, and those who manage health systems, it comes as a bit of a relief, I think, to finally have positive news to share," he said.

The university professor was part of a team of researchers conducting a meta-analysis from eight randomized clinical trials involving 7,184 participants. After pooling all of the

data across several studies, the results show corticosteroids reduce the risk of death by 20 per cent.

Lamontagne stressed that this revelation only impacts those with severe symptoms. One life is saved for every 10 to 15 severe COVID-19 patients, Lamontagne explained. It might seem small, he continued, but it has a huge impact.

"It's certainly good news. It's interesting to have, you know, this is the first proven therapy to actually save lives. This is the first firm evidence that we have and its effectiveness here is measured in lives saved, so it's a pretty cool outcome," Lamontagne said.

In a phone interview with The Record, Lamontagne speculated that he was tabbed to chair the project because of prior engagements with the health organization. He collaborated with the WHO during the Ebola outbreak and other global health issues.

The WHO normally conducts a meta-analysis and builds a guideline using internal resources. However, due to the

time-sensitive nature of the pandemic, they decided to outsource their work, Lamontagne explained.

"Everything is really happening at warp speed, so the fact that scientists have been able to enrol thousands of patients in studies in just a few months is really unusual and pretty amazing," he said.

Health experts involved in the guideline process also had access to unpublished research evidence, which is bizarre but necessary, according to Lamontagne. The study derailed the professor's summer plans, consuming roughly four to six weeks of his time.

But it was all worth it, he said, if it means providing the world with a helpful practice guideline. Obviously, the most important thing is discovering a vaccine, he continued, but until then, it's equally as important to come up with a powerful deterrent for people already infected.

"Even effective vaccines aren't 100 per cent effective," said Lamontagne. "People will continue to contract this

illness, so they will require treatments. In the ideal world you want both very effective vaccines and very effective treatments."

He credits all of the participants in the study, as well. He told The Record that most of them came from the United Kingdom. Their publicly funded health system includes research projects, he said, which is something Canada should consider in the future.

Lamontagne added that the organization is responsible for creating an essential list of medical items to treat COVID-19. With the recommendations issued by the WHO concerning corticosteroids, member countries are expected to immediately follow suit.

"They list a number of crucial medications that member countries should stock and so in the case of this pandemic due to these recommendations member countries will stock and ensure corticosteroids are available for patients with severe COVID-19," said Lamontagne.

KEEPING IN TOUCH

Developing bedtime routines and healthy relationships with food

Virtual workshops for parents



By Marie-Lisa Jolin

At Townshippers', the month of August brought with it two interesting, interactive online workshops designed for parents of young children. As the seasons change and families transition into a new school year, the tools picked up in these workshops will help parents to create new and healthy routines for their families.

whole family and allows parents to also get a good night's sleep without any interruptions. By sharing some of her personal experiences, Charity was able to explain to the group that even though some of the techniques may seem counterintuitive, they can, with patience and practice, alleviate the stress and pressure associated with bedtime. Instead of the experience being a negative one, the hope is that bedtime will become a positive practice for both parents and children.

Raising Competent Eaters

Our second workshop of the series tackled the theme of nutrition, with a workshop entitled Raising Competent Eaters. We sat down with Cora Loomis, a registered dietitian, for two sessions on the subject. In this workshop, Cora started off by explaining what it means to be a competent eater and then presented several tools that are useful for helping children to create healthy relationships with their food. This workshop was built on concepts aimed at young children, although most can apply to people of other ages as well. After all, developing a healthy relationship with food is a lifelong process... however, it is one that can be made easier when the foundations for it are created at a young age. Alongside the information shared by Cora, participants got to share their personal favourite, kid-friendly recipes with others. From humus pasta to peanut butter tofu, a very diverse and delicious menu was brainstormed out of these contributions.

We wish all parents and children a successful and safe start to the school year!

Townshippers' Festival - Stay Tuned for News!

Has the idea of missing Townshippers' Festival this year got

Workshop 1: Bedtime Routines and Sleep

We started off with a workshop on Bedtime Routines and Sleep. Led by Charity Kerrigan, an Early Childhood educator, this workshop helped parents to better understand bedtime routines and learn how to develop good, consistent habits that will help their children to fall, and stay, asleep.

The goals of implementing this kind of bedtime routine with kids are to teach them how to fall asleep on their own, without any external incentives, and how to fall back to sleep on their own if they happen to wake up during the night. Having this kind of routine is beneficial for the



PHOTO BY GUSTAVO FRING FROM PEXELS

During a recent workshop for parents, registered dietitian Cora Loomis offered parents tips and tricks for helping their children develop healthy relationships with food. This workshop allowed parents to add new tools to their parenting toolbox and gave them an opportunity to connect with other parents in the community and share their personal tips and tricks for raising children.

you down? Don't worry - we have some plans in the works... and we think you'll like them. Keep an eye out in October for more information about the activities we are cooking up... we hope you'll join in! To learn more about these activities as soon as we send out the information, sign up for our newsletter: townshippers.org/newsletter.

This monthly column keeps you in touch with Townshippers' Association's activities and news.

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819-566-5717
 450-242-4421

By Claudia Villemaire

Last Saturday's drive-by event at the Richmond County fairgrounds was quite remarkable in many ways. Brainstorming for an idea that would bring the annual exhibition to mind and attract traditional fairgoers and their families was a daunting challenge for directors, but with careful planning and the help of volunteers and friends, the event proved to be a success.

Not only was the fair remembered, but local folks welcomed the opportunity to admire the displays of antique farm machinery which included horse-drawn farm implements and vintage tractors dating back to the early 1900's. Life-size animals stood

guard at the stables that would usually have been filled with live examples on this the normal Fair weekend. Fair signs lined the carefully planned and marked trail through exhibits where free ice cream and popcorn were given to every passing vehicle.

This was a fabulous evening, with traffic lining up on the highway, calming organizers who worried crowds might be small. Their reaction to the growing crowd proved the worth, beyond a doubt, that combining a taste of the traditional fair with an outstanding display of fireworks really would attract folks to enjoy the sunset with their family on the familiar grounds.

No doubt it also helped that admission was free, treats and

fireworks included.

By eight o'clock, the space was filled and organizers 'guess-timate' of folk who turned out hovered around a thousand. With more than two hundred cars filling the parking area with an average of two people aboard, a whole lot of folks were on hand to appreciate the final activity, fireworks, which colored the night sky for over twenty minutes.

"Amazing" some were overheard commenting. "That antique machinery display is outstanding," another comment went, as the younger children tried to persuade parents to let them climb onto the metal seats of such things as hay rakes and cultivators and vintage tractors. Organizers formed a plan to remind

folks this fair would return as soon as next year if all goes well. But perhaps no one realized this evening would give parent and families a welcome break, give the audience something new to see and perhaps chat a bit with the folks parked near enough.

Congratulations to all the folks who put their plan into action. They proved their determination to remind folks about this county fair. But they also succeeded in lightening the anxiety and worry which has kept folks tense since late winter. A tip of the hat to all the folks who helped make this event outstanding, proving not only is the local fair a longstanding tradition for agriculture, but a gathering of families and friends that's important and must continue no matter what.

Sherbrooke residents asked to reduce water consumption Thursday

Record Staff

The City of Sherbrooke is asking the population to reduce its consumption of drinking water as of Thursday, Sept. 17, 6 a.m. while repairs are made to the raw water supply line that brings water from Lake Memphremagog to the J.-M.-Jeanson reservoir. The work consists of replacing part of the structure, damaged during repairs.

"During the repair work, we will have to use the municipality's reserves to supply all the residences on the territory. The basins are filled to capacity and we do not foresee any distribution problems during the 15 hours of work," said Jean-Pierre Fortier, Sherbrooke's head of water management and construction division in a press release.

The Mayor of Sherbrooke asked that citizens comply with the request.

"Water is the most important resource for everyone. Reducing our personal consumption will help us to save reserves. We must first think about supplying priority areas and, therefore, I ask everyone to make an effort in this direction Thursday," said Mr. Steve Lussier.

Residents are asked to postpone unnecessary activities (dishwashing, laundry, etc.) involving the use of drinking water, and all outdoor use

of water is prohibited. Citizens should not see a drop in water pressure. Furthermore, it will not be necessary to boil water during or after the work since it is raw water, treated downstream at the J.-M.-Jeanson plant before being distributed in Sherbrooke.

The City of Sherbrooke thanks residents for their collaboration and will notify the community when the water reduction request is lifted.

Federal government lends a helping hand to men's and women's centres

Record Staff

The Government of Canada is dipping into its emergency assistance fund to help five women's shelters and centres for victims of sexual assault in the Eastern Townships.

Marie-Claude Bibeau and Élisabeth Brière, Members of Parliament in the region, made the announcement Tuesday that the government will disperse \$124,000 among the five organizations.

Méridienne will each receive \$33,000, while Support for male victims of sexual assault in Estrie (SHASE) and Center for combatting sexual assault (CALACS) will each receive \$15,000 and \$10,000, respectively.

According to a press release from Bibeau and Brière, women's shelters are reporting an uptick in distress calls. The COVID-19 pandemic caused a lot of pressure and it has affected the work done at men's and women's shelters.

The federal government has given Quebec a total of \$8.76 million in

emergency assistance grants since the start of the pandemic to help people escape violent situations at home. It's part of an agreement concluded between Women and Gender Equality Canada (WAGE) and the Secrétariat à la condition féminine (SCF) of Quebec.

"I have seen the challenges facing shelters and support services for victims of violence. This is why we must adopt a comprehensive and coordinated approach to ensure that their needs are met, and this announcement represents a step in

the right direction," said Brière.

She met with SHASE's director general in early August to learn more about the issues facing support services for men. Bibeau, a key figure in the development of Canada's Feminist International Development Policy, said it's important to react quickly.

"The isolation that has come with the COVID crisis has unfortunately amplified the number of domestic violence cases, that is why we are supporting the help centres," Bibeau concluded.

Staying connected during COVID-19: Remote and hybrid learning models at BU

By Reann Fournier
Special to The Record

With COVID-19 regulations still in place, Bishop's University began the fall semester using a hybrid model.

After assessing the wants of students, possible risk, and implementing several safety measures, Bishop's University decided on opening its doors for another year on Sept. 9, 2020. As students and staff continue to follow COVID-19 regulations by social distancing and limiting their contact with each other, a large portion of courses have been moved online. Those that must still be held in person are limited to smaller class sizes and students are required to social distance while in class.

Students and professors alike are feeling strange after their first days of classes. "So far, it's been pretty

challenging," said Alana Ospina, a first-year student. "I find it hard to stay motivated from home and each professor has a different way of handling things, which makes the experience much more complicated and confusing."

Cheryl Gosselin, a sociology professor at Bishop's, is teaching all of her courses online. "This is a steep learning curve for me," she said. "I originally told myself that this was a new adventure, so I was fine with all this. Now, the anxiety has set in, so I am feeling rather nervous about my new adventure."

Gosselin said that both she and her students are missing their normal classes. "The general consensus among all of us is that we'd prefer to be in the classroom, but we realize that we have no choice," she said.

The few classes that remain in person are what makes the university's

approach 'hybrid'. Another professor, Vicki Chartrand, is teaching both online and in-person simultaneously. "Teaching both online and on campus is very different," she said. "On campus, it almost feels bleak without the student body."

Chartrand explained that the hybrid model becomes difficult when, as a professor, she must divide her attention between students in the classroom and those tuning into class virtually. "There is a bit of a normal classroom situation," she said. "With the hybrid, it feels like my attention is divided. A lot of students won't put up their video and teaching isn't just auditory, it's visual and everything. I feel like I'm missing cues to pay attention to certain students."

Students and professors have been offered a wide range of resources and support from the university. Gosselin described that there has been a group

of students deemed the 'Online Learning Team' who have been supporting professors and helping them along with the technology. Students have also been offered workshops on the learning platforms being used and have full access to online support.

While there are bound to be issues with a completely redesigned university approach, students and professors alike have expressed how impressed they are with the university. "They've really generated such a community of support. I really have to tip my hat to those handling the online courses," said Chartrand. "Even students. It's all about making the best of what is given to you. Some are in Vancouver right now, spending time with family, they're taking advantage of the situation and there are a lot of things that can be used to our advantage right now."

Four Quebec regions on yellow alert

CONT'D FROM PAGE 1

district bringing the total in that area to 108.

They are also monitoring a small outbreak situation at the École Le Goéland in Sherbrooke. There are no new cases at the CHSLD Lambton,

however, there is a total of 30 confirmed cases at the centre. Two residents have died from COVID-19.

The CHUS reminded Townshippers that one case of COVID-19 does not mean there is an outbreak. The case

may be isolated, they said in a press release, and the situation may not exceed one case.

Addressing Quebecers in his daily update, Legault reminded the public about the importance of respecting

health and safety guidelines. People need to continue limiting social gatherings to avoid a second wave, which could be detrimental to businesses and schools, he warned.

EDITORIAL

Rotation forces regular breaks in exposure, which is valuable when there aren't other ways of preventing exposure. Rotation also reduces viral spread... because it forces a reduction in population density in a place.

What's the best strategy to reduce COVID-19 outbreaks in schools? Let's do the math

Joshua Gans
Professor of Strategic Management,
University of Toronto

As Canadian public schools open up again this fall in the midst of the ongoing coronavirus pandemic, things will be very different. Each province is bringing in its own rules and guidelines, and many jurisdictions are mandating that older students wear masks all day.

Others are using additional measures to minimize the chance of students contracting COVID-19. The country's largest school board, the Toronto District School Board, is implementing a rotation system for high school students. They will go to school on alternating days, with half of the class on one day and the other half on the next. The aim is to keep each group at 15 students per class. The teachers will be the same and they will repeat the lessons to each group.

What will such rotation do to reduce contagion risk?

Because we don't have much in the way of experience with these measures for COVID-19, predicting what might happen requires some mathematics. Fortunately, that task has been done in a new study by economists Jeff Ely, Andrea Galeotti and Jakub Steiner. And what they find could give many places guidance as to how to use rotation as a tool to mitigate contagion.

Benefits of rotation

That study found there are potential benefits of having two separate groups of people who regularly interact with one another, but don't come into contact with anyone outside of their group. If one person becomes infected and the virus spreads, it will be contained to a single group.

The study also showed the effectiveness of different rotation strategies depends on how much and how quickly school officials deal with potential infections. If they wait too long, it's likely all of the groups will become infected. In that case, rotation isn't effective in terms of reducing the scale of infections. If schools react quickly, however, one group could be isolated while the other group could keep going.

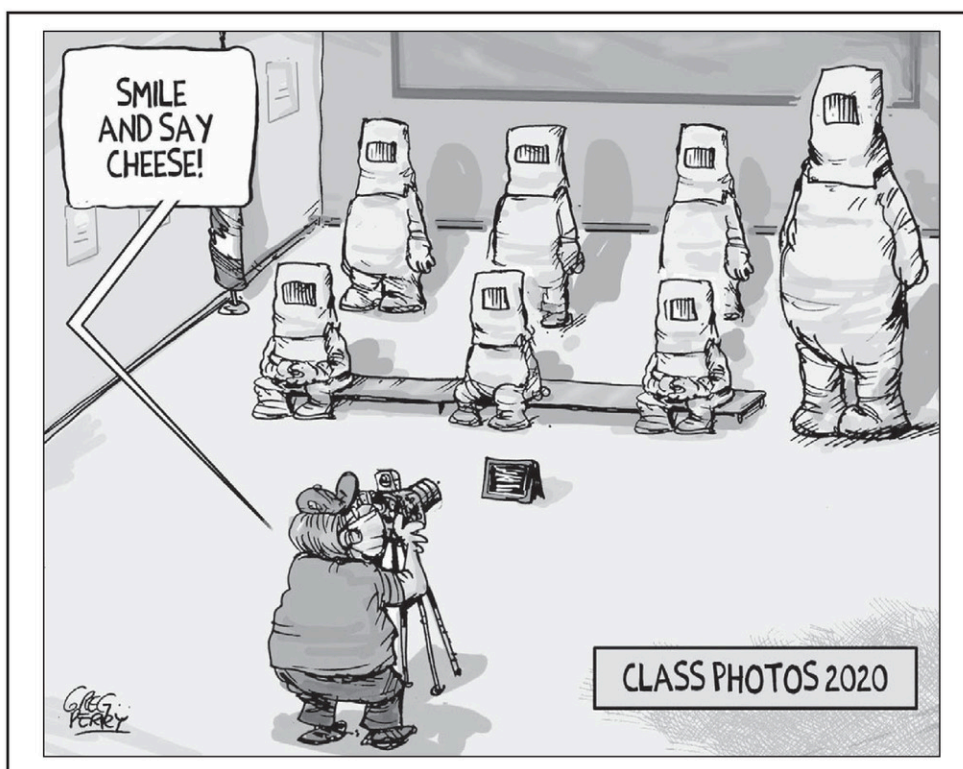
But there are some interesting other choices too. First, there is the issue of cadence. Is it better to have different groups on alternating days or a longer period — such as alternating weeks? And what about the teachers and staff who come into contact with both groups? Might that be enough to remove the benefits of group separation and rotation entirely?

How to rotate

With COVID-19, we know that many people — especially younger people — tend to be asymptomatic. That means it may be weeks before officials discover an outbreak. Add to that the time needed to have students tested for the virus and it's plausible that it could take as long as 30 days for a school to notice and react to a potential outbreak in a group.

Now let's consider a school with 500 students. Even with class rotations, students share common bathrooms and hallways. Without measures like social distancing, COVID-19 has a basic reproduction rate of about 2.2 to 2.5 — that is, every infected person is likely to infect two or so others if there aren't any interventions going on.

That means that once one person is infected, the number of infected people will double every five days or so (since this is how long it takes for an infected



person to start infecting others). Wait 30 days before dealing with the problem (by a lockdown or mass testing) and you would have 16 people infected — that is, two to the power of four, where four is the number of doubling cycles in 30 days if you subtract eight days for weekends.

Now suppose we compare two options:

Option 1 (One half at school and one half at home): Suppose we took half of the students and asked them to learn remotely, with the other half attending class in person. The isolated students would be safe, but the other students would likely become infected at some point. In this case, we potentially get fewer infections. Specifically, if prevalence is low in the general population, the chances that the “seed” or “Student 0” infection is in the group at school is half what it would be if both groups attend class in person. Thus, the total expected number of infections is $8.5 - ((1 + 16)/2)$.

Option 2 (One day on and one day off): Suppose we rotated the students in two groups of alternating days. In this case, chance will determine what happens and that is in our favour. There are 11 days of a month where a group with an infected student exposes others to contagion, so the total number of infections over those two maximum doubling cycles is four (or two to the power of two).

So Option 2 is clearly better. With two separate groups, over the course of a month, students in one infected group are exposed to others half of the time (or 11 school days over a month). If we had one week on and one week off, the same outcome would arise.

What about the teachers?

In any rotation plan, the students spend time at school and then time at home. But the teachers are there all the time. What does that do to these calculations, given that teachers are mixing with both groups?

Such mixing does undermine the potential benefits of rotation — but not by much. If there is an outbreak in one group of 250 students, then the probability of infecting a teacher is not very high. And that means the probability of an outbreak jumping between groups is also low. This is certainly true if the frequency of rotations is high.

Rotation forces regular breaks in exposure, which is valuable when there aren't other ways of preventing exposure. Rotation also reduces viral spread (that is, the reproduction number) because it forces a reduction in population density in a place. Again, it is precisely because these other interventions can reduce viral spread that they are substitute options to rotation.

Thus, while it is tempting to take a “kitchen sink” approach and take every intervention at your disposal, those interventions have costs. Masks must be procured and worn. COVID-19 tests require infrastructure. Finally, rotations mean kids spend more time at home, which has its own costs above the potential education costs.

Instead, there is a good case to be made that the optimal strategy is to either rely on rotation to reduce exposure risk or to invest in other interventions like mask-wearing and testing. Doing all of them may give fewer benefits relative to cost.

Joshua Gans is affiliated with the Creative Destruction Lab.

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

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Local Sports

Justin Lefebvre Foundation golf tournament coming up this weekend

Record Staff

The annual Justin Lefebvre Foundation fundraiser is back for a third edition to be held on Sept. 18 at the Club de Golf Sherbrooke.

This year the event will include a golf tournament and cocktail reception, as well as a wine tasting.

The Justin Lefebvre Foundation is a non-profit organization with a dual mission. First, it provides children from low-income families with access to sports activities. It also supports organ donations through promotion and education and by financially assisting research related to this cause.

This year's fundraiser will offer a program that is just as festive as that of the past few years. Constantly renewing its offerings, the golf tournament and reception will welcome more than 100 participants.

The event will also give way to Sherbrooke's culinary experts: guest chefs Alain Labrie from La Table du chef, Daniel Charbonneau from

L'Empreinte - cuisine soignée and Christian Fréchette from Ateliers Mon Chef will be introducing local products during a cocktail reception.

For guests less fond of golf, an exclusive experience with Riedel awaits them; a tasting of two white and two red wines in a secret location, an invitation from Genesis Estrie.

The organization looks forward to welcoming participants to the third edition of our annual event on Friday, Sept. 18 at the Club de Golf Sherbrooke. The golf tournament promises to be full of fun and flavor. More than a hundred businesspeople from the region will participate.

The event is presented by Mercedes-Benz Sherbrooke, a member of the Beaucage Group, in collaboration with Genesis Estrie, MB Capital, Bilodeau Patry, Construction Vincent, Desjardins Signature Service, Rogers and Équipe Bérubé.

For more information about the foundation, visit the website <https://fondationjustinlefebvre.com/>.



COURTESY JUSTIN LEFEBVRE FOUNDATION



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- your family medicine group
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to get a consultation over the phone or, if needed, in person.

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Death

Linda Mary Cook

It is with great sadness that we announce the passing of Linda Mary Cook on September 10, 2020 at the age of 49. Linda leaves to mourn her husband of 23 years, Brian Gillim and her most-loved son, Zachary Gillim. Linda is the daughter of Dorothy Cook (nee Woods) and the late Wendell Cook. She also leaves behind her brothers, Bill Newcombe (Mary), Wayne Cook (Kathy), her sisters Shelley Flack (Stephen), Susan Cook (Steve), Barbara Ashby, as well as many nieces, nephews, grand-nieces and grand-nephews. Linda's many friends and colleagues will also miss her greatly.

As per Linda's wishes, there will be no funeral service.

A private celebration of life will be held at a later date.

WEDNESDAY, SEPTEMBER 16, 2020

Today is the 260th day of 2020 and the 89th day of summer.

TODAY'S HISTORY: In 1920, the explosion of a bomb on Wall Street killed more than 30 people and injured hundreds of others.

In 1940, President Franklin D. Roosevelt signed the Selective Training and Service Act, authorizing the military draft.

In 1974, President Gerald Ford announced a conditional amnesty program for Vietnam War deserters and draft evaders.

TODAY'S BIRTHDAYS: Jean Arp (1886-1966), artist; H.A. Rey (1898-1977), children's author/illustrator; Lauren Bacall (1924-2014), actress; B.B.

King (1925-2015), musician; Peter Falk (1927-2011), actor; Ed Begley Jr. (1949-), actor; Henry Louis Gates Jr. (1950-), author/academic; Mickey Rourke (1952-), actor; David Copperfield (1956-), magician; Marc Anthony (1968-), singer-songwriter; Amy Poehler (1971-), actress; Alexis Bledel (1981-), actress; Nick Jonas (1992-), singer/musician.

TODAY'S FACT: German-born Jewish authors Margret and H.A. Rey fled Paris by bicycle in June 1940, the manuscript for what would become "Curious George" in tow, just before the city fell to Nazi Germany.

TODAY'S SPORTS: In 1981, Sugar Ray Leonard unified boxing's welterweight title by knocking out Tommy Hearns in the 14th round of a bout in an outdoor arena at the Caesar's Palace

casino in Las Vegas.

TODAY'S QUOTE: "Conspiracy theories are an irresistible labor-saving device in the face of complexity." – Henry Louis Gates Jr.

TODAY'S NUMBER: 342 – one-night stand gigs performed by blues legend B.B. King and his band in 1956.

TODAY'S MOON: Between last quarter moon (Sept. 10) and new moon (Sept. 17).



Victoria # 16 Odd Fellows Lodge News, Coaticook

In spite of all that is happening we, as a small lodge, finally got word that Victoria # 16 Odd Fellows of Coaticook could hold a meeting to try to catch up on past happenings. Only six were able to attend. Sad to say we surely miss the companionship of all Odd Fellows and Rebekahs of Quebec and the U.S.A.. It seems to be unending as regardless of how careful we are.

Alice, Lloyd, and Gertrude are in hospital, and Casey was not up to coming. We missed Lorinda and Evelyn who are not ready to come yet. We wish them all the best and thoughts and prayers are with all of us.

On Sept. 12, Treasurer Dorothy Babbitt and Secretary Ernestine Whipple of Victoria Lodge had the pleasure and honour of visiting the Buckland Farm. Clara MacKinnon expects to complete a chiropractic course in Idaho. She intends to practice in the area, and we are delighted to hear this. Upon arrival at the farm, it was exciting for me to see two horses ready to go, and naturally that was a priority for pictures before they took off. Then it was business at hand. On behalf of Odd Fellows of Victoria #16, and through us for Alexandra #19 of Ayer's Cliff to present two checks to Clara. Ernestine made a very small donation in U.S. money.

Sadly Alexandra # 59 no longer exists as they had to give up Charter last year. Other lodges are not meeting due to ages of members and number of members.

We truly miss the gathering of all our friends and members all over Quebec and in the U.S.A. The lady's branch, Rebekahs, are in the same predicament. How we all miss that comradeship and feeling of being loved.

Submitted by
Ernestine Whipple (love to you all)



Clara with Ernestine and Dorothy



With the horses

Do Just One Thing



By Danny Seo

Salad spinners are handy kitchen tools to help wash greens and use centrifugal force to spin them dry. But they are also handy for a whole host of other cooking ingredients. Want to remove the seeds from canned tomatoes? Just empty the can and break up the tomatoes a little bit, then spin away. Need dried canned beans for a recipe? Just rinse and spin so your hummus isn't too watery. And you don't even need to use the spinning part. Use the inner basket to soak delicate fruit like berries, then lift them right out of the water.

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

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Text only: 40¢ per word. Minimum charge \$10.00 (\$11.50 taxes included)

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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, SEPTEMBER 16,, 2020

fr alternative options, and do your research before heading down an unfamiliar path. If you are uncertain, sit tight until things become clearer. Love who you are.

PISCES (Feb. 20-March 20) - An emotional situation will cause you to change direction. Your feelings will be close to the surface and will lead to a place that feels right. Let go of the past and follow your dreams.

ARIES (March 21-April 19) - Take a moment to digest what's happening around you before deciding to jump into the mix. A reserved approach will put you in a much better position. Look at the big picture.

TAURUS (April 20-May 20) - A change doesn't have to be drastic, but it should be practical. Refuse to let your emotions ruin a good thing. Truth matters if you want long-lasting results. Follow your heart.

GEMINI (May 21-June 20) - A situation will not be as it appears. Don't act on an assumption. Channel your energy into personal gain, growth and physical well-being. Be observant, not aggressive.

CANCER (June 21-July 22) - Concentrate on partnerships and how you can contribute as a team player. Don't be fooled by someone with big yet impractical ideas.

LEO (July 23-Aug. 22) - Look over your objectives carefully, and make adjustments before sharing your ideas. You must do your best to gain all the support you can get. Romance is on the rise.

Stop procrastinating and start doing. You need to pick up the pace and finish what you are pursuing. Sidestep anything that could mess with your mind or plans. Stay focused on what you want to accomplish, and success will follow.

VIRGO (Aug. 23-Sept. 22) - Stop worrying about what others do; focus on what you want. A physical change should be put on hold until you research the possibilities further. Focus on practical matters and on getting ahead.

LIBRA (Sept. 23-Oct. 23) - Quiet time will help you sort through uncertainty. Relive some of the moments that haunt you, and you'll discover you are putting too much blame on yourself. Let go of the past, and you'll find the path that leads to happiness.

SCORPIO (Oct. 24-Nov. 22) - Size up situations, and prepare to take action. Change is heading your way, and you want to be prepared to take advantage of whatever opportunity comes along.

SAGITTARIUS (Nov. 23-Dec. 21) - Think twice before you share your thoughts with others. Someone will misinterpret what you say and meddle in your personal affairs if you aren't careful.

CAPRICORN (Dec. 22-Jan. 19) - You can wheel and deal all you want. You are in a prime position to advance, as long as you don't let your intellect clash with your intuition. Don't overreact or overanalyze.

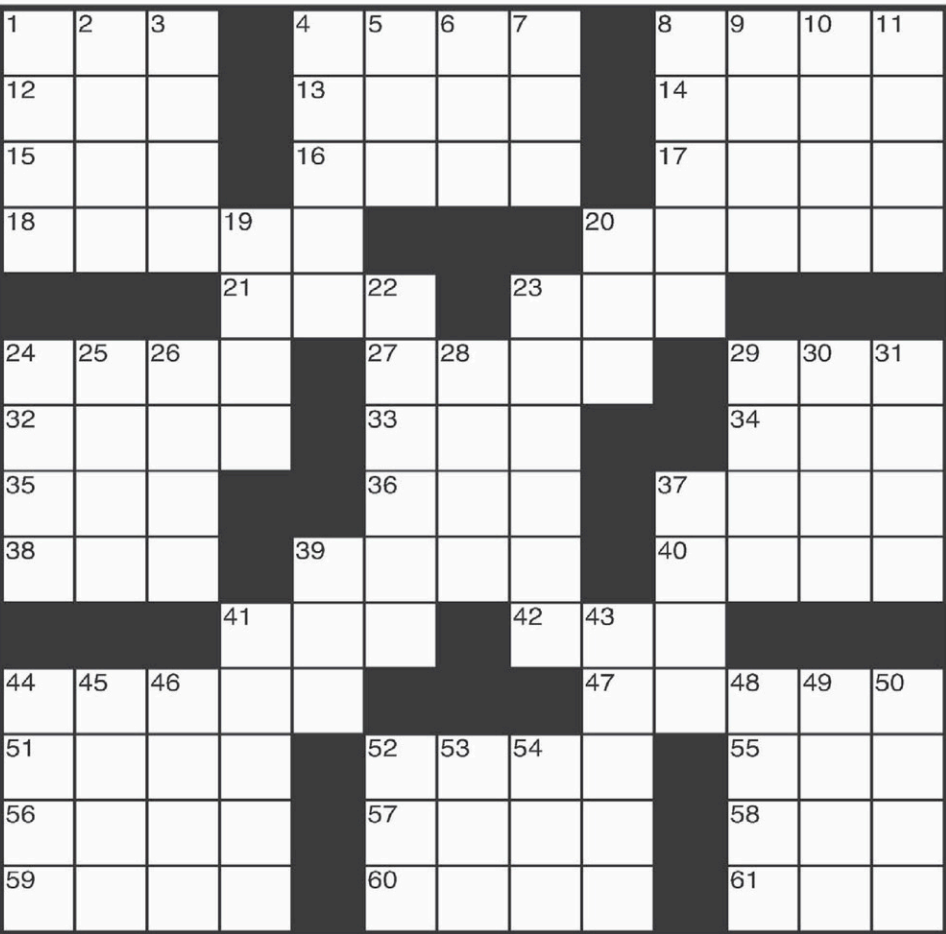
AQUARIUS (Jan. 20-Feb. 19) - Look

Answer to Previous Puzzle



- ACROSS**
- 1 Pallid
 - 4 King of gorillas
 - 8 Margarine
 - 12 Birthday count
 - 13 Toledo's lake
 - 14 Epsilon follower
 - 15 Sable
 - 16 Nah
 - 17 Seaweed derivative
 - 18 Lingerie item
 - 20 Traverse
 - 21 Western treaty grp.
 - 23 Stir-fry pan
 - 24 Enemies
 - 27 Nongeneric swab (hyph.)
 - 29 Region of India
 - 32 Past due
 - 33 Search engine find
 - 34 Massage
 - 35 Eureka!
 - 36 Help out
 - 37 Diligence
 - 38 Play on words
 - 39 Woodwind
 - 40 D.A. backup
- DOWN**
- 1 Blow gently
 - 2 Fit of shivering
 - 3 Dweeb
 - 4 Where Nairobi is
 - 5 Sierra Madre gold
 - 6 Bite
 - 7 Haw opposite
 - 8 Arkansas mountains
 - 9 Toy building block

- 41 Qt. fractions
 - 42 Decay
 - 44 Dark ale
 - 47 Sandwich (Var.)
 - 51 Holds gently
 - 52 Stew pods
 - 55 Billy — Williams
 - 56 Ogden locale
 - 57 Raise, as kids
 - 58 Miscellany
 - 59 As expected
 - 60 Data unit
 - 61 Sea, to Yves
- ACROSS**
- 10 LAX info
 - 11 Paddle kin
 - 19 Rx amount
 - 20 Uniform wearer
 - 22 Young pigeons
 - 23 More rugged
 - 24 Turkey
 - 25 Waikiki's island
 - 26 Bond's alma mater
 - 28 Three musicians
 - 29 Mardi —
 - 30 What we have
 - 31 Help in wrongdoing
 - 37 Roman censor
 - 39 Giants slugger of yore
 - 41 Aggressive airport
 - 43 Windy City
 - 44 Low-drifting clouds
 - 45 Ballerina's attire
 - 46 October's stone
 - 48 Eve's mate
 - 49 Mr. Hackman
 - 50 Trip around the sun
 - 52 Moon, e.g.
 - 53 Custodian's need
 - 54 Informer



WEDNESDAY, SEPTEMBER 16,, 2020

Two hands the same, two different

By Phillip Alder

Abraham Lincoln said, "If I were two-faced, would I be wearing this one?"

The North-South hands in today's deal are sort of two-faced, the second mask appearing tomorrow.

How should South plan the play in three no-trump after West leads a fourth-highest spade six?

It was a straightforward auction. South's two-no-trump opening bid showed 20 to a poor 22 points - if there is such an animal as a poor 22! North expected the contract to be a cakewalk, but South had to be careful.

Declarer started with eight top tricks: one spade (given the lead), three hearts, two diamonds and two clubs. The ninth trick could definitely come from clubs, but the lead might have to be lost if the finesse in that suit was losing. Alternatively, hearts might split 3-3.

First, though, South had to decide what to play from the board at trick one: the king or the four. Because there were only two cards, declarer called for the king - high-low with a doubleton, as it were.

Here, the king took the trick. Now South had to make sure that he kept

North 09-16-20			
♠ K 4			
♥ 5 3 2			
♦ A 7 6 3			
♣ J 10 9 8			
West			East
♠ A 10 7 6 3			♠ J 9 8
♥ 7 4			♥ J 10 9 8
♦ 8 5 2			♦ Q J 10 9
♣ Q 6 4			♣ 5 2
South			
♠ Q 5 2			
♥ A K Q 6			
♦ K 4			
♣ A K 7 3			
Dealer: South			
Vulnerable: Both			
South	West	North	East
2NT	Pass	3NT	All Pass
Opening lead: ♠ 6			

East off the lead; otherwise, East would push a spade through declarer's queen.

South cashed his three top hearts - no luck there. So he played the club ace (just in case West had a singleton queen), crossed to the diamond ace and ran the club jack. The finesse lost, but the contract was assured. Declarer even got an overtrick when West, in desperation, cashed the spade ace, hoping that South had started with queen-doubleton.

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.

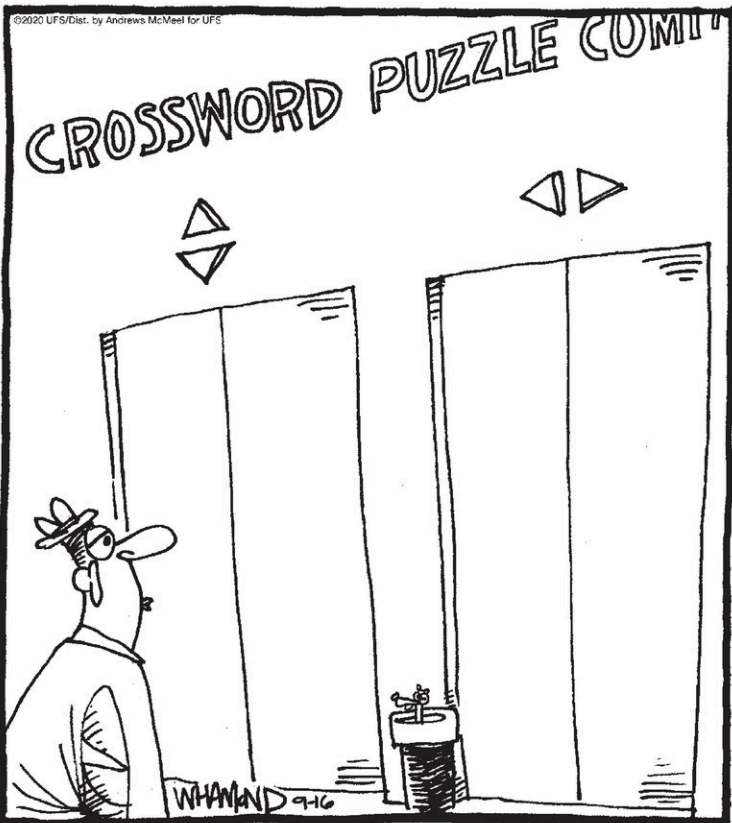
" PR FKDG KO BSXE KE KO, XJV K
NXJ'E NSXJLG ESXE. K NXJ NSXJLG
ESG DIEIAG, TIE K NXJ'E NSXJLG ESG
MXOE." — XFGW EAGTGC

Previous Solution: "A happy person is not a person in a certain set of circumstances, but rather a person with a certain set of attitudes." — Hugh Downs

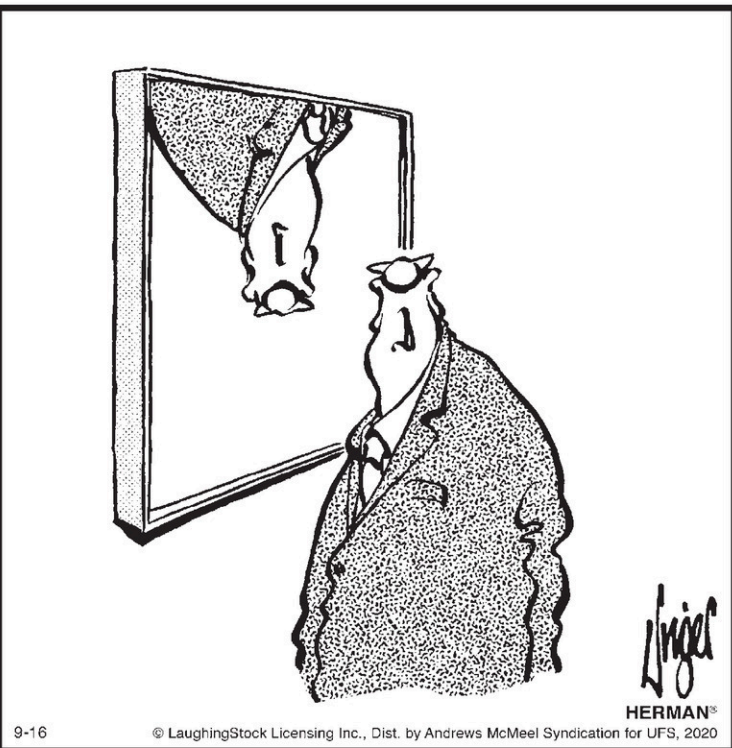
TODAY'S CLUE: $F \text{ equals } D$

REALITY CHECK

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HERMAN

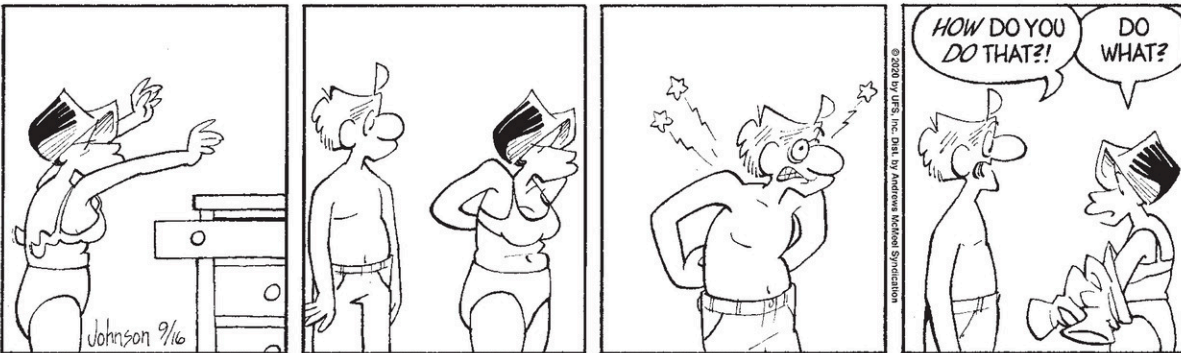


"They hung this mirror upside-down."

ALLEY OOP



ARLO & JANIS



THE BORN LOSER



FRANK AND ERNEST



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THE RECORD

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

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PREVIOUS SOLUTION

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

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

Vacationers vs. visitors

Dear Annie

WEDNESDAY, SEPTEMBER 16, 2020

Dear Annie: My husband and I are 77 years old. Our lake home has four bedrooms and plenty of space for family visits. During the summer, the family knows they have to make “reservations” to visit. Sometimes, we will have seven immediate family members here, and once we had 18 nephews and nieces and their families. They have use of our boats and always replace the gas they used. We feel fortunate that we can allow them to have a family vacation that is relatively inexpensive for them. Many have thanked us for the memories they have made over the past 20 years.

However, we plan several breakfasts and lunches and most evening meals. All but one family will bring extra food, including snacks and their own drinks (we never know what everyone wants). Some will cook an evening meal for us while they are here. All groups will treat us to an evening meal at a local restaurant. One family also leaves us gift certificates to local businesses. We do ask that they change the beds before they leave for the next group of visitors. All willingly do this.

We never expect all the help, but it is greatly appreciated. When one adds up the cost of extra food, disposable cups and plates and utilities for 10 weeks a year, it can be expensive.

Over the years, we have learned there are two kinds of guests: visitors and vacationers. Visitors come to see us, enjoy the lake and surroundings and help in any way they can to make their visit easier and more enjoyable for us. Vacationers are those who come to our “hotel” and restaurant and expect to be waited on while they are here. Needless to say, we don’t have “vacationers” more than once. – Visitors and Vacationers

Dear Visitors and Vacationers: I love your classification of guests as visitors and vacationers. I would take it a step farther and say that most people fall into two categories – those who are considerate of others and how they are feeling, and those who have a sense of entitlement and a lack of gratitude.

Want to know a secret? The considerate ones, the visitors, are happier people.

Dear Annie: I married a man with a son from his first marriage, who was 12 years old when we started dating. What really attracted me to my husband was the fact that he and his ex-wife were wonderful co-parents. As far as I knew, they were never mean, cruel or vindictive to each other, and it was quite apparent that they both loved their son (my stepson).

His ex was always included in family gatherings and my in-laws provided child care for their grandson while his mother worked weekends as a nurse at the hospital. My stepson grew up knowing that he had an extended loving family. He had his mother’s family, his father’s family and my family who all welcomed and supported him. My stepson came to our state to live with his father when he started high school, as his mother thought he would need more of a male influence at that time in his life.

Our home was always open to his mother whenever she wanted to visit. I’m sure my welcoming attitude cemented my relationship with my husband’s parents. I even counted my husband’s ex as a good friend. Sadly, she passed away two years ago, and I miss her infectious laugh and warm hugs. My stepson has become a fine man, husband and father of two. So, it is possible to have a blended family that works in harmony. – Blended Family Working

Dear Blended Family: What a wonderful story of making what could have been a challenging and contentious relationship into a loving and harmonious one. Congrats on living with love.

To better protect citizens against fire


Public consultation
 Wednesday,
 Sept. 30, at 7 p.m.

The City of Sherbrooke’s Service de protection contre les incendies (fire protection service) recently presented its fire safety risk project coverage plan for 2021-2025. This third edition still aims to standardize services provided to citizens of Sherbrooke.

Among the 37 steps proposed, relocating the number 4 fire station on Lavigerie Street (Fleurimont borough) at the intersection of Galt Est Street and Galvin Road should help improve response time and insurance rates for commercial buildings in the area.

It should also be noted that in 2025, the William-Percy-Donahue Fire Station, located on Terrill Street, could get a makeover through the enlarging and renovating of the living area and the garage section.

A public consultation on this subject will be held on Wednesday, September 30, at 7 p.m. Two ways to attend: online or in person in City Hall (12 attendees max.). Those interested in participating must go to sherbrooke.ca/schema-incendie (French only).



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Vehicle(s) may be shown with optional equipment. Dealer may sell or lease for less. Limited time offers. Offers only valid at participating dealers. Retail offers may be cancelled or changed at any time without notice. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1-800-565-3673. For factory orders, a customer may either take advantage of eligible raincheckable Ford retail customer promotional incentives/offers available at the time of vehicle factory order or time of vehicle delivery, but not both or combinations thereof. Retail offers not combinable with any CPA/GPC or Daily Rental incentives, the Commercial Upfit Program or the Commercial Fleet Incentive Program (CFIP).

*Ford Employee Pricing ("Employee Pricing") is available from August 1, 2020 to September 30, 2020 (the "Program Period"), on the purchase or lease of most new 2020 Ford vehicles (excluding chassis cab, stripped chassis, and cutaway body models, F-150 Raptor, F-650/F-750, Shelby® GT350/GT350R Mustang, GT500 Mustang, Ford GT, and BULLITT), and 2021 F-150s (excluding SuperCab & SuperCrew XL with diesel engine and F-150 Raptor). 2019 model year vehicles may be eligible for the program – see dealers for details. Employee Pricing refers to A-Plan pricing ordinarily available to Ford of Canada employees (excluding any Unifor-/CAW-negotiated programs). The new vehicle must be delivered or factory-ordered during the Program Period from your participating Ford Dealer. Employee Pricing is not combinable with CPA, GPC, CFIP, Daily Rental Allowance and A/X/Z/D/F-Plan programs.

[^]Until September 30, 2020, receive \$4,713 In Total Ford Employee Price adjustments with the purchase or lease of a new 2020 Escape Titanium AWD gas model with Equipment Package 401A, and Titanium Premium Package (including Heads Up Display). Total Ford Employee Price adjustments are a combination of Employee Price adjustment \$3,713 and delivery allowance of \$1,000. Employee Price adjustments are not combinable with CPA, GPC, CFIP, Daily Rental Allowance and A/X/Z/D/F-Plan programs. Delivery allowances are not combinable with any fleet consumer incentives.

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