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To readers and friends of The Parc-Extension News

Since our first edition in 1993, The Parc-Extension News team has always worked diligently to keep you in touch with what matters most to you and your families. During the 1998 Ice Storm, throughout the H1N1 Swine Flu pandemic of 2009-2010, and at peak times of recurring spring floods, and on many other occasions too numerous to mention, our dedicated editorial board exercised its responsibility to the community in disseminating information that you could count on for help and assistance in difficult times.

In 2020, we are facing a new crisis and a severe challenge to the health and well-being of individuals, their families, and to the community-at-large - COVID-19. Rest assured that the pages of The Parc-Extension News, for the duration of this latest pandemic, will provide reliable, comprehensive, and useful information, sought out and written by our dedicated journalists, and thoroughly vetted by our editorial board.

We take seriously our duty as publishers to honestly and accurately inform you now and for as long as this on-going crisis persists.

One of the biggest insidious enemies that lurks in the shadows in our efforts to publish the truth regarding this or any other crisis, is the misinformation, stigma and fake news deriving from the so-called social media, most of which can only be described as charlatan in nature, bent on exploiting the situation for personal gain.

As a responsible media, with a strong track record of quality publishing, we believe it is our duty not to ignore misinformation but to counter it with facts and not fiction, using verifiable information from respective official health departments and legitimate organizations.

In view of these considerations, we have devoted most of this edition to the COVID-19 crisis.

We implore you to follow all the recommendations and directives that the various government departments have announced for your safety, some of which we are publishing in this issue.

Our best wishes to you all to KEEP SAFE and KEEP HEALTHY!

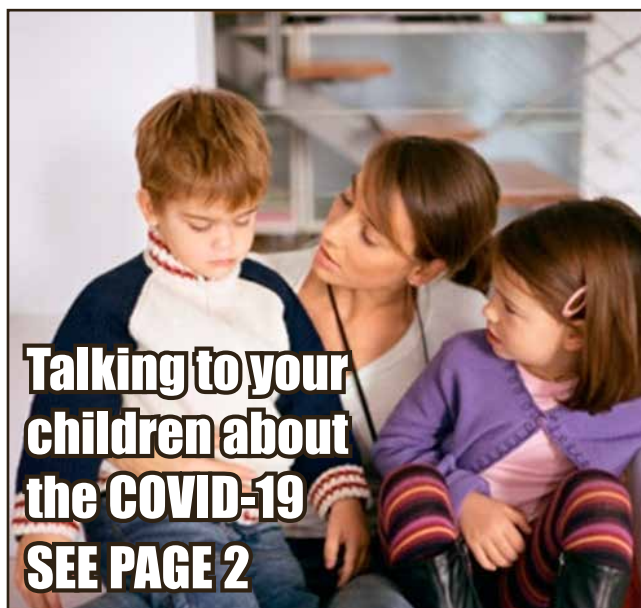
George Bakoyannis
George Guzman

COVID-19: PRIME MINISTER TRUDEAU AND PREMIER LEGAULT ANNOUNCE THEIR GOVERNMENT POLICIES

SEE PAGES: 5,6,7,8



PHOTOS: CBC/RDI SCREEN CAPTIONS



Can spraying alcohol or chlorine all over your body kill the new coronavirus?



COVID-19 MYTHS: SEE PAGE 9



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THE CORONAVIRUS CRISIS

How to talk to children and address their coronavirus concerns

Be honest and don't keep them in the dark, youth psychiatrist says

There's no escaping it. On television, in schools, on the street and at home, one word hangs in the air: coronavirus.

The coronavirus — which causes COVID-19 — and its repercussions are unlike anything people today have ever experienced. Stock markets have been plunging, travel restrictions have been put in place, major sports events have been suspended, schools are closing and an entire country, Italy, is under lockdown.

All of this information can be overwhelming and frightening for children, and it's up to parents to provide accurate information in an age-appropriate manner, one expert says.

Youth psychiatrist Dr. Rachel Mitchell, with Sunnybrook Health Sciences Centre in Toronto, said it's important to validate fears held by children, to listen to them and to be sure to speak to them at the age-appropriate level. If they have asked questions, answer them honestly, and don't share any more information other than what they asked.

"Obviously, the conversation you have with a five-year-old is not going to be the same conversation that you have with a 10-year-old, which is not the same conversation that you're going to have with a teenager," Mitchell said.

Limit exposure to the news

Also, don't keep them in the dark. "Don't hide news from kids," Mitchell said. "The instinct to protect them is natural and valid and inherent to being a parent. But as with any difficult news story, telling them the

realistic truth at their level of understanding is very important."

But that also doesn't mean putting on the news 24/7. Mitchell said there is value to limiting exposure to the news.

For young children, Mitchell said, parents could read the news with them. This provides the opportunity to ask questions along the way. But tell them only what you think they need to know.

"Thinking that something is being kept from you is more anxiety-provoking than a real conversation at any age," Mitchell said.

And a bit of empowerment goes a long way.

"Helping kids feel that they have agency through handwashing, for example, is amazing," Mitchell said.

Be a role model

With COVID-19 cases rising across Canada daily, it may be difficult for parents to deal with their own fears and concerns. But Mitchell said it's important to keep calm around children.

"You have to be aware of your anxiety," she said. "If it's out of control, then that's probably not something you want to show your kids."

Instead, parents can leave the room if they feel their anxiety is overwhelming and return once they've calmed down.

And finally, ensure that children are reading trusted sources and not listening to rumours or misinformation passed through social media, particularly for children who may be more anxious than others.

"Always validate that anxiety and that concern,

because it's valid, especially now," Mitchell said. "If it's dismissed, then that's a missed opportunity" as a parent.

How to manage kids' anxiety

Although those aged 65 or over are the ones at greatest risk of developing the most serious symptoms, anxiety caused by the pandemic can be frightening for the young, says psychiatrist Dr. Shimi Kang.

"We already have really high rates of anxiety in young kids, so in a situation like this, we have to be very mindful of how we are discussing it with young people," Kang said.

She recommends telling kids the truth without sugar-coating it too much, using age-appropriate terms.

But it's very important to move to optimism and grounded facts to reassure them and not put extra stress on them, Kang says.

"Saying things like: 'We know if you wash your hands, that certainly helps. We know that we have health-care providers that are doing their jobs. Nothing particularly has happened. People are just being cautious,'" Kang said.

Wash Your Hands

Make it a family routine before every meal and snack to wash hands. If you do it together, you can model for them how to use soap, rub your hands together and rinse. For a timer, try slowly singing the ABCs together while you scrub. In Curious George, the Man with the Yellow Hat has a cold. He teaches George how

germs can move from person to person and that's important to wash your hands and avoid sharing utensils. Good hand washers, like Daniel Tiger, are germ busters!

Catch that Cough

When kids cough or sneeze, they tend to do it right into their hands — and then they use those hands to touch everything in sight! Instead, we can cough and sneeze into our elbow. Make it a game with kids. Can they catch the cough in their elbow? In the beginning, cheer when they do: "You caught it! That's what germ busters do!" If they accidentally "catch it in their hands," they can simply wash their hands with soap and water and start the game again.

"Rest is Best"

Tell them: When we are sick, we can stay home and rest our bodies; we can be germ busters by not spreading germs or going to school sick. And as parents, we can keep ourselves and our kids home if we have a fever or other symptoms.

Practice Healthy Habits

Remind kids that sleep, exercise and eating healthy foods are good, everyday ways to strengthen our bodies. We will all get sick sometimes! They have probably already had at least one cold this season. But we can be responsible germ busters when we practice handwashing, cough-catching, resting and basic healthy living.



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VSP councillors ponder future of local police stations

Uneven property tax billing raised in council question period

MARTIN C. BARRY

Recent news regarding the planned closing of several Montreal Police Department neighbourhood stations – including the rumoured shutting of Park Extension's Station 33 – was one of the issues raised during the March 9 public meeting of the Villeray/St-Michel/Parc Extension borough council.

"After doing a bit of research, I found that closing Station 33 is not in their immediate plans," Deros said in a statement during the meeting, referring to officials at the police department who are making the decisions.

Consultation needed

"I don't know about the future, but what I wish for mostly is that a consultation is held with the elected officials of the neighbourhood and the residents, which is very important," added Deros. Borough Mayor Giuliana Fumagalli agreed that a consultation should be an important consideration before any decision is made about PDQ 33.

"For me what is most important is to make sure that the citizens are consulted, that the elected officials are consulted: the best decisions are always made when there's a consultation," she said.

Future of PDQ 33

During the public question period, Park Extension resident Sasha Dyck sent an e-mail which was read out by Borough Mayor Fumagalli. He asked that Villeray city councillor Rosannie Filato, who is responsible for public safety on the centre city executive-committee, clarify remarks she made to the media the week before about the future of neighbourhood police stations.



François-Perrault city councillor Sylvain Ouellet, who sits on the centre city's executive-committee, said the system for property tax bills is rarely uniform because of inequalities in the property valuation system.

Photo: Martin C. Barry



Park Extension city councillor Mary Deros. 'What I wish for mostly is that a consultation is held,' Councillor Deros says of rumours on PDQ 33's future.

Photo: Martin C. Barry

"It's been a long time since the borough and the neighbourhood stations are in discussions about a possible merger between stations 31 and 33," she said, alluding to PDQ 31 on Saint Laurent Blvd. on the edge of Jarry Park. "Nothing is confirmed for the moment," she continued. "I can't give you any information about any specific station, because that's not in the cards."

Tax bills questioned

This time of year when property tax bills come due often brings forth residents with questions on their tax assessments. Thus it was that during question period, Pierre Lamarre of Waverly Ave., who's been a regular at the borough council meetings for many years, told the mayor and councillors that he now pays \$1,400 more in taxes than he did 10 years ago.

"This year, my tax bill went up by 3.7 per cent, which is above the inflation rate that we were told," he said. "My question is how is it that we pay so much?" While noting that there has been a lot of condo construction in recent years which should have made the city's tax base larger, he wondered, "How is it that it is so costly for us?"

Blame the Agglo

Fumagalli said that she too had also seen her tax bill go up in 2020. However, she placed most of the blame with the Montreal Agglomeration, the council made up of elected representatives from the City of Montreal and the other independent municipalities on the island.

While noting that the value of properties across Montreal Island has increased with the introduction this year of a new three-year property roll, she added, "It's not the borough which



Borough Mayor Giuliana Fumagalli says she favours public consultations before the Montreal Police decide on the future of local police stations.

Photo: Martin C. Barry

decides this. It's much larger than that. It's at the level of the Agglomeration. So it's not us in the borough who make the decision. It's not even at the centre city. It's at the Agglomeration where values are decided."

Impact of new valuations

Lamarre replied that he could understand property valuations going up. "But for the tax rate, it is you who impose it, and so that's different," he continued.

Councillor Sylvain Ouellet, who sits on the executive-committee, added that officials at the centre city can't raise taxes on all tax bills by a single uniform rate based on inflation, because of wide variations in the property valuations list.

Also during the question period, Olivia Daigneault Deschênes suggested that the borough should expand its program, offering subsidies for the purchase of recyclable baby diapers, to include environmentally-friendly feminine hygiene products such as recyclable sanitary napkins.

Recycle women's napkins

"I am wondering when you are going to be encouraging residents to support these alternatives which are more eco-responsible, by making them more accessible through subsidy programs," she said, pointing out that several Montreal boroughs have already done this already.

Mayor Fumagalli said the borough's 2020 budget covered subsidies for disposable diapers. However, she added, "we will think" about the possibility of adding women's sanitary napkins in the future.

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Parlez-moi d'humour

Alcide Borik



Cette civilisation autrefois la nôtre...

Le monde entier redécouvre avec horreur la crainte irraisonnée de la pandémie, cette menace qui nous pend au nez depuis les temps immémoriaux de la tour de Babel. Cette humanité qui ne communique plus que par ses téléphones intelligents, ne juge que par ses statistiques, n'aime que par images choc et foules de décibels, n'apprécie que les billets verts, ne cède qu'à la peur bleue de nos guerres mondiales, au typhus blanc, à la traversée de la mer rouge, à la fièvre jaune ou à la peste bubonique...

Les politiciens qui promettent des lendemains qui chantent... pour la fin de leur mandat découvrent soudain qu'il leur en faudra un autre pour réaliser leurs promesses, Les curés, rabbins et cheikhs sans provisions, jettent leur dévolu... sur les nôtres (de provisions!), et souvent, pratiquent les péchés capitaux qu'ils interdisent si bien aux autres.

Notre pénitence sera désormais de ne plus prendre de croisières sur des villes flottantes sous peine de quarantaine, ne plus prendre l'avion sous menace islamiste, ne plus quitter Dorval qu'après avoir passé par d'arrogantes douanières américaines, ne plus sortir du continent avec garantie d'y revenir un jour, ne plus prendre l'auto sans danger d'une hausse spéculative des prix de l'essence, des Russes, des Saoudiens, des Libyens, des Chinois ou autres maîtres chanteurs, abatteurs d'avions civils, preneurs d'otages qui giflent notre civilisation autrefois commune en refusant de rendre compte de leurs crimes.

Le Corona virus veille désormais tellement que je n'ose même plus me commander une bière mexicaine!

J'accuse...

Il y a 122 ans, le 13 janvier 1898, Émile Zola publiait une lettre édifiante pour défendre le Juif Dreyfus faussement accusé de trahison et condamné par l'opinion publique.

Nous nous trouvons aujourd'hui dans une situation similaire à la différence près que Harvey Weinstein a été jugé coupable d'avoir abusé de beaucoup de jeunes femmes alors qu'il se trouvait en situation d'autorité.

C'est juste!

Quitté, par son épouse, désavoué par sa famille et ruiné par son désir d'éviter le pire sans y parvenir il a fini par être condamné par la justice, et surtout, par le mouvement Me Too. Sa cause a été instrumentalisée pour en faire un prédateur sexuel et mener à une vengeance sociétale pour mieux confirmer notre propre innocence.

Regardez vous droit dans les yeux dans un miroir!

J'accuse les mouvements féministes d'avoir condamné Weinstein pour actualiser et consolider le sentiment anti-abus du 21ème siècle, pour faire avancer plus loin ce refus hypocrite qui nous pousse à afficher une attitude horrifiée devant ce genre d'agissements. Dans les révolutions, il y a toujours des ultras.

Mais surtout,

Vous, gens du spectacle, du cinéma, de la télévision, financiers, politique ou autre qui êtes en position de transformer une personne de zéro à héros et de la propulser d'un geste dans le camp des personnes riches et célèbres, combien d'entre vous ont résisté et résistent encore au 21ème siècle à cette coupable tentation de céder à cette tradition d'abus devant une candidate séduisante, jeune et avenante et taradée par le désir de réussir?

Ce qui était largement toléré il y a quelques années devient soudain tabou, et une conduite "traditionnellement acceptée" devient inacceptable

dans notre civilisation en dépit de notre hypocrisie sociétale, qui, par crainte d'amalgame, a dépouillé cet homme de ses Oscars, de ses trophées, de ses récompenses...

Que Weinstein soit coupable, oui, cent fois oui, qu'il subisse une punition exemplaire, amendes, prison, indemnisation et plus, sans aucun doute, mais vous qui avez dans votre position la tentation d'en faire autant, peut-être même y avez-vous cédé?... Vous, les hommes et les femmes qui êtes en position d'autorité,... y résistez-vous autrement que par crainte?

Il faudrait que les entreprises fassent souscrire à leurs futurs employés et contractuels (comme cela se fait parfois) à un code de déontologie sans ambiguïté afin que ce début de siècle nous apporte la maturité d'accepter que l'immense majorité des humains, n'a pas évolué aussi vite que notre société, et qu'il reste à cette société beaucoup à faire avant de réprimer l'instinct de conquête inscrit dans notre ADN par nos ancêtres et leur histoire ;

Il suffit de jeter un coup d'œil sur le monde qui nous entoure pour voir la manière dont nos femmes, nos mères, nos filles sont traitées dans les sociétés primitives et machistes d'Orient, d'Afrique, d'Asie des plus grandes capitales jusque dans la boue des favélas, pour voir qu'il existe encore une majorité d'hommes taradés par le démon du midi qui veulent encore séduire, vous en connaissez certainement des exemples dans votre entourage... et je vous gage qu'à l'aube de l'an 2100, il existera encore des êtres qui voudront abuser de leur position pour avoir raison des autres, et notre société devrait mettre de sérieux efforts pour que d'autres mouvements Me too unissent leurs efforts pour assurer aux femmes et aux hommes de l'avenir, des garanties d'équité au travail.

ALBERTO DEL BURGO

The opinions on THIS PAGE reflect the consensus of Editorial Board.

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THE CORONAVIRUS CRISIS

Prime Minister Trudeau announces \$82 billion support for workers and businesses

Prime Minister, Justin Trudeau, announced Wednesday March 18, a new set of economic measures to help stabilize the economy and help Canadians affected by the impacts of this challenging period. A massive \$82-billion aid package to help Canadians and businesses cope with the global COVID-19 pandemic, including income supports, wage subsidies and tax deferrals.

The package includes \$27 billion in direct supports and another \$55 billion to help business liquidity through tax deferrals.

Combined, the package represents more than three per cent of Canada's GDP. Trudeau said the deep spending will not drive the country into recession, insisting "prudent" decisions made over the last five years have put Canada on a strong economic footing to weather the crisis.

"We will be able to make sure our economy gets back up to speed very quickly," he said.

Parliament could be recalled as early as next week to pass legislation to bring in the fiscal measures.

The supports aim to help Canadians pay for rent and groceries, to help businesses continue to meet payroll and pay bills, and to stabilize the economy. Supports could start flowing in weeks, Trudeau said.

"No matter who you are or what you do, this is a time where you should be focused on your health, and that of your neighbours, not whether you're going to lose your job, not whether you're going to run out of money for things like groceries and medication," he said.

Support for workers

To support workers and their families, the Government of Canada is taking action to:

- Provide additional assistance to families with children by temporarily boosting Canada Child Benefit payments. This measure would deliver almost \$2 billion in extra support.
- Introduce an Emergency Care Benefit of up to \$900 bi-weekly for up to 15 weeks to provide income support to workers who must stay home and do not have access to paid sick leave. This measure could provide up to \$10 billion to Canadians, and includes:
 - Workers, including the self-employed, who are sick, quarantined, or who have been directed to self-isolate but do not qualify for Employment Insurance (EI) sickness benefits.
 - Workers, including the self-employed, who are taking care of a family member who is sick with COVID-19, such as an elderly parent or other dependents who are sick, but do not qualify for EI sickness benefits.
 - EI-eligible and non EI-eligible working parents who must stay home without pay because of children who are sick or who need additional care because of school closures.
- Introduce an Emergency Support Benefit delivered through the Canada Revenue Agency to provide up to \$5 billion in support to workers who are not eligible for EI and who are facing unemployment.
- Provide additional assistance to individuals and families with low and modest incomes with a special top-up payment under the Goods and Services Tax (GST) credit. This measure would

inject \$5.5 billion in the economy.

- Waive, for a minimum of six months, the mandatory one-week waiting period for EI sickness benefits for workers in imposed quarantine or who have been directed to self-isolate, as announced on March 11.
 - Waive the requirement for a medical certificate to access EI sickness benefits.
 - Extend the tax filing deadline for individuals to June 1, and allow all taxpayers to defer, until after August 31, 2020, the payment of any income tax amounts that become owing on or after today and before September 2020. This relief would apply to tax balances due, as well as instalments, under Part I of the *Income Tax Act*. No interest or penalties will accumulate on these amounts during this period. This measure will result in households having more money available during this period.
 - Provide eligible small businesses a 10 per cent wage subsidy for the next 90 days, up to a maximum of \$1,375 per employee and \$25,000 per employer. Employers benefiting from this measure would include corporations eligible for the small business deduction, as well as not-for-profit organisations and charities. This will help employers keep people on their payroll and help Canadians keep their jobs.
 - Provide increased flexibility to lenders to defer mortgage payments on homeowner government-insured mortgage loans to borrowers who may be experiencing financial difficulties related to the outbreak. Insurers will permit lenders to allow payment deferral beginning immediately.
- In addition, to provide targeted support for vulnerable groups, the Government is investing to:
- Reduce minimum withdrawals from Registered Retirement Income Funds (RRIFs) by 25 per cent for 2020 in recognition of volatile market conditions and their impact on many seniors' retirement savings.
 - Implement a six-month, interest-free, moratorium on Canada Student Loan payments for all individuals who are in the process of repaying these loans.
 - Provide \$305 million for a new distinctions-based Indigenous Community Support Fund, to address immediate needs in First Nations, Inuit, and Métis Nation communities.
 - Support women and children fleeing violence by providing up to \$50 million to women's shelters and sexual assault centres to help with their capacity to manage or prevent an outbreak in their facilities. This includes funding for facilities in Indigenous communities.
 - Provide an additional \$157.5 million to address the needs of Canadians experiencing homelessness through the Reaching Home program.

Support for businesses

To support Canadian businesses and help them retain their workers during this difficult time, the Government is announcing

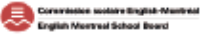
measures to:

- Allow all businesses to defer, until after August 31, 2020, the payment of any income tax amounts that become owing on or after today and before September 2020. This relief would apply to tax balances due, as well as instalments, under Part I of the *Income Tax Act*. No interest or penalties will accumulate on these amounts during this period. This measure will result in businesses having more money available during this period.
- Increase the credit available to small, medium, and large Canadian businesses. As announced on March 13, a new Business Credit Availability Program will provide more than \$10 billion of additional support to businesses experiencing cash flow challenges through the Business Development Bank of Canada and Export Development Canada. The Government is ready to provide more capital through these financial Crown corporations.
- Further expand Export Development Canada's ability to provide support to domestic businesses.
- Provide flexibility on the Canada Account limit, to allow the Government to provide additional support to Canadian businesses, when deemed to be in the national interest, to deal with exceptional circumstances.
- Augment credit available to farmers and


the agri-food sector through Farm Credit Canada.

- Launch an Insured Mortgage Purchase Program to purchase up to \$50 billion of insured mortgage pools through the Canada Mortgage and Housing Corporation (CMHC). As announced on March 16, this will provide stable funding to banks and mortgage lenders and support continued lending to Canadian businesses and consumers. CMHC stands ready to further support liquidity and the stability of the financial markets through its mortgage funding programs as necessary. The Government will enable these measures by raising CMHC's legislative limits to guarantee securities and insure mortgages by \$150 billion each.

At the same time the six largest financial institutions in Canada have made a commitment to work with personal and small business banking customers on a case-by-case basis to provide flexible solutions to help them manage through challenges, such as pay disruption due to COVID-19, childcare disruption due to school or daycare closures, or those suffering from COVID-19. As a first step, this support will include up to a six-month payment deferral for mortgages, and the opportunity for relief on other credit products. "The Government of Canada will continue to monitor evolving economic conditions and seek greater relief measures should it be necessary," said Trudeau.



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Measures taken by the Quebec Government

The Government has taken a number of measures to contain the spread, including, the adoption, on March 13, 2020, of an Order in Council declaring a health emergency throughout Québec territory. This exceptional measure will, by way of an example, enable the Ministère de la Santé et des Services sociaux and establishments to promptly purchase equipment or conclude the necessary contracts to protect the health of the population.

Voluntary self-isolation: for 14 days for anyone who returns from abroad on or after March 12, 2020;

Mandatory isolation: for 14 days for all public service employees and health care, education and daycare workers, both private and public, who return from abroad on or after March 12, 2020;

-the closing of several businesses and public spaces in the cultural and tourist sectors;

-the prohibition of indoor gatherings of more than 250 people;

the public is urged to avoid unnecessary

indoor gatherings;

-elderly people 70 years of age and over are urged to stay at home, except in the case of necessity or in exceptional circumstances, such as a medical appointment. Such individuals can also go for a walk and should follow health recommendations;

-all daycare services (childcare centres, as well as subsidized, non-subsidized, family and non-regulated daycare centres) and institutions (elementary and secondary schools, vocational training and adult education centres, private schools, CEGEPs, colleges and universities) will be closed from Monday, March 16, through Friday, March 27. However, measures have been implemented to continue to offer emergency daycare services for children of health care and essential services personnel;

non-essential visits are prohibited to hospitals, residential and long-term care centres, intermediate resources, family-type resources for the elderly and vulnerable adults and private seniors' homes throughout Québec's territory;

-prevention and control in health care settings in suspected or confirmed cases of

infection;

-coverage, by the Régie de l'assurance maladie du Québec (RAMQ), of health services related to COVID-19 provided by correspondence or by means of telecommunications;

-the opening of designated clinics to deal with individuals displaying symptoms;

-the postponement of municipal by-elections on March 15, 2020 and the 20 others planned by late April.

Health care professionals in Québec, in particular doctors, nurses, laboratory staff and paramedics, have access to tools to quickly identify cases suspicious for COVID-19, ensure they are managed appropriately and that the necessary prevention and control measures are taken.

Health recommendations

Individuals who are returning from outside Canada and are in self-isolation at home must abide by the advice indicated below.

Stay at home:

-Do not go to school, to work, to a childcare centre or a day care centre or to any other public

space.

-Do not use public transport.

-Postpone all non-urgent medical appointments.

-Do not receive visitors at home.

Call 1-877-644-4545 if you have a cough or fever:

Wait for a nurse to answer.

-Do not go to a medical clinic unless you have first obtained an appointment.

-Visit the emergency room only if you have difficulty breathing.

-Before you go to the emergency room, contact 1-877-644-4545 if your condition allows you to do so and indicate that you are a traveller who has been back for less than 14 days. You will be told how to go there and what precautions to take (wearing a mask, using personal transportation or an ambulance, and so on). Furthermore, the hospital will be notified of your arrival.

-If you are living with other people who have not travelled:

-If you do not have a cough or fever, no other specific measure needs to be adopted. Wash your hands frequently and avoid sharing personal items such as towels, utensils and glasses.

-If you have a cough or fever, contact 1-877-644-4545 and until you receive advice:

-remain alone in one room of the house as often as possible and close the door;

-eat and sleep alone in one room of the house;

-if possible use a bathroom reserved for your sole use. Otherwise, disinfect it after each use;

-avoid as much as possible contact with other people in the home. If this is impossible, wear a mask. If a mask is not available, stay at least 2 metres (the length of a big dining table) away from other people;

-use disposable tissues to cough, blow your nose or sneeze;

-discard the tissues in the garbage and wash your hands with soap and water;

-if you do not have disposable tissues, cough or sneeze in the crook of your arm.

-You can contact the Info-Social 811 service (24/7 psychosocial telephone consultation) if you are experiencing:

stress or anxiety;

-persistent emotional reactions (frequent crying, irritability, and so on);

-panic;

-invasive, frightening ideas that you are constantly turning over in your mind;

-social repercussions of the disease.

Flexibility measures for individuals and businesses



Eric Girard, Minister of Finance: "The flexibility measures announced seek to afford taxpayers respite during this turbulent period during which priority must be given to compliance with the directives of the Direction de la santé publique. They are part of an array of economic measures that will be implemented in the coming days to help workers and businesses to get through this unprecedented crisis."

To simplify the lives of individuals and businesses affected by the exceptional situation stemming from COVID-19, the government has asked Revenu Québec to apply flexibility measures for individuals and businesses in Québec during income tax filing season.

Measures aimed at individuals

-The deadline for producing and filing income tax return is postponed to June 1, 2020.

-For individuals and individuals in business, the deadline for applying balances due related to income tax returns for the 2019 taxation year is postponed to July 31, 2020.

-For those who must pay tax instalments, the payment of the June 15, 2020 tax instalment is suspended until July 31, 2020. The date and terms of payment of this amount will be announced shortly. Individuals will have a reasonable period of time to pay the amount due.

Individuals who anticipate a tax refund are urged to file their income tax returns promptly to obtain such refunds. For those who receive amounts from social programs such as the solidarity tax credit and the family allowance, Revenu Québec will ensure that the payments are made as planned on July 1, despite the postponement of the income tax return filing deadline.

Measures aimed at businesses

In the case of businesses, the payment of tax instalments and taxes due as of today is suspended until July 31, 2020. The date and terms of payment will be announced shortly. Businesses will have a reasonable period of time to pay the amounts due.

Eric Girard, Minister of Finance. Measures aimed at tax return preparers and tax return preparation sessions. Flexibility measures are also planned for tax return preparers. Revenu Québec will from now on allow tax return preparers to use an electronic signature on certain forms that they must have their clients sign. This will limit the administrative procedures to be carried out in person.

Moreover, Revenu Québec and the Canada Revenue Agency accept the decision of community-based organizations that are suspending tax return preparation sessions, again with a view to limiting travel and contacts with the clientele. However, this situation could change in the coming weeks, considering the postponement of the income tax return filing deadline and depending on how the situation evolves.

▶ Continued on page 7

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THE CORONAVIRUS CRISIS

Measures taken by the Quebec Government

◀ Continued from page 6

Psychosocial intervention professionals will offer you support and provide information and advice according to your needs.

For everyone

-Wash your hands often with soap under warm running water for at least 20 seconds.
-Use an alcohol-based hand rub if soap and water are not available.

--Practice proper cough and sneeze etiquette: Cover your mouth and nose with your arm to reduce the spread of germs.

-If you use a tissue, dispose of it as soon as possible and wash your hands afterwards.

-If you are sick, avoid contact with more vulnerable people, including older adults and people who have a chronic disease. For example, avoid visiting people in hospital, people living in residential and long-term care centres or in private residences.

-Avoid direct contact when you greet someone, such as shaking hands, and use alternative ways to greet people.

-Every individual has their part to play to reduce the risk of spreading viruses.

-Masks are not an effective means of protection for the general public. Their use is indicated more for patients who are suspected of being infected and for the health professionals who are providing care for them.

-If you are worried or anxious about the coronavirus, you can contact the toll-free line 1 877 644-4545.

Symptoms and treatments

The main symptoms of COVID-19 are as follows:

- Fever
- Cough
- Difficulty breathing

The symptoms can be mild (similar to a cold) or more severe (such as those associated with pneumonia and respiratory or kidney failure).

In rare cases, infection can lead to death. People most at risk of complications are those with a weakened immune system or a chronic disease and older people.

Treatment

There is no specific treatment or vaccine for COVID-19. Supportive treatment may, however, be provided.

Most people with COVID-19 will recover on their own.

For more general information about COVID-19, go to the page [COVID-19 – General information](#).

Coverage of health services provided by means of telecommunications

Starting March 13, 2020, the RAMQ will cover health services provided by correspondence or by means of telecommunications. This coverage includes, for example, a telephone consultation with a physician.

Visits to hospitals, residential and long-term care centres, intermediate resources, family-type resources for the elderly and vulnerable adults and private seniors' homes

Starting March 14, 2020, non-essential visits to hospitals, residential and long-term care centres, intermediate resources, targeted family-type resources and private senior's residence will be prohibited to protect the most



vulnerable individuals and workers in the health and social services network.

Education, higher education and day-care systems

The Gouvernement du Québec has ordered the closure of all daycare services (childcare centres, as well as subsidized, non-subsidized, family and non-regulated daycare centres) and institutions (elementary and secondary schools, vocational training and adult education centres, private schools, CEGEPs, colleges and universities) from Monday, March 16, through Friday, March 27.

However, measures have been implemented to continue to offer emergency daycare services for children of health care and essential services personnel.

Closing of businesses and public spaces

The Gouvernement du Québec is ordering until March 30, 2020 the closing of the following businesses and public spaces:

- libraries;
- museums;
- theatres;
- cinemas and arcades;
- performance spaces;
- swimming pools, spas, saunas and water parks;
- recreational sites such as ski resorts, amusement parks, trampoline centres, and so on;
- training centres and dance, spinning, zumba and yoga centres;
- arenas;
- indoor soccer centres;
- zoos;
- aquariums;
- bars et discotheques;
- restaurants that offer buffets;
- sugar shacks;
- all other facilities with similar vocations.

The Gouvernement du Québec is asking owners to limit the number of customers to 50% of the rooms' capacity, that is, one table in two. However, buffet-style restaurants and sugar shacks must close temporarily.

Take-out orders, deliveries and drive-through services are permitted.

Events

The Gouvernement du Québec is banning all indoor gatherings of more than 250 people.

Cancelling unnecessary gatherings is also strongly recommended to reduce the risk of spreading the coronavirus.

Frequently asked questions

How is COVID-19 spread?

COVID-19 usually infects the nose, throat and lungs. In most cases, it is spread by:

- close contact with an infected person when the person coughs or sneezes;
- touching infected surfaces with your hands and then touching your mouth, nose or eyes.

How long can COVID-19 survive on objects?

In general, COVID-19 does not survive for long on objects:

- 3 hours on inert objects with dry surfaces;
- 6 days on inert objects with wet surfaces.
- 4. Will wearing a mask protect me effectively against COVID-19?

Masks are not an effective means of protection for the general public in Québec. Their use is indicated more for patients who are suspected of being infected and for the health professionals who are providing care for them.

I have travel plans. Should I cancel them?

The Gouvernement du Québec is asking Quebecers to cancel non-essential trips.

You must also self-isolate for 14 days when you return.

I am returning from a trip. What do I have to do?

Voluntary self-isolation for 14 days is

▶ Continued on page 8

PROTECT YOURSELF!

The coronavirus causes a respiratory infection (COVID-19) that can involve the following symptoms:



FEVER • COUGH • TROUBLE BREATHING

Protect your loved ones, especially seniors and the vulnerable ones, by avoiding visiting them if you're sick.

It is recommended that anyone returning from a foreign country isolate themselves at home for a period of 14 days and monitor their symptoms.

This isolation is mandatory for all public service employees and for all health, education, and childcare staff, both private and public, returning from abroad.

Québec.ca/coronavirus
Toll free: 1 877 644-4545

Votre gouvernement

Québec

THE CORONAVIRUS CRISIS

◀ Continued from page 7

recommended for anyone returning from abroad on or after March 12, 2020.

Self-isolation is mandatory for all public service employees and health care, education and daycare workers, both private and public, returning from abroad.

Individuals in voluntary self-isolation must stay at home, monitor their symptoms and call 1 877 644-4545 if they have a cough or fever. Certain practices are also recommended if they live with other people who have not travelled.

If I must go into voluntary self-isolation, what instructions must I follow?

Individuals in voluntary self-isolation must stay at home, monitor their symptoms and call 1 877 644-4545 if they have a cough or fever. Certain practices are also recommended if they live with other people who have not travelled.

I work in the private sector and I have to self-isolate. Can my employer fire me?

The Gouvernement du Québec is asking employers to be understanding and flexible toward employees who are returning from travelling or who have symptoms.

Why are schools and day care centres being closed now? Is it not premature to do so?

Québec is facing an emergency. For this reason, the Gouvernement du Québec is immediately adopting the necessary measures to reduce the risk of spreading. This is a responsible decision, based on the recommendations of the Direction de la Santé publique, which will reduce to a maximum risks for Québec's population.

Will parents who must take two weeks of leave because schools and childcare services are closed continue to be paid?

Workers in the public sector will continue to be paid and will be asked to engage in teleworking when possible.

Employers in the private sector are encouraged to display flexibility. Compensation measures will be implemented and announced shortly.

Could the two-week closing of schools and childcare services be prolonged?

The Québec government is assessing the situation in real time to give priority to maintaining Quebecers' health. If such a decision is made, the individuals concerned will be notified in due course.

Will lost days in schools, CEGEPs and universities be repeated?

For the time being, lost days will not be repeated. The Québec government is asking teachers to make the necessary adjustments in their schedules. Additional directives will be issued in due course.

Must parents pay the childcare service?

No. The government will pay the parental contribution and the childcare service subsidy for the entire two weeks.

For parents whose children attend a non-subsidized childcare service, no payment will be required during the two-week period.

Will non-subsidized daycare centres be compensated?

Yes. Measures will be announced shortly.

Will personnel members at childcare centres and subsidized childcare facilities continue to be paid?

Yes. Employees will be paid as usual.

Which educational services are closing?

All services offered in the education network will be closed from Monday, March 16 to Friday, March 27. The closing concerns elementary and

secondary schools, training centres, private schools, CEGEPs and colleges and universities.

Can COVID-19 cause a food shortage?

No. There is no reason to fear a food shortage.

Are visits permitted to hospitals, residential and long-term care centres, intermediate resources and family-type resources for the elderly and vulnerable adults and private seniors' homes?

Starting March 13, 2020, non-essential visits to hospitals, residential and long-term care centres, intermediate resources, targeted family-type resources and private seniors' homes will be prohibited to protect the most vulnerable individuals and workers in the health and social services network. In the case of births, the other parent, significant other or natural caregiver identified for this purpose is not deemed to be a visitor and can accompany the mother.

Does the RAMQ cover health services provided by means of telecommunications?

Yes, the RAMQ will from now on cover health services provided by correspondence or by means of telecommunications. This coverage includes, for example, a telephone consultation with a physician.

What is a health emergency?

A health emergency can be declared when a threat to the health of the population demands the immediate application of certain measures. It empowers the Québec government and the Ministère de la Santé et des Services sociaux to implement an array of measures to protect the health of the population.

The Ministère de la Santé et des Services sociaux could, for example, promptly purchase equipment or conclude the necessary contracts to protect the health of the population.

Is this the first time that Québec has declared a health emergency?

Yes. This exceptional measure demonstrates the Gouvernement du Québec's determination to adopt the necessary measures to protect Quebecers.

Which jobs do essential services include?

Essential services include occupations in the health network and police officers, firefighters, ambulance attendants, correctional services officers, and special constables.

Will a general directive be issued for civil servants concerning teleworking?

The directors of human resources in government departments, who are receiving information from the Secrétariat du Conseil du trésor, will oversee such decisions. Needs and the ability to offer teleworking differ depending on the government departments and bodies.

Are pregnant women at risk?

According to the World Health Organization, pregnant women are at no greater risk than adults in general of complications related to COVID-19.

Scientists note that there is no known risk of malformation or mother-to-foetus transmission.

The usual preventive rules apply to pregnant women.

Can restaurants remain open?

The Gouvernement du Québec is asking restaurant owners to limit the number of customers to 50% of the rooms' capacity, that is, one table in two.

However, buffet-style restaurants and sugar shacks must close temporarily.

What happens to truck drivers from outside our borders?

Truck drivers and air crews and seagoing personnel do not have to self-isolate given the

important role that they play in the transportation of critical goods such as food.

If I am abroad, do I have to immediately come home?

The Gouvernement du Québec suggests that individuals who are abroad come home if possible.

The Government of Canada in its Travel Advice and Advisories section recommends that individuals who are abroad find out about the commercial options available to them to return to Canada and to return sooner than planned if such options become more limited.

Is it preferable to self-isolate and stay home in the coming weeks even if individuals are not returning from a trip?

Confinement is one of the measures that will reduce the spread of COVID-19. Elderly people 70 years of age and over and those suffering from chronic diseases are asked to stay home, except in the case of necessity or exceptional circumstances, for example for a medical appointment.

Visits to hospitals, residential and long-term care centres, intermediate resources, family-type resources and private seniors' homes are prohibited until further notice.

Healthy individuals are urged to avoid gatherings as much as possible, especially in enclosed spaces, and to follow basic health advice.

Can the public continue to use mass transit?

Public transit services continue to operate and are an essential service to enable staff in the health and social services network to travel.

Québec transit authorities have increased the frequency of maintenance of their vehicles and facilities.

Users are still advised to follow the usual health advice.

Moreover, they are asked, as far as possible, to modify their usual schedules to limit rush-hour crowds in mass transit systems.

Do the closings of public spaces that the Québec government has announced concern grocery stores and drugstores?

No. Grocery stores and drugstores are staying open.

Can elderly people 70 years of age and over leave their homes for medical appointments?

People 70 years of age and over are invited to try to stay home, except in the case of necessity or exceptions, such as an important medical appointment.

They can also go for a walk but must abide by the recommended health advice.

Is it possible to deliver food or essential items to people in hospitals, residential and long-term care centres, intermediate resources, family-type resources for the elderly and vulnerable adults, and private seniors' homes?

It is possible to deliver food or essential items to hospitals or seniors' homes by avoiding all contact with the the people on site and immediately leaving after giving the food or items to a reception staff member.

It is important at all times to maintain distance between individuals, avoid direct contacts and abide by the usual rules of hygiene when you cough or sneeze.

Is it possible to deliver food or essential items to elderly people living at home?

It is possible to deliver groceries to elderly people or immunodeficient individuals solely if you do not display any symptoms and have not returned from a trip within less than 14 days.

It is important at all times to maintain distance between individuals, avoid direct

contacts and abide by the usual rules of hygiene when you cough or sneeze.

Is it recommended not to go to work?

Individuals who return from a trip must not go to work.

Individuals who are not returning from a trip and who do not display any symptoms are invited to go to work and to abide by the usual rules of hygiene.

Individuals who are not returning from a trip and who display cold- or flu-like symptoms are invited to display common sense and evaluate the relevance of going to work in light of their health status.

Is it preferable to avoid all public spaces?

Everyone is urged to limit to a maximum their presence in public spaces.

If you visit a public space, abide by the usual rules of hygiene.

Can an individual go to a hospital to visit a loved one who is dying?

Yes. Health care establishments tolerate visits under exceptional or humanitarian circumstances.

The Gouvernement du Québec is prohibiting non-essential visits.

What are the operating hours of emergency childcare services?

The operating hours now planned are from 7 a.m. to 6 p.m., Monday to Friday.

What procedures must be followed to register for emergency childcare services?

Related

How to recognize a reliable source of information

There are many sources of information on health: websites, television shows, magazines, news media, social media such as Facebook, etc.

However, credible sources of information are sometimes lost in a flurry of sources that do not have any recognized scientific basis and may even contain misleading information.

You can find trustworthy information on health problems, prevention advice and vaccination by keeping in mind that a reliable source does the following:

Clearly articulates its mission and purpose

Offers current information based upon serious scientific data approved by recognized organizations and experts

Indicates the groups or organizations financing it as well as their contact information, where applicable

Here are a few questions to ask yourself to find out if a source of information is reliable:

What is the mission and purpose of the source of information?

Does it aim to inform the public?

Does it support a personal cause or a specific group?

Is it selling products or documents?

What is the basis of the information given?

Is it personal testimonials or opinions?

Is the information based on serious scientific data approved by recognized organizations in the field?

What is the source of information's competency in health issues?

Is it someone with recognized medical training?

Is it a health organization recognized in the health field?

Is the person a member of recognized associations of health professionals, doctors, nurses or scientists? Some writers are merely presented as eminent "specialists", internationally recognized researchers or renowned scientists. If there is no further mention of their training or their membership of a recognized organization, be wary of the information

Is the information current?

Does it refer to current data?

World Health Organization Coronavirus disease (COVID-19) advice for the public: Myth busters

COVID-19 virus can be transmitted in areas with hot and humid climates

From the evidence so far, the COVID-19 virus can be transmitted in ALL AREAS, including areas with hot and humid weather. Regardless of climate, adopt protective measures if you live in, or travel to an area reporting COVID-19. The best way to protect yourself against COVID-19 is by frequently cleaning your hands. By doing this you eliminate viruses that may be on your hands and avoid infection that could occur by then touching your eyes, mouth, and nose.

Cold weather and snow CANNOT kill the new coronavirus.

There is no reason to believe that cold weather can kill the new coronavirus or other diseases. The normal human body temperature remains around 36.5°C to 37°C, regardless of the external temperature or weather. The most effective way to protect yourself against the new coronavirus is by frequently cleaning your hands with alcohol-based hand rub or washing them with soap and water.

Taking a hot bath does not prevent the new coronavirus disease

Taking a hot bath will not prevent you from catching COVID-19. Your normal body temperature remains around 36.5°C to 37°C, regardless of the temperature of your bath or shower. Actually, taking a hot bath with extremely hot water can be harmful, as it can burn you. The best way to protect yourself against COVID-19 is by frequently cleaning your hands. By doing this you eliminate viruses that may be on your hands and avoid infection that could occur by then touching your eyes, mouth, and nose.

Are hand dryers effective in killing the

new coronavirus?

No. Hand dryers are not effective in killing the 2019-nCoV. To protect yourself against the new coronavirus, you should frequently clean your hands with an alcohol-based hand rub or wash them with soap and water. Once your hands are cleaned, you should dry them thoroughly by using paper towels or a warm air dryer.

Can an ultraviolet disinfection lamp kill the new coronavirus?

UV lamps should not be used to sterilize hands or other areas of skin as UV radiation can cause skin irritation.

How effective are thermal scanners in detecting people infected with the new coronavirus?

Thermal scanners are effective in detecting people who have developed a fever (i.e. have a higher than normal body temperature) because of infection with the new coronavirus.

However, they cannot detect people who are infected but are not yet sick with fever. This is because it takes between 2 and 10 days before people who are infected become sick and develop a fever.

Can spraying alcohol or chlorine all over your body kill the new coronavirus?

No. Spraying alcohol or chlorine all over your body will not kill viruses that have already entered your body. Spraying such substances can be harmful to clothes or mucous membranes (i.e. eyes, mouth). Be aware that both alcohol and chlorine can be useful to disinfect surfaces, but they need to be used under appropriate recommendations.

Do vaccines against pneumonia protect you against the new coronavirus?

No. Vaccines against pneumonia, such as pneumococcal vaccine and Haemophilus influenzae type B (Hib) vaccine, do not provide protection against the new coronavirus.

The virus is so new and different that it needs its own vaccine. Researchers are trying to develop a vaccine against 2019-nCoV, and WHO is supporting their efforts.

Although these vaccines are not effective against 2019-nCoV, vaccination against respiratory illnesses is highly recommended to protect your health.

Can regularly rinsing your nose with saline help prevent infection with the new coronavirus?

No. There is no evidence that regularly rinsing the nose with saline has protected people from infection with the new coronavirus.

There is some limited evidence that regularly rinsing nose with saline can help people recover more quickly from the common cold. However, regularly rinsing the nose has not been shown to prevent respiratory infections.

Can eating garlic help prevent infection with the new coronavirus?

Garlic is a healthy food that may have some antimicrobial properties. However, there is no evidence from the current outbreak that eating garlic has protected people from the new coronavirus.

Does the new coronavirus affect older people, or are younger people also susceptible?

People of all ages can be infected by the new coronavirus (2019-nCoV). Older people, and

people with pre-existing medical conditions (such as asthma, diabetes, heart disease) appear to be more vulnerable to becoming severely ill with the virus.

WHO advises people of all ages to take steps to protect themselves from the virus, for example by following good hand hygiene and good respiratory hygiene.

Are antibiotics effective in preventing and treating the new coronavirus?

No, antibiotics do not work against viruses, only bacteria.

The new coronavirus (2019-nCoV) is a virus and, therefore, antibiotics should not be used as a means of prevention or treatment.

However, if you are hospitalized for the 2019-nCoV, you may receive antibiotics because bacterial co-infection is possible.

Are there any specific medicines to prevent or treat the new coronavirus?

To date, there is no specific medicine recommended to prevent or treat the new coronavirus (2019-nCoV).

However, those infected with the virus should receive appropriate care to relieve and treat symptoms, and those with severe illness should receive optimized supportive care. Some specific treatments are under investigation, and will be tested through clinical trials. WHO is helping to accelerate research and development efforts with a range of partners.

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MARIE-CLAIRE, Labelle

1926 - 2020



In St-Eustache, March 9, 2020, at the age of 94 years, passed away Mrs. Marie-Claire Labelle, beloved wife of Mr. Paul-Émile Lauzon. She is survived by her children Jocelyne (Jacques), Lise (Robert), Diane (Roland), Ginette (Pierre-Paul), Suzanne (Sylvain), Gilles (Ginette) and Micheline (Richard), her grandchildren (spouses, her great-grandchildren her sisters Germaine, Marie-Berthe, Georgette and Huguette (Robert) and Yvette, her brothers Georges (Jeannine), Maurice, Laurent (Loelline), Neveux and nieces and other parents and friends.

OLGA, Rozum

1921 - 2020



Passed away peacefully in her ninety-eighth year on March 10th, 2020 surrounded by her loving family. Beloved mother of Peter (Diane), Walter (Suzanne), cherished grandmother to Sean (Maria), Jason, Andrew (Kaylie), Mora, great-grandmother to Liam and Sofia. Loving Godmother to Elena (Yoris). OLGA was a very active member of St. George Ukrainian Orthodox Church for over 70 years. She will be remembered for her loving and generous willingness as "BABA" to always be there for her family.

ANASTAZIA, Lason

1925 - 2020



Anastazia Lason, age 94, passed away peacefully Wednesday March 11, 2020 surrounded by her loving family. Anastazia is preceded in death by her husband Czeslaw Lason and her son John Lason. Anastazia is survived by her children Irene, Christine, Jeanine (Henry), Natalie (Zbigniew) and her grand-children James, Andrea, Kiana, Sean, Kiera and Bianca.

LUONG-SI, THUONG

1951 - 2020



THUONG LUONG-SI's family regret to announce the death on Monday March 2, 2020 in Montreal at the age of 69 years. Born in Paris, France. Husband of Ai Tuyet Luong-Si. Besides his wife, he leaves to mourn his brother and several other relatives and friends.



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HOROSCOPE

Week of March 22 to 28, 2020

The luckiest signs this week:
GEMINI, CANCER AND LEO

♈ ARIES
An action-packed week lies ahead. You may need to shake things up with certain people. Even if you're a pacifist at heart, your inner warrior must come out sometimes.

♉ TAURUS
You'll have a spiritual awakening or epiphany this week. You'll see things from a different perspective and with newfound compassion.

♊ GEMINI
One of your friends will be a source of inspiration this week. This will help you become the person you've always wanted to be. Your path to happiness will be illuminated.

♋ CANCER
Expect a busy week ahead. It may be wise to space out your appointments to avoid having to postpone or cancel anything.

♌ LEO
On a whim, you'll make a decision that changes your life entirely. This may involve going back to school to start a new career.

♍ VIRGO
The heart has reasons that the mind can't comprehend. Even if you try to remain reasonable in the face of a strange situation, only your heart can decide what your next step will be.

♎ LIBRA
At work, with friends and in your family, you'll have to proceed with caution and tact in order to achieve balance. Compromise and change will be necessary.

♏ SCORPIO
A misunderstanding during a conflict at work will inspire you to make a career change. Take the time to weigh the pros and cons and to consult those closest to you before making a decision.

♐ SAGITTARIUS
You'll be idolized this week and this situation will ultimately change your life. You'll be in the spotlight for one reason or another. At the very least, you'll be recognized for something you accomplished.

♑ CAPRICORN
You'll make the decision to move. It may be time to sell the house if it seems too big now, especially if your kids have already moved out.

♒ AQUARIUS
You won't keep your opinions to yourself and you'll say out loud what others are thinking. Someone may confide in you regarding a sensitive situation.

♓ PISCES
You'll be presented with an interesting solution to your financial problems. The path will be cleared so you can finally redecorate your home or concentrate on another project that means a lot to you.

CROSSWORDS

PUZZLE NO. 981

1	2	3	4	5	6	7	8	9	10	11
12				13				14		
15				16				17		
18			19			20	21			
	22			23		24		25	26	27
28	29		30			31		32		
33			34					35		
36			37					38		
39			40			41		42		
		43		44		45			46	47
48	49	50		51	52			53		
54				55				56		
57				58				59		

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ACROSS

- 1. Workbench jaws
- 5. Track transaction
- 8. Get ready
- 12. Tad
- 13. Sunbeam
- 14. Grass-skirt dance
- 15. Glitch
- 16. Clumsy vessel
- 17. Nothing more than
- 18. To the rear of a ship
- 20. Wolf down
- 22. Wear away
- 24. Damp
- 28. Traffic tie-up
- 30. Elegant headgear
- 32. Deer's mother
- 33. "You ____ My Lucky Star"

- 34. Credit
- 35. Snake shape
- 36. Grown boys
- 37. Topic
- 38. Negative word
- 39. Swim for pleasure
- 41. Be skeptical
- 43. Curious
- 45. Gets in shape
- 48. Small cut
- 51. Cooling drink
- 53. Scram
- 54. Measured tread
- 55. City transport
- 56. "Citizen ____"
- 57. Matured
- 58. Establish
- 59. Hockey shot

DOWN

- 1. Travel endorsement
- 2. Charged atoms
- 3. Declaration
- 4. Enthusiastic
- 5. Wield
- 6. Piece of corn
- 7. Tot
- 8. Picture
- 9. Race
- 10. House annex
- 11. See the cashier
- 19. Revolved
- 21. Beginner
- 23. Took pressure off
- 25. Alike in every way
- 26. Average
- 27. Pop quiz
- 28. Window part
- 29. Scope
- 31. Most distant
- 40. Desired
- 42. Soaks up the sun
- 44. Taps gently
- 46. Grandmother
- 47. Degree
- 48. Fitness club
- 49. Harass
- 50. Cooler cubes
- 52. Expected

Sudoku

PUZZLE NO. 706

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

HOW TO PLAY:

Fill in the grid so that every row, every column, and every 3x3 box contains the numbers 1 through 9 only once.

Each 3x3 box is outlined with a darker line. You already have a few numbers to get you started. Remember: **You must not repeat the numbers 1 through 9 in the same line, column, or 3x3 box.**

Last Issues' Answers

CROSSWORDS

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

Sudoku

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



Following the most recent requests from the provincial government regarding the spread of COVID-19, we wish to confirm that all Cinemas Guzzo will be closed until March 26th.

As usual, we are monitoring the situation very closely and will adjust as necessary based on requests from the authorities. Our priority will remain above all else, the health of our employees and the public.

The Cinemas Guzzo Team



A2 AUTO

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- All Work Guaranteed
- Expert Color Matching
- Factory Genuine Parts
- Import Car Specialists
- American Muscle Cars
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FREE ESTIMATES!

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