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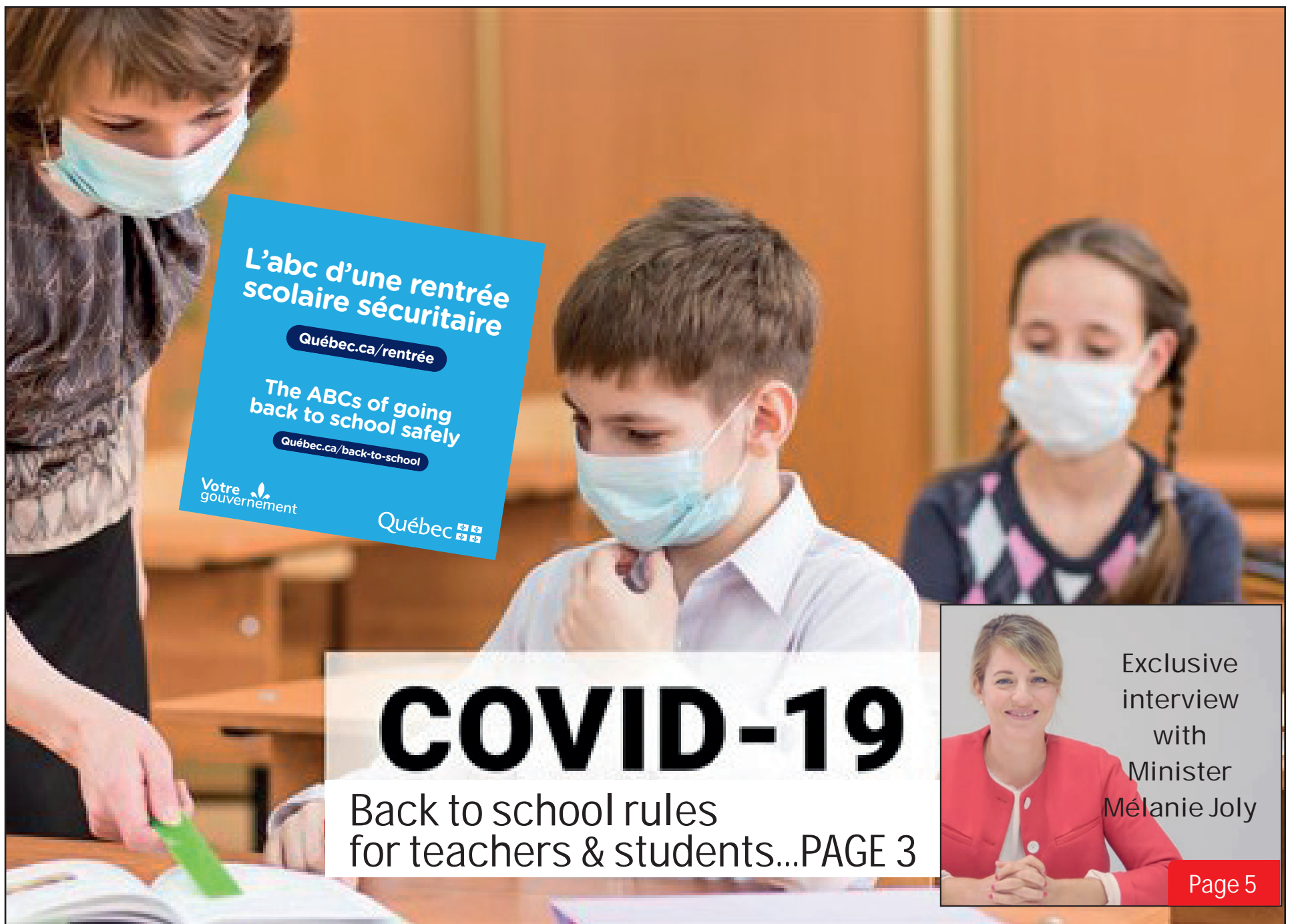
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The ABCs of going
back to school safely
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Votre gouvernement
Québec

COVID-19

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interview
with
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Mélanie Joly

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What these 3 Park Ex restaurants are doing to better serve the community

Our visit to 3 local restaurants to see what they're doing to help prevent the spread of Covid-19



DOMENIC MARINELLI
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Perhaps no other industry was hit like the food industry when Covid-19 spread its wings, reaching out from Asia and Europe finally landing here in North America. And still, even during Covid-19, society found a need for food and yes, even take-out during what can be thought of as the worst pandemic in recent history, and certainly in the new millennium. But of course all of this goes without saying.

Yet there are those eateries that remained open, or rather found a way to still serve the community. So we did a little digging and located three restaurants and decided to take a deeper look at these three specifically in order to see how they were dealing with Covid-19.

Maison Indian Curry

We had the opportunity to speak to Rajit Chopra, son of the owner (his mother Rajni) about how things were going so far and he had this to say: "We opened the dining room a few weeks ago, but we realized that people weren't really following the rules; it was getting a bit hostile. So we decided to offer them pick-up and delivery instead—it was safer for them. Here, now there's less contact with the people and it's easier to control."

They closed that first week at the height of Covid-19 and lockdown, and then got straight to work on setting up the delivery platforms such as Uber Eats and Skip The Dishes, delivery not being something they did before Corona.

They are doing well as it stands, despite the fact that the delivery platforms take up a lot of their earnings. As for the kitchen, all precautions are being taken, all the way up to contact between produce delivery drivers and kitchen staff. They let none of the deliveries pass through the dining room, only from the basement. They opened in 2002.

Tripolis Restaurant



Instead of closing the dining room, they were in fact serving in the day we went in to have a look. There were a few clients, scattered well throughout the dining room. The hostess was wearing a mask, as was the cook, cooking up a storm behind the partition at the back.

There was hand sanitizer at the door as well as signs posted up requesting the wearing of a mask. They seemed to be doing quite well, and not only abiding by the rules but enforcing them as well.

They declined comment at the time, as they were busy for such a small staff of what looked like two, but we wanted to include them in the piece, as they were hard at work and are one of many of the Greek restaurants in Park Ex.



We had an in-depth talk with owner's son Rajit Chopra of Maison Indian Curry.
PHOTO: NEWSFIRST-Domenic Marinelli-

Jiu Xiang Yuan

Perhaps the Chinese food market was hit hardest during this crisis, and this location was closed completely during the Covid-19 crisis in its early stages. In fact, it was they themselves that decided to close three days before all bars were meant to close for quarantine.

They decided to focus instead on the other side of their operation, a bar called Bar Central. This restaurant has had great reviews in the past and despite this, they felt it was better to close, more as a preventative measure than anything

else, says bartender Kefu Wang. They now close at 12 rather than 3am, and business is slowly rising, Kefu also stated.

Supporting local food

Who knows if the dining experience will ever be the same again, or if it is forever changed, but there are those restaurants out there, like these three we took a close look at, that are doing everything in their power to keep their community safe, and we are sure that there are many others in the area as well.



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Quebec sets new rules for COVID-19 back-to-school

Masks to be mandatory for grade five up, but not in classrooms



MARTIN C. BARRY
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Elementary school students in Quebec from the fifth grade up will be required to wear protective face masks, although they will be allowed to take them off in classrooms, Education Minister Jean-François Roberge announced on Monday.



In addition to the senior elementary school students, the mask requirement will also apply to high-schoolers, as well as older students enrolled in

vocational or adult training programs, in hallways and while walking around commons areas in schools.

The announcement came after parents, teachers and others questioned the CAQ government for what many complained was a lack of clarity on COVID-19 and back-to-school, as well as concerns that the initial guidelines for protection against the virus didn't go far enough.

Schools must reopen

"Leaving the school closed would not be protecting children," Roberge said during a joint news conference held on Monday with Health Minister Christian Dubé and public health director Dr. Horacio Arruda.

"It's crucial to reopen our schools not only for our children, but also for our adolescents. They need to get back to learning and seeing their teachers."

Under the new guidelines, all parents and school staff will have to be notified as soon as a student tests positive for COVID-19. An infected student will then have to be isolated at home before being readmitted at the school. Students in isolation will be expected to continue working from home.

The role of parents

As well, any student who has symptoms while in school will be removed by a member of the staff who will be wearing protective gear. Parents will be required to ensure that children at home who show symptoms remain isolated and that public health officials are contacted for followup.

"I know there are many parents who are looking upon the back-to-school with a certain amount of apprehension," said Roberge, who is himself a parent, while maintaining that new measures should provide some reassurance.

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OPINION & Editorial



Why are we still trusting Social Media for our daily news?

*Especially in times like these, the right news source is one of the
most important things to find.*

Perhaps no one understood where social media would end up, or rather what kind of influence it would end up having on the world when it was first unleashed onto society. At first, it became a place where you could share family photos and rekindle with old friends ... even share an image of a meal that looked so good on the dish you just had to snap a photo of it. But over time, it became a place that made it easy for bullies to attack their prey, and a source of news that bordered on bad fiction, and at a startling daily rate.

But what was worse: people would share these news reports as fact, believing in them, hook line and sinker.

News sources of the past

Of course someone who spends his life writing about the news would certainly have a biased approach. (I knew you'd say that.) But it's true,

I do this full-time, and it matters to me because it mattered to those that came before me ... a sentiment that can sometimes seem lost when looking at younger generations I'm afraid. What came before was meant to instruct and light the way through that proverbial tunnel of life.

In his day, Mordecai Richler had the referendum to write about ... the war between the Quebecers and the Park Extension and Villaray Jews of the past. But unlike today, back then, you trusted a piece by this late, great writer because you knew he did his research; you knew he would bring you what he had pored over for hours on end, checking his facts and re-checking them once more.

Equal to him was of course Hunter S. Thompson, who had the Nixon presidential campaign, Vietnam, the Black Panthers, the Hell's Angels and so many more topics to write about in his day, there wasn't time for fake news ... just honest, Gonzo Journalism at its finest.

And is that the problem? Do people have too much time on their hands these days, forever bent forward, noses dipping into their cellular phones? Perhaps.

My experience with fake news

Myself, I've been freelancing for quite some time, and like a pirate, I go from gig to gig, looking to leave behind a legitimate body of work. It was the case for me when Covid-19 hit. I needed a new place to peddle my work, my writing, and I looked everywhere online ... many of which were fake ads, but I'd already been introduced to these long ago, so I knew who and what to watch out for.

Perhaps what was the most disheartening though, were the ads that requested writers for Covid-19 related articles exclusively, always and astonishingly with the tag stating "Must be willing to embellish." To me, that meant that most of what was seen online was being embellished and it seemed so awful to me as a journalist and as a human being for that matter. Here were people out there, looking to these social media sources for updates on something terrible that was affecting the whole world, and they were being lied to. It could mean death rates for the virus, what to do and what not to do, etc.

Here I was, a journalist that wanted to be like the aforementioned Thompson, Richler and the other greats and tell the truth about what was happening in my time. I felt it was my responsibility to bring the truth to paper and here were a bunch of online jokers trying to lie to the public; to try and make matters worse or better than they actually were and are. I didn't want any part of it, so I stayed away.

I concentrated on other writing work, and finally I started sending out for more opportunities, as I missed the game of putting story to page, journalism-wise. I finally got a call from a local paper ... one that has had a history of bringing the truth as I called it, to its community since the early nineties; not lying to its readership, but telling them honestly what was happening with this virus and how it affected its community and readership, and that's the paper you hold and are reading now.

I was and am honored to write for a paper that prints weekly and brings the news as it happens to your doorstep ... something you can't find online at many magazines these days, I'm afraid.

Beware the purple elephant

So next time, if you're scrolling down your wall on whatever Social Media platform and you see a report stating that they found a four-armed chimpanzee in Zaire, or a purple elephant surfing off the Coast of Australia, please don't fall for it folks, and look for a legitimate source for your news.

Domenic Marinelli

PARLEZ-MOI D'HUMOUR

Alcide Borik



Une banque, mais après tout, caisse?...

Un jour, le Cheikh Embois rencontra son homologue chinois, le Cheikh Sam Fong. Ils établirent immédiatement un climat de confiance, et décidèrent d'ouvrir immédiatement une affaire d'Import-export de denrées alimentaires.

Le premier, ouvrant son agenda, y préleva toutes les dattes pour souper, mais quand il voulut y inscrire ses ventes, il se rendit compte qu'avec le temps, il était rendu passé date.

De son côté, le Cheikh Sam Fong, ne put trouver dans sa réserve que quelques piments pourris, et se dit qu'avec ce défaut de piments, ils finiraient par arriver au souk mais seraient considérés tous deux comme des cheikhs sans provisions au même titre que leurs concurrents youssef & Nesef qui ne manqueraient pas de leur payer la traite.

Effectivement, il était désormais trop tard pour restaurer la confiance des banquiers car chacun sait qu'on peut toujours tromper quelques gens et qu'il y a des gens qu'on peut tromper tout le temps, mais qu'il est impossible de tromper tout le monde tout le temps.

Ils allèrent voir un chef de consortium qui cherchait à se faire réélire avec succès pour lui demander conseil.

Dans un geste large, il retira son masque N 95 et leur montra plutôt un Smith & Wesson, cadeau de l'association "Haine & rats", leur répondit qu'il n'acceptait jamais les obligations, et que seules les actions ont de la valeur, (parfois), qu'il valait mieux montrer un gros portefeuille pour que les gens croient qu'il est rempli, et qu'il suffisait d'avoir une petite mauvaise foi et une grande gueule!

...Et les Cheikhs s'en retournèrent chez eux pour porter la bonne parole en se disant que le monde, heureusement, n'était pas près de changer!

après tout, caisse?...

Canada well-positioned to continue COVID-19 recovery support, says Mélanie Joly

'We still have firepower in terms of fiscal capacity,' federal Economic Development Minister says



MARTIN C. BARRY
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While some of Canada's leading economists are suggesting Ottawa won't be able to deal with the second wave of COVID-19 with the same financial largesse it has had up to now, federal Economic Development Minister Melanie Joly says the Liberal government is well positioned to continue along the path it has been on since the beginning of the pandemic.

In a report issued by the C.D. Howe Institute last May shortly after the pandemic started, the Ottawa-based public policy research organization warned that Canada would not be capable of implementing another comprehensive shutdown of the economy if new cases of COVID-19 were to climb, while the federal government, the provinces and Canadian households were also taking on massive new amounts of debt.

More targeted approach

"Placing the economy in a partial coma made sense during the first wave of the pandemic," stated the report. "But if there is a second wave, a second economy wide shutdown should be avoided in favour of more targeted approaches that are effective and avoid further erosion of public finances and the risk of hitting debt walls and loss of borrowing capacity."

During an interview with *Newsfirst Multimedia* last week at her Ahuntsic-Cartierville riding office, we asked Joly whether concerns have arisen within the Liberal government that at some point there may be a limit to the amount of financial assistance Ottawa can provide before reaching a cut-off point.

The only way, Joly says

"Well, you know, we've been generous," said Joly, who sits on the Trudeau inner cabinet committee dealing with COVID-19. "It is the only way to deal with this pandemic. Because if people lose their jobs, they go usually on unemployment. But who pays for unemployment but the federal government?"

"So, for us the most important thing is to make sure that businesses can keep their employees, and that's why we have a wage subsidy. But in some cases, like the hospitality sector, tourism and entertainment sectors, where it's not possible now to have large gatherings and not possible to travel, we are there for these people who have lost their jobs. And that's why we're providing the help that is required."



'Economic development in times of pandemic is a challenge,' Mélanie Joly says to Newsfirst journalist Martin C. Barry. Photo: NEWSFIRST-

'We still have firepower,' she says

Joly noted that Canada is the only country along with Germany that has been able to relatively maintain its pre-COVID-19 credit rating, even though it was dropped from AAA to AA+ by Fitch Ratings in late June. "We're in the best position and we still have firepower in terms of fiscal capacity," she said.

"We've been really following what our experts have been saying," continued Joly. "We want to make sure to develop a vaccine soon and fast. We also want to make sure that we are prepared for the next wave, the second one."

"And so meanwhile, while we are dealing with everything that is related to health, well that uncertainty is creating a lot of disruption within the economy. So my job is to be there to support people in keeping their jobs and help businesses to survive."

As part of her ministerial role and as a member of the COVID-19 cabinet response team, Mélanie Joly has partial responsibility for overseeing Ottawa's highly-publicized Canada Emergency Response Benefit (CERB) program.

Challenge during pandemic

At the same time, she oversees a \$2 billion fund (\$500 million of which is allotted for Quebec), whose purpose is to make targeted investments in businesses, including those in the tourism sector, to keep them afloat through access to money until the end of the pandemic.

In one of the most notable COVID-19 recovery program developments, the CERB subsidy (which was established in early April and which pays \$2,000 per month to persons who became unemployed because of COVID-19). Businesses are also being offered additional support during the continuing crisis.

While emphasizing that in normal times her

job as Economic Development Minister consists primarily of creating jobs as well as protecting them, Joly acknowledged that "economic development in times of pandemic is a challenge. Which is why we are doing everything we can right now to help people and businesses just to survive."

Tourism sector impacted

Oversight of the federal tourism ministry is also one of Melanie Joly's mandates. Asked whether her department has been able to make a preliminary assessment of the damage done to the tourism sector by COVID-19, she responded:

"We're still in the midst of doing that evaluation. But one thing that's sure is that last year we had 22.1 million international visitors and that's clearly not the case this year. Based on that, obviously we know that billions of dollars have been lost. And that's why we have come up with support such as the wage subsidy and the CERB."

While noting that tourism this summer to destinations within Canada, such as Quebec's Gaspé region, has flourished in spite of the pandemic, she also pointed out that Montreal is undergoing an exceptionally drastic drop in tourism, largely because of the forced shutdown of normally-scheduled sporting events, public gatherings and entertainment festivals.

Tourism spreading the virus

Newsfirst Multimedia asked Joly whether her ministry is concerned that encouraging tourists this summer to visit regional attractions like Gaspésie may inadvertently cause COVID-19 to be spread by people from densely-populated cities into rural areas that were relatively unimpacted up to now by the pandemic.

"That's something that we are really, really

focused on and that we are working with the Quebec government on," she said. "At the end of the day, what we're trying to do is to protect the capacity of our public health system. And in certain regions, the health system is not as developed as Montreal. So that's why we are being extremely vigilant. And, yes we are very much aware."

Official languages in Quebec

Another of Melanie Joly's responsibilities is oversight of Canada's official languages policies. In recent years, successive Quebec governments have broached the possibility of amending Bill 101 so as to override the federal government's standing pledge to provide services at all times in English and French at federal government offices. Joly was asked how the Liberal government would respond to such a development.

"We'll always defend the constitutional rights of people," she said. "It's a bilingual country and so are our federal institutions. There has been jurisprudence from the Supreme Court of Canada regarding these issues. And it is now well established that official bilingualism is part of our constitution and a province cannot go against it."

On Gov.-Gen. Julie Payette

Finally, Melanie Joly waded into the recent controversy involving allegations of abusive conduct by Governor-General Julie Payette against employees at Rideau Hall in Ottawa. "I believe in the work that the Governor General is doing, that's not the question," she said.

"The issue is much more that we need to make sure that everybody has a right to be working in a place that is harassment-free. This is something that I take very, very seriously. And so therefore there needs to be work done. Because obviously these allegations are unacceptable."

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Staying fit in Park Ex during and in the aftermath of Covid-19

A look at some of the gyms in the area and professional tips for exercising amidst the calamity that is Covid-19



DOMENIC MARINELLI
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Since Covid-19 struck many months ago, the world—especially many business industries in the area—were hit severely hard. We all know how difficult it was for the restaurant industry, but perhaps the fitness industry was hit equally hard. And for those that spent at least seven hours a week exercising before Covid-19 hit, the closure of gyms was a difficult blow to take.

Of course the internet was ablaze with fitness gurus giving tips on how to train at home and get a good workout regardless; a slew showing how rubber bands and a pair of chairs was enough to get the workout you needed to stay shredded.

A most fatal blow

Perhaps the fitness industry was expected to have a slow time recovering after Covid-19, but it's actually looking pretty good as it stands right now. At least, that's what we uncovered after doing a little digging into the gyms in the area.

24-Fit Canada gym closed before Covid-19 and in a statement the person we spoke to made, their closing had nothing at all to do with the recent pandemic.

But there are a few other options in the area to



Aerobics in the park – Montréal women making the most of a bad pandemic. PHOTO: NEWSFIRST-Domenic Marinelli-

get in shape now that the pandemic seems to be winding down, specifically if you're a woman.

A training facility not too far from home

We spoke to Chloe, the front desk clerk this

week, and although she started the job after Covid-19 hit, she's responsible for the front desk and for cleaning the machines. She stated that there are anywhere from 10 to 20 people in the gym at one time and that the wearing of masks is absolutely mandatory. She also stated that they wipe the machines down every hour, disinfecting them thoroughly. She said that everyone is complying with the wearing of masks ... employees and clients alike.

And if you don't consider Jeanne-Mance street all that far away, and you're into a mode of exercise that's a little more intense than a simple walk on a treadmill, then perhaps Gym Le Vestiaire is in order. It's located near Jarry Park. We spoke to owner Emmanuelle Blais, and she says business is booming. According to her, all of her clients returned and have started training vigorously once more.

They do not offer outdoor training like some CrossFit gyms do, but they guarantee two meters of training space once at a training station. A mask is not required during training and once the boundaries of two meters are established, but simply walking around the premises, a mask is required.

This of course is understandable, as CrossFit is rather strenuous and the wearing of a mask during such training would definitely be rather difficult. With crazy amounts of cardiovascular training, deadlifts, muscle-ups, clean and presses and a plethora of other heavy exercises, training with a mask on would be disastrous; especially where lung capacity is one of the most important things.

What experts say about how important exercise is at this time

We spoke to Anthony Borsellino, who holds a PhD in Naturopathy from the Collège Supérieur de Naturopathie du Québec. Among other things, he is also a personal trainer and sole owner of Caballus Gym and Health Center. He has clients from all over the city and province including Park Extension, and he had this to say about keeping fit during Covid-19: "With exercise, the immune system will definitely get stronger, for people of any age." With a stronger immune system, the body will be better equipped to fight Covid-19 should you catch it, "like any other flu," he adds.

When we asked him what people should do if still wary to go to the public gyms he said: "Do something you love doing ... reconnect with nature, and do something every day. Don't just sit around. If you can do a set of squats,



A specialist in the field, PhD Anthony Borsellino offers insight on how you can stay in shape during Covid-19
PHOTO: (Courtesy Anthony Borsellino)

do them."

He went on to explain the importance of diet and nutrition as well, especially in times like these: "Lean meats, fish ... stay away from sugar, gluten. Drink a lot of water and get a lot of sleep."

He stresses that even if Covid-19 wasn't a factor, it has been proven that those who start an exercise program can extend their life expectancy by ten years or more.

Putting sound advice to good use

All over the city, people are exercising outside, whether it be Yoga, weight workouts—you name it. So for you residents of Park Extension that are ready to get back out there and hit the weights or maybe the elliptical, there are certainly a few options. But if you're not exactly ready for the gyms, take that walk outside and stay as healthy as you can. Today, it might be just a stroll along St-Roch ... tomorrow, it might be up and further around the block ... next week ... the sky's the limit.

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BEFORE



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AFTER



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L'abc d'une rentrée scolaire sécuritaire

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Consultez la foire aux questions

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



The ABCs of going back to school safely

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

See the FAQs

[Québec.ca/back-to-school](https://quebec.ca/back-to-school)

Motta Butcher Shop: Unaffected by the pandemic

Motta stands tall as it continues to strive through an era in which so many others faltered

DOMENIC MARINELLI
Local Journalism Initiative Reporter
For The Parc-Extension News
dominic@newsfirst.ca

To walk through the doors at Motta Butcher Shop, where it stands on Liege Street, and where it's stood at that address since 1989, is to take a trip back in time, perhaps to when the local butcher shop was where you got your meat and not at the meat section at your local conglomerate grocery store.

But perhaps that can be said of so many of the businesses in Park Extension, as even walking the streets, you somehow get the impression that there, in Park Ex, the place you grew up, time kind of stood still all its own; no matter how quickly the world was moving away from its streets and out there in the world.

Maybe it's just me, but when I walked into the shop to speak with the owner and butcher, Frank for this profile piece, I was immediately taken back to a time when going to the butcher shop with my father and listening to him talk to the butcher about soccer, politics, the weather, was the highlight of my boring summer day.

On this day, all these years later, I didn't stay long, as Frank was very busy (as he always is), but the time I did get to stay with him, I learned a lot about the business his grandfather started so long ago, and I got to know him, a soft-spoken and kind man, who's proud of his community and what his family built.

A brief history

When his grandfather actually started the business in the mid-sixties, it was a fruit store. Then when his father, Johnny took over, he dropped the fruit and decided to concentrate on meat exclusively—a decision that proved fruitful indeed, pardon the unintended pun.

As for Johnny, he has officially retired, but he still goes every day, according to his son, Frank. Frank is in charge now, and he's proud to be, taking charge of the business his grandfather started and father expanded. But perhaps for Johnny himself, it's rather hard letting go. After all, how could you let go of something you built? Something that took so much of your time and effort over the years?

They've always been on Liege Street, moving only three times in fifty years, and as we mentioned, they've been at that specific location since 1989.

Breezing through Covid-19

Frank stated that the pandemic didn't affect them or the business in any way. He stated that people still came and trusted them, just as they had for so long, over the long years that they've been serving up cuts of meat.

He said: "When you know someone for thirty years (and over) ... our clients still trusted us, knowing that we were maintaining everything well, disinfecting ... and they kept on coming."



Standing proud inside the place he and his family built, Frank stands behind the counter where he serves the community.
PHOTO: NEWSFIRST-Domenic Marinelli-

We asked if they lost a bit of business due to the fact that reception halls had closed, and because of the blow that the restaurant industry suffered at the hands of the pandemic, but he stated that no, not at all, as they haven't catered all that much to that portion of the service industry even before the pandemic. He stated that they used to, but they veered more toward retail, catering to the community specifically.

Services offered

They offer any cuts of meat across the board, and they're open from Tuesdays to Saturdays. The team consists of Frank himself, his father and at times a part-timer. It seems like certainly a small team, but definitely a tour de force in terms of delivering their product at the end of the day. It's sometimes the smaller teams that can deliver the best product when it's all said and done.

Standing tall and humble

To quote Canadian rock band Blue Rodeo: "Looking back it's hard to tell / Why they stood while others fell," but perhaps it isn't all that hard to tell at all when it comes to Motta Butcher Shop, as it was plainly seen when I walked into their establishment that dedication is what it's

all about for them.

They're dedicated to their product, to the community they serve, and to the history that their business represents and not only to their family, but to each and every client they serve and have served for these fifty years gone by.

They are further committed to keeping everyone safe, as they all wear masks, they ask their clients to wear masks, and the place was squeaky clean while I was there, and as it has always been, even before the rise of this pandemic, Frank explains.

Maybe in the end, it is that specifically that sets them apart from others, and perhaps there's no reason at all why other businesses fell and succumbed to the pressure of what this pandemic brought along with it other than the fact that it just seems to be the way of it—this horrendous pandemic brought on by a series of unfortunate events that are still a mystery to most people in this world.

Regardless, for those of us in the Park Extension community, and with businesses like Motta Butcher Shop and others, ready and willing to serve us, the terrible things that wash ashore are a little easier to take when they hit. Because we know they're there for us when the bad times hit.



A storefront that's been there for 31 years – at that location since 1989.

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UN AUTOMNE À MOUNTAIN VIEW



PRÉSENTÉMENT À L'AFFICHE AU CINÉMA - NOW PLAYING IN THEATRES

La Malédiction d'Aurore Gagnon
The Curse of Aurore Gagnon (Parish)



PRÉSENTÉMENT À L'AFFICHE AU CINÉMA - NOW PLAYING IN THEATRES

FABULEUSES AVENTURES À OZ

LA MALÉDICTION D'AURORE GAGNON

LA MALÉDICTION D'AURORE GAGNON

PRÉSENTÉMENT À L'AFFICHE AU CINÉMA - NOW PLAYING IN THEATRES

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PENINSULA

Thriller | 1h56



NOW PLAYING

Jung-seok, a soldier who previously escaped the diseased wasteland, relives the horror when assigned to a covert operation with two simple objectives: retrieve and survive.

FINDING LOVE IN MOUNTAIN VIEW

G | Romance | 1h40



NOW PLAYING

After learning she's been entrusted to take care of her deceased cousin's children, an architect is torn between focusing on her career and honoring her cousin's wish.

PANDAS - THE IMAX EXPERIENCE

G | Documentary

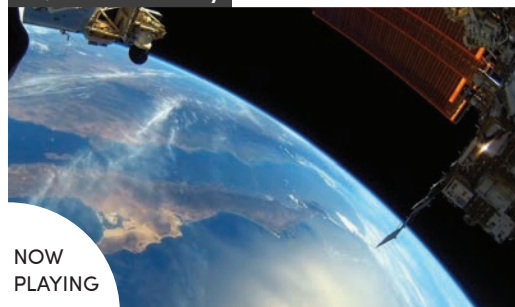


NOW PLAYING

An American biologist embarks on a life-changing journey to China to help scientists breed giant pandas and introduce the cubs into the wild.

A BEAUTIFUL PLANET

G | Documentary



NOW PLAYING

A Beautiful Planet is a breathtaking portrait of Earth from space, providing a unique perspective and increased understanding of our planet and galaxy as never seen before.

GREENLAND

PG-13 | Action | 1h59



COMING SOON

A family struggles for survival in the face of a cataclysmic natural disaster.

A QUIET PLACE PART II

PG-13 | Horror | 1h37



COMING SOON

Following the events at home, the Abbott family now face the terrors of the outside world. Forced to venture into the unknown, they realize the creatures that hunt by sound are not the only threats lurking beyond the sand path.

AFTER WE COLLIDED

PG-13 | Drama



COMING SOON

Tessa has everything to lose. Hardin has nothing to lose - except her. After We Collided - Life will never be the same.

THE BROKEN HEARTS GALLERY

PG-13 | Comedy | 1h48



COMING SOON

After a break up, a young woman decides to start a gallery where people can leave trinkets from past relationships.

Going back to the movies?
The maximum number of people allowed into a screening room is now 250.



(TLN) It's no secret that the COVID-19 pandemic forced the shutdown of a good number of major film productions since the beginning of the year. As such, the selection of movies in theatres is expected to be much slimmer than it would normally be at this time of year.

However, some films whose screenings were interrupted earlier this year will resume, while some theatre chains say they will be prioritizing family-fare in their selection of movies in order to accommodate those who've been locked down and in need of wholesome entertainment during the upcoming recovery period.

"I prioritize films for the whole family because that's what always works best during the summer," says Vincent Guzzo, president of the Cinémas Guzzo film theatre chain. "We will also be bring back on the screen comedies and action films which were doing well before the lockdown."

Here are some of the rules and protocols that movie-goers will be asked to follow when they start turning up once again at movie theatres across the province.

After tickets have been purchased, an attendant attired in protective gear will greet you at the theatre's main entrance where you will be required to disinfect your hands. All attendants will be wearing protective face masks and visors. They will also have to

regularly disinfect their hands and carry out regular sanitation of contact surfaces throughout the theatres.

Theatre patrons will be required to follow safety protocols, which include maintaining a two-metre distance with other people in common areas. While the wearing of face masks in public places hasn't yet been made mandatory by the provincial government, at least one Montreal-area theatre chain plans to sell face masks at its multiplex theatres for clients who would feel safer that way.

As far as the food and snack concessions go, little is changing. The only rule that will apply in lineups will be the six-metre distancing requirement. Two-metre space markers are being made on the floor in front of snack concession areas to make it easier.

While movie customers will generally be required to sit while observing the two-metre distancing requirement, theatre owners are being allowed to seat small groups of people together as long as they are members of the same family residing in the same household. The maximum number of people allowed into a screening room is now 250.

Screening rooms will be thoroughly cleaned and disinfected following each film screening. Customers will also be asked to their part by not leaving behind too much trash, thus making the cleanup job a little easier and safer for employees.

Deadline:
WEDNESDAY before publication at 1 p.m.

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BOURGET, Albert
1932 - 2020

In Montreal, on August 08, 2020, at the age of 88, passed away Mr. Albert Bourget. Besides his son Pierre, he will be sadly missed by his grandchildren Vivane and Sylviot, his sisters-in-law, nephews and nieces as well as many other relatives and friends.



GUAY, Danielle
1945 - 2020

It is with great sadness that we announce the death of Mrs. Danielle Guay on April 27 at the age of 75 years. His departure leaves a huge void in the hearts of his family and those around him. She is survived by her son Marc as well as her daughter Sylvie (Brian), and her grandchildren Raphaël and Nathan. She was a loving and caring grandma. She is also survived by her sisters; Josette and Marie-France (Victorio) as well as their respective families. Family was an important aspect of her life and an intrinsic value.



MOUSSEAU, Yvon
1977 - 2020

In Montreal, on August 5, at the age of 43, passed away Yvon Mousseau, son of the late Denise Leclair and Gilles Mousseau. Besides his father, he is survived by his wife Sandra Whitney, his stepmother Norma Hardy, his stepson Dave Gaudreau, his stepdaughter Tanya Gaudreau, his grandson Alexis as well as several other relatives and many friends.



JUHASZ, Susan
1935 - 2020

A Holocaust Survivor
At home, on Saturday, August 8, 2020, at the age of eighty-five. Devoted wife of the late Imre. Beloved mother and mother-in-law of Audrey and Irwin Edelstein. Proud and treasured grandmother of Jordan and Maya. Dear sister of the late Marietta Vecsei, and predeceased by Imre's brother, Andor Schwartz, who perished in the Holocaust. Susan will be deeply missed by her family and all who knew her.



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HOROSCOPE

Week of **August 16 to August 23, 2020**

The luckiest signs this week:
LIBRA SCORPIO AND SAGITTARIUS



ARIES

It only takes a few small victories to boost your self-esteem. These successes will earn you the credibility you need to kick-start a project that's close to your heart.



TAURUS

You'll set up a workspace at home. Once you let go of your insecurities, your leadership traits will allow you to successfully develop your own business.



GEMINI

Your thoughts will be consumed by affairs of the heart this week. Subtle gestures and words of affection will make you realize the extent of your feelings for your partner.



CANCER

You may consider selling or purchasing a property. You'll find a way to reduce your expenses so you can improve your family's quality of life.



LEO

You'll have the chance to treat yourself, and you might even consider buying a new car. A few people will ask for your help, and you'll do so willingly, even if it requires a lot of running around.



VIRGO

A careful assessment of your budget will reveal that you have the means to pursue your goals. You'll have the money to accomplish one of your wildest dreams, and you'll find the courage to go for it.



LIBRA

You'll find yourself discouraged by all the tasks on your plate. Luckily, you'll realize you have what it takes to be successful. Afterwards, nothing will stand in your way.



SCORPIO

Sometimes you need to take a step back in order to gain a clearer perspective of what lies ahead. You'll set your sights on a career goal that matches your ambitions, but you'll need to climb the ladder one rung at a time.



SAGITTARIUS

Even though your vacation just ended, you'll start planning a trip with a group of friends. At work, you'll organize a meeting that'll turn out to be very important.



CAPRICORN

You're filled with a desire to elevate yourself intellectually and spiritually. You decide to follow a new career path or adopt a more enriching lifestyle. Don't be afraid of change.



AQUARIUS

You won't need much time to reflect before making significant decisions about your personal and professional future. During an important negotiation, you'll need to carefully weight the pros and cons



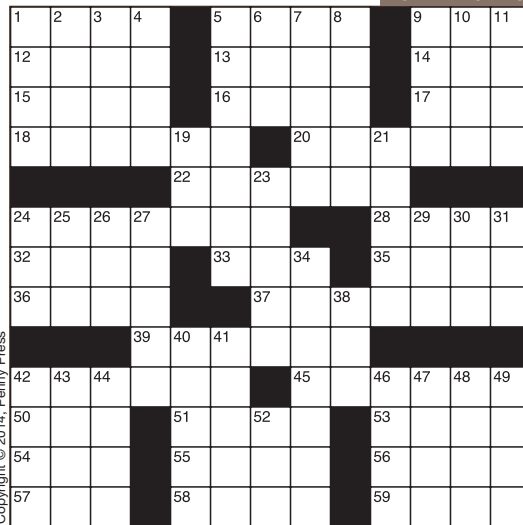
PISCES

The perfect compromise doesn't always exist, especially when a lot of people are involved. You'll need to use your imagination to create harmony and resolve conflicts.

Coffee Break

CROSSWORDS

PUZZLE NO. 993



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ACROSS

1. Take it easy
5. Prepare a salad
9. Health haven
12. Bullets and bombs
13. Toward the center of
14. Chop down
15. Cat call
16. Strip
17. Rowing device
18. Sock type
20. Eagerly
22. Chalice
24. Sway
28. Wrongdoing
32. Ring of light
33. ____ Gawain
35. Unearth
36. World's fair, e.g.
37. Most compact
39. Shear

42. Blackboard cleaner
45. Dozen
50. British saloon
51. Florence's river
53. Ooze
54. Sick
55. Glide high
56. Long hair
57. Bee chaser
58. Work units
59. Moved quickly

DOWN

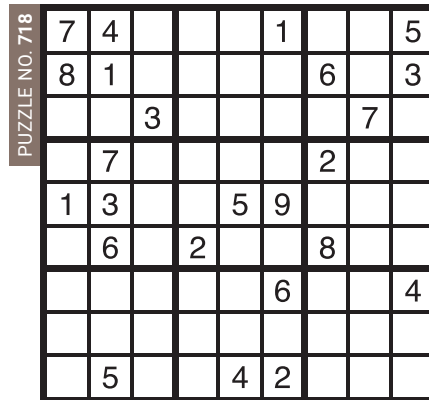
1. Shangri-La official
2. Sign
3. On a rampage
4. Chicken
5. Creeps
6. ____ at a time
7. Swipe
8. Clear up
9. Wearing boots
10. Chime
11. Crooked necessity
21. Details
23. Wedding-cake topper
24. "____ Wore a Yellow Ribbon"
25. Income or sales follower
26. European mountain
27. Blunders
29. Scramble (for)
30. ____ and outs
31. Said yes to
34. Ministers
38. Never used
40. Rental contract
41. Fallacy
42. Monumental story
43. Dominate
44. Adept
46. Graceful trees
47. Vault
48. Windmill blade
49. ____ out (barely earned)
52. Henpeck

Sudoku

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.**

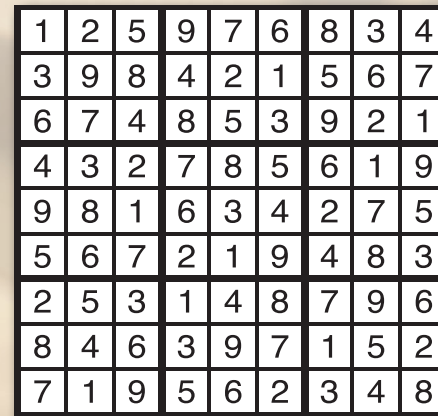


Last Issues' Answers

CROSSWORDS



Sudoku



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