



Parrsboro volunteer fire department spent approximately 1.5 hours responding to a chimney fire at 335 Beaverdam Road in the early evening of January 16th. Chimney was not displaying any flames upon arrival. (Lawrence R Nicoll Photo)



The open winter has made it much easier for volunteer firefighters to respond to calls. Two volunteers were on the roof at the request of the chief to stop and clear the fire in the chimney at 335 Beaverdam Road on January 16th. (Lawrence R Nicoll Photo)

# South Cumberland NEWS

## Public Health Restrictions Extended

Premier Stephen McNeil and Dr. Robert Strang, Nova Scotia's chief medical officer of health, announced on Jan. 22 most public health restrictions will be extended until at least Feb. 7.

"We are still in the middle of a severe second wave of COVID-19 with other provinces and countries facing high case numbers, including our neighbours in New Brunswick," said Premier McNeil. "That's why we are continuing our cautious approach in easing restrictions as we focus on protecting Nova Scotians from the virus."

Some restrictions for sports and arts and culture organizations will be eased starting Jan. 25. Changes include:

Sports teams can start playing games, but spectators are not permitted and there can be no games or tournaments involving teams that would not regularly play against each other.

Non-team sports can also resume competition, but without spectators and only among competitors who would regularly compete against each other.

The limit for sports practices, training and games and arts and culture rehearsals and classes will return to 50.

Arts and culture performances can only be virtual and cannot have in-person spectators.

Also starting January 25, residents of adult service cen-

tres and regional rehabilitation centres can resume community visits for work and volunteering.

Other province-wide restrictions are continuing until 11:59 p.m. on February 7 include:

Gathering limit of 10, both in your home and in the community.

Restaurants and licensed establishments stop service by 10 p.m. and close by 11 p.m.

Retail businesses and malls operate at 50 per cent capacity.

Fitness facilities operate at 50 per cent capacity and have three metres between people for high-intensity activities, including indoor and outdoor fitness classes.

Social events, festivals, special events, arts and cultural events and sports events are not permitted.

Faith gatherings, wedding ceremonies and funeral services can have 150 people outdoors or 50 per cent of an indoor venue's capacity, to a maximum of 100.

Wedding receptions and funeral receptions and visitation are not permitted.

"The situation in New Brunswick shows us how quickly things can turn with this virus and how hard it is to regain control once it has been lost," said Dr. Strang. "We are asking Nova Scotians to stay the course with our restrictions and keep following the public health protocols

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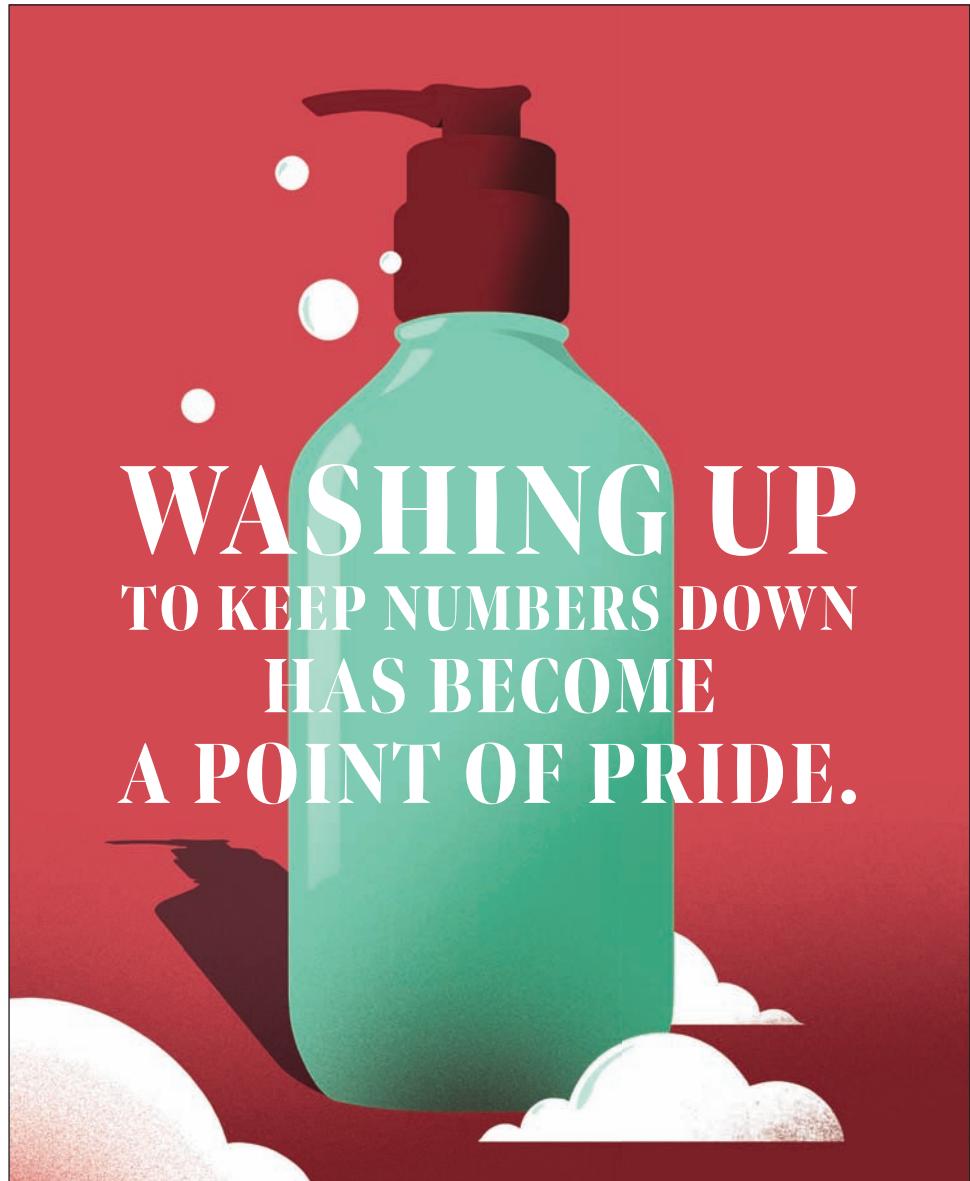
**DEADLINE**  
for the  
**March**  
issue  
is  
**February 16**



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