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News



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Page 3

Pollee Intervene in blke path protest

Mario Di Chiaro is seen here at the Sept. 5 VSMP borough council meeting loudly complaining about the administration's bicycle path strategy in Parc Extension, as Montreal Police prepare to eject him. (Photo: Martin C. Barry, Nouvelles Parc Extension News)



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Police eject Parc Ex bike path protesters from borough council meeting

Mayor Laurence Lavigne Lalonde justifies the loss of parking spaces as necessary

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In spite of bike path protesters' threats to vote the current Villeray/Saint-Michel/Parc Extension borough administration out of office in the next city elections, Borough Mayor Laurence Lavigne Lalonde had two especially noisy protesters ejected by police from the borough council's monthly meeting on Sept. 5 after warning them.



VSMP Borough Mayor Laurence Lavigne Lalonde justified her administration's actions as necessary, even if they might come with a political cost. (Photo: Martin C. Barry, Nouvelles Parc Extension News)

Although opposition to the Projet Montréal plan to expand the borough's network of bike paths in VSMP has been most aggressive in Parc Extension, some voices from the other borough districts expressing doubts about the bike path network were also heard.

Parking spaces axed

While most objectors maintain they are not

opposed to bicycles or bicycle paths, they take issue with the borough's decision to reduce the number of parking spaces on densely populated streets, in order to make more room for bike paths.

Several residents of Parc Extension as well as from Saint-Michel got up to the microphone during the council meeting to complain of how the lack of parking will be impacting family life.

In some cases, senior citizens who live in Parc Extension have complained about no longer being able to receive visits from their children and grandchildren who live elsewhere in the Montreal region, because adequate street parking will no longer be available.

Actions justified, mayor says

Others complained that ambulances will no longer be able to navigate Parc Extension's narrow streets as effectively because of the bike paths, endangering seniors and other vulnerable persons who have health problems to contend with.

The borough mayor justified her administration's actions as necessary, even if they come with a political cost.

"We knew when we started to do this that it would impact the citizens and it would change the way we do things normally," she said, inciting an uproar of angry voices in the borough hall, leading her in turn to demand they show restraint and more respect.

Driver's licenses and taxes

"Your answers are irrelevant," longtime Parc Ex resident Mario Di Chiaro, who helped organize the opposition, shot back. He was eventually escorted out by police "You don't care who pays the taxes," he continued. "You don't care that our driver's licenses pay a percentage to build



Visibly raging with anger, Parc Extension resident Stella Baiakis is seen here being walked out by Montreal Police from the Sept. 5 VSMP borough council meeting after disregarding Borough Mayor Laurence Lavigne Lalonde's order to be respectful. (Photo: Martin C. Barry, Nouvelles Parc Extension News)

your roads so you can make bike paths."

"We have a voice. We're allowed to do this," shouted Stella Baiakis, another Parc Exer, before she too was also asked to leave by police officers and ended up being accompanied out. "She doesn't understand and she doesn't listen and she's very condescending," she added, referring to the borough mayor.

Some Park-Exers gear up for showdown over bicycle path construction

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The controversy surrounding the removal of 250 parking spaces in Park Extension to make way for new bicycle paths has gripped the community's attention for quite some time. While the borough's mayor has vowed to push forward with the project, a portion of Park Extension's residents remains steadfast in their opposition, bombarding Borough Councillor Miss Mary Deros with complaints and questions. In an exclusive interview with Park Extension News, Mrs. Deros shared her insights on this contentious issue.

The residents of Park Extension have been vocal about their concerns, arguing that they were never consulted about the introduction of these bike paths. The borough, known for its dense population, faces challenges ahead, particularly concerning its senior citizens and educators. The loss of parking spaces could exacerbate the difficulties faced by these groups.

Mrs. Deros acknowledges the frustration of the citizens, stating, "When the elected mayor and her party do not listen to her citizens, then it is completely normal for them to come to me with all their concerns." However, she emphasizes that her ability to influence the decision is limited.

Planned Protest

In response to the impending construction of the bicycle paths, a planned demonstration is set to take place on the day the work begins. Many residents intend to stage a sit-in, obstructing the city's heavy machinery from progressing with the project. The mayor has issued a warning that police intervention may be necessary, and arrests could follow.

Mrs. Deros views this protest as an expression of the citizens' frustration, stating, "A lot of exasperated citizens believe that this is the only final way their voices will be heard." The sit-in is a testament to the passionate resistance by a portion of the Park-Ex population against the loss of parking spaces and the perceived lack of consultation with the community.



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QPINION & Editorial



THAT'S WHAT I'M THINKING

Robert Vairo

Canada is no Longer Recognizable

I have written more than once about the muzzling of free speech in Canada, and it seems time changes nothing. In fact, it gets worse. The public lashing of psychiatrist Jordan Peterson by the College of Psychiatrists is a further example, and the reason given is merely because of "his manner and tone." The College has ordered the good Doctor to undergo some kind of re-education of social media. This judgement towards one of the most intelligent Canadians, if not world figures of our time, is outrageous, unacceptable and downright scary. The Ontario court has now empowered self regulating professional bodies to kill free speech, to all professional groups like nurses, doctors, engineers, architects, accountants etc. From his interviews and the numerous articles that have been written (most of them in support of him by the way) it appears those who complained are not even his patients, but also not even Canadian. Agree with this man or not, what he says at least must be listened to and respected.

What kind of Canadians are we becoming by trying to shut down people who don't agree with us? This is a dangerous Canada with a continuous erosion of the Charter of Rights and Freedoms. My country is becoming a nation that I recognize less and less with each passing month.

Immigration Out of Control

"Immigration built this country." We used to hear that from our parents. Europeans flooded North America full of ambition and determination, resolved to build a better tomorrow for themselves, their children, and their new country. Times have changed. Immigration with this government has become an ideology that opens all entry points, legal and illegal with no thought given to how this massive influx will work itself out. So now have a

problem. Statistics Canada reports employment cannot keep up with immigration. And here's why. Canada needs 50 thousand new jobs every month to match the inundation. We rarely see that monthly number, especially with a government that discourages domestic and foreign investment. Add to that the almost one million international students in Canada this year. The pressure on housing is unprecedented, with higher rents and escalating property prices. There are over six million Canadians without a family doctor not to mention packed hospital emergency rooms. It's time to hit pause or perhaps provinces should adopt the Québec plan, and say no to Trudeau and his day-dream rise in immigration.

The End for JT?

Is the end near for our part-time drama instructor P.M., Justin Trudeau? Are his days of reigning over Canadians who would accept his way or the highway, coming to an end? Canadians are seeing through the hypocrisy, the aloofness and smugness towards day-today financial and social issues, including allowing Québec unrestricted access to alter the Canadian Constitution through Bill 96. Recent polls suggest the majority has concluded, finally, that this individual has passed his best before date. But his narcissist character would likely thrust him into seeking a fourth term. Besides, he has nowhere to go if he resigns. His dream of being the United Nations Secretary General has wilted like late summer corn. Unlike other Canadian Prime Ministers, he is not respected internationally, is not a friend of business, nor does he have the qualifications to sit on any corporate board.

Are we finally realizing that since 2015, the Trudeau promise of "we will be in a surplus

position" is never going to happen? We are now forced to spend more for everything. Canadian household debt is now the largest among the G7 countries. It's a run-away freight train loaded with our tax dollars.

Needless and Costly

We have a total failure on the environment. We were told to ban plastic bags, for no reason. Here's what the US Environment Protection Association said about plastic versus paper bags- "Plastic bags use 40% less energy to produce and generate 80% less solid waste than paper." And plastic consumes 90% less energy than paper to recycle. Surprised? I'm not. And paper straws are now a landfill problem. When was the last time you threw a plastic straw or plastic bag into the ocean, any ocean, Pacific, Atlantic or Arctic? It's frankly laughable and another in a long list of failures by our federal government. The Trudeau carbon tax has caused hardship at the pumps, to heat our homes, and increased the cost of all goods delivered by truck, plane, or train. Has the tax helped reduce our mere 1.5% of the world's carbon footprint? Not in the least.

And can someone tell me why the Canadian Environment minister Stéphane Guilbeault is in China chairing a Chinese committee on the environment? China is our enemy. Isn't this treasonous? China is also the worst polluter in the world producing and burning more coal than ever. Yet Guilbeault choses to criticize Canadian oil and gas producers. Another Canadian clown on international display.

Sadly, I sense there is anger and almost a hatred among a vast number of us. Suffice to say Canadians are mad as hell and may just do something about it, or force Mr. Trudeau to make a decision before the electorate makes it for him.

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Adapting Quebec's schools to extreme heat

A necessity for student well-being

DIMITRIS ILIAS

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In the borough of Park-Extension in Montreal and at Sinclair Laird, an EMSB school, the escalating heatwaves in Quebec are raising urgent concerns. Experts are sounding the alarm, emphasizing the critical need for schools to implement measures that ensure the well-being of their students. Charles Bonhomme, spokesperson for the David Suzuki Foundation, warns that the scorching temperatures in 2023 are not isolated events; they are poised to become increasingly frequent in the years ahead. Andréanne Brazeau, a climate policy analyst at Équiterre, echoes this sentiment, underscoring the unpredictable nature of these extreme temperature surges.

The English Montreal School Board (EMSB) leader, in light of a heat warning sweeping across southern Quebec, is urging the provincial government to fund the installation of air conditioning systems. Joe Ortona, the chair of the board overseeing 60 schools in the EMSB, lamented, "Nearly all of our schools lack air conditioning." He further mentioned that while teachers can relocate their classes to cooler areas when classrooms become unbearably hot and keep a close eye on students' well-being, there are limited options available to educators to combat the oppressive heat.

This year, Quebec has been experiencing a heatwave that serves as a stark reminder of how ill-prepared many schools are to handle such conditions. Most of these educational institutions were constructed over 50 years ago, and their outdated designs lack adequate ventilation and air conditioning systems. They often feature concrete courtyards, which exacerbate the heat problem.

While children may be less susceptible to the adverse effects of extreme heat compared to adults, prolonged exposure can still lead to exhaustion, manifesting as symptoms like fever, nausea, and fatigue. Furthermore, overheated classrooms can significantly impact students' ability to focus and learn effectively, leading to compromised educational outcomes.

Dr. Mélissa Généreux, a specialist in public

health and a professor at the University of Sherbrooke, underscores the psychological toll of excessive heat in classrooms. She emphasizes that as temperatures rise within classrooms, the well-being and psychological health of students are disproportionately affected. Simply closing schools during heatwaves is not a sustainable solution. Instead, Dr. Généreux advocates for proactive measures to minimize overheating and the implementation of effective monitoring systems.

There are various strategies available to mitigate the impact of extreme heat on schools. These include improved ventilation systems, the use of curtains or blinds on windows to block out direct sunlight, the introduction of green roofs to reduce heat absorption, and the option of conducting classes outdoors or online when indoor conditions are unbearable. However, the most effective and immediate solution is the installation of air conditioning systems.

Surprisingly, the Quebec Ministry of Education does not have comprehensive data on the percentage of schools in the province equipped with air conditioning. This information gap underscores the need for a more thorough assessment of the state of school infrastructure and the urgency of addressing extreme heat conditions. Education Minister Bernard Drainville has clarified that air conditioning was not the government's preferred choice for the construction of new schools. favouring mechanical ventilation systems in 150 recent projects. While these systems offer a degree of comfort, they may fall short in addressing the rising temperatures associated with climate change.

To address the pressing issue of extreme heat in schools, clear and standardized guidelines are essential. Dr. Généreux emphasizes the importance of defining what constitutes "too hot" for schools. Clarity on this matter is essential for determining when school closures or alternative measures should be implemented. A dedicated working group that draws upon scientific research can help establish harmonized guidelines that can be applied uniformly across schools in Ouebec.







3 questions pour mieux comprendre la biénergie

Alors que le Québec cherche à réduire sa dépendance aux combustibles fossiles, comment le gaz naturel peut-il contribuer à la transition énergétique? Énergir propose à ses clients d'adopter la biénergie, une solution qui utilise le gaz naturel comme source d'appoint aux besoins de chauffage quand la demande sur le réseau électrique est à son plus fort. En voici un survol.

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Les détails et conditions d'admissibilité sont disponibles à energir.com/bienergie-residentiel. Certaines conditions s'appliquent. L'offre vise seulement les résidences utilisant le gaz naturel pour le chauffage de l'espace. Les conditions de l'offre ainsi que les montants des subventions offertes sont modifiables sans préavis.



Festival LatinArte: La mémoire dans les mains

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The vibrant LatinArte Festival, now in its 15th edition, has once again graced the borough of Villeray–Saint-Michel–Parc-Extension with a stunning display of artistic talent. This year, the festival has brought together six exceptional Latino-Canadian artists whose works span various mediums, including mural painting, sculpture, paper printing, and digital art. Two captivating exhibitions have emerged from this creative fusion, and one of them, "La mémoire dans les mains," is a testament to the profound connection between art, memory, and touch.

"La mémoire dans les mains," which translates to "Memory in the Hands," opened its doors on September 6 at the Parc-Extension diffusion room. This exhibition is a collaborative effort featuring the works of three immensely talented Latino-Canadian artists: Gabriela García-Luna, Juan Ortiz-Apuy, and Julian Palma. What unites these artists is their exploration of our intricate relationships with objects and the natural world.

At the heart of "La mémoire dans les mains" lies a collection of multimedia collages, each a unique tapestry of texture, material, and form. These collages serve as portals, transporting viewers into the ethereal realm of memory. Here, memory is not confined to the abstract recesses of the mind but is made tangible through the metaphorical touch of a hand. This tactile experience stands in stark contrast to the standardized interactions of our digital age, where our gestures are reduced to swipes and taps on lifeless screens.

The exhibition, "La mémoire dans les mains," promises to be an immersive journey into the essence of memory and our intimate connec-

tion with the tangible world. It invites us to explore the delicate interplay between what is seen and what remains hidden, challenging our perception of reality.

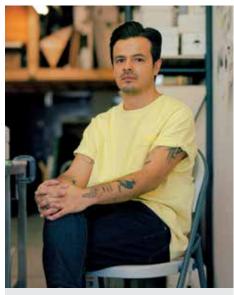
Visitors have the privilege of experiencing this unique exhibition until October 29, 2023, at the Parc-Extension diffusion room. The official vernissage, which took place on Thursday, September 7, at 5:30 PM, provided an opportun-



Born in Mexico and now residing in Canada, Gabriela García-Luna's work delves into the paradoxical nature of photography. Her art bridges the gap between the visible and the invisible, blurring the lines between documented reality and imaginative abstraction. García-Luna's impressive body of work has graced solo and group exhibitions in Mexico, Canada, the UK, and India. She holds a Master of Fine Arts degree from the University of Saskatchewan and a Bachelor's degree in design from the Universidad Autónoma Metropolitana

ity for art enthusiasts to engage with the curator and the participating artists. For those seeking a deeper understanding of the artistic process and vision, a guided tour led by curator Milton Riaño and artist Juan Ortiz-Apuy is scheduled for Saturday, September 23, at 1:30 PM (pass required).

"La mémoire dans les mains" is not merely an exhibition; it is an invitation to rediscover the power of touch and the intricate threads that connect us to our memories. As we navigate our digital world, these artists remind us that the beauty of art lies in its ability to evoke the tangible and intangible, to stir our senses, and to awaken our memories. Don't miss the chance to explore this thought-provoking exhibition at the Parc-Extension diffusion room until October 29, 2023.



Hailing from Costa Rica, Juan Ortiz-Apuy has called Montreal his home since 2003. He is a multi-talented artist with a Bachelor of Fine Arts degree from Concordia University, a Postgraduate Diploma from the Glasgow School of Art, and a Master of Fine Arts degree from NSCAD University.



As a multidisciplinary artist based in Montreal since 2011, Julian Palma's work transcends boundaries. He has contributed to over 50 mural projects in various capacities, including artist, coordinator, producer, and assistant. His work, characterized by vibrant color palettes and inspired by the fluid forms of nature, explores the interconnectedness

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Mysterious overdoses in downtown Montreal spark public health investigation

An unusual incident prompts concerns as public health delves into the issue

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A recent and alarming incident has raised concerns all over Montreal including Parc-Extension as the Public Health authorities initiate an investigation into a series of possible overdoses that occurred in the downtown area this past weekend.

On a Sunday afternoon, the tranquillity of Montreal's downtown district was disrupted when emergency calls began flooding in, reporting six individuals in distress, suspected of experiencing overdoses. The urgency of the situation prompted a swift response from first responders.

Four of the affected individuals, including a 42-year-old woman, were swiftly transported to medical facilities via ambulance. Among them, the condition of the woman is particularly grave, requiring immediate medical attention. The remaining three individuals, two men, and one woman, all aged over 30, are presently in stable condition, as per the latest update from the Montreal Police Service (SPVM).

The SPVM, collaborating with health authorities, disclosed that the victims had all ingested unknown substances, resulting in their subsequent poisoning. Intriguingly, the connections between these affected individuals remain a mystery.



Nonetheless, preliminary information suggests that they were congregated in a public area, heightening concerns over a potential substance-related threat within the downtown district.

In response to this unusual incident, the spokesperson for the SPVM commented, "These are exceptional circumstances that demand a thorough investigation to safeguard public health."

The investigation is presently in progress, with the police eagerly awaiting the results of comprehensive blood tests. These tests are anticipated to reveal critical information concerning the exact nature of the substances involved in this perplexing situation. Authorities are determined to identify the source of the substances, their distribution, and how they may have impacted these unsuspecting individuals.

As this investigation unfolds, it underscores the importance of community awareness and vigilance regarding substance-related threats. Parc-Extension, known for its diverse population, serves as a reminder that such incidents can occur in any part of the city, and it is crucial for communities to remain vigilant and informed. Public health agencies are working diligently to ensure the safety and well-being of all residents, and the results of this investigation will undoubtedly shed light on this concerning incident.



The harsh reality of COVID-19 school closures

across Canada

DIMITRIS ILIAS

Local Journalism Initiative Reporter for Parc-Extension News dimitri@newsfirst.ca

In the vibrant and multi-cultural borough of Park-Extension in Montreal, the Fraser Institute's latest study casts a glaring spotlight on the grim consequences of COVID-19 school closures that unfolded across Canada. Spanning from 2020 to 2022, these closures have exacted a heavy toll on the lives of children, despite early indications that their advantages might be less substantial than initially believed. Entitled "The Forgotten Demographic: Evaluating the Potential Advantages and Severe Consequences of COVID-19 School Closures on Canadian Children," this report underscores the profound and lasting impact these shutdowns have had on the educational and emotional well-being of the young generation in Canada, a concern acutely felt in the culturally rich district of Park-Extension.

When the COVID-19 pandemic initially struck in early 2020, the immediate response was to halt social activities, close schools, and shut down businesses. However, as time passed, data emerged regarding virus transmission and the real risks posed by COVID-19, particularly among different age groups. This evidence made it increasingly clear that school closures might not be necessary and could result in unintended negative consequences, especially for children.

One of the most startling revelations from the study is the prolonged duration of the school closures. Across Canada, K-12 schools remained closed for a minimum of 10 to 27 weeks, equivalent to 135 school days, depending on the

province. Some schools even remained closed into 2022. This extended period of disrupted education has undoubtedly taken a toll on the academic progress of Canadian youth.

Moreover, the mental health of Canadian students has been deeply affected by these closures. Research cited in the study indicates that 64 percent of Canadians aged 15-24 reported self-perceived poor mental health during the pandemic, a figure higher than any other demographic. The isolation and disruption caused by the closures have undoubtedly contributed to this alarming increase in mental health issues among our youth.

The impact on learning loss is another concerning aspect of the school closures. Early test score data has shown a decline in student achievement following the closures, which could have longterm consequences for their educational and career prospects. Students who missed crucial classroom instruction during this period may face difficulties catching up, potentially perpetuating inequalities in educational outcomes. Furthermore, the study underscores the exacerbation of inequality resulting from school closures. When schools are closed, students lose out on essential years of basic schooling, potentially reducing their lifetime earnings. This could disproportionately affect vulnerable groups, such as girls, ethnic minorities, and disabled children, further deepening the existing disparities in the Canadian education system.

One of the most crucial pieces of evidence highlighted in the report is that children faced lower health risks from COVID-19 compared to older age groups. While protecting the health and safety of students and educators is paramount, the study suggests that policymakers



The Fraser Institute's study sheds light on the prolonged COVID-19 school closures in Canada and their lasting impact on children. The evidence suggests that the closures were not only unnecessary but also detrimental to the well-being and future prospects of our youth.

did not use the most accurate and up-to-date information when deciding to close schools.

As Paige MacPherson, associate director of education policy at the Fraser Institute and co-author of the study, aptly puts it, "We won't know the totality of the damage done by the school closures for some time, but what is clear is that governments didn't use the best information available to them when deciding to close schools, and students have already suffered and will continue to pay the price."

The Fraser Institute is a libertarian-conservative Canadian public policy think tank and

registered charity. The institute describes itself as independent and non-partisan. It is headquartered in Vancouver, with additional offices in Calgary, Toronto, and Montreal. The institute has ties to a global network of think tanks in 87 countries, including 80 through the Economic Freedom Network. According to the January 2020 Global Go To Think Tank Index Report (Think Tanks and Civil Societies Program, University of Pennsylvania), Fraser is number 14 (of 8,200) in the "Top Think Tanks Worldwide" and number 1 in the "Top Think Tanks in Mexico and Canada".

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GAME-SET-MATCH

I don't know whether to call it jealousy or insecurity. My husband and I have been married almost 30 years. Last year at my husband's surprise birthday party, one of my friends asked who a certain woman in the room was.

When I asked why, she said, "She and your husband have been making eye contact all night, and he seems to be paying her a lot of attention." From there on, I started watching the behavior between them.

My husband participates in a sport with this woman's husband, and at times we are all together. Each time I noticed more and more eye contact between them. Just to be sure I was not imagining things, I asked my sister. She thought with the looks they gave each other, something might be going on.

Late one evening, I confronted my husband. He replied, "Don't be ridiculous." He said he loves me and goes to participate in the sport and that is all. He was furious. I told him I loved him too, but I also said my first warning was to him, the next will be to her, and thereafter to her husband. He said if something is going on, it is all on her side.

At the next sporting event, this woman avoided me like the plague. It was like she was scared to death of me. Obviously, someone told her something. When I asked my husband if he had, he said no.

Now, even though I did nothing wrong, I am

very uncomfortable around this woman. I have three decades invested in this marriage and love this man dearly. Still, it is hard to get past this and be friends with this woman again.

Helene



Helene, you didn't smell perfume on your husband's shirt or see lipstick on his collar. All you found was a woman publicly

flirting with your husband. Possibly she flirts to make herself feel good, with no real desire behind it. But when the word got out, she stopped.

You did three things. You let your circle of friends know you are an observant woman who defends her territory. You let your husband know you will confront this issue head on. And if anything was going to happen, you dumped water on the embers.

Mission accomplished. Now the key is to drop this. If the situation has stopped, let it go. If you let it go, your husband may even take it as a compliment. You have let him know how much you desire him.

With the other woman, you don't need to be her enemy and you don't need to be her friend. Talk to her as you would to any other slight acquaintance. Hold your head up high as a confident married woman who will allow no one to sneak around behind her back.

Wayne & Tamara

Daryl

HER PROPOSAL

I am a 21-year-old female in a committed relationship with a man I love and want to marry. We plan to live together when I go to graduate school. My dad says he can't imagine me finding a sweeter, better man who loves me so much.

Now I'm worried about the whole living together thing because studies say that living together leads to divorce, and I don't want to lose him! His dad is concerned he will be tied down, and we will have kids. I don't see that happening anytime soon! I feel ready to marry now, and I don't want to lose him.



Daryl, even if you believe the research on living together is valid, you need to realize that marriage does not prevent

divorce, abuse, infidelity, or unhappiness. If you are afraid moving in together will stop a wedding, then don't live with him. But if you want to marry him because you think you will lose him, then he isn't yours to have.

Wayne & Tamara

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Week of SEPTEMBER 17 TO 23, 2023

The luckiest signs this week:

SAGITTARIUS, CAPRICORN AND AQUARIUS



You must make changes at home and work to help you achieve your goals. Intense emotions are essential to motivate this transformation and enable you to take great



TAURUS

Be patient! You'll reach a satisfactory agreement with certain businesses or the law. You and your community can then assert your rights. Although it may surprise you, a marriage proposal may come out of the blue.



GEMINI

Work can be a source of considerable stress. However, your partner's love and support will help you relax as you spend quality time together. Making a few changes to your routine could transform your relationship.



You'll go above and beyond to demonstrate your full potential. To achieve this, you must take the appropriate steps. Exercise regularly with your loved ones and good friends to stay fit.



It's not always easy to balance work and family life. Ask those around you to support and help you meet your goals. If your relationship is still new, you'll start thinking about building a life together.



Be careful when you drive! Your loved ones will invite you to participate in fun activities. Take advantage of it! Use your negotiation skills to settle conflicts; your smile is your best asset.



You'll be surprised to find the means to launch your business or to do some work around the house before winter. Improving your home will help you foster a more intimate relationship with your partner.



You'll kickstart the week with dynamic energy and the ambition to conquer the world. Make sure you manage your stamina to avoid draining yourself. Let the romance flow more freely between you and your better half.



SAGITTARIUS

Before making a commitment, think about and budget for achieving your goals. Stress can be very draining for the fun-loving, passionate person you are; look for moments



CAPRICORN

You'll meet a lot of people at work or elsewhere, which can create moments of heightened stress. It's essential to give yourself time to rest to avoid falling behind in projects or other tasks.



AQUARIUS

Time is precious. You need to be more organized and implement more structure. If you do this, you'll manage to get everything done and even take time to rest. Your loved ones will reward you by celebrating your efforts at a party.

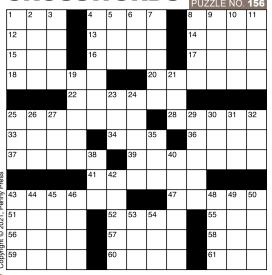


PISCES

Take a step back and reflect on your career. If you didn't take a holiday this summer, consider doing so. Even a weekend away could help you sort out your ideas and give you a better perspective to make the right decisions

ee Break

CROSSWORDS



- Frosts

- 13.
- 15. Feasted
- 16.
- 17.
- Unexpected attack
- 28 Blue
- Mountains
- 36.
- radio
- 41. Music system
- Thickset

- **ACROSS**
- Wrongdoing
- Messy person
- 12 Romance Shed feathers
- Albacore
- fun at
- Malt brews
- 18. Hobby wood
- 22. Movie theater
- Navy officer
- "Up on the 33. 34 tent
- Eccentric person 37. Newspapers and
- Use up

- Dove's comment 6. Broad-antlered
- Vapor

3. Carol

- Attempt 8. Dilly
- 10. Single bills Wild party 11. 19. Movie genre:

- 51. Exec's auto
- 52. Notion 55. Wall-climbing
- plant 56. Hot and dry
- 57. Empty 58. Animal lair

61. Generation

Large mon

Damage

Small amount

DOWN

- 27. "The ____ Squad" 29 59 Moistens Snowhouse 60. Hardens

21. Injure 23. Brief doze

Avoid capture

Shirt sleeve

26. Forest female

hyph.

25

- Low grade
- 31. 32. Understand
- out a living
- 35. Apiece
- 38. Question
- 40. Flower parts 42. Binding
- 43. Cabbage dish
- 44. Wheel cushion 45. Forget46. Certain food
- fishes
- 48. Ebb
- Eternally
- 50. Mimicking bird
- 53. Now payable 54. Building addition

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.

NO. 881								8	
E NO					4			9	
)22L	5	8	7						
<u>1</u>		6	8		7			2	
		4				8			
				2		1			
		9					3	7	
	1	5							2
			6	5			1		

Last Issues' Answers

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7	3	6	7	2	1	9	5	8	4
,	2	5	9	4	8	3	1	7	6
4	8	4	1	5	7	6	3	2	9
	7	8	5	6	4	2	9	3	1
7	1	9	6	7	3	5	8	4	2
<u> </u>	4	2	3	1	9	8	7	6	5
3	9	7	2	8	6	1	4	5	3
١	5	1	4	3	2	7	6	9	8
,	6	3	8	9	5	4	2	1	7
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