

## Case counts reach new heights in Townships and across Quebec

By Gordon Lambie

It was a weekend of unprecedented numbers in Quebec, as the province recorded 11,246 new cases of COVID-19 from Friday through Sunday, with all three days reporting over 3,600. The new record high numbers served to underscore the significance of the restrictions that were reintroduced on Thursday evening, and come into effect on Monday, Dec. 20.

As of Sunday there were 376 people hospitalized due to Covid across the province, 79 of whom were in intensive care. The Province also reported 12 deaths over the weekend, bringing the total number of people who have died because of the virus in Quebec to 11,639.

To date, 485,723 people have contracted COVID-19 in Quebec.

Friday's update from the Eastern Townships also featured the highest numbers the region has ever seen. In an update on Facebook Friday morning, Regional public health director Dr. Alain Poirier shared that the region reported 396 cases that day, the highest single-day total so far. The public report for Wednesday and Thursday of last week indicated 516 new cases, and a total of 1,822 active cases across the territory at that point in time. The data also showed more than 100 active cases in every sub-region of the Townships other than la Pommeraiie and Coaticook, which had 59 and 96, respectively.

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## Nutri-santé program brings Rainbow Project to elementary students in Potton



COURTESY

By Mable Hastings

The Missisquoi North Volunteer Centre (CABMN) Nutrition Committee (Nutri Santé) offers learning workshops that promote

healthy eating for the students in the Mansonville schools. With this in mind, and thanks to the initiative of its volunteer members, youth from the schools participate in dynamic workshops that introduce them to a

range of healthy foods and stimulate the young minds providing an incentive to eat healthy. In order to reach parents and encourage their children to talk and cook with them, the committee often follows up by

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