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Ogilvy/de Castelnau overpass to move forward

Borough council announces construction timeline for a pedestrian overpass

MATIAS BRUNET-KIRK

City officials met for their monthly borough council meeting on Tuesday, Mar. 9 to adopt several motions, answer resident's questions and update citizens on initiatives in Villeray, Saint-Michel and Parc-Extension.

Present were Borough Maire Giuliana Fumagalli, Councillor for Parc-Extension Mary Deros, Councilor for Saint-Michel Josué Corvil, Councilor for Villeray Rosannie Filato and Councilor for François-Perrault Sylvain Ouellet.

Among other subjects discussed, the question of the foot-crossing at Ogilvy Avenue and de Castelnau Street came up. This was raised by Councillor Mary Deros during question period.

Ogilvy-Castelnau crossing

The city confirmed that the contract to build the pedestrian overpass at the Parc ARMT station had been issued and construction was set to begin. The contract has been awarded to Montreal-based engineering company SNC-Lavalin.

Construction is expected to begin in the fall of 2021, approximately a year behind schedule. Deros underlined this, saying that work had already been set to begin in Fall 2020 and never started.

The overpass will allow for the continuation of the bike path from Villeray to Parc-Extension and let pedestrians cross without going over the train tracks or having to walk a one-kilometre

"The citizens of Villeray and Parc-Extension will no longer need to detour to get to Jarry Park or the Parc train station"

detour to Jean-Talon Street.

Separating neighbourhoods

The issue has been a hot-button topic among residents since de Castelnau Avenue was refurbished with a bike path and extended to the train tracks. For several years, a fence prevented access to the train station for those on the Villeray side.

Currently, access through is possible as the fence has been removed, but fence-posts are still there. The passage has not been entirely paved either, hindering accessibility for many. This is made worse with snow build-up during the winter months.

The overpass would facilitate access to the Parc Metro station for Villeray residents and offer a faster route to Jarry Parc for Parc-Extension residents, among others.

Years in the making

The project in question had for many years been at the center of a legal battle between Canadian Pacific, the owner of the tracks, and the City of Montreal who wanted to build the pedestrian overpass.

A decision was finally reached in July 2019 when the Canadian Transportation Agency authorized the project, in addition to two other overpasses in the Montreal area.

"These new developments will open up the neighbourhood and ensure better mobility," said Councilor Sylvain Ouellet in a press release at the moment of the decision in 2019. "The citizens of Villeray and Parc-Extension will no



Snow build-up at the unpaved Ogilvy-Castelnau crossing. PHOTO: MATIAS BRUNET-KIRK



The unfinished crossing at the Parc ARMT station still an obstacle to many Photo: Matias Brunet-Kirk

longer need to detour to get to Jarry Park or the Parc train station," he added.

Councillor Deros said she was pleased to finally see the project move forward.

COVID-19 commemoration

In addition to borough decisions, Mayor Fumagalli took time to mark the one-year anniversary of the start of the pandemic in Québec and commemorated the many people that lost their lives, loved-ones and livelihoods to the virus. Mar. 11 will mark the anniversary of when health restrictions were first put in place and Québec went into lockdown. Since then, 294,000 cases of COVID-19 have been recorded across the province along with 10,500 deaths.

Fumagalli commended residents on their continued efforts to fight the pandemic and reminded people that the battle was not yet over. "On a encore un coup à donner," said Fumagalli.

Greek Independence

Councilor Deros also raised a point of order to underline the 200 year anniversary of Greek independence. Deros said it was the second time in history that Greece had shown the world the possibility and benefits of democratic systems, and wanted Montreal to celebrate that.

She also thanked the Haitian community for their lasting support and connection to the Greek community. Deros underlined that Haiti was the first country to formally recognize Greece as a state when it declared independence in 1821.

Deros also commended the lasting effect the Greek community has had on both Parc-Extension and Montreal, and the work that had been put in to help build the city as we know it now.

Saddened that the annual Hellenic parade would not be taking place in 2021 due to COVID-19 measures, she nonetheless stated that Mar. 25 would mark a day of celebration to highlight the importance of the Hellenic community in Montreal.

Council meetings

Borough Council meetings are held on the first Tuesday of each month and are openly available to the public. They are live-streamed on the city's website and are also re-broadcast after.

Residents can ask questions to elected officials by sending them in before 10 AM on the day of the meeting. These will be answered by Mayor Fumagalli and other officials over the course of the meeting.

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OPINION & Editorial



THAT'S WHAT I'M THINKING

Robert Vairo



Spend Like the Roaring '20s!

What ever happened to the truth? Why is that we are lied to, time and time again? Why is it that politicians can't look us straight in the eyes and speak frankly to Canadians? Imagine having a friend who is evasive, shifty, lies, but keeps giving you gifts to make it all better. That's how I feel about the people who make up the Government of Canada.

Did you know for example that two million surgical masks destined for the provinces were stolen from Hamilton airport? This happened eight months ago, on the night of July 4th, 2020 when we were scrambling for PPE, but the government didn't want us to know. Senior members in Trudeau's office discussed with ministers withholding information on the government's inability to procure sufficient personal protective equipment for our front-line health workers, like N95masks, gloves, scrubs etc.

Only today do we learn that Hamilton police "continue to investigate the theft of a trailer at Hamilton Airport". It is only thanks to some crafty and persistent journalist from Blacklock News, an Ottawa media outlet, that we are today aware that the Procurement Minister Anita Anand made sure word of this embarrassing theft would not reach Canadians. Why not tell us then?

Remember the days, not long ago, when Justin Trudeau would walk out of Rideau Cottage and announce another several more billion dollars for one cause or another. Internal memos, directed at Trudeau, urged the PM not reveal details but to keep the message "generic" so as not to raise questions about where and how the funds were handled and directed.

What makes this even worse, is the Prime Minister clearly stated on March 27th, that "transparency around the investments we're making to support Canadians is important not just from a democratic and parliamentary principle..." What a croc!

And the latest is the snail pace flow of vaccines into Canada. Remember when Trudeau told us "Canada has procured more doses per capita than any country in the world". It was a shamefully misleading statement. The fact is, we may have told the pharmaceuticals we wanted their vaccines and signed for them, but there is no commitment on when or how many, by any of the pharmaceuticals. And because he naively believed in global supply chains, we are now forced to delay the second shot, for weeks and up to a riskier four months, with circling variants ready to pounce.

I must mention this. While the Prime Minister maintained publicly he was "disappointed" with President Biden's decision to cancel Keystone XL pipeline crossing the border to the US, one publication quotes the prime minister as saying privately, "thank you" to Biden for cancelling the project, saving Trudeau the international embarrassment of tarnishing his social activist image for a clean environment. So much for "transparency". So much for honesty.

The wage and rent subsidy program announced just last week was extended, at an additional cost of 15 billion dollars. Is it necessary? Statistics show that either intentionally, or through incompetence, the federal government has already given out far more that is necessary to maintain a stable economy during the pandemic. Our economy actually grew, and substantially more than economists predicted. That's wonderful isn't it? No, it is not. It is borrowed money that Canada does not have, and is spent unwisely. As a result, Canadians have managed to actually save, yes save during a pandemic, and in record amount.

Philip Cross, economist at the Macdonald-Laurier Institute, says the support programs were "excessive and poorly targeted". CERB and the rest of the federal programs were meant to compensate for lost income but they did much more than compensate. Instead of targeting lower income Canadians, a lot of money went to people who did not need it, so they banked it. According to a CIBC report, Canadians "are sitting atop \$90 billion in excess cash — easily the highest in the country's history and equal to about four per cent of consumer spending. Canadian businesses, are hoarding another \$80 billion."

That's a whole lot of cash (all on government credit cards) that will spill into the economy. The Liberals sure know how to win elections don't they? Buying our love and affection, and our votes.

In the meantime, after you get jabbed, have fun. Spend like 'The Roaring 20s'. And remember on election day who gave you all that spending power.

Oh, and don't worry about paying it all back. Our grandkids, and their kids, will take care of that.

That's What I'm Thinking.
Robert Vairo

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Lifeguards strike for better pay

Employees of Saint-Roch pool strike for a higher salary and better working conditions

MATIAS BRUNET-KIRK

At the eastern end of Ball street on a cold Saturday, lifeguards and labour union representatives from Parc-Extension's Saint-Roch municipal pool gathered to strike for a better salary and improved working conditions.

On Mar. 6, approximately two dozen people carried placards and spinning noisemakers in front of the pool to voice their discontent towards their employer and the stalled negotiations.

Minimum wage

Represented by their labour union Le syndicat des travailleuses et des travailleurs des Centres aquatiques du Québec (STTCAQ) affiliated with the CSN, lifeguards are demanding a raise in their salary, from the current \$13.10/h to \$17/h. This is in addition to an improvement of their employee benefits and for their employer to return to negotiating table.

The lifeguard's union has been in negotiations with the employer SODEM, a private company contracted by the city to manage the pool, for approximately two years now. Since, SODEM has agreed to increase salaries by 45 cents to \$13.55/h, mirroring the mandatory minimum wage increase to \$13.50/h, set for May.

This is lower than the wages offered in many parts of Greater Montreal, like that of \$18.59/h in Longueuil and \$20.36/h in Boucherville, according to a statement by STTCAQ.

"We want the employer to hear us"

Sophianne Leclair is a lifeguard at the affiliated Lasalle pool and a union representative currently involved in negotiations for Saint-Roch pool. "Today we are doing a strike for our conditions, which are horrible," she said, adding that "we want the employer to hear us."

"Right now we have the strict minimum," said

Leclair, underlining that lifeguards are paid minimum wage and not offered satisfactory conditions. "They don't give us breaks and don't give us equipment," she said.

"We want to acknowledge that lifeguards are qualified, even if we're young we're responsible for the lives of people and [that] should be recognized," said Leclair.

"We also want the employer to go back to the table and give us a better proposition," added Leclair, pointing to how SODEM had left negotiations and not returned since Feb. 25.

"We want the city to put pressure on SODEM and tell them to get this right, make it stop; there are citizens that want a service and want good service, and that can only be achieved with a good salary and good conditions for lifeguards," said Leclair.

City Response

So far, the city has not voiced its position on the labour dispute. According to city councillor Mary Deros, she would want to see a feasibility study before taking a stance on a contract given by the city.

"At this point, I don't know if the city can get involved because we give them the funds that they require to manage the pools," she said, adding "I don't know if legally we have anything to say about what they pay their employees."

Deros compared the situation to other contracts the city gives out. "It's like giving a contract for snow clearing," she said, specifying that "so long as they clear the snow according to our requests, we don't get involved in their day-to-day operations."

When asked whether she supported the lifeguard's demands, Deros said that she would have to know how much it costs to run the pool itself before being able to comment. "I would have to evaluate everything together before I'm able to give an answer," said Deros.

"The increase would have to come from some-



A number of protestors demonstrated in front of Saint-Roch Pool on Saturday, March 6.

PHOTO: MATIAS BRUNET-KIRK

where," she said, also adding that "knowing that Parc-Ex is not a rich district, I don't want to pass on the higher cost of running the place to the users."

Pool still open

Although there was an active strike, the pool had remained open to the public. "We understand that it's the week off for a lot of people, but they can still go inside," said Leclair.

As she was walking out of the building with her three children, Chialun Wu, a pool user, weighed-in on the matter. "I think if they ask for more, in a reasonable range, we should get them better wages," she said.

She nonetheless added that regardless of their pay, it was the lifeguard's duty to do their work properly. "Doing your job good is your own responsibility, and getting better pay is a different aspect."

"It's really important for adults, or elderly or

kids, so I think they deserve it," Wu said of the lifeguard's demands.

Court battles

Since lifeguards voted to strike on Feb. 22, SODEM decided to leave the negotiations and attempted a court injunction to prevent the lifeguards from picketing in front of the pool, according to a statement by the STTCAQ. That case was contested and won by the STTCAQ.

SODEM was contacted by Parc-Extension News but did not respond to requests for an interview.

"It's only five cents above the minimum wage for people whose job it is to protect us and save lives. It's ridiculous," said Chantal Ide, Vice-President of Conseil Central du Montreal Metropolitan-CSN.

"The union showed good faith by lowering their demands so it's time for the boss to do so," said Ide, and concluded stating "we're not going to give up."

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For most, it's been a very long year the **COVID-19** crisis *On March 11 last year, the World*



MARTIN C. BARRY
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If there is one feeling that many people are probably experiencing now more than 12 months after the beginning of the COVID-19 pandemic, it is perhaps that sometimes a year can feel more like a decade (or even a century) when you're trying to cope with the stresses and inconveniences from a global health emergency like this.

Although the impact of the pandemic didn't begin to be felt in Canada and Quebec until at least February last year, globally it had started in January when the first grim reports emerged from China.

There, what had previously seemed unimaginable was actually happening: complete curfews and lockdowns, bringing life in that part of the world to a complete halt. And yet, soon afterwards, that haunting scenario would become part of our lives.

While the first known case of COVID-19 in Canada (a man returning from China) was reported on Jan. 29 last year, it would only be on Feb. 27 that Quebec's first known case was reported: a woman from Montreal who returned from Iran with COVID-19 symptoms.

March 2020

On March 11 last year, the World Health Organization (WHO) officially declared COVID-19 (which had initially been regarded as a health crisis) to be a full-blown global pandemic.

And so it was that on March 14 last year, the Quebec government officially declared a public health emergency across the province. As part of the first measures, Quebec asked seniors over the age of 70 to stay home to prevent spread, while hospitals and seniors' residences were declared closed to visitors.

Given the ease with which fraudsters take advantage of people today, it wasn't long before the Royal Canadian Mounted Police's national anti-fraud division was warning people across the country about an increasing number of scam attempts being made by fraud artists taking advantage of the COVID-19 crisis.

The RCMP said everyone should think very seriously before deciding to share personal information with a stranger over the phone, or by clicking on one of the many COVID-19 links that have popped up on the internet.

In an editorial on the COVID-19 pandemic published by the Laval News around this time, we observed that for the Trudeau Liberal



PHOTOS: CBC/RDI SCREEN CAPTIONS

government, COVID-19 was without a doubt the steepest challenge it faced since first being elected in 2015.

"After five years of almost unrestrained spending, justified by the belief that a strong economy will pay for the rising mountain of debt, the Liberals now face a gargantuan bill for COVID-19 measures as well as for the resulting economic fallout," we said.

The Canadian Federation of Independent Business said it agreed with a statement made by Quebec Premier François Legault that part of the economic hardship would be the almost unavoidable loss of the most vulnerable businesses in the province.

A theme that emerged early during the onset of the pandemic was that stress would be taking a major toll on people and on society's overall mental health. "Pandemics can affect people on a physical basis, but also psychologically," said Carol Ladouceur, director of mental health and substance abuse recovery programs. We consider it important, given the current context, that we offer psychosocial support to the many people who might be experiencing stress, anxiety and depression."

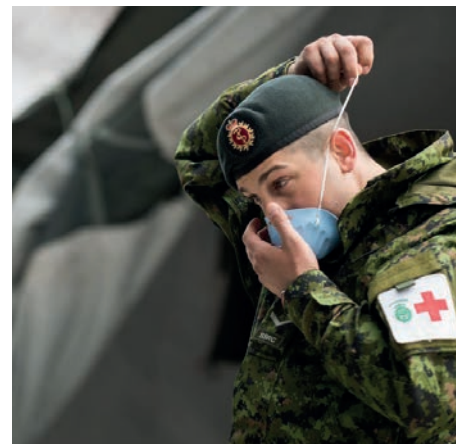
April

By April, the grimmest reality of all during the pandemic was beginning to sink in with rising death tolls at the province's retirement and long-term care facilities. As the severity of the situation grew more apparent, the Quebec government was calling on the organizers of public events over last summer to cancel or postpone at least until Aug. 31 because of the ongoing COVID-19 situation.

"The government of Quebec has had to make a difficult but necessary decision," Quebec Tourism Minister Caroline Proulx said. "We are aware of the impacts this represents for organizers, and we thank them for their contribution to the collective effort. We will be there

to prepare a strong recovery in order to see Quebec and its festivities shine brightly a soon as possible."

Also in April, Quebec's director-general for public health, Horacio Arruda, ordered an inquiry by his department into the high rate of infection and mortality at health institutions in the province where there have been severe outbreaks of COVID-19 infection.



By April last year, the Canadian Armed Forces' Joint Task Force East (JTFE) had responded to a request for assistance dispatched medically-trained military personnel to the Montreal region to assist at nearly a half-dozen long-term care residences struggling with COVID-19.

May

By May last year, police forces across the province had campaigns well underway to ticket persons not following social distancing and other COVID-19 sanitary protocols in public places. Police were advised to evaluate each situation after intervening and question those persons they suspected were not obeying the rules, following which tickets could be issued. Those tickets start at \$1,000 (plus \$550 process-

ing fees) and increased for repeat offenses.

June

Citing an economic prediction made by the International Monetary Fund (IMF), Quebec International Relations Minister Nadine Girault told an online gathering that the year 2020 could see the worst global recession since the 1929 crash and the Great Depression that followed it.

Girault maintained that the recession stood to be worse than the 2008 downturn, because this time it wouldn't be only a financial crisis, "but a crisis that concerns a real economy," she said.

July

Months after being forced to close because of the COVID-19 pandemic, the province's movie theatres were reopening – albeit only briefly before being ordered shut again. They had new rules that limited the number of viewers to 50 per screening room in multiplex cinemas.

It was 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 was expected to be much slimmer than it would normally be at the time of year.

August

While some of Canada's leading economists were suggesting Ottawa wouldn't be able to deal with a second wave of COVID-19 with the same financial largesse it had had previously, federal Economic Development Minister Melanie Joly told us that the Liberal government was well positioned to continue along the path it had been on since the beginning of the pandemic.

At an online Zoom video forum where many elected officials took part, Quebec Finance Minister Éric Girard mentioned that it will take five years, for Quebec to return to a balanced budget. On a more somber note, he added that "we will have to live according to our means, that is with a level of expenses in conjunction with the revenues of the government."

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

In addition to the senior elementary school students, the mask requirement would 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.

▶ Continued on page 11

On a tous de bonnes questions sur la vaccination



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 évitables par la vaccination.

La campagne de vaccination contre la COVID-19 en cours vise à prévenir les complications graves et les décès liés à la COVID-19. Par la vaccination, on cherche à protéger notre système de santé et à permettre un retour à une vie plus normale.

Quand la vaccination a-t-elle commencé ?

La vaccination contre la COVID-19 a débuté au Québec dès la réception des premières doses en décembre 2020. Puisque la disponibilité des vaccins est restreinte, certains groupes plus à risque de développer des complications liées à la COVID-19 sont vaccinés en priorité. À mesure que les vaccins seront disponibles au Canada, la vaccination sera élargie à d'autres groupes.

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.

Quelle est la stratégie d'approvisionnement des vaccins ?

Le gouvernement du Canada a signé des accords d'achats anticipés pour sept vaccins prometteurs contre la COVID-19 auprès des compagnies suivantes : AstraZeneca, Johnson & Johnson, Medicago, Moderna, Novavax, Pfizer et Sanofi Pasteur/GlaxoSmithKline. Ces achats sont conditionnels à l'autorisation des vaccins par Santé Canada.

À ce jour, les vaccins des compagnies Pfizer et Moderna ont obtenu l'autorisation d'être distribués au Canada. Des vaccins de plus d'une compagnie seront utilisés afin d'accélérer la vaccination contre la COVID-19.

Quels types de vaccins contre la COVID-19 sont étudiés ?

Trois types de vaccins font l'objet d'études à l'heure actuelle.

- 1 Vaccins à ARN :** Ces vaccins contiennent une partie d'ARN du virus qui possède le mode d'emploi pour fabriquer la protéine S située à la surface du virus. Une fois l'ARN messenger à l'intérieur de nos cellules, celles-ci fabriquent des protéines semblables à celles qui se trouvent à la surface du virus grâce au mode d'emploi fourni par l'ARN messenger. Notre système immunitaire reconnaît que cette protéine est étrangère et produit des anticorps pour se défendre contre elle. Le fragment d'ARN est rapidement détruit par les cellules. Il n'y a aucun risque que cet ARN modifie nos gènes.
- 2 Vaccins à vecteurs viraux :** Ils contiennent une version affaiblie d'un virus inoffensif pour l'humain dans lequel une partie de la recette du virus de la COVID-19 a été introduite. Une fois dans le corps, le vaccin entre dans nos cellules et lui donne des instructions pour fabriquer la protéine S. Notre système immunitaire reconnaît que cette protéine est étrangère et produit des anticorps pour se défendre contre elle.
- 3 Vaccins à base de protéines :** Ils contiennent des fragments non infectieux de protéines qui imitent l'enveloppe du virus. Notre système immunitaire reconnaît que cette protéine est étrangère et produit des anticorps pour se défendre contre elle.

Le vaccin à ARN messenger peut-il modifier notre code génétique ?

Non. L'ARN messenger n'entre pas dans le noyau de la cellule et n'a aucun contact avec l'ADN qui y est contenu. Il ne peut donc y apporter aucun changement.

Comment le vaccin agit-il ?

Lorsqu'une personne reçoit un vaccin contre le virus qui cause la COVID-19, son corps prépare sa défense contre ce virus. Une réaction immunitaire se produit, ce qui permet de neutraliser le virus en produisant des anticorps et en activant d'autres cellules de défense. La vaccination est une façon naturelle de préparer notre corps à se défendre contre les microbes qu'il pourrait rencontrer.

La plupart des vaccins en développement contre la COVID-19 favorisent la production d'anticorps pour bloquer la protéine S, la protéine qui permet au virus d'infecter le corps humain. En bloquant la protéine S, le vaccin empêche le virus d'entrer dans les cellules humaines et de les infecter.

Le virus qui cause la COVID-19 est composé d'un brin de matériel génétique, l'ARN (acide ribonucléique), entouré d'une enveloppe. À la surface du virus, on trouve des protéines, dont la protéine S (spicule) qui lui donne sa forme en couronne, d'où son nom, coronavirus.



Quels sont les effets secondaires du vaccin contre la COVID-19 ?

Des symptômes peuvent apparaître à la suite de la vaccination, par exemple une rougeur ou de la douleur à l'endroit de l'injection, de la fatigue, de la fièvre et des frissons. Moins fréquentes chez les personnes âgées de plus de 55 ans, ces réactions sont généralement bénignes et de courte durée.

À ce jour, aucun effet indésirable grave n'a été identifié avec les vaccins à base d'ARN. D'autres problèmes, qui n'ont aucun lien avec le vaccin, peuvent survenir par hasard (ex. : un rhume ou une gastro).

Le vaccin ne peut pas causer la COVID-19, car il ne contient pas le virus SRAS-Co-V2, responsable de la maladie. Par contre, une personne qui a été en contact avec le virus durant les jours précédant la vaccination ou dans les 14 jours suivant la vaccination pourrait quand même développer des symptômes et contracter la COVID-19.

Il est important de continuer d'appliquer les mesures sanitaires jusqu'à ce qu'une majorité de la population ait été vaccinée.

Pourquoi a-t-il fallu 40 ans pour développer un vaccin contre la grippe, et seulement 9 mois pour en fabriquer un contre la COVID-19 ?

Les efforts déployés par le passé, notamment lors de l'épidémie de SRAS en 2003, ont permis de faire avancer la recherche sur les vaccins contre les coronavirus et d'accélérer la lutte contre la COVID-19.

Actuellement, près d'une cinquantaine de vaccins contre la COVID-19 font l'objet d'essais cliniques partout dans le monde — fruit d'une collaboration scientifique sans précédent. Pour favoriser le développement rapide des vaccins dans le respect des exigences réglementaires, des ressources humaines et financières considérables ont été investies.

Les autorités de santé publique et réglementaires de plusieurs pays, dont le Canada, travaillent activement pour s'assurer qu'un plus grand nombre de vaccins sécuritaires et efficaces contre la COVID-19 soient disponibles le plus rapidement possible.

Pourquoi faut-il deux doses de vaccin ?

La deuxième dose sert surtout à assurer une protection à long terme. Dans le contexte actuel de propagation très élevée de la COVID-19, l'administration de la deuxième dose peut être reportée afin de permettre à plus de gens d'être vaccinés.

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

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Québec 

We all want to know more about COVID-19 vaccination



There are many reasons to get vaccinated, including protecting ourselves from the complications and dangers caused by infectious diseases, but also to stop the return of infectious diseases that are avoidable through vaccination.

The COVID-19 vaccination campaign now underway is aimed at preventing serious complications and death from COVID-19. We also use vaccination as a way of protecting our healthcare system and getting back to a more normal life.

When did the vaccination campaign start?

COVID-19 vaccination in Québec began in December 2020 with the delivery of the first vaccine doses. Because the availability of vaccine is limited, categories of people deemed at higher risk of developing COVID-19 complications have been given priority. As more vaccine becomes available in Canada, the categories of recipients will be extended.

Order of priority of recipients of COVID-19 vaccines

- 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 People 80 years of age or older
- 6 People 70 to 79 years of age
- 7 People 60 to 69 years of age
- 8 Adults under 60 years of age who have a chronic disease or health problem that increases the risk of complications of COVID-19
- 9 Adults under 60 years of age who do not have a chronic disease or health problem that increases 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

What supply strategy was used to acquire the vaccines?

The Government of Canada signed advance purchase agreements for seven promising COVID-19 vaccines with the following companies: AstraZeneca, Johnson & Johnson, Medicago, Moderna, Novavax, Pfizer and Sanofi Pasteur/GlaxoSmithKline. The purchases are conditional upon approval of these vaccines by Health Canada.

To date, the Pfizer and Moderna vaccines have been approved for distribution in Canada. Soon, other vaccines from these companies will be used to speed up COVID-19 vaccination.

What types of COVID-19 vaccines are being studied?

There are three types of vaccine currently being studied.

- 1 mRNA vaccines:** These vaccines contain part of the RNA of the virus which has the ability to make the S protein located on the surface of the virus. Once the RNA messenger is inside our cells, they make proteins similar to those on the surface of the virus using the instructions provided by the RNA messenger. Our immune system recognizes that this protein is foreign and produces antibodies to defend itself against it. The RNA fragment is quickly destroyed by cells. There is no risk that this RNA will alter our genes.
- 2 Viral vector vaccines:** These contain a weakened version of a virus that is harmless to humans. Once in the body, the vaccine enters our cells and gives them instructions to make protein S. Our immune system recognizes that this protein is foreign and produces antibodies to defend itself against it. Once in the body, the vaccine enters our cells and gives them instructions to make protein S. Our immune system recognizes that this protein is foreign and produces antibodies to defend itself against it.
- 3 Protein subunit vaccines:** These contain non-infectious fragments of proteins that mimic the envelope of the virus. Our immune system recognizes that this protein is foreign and produces antibodies to defend itself against it.

Will an mRNA vaccine alter our genetic code?

No. Messenger RNA does not enter the cell's nucleus or come into contact with the nucleic DNA. As such, it cannot alter our DNA in any way.

How do COVID-19 vaccines work?

When someone receives the vaccine against the virus that causes COVID-19, their body starts to defend itself against the virus. An immune reaction occurs which neutralizes the virus producing antibodies and activating defense cells.

Most COVID-19 vaccines in development prompt the production of antibodies to block protein S; the protein that allows the virus to infect the human body. This prevents the virus from entering and infecting human cells.

The virus that causes COVID-19 is composed of strands of ribonucleic acid (RNA) genetic material surrounded by a crown-like envelope with proteins that include the S (spike) protein, hence the name "coronavirus."



What side effects can be expected from injection with the COVID-19 vaccine?

Some minor side effects may occur, such as redness or pain at the injection site and fatigue, fever or chills. These symptoms are less common among vaccine recipients over the age of 55, are usually benign and do not last long.

As of now there are no known serious side effects from mRNA vaccines. While other random problems may arise, such as a cold or gastroenteritis, they are not related to the vaccine per se.

Because the vaccine does not contain the SARS-CoV-2 virus, it is not capable of causing COVID-19. However, people who come into contact with the virus in the days leading up to their vaccination or within 14 days of receiving the vaccination could still develop symptoms and get the COVID-19 disease.

As such, following health measures remains important until such time as a majority of the population has been vaccinated.

Why did it take 40 years to develop a flu vaccine but only nine months for one against COVID-19?

Past efforts, particularly during the SARS epidemic in 2003, advanced coronavirus vaccine research and accelerated the fight against COVID-19.

There are currently over 50 COVID-19 vaccines undergoing clinical trials around the world, the result of unprecedented scientific cooperation. Considerable financial and human resources have been invested in the development of vaccines that meet regulatory requirements in such a short span of time.

Public health and regulatory authorities in many countries, including Canada, are working hard to ensure that as many safe and effective COVID-19 vaccines as possible become quickly available to their populations.

Why are two vaccine doses required?

The second dose "reminds" the immune system to continue producing antibodies and ensures long-term protection. In current circumstances, where COVID-19 is spreading very fast, administration of the second dose may be delayed somewhat to be able to vaccinate more people with the first dose.

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

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Québec 

since the beginning of

Health Organization declared a global pandemic



COVID-19

◀ Continued from page 11

September

With uncertainty abounding over the prospects of a second wave of COVID-19, the Director of Public Health for Quebec stated that the province would be well-prepared should there be a resurgence of the pandemic in the fall.

Concerned that Quebec might one day be unable to import essential foods like fruits and vegetables during a crisis like the current COVID-19 pandemic, Premier François Legault said during an online CAQ policy discussion this month that the government hoped to launch a major greenhouse farming project, with power provided by Quebec's vast hydro electric network.

"For me, one of the great fears I had as I was trying to reassure everyone last March was that we would not be able to import fruits and vegetables during the crisis," he said in a keynote address delivered during the event, alluding to the start of the COVID-19 crisis.

October

The Quebec government announced additional protective measures for schools, sports facilities and teams in the province's "red" zones which would be in place beginning Oct. 8 until at least Oct. 28. Wearing a face mask became mandatory at all times for students attending high-schools located in the red zones, including inside classrooms and outdoor areas.

"Today we are announcing an important reinforcement of the existing sanitary measures, as well as the deployment of additional measures, for school establishments located in red zones," said Education Minister Jean-François Roberge.

November

Federal Immigration, Refugees and Citizenship Minister Marco Mendicino tabled the Trudeau government's latest Immigration Levels Plan, setting a path for moderate increases to immigration to help the Canadian economy recover from COVID-19, while also trying to stimulate future business and employment growth.

"Immigration is essential to getting us through the pandemic, but also to our short-term economic recovery and our long-term economic growth," said Mendicino. "Canadians have seen how newcomers are playing an outsized role in our hospitals and care homes, and helping us to keep food on the table.

In spite of infection rates rising again during the second phase of the COVID-19 pandemic, Quebec Premier François Legault delivered a message of hope to members of the Coalition

Avenir Québec and to all Quebecers during a webcast CAQ policy convention.

In a keynote speech to CAQ members during the event Nov. 7, Legault said the government remained focused on restoring and expanding the province's economy. But at the same time, he suggested there might be economic advantages to be gained despite the pandemic.

December

An inquiry by the Quebec Coroner's Office was expected get underway into the circumstances that led to a seemingly uncontrolled outbreak of COVID-19 at CHSLDs during the first wave in the spring last year of the coronavirus pandemic.

On Tuesday December 15th Premier Legault announced supplementary measures to lessen the spread of the virus.

Legault announced that although the province is doing well compared with other provinces and countries especially compared with the first wave, the hospitals are being overburdened and hospitalizations are increasing. Taking into consideration that the virus is also spreading quickly in schools, Quebec officials decided to take advantage of the Christmas vacation to impose a mini lockdown.



The measures

From December 17th to January 11th

1. All offices except essentials will be working via teleconference and will be required to close.
2. All schools will close as well (Elementary and High School) but tele-education will continue from January 4th to January 11th
3. Daycares will be open, but the premier pleaded for the parents that can, to keep their children at home
4. Parks and the Botanical gardens will open
5. Outdoor activities such as hockey and ski lessons are allowed for a maximum of 8 persons plus the coach

6. People who live alone can visit a single-family bubble

7. A limited number of people can meet outdoors to exercise and walk maintaining a 2 meter distance but meetings in backyards are prohibited.

From December 25th to January 11th

1. All non-essential stores will be closed including personal care like hair salons, spas, barbershops etc

2. Dentists, chiropractors, optometrists, and other health related services will remain open

3. In order to support smaller businesses and create an environment of market equity, large stores like COSTCO and Walmart will not be allowed to sell non-essential goods. For example, a large store like Walmart will be allowed to sell food and drugs but the aisles with toys, appliances, electronics etc. will be closed. The premier confirmed that extra inspectors will be on site to enforce those regulations. He also announced that the possibility of the schools not opening on the 11th of January is very slim. The premier also proudly announced that vaccinations are proceeding at a rapid pace.

January 2021

As the second year of the pandemic was dawning, planning for a future with COVID-19 was getting underway. Among the questions being raised: What role would women entrepreneurs be playing in the revival of the Canadian economy when the pandemic is finally over?

That was the big issue raised during a webcast discussion with federal Minister for Small Business Mary Ng. Minister Ng highlighted the government's commitment to helping women grow their businesses and access new markets through the Women Entrepreneurship Strategy, a nearly \$5-billion initiative that provides women with access to financing, expertise and networks.

"I often like to say that, you know, my job is to help companies start up, scale up and to enter the market," she said, while adding that her department offers businesses operated by women tools, such as the services of trade commissioners, in 160 locations around the world.

As part of an ever-evolving roster of rules imposed by Quebec in efforts to control the spread of the coronavirus, police forces said in January that they were ready to enforce new regulations imposed by the province for a 30-day 8 pm – 5 am curfew, which was subsequently extended and is still in force.

Public Security Minister Geneviève Guilbault said she was counting on police officers across

the province to "act diligently" and use their judgment in enforcing the measures. She said the government's goal wasn't to make people's lives more difficult, but instead to rein in the minority of Quebecers who are not yet following the rules.

Curfew breakers remain liable to fines ranging from \$1,000 to \$6,000 (plus hundreds of dollars in court expenses) if they are unable to adequately justify why they are outside the home. Young people 14 years of age and over are subject to a \$500 fine.

February

In spite of a pledge by Quebec Premier François Legault to compensate movie theatre owners for revenue lost after not being allowed to sell snacks when theatres reopened in pandemic red zones on Feb. 26, Cinémas Guzzo owner Vince Guzzo turned down the offer, saying it was not worth the trouble.

Film theatres in Quebec were closed since earlier this year when the provincial government decided to reimpose wide-ranging measures to prevent the spread of COVID-19, including an 8 pm – 5 am curfew.

Guzzo was adamant that, given the current conditions offered by the province, Cinémas Guzzo would not be reopening on the date proclaimed by Quebec. "I will be waiting for the food restrictions to be removed," he said.

The latest...



Vaccination started across Quebec for seniors aged 75 and over

Given the limited availability of vaccine doses, the vaccine roll-out is being done in stages. Although vaccinations are by age group, it will still be possible for people to make an appointment to be vaccinated even after the campaign in their region has moved on to subsequent age groups.

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Rockland Center bustling but safe

COVID-19 measures respected at one of Montreal's most popular malls

MATIAS BRUNET-KIRK

Saturday marked the tail-end of 2021's Spring Break, and for many people and families, a return to work, school and a day-to-day routine. Many decided to spend that day with their loved-ones doing activities or enjoying the sunny weather.

Many decided to head to the Rockland Center for a day at the mall, shopping, browsing or getting take-out ice cream.

Even with a global pandemic and strict sanitary guidelines in place, people managed to make the most of their Saturday all while staying safe. Parc-Extension News visited the mall on Saturday, Mar. 6 to evaluate how sanitary measures were being put in place and how people were feeling about them.

Measures in place

It is clear upon arrival that the mall has taken provincial health guidelines seriously and enforces the rules listed on their website.

Upon arrival, rules are indicated to visitors. There are separate entry and exit doors for visitors to use in order "to ensure one-way traffic," and hand sanitizer stations are readily available. A dedicated janitor also regularly wiped down all door handles with disinfectant.

The mall also indicates in its guidelines that a security guard could be stationed at the doors to control the number of people coming in and to ask health questions to any clients. That being said, there was no security guard on duty when the newspaper visited.

Inside the mall

Once inside, it is clear that measures are being enforced. Mask wearing is obligatory and physical distancing is respected. This is aided by clear signage and reminders throughout the mall.

While Rockland Center has a total capacity, each story also has a maximum number of clients allowed inside. With an employee at the door of every store verifying numbers and asking patrons to use the provided hand-sanitizer, individual stores seem to be respecting guidelines.

This caused many stores to have fairly long lines in front. For example, Zara, H&M and Foot Locker all had lines of over a dozen people. Nonetheless, people felt comfortable having to wait before being allowed in.

We are very comfortable here

For the most part, it seems that many clients are satisfied with the response the mall has taken to keep shoppers safe.

Jaspreet Singh and Talwinder Kaur are both Parc-Extension residents and were out for a day of browsing at the mall. "It's good, it's really good," said Singh when asked about what he



Line outside H&M at the Rockland Center.

"We are very comfortable here," said Singh, adding that "nothing more could be done," to make them feel safer.

thought of the sanitary measures put in place. "We are very comfortable here," said Singh, adding that "nothing more could be done," to

make them feel safer.

With a capacity of 3225 people, Kaur felt that numbers in the mall were well within those limits. She even felt that some measures were too strict and impeded access to certain stores. "It's too much, the lines are too long," Kaur said.

Preventative measures

Security guards patrolled the area and made sure no one was gathering and to prevent anyone from loitering. Management has also removed all furniture in common spaces, children's play areas and vending machines.

One-way signage is displayed on all footpaths to ensure that people are not crossing each other. However, it was clear this was not being entirely respected nor was it being enforced. People nonetheless kept their distance.

The food court has remained open and options are available, but seating is extremely limited and patrons are encouraged to get takeout and

eat off the premises.

They're following the rules

Since reopening stores, hair salons and other businesses to shoppers on Feb. 8, some were worried that sanitary measures would not be fully enforced and the city could see a spike in cases.

Case numbers and hospitalization rates have nonetheless continued to decline for the past month. With 579 new reported cases and 590 active hospitalizations, Mar. 8 marked a new record low for the province, not seen since early-November.

"I come very often here," said NDG resident Ahsan Ahmed, who comes to the mall with his family approximately twice a month.

"They're following the rules," Ahmed said, adding that "they have all hand-sanitizer in front of the stores." "I'm happy with the situation," said Ahmed.



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Hearty Beef Stew! It's nothing new!!

Let's take it slow today. I love using my slow cooker. Remember the commercial for the Ronco oven? set it and forget it? Well, I actually don't have that machine but the next best one is my faithful slow cooker! It was one of my most cherished gifts from my wedding. That's what I love about the slow cooker, you can do so many chores and even leave your house to do errands while your supper is simmering away.

This is a hearty, savory slow cooker stew with potatoes, carrots, celery, broth, herbs and spices. Once this is served to your plate, you won't be slow gobbling it up!!

The beauty with the slow cooker, the meat always comes out tender and the vegetables perfectly cooked!

This recipe is very easy. It's the classic, using basic ingredients. Feel free to use any other vegetables. If you are planning to use sweet potatoes or peas add them to the last two hours of cooking. They tend to cook very fast and especially the sweet potatoes they will come out mushy if cooked too long.

A little history! Did you know:

Slow cookers achieved popularity in the US during the 1940s, when many women began to work outside the home. They could start dinner cooking in the morning before going to work and finish preparing the meal in the evening when they came home.

A company based in Chicago was inspired by a story from his mother which told how back in her native Lithuanian town, her mother made a stew called cholent, a traditional Jewish stew, which took several hours to cook in an oven. An inventor Robert Glen Martin, from Boonville, Missouri, was to develop Naxon's bean cooker into a large scale production model which could cook an entire family meal, going further than just cooking a bean meal. Martin also designed and produced the mass-making machines for Rival's manufacturing line of the Crock-Pot. The cooker was then reintroduced under the name "Crock-Pot" in 1971.

Recipe Easy as 1-2-3 and 4!

1. Prepare your beef. First, you'll need to trim the beef of excess fat. Flour the beef cubes and brown the meat (just helps to create additional flavor)
2. Add the liquids. Pour your beef broth, can of beer, tomato paste, worcestershire, balsamic vinegar, bay leaves, thyme and salt and pepper into the bowl of your slow cooker. Stir together with the beef until combined.
3. Next stir in the garlic, onion, leeks, carrots and potatoes. Cover and cook on high for 5-6 hours. The longer it cooks, the better and more tender the stew will be. (Add the peas and sweet potatoes at the remaining 2 hrs of cooking)
4. Thicken it. Once the stew is done, add the cornstarch to the broth and stir in, Enjoy!

Ingredients

- 1 tablespoon olive oil
- 3 pounds stewing beef cubes trimmed of excess fat
- Freshly ground salt and pepper
- 1 1/2 cups beef broth (or water)
- 1 can beer (or wine/water/beef broth)
- 2 tablespoons tomato paste
- 1 tablespoon worcestershire sauce
- 1/2 tablespoon balsamic vinegar
- 1 teaspoon dried thyme
- 2 bay leaves
- 1 teaspoon salt
- Lots of freshly ground black pepper
- 1 whole chili pepper
- 4 garlic cloves,
- 1 large white Spanish onion cut into chunks

- 1 cup chopped leek
- 4 -5 large carrots peeled and cut into 1/2-inch diagonal slices
- 2-3 stalks celery cut into diagonal slices
- 1 pound yukon gold potatoes, diced into 1/2 inch cubes
- 2 tbsp cornstarch to add to the broth at the end of cooking only
- 2 tbsp flour to cover the beef cubes for browning
- 1 cup frozen peas
- 1 large sweet potato cut into chunks

Instructions

1. Add 1 tablespoon olive oil to a large skillet and place over medium high heat. Brown the (floured)beef, seasoned with salt and pepper for 5 minutes. Transfer to large 6 or 8-quart slow cooker.
2. Next add in beef broth, beer, tomato paste, worcestershire sauce, balsamic vinegar, thyme and salt and pepper. Stir together with the beef until combined, then add in garlic, onion, carrots, leeks, celery and diced potatoes. Cover and cook on low for 5-6 hours on high.
3. Add in frozen peas and sweet potatoes (if using) and cook at the remaining 2 hours
4. Once the cooking stops, remove 1 cup of beef broth from the slow cooker and transfer to a medium bowl. Whisk in 2 tbsp cornstarch until there aren't any lumps remaining. Add back to the slow cooker and stir to combine.
5. Transfer into bowls and Serve with bread ...enjoy!

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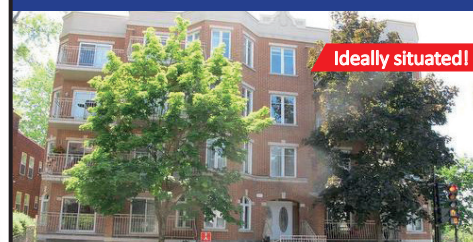


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In Memoriam & Obituaries



Have you prearranged your funeral?

While it's true that thinking about prearranged funerals isn't the happiest of jobs, it's certainly an essential one. Not only does it enable you to discuss your wishes with your family, but you also find out if your plans meet their needs and expectations. Just remember that when the time comes, they'll need some kind of ceremony to help them begin the grieving process.

A funeral organized at the last minute (the type of service, how much it should cost, etc.) can become a source of conflict for bereaved family members at a time when they need to rely on each other more than ever. By prearranging your funeral service, (called a "pre-planned funeral"), you save your loved ones from having to make those tough decisions at a difficult time.

You also give yourself peace of mind, since you're making sure your wishes are respected and that the ceremony is personalized. However, try not to leave overly detailed instructions;

give some leeway to your loved ones so they have the possibility of getting involved in the organization of the funeral and expressing their feelings.

Do you believe that a prearranged funeral is unnecessary because your wishes are already set out in your will? Don't forget that a will is often read after the funeral. That means your family may not be in a position to receive your instructions about the ceremony before it takes place.

It's important that you prearrange your funeral services, not just for you but for your loved ones as well. Maybe now is a good time to think about it.



LAFOND, Pierre
1936 - 2021

In Verdun, on February 25, 2021, at the age of 84, passed away Mr. Pierre Lafond, husband of Colette Lemay. Besides his wife he is survived by his children Céline (Gilles), Yves (Nancy), Suzanne (Jean-Marc), his grandchildren Sébastien, Alexandra, Jessica, Roxane and Gabriel, his great grandchildren Livia, August, Élie and Zoey his sisters Rollande and Marie-Claire, as well as several relatives and friends.



COPPLE, Marie-Ann
1943-2021

It is with great sadness that we announce that Marie-Ann Dallas (Copple) Blydt-Hansen, age 77, passed away on March 2, 2021 in Côte-Saint-Luc, Quebec at the Mount Sinai Hospital center, after bravely battling cancer. She was surrounded by family, friends and her favorite candies.



BOUDREAULT, Mark
1955 - 2021

Montreal, Thursday February 25, 2021 passed away, at the age of 65, MARK BOUDREAULT, spouse of Lise Grenier. Besides his wife, he is survived by his brothers and sisters Barry, Danny (Claude), Judy (Benoit), Constance (Sylvio), Suzanne (Eric) and Jennie (Ronald) as well as his brothers-in-law and sisters-in-law, nephews and nieces, relatives and friends.



PRINCIPE (FORTINO), Santa Gilda
1925 - 2021

In Montreal, on March 3, 2021 at the age of 95, passed away Santa Gilda Fortino, wife of the late Ovirio Principe, daughter of the late Agostino Fortino and the late Maria Benardi. She is survived by her children, her grandchildren and great grandchildren. She will also be sadly missed by her sister Ida in Italy, her sisters-in-law, brothers-in-law, many nephews and nieces as well as many other relatives and friends.



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HOROSCOPE

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

The luckiest signs this week:
CANCER, LEO AND VIRGO



ARIES

Your ambition and enthusiasm will allow you to grow your income. You'll be able to afford to treat yourself. If you book a week-long vacation, it will be a memorable experience.



TAURUS

To avoid any unpleasant surprises when it comes to your finances, take the time to look over your bills. A mistake regarding a sum of money might have been made and could cause a major inconvenience.



GEMINI

It's important to think long and hard before you embark on a new adventure that'll change your day-to-day life. New options will become apparent as the week unfolds.



CANCER

You'll receive invitations to participate in an array of activities, each more exciting than the last. However, don't forget to make time to rest and relax.



LEO

At work, as well as among your family and friends, you'll be in charge of organizing a large-scale event. It'll be quite a challenge to plan. You'll also be asked to get involved in your community.



VIRGO

You'll embrace a form of spirituality that will allow you to have a more active social life and meet interesting people. You'll form new friendships and improve your well-being.



LIBRA

You'll finally get your priorities straight this week. You'll end a long period of procrastination and set in motion some much-needed changes.



SCORPIO

You and your partner will talk about taking a vacation, which will encourage you to learn more about certain destinations that you've been interested in for a long time.



SAGITTARIUS

If you have concerns about your health, take the time to visit your doctor and have the necessary tests done. Either everything will be fine, or you'll receive extra-ordinary care that'll allow you to quickly heal.



CAPRICORN

At work, your willingness to take the initiative will help you reach a long-term agreement with certain people. This will ease most of your financial concerns and help you eliminate a few debts.



AQUARIUS

Either at home or at the office, a number of compromises must be made to restore the peace. You'll need to work on your patience if you want to get through a mindboggling situation.



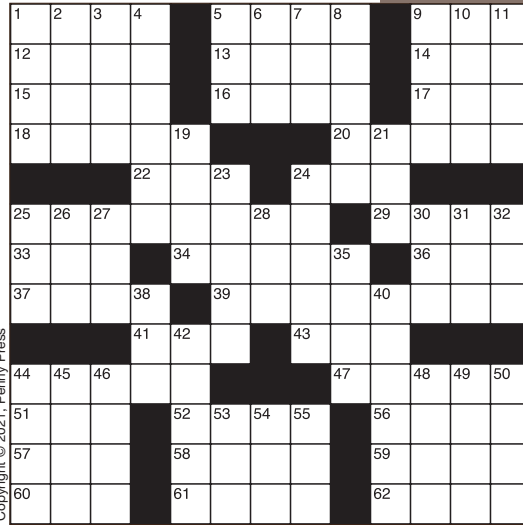
PISCES

Are you overzealous? There are days when you need to respect your limits. Remember to consider your own needs before you commit to helping others. A family member may prove to be demanding.

Coffee Break

CROSSWORDS

PUZZLE NO. 067



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ACROSS

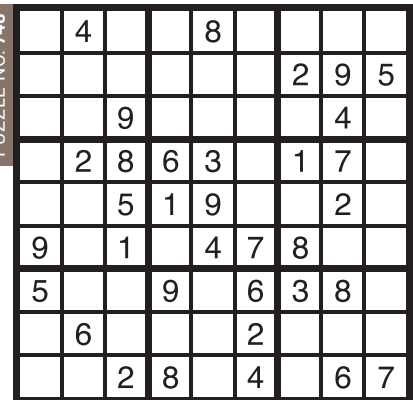
- 1. Swine food
- 5. Soothing medicine
- 9. Not young
- 12. Grandma
- 13. On the briny
- 14. Sorrow
- 15. Superior to
- 16. "___ Might Be Giants"
- 17. North-Pole helper
- 18. Aromatic herb
- 20. Strangely
- 22. Bro's sib
- 24. To's associate
- 25. Fine wool
- 29. Crack and roughen
- 33. Yuck!
- 34. Prize medal

DOWN

- 36. Bother
- 37. Not shallow
- 39. More nutritious
- 41. ___ Zeppelin
- 43. Affirmative vote
- 44. Record-album material
- 47. Oklahoma city
- 51. Bad humor
- 52. Prickly feeling
- 56. Window part
- 57. Boar's mate
- 58. Accurate
- 59. Send out
- 60. Carpenter or army
- 61. Ogler
- 62. Audition tape
- 1. Snooty person
- 2. Volcano's output
- 3. Small bills
- 4. Church district
- 5. Club
- 6. Powder residue
- 7. "Malcolm X" director
- 8. Municipal official
- 9. Was in the red
- 10. Lounge around
- 11. Resist openly
- 19. Succotash bean
- 21. Snow White's pal
- 23. Basted
- 24. Shuttle boat
- 25. Cow chow
- 26. Time period
- 27. "___ Stoops to Conquer"
- 28. Dashed
- 30. Exclamation
- 31. Beverage
- 32. Pea's envelope
- 35. Food plan
- 38. Fabric layer
- 40. Brought to pass
- 42. Upper crust
- 44. Travel document
- 45. Pumping ___
- 46. Certain amphibian
- 48. Margarita ingredient
- 49. Skinny
- 50. Low female voice
- 53. Endeavor
- 54. Stage signal
- 55. That woman

Sudoku

PUZZLE NO. 748



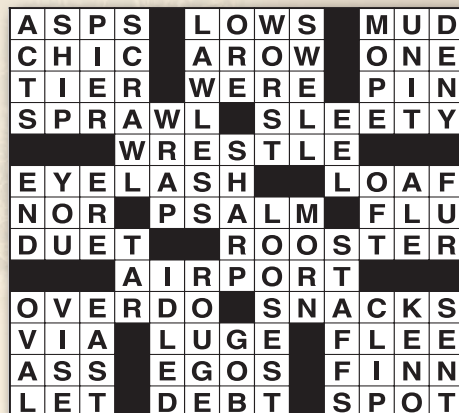
HOW TO PLAY:

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

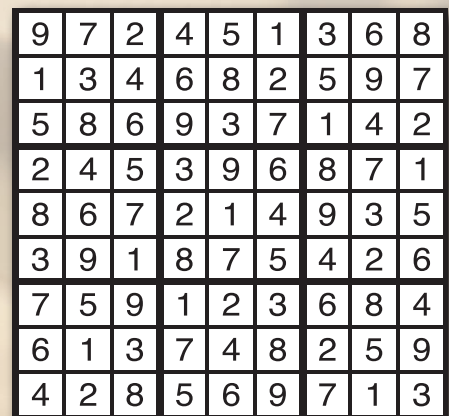
Each 3x3 box is outlined with a darker line. You already have a few numbers to get you started. Remember: **You must not repeat the numbers 1 through 9 in the same line, column, or 3x3 box.**

Last Issues' Answers

CROSSWORDS



Sudoku



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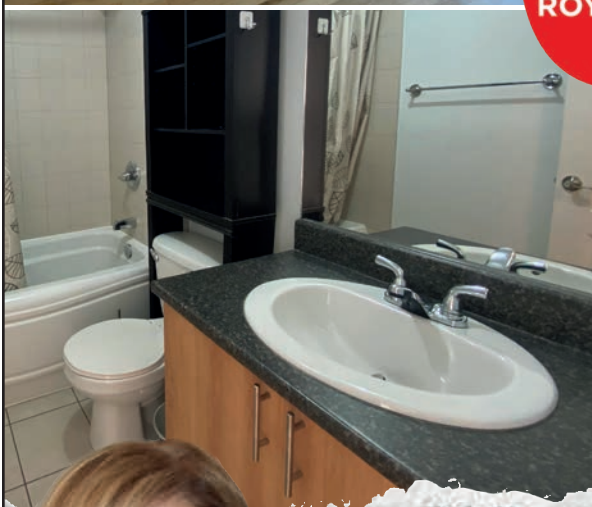
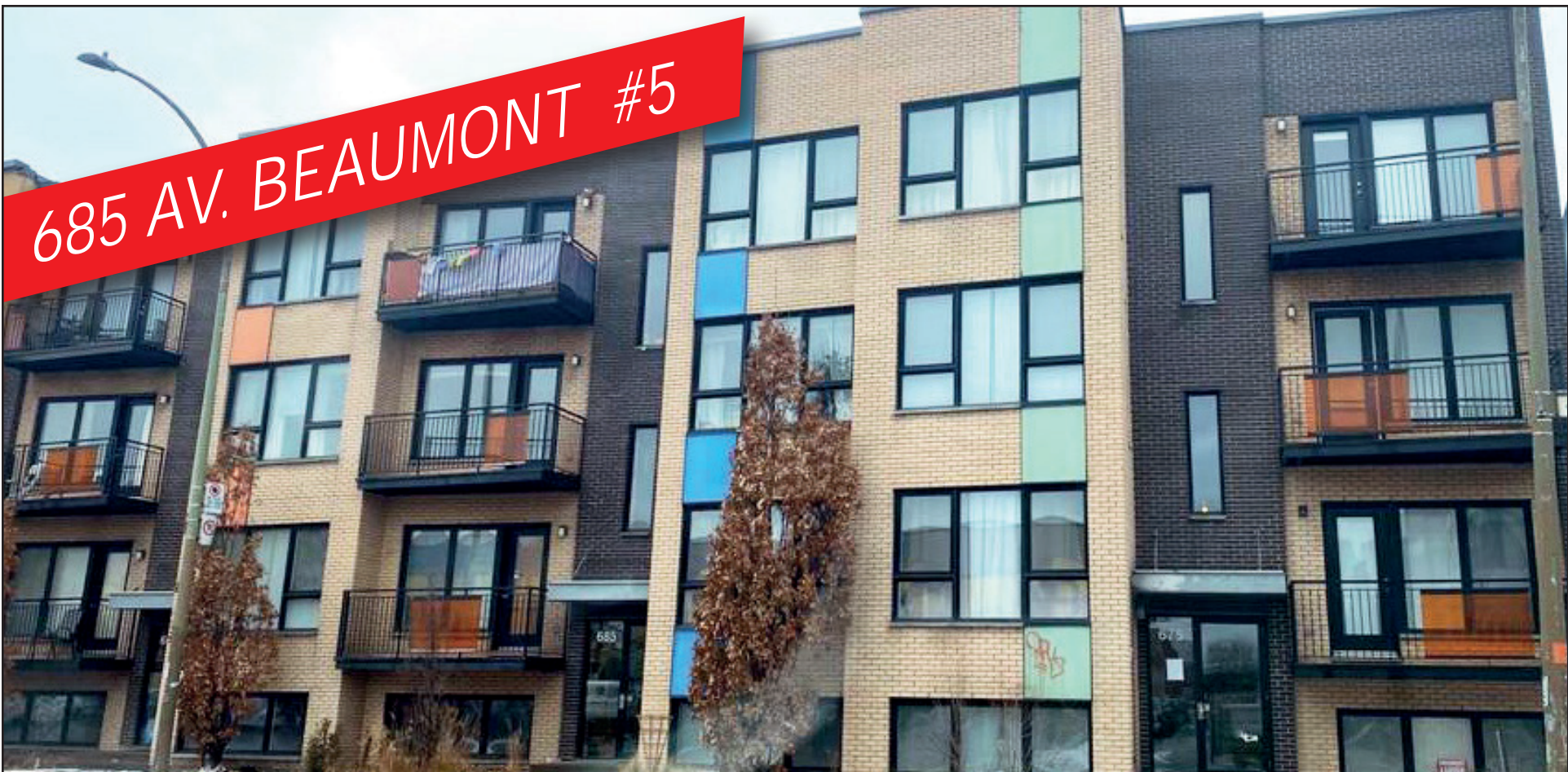
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