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Shield of Athena raises awareness for violence against women



Seen here during Shield of Athena's International Women's Day event at Casa d'Italia in Montreal are supporters from Laval and other areas of Montreal, including Vimy MP Annie Koutrakis (centre), Montreal city councillor Mary Deros (third from right), and Shield executive-director Melpa Kamateros (fourth from left).
(Photo: Martin C. Barry, Newsfirst Multimedia)

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Quebec budget

Health system “sucks up” almost half of the budget

DIMITRIS ILIAS

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On Tuesday, March 21, along with the upcoming spring, the Minister of Finance of Quebec, Eric Girard presented the budget of the province. Below you can read the highlights of the budget:

- Reduction of the first two tax brackets by 1 percentage point for tax year 2023
- Tax reduction: savings of up to \$814 per individual and up to \$1,627 for a couple
- The tax cut will cost Quebec \$1.7 billion annually, and a total of \$9.2 billion over six years
- Solidarity tax credit boost of up to \$78 more per year for an individual
- Projected economic growth of 0.6% in 2023, with an inflation rate of 3.5%
- Projected deficit of \$4 billion in 2023-2024 and return to balanced budgets in 2027-2028
- Quebec's debt will reach \$207 billion on March 31, 2023, or 37.4% of GDP
- Funding for Quebec's infrastructure plan increases by \$7.5 billion over 10 years
- Tax holiday for major investment projects in the province of at least \$100 million
- Contributions to Quebec's pension plan will become optional from age 65 starting in 2024
- Environment: Quebec grants \$500 million to support the creation of the Blue Fund
- Education: government releases \$2.9 billion to renovate schools, CEGEPs and universities
- Quebec invests \$650 million over six years to finance construction of social and affordable housing
- \$3 billion to make Quebec's health system 'more efficient'
- The Girard budget provides, among other things, \$2.2 billion to adapt the health sector

to post-pandemic realities.

Jackpot for the health system

Three years into the pandemic, the Legault administration plans to allocate more than \$3 billion over five years for new health initiatives to make the system “more efficient and more flexible for the population.”

The Girard budget provides, among other things, \$2.2 billion to adapt the health sector to post-pandemic realities. The health system is the largest expenditure for the Quebec government, at \$52.8 billion out of a total budget of almost \$122 billion.

The government wants to maintain the vaccination and screening centers established during the pandemic, expanding their scope to include other frontline services.

This amount will also allow the update of the emergency measures plan as well as the supply of personal protective equipment and the reduction of the waiting list for surgeries.

“The Health Plan, which has been in place for a year, is a significant change in improving health care for the population and access to such care. The investments announced today are a continuation of this plan,” said Eric Girard, Minister of Finance of Quebec.

The government is counting on structural and permanent changes in the health network. So, it plans to invest \$395 million to open new front-line access clinics and add specialized nurses and other professionals. From 2023-2024, 12 clinics, or 6 more than today, will offer their services to the population.

In addition, the Ministère de la Santé et des Services Sociaux (MSSS) will benefit from a \$146 million envelope for the development of the Votre Santé platform, which aims to facilitate appointment scheduling, telemedicine consultation with a



doctor and, ultimately, the possibility for a patient to consult the information in their medical record.

By December 31, 2022, 20,649 patients had been waiting for surgery for more than a year. The goal, Minister Girard said, remains to absorb that number as quickly as possible to return to pre-pandemic levels.

Elderly and caregivers

Additionally, the Girard budget plans to allocate an additional \$2 billion over five years to care for seniors and their caregivers. Quebec estimates that the number of people aged 65 and over will increase from 1.8 million in 2021 to almost 2.5 million in 2041, representing 26% of the population. Of the amount announced, \$963 million will be used to increase the supply of home support services.

In addition, the budget provides \$705 million for the provision of accommodation adapted to the needs of older people, including \$405 million to ensure continuity of services in private aged care (RPA) homes. Also, 200 million will be allocated to continue funding the establishment of senior housing and 100 million to continue the alignment of public and private CHSLDs.

Vulnerable people

In this budget, the Legault government is releasing \$565 million over five years to improve mental health and social services. So, \$211 million will be used to increase mental health, homeless and substance abuse services, \$110 million to strengthen services for troubled youth and \$50 million to create new respite spaces for parents of children with disabilities.

Valérie Plante unsatisfied

The Mayor of Montreal, Valérie Plante, does not seem satisfied with the unveiling of the budget of the Minister of Finance Eric Girard. She launched a series of posts on her Twitter account on Tuesday March 21st at the end of the day, commenting on certain parts of the Girard budget.

“Unfortunately, the Quebec government's budget does not meet the demands expressed by the metropolis and its region,” she said in a post. She deplored the lack of investment to counter the housing crisis. She also believes that investments in transportation should be reviewed soon for public transit.

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OPINION & Editorial



Canada's dangerous reliance on Chinese goods must end

Three years after we first started hearing the warnings of a global pandemic, there is no doubt that the world has changed.

While it is easy, and for the government perhaps preferable, to blame the pandemic for the challenges that lie ahead, to do so would be dishonest and would serve only to further exacerbate the issue that remains to be tackled head on if we are to have any chance of preserving our way of life.

Every democratic state, including Canada, is confronted with an increasingly uncertain, unstable and conflictual global environment. At the root of that stands a rising totalitarian threat. Our vulnerability to that threat is multi-faceted, but among the weaknesses we must address is the vulnerability of our supply chain when it comes to vital goods and materials.

The global pandemic illustrated that significant weaknesses exist in Canada's supply chain. In large measure, the government has sought to address this by focusing almost exclusively on the technical challenges that exist around supply chain efficiency. Using the government's own words, its efforts are focused on "making it easier to plan and co-ordinate transportation initiatives to alleviate bottlenecks," "supporting industry-driven approaches to digital solutions," and other such measures.

While these purely functional measures may be needed, they skirt around the core issue. This country has put itself in a position of extreme vulnerability and overreliance on the importation of critical goods from the world's leading totalitarian state: Communist China.

Given the nature and imbalance of that

bilateral trading relationship, we have made ourselves very vulnerable to political pressures that the regime is now regularly imposing on Canada.

In 2023, China remains Canada's second-largest source of imported goods. It is a country with which we posted a \$45-billion trade deficit in 2021. It is Canada's greatest source of cheap, often low-quality, goods; not only consumer goods, but (as we discovered during the pandemic) also critical medical and personal protective equipment — equipment that on some occasions was shown to be sub-par.

Communist China remained Canada's largest supplier of such goods even after it took the two Michaels hostage for more than 1,000 days from 2018 to 2021.

It remained our second-largest source of imports even after it was condemned, globally and by the Parliament of Canada, for conducting a genocide against the Uyghur minority.

Its exports to Canada actually increased during the second quarter of 2022, despite its crack-down on democracy protests in Hong Kong, its escalating military threats against Taiwan, and its open and blatant support for Russian President Vladimir Putin's war of aggression in Ukraine.

The policy approach of Canada's current government has sought to ignore all of this. But there are now strong national interest and moral imperatives to rethink Canada's relationship with Communist China. Other democracies, some less vulnerable than we are, are already doing this. They are doing so because it is necessary.

The United States has started to encourage and pressure companies to shift their supply chains away from Communist China. The desired shift is toward other democracies and friendly nations in a policy known as "friendshoring," and it is essential.

Australia, Japan, and India have also launched a resilient supply chain initiative. They are now working with the United States in the Quadrilateral Security Dialogue on this very matter.

Canada, however, has been absent from these multilateral processes. Not only has the government absented itself, it has also made no effort to halt even those goods that may have been manufactured using forced labour.

As was recently reported, while the United States stopped 2,398 shipments at its borders based on the possibility that the goods were manufactured by forced labour, Canada stopped only one over the same time period. Even that one shipment, clothing from China, was subsequently permitted to proceed.

If we are genuinely interested in supply chain security, then we need to confront the elephant in the room. If for ideological reasons the current government is unable to do so, then that is yet another reason why Canada urgently needs a new government.

There will be no security for our supply chain, or indeed for our country, if we do not do so.

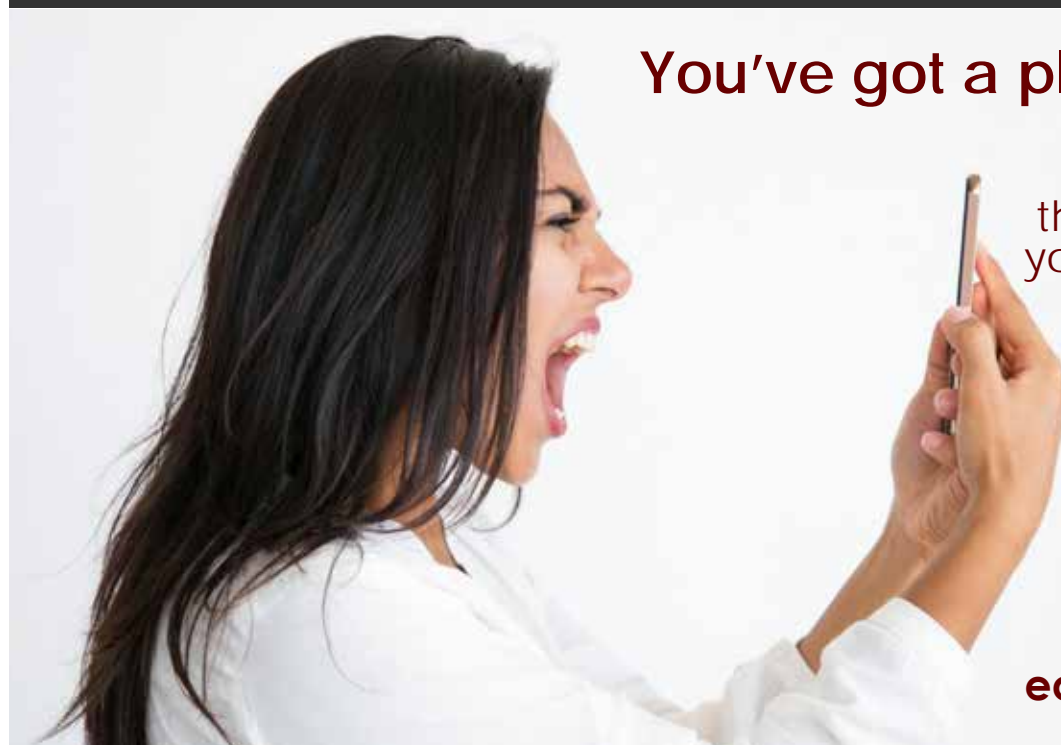
Senator Leo Housakos

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Conjugal violence should be included in criminal code, says Shield of Athena head

International Women's Day event raises awareness of women victimized by violence

MARTIN C. BARRY
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In spite of a steady increase of violence against women in recent years, made worse by the three-year-long Covid pandemic, the federal and provincial governments have done little to change the criminal code to reflect this new reality, says the head of one of Montreal's most proactive women's shelters.

Int'l Women's Day

Shield of Athena's executive-director Melpa Kamateros made the observation during an interview with Newsfirst Multimedia at a special event held by the group at the Casa d'Italia in Montreal to mark International Women's Day last month.



Shield of Athena executive-director Melpa Kamateros says the criminal code should be amended to specifically recognize conjugal violence as a serious offence. (Photo: Martin C. Barry, Newsfirst Multimedia)

Since the outbreak of COVID-19, according to Kamateros, emerging data and reports from interventionists on the front line have suggested that all types of violence against women and girls – and especially domestic violence – have intensified.

Changing legal system

However, there have also been new and interesting developments to combat what is now seen as a global phenomenon. She noted that even as calls to intervention centres about conjugal violence incidents have increased, the legal system continues to allow abusers to get off lightly.

Even those committing "femicides" are viewed as having committed a "crime of passion," or else the accused may show remorse after killing a female partner. Kamateros suggests that adding femicide as a motive to the penal code could go a long way to normalize the situation.

Victims of conjugal violence

"The United Nations now says that there's one in every three women worldwide who are victims of conjugal violence," said Kamateros. "And also 40 per cent of femicides or murders of women are done within a conjugal partnership or relationship."

Even before the pandemic, she continued, "we had what was called the silent pandemic of violence against women." However, she added, through events such as Shield of Athena's recent International Women's Day commemoration, they hope to raise awareness of the issue of violence against women and what's being done worldwide to eliminate it.

Law should be changed, she says

In the meantime, Kamateros pointed out, neither Canada nor Quebec have specific laws to deal with conjugal violence. "There are articles in the criminal code that are applied to physical violence, sexual abuse, threats, isolation, but there's nothing about economic abuse,

psychological abuse, verbal abuse," she said.

She maintains that certain nations, including Cyprus and some countries in Europe, have already made conjugal violence a specific criminal offence.

She said she is always repeating to Shield of Athena staff that "we're not scared of what it is we are seeing at our shelters, we're scared of what it is that we don't see. And since May 2020 and the beginning of the Covid pandemic until now, there have been 45 deaths of women and children within the context of conjugal violence."

'Good work,' says Koutrakis

"Shield of Athena does great work all year around, not just on one day," said Vimy Liberal MP Annie Koutrakis, who was among the guests at the International Women's Day observance. "It's International Women's Day every throughout the whole year if you really think about it. And we need to be there and honour these women with the support that they need."

"There are a lot of women out there, especially with young families, for whom this is their only refuge," she continued. "There needs to be infrastructure and supports in place to make sure to set them up for success and not failure going backwards."

Answers a need: Deros

Montreal city councillor for Park Extension Mary Deros, who was also a guest, said the pandemic in the last two to three years turned the lives of families in her district upside down,

so there is more of a need for organizations like Shield of Athena.

"People lost their jobs, costs were up, everybody was at home, often working at home, while children were also at home and it was all very difficult," she said. "So, the parents, fathers, sometimes might become aggressive, and there was more of a need. That's why I keep encouraging everyone I know to support Shield of Athena."



Shield of Athena executive-director Melpa Kamateros (left) and Vimy MP Annie Koutrakis examine an exhibit of art made by victims of conjugal violence during the International Women's Day event. (Photo: Martin C. Barry, Newsfirst Multimedia)



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Celebrate Ramadan!

Canadian Muslims begin Ramadan Observance

Millions of Muslims celebrate Ramadan every year. The dates vary from country to country, depending on when the first crescent moon is sighted. In many parts of the world, Ramadan 2023 will begin on March 23.

Here are a few facts about this significant time for Muslims.

ORIGINS

Ramadan started in the year 624, which corresponds to year two of Hejira, the Muslim era. It consists of the ninth month of the Islamic lunar calendar and it is a time during which Muslims abstain from all foods and drinks, from the break of dawn until sunset.

This celebration is a charitable way for Muslims to improve their focus on worship and experience spiritual growth, as well as spread the spirit of Islam through generosity and

compassion. It also gives them an opportunity to reconnect with their community and develop meaningful relationships with family members and friends, as well as neighbours and other fellow citizens.

FASTING

Fasting is one of the five pillars of Islam, also known as the basic tenets.

The purpose of fasting during Ramadan is to commemorate the revelation of the Qur'an to the Prophet Muhammad. This revelation occurred in 610 on the "Night of Power". Children, pregnant or nursing mothers, the elderly, the sick, and travellers are all, however, exempt from fasting.

IFTAR

Communal iftars, also known as breaking-of-the-fast meals, occur daily at most mosques. The evening meal taken after sunset, or the pre-dawn meal,

is called *Sahur*. The prayer recited is called *Asr*.

The meals can be shared between Muslims of all households as they gather late at night to perform a common evening worship, known as *taraweeh*.

The end of Ramadan is marked by *Eid ul-Fitr*, or Feast of the Fast-Breaking, which are communal prayers.

This Holy time observed by Muslims allows them to honour their culture, traditions, and beliefs, whether it be in Canada or anywhere else in the world. It is this inclusive diversity that continuously helps to enrich our country during this sacred time and all year round.

If you would like to learn more about Ramadan, consult local Muslim communities, Muslims in your entourage, or other trusted sources.

*My best wishes
to all Muslims
on the occasion
of Ramadan!*



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A prize for a public work of art in Park-Extension

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The work *Terre en vue*, installed in the Parc du Centenaire-de-Parc-Extension in 2021, received the Les Arts et la Ville Development Award presented by Télé-Québec. This creation by artist Karine Payette is much more than just a playful work.

Terre en vue is an installation designed to allow children to find a play area that is both concrete and imaginary. The work consists of seven figurative elements in brightly painted aluminum and a design evoking the ripples of water on the ground.

This playful sculptural staging represents a panda and a polar bear, powerful symbols for the artist of the conservation of species and the fragility of ecosystems. Keeping watch at the bow of a small Mediterranean boat, the two companions are surrounded by a pair of dolphins swimming in deep blue water. All seem to be sailing towards a future promised land.

The work pays tribute to immigrants, particularly those who have helped shape the identity of this neighbourhood, and more broadly, of the borough of Villeray–Saint-Michel–Parc-Extension.

In addition, concerned with adopting eco-responsible practices, the artist has used the services of the Compensation CO2 Québec cooperative to neutralize, by planting four trees, the greenhouse gas emissions produced by the production of his work for the Parc-Extension Centennial Park.

Karine Payette

Born in 1983, Karine Payette lives and works in Montreal. A multidisciplinary artist, her work unfolds through installation, photography and video. The artist builds vast playful and dreamlike stagings from the recovery and assembly of recycled and manufactured materials. Fascinated by the intrinsic links between the concept of identity and that of habitat, she questions the notions of comfort and annoyance in a world in perpetual transformation.

Park-Ex goes full green

The ecological transition at the heart of the revision of urban planning regulations at VSP

DIMITRIS ILIAS

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Since the fall of 2022, the Villeray–Saint-Michel–Parc-Extension borough has embarked on a major shift with the revision of its urban planning regulations so that development and construction projects on the territory meet the objectives in matter of ecological transition.

The proposed new regulations are the subject of public meetings and aim to improve the greening of properties, the retention of rainwater, the reduction of heat islands, energy performance and the quality of living spaces. The regulations in question are those on zoning, site planning and architectural integration plans (PIIA) and conditional uses.

Greener buildings

Several regulations will be amended to allow the implementation of new development standards including new greener standards for roofs, possibility to install energy collectors or solar panels on flat and pitched roofs, a white roof of the Saint-Bernardin school and more greenery on the facade and in the courtyards. The percentage of greening will now be calculated on the undeveloped land, which will modulate the area to be greened according to the location of the building.

The space occupied by a construction on a lot will now be a maximum of 85%, if not less depending on the zoning sectors. At least 65% of the undeveloped land for all land must be green and mineralized surfaces will be reduced in favour of green and permeable surfaces. Also a greater variety of types of ecological surfacing will be taken into account in permeable surfaces (reinforced grass, pavers or permeable paving, sand, mulch, for example).

Permeable and green spaces as well as the planting of trees will be required in schoolyards and a tree must be planted for each 100 m² not built and a minimum of one tree per land of less than 85% of establishment. The conditions for felling and replacing a tree will be stricter and better designed parking areas and more

bicycle parking will be encouraged.

Bicycle and electric

Each residential dwelling will now have to have at least 1 bicycle parking unit. For other types of building, there must be 1 bicycle parking unit per 100 m² or 200 m² of floor area. There will no longer be a minimum number of car parking spaces to be fitted out, for any type of construction.

For buildings with 35 dwellings or less, there will be a maximum of 0.5 car parking units per dwelling and commercial or community parking will be permitted as well as the rental of excess parking units.

The equipment required for wiring must be provided to eventually accommodate charging stations for electric vehicles for residential units and for 20% of other types of parking. 10% of non-residential parking spaces must accommodate an electric charging station. The development standards for large parking lots will be revised to include more trees and plant layers and bioretention structures.

Ecological materials, such as honeycomb paving, interlocking paving with permeable joints and permeable concrete and paving, will be promoted for traffic lanes in parking lots.

Urban agriculture

The use of urban agriculture will henceforth be recognized by the zoning of the Borough. Urban greenhouses, community greenhouses and beehives may be set up in certain yards and on rooftops. The establishment of gardens in the front yard will also be possible. Commercial greenhouses will be allowed, as well as aquaculture, fish farming and indoor agriculture.

When to make changes to your property?

Just because new standards will come into effect does not mean that residents will immediately have to make changes to their property to comply with them. Park Extension residents will have to meet the new standards only when they are ready to renovate or transform one of the features concerned. In the meantime, they have acquired rights.



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Lots of mistakes on grocery bills

69% of Quebecers have noticed at least one in the past year

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Consumers do not notice mistakes in their grocery bills according to a new survey. In Park-Extension where inflation has hit hard, mistakes and discrepancies between the shelf price and the bill at the cash cost our residents a lot of money.

“Be careful not to leave money behind when you leave the grocery store,” suggests Sylvain Charlebois, director of Dalhousie University’s Agrifood Analytical Sciences Laboratory. His lab is now releasing a survey on the subject, as “checkout errors don’t get special attention” even though “food prices are very high and

everyone is trying to find ways to save money.”

Over the past year, 69% of Quebecers say they have noticed errors on their receipts at the grocery store. The figure drops to 67% for all of the 5,525 Canadians surveyed. “We were surprised at the number of errors,” says the food specialist.

The most frequent error observed by consumers is a difference between the price at the checkout and that displayed on the shelf (75%). Two other frequent flaws: a sale of the day that is not applied at checkout (35%) and a cashier who scans the same product more than once (31%).

Automatic \$10 rebate

Whether these errors are accidental or not, Quebec grocers are obliged to compensate those

who notice them. When an item exceeds the price displayed on the shelf, it can be claimed for free if it is worth less than \$10. If it’s worth more, you get a \$10 discount. In Quebec, the law requires it, while elsewhere in Canada, only retailers who comply with a voluntary national code give a rebate.

In total, according to the survey released today, 20.6% of Canadians believe they have saved at least \$50 per year by reporting errors to their grocer. When a customer complains about an error, the situation is generally resolved to their advantage: 87% of consumers say they are satisfied with the way grocers handled their complaint. In Quebec, 40% say they are very satisfied with the grocer’s response, compared to 26% in Nova Scotia.

Plastic rejection in Park-Ex

Tips and tricks to limit your plastic consumption

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The distribution of several single-use plastic

items is now prohibited in Montreal businesses and restaurants affecting a lot of businesses here in Park-Extension. Here are a few simple tips from the City of Montreal to incorporate into your daily routine so you don’t get caught off

guard when shopping on the go.

At home you can optimize your storage by placing reusable replacement products within easy reach: Once your mug is washed, put it near your front door and hang your reusable bag near your key holder.

On the road, in your car, in your backpack or even at the office, remember to always have these items with you: Bottle of water, coffee cup, utensils, container with lid and a reusable bag.

At the grocery store, use small reusable bags for fruits and vegetables or for foods sold in bulk; Bring reusable containers for sliced cheeses and cold meats to the counter. Check with your grocer; Look for products with little packaging or sold in bulk. For example, shampoos and bar soaps.

At the restaurant or café, If you haven’t finished your plate, take your leftovers back to your own container; For takeout, check to see if the establishment offers a returnable container system or suggest one.

Tips for choosing your reusable items

Use utensils, coffee cups, containers with lids, etc., that you already have at home;

Use a locally made bag because its production will not have generated an abundant amount



of GHGs;

Choose a bag made from a single natural material, such as linen or hemp, to allow it to be recycled at the end of its life;

Refuse a single-use bag, such as paper ones, to avoid the production of waste;

Opt for collapsible reusable bags that fit into a pouch, purse or backpack so you always have one on hand.

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Rehabilitation work on the runway

During this period, overflights will increase mainly over south Dorval, south Saint-Laurent, Town of Mount-Royal, Villieray–Saint-Michel–Parc-Extension, Rosemont–La Petite-Patrie.

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THE NORTH SHORE
News

In Memoriam & Obituaries

3 eco-friendly options for your funeral

Conventional burials and cremations contribute to climate change. If you want your funeral proceedings to match your environmentally conscious lifestyle, here are three green options that might be available to you.



1. AQUAMATION

This process uses water, sodium, potassium and heat to dissolve the body's soft tissues into a sterile, aqueous solution that can be safely returned to the water supply. The remaining bones can then be ground up and placed in an urn. While it's not yet legal in all places, aquamation (also referred to as alkaline hydrolysis or bio-cremation) is gaining in popularity as an environmentally friendly alternative to burials and cremations.

2. HUMUSATION

Also known as human composting, this technique is similar to traditional burials but without the toxic chemicals and wasteful caskets. Instead, the body is buried among wood chips, alfalfa and straw rich in microbes that help speed up decomposition. This process takes about a month and yields fertile soil that can be scattered in forests or gardens. For now, this option is only legal in a few select areas.

3. BIODEGRADABLE URN

A popular green burial option involves placing the deceased person's ashes in a decomposable urn. This can be made of sand and gelatine, cornstarch, recycled paper, coconut shells or other organic materials. In some cases, these burial pods can be placed beneath a sapling to help generate new life after death. Keep in mind that while the urn produces little to no pollution, this option still relies on cremation.

Speak with your family or a funeral director in your community about how you would like your remains to be handled after death.



VACCARO (CECERE), Teresa
1930 – 2023

It is with deep sadness that the family announces the passing of Teresa Vaccaro Cecere at the age of 92, beloved wife of the late Antonio Cecere.

She will be sadly missed by her loving son Angelo, her cherished grandchildren Anthony (Sonia), Tara (Domenico) and Steven (Luana), her great-grandchildren Nicodemo, Damiano, Marciano, Brando, Stella, Anthony Jr., Livia and Alessia, and many other relatives and friends.



MAILHOT, Doris
1945 – 2023

Our beautiful Doris Mailhot died last Sunday, March 19, 2023 surrounded by her loved ones. She is survived by her husband René Paquette, her three children Élise, Éveline and Renaud (Daphnée), her grandchildren Elsie and Malik, her sister Micheline (Guy), her sisters-in-law Jocelyne and Hélène, as well as her nephews and nieces Stéphane, Christian, Claudine, Céline, and the family of Yann Bernard.

A woman of heart, a great listener, and a woman of an irresistible sense of humour, she was a pillar for her family and for many friends.



GERMAIN, Denise
1937 – 2023

On March 19, 2023 passed away, at the age of 85, Mrs. Denise Germain, daughter of the late Hervé Germain and the late Catherine Trottier. She was predeceased by her sisters and brothers Carmen (late Léandre Lavoie), Pauline (late Denis Poisson), Roger, Jacques (Louise Richard) and her nephew Stéphane Poisson. She is survived by sister Rollande (André Bilodeau) and brother Jean-Noel (Paulette Blanchette), nephews Carl Poisson (Marie-Claude Blanchette), Dany Bilodeau (Isabelle Lacroix), and Jerome Poisson (Line Lavergne), and godson Charles Poisson. She also leaves to mourn her great-nephews and great-nieces, and other relatives and friends.



DEL VECCHIO, Pasquale
1932 – 2023

It is with heavy hearts that we announce the passing of our beloved father Pasquale Del Vecchio on March 18, 2023.

He will be greatly missed by his children Lucia (Pat), Michele (Lucia) and Pina (Roberto), his grandchildren and great grandchildren who were fortunate to have him in their lives.

Contact us today to place an obituary or in memoriam in our next issue
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HOROSCOPE

Week of **MARCH 26 TO APRIL 1, 2023**

The luckiest signs this week:
CANCER, LEO AND VIRGO



ARIES

You'll have many things to take care of at home or with your family. You'll be a true hero in the eyes of your loved ones. With your great sense of initiative, you'll set your priorities straight.



TAURUS

You'll find the right words to make your point. Some subjects will require more heated debate. If you have the correct information, no one will dare contradict you.



GEMINI

You'll take steps to buy a property or find a more suitable home. Shopping for the family will be a rewarding adventure.



CANCER

You're a go-getter, ready to take on any challenge at work and in your personal life. No matter how old your children are, they'll be a handful this week. If you're single, many people will be attracted to you.



LEO

When you're fatigued, you're more vulnerable to germs. Take time to rest when you're working overtime.



VIRGO

You may find that people feel lost or confused around you. You may need to withdraw and isolate yourself. You'll also be inspired to start a spiritual practice.



LIBRA

Time is precious, and it's not always easy to manage. You must pull out all the stops at work to get everything done on time.



SCORPIO

You'll arrange to go on a trip abroad or explore your region with your partner or friends. You'll make changes at home, even if it's only rearranging furniture.



SAGITTARIUS

You may have to shake a few people up to achieve professional success. Abundance awaits after beating out the competition for the job you want.



CAPRICORN

You'll have to make a few compromises to reach an amicable agreement. You'll have justice on your side as you settle a dispute before it gets out of hand.



AQUARIUS

You'll have a lot of work to do. A competitor will try to entice you with a more interesting position. Your significant other or someone who's attracted to you will make you feel special.



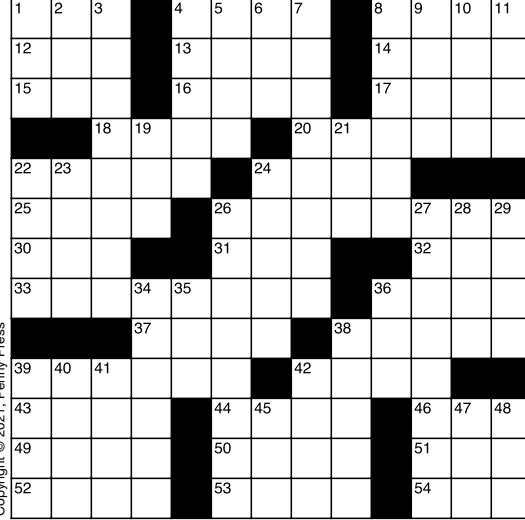
PISCES

You'll distinguish yourself when you succeed in lightening the mood at work or home by making people laugh. You'll earn warm applause. You could also receive a reward.

Coffee Break

CROSSWORDS

PUZZLE NO. 145



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ACROSS

- Foot's limb
- Ego
- Edge
- Paddle's kin
- Bloodhound's clue
- Bit
- Bikini part
- Rub
- Drove fast
- Bother
- Design
- Permanent prisoner
- Scram!
- Corrosive
- Outdoor light source
- Faced
- Chopper
- Promise
- Cheer up
- Animated fish
- Oahu souvenirs
- Exposes

- Broken-limb support
- Coop
- Disbursed
- Atop
- Astern
- Dermal disorder
- Office fixture
- Date
- Clarinet part
- Ingests
- Desire

- Constructed
- Angry color
- Beat walker
- Gentle creature
- Bakery worker
- Jazz instruments
- Freedom
- Breakfast request: 2 wds.
- Any
- Couples
- Skated
- Coop dweller
- Scold continually
- Financial institutions
- Box lightly
- Walk the floor
- Bit of dialogue
- Outlay
- Pod content
- Charge
- Number of fingers

DOWN

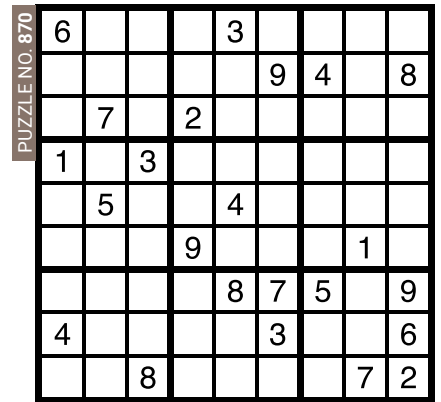
- Soft toss
- Bend an ____
- Subway art
- Planter
- Revise copy
- Cut
- New students
- Knight's neighbor
- Heavy twine
- News piece

Sudoku

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.**

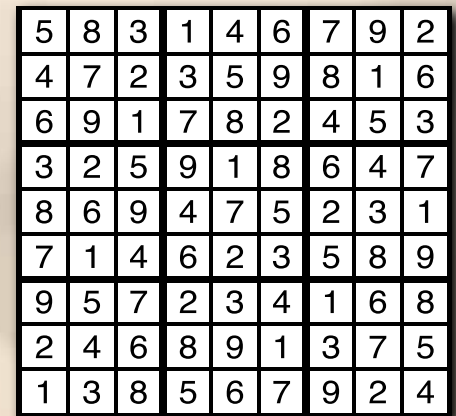


Last Issues' Answers

CROSSWORDS



Sudoku



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