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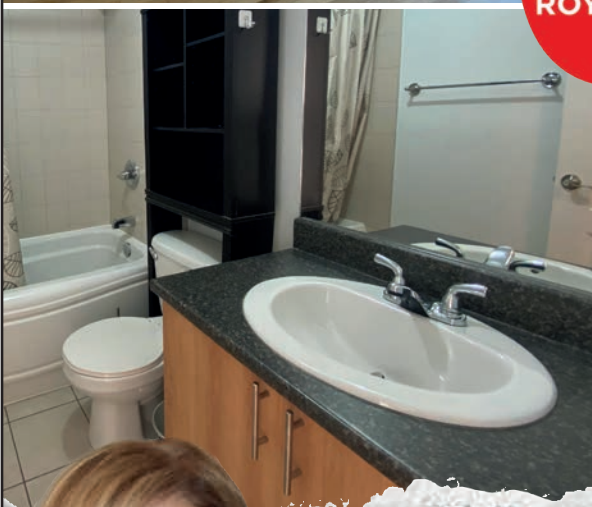
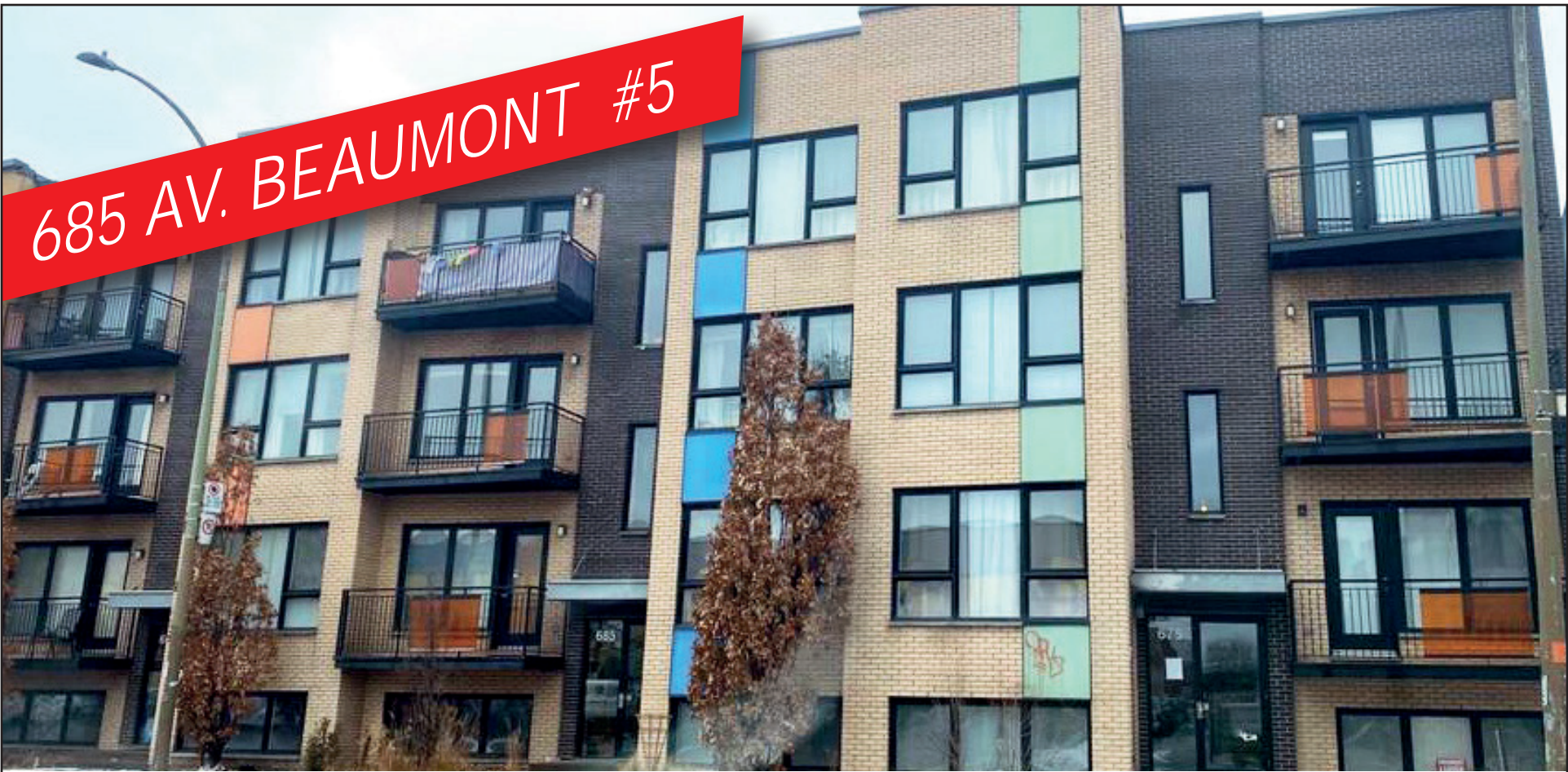
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The virus, the vaccine, and the variant.

Catching up with Dr. Chris Karatzios



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If the title of this article conjures memories of westerns with harmonica soundtracks, it's because I meant it to do that. We are living in a time when, apart from the surrealistic backdrop of the pandemic, we are bombarded with so much misinformation, fearmongering and crazy conspiracy theories that it gets harder and harder to deal with Covid while trying to maintain our sanity. "It looks like a movie" says Adele in her song and I concur.

I trust doctors! When they devote their entire lives to science, they are less likely to feed us misinformation and it is very reassuring when they actually say "I don't know" rather than try to save face.

I know that because of the pandemic and the lockdowns it might be more appealing for some to start believing in giant Jewish lasers in space starting the California wildfires, but just remember that in every calamity there have been always crazies and witchdoctors roaming the empty streets. Anyone read about the black plague?

In order to find out more about the current state of things, I reached out to Dr. Chris Karatzios, Assistant Professor of Paediatrics/ Infectious Diseases at the Montréal Children's Hospital. I asked him about the new vaccines, the variants and the virus.

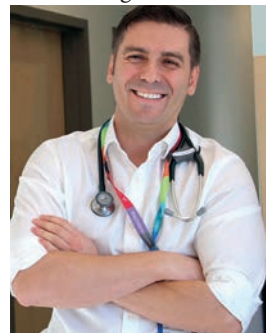
Delaying the second dose

One of the sources of major angst for many

of us is the decision of the Quebec government to delay the second dose of the vaccine contrary to Pfizer and Moderna's guidelines. Dr. Karatzios said that first of all there is not enough supply and there are production issues. So, many governments are thinking that they need to vaccinate as many people as possible especially with the new variant threats. "The whole idea of let's delay the second dose, is not crazy" said Karatzios. There is precedent and Quebec has done this with other vaccines like the Prevnar vaccine for the Pneumococcal Pneumonia Bacteria, the Gardasil vaccine for cervical cancer and it is doing it now with the Infanrix Hexa for children. "They have shown that if you delay dosing between the first and second doses you might recruit more memory cells and when you actually do boost you get a higher level of antibodies compared to administering the doses close to each other. Of course, companies don't like it because legally they are bound by the way the tested their vaccine."

Quebec strategy

According to Dr. Karatzios, another interesting thing that Quebec has done in the past (it is a bit of a social experiment), is to wait a few months and maybe a year after the first dose measuring antibody levels. In many cases they have seen that the



levels of antibodies are pretty good. So, Quebec health authorities have actually dropped one of the Gardasil doses and they might drop one of the Prevnar doses. Pharma, of course, is not going to like that. Part of the money saved in the case of Quebec is directed to other vaccination programs so we get more free vaccines. "My thoughts on this are that it is probably fine. I doubt that even after 8 weeks or more, the antibody levels will drop or that your immune system will forget that you were primed with the 1st vaccine. There is a risk of course because of the fact that this is a new virus with new variants. We must also remember that the national immunisation committee here and in the other countries are not stupid—they have precedence. There is a bit of a gamble but based on previous studies and observations, covid vaccines shouldn't behave any different than previous vaccines despite the fact that they are new technology" concluded Karatzios

The variants and vaccine tweaking

According to the doctor, the new mutations of Covid-19 are more transmissible. The data shows that while the vaccines are showing a small decrease in their potency against the variants, they are still quite effective. These new genetic-based vaccines are the future because you can modify them easily by adding just another piece of genetic code after you have isolated the sequence of the new variant. Companies are saying it would take them 4 to 6 weeks to add the new code and tweak the vaccine against the new variants.

Colchicine: a Greek-Canadian thing

One of the exciting new discoveries was the effect of the anti-inflammatory drug Colchicine on COVID. The beneficial effects of this old drug used for gout and arthritis was first brought to light by the Greek study in the effects of colchicine in Covid-19 complications prevention (GRECCO-19 study) and later confirmed by the ColCorona study here in Montreal. Analysis of the study found that colchicine resulted in reductions in hospitalizations by 25 per cent, the need for mechanical ventilation by 50 per cent, and deaths by 44 per cent. Final results are expected to be released by the end of March.



How does the virus kill?

My final question to Dr. Karatzios brought up the most interesting answer. Even though covid attacks the lungs, a lot of the deaths are attributed to immune system overreaction. "The virus has two peaks of deadliness: the first peak is immediately within a week; you get a pneumonia and die from it. The second peak is the immune system overreaction with the blood clotting etc. and most of the people die from this." concluded Dr. Karatzios

Cancer Still Waiting - Canadian Cancer Survivor Network

CNW/ - A survey of Canadians waiting for diagnosis or treatment for cancer showed the COVID-19 pandemic continues to impact the ability of cancer patients, caregivers, and those in the pre-diagnosis stage to access essential cancer services.

The Canadian Cancer Survivor Network (CCSN) commissioned Leger to conduct a second survey on the disruption of cancer care in Canada caused by the COVID-19 pandemic. The results of this survey follow a similar trend to the survey conducted during the first wave.

This study was a 15-minute online survey conducted between December 3rd - December 29th, 2020 and involved 1,198 Canadians diagnosed with cancer, 248 caregivers, and 192 Canadians awaiting confirmation of a diagnosis.

Despite the fact that cancer services have resumed after their sudden suspension, more than half (55%) of respondents reported having their appointments, tests, and treatments cancelled or postponed. Respondents said they had to wait an average of 34 days to reschedule

cancelled or postponed in-person appointments, and 52 days to reschedule surgery and other procedures.

Of those who experienced delays, 36 per cent still do not have a rescheduled appointment time, and 46 per cent still do not have a rescheduled surgery or procedure time.

As we navigate the second wave of the pandemic, it is imperative that cancer care is prioritized in order to manage the backlog and prevent cancer from progressing undetected. "Cancer can't wait. It can't be cancelled or postponed," said Jackie Manthorne, President and CEO of the Canadian Cancer Survivor Network. "We now know that the huge physical, psychological and financial impact of dealing with the COVID-19 pandemic, while also facing cancer, has put these Canadians in double jeopardy."

Delayed care can have impacts on both physical and mental health

Concerns about receiving adequate cancer care are fueling anxieties among caregivers and patients. Seventy-two per cent of respondents

experienced major impacts on their mental and emotional health. Cancer patients are more concerned than ever about their ability to receive care in a hospital or emergency room setting.

"My greatest fear is that I will have all my follow-up tests and appointments cancelled. That my cancer would come back, and I will have no access to treatment or palliative care," said a colorectal cancer patient in Alberta. "COVID has already caused me excess pain and suffering by preventing me from getting cancer care."

Physical health can also be impacted by delays. Early diagnosis and treatment are key to better patient outcomes. That's why it's important for those with cancer or suspected cancer to re-engage with the healthcare system for regular screenings, follow-up appointments, and treatments as needed.

Concerns about safety have prevented some from seeking help in hospitals

According to the CCSN survey, 14 per cent of people avoided visiting an ER and 10 per cent have avoided going to the hospital to receive

cancer care. Furthermore, 13 per cent of those surveyed have hesitated to book an appointment even when they required one, mainly due to concerns about contracting COVID-19.

"My exposure to the COVID virus is heightened by being in contact with medical centres and my immune system is compromised due to the cancer and treatment. My age is a factor as well. I could be looking at the end of my life," said a stage 1 skin cancer patient in British Columbia. Canadians cannot afford to let this happen again!

Adequate planning should stop the sidelining of cancer care.

It is critical to plan for continued cancer care during future pandemics as well as other crises that may affect Canada, including civil unrest, environmental disasters or economic hardships. Safe and timely access to essential cancer care — including diagnostics, testing and treatment — must remain a top priority across Canada during any crisis.

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OPINION & Editorial



THAT'S WHAT I'M THINKING

Robert Vairo

A brilliant idea, but nobody is listening

He's a humanitarian so he's expected to come up with these kinds of ideas. But this latest one I find brilliant. And I am absolutely stunned that Canada's major networks never followed up on the story. I am referring to Stephen Lewis (former NDP leader and UN ambassador to Canada) who has urged manufacturers of the COVID vaccines to suspend their patent, at least during this pandemic.

I only saw the Stephen Lewis interview once, and it was on CTV's Evan Solomon Power Play, an excellent show by Evan that strikes at the events of the day.

There was Lewis, not in studio, but Zooming from his lap top with the regular 'I'm at home' back drop we see on a regular basis now. Lewis says patents should never have been given to the pharmaceuticals because in large part, the "discovery, manufacturing and distribution" of the vaccines has been funded by taxpayer dollars. Why suspend the pharmaceutical patents? So that vaccines can be produced generically at a much lower cost. The World Trade Organization has said nothing about it, but Lewis claims well over 100 low- and medium-income countries requested and were refused by the W.T.O. And the 'no' votes came from Europe, the US and includes Canada. Why? Is it really that much to ask? Apparently, it is. As one reader accurately wrote me "I'm afraid our system of government in the western world wheels too little power over the money hungry pharmaceutical companies". Now to be fair, at least two pharmaceuticals claim to be selling the vaccines at their cost, but there is no way to confirm. According to Healthline, and Bloomberg, on average, governments are paying anywhere from \$4 to \$37 US per vaccine. For example, Pfizer and BioNTech are charging \$19.50 US for each of its two jabs, Moderna \$32 to \$37, Novavax \$16.

At these prices the U.K. based Economist Intelligence Unit (EIU) projects it will take poorer countries until as late as 2024 to get vaccinated. I'm not saying these manufacturers should not be making a profit, but they did receive billions in taxpayer dollars for their research according to Fierce Pharma. This is a world pandemic. It's a world emergency. Every human being on this earth is affected. No matter. For pharmaceuticals, it's business as usual. According to Bloomberg, Pfizer is on track to generate \$15 billion in revenue this year just from the Covid 19 vaccines. It's a business after all and so they have to please the shareholder. And they have. Look at these 52-week averages. NOVAVAX

stock went from a low of \$6.26 to a high of \$297.00. Moderna from \$17.91 to \$185.98. BioNTech from \$28.00 to \$131.00. AstraZeneca \$36.15 to \$64.94. Pfizer \$27.88 to \$43.08. Stock prices move are based on market expectations. So manufacturers are in for the long haul with these Covid vaccines. Once vaccinated, we're still not sure how long immunity will last. Months, years? Epidemiologists tell us it depends on the vaccine but the goal of any vaccine should be to provide lifetime immunity, which rarely happens. It doesn't sound like this one will be forever like a one-time polio vaccine. Pharmaceuticals don't generate revenue under those conditions. We'll no doubt require booster shots for COVID-19, or new vaccines all together if they are not effective against a variant virus.

So, congratulations to Stephen Lewis. It's a great idea to propose patent removal for the duration of the pandemic, but unfortunately, no one is listening. Sad.

I had to chuckle when I heard our Prime Minister make a lame attempt to save face after repeated bungling of our vaccine procurement. After putting his trust in the devious Chinese, and failing to score a deal, Canada will now finally have its own vaccine production, he proudly announced. Ontario said it had empty buildings ready now for the manufacture, but no, our Quebec elected PM insisted a new building will be constructed by his friends at SNC Lavalin, in Quebec. And Novavax will start producing maybe by the end of 2021, maybe. Isn't that reassuring.

So, what do you think of the mandatory supervised hotel quarantines? Not too many Canadians are opposed. Over 80% love it. And with good reason. New Zealand enacted the same restrictions when COVID -19 broke out, one year ago. And while we are under curfews, quarantines and masking it all the way, New Zealanders are today packing stadiums, partying with no masks, like the old days. Being an island in the middle of nowhere helps.

Some day, we too will be "partying like the old days!"

That's What I'm Thinking.

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Canadian Federation of Independent Business's wants CAQ government to ease taxes for small medium businesses

Finance Minister Girard expected to table 2021-2022 budget in March



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Leading towards the tabling of the next provincial probably budget in March by the CAQ government, the Canadian Federation of Independent Business's Quebec lobby is asking the government to go easy on taxes paid by small and medium-size businesses, and to also implement measures to deal effectively with ongoing labour shortages.

Open to advice

In a statement issued by CFIB-Quebec, the organization's vice-president said they met recently with Quebec Finance Minister Éric Girard to pass along some of their suggestions and recommendations to the provincial government.

"This budget represents an opportunity for the government of Quebec to place the SMEs at the centre of their economic strategy," said François Vincent, noting the current challenges that include the COVID-19 pandemic as well as unfavourable tax regulations.

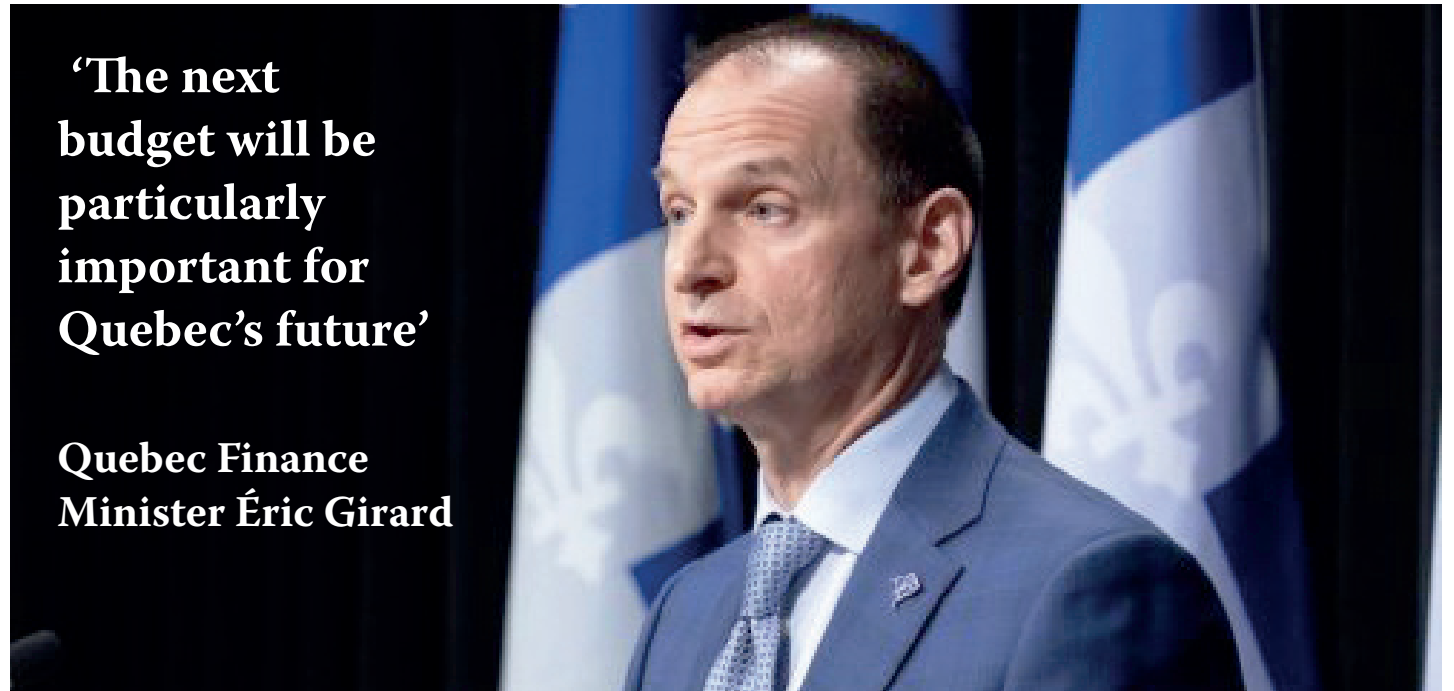
"This budget won't be like any other and shouldn't be for that matter," he said. "It should send a strong signal that the government is ready to take important actions which favour SMEs, because they make up the most important aspect in the fabric of the regional economy."

Looming cash flow crunch

According to CFIB-Quebec, 75 per cent of

'The next budget will be particularly important for Quebec's future'

Quebec Finance Minister Éric Girard



small and medium businesses in Quebec haven't yet returned to normal revenue levels as the COVID-19 pandemic continues to take its toll. In the meantime, the group predicts that one business out of three will be facing cash flow problems before June, and that 11 per cent are at risk of shutting permanently with a loss of 300,000 jobs across the province.

CFIB-Quebec maintains that reducing the tax

burden would help businesses to survive, while also allowing them to repay debt, increase salaries to employees, invest in new machinery and hire new workers. In addition to these concerns, CFIB-Quebec said labour shortages continue to hold back some sectors of the province's economy and need attention from the government.

Budget expected in March

Finance Minister Girard announced the start

of online pre-budget consultations in early January. The consultations ran until Feb. 5.

Over the last few weeks, Girard met with representatives of organizations from various sectors "to discuss their vision and ideas regarding Quebec's economic and social development," said a statement issued by the provincial finance ministry.

Trudeau's lead isn't enough to call elections

(CBC) The Liberals need to be further ahead in the polls to be confident of winning an early election. Based on the Canada Poll Tracker, an aggregation of all publicly available polling data, the Liberals hold a national lead of 5.5 percentage points over the Conservatives. Rumours have it that they will try to cash-in on their strong poll numbers with a snap election.

Not enough...

Historically, however, 5.5 percentage points, it isn't wide enough for a party to be confident of victory before a campaign has even started.

Since the 1945 federal election, the party ahead in polls conducted 30 to 60 days before an election was held, has averaged a lead of 11 percentage points over the second-place party. Trudeau's lead over Erin O'Toole's Conservatives is only about half that.

Sifting through the historical record suggests that a party ahead in the polls a month or two before voting day should want to have a lead of more than nine percentage points to be reasonably confident of winning. Parties with a lead at least that big have won the most seats in 13 of 14 elections.

In the 10 elections where the leading party was ahead by nine points or less, that party only won four times. Those winners were the Liberals under Mackenzie King in 1945, Pierre Trudeau in 1974 and Jean Chrétien in 1993, along with Brian Mulroney and the PCs in 1988.

Dramatic campaign swings

The polls over a five or six week campaign in Canadian elections can swing dramatically.

On average, there has been a swing of three points against the party leading in the polls between the pre-election period and election day. Governments have fared a little better with a net swing of 2.5 points against them, but have still tended to lose support over the course of a campaign.

That is what makes Liberal lead in the polls less comfortable than it looks. If we take that 5.5-point lead and swing it uniformly across the country by three points towards the Conservatives, it has a big impact on the Poll Tracker's projection. The Liberals' chances of securing a majority would fall from 48 per cent to 32 per cent, while the chances of a Conservative victory would increase from nine to 19 per cent.

Justin Trudeau's own personal ratings remain higher than they were at the end of the last election and are significantly better than O'Toole's, which have taken a downturn in a few recent polls.

Pandemic uncertainty

But then there is the pandemic. There are signs that public opinion is souring somewhat on Trudeau's handling of it, particularly on the question of vaccine procurement.

A survey conducted by Léger for the Association for Canadian Studies has found satisfaction with the measures put in place by the federal government to fight COVID-19 dropping to 54 per cent, the lowest it has been since the beginning of the pandemic.

Another poll by the Angus Reid Institute found the proportion of Canadians surveyed who say the government has done a poor job securing vaccine doses has increased to 44 per cent from 23 per cent in mid-December.

If these numbers are a pre-cursor to a negative trend in the polls against the Liberals, talk about a snap election might get a little more muted — unless, of course, it emboldens the opposition parties into bringing down the government themselves.

But even if the Liberal lead in the polls continues to hold at around five or six points, as it has for most of the last five months, history suggests calling a snap election would be far from a safe bet

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Annnonce d'une enquête dans le dossier de M. Camara



CNW Telbec/ - La vice-première ministre, ministre de la Sécurité publique et ministre responsable de la région de la Capitale-Nationale, M^{me} Geneviève Guilbault, annonce la tenue d'une enquête pour faire la lumière sur les événements ayant mené à l'arrestation et au dépôt d'accusations à l'endroit de M. Mamadi III Fara Camara ainsi qu'à sa détention.

En vertu de l'article 279 de la Loi sur la police, la ministre peut désigner une personne pour faire enquête au Service de police de la ville de Montréal (SPVM). Ainsi, la ministre recommandera au Conseil des ministres de confier à l'honorable juge Louis Dionne le mandat de faire une enquête sur le SPVM. Ce dernier sera chargé de valider la pertinence des actions prises par les policiers en fonction du cadre légal et des pratiques reconnues en la matière. Il pourra aussi formuler des recommandations quant aux mesures concrètes à mettre en œuvre afin d'éviter qu'une telle situation ne se reproduise. À la fin de ce processus, le rapport pourra être rendu public, en tout ou en partie, dans la mesure où il sera possible de le faire sans nuire à une enquête policière ou à d'éventuelles poursuites judiciaires.

M. Dionne est juge à la Cour supérieure du Québec depuis 2013. Fort d'une longue carrière au sein de l'appareil judiciaire, il a auparavant occupé les fonctions de directeur de la lutte au crime organisé à la Sûreté du Québec, puis divers postes de sous-ministre associé et de sous-ministre aux ministères de la Sécurité publique et de la Justice. En 2007, il a occupé les fonctions de directeur des poursuites criminelles et pénales (DPCP), puis a été nommé juge à la Cour du Québec en 2011, où il a siégé à la chambre criminelle et pénale avant d'être nommé à la Cour supérieure en février 2013.

« En tant que ministre de la Sécurité publique, mon premier souci est d'éviter que des personnes innocentes se retrouvent dans des situations similaires à celle vécue par M. Camara », a mentionné la ministre Guilbault. « Il en va de la confiance de nos citoyens envers nos institutions policières et judiciaires. L'honorable juge Louis Dionne possède une vaste expérience et une connaissance approfondie en enquête et en droit criminel. Il pourra nous aider à mieux comprendre les événements, à identifier les difficultés pouvant survenir dans ce type d'enquête, et surtout, le cas échéant, à trouver des solutions concrètes pour corriger les lacunes », a conclu la ministre.

Faits saillants :

Le 28 janvier 2021, un policier du SPVM est désarmé et blessé lors d'une opération se déroulant dans le quartier Parc-Extension.

Arrêté à la suite de ces événements, M. Camara a comparu le 29 janvier 2021.

Il est demeuré détenu à la suite de cette première comparution, pendant que le DPCP a étudié la preuve disponible et a mis en accusation M. Camara.

Le 3 février 2021, lors de l'enquête sur remise en liberté, le DPCP a annoncé un arrêt des procédures en raison de nouvelles informations révélées par l'enquête policière.

Après 6 jours passés en détention, M. Camara a été libéré sur-le-champ.

Le 5 février 2021, le directeur du SPVM a disculpé publiquement M. Camara et présenté ses excuses.

Les travaux de l'honorable juge Louis Dionne débuteront le 22 février pour une période maximale de 5 mois.

Pierre Fitzgibbon, annonce un appui aux entreprises



CNW Telbec/ - Le ministre de l'Économie et de l'Innovation, M. Pierre Fitzgibbon, annonce que les propriétaires d'entreprises qui ont été visés par un ordre de fermeture dans le contexte de la pandémie de la COVID-19 pourront obtenir un remboursement de leurs frais fixes pendant la période de redémarrage. Cette aide additionnelle représente l'équivalent d'un ou deux mois de contributions non remboursables supplémentaires, qui s'ajoutent à celles des mois précédents. Elle pourra être réclamée à la suite de la réouverture de l'entreprise visée.

Dans le but de faciliter un retour à la normale, les entreprises admissibles au volet Aide aux entreprises en régions en alerte maximale (AERAM) dans le cadre du Programme d'action concertée temporaire pour les entreprises (PACTE) ou du programme Aide d'urgence aux petites et moyennes entreprises (PAUPME) pourront obtenir ce soutien additionnel.

Pour les entreprises fermées pendant 90 jours ou moins, le montant maximal additionnel qui pourra être reçu s'élève à 15 000 \$ par établissement. Ce soutien supplémentaire devra être réclamé pour des frais fixes déboursés le mois suivant la réouverture de l'entreprise visée.

Pour les entreprises fermées pour une période de plus de 90 jours, le montant maximal additionnel qui pourra être reçu correspond à 30 000 \$ par établissement, soit 15 000 \$ par mois. Ce soutien additionnel devra être réclamé pour des frais fixes déboursés les deux mois suivant la réouverture de l'entreprise visée.

« On a dit à plusieurs reprises que notre gouvernement adapterait les mesures de soutien aux entreprises en fonction de l'évolution de la pandémie. Cette aide supplémentaire facilitera la vie des entrepreneurs lorsqu'ils reprendront leurs activités. Je sais aussi que plusieurs entreprises attendent ce moment, et ce soutien sera là pour elles quand elles rouvriront leurs portes », a mentionné le ministre de l'Économie et de l'Innovation Pierre Fitzgibbon

Faits saillants :

- Les entreprises situées en zone rouge qui auront été dans l'obligation de fermer leurs portes pour au moins sept jours, plutôt que la durée habituellement prescrite de dix jours, au cours des mois de février et de mars pourront désormais bénéficier de l'aide de l'AERAM.
- Rappelons que les entreprises qui seront encore visées par un ordre de fermeture après le 8 février 2021 et qui éprouvent des problèmes de liquidités en raison de la pandémie peuvent toujours déposer une demande auprès d'Investissement Québec ou de leur MRC afin de bénéficier des programmes d'aide existants.
- Le PAUPME vise à soutenir, par le biais de prêts d'un montant de moins de 50 000 \$, le fonds de roulement des PME afin qu'elles soient en mesure de maintenir, de consolider ou de relancer leurs activités.
- Dans le cadre du PAUPME et de son volet AERAM, une entreprise pourrait se prévaloir d'une nouvelle aide financière additionnelle d'un montant maximal de 50 000 \$ afin de couvrir ses besoins en liquidités, pour une aide totale atteignant 150 000 \$.
- Le PACTE appuie, par l'entremise de prêts ou de garanties de prêt d'un montant minimal de 50 000 \$, le fonds de roulement des entreprises afin qu'elles puissent poursuivre leurs activités.
- Le volet AERAM s'adresse aux entreprises bénéficiant du PAUPME ou du PACTE.
- Il permet aux établissements visés par des ordres de fermeture d'obtenir un pardon de prêt pouvant aller jusqu'à 15 000 \$ par mois (maximum de 80 % du montant du prêt accordé) afin de payer certains frais fixes admissibles, soit :
 - les taxes municipales et scolaires;
 - le loyer;
 - les intérêts payés sur les prêts hypothécaires;
 - les frais liés aux services publics (ex. : électricité et gaz);
 - les assurances;
 - les frais de télécommunication;
 - les permis et les frais d'association.
- Cette mesure couvre la portion des frais non réclamée dans le cadre d'un autre programme gouvernemental et déboursée pour la période de fermeture visée



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On a tous de bonnes questions sur la vaccination



Au Québec, la vaccination contre la COVID-19 s'est amorcée en décembre 2020. Cette opération massive vise à prévenir les complications graves et les décès liés à la COVID-19 ainsi qu'à freiner la circulation du virus de façon durable. Par la vaccination, on cherche à protéger la population vulnérable et notre système de santé, ainsi qu'à permettre un retour à une vie plus normale.

LA VACCINATION EN GÉNÉRAL

Pourquoi doit-on se faire vacciner?

Les raisons de se faire vacciner sont nombreuses. On le fait entre autres pour se protéger des complications et des risques liés à plusieurs maladies infectieuses, mais aussi pour empêcher la réapparition de ces maladies.

À quel point la vaccination est-elle efficace?

La vaccination est l'un des plus grands succès de la médecine. Elle est l'une des interventions les plus efficaces dans le domaine de la santé. Cela dit, comme tout autre médicament, aucun vaccin n'est efficace à 100 %. L'efficacité d'un vaccin dépend de plusieurs facteurs, dont :

- l'âge de la personne vaccinée;
- sa condition ou son état de santé (ex. : système immunitaire affaibli).

L'EFFET DES VACCINS EN UN COUP D'ŒIL



- L'Organisation mondiale de la santé (OMS) estime que la vaccination permet d'**éviter plus de deux millions de décès** dans le monde chaque année.
- Depuis l'introduction des programmes de vaccination au Canada en 1920, la **poliomyélite a disparu** du pays et plusieurs maladies (comme la **diphtérie**, le **tétanos** ou la **rubéole**) sont presque éliminées.
- La **variole** a été **éradiquée** à l'échelle planétaire.
- La principale bactérie responsable de la **méningite bactérienne** chez les enfants (*Hæmophilus influenzae* de type b) est maintenant **beaucoup plus rare**.
- L'**hépatite B** a **pratiquement disparu** chez les plus jeunes, car ils ont été vaccinés en bas âge.



LA VACCINATION CONTRE LA COVID-19

Le vaccin est-il sécuritaire?

Oui. Les vaccins contre la COVID-19 ont fait l'objet d'études de qualité portant sur un grand nombre de personnes et ont franchi toutes les étapes nécessaires avant d'être approuvés.

Toutes les étapes menant à l'homologation d'un vaccin ont été respectées. Certaines ont été réalisées de façon simultanée, ce qui explique la rapidité du processus. Santé Canada procède toujours à un examen approfondi des vaccins avant de les autoriser, en accordant une attention particulière à l'évaluation de leur sécurité et de leur efficacité.

Quelles sont les personnes ciblées pour la vaccination contre la COVID-19?

On vise à vacciner contre la COVID-19 l'ensemble de la population. Cependant, le vaccin est disponible en quantité limitée pour le moment. C'est pourquoi certains groupes plus à risque de développer des complications de la maladie sont vaccinés en priorité.

Peut-on cesser d'appliquer les mesures sanitaires recommandées lorsqu'on a reçu le vaccin?

Non. Plusieurs mois seront nécessaires pour protéger une part suffisamment importante de la population. Le début de la vaccination ne signifie pas la fin des mesures sanitaires. La distanciation physique de deux mètres, le port du masque ou du couvre-visage et le lavage fréquent des mains sont des habitudes à conserver jusqu'à nouvel ordre.

Comment les groupes prioritaires ont-ils été déterminés?

La vaccination est recommandée en priorité aux personnes qui courent un risque plus élevé de complications liées à la COVID-19, notamment les personnes vulnérables et en perte d'autonomie résidant dans les CHSLD, les travailleurs de la santé œuvrant auprès de cette clientèle, les personnes vivant en résidence privée pour aînés et les personnes âgées de 70 ans et plus. À mesure que les vaccins seront disponibles au Canada, la vaccination sera élargie à de plus en plus de personnes.

Ordre de priorité des groupes à vacciner

- 1 Les personnes vulnérables et en grande perte d'autonomie qui résident dans les centres d'hébergement et de soins de longue durée (CHSLD) ou dans les ressources intermédiaires et de type familial (RI-RTF).
- 2 Les travailleurs du réseau de la santé et des services sociaux en contact avec des usagers.
- 3 Les personnes autonomes ou en perte d'autonomie qui vivent en résidence privée pour aînés (RPA) ou dans certains milieux fermés hébergeant des personnes âgées.
- 4 Les communautés isolées et éloignées.
- 5 Les personnes âgées de 80 ans ou plus.
- 6 Les personnes âgées de 70 à 79 ans.
- 7 Les personnes âgées de 60 à 69 ans.
- 8 Les personnes adultes de moins de 60 ans qui ont une maladie chronique ou un problème de santé augmentant le risque de complications de la COVID-19.
- 9 Les adultes de moins de 60 ans sans maladie chronique ni problème de santé augmentant le risque de complications, mais qui assurent des services essentiels et qui sont en contact avec des usagers.
- 10 Le reste de la population de 16 ans et plus.

Est-ce que je peux développer la maladie même si j'ai reçu le vaccin?

Les vaccins ne peuvent pas causer la COVID-19, car ils ne contiennent pas le virus SRAS-CoV-2 responsable de la maladie. Par contre, une personne qui a été en contact avec le virus durant les jours précédant sa vaccination ou dans les 14 jours suivant sa vaccination pourrait quand même faire la COVID-19.

La vaccination contre la COVID-19 est-elle obligatoire?

Non. Aucun vaccin n'est obligatoire au Québec. Il est toutefois fortement recommandé de vous faire vacciner contre la COVID-19.

Est-ce que le vaccin est gratuit?

Le vaccin contre la COVID-19 est **gratuit**. Il est distribué uniquement par le Programme québécois d'immunisation. Il n'est pas possible de se procurer des doses sur le marché privé.

Si j'ai déjà eu la COVID-19, dois-je me faire vacciner?

Oui. Le vaccin est indiqué pour les personnes ayant eu un diagnostic de COVID-19 afin d'assurer une protection à long terme. Toutefois, compte tenu du nombre limité de doses de vaccin, les personnes ayant eu la COVID-19 pourraient attendre 90 jours après la maladie pour être vaccinées.

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

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Québec 

We all want to know more about COVID-19 vaccination



COVID-19 vaccination in Québec began in December 2020 as part of a massive effort to prevent serious complications and deaths related to COVID-19, and stop the virus from spreading. Through vaccination, we hope to protect our healthcare system and allow things to return to normal.

A VACCINATION OVERVIEW

Why get vaccinated at all?

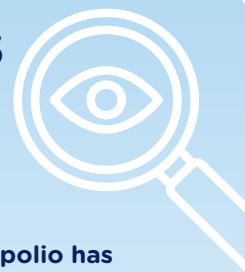
There are many reasons to get vaccinated (all of them good), including protecting ourselves from health complications and the dangers stemming from infectious diseases, as well as making sure they don't resurface.

How effective is vaccination?

Vaccination is one of medicine's greatest success stories and the cornerstone of an efficient healthcare system. That said, as with any medication, no vaccine is 100% effective. The efficacy of a vaccine depends on several factors, including:

- The age of the person being vaccinated
- Their physical condition and/or state of health, such as a weakened immune system

THE IMPACT OF VACCINES AT A GLANCE



- The World Health Organization (WHO) estimates that vaccination helps **prevent over 2 million deaths** every year, worldwide.
- Since the introduction of vaccination programs in Canada in 1920, **polio has been wiped out** across the country and several other illnesses (such as **diphtheria**, **tetanus** and **rubella**) have virtually disappeared.
- **Smallpox** has been **eradicated** throughout the world.
- The main bacteria responsible for **bacterial meningitis** in children—*Haemophilus influenzae* type B—has become **much rarer**.
- **Hepatitis B** has for all intents and purposes **disappeared** in young people, due to their having been vaccinated in childhood.



COVID-19 VACCINES

Are the vaccines safe?

Definitely. COVID-19 vaccines have been tested for quality and efficacy on a large scale and passed all necessary analysis before being approved for public use.

All required steps in the vaccine approval process were stringently followed, some simultaneously, which explains why the process went so fast. Health Canada always conducts an extensive investigation of vaccines before approving and releasing them, paying particular attention to evaluating their safety and efficacy.

Who should be vaccinated against COVID-19?

We aim to vaccinate the entire population against COVID-19. However, stocks are limited for now, which is why people from groups with a higher risk of developing complications if they are infected will be vaccinated first.

Can we stop applying sanitary measures once the vaccine has been administered?

No. Several months will have to go by before a sufficient percentage of the population is vaccinated and protected. The beginning of the vaccination campaign does not signal the end of the need for health measures. Two-metre physical distancing, wearing a mask or face covering, and frequent hand-washing are all important habits to maintain until the public health authorities say otherwise.

On what basis are priority groups determined?

The vaccine will first be given to people who are at higher risk of developing complications or dying from COVID-19, in particular vulnerable individuals and people with a significant loss of autonomy who live in a CHSLD, healthcare providers who work with them, people who live in private seniors' homes, and people 70 years of age and older.

As vaccine availability increases in Canada, more groups will be added to the list.

Order of priority for COVID-19 vaccination

- 1 Vulnerable people and people with a significant loss of autonomy who live in residential and long-term care centres (CHSLDs) or in intermediate and family-type resources (RI-RTFs).
- 2 Workers in the health and social services network who have contact with users.
- 3 Autonomous or semi-autonomous people who live in private seniors' homes (RPAs) or in certain closed residential facilities for older adults.
- 4 Isolated and remote communities.
- 5 Everyone at least 80 years of age.
- 6 People aged 70-79.
- 7 People aged 60-69.
- 8 Adults under the age of 60 with a chronic disease or health issue that increases the risk of complications from COVID-19.
- 9 Adults under the age of 60 with no chronic disease or healthcare issues that increase the risk of complications but who provide essential services and have contact with users.
- 10 Everyone else in the general population at least 16 years of age.

Can I catch COVID-19 even after I get vaccinated?

The vaccines used can't cause COVID-19 because they don't contain the SARS-CoV-2 virus that's responsible for the disease. However, people who come into contact with the virus in the days leading up to their vaccination or in the 14 days following it could still develop COVID-19.

Is COVID-19 vaccination mandatory?

No. Vaccination is not mandatory here in Québec. However, COVID-19 vaccination is highly recommended.

Is vaccination free of charge?

The COVID-19 vaccine is **free**. It is only administered under the Québec Immunization Program and is not available from private sources.

Do I need to be vaccinated if I already had COVID-19?

YES. Vaccination is indicated for everyone who was diagnosed with COVID-19 in order to ensure their long-term protection. Nonetheless, given the current limited availability of the vaccine, people that contracted COVID-19 should wait 90 days from when they were diagnosed before being vaccinated.

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

1 877 644-4545

Québec

Managing your dog and cat separation anxiety when you return to work

Separation anxiety is difficult for both you and your pet. But a few simple changes can make a huge difference as life returns to some semblance of normal.

When one of my co-workers found out about a tiny, orphaned kitten that needed a home a few months ago, he didn't hesitate to adopt it. He says his new companion helped make the months of COVID-19 isolation at home much less stressful.

He is not alone. Animal shelters and breeders across the country have reported record numbers of dog and cat adoptions in recent months.

But after my co-worker returned to work, he says his adorable kitten started urinating on the kitchen counter while he was away.

Another friend is worried about how her dog will react when she returns to the office. Her big, goofy Labrador retriever follows her everywhere, even to the bathroom. When she leaves to run a quick errand, the dog sits by the back door and whines, awaiting her return.

What should these pet owners do?

The problem with sudden changes in routine

A change in routine, such as suddenly being alone for many hours every day, is a major cause of separation anxiety for both dogs and cats.

Separation anxiety is more than a little whimpering when you head out the door. It's major, unwanted behavior that happens every time you leave or are away.

For dogs and cats, this can mean excessive pacing, barking or howling, whimpering or self-grooming as you get ready to leave. In some cases it can mean urinating or defecating around the house, often in places where scents linger, such as on bedding or rugs, or destroying household items in your absence. Extreme clinginess or neediness is another symptom.

Anxious pets can get destructive.

Separation anxiety won't go away on its own, and it can be difficult to get rid of entirely. But there are ways to manage it. As a clinical veterinarian and professor, I am often asked to help people find ways to ease their pets' anxiety.

What not to do

First, it's important to understand that it's not about you – it's about your pet. Your dog or cat is not trying to teach you a lesson or get revenge. Animals don't act out of spite.

Instead, it's a signal of extreme distress and frustration that should be approached like any other medical ailment. Your pet doesn't want to experience separation anxiety any more than you want to experience its consequences.

For this reason, punishment is never the answer. For one thing, your pet won't connect the punishment with something that happened hours – or even a few minutes – earlier. And punishment may only exacerbate your pet's anxiety and stress.

Pets won't connect punishment to bad behavior that happened earlier.

Similarly, going to the opposite extreme by praising or giving affection when your pet is suffering anxiety also will make the problem worse.

The goal is to create a balanced relationship so your pet tolerates being alone. First, get your pet checked out by a veterinarian to rule out physical conditions, such as a urinary tract infection if your pet urinates in inappropriate places.

Next, make sure your pet gets plenty of exercise and mental stimulation. For dogs, this may mean a long run or brisk walk every day. Getting exercise shortly before you leave the house may put your dog in a more relaxed state while you're gone. It's harder to feel stressed when the endorphin levels are elevated. For cats, this could mean a change of environment by being outdoors in a safe, enclosed area such as a "catio."



Toys can help keep pets entertained while their owners are away.

Treating separation anxiety with behavior change

Here, we're talking about your behavior. The goal is to make your absence seem like no big deal. Making a fuss over your pet when you leave or arrive home only makes matters worse. If you treat it like it's routine, your pet will learn to do the same.

Try to figure out when your pet starts to show signs of anxiety and turn that into a low-key activity. If it's when you pick up your handbag, for example, practice picking it up and putting it back down several times over a few hours. Similarly, get dressed or put on your shoes earlier than usual but stay home instead of leaving right away. Try starting your car's engine and then turning it off and walking back inside.

Next, practice short absences. When you're at home, make it a point to spend some time in another room. In addition, leave the house long enough to run an errand or two, then gradually increase the time that you're away so that being gone for a full day becomes part of the family routine.

Changing the environment



Boredom makes separation anxiety worse. Providing an activity for your pet while you're gone, such as a puzzle toy stuffed with treats, or simply hiding treats around the house will make your absence less stressful. Other options for dogs and cats include collars and plug-in devices that release calming pheromones.

Boredom can make separation anxiety worse.



To maintain your bond while you're gone, place a piece of clothing that you have worn recently in a prominent place, such as on your bed or couch, to comfort your pet. Similarly, you can leave the TV or radio on – there are even special programs just for pets – or set up a camera so you can observe and interact with your pet remotely. Some of these come equipped with a laser pointer or treats you can dispense.

Using supplements or medication

In some severe cases, when the animal harms itself or causes property damage, medication or supplements might be necessary. These alter the brain's neurotransmitters to create a sense of calm.

While some are readily available without a prescription, it's a good idea to get advice from your veterinarian to determine which are safest and most effective for your pet's situation. Medication can help reduce the anxiety, making it easier for the pet to learn new coping skills. A behaviour modification plan accompanying the use of medication can help manage this problem.



Bonjour,

Suite aux plus récentes demandes du Gouvernement du Québec par rapport à la propagation de la COVID-19, nous souhaitons confirmer que les Cinémas Guzzo seront fermés.

Comme toujours, nous suivons la situation de très près et nous nous ajusterons au besoin en fonction des demandes des autorités. Notre priorité demeurera avant tout la santé de nos employés et du public.

L'équipe Cinémas Guzzo

Following the most recent requests from the Government of Quebec regarding the spread of COVID-19, we wish to confirm that all Cinémas Guzzo will be closed.

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 Cinémas Guzzo Team

#EnsembledanslapréventiondelaCOVID | #AllTogetherInCOVIDPrevention

Un objectif de 6,5 M\$ pour la Fondation québécoise du cancer, en 2021

En ces temps incertains, les besoins des personnes atteintes de cancer sont criants. Parmi les patients et les personnes en attente d'un diagnostic, 72 % ont affirmé qu'ils ressentaient de l'anxiété face à la possibilité de ne pas être soignés adéquatement durant la pandémie^[1].

Face à cette dure réalité, la Fondation québécoise du cancer s'engage à offrir une accessibilité accrue à ses différents services. « En 2021, nous voulons Être plus près du monde, et ce d'autant plus avec le contexte actuel. La Fondation québécoise du cancer, reconnue comme service essentiel par le gouvernement, redouble d'efforts afin de mettre en place une offre de services sécuritaire, toujours plus adaptée et diversifiée, au plus de Québécois possible » déclare Marco Décelles, directeur général de la Fondation.

Plus près du monde, avec de l'information à portée de main

À la Fondation québécoise du cancer, des documentalistes et des infirmières expérimentées en oncologie répondent aux questions sur la maladie, les traitements et les moyens de se sentir mieux via la [Ligne Info-cancer](#). La Fondation a également mis en ligne une [bibliothèque virtuelle](#), avec une multitude de ressources documentaires au sujet du cancer.

Afin d'offrir des réponses à toute heure du jour ou de la nuit, partout au Québec, la Fondation québécoise du cancer lançait en août dernier un [répertoire en ligne](#) regroupant plus de 2 200 ressources disponibles à travers le Québec^[2].

Plus près du monde, avec un nombre croissant de services offerts en ligne

En 2020, la Fondation québécoise du cancer s'est rapprochée de sa communauté grâce à l'adaptation virtuelle de ses services d'art-thérapie, de kinésiologie, de yoga ou de Qi Gong. Avec plus de 1 000 participations aux différentes séances de thérapies complémentaires offertes en ligne, il est clair que ce virage numérique a suscité un fort engouement.

En 2021, la Fondation espère convertir au numérique un plus grand nombre de services, afin de les rendre accessible au plus de Québécois possible, partout au Québec.

6,5 M\$, un objectif ambitieux mais nécessaire

Pour amasser 6,5 M\$ et ainsi venir en aide aux 56 800 Québécois touchés par un cancer annuellement, la Fondation compte sur l'appui de sa communauté. « Malgré le contexte inédit de pandémie, la Fondation est entourée de bénévoles, de donateurs et de partenaires engagés qui font preuve d'un soutien sans failles », affirme Marco Décelles. La Fondation espère également collecter près de 1 M\$ grâce à la communauté d'affaires québécoise et par le biais des événements corporatifs de la Fondation, tels que Cancerto, une série de soirées caritatives qui, malgré une formule exceptionnellement virtuelle, a battu des records de participations en 2020 avec près de 2 100 participants.

« La Fondation québécoise du cancer est le seul organisme au Québec à aider tous les Québécois qui font face au cancer, peu importe leur histoire, leur région, leur âge, leur langue ou leur type de cancer. C'est pourquoi ses services doivent perdurer. Et grâce à l'appui inestimable des Québécois, ils perdureront, j'en suis convaincue », déclare Guylaine Tanguay, nommée [porte-parole bénévole](#) de la Fondation en décembre 2020.

Depuis ses débuts, la Fondation québécoise du cancer est venue en aide à plus d'un demi-million de Québécois.

À propos de la Fondation québécoise du cancer Depuis plus de 40 ans, la Fondation québécoise du cancer consacre les fonds recueillis à soutenir au quotidien les milliers de Québécois atteints d'un cancer et leurs proches. Elle offre ainsi des programmes de bien-être physique et du soutien psychologique à travers ses Centres régionaux de Montréal, Québec, Sherbrooke, Gatineau, Trois-Rivières et Lévis, en plus de détenir le plus grand réseau d'hébergement de la province. Elle propose aussi de l'aide adaptée aux jeunes de 15 à 39 ans touchés par un cancer via son Programme à Félix. Enfin, par ses Services Info-cancer, la Fondation offre écoute, réponses et réconfort, partout au Québec.

Un Québécois sur deux fera face au cancer. Mais les deux auront besoin d'accompagnement. Nous sommes là pour les soutenir.



Fondation
québécoise
du cancer



by Maria Diamantis



Eggplant: a purple dip

“Do you know what this is?” Asks Jamie Oliver to US kindergarteners, holding up an eggplant. “A pear”, answers a little boy. “I’ll give you the first part of the word”, says Jamie, “Egg...” “Egg Salad!” A boy jumps up and shouts out!

Jamie’s American Food Revolution in the United Kingdom was a television show following Oliver as he attempted to reform the US school lunch programs, help American society fight obesity and change their eating habits to live healthier and longer lives.

Even in Canada, it can be hard to get your kids to eat vegetables and fruit. You are not alone! Many children don’t get the amount of vegetables and fruit recommended by Canada’s Food Guide.

Your children will want to try new vegetables and fruit if they see others at the table eating them. When you make healthy food choices for yourself, you are teaching your kids about healthy eating.

One idea is this dip since we are on the topic of eggplant!

Melitzanosalata is a Greek appetizer made from roasting whole eggplants, pureeing it, then adding garlic, olive oil and lemon juice! It is a simple yet delicious small plate tapas dish that everyone will love! Kids will not know the difference especially if served with baked pita wedges...*talking about a party in your mouth!!*

Ingredients

- 2 eggplants, medium sized
- 1 clove(s) of garlic (or garlic powder if it is too harsh for you or your children, or you can substitute with thinly sliced red onion or omit it completely)
- 30 ml apple cider vinegar or white balsamic
- 1/2 bunch parsley
- 2 spring onions
- 60 ml olive oil
- salt
- pepper

Method

1. preheat the oven to 375 degrees F
2. Wash and then dry the eggplants with a paper towel, pierce several holes onto the skin of the vegetables with a fork.
3. Place the eggplants on a tray lined with parchment paper and bake, 45 mins to 80 mins depending on the size of the eggplants, until very tender and they will collapse. You will need to flip them over a couple of times.

4. While the eggplant is still hot, cut into halves and scoop the pulp out, you can use a melon baller.

5. Pour the pulp into a colander, add a pinch of salt, and let it drain its water helping it by pressing with a spoon occasionally. Once it reaches room temperature you are ready to add the rest of the ingredients and make the dip!

To prepare the eggplant dip

- In a food processor, add the garlic (if using), vinegar and the olive oil.
- Process until the garlic has completely broken down.
- Add it to the bowl with eggplant
- Season with salt and pepper.
- Thinly slice the green part of the spring onions and the parsley (only the leaves). Reserve some for serving and add to the bowl.
- Stir until all the ingredients are completely combined and season to taste.
- To serve, garnish with spring onion, parsley, and drizzle with some Greek extra virgin olive oil.
- Add pita wedges for scooping

Deadline: **Classifieds**

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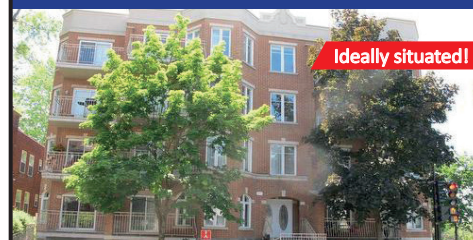


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NDG Bright corner unit with huge windows allowing full natural light from dawn to dusk. Ideally situated between Monkland Village and Hampstead. 10 min walk from Monkland cafes & shops as well as Provigo & IGA, 10 min walk to Hampstead park. Steps from bus 51 and 66, 15 min walk to Snowdon and Villa Maria metro, accessible family friendly neighborhood!



Available immediately!

New Bordeaux for rent Beautiful 2 bedroom condo for rent in an excellent location, large living room, 2 good size bedrooms, new counter tops and backsplash in kitchen, freshly painted, very clean and well maintained building. Includes 1 indoor parking spot. **Available immediately!!!**



Excellent Location!

Pierrefonds Large 6 1/2 for rent newer construction (2004) available immediately excellent location just steps from Pierrefonds Blvd renovated kitchen with granite countertops parquet floors master bedroom with ensuite bathroom and walk in closet 2 full baths and 1 powder/laundry room in basement 2 car garage and 2 car exterior parking included

In Memoriam & Obituaries

UNITED
- THROUGH DISTANCE -



ACCESSIBLE

Our team has adapted to the new reality so you can mourn without added worry. You can now safely interact with your loved ones using the new technology that we've implemented.

We're here to guide you when selecting these new options and we're committed to meeting your needs in a responsible manner.

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- Celebration with your family present (according to current recommendations)
- Live webcast of the ceremony (funeraweb.tv)



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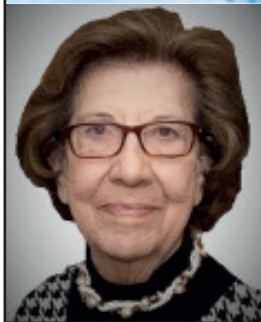
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KOTSONAS, Pagona (Peggy) 1925 - 2021



It is with great sadness that the family of Pagona (Peggy) Kotsonas announces her passing. Peggy passed away peacefully at St. Mary's hospital on February 4th 2021 at the age of 95. She was born in Montreal, Quebec on October 21st, 1925 and was one of seven siblings. Predeceased by all of them ; Evangelia Kotsonas Timotheatos (Angelo), Jimmy Kotsonas (Alexandra), Nick Kotsonas, Gus Kotsonas, Johnny Kotsonas, and Denis Kotsonas (Mary).

BEAULAC, Claude 1952 - 2021



In Montreal, on February 5, 2021, Mr. Claude Beaulac passed away suddenly at the age of 68. He is survived by his wife Jocelyne, his daughters Lili-Anne (Vincent) and Véronique (Jonathan), his stepchildren Anne-Marie (Olivier) and David (Mickael), his grandchildren Marion, Léane, Aymerick, Rémi, Charlotte, Adèle, Zacharie and Timothée, his brothers and sisters, Michel, Monique, Jacques, Richard, Chantal and their spouses as well as several other relatives and friends.

BLACK, Lucy Muriel 1940 - 2021



With tremendous sadness we announce the passing of our most cherished wife and mother on February 6, 2021 after a courageous battle with several health issues over the past four years. Lucy was blessed to spend 36 years with her adoring husband and best friend, Ian Harcourt Black. They shared many great adventures together, and embraced country life and the joy that it offered them, first in Vermont and later in Sutton.

VILGRAIN, Alix 1931 - 2021



In Montreal, on Sunday January 24, 2021, at the age of 89, passed away Mr. Alix Gérard Vilgrain, dear husband of Édith Rigaud Vilgrain. Born in Port-au-Prince, Haiti, he was the son of the late Léo Vilgrain and the late Diana Romage.



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HOROSCOPE

Week of **FEBRUARY 14 TO 20, 2021**

The luckiest signs this week:
GEMINI, CANCER AND LEO



ARIES

You might be faced with unexpected expenses. Fortunately, you'll get something worthwhile in return. And with the right negotiations, you'll come out on the other side in pretty good shape.



TAURUS

You might expect to have a very quiet week, but the opposite awaits. Things will get quite hectic, with plenty of unexpected twists along the way. Fortunately, you'll also enjoy yourself.



GEMINI

Some big changes will start to take place in your personal and professional life. You'll need to learn how to relax under these new circumstances in order to lower your stress level.



CANCER

You'll start to build a more active social life, perhaps online. You'll have quite a few friends who'll encourage you to sign up for an art class, yoga session or other type of wellness activity with them.



LEO

Your boss will hand you a promotion on a silver platter. Even if you're short on time, you'll be motivated to take on new personal and professional projects.



VIRGO

A getaway will likely be plan-ned soon. You'll finally be in the mood to celebrate, which will prompt you to organize a party. You'll also discover a new spiritual approach to life.



LIBRA

A particular situation could up-set your peace of mind. All you need to do is trust those close to you in order to rediscover your love for life. It might be time to rein in your suspicion of others.



SCORPIO

You need to weigh the pros and cons before you make a decision. It's possible you'll be asked a lot of questions you can't answer. This will leave you fee-ling rather perplexed.



SAGITTARIUS

You'll have a lot of little things to take care of at home and at work. Fortunately, you'll feel a sense of accomplishment for having completed all the tasks you kept putting off.



CAPRICORN

There are some big projects co-ming up at home. Your love life could take a whole new turn after an interesting conversation. A birth might soon be announced in the family.



AQUARIUS

This is sure to be an eventful week. You'll have to work overtime and take care of some family responsibilities before you can even think about ha-ving fun.



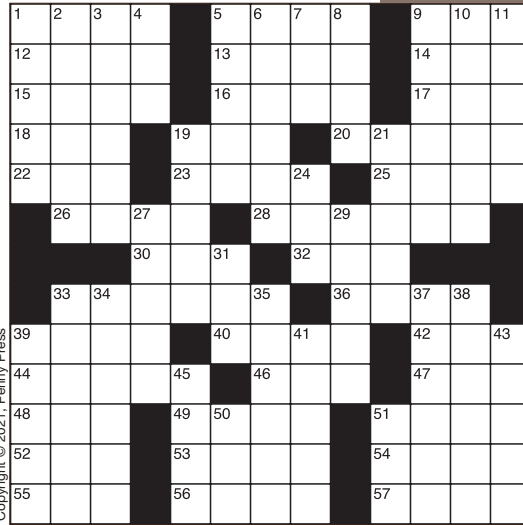
PISCES

If you renovate or redecorate your home, you'll manage to find some great deals and your pro-perty value will increase si-gni-ficantly. Don't hesitate to ask for a raise at work.

Coffee Break

CROSSWORDS

PUZZLE NO. 063



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ACROSS

- 1.Cabbage salad
- 5.Landed
- 9.Behave
- 12.Contain
- 13.Moniker
- 14.Master
- 15.Mellowed
- 16.Variety
- 17.Handle roughly
- 18.Took first place
- 19.Intention
- 20.Site
- 22.Record
- 23.Wound covering
- 25.Laborer
- 26.Small salamander
- 28.In a prying way
- 30.Disguised
- 32.Hooter

- 33.Celestial being
- 36.Broadcasts
- 39.Yogi, e.g.
- 40.College housing
- 42.Halt
- 44.Untangle
- 46.Sharp knock
- 47.Week part
- 48.Function
- 49.Make a living
- 51.Mr. Ellington
- 52.Toe count
- 53.Catch sight of
- 54.Cake decorator
- 55.Road bend
- 56.Makes a dress
- 57.Confusion

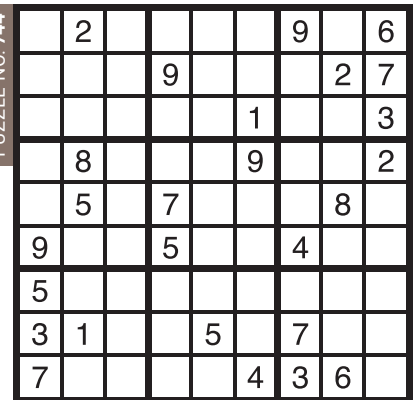
DOWN

- 1.Wool wrap
- 2."The Blue ___"
- 3.Exact retribution
- 4.Join in marriage
- 5.Caper
- 6.Nonprofessional
- 7.Brat
- 8.Golfers' pegs
- 9.Request
- 10.Crevise
- 11.Hauled
- 19.Out of bed
- 21.Ground beef dish
- 24.Casper's call
- 27."___ Did Our Love Go"
- 29.Boggy area
- 31.Defective bomb
- 33.Stops

- 34.Shelters
- 35.Take for a time
- 37.Diminish
- 38.Pythons, e.g.
- 39.Cruel person
- 41.Speaks wildly
- 43.Color changers
- 45.Not quite as much
- 50.Gorilla or orangutan
- 51.Faded

Sudoku

PUZZLE NO. 744



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.

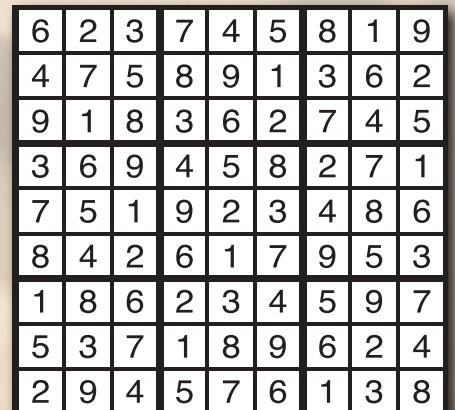
Each 3x3 box is outlined with a darker line. You already have a few numbers to get you started. Remember: **You must not repeat the numbers 1 through 9 in the same line, column, or 3x3 box.**

Last Issues' Answers

CROSSWORDS



Sudoku



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This week's basket:

- Asparagus
- Potatoes (3lbs)
- Broccoli
- Peppers (colorés mélangés)
- Mangos
- Melon
- Plums
- Pears
- Oranges
- Limes
- Bananas
- Lemons
- Lettuce
- Tomatoes
- Cucumber
- Peas
- Zucchini
- Fennel or Eggplant
- Mystery item

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