



ROADWORK LEADS TO SURPRISE
Remnants of 1800s zoo discovered **A4**



NO SIGNS OF SLOWING
Crosby thriving with Pens **NP7**

TUESDAY, OCTOBER 18, 2022

SINCE 1778

POSTMEDIA

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Diversity and moderation in diet key to aging well: study **A2**

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PQ leader urges other parties to reject required oath to king **A3**

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50 years after major Montreal art theft, trail has gone cold **A6**

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Ottawa had advance info about convoy, protests **NPI**

FP

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U.K. recession looms after growth plan backfires **A8**

4 20664 12345 9
\$1.74 plus taxes at retail
\$2.17 beyond
metropolitan area
\$2.61 Quebec City region

SHOE-IN FOR KINDNESS



DAVE SIDAWAY

With the help of sponsors and donations, third-year McGill student Julian Grau-Brown gave a new pair of sneakers to every student at James Lyng High School yesterday.

AMID RISING COSTS, EVERY LITTLE BIT HELPS

Will other grocers follow Loblaws' lead in helping to keep prices down?



ALLISON HANES

Who among us hasn't experienced sticker shock at the supermarket checkout lately?

Inflation is having an impact on everything from gas prices to mortgage rates, upping the cost of living on big-ticket items and bread-and-butter basics alike. But skyrocketing grocery bills serve as a steady reminder of our increasingly empty pocketbooks.

Feeding our families is one of the most painful places to pinch pennies, in spite of our efforts to clip coupons, comparison shop,

buy in bulk and skip pricey treats.

So it's no wonder the announcement by Loblaws Monday that it would freeze prices on its in-house No Name brand products until Jan. 31 was big news for corporate analysts and average consumers alike. Loblaws, which operates Provigo and Maxi stores in Quebec, said the move will affect more than 1,500 products sold in the plain yellow packaging that are labelled "sans nom" in French.

Every little bit of savings helps these days. In Canada, inflation hit a 40-year high of 8.1 per cent

over the summer. Although it dipped back down to 7.3 per cent by fall, the rising food prices remained higher, outpacing the average rate calculated on a wide range of general goods. The cost of filling a grocery cart has jumped by more than 10 per cent. But certain items, from fresh fruit to sugar to cooking oils, have climbed even more.

While everyone is struggling to absorb price hikes that outstrip boosts in income, the most vulnerable in society have been hit all the harder.

SEE HANES ON **A2**

Iranian-born painter transforms outrage into art

SUSAN SCHWARTZ

When West Island-based artist Nasim Alavi is working on a portrait, she likes to get to know her subjects as they sit for her: It helps her to imbue the paintings with "a touch of their souls" as she puts it.

But for the portraits the Iranian-born artist has painted most recently, she was unable to meet her subjects. They are no longer alive. Alavi, 47, has started a series of portraits of young women in

Iran who have been killed since mid-September by government and security forces. Her goal is twofold: to raise awareness of current events in the country she once called home and to address the deep outrage and sadness she is feeling over those events.

The first to be killed was Mahsa Amini. She was arrested in Tehran on Sept. 13 by the notorious morality police, who enforce conservative Islamic behaviour and dress mandated by the Islamic republic.

Allegedly, she was wearing her hijab improperly and some of her hair was visible. Amini died in their custody on Sept. 16. She was 22.

Soon after the Islamic revolution in 1979, Iran's modern legal system was replaced by a system based on Shariah law, Alavi explained. Among other things, it required girls and women to wear the hijab. "There were ups and downs and more freedoms during some periods, but you always had to wear it."

SEE IRAN ON **A3**

YOU

SENIORS

Are your meds going down the wrong way? **NP11**

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