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Protecting students from upcoming solar eclipse

Page 10



Overwhelming demand at Saint-Roch food bank

Last month, the food bank requested police assistance during a food basket distribution event to manage the increasing number of attendees. (Cuisines et vie collectives Saint-Roch)

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Protecting Park Extension students

The decision to switch ped days during the solar eclipse

DIMITRIS ILIAS
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As anticipation builds for the total solar eclipse on April 8, 2024, communities and institutions are making necessary preparations to ensure that this celestial spectacle can be enjoyed safely. A total solar eclipse, a rare and awe-inspiring event, occurs when the moon aligns precisely between the Earth and the sun, casting a shadow on Earth and momentarily dimming the daylight. For the English Montreal School Board (EMSB) families, the safety and well-being of students during this period have prompted a significant schedule adjustment.

The hazards of viewing solar eclipses

The fascination with solar eclipses is as old as time itself, drawing people to witness the moon's passage across the sun. However, the beauty of this event masks a potential danger: the risk of serious eye injury. Looking directly at the sun, even when it is mostly obscured by the moon, can result in retinal burns, known as solar retinopathy. This damage is often painless, so individuals may not realize their vision has been affected until it is too late. The symptoms can include blurriness, a dark or blind spot in the center of vision, light sensitivity, or even loss of vision in severe cases. The risk is particularly high among children, who may be more tempted to gaze at the sun without proper protection.

Proactive measures for student safety

Understanding these risks, the EMSB has taken a proactive approach to safeguard the well-being of its students. Recognizing that the eclipse's peak hours between 2:14 p.m. and 4:36 p.m. coincide with times when students are typically on buses or walking home, the board has identified a significant supervision challenge. To mitigate this risk, the decision was



made to cancel classes on April 8. In lieu of a regular school day, April 8 will serve as a pedagogical day. This strategic swap ensures that during the critical hours of the eclipse, students will be under the supervision of school staff, thereby reducing the temptation to view the event without proper safety measures.

A community effort

The EMSB's decision underscores the importance of community awareness and preparedness during astronomical events like solar eclipses. By prioritizing the safety of its students through these adjustments, the board not only highlights the potential risks associated with improper viewing but also emphasizes the role of education in fostering a safe and enriching experience

for all. In anticipation of the solar eclipse on April 8, Park Extension borough is actively contributing to the communal effort to safely observe this celestial event. Starting from March 18, they are facilitating access to solar eclipse glasses, crucial for protecting observers' eyesight during the eclipse. This initiative is part of a city-wide effort in Montreal, where a total of 57,500 pairs of eclipse glasses are being distributed across 45 libraries. Park Extension is ensuring that residents have the opportunity to partake in this astronomical occurrence safely and with the proper equipment. By making these glasses readily available, the borough is playing a key role in enabling both locals and visitors to experience the wonder of the solar eclipse without risking eye damage.

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OPINION & Editorial

THAT'S WHAT I'M THINKING

Robert Vairo



I don't watch TV news. I don't believe what I see anymore

I loved my career. In fact, I tell people that when I die, if I'm allowed to return, I want to repeat what I have done so far on this earth, with a few extras added. That's how much I enjoyed the entire process of journalism; researching, digging, and contacting sources for the right information and then delivering it to my radio and TV news audience. It was my passion. They say if you love what you do, you'll never work a day in your life. That is very true. I had a few side hustles to supplement my income, because one did not become a broadcast journalist for the salary, regardless of the employer. But going to the studio every day was so enjoyable. Serving the listener and viewer was a privilege, and I got a pay cheque for it. It's hard to beat such a life. Throughout my decades in radio and TV, I cannot remember a day I did not enjoy. As a talk show host and reporter, I was often on the road, negotiating for interviews from those reluctant to share information. However, I knew my listeners or viewers wanted to hear these accounts, I was determined to provide them with a factually correct story. Like many of you, I often worked long hours, sacrificed meals and social gatherings, because I was on a mission of sorts. As author Rolf Dobelli writes "trying to make the world a little better, and hold those in power to account." I loved it so much I became an instructor at Concordia's Communications department. I even started a broadcast school for primarily young English broadcast talent, The Montreal Radio and Television School. It was a hands-on approach where media personalities and I passed on knowledge and experience to those now successful in the industry. And I want to do it again, in the next life. But I don't think it'll be the same.

Today, it's a very different story. I don't watch TV news nor listen to radio news, except for the occasional traffic report. There are a lot of reasons for this. I often hear "it's so depressing." Dobelli writes all this news of crisis "destroys our peace of mind."

There is also government financing and grants to media. Hundreds of millions of dollars have been afforded before and after the last three elections and during Covid. Says Journalism historian Marc Edge, "... it

may have saved or created a few media jobs, but at the cost of credibility. Many Canadians now think the press has been bought off by the Liberals." Liberal grants went to every publication from McLeans, CBC, CTV and even Ming Pao Newspapers, which "attempts to accommodate Chinese Communist Party sensibilities"- Canadaland Podcast Network.

Newsroom editors choose the stories and often the viewpoint they want their reporters to take. You've no doubt heard of the CBC reporter questioned by opposition leader Pierre Poilievre as to who specifically he was referring to in his question. The reporter replied, he didn't know. He said he was given the questions by his supervisor.

Those who make mainstream media their only venue of information are subjected to an editor's selection and omission of stories. Journalism observers will say CTV, CBC, Global, Fox News, and CNN all have a dance card, an agenda. Impartiality is rare.

The politician plays the media

Politicians hold news conferences or allow scrums (where reporters gather around with cameras and microphones), only because regardless of what the reporter asks, it is an opportunity for them to deliver their message. Playing the media has become a favourite past time of not all but many elected. Their message is what they want you to believe, not what you should really know about them or their situation. Often, they mislead. Some reporters will follow up with more direct questions but the slick politician will seldom answer, much less deliver the naked truth.

Artificial intelligence

With the introduction of AI (artificial intelligence) especially, visuals are often not what they seem. Photos and video can be fabricated or taken from an entirely different and unrelated setting. Reports are not always produced by humans. AI has done that. Do you remember when news reports were written in the third person, making the author a dispassionate narrator? This is no more. Writers often include opinions, or intentionally omit facts in what should be an unbiased, balanced, and fair report. It seems

the industry no longer has anything to do with real journalism

Fake demonstrators

Do you really believe those demonstrators are sincere, out there because of their political convictions? That they are protesting, wreaking havoc, blocking entrances, destroying property and disrupting events because they believe in a cause? Of course not.

I invite you to visit www.indeed.com/career/demonstrator/salaries, a web site that advertises for demonstrators, and includes hourly rates. Want a job?

In Canada, the Plenty Collective, a self-described "mutual aid group", have paid demonstrators for "liberation of Palestine" manifestations and others. There may be, but I have been unable to find funding for pro Israeli protests. A city councillor for the Victoria, BC area, Ian Ward, wrote in a social media post that "paid 'protestors' are promoting antisemitism & call for violent intifada."

Are you disgusted yet? I am.

Former colleague Wendy Mesley, fired by the CBC for the most woke and frankly stupid reason, suggests switching to blogs and podcasts. She writes in a recent article in the Globe and Mail, "TV is the last place I go for news. I devour The New York Times, the Guardian, Al Jazeera and The Globe. I spend hours reading blogs, newsletters and sites I've found online." I fully agree. I would add newspapers, publications and blogs to the right of the political pendulum to complete the canvas, and not forget to read the comments. Those can be informative and entertaining. Give credit, and support surviving local newspapers, especially ones that are privately owned. They do their ultimate best to deliver a truthful and accurate picture. They have survived for a reason.

Ultimately, the responsibility is yours. Manage your media consumption. Determine if these so called 'breaking news' items are indeed relevant to your personal life. If you're going to, read and watch what interests and affects you, but always with a dose of suspicion. Look for more than one source, and decide what you should believe.

It's beyond sad, but it's gotten to this.

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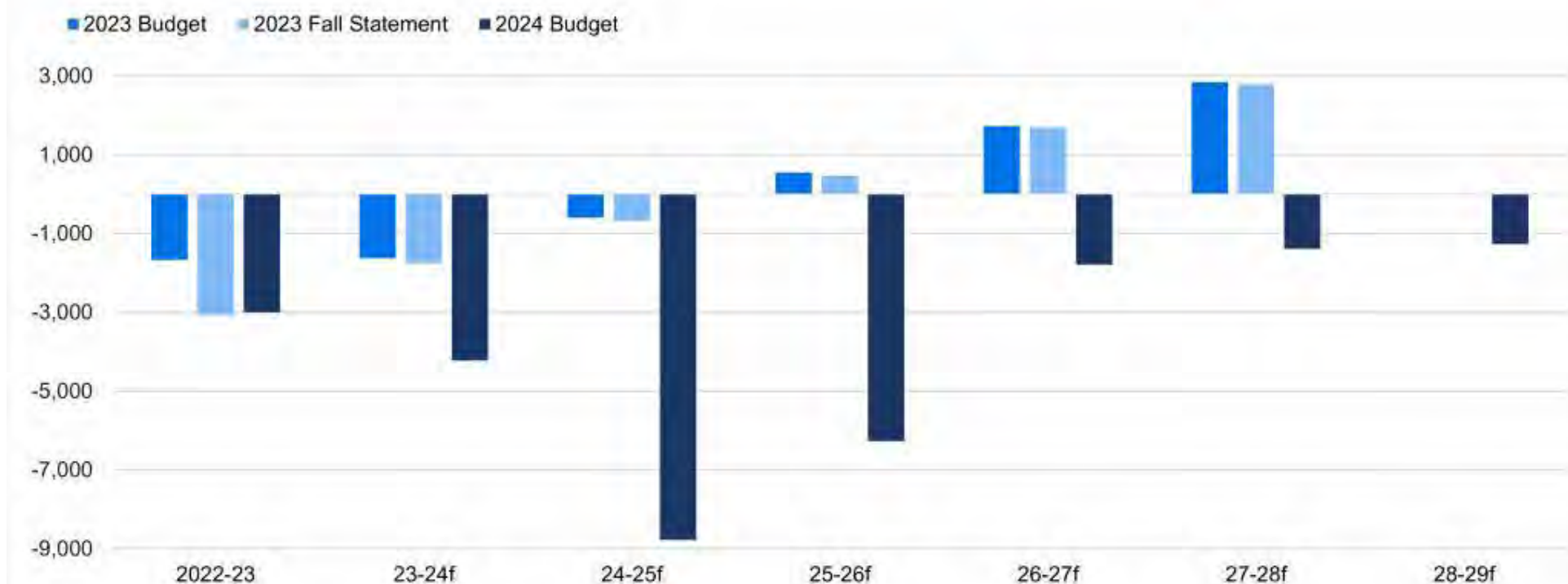
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A new fiscal picture: budget balance before deposits to the generations fund, \$ billions. f=forecast (Source: Finances Québec)

2025, below the national average and closely matching our own projection of 1.7 per cent.

While inflationary pressures are easing, several sticking points remain including service and shelter prices. Globally, the performance of the U.S. economy and impact of rising geopolitical tensions add further uncertainty to the inflation outlook.

Quebec's labour market is rebalancing after a period of extreme tightness in the wake of the pandemic. Over the next two years, the government expects a combination of softer labour demand and weaker labour force growth to weigh on job creation. While this will exert some upward pressure on the unemployment rate, constrained labour force growth will keep conditions in the job

market relatively tight.

Interest rates are the principal driver of the outlook for several key expenditure categories. Strong population growth and elevated savings buttressed demand for goods and services in 2023. Yet household spending growth will cool in 2024 as consumers reign in some discretionary spending and navigate higher debt service costs.

Meanwhile, residential investment, which declined by an estimated 17.8 per cent in 2023, will stabilize posting growth of 0.4 per cent in 2024. However, housing starts are projected to remain below the 10-year pre-pandemic average, keeping a lid on supply and affordability. The government is optimistic about

the near-term growth outlook for non-residential investment, pointing to the commencement of large projects in the mining and battery sector, as well as improved business confidence.

Despite slowing economic growth and lower inflation the nominal value of Quebec's output is still forecast to grow by 4.0 per cent in 2024 and 3.8 per cent in 2025. This indicates a growing tax base and is a positive sign for government revenues.

In Summary

The financial outlook for Quebec has been thrown off course due to poor economic performance. The province is pursuing ambitious efficiency gains and revenue measures to realign its fiscal balance. It's a risky proposition.



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Happy Easter

4 Easter celebration activities to do with your children



Easter is the perfect time to make memories with family and organize entertaining outings with your children. Are you looking for original ideas to keep your little ones occupied? Here are some playful at-home activities or outing ideas to celebrate Easter in a fun and creative way.

1. HAVE A SWEET TREAT TASTING

Organize a trip to a chocolate shop or a sugar shack in your area. Or, if you prefer to stay home, taste various chocolate treats or have specialty maple products delivered to your doorstep. Let the whole family enjoy it!

2. CREATE A MINI FARM

Transform your play area into an Easter mini farm with a few simple crafts. For example, you could have your kids make farm animals, like chickens, rabbits and sheep from recycled materials. Stimulate the imagination of your young artists!



3. VISIT A PETTING ZOO

Visit a local farm or petting zoo for a delightful day amongst animals. Many petting zoos offer special Easter activities, like wagon rides and egg hunts. This is a fun and educational way to spend time with your family during Easter weekend.

4. MAKE GREETING CARDS

Get the whole family involved in making personalized Easter cards using coloured paper, stickers and other crafting materials. These cards can then be mailed or delivered to your loved ones to convey your sincerest Easter wishes.

Make this Easter memorable thanks to these delightful and accessible activities ideas for the whole family!



Happy Easter



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Happy Easter

Easter and the days that make up Lent

Did you know that Easter is directly preceded by Lent? This key period of the Catholic calendar comprises 40 days of fasting and reflection, which ultimately culminates in celebrating Easter Sunday. These are some of the holy days typically observed during lent.

SHROVE TUESDAY

FEBRUARY 13, 2024

This is a day for letting loose before Lent. It's frequently celebrated with extravagant parades and festivities such as Carnival in Rio de Janeiro and Mardi Gras in New Orleans.

ASH WEDNESDAY

FEBRUARY 14, 2024

The first day of Lent. This holy day is characterized by the practice of marking crucifixes with the ashes of burnt palm leaves on the foreheads of devout Christians.

PALM SUNDAY

MARCH 24, 2024

The final Sunday of Lent and the first day of Holy Week (the week leading up to Easter Sunday), this day commemorates

the triumphant arrival of Christ into Jerusalem, when followers laid down their cloaks and small branches of trees in front of him as a sign of respect.

HOLY THURSDAY

MARCH 28, 2024

Also known as Maundy Thursday, this is the celebration of the last supper of Jesus and his apostles, when he predicted his death and resurrection.



GOOD FRIDAY

MARCH 29, 2024

On this day, Christians observe Jesus' suffering and death on the cross. While it may seem like a misnomer for such a solemn occasion, it's been suggested that in



this case, "good" merely refers to a day of religious observance.

the perfect time to be more mindful of how you live your life.

EASTER SUNDAY

MARCH 31, 2024

The most important day in the Christian calendar, Easter Sunday is a time for feasting in celebration of the resurrection of Jesus from the dead.

Overall, Lent is a time for fasting, giving up bad habits, adopting wholesome practices and reflecting on spiritual values. Regardless of whether or not you're religious, the days leading up to Easter are

Easter is considered a moveable feast, because the day it falls on can be anywhere from March 22 to April 25. The difference from year to year can be attributed to variances in the lunar calendar. Easter will always land on the Sunday following the first full moon after the spring equinox. If the full moon happens to be on a Sunday, then Easter is celebrated the following week.



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*Je souhaite à tous de très
joyeuses Pâques !*

*Wishing everyone a very
happy Easter!*

MARY DEROS

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Saint-Roch food bank faces overwhelming demand, halts new memberships

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Increasing numbers at a Montreal food bank reveal broader issues of food insecurity, say advocates, calling food banks a temporary fix that avoids addressing the root causes, according to Food Secure Canada.

The Cuisines et vie collectives Saint-Roch food bank, which typically supports about 180 families weekly, has recently seen its lines grow significantly, with demand outpacing supply.

The food bank had to call police for crowd control during a distribution event last month and has since stopped providing additional food to non-registered individuals, also pausing new memberships for two months.

Despite Quebec's \$30 million funding boost to provincial food banks, experts argue this does not tackle the underlying problem of increasing food insecurity among Canadians, emphasizing that food banks serve more as a temporary measure rather than a solution to poverty and food access issues.

Gloria Fernandez, director of Cuisines et vie collectives Saint-Roch, highlighted that food banks only offer a short-term relief without addressing poverty, the root cause of food insecurity. She pointed out the struggles faced by new immigrants and low-income families in accessing sufficient food.



Food Banks Quebec reported a significant rise in demand, with a monthly average of 2.6 million requests in 2023 and food banks frequently running out of supplies.

Wade Thorhaug, executive director at Food Secure Canada, criticized the reliance on food banks as a failure of public policy, suggesting they should not exist and that they allow politicians to avoid dealing with deeper socio-economic issues.

Valerie Tarasuk, a food insecurity researcher, echoed these sentiments, stating that Quebec's financial commitment to food banks does not address the root causes of food insecurity and could perpetuate a system that fails to reduce demand for food aid. Tarasuk stressed the importance of strengthening income supports to help those living on limited incomes manage the rising costs of living.

The Cuisines et vie collectives are a nonprofit organization dedicated to improving the quality of life for individuals and families in the Parc-Extension neighbourhood. Their goal is to foster a strong support network through various initiatives focused on food security and independence. These initiatives include collective kitchens, workshops, classes, food distribution, training, and social activities. Their aim is to empower community members, ensuring they have access to the resources and knowledge needed for a sustainable and fulfilling life.

"Montreal's state of cleanliness is at a record low," says Ensemble Montréal

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The day after the arrival of spring, Ensemble Montréal presented a plan to tackle the city's glaring cleanliness issues. From raising awareness to improving the cleanliness brigades and revising the waste management system, the party insists that the proposed measures be deployed on a permanent and ongoing basis. While the arrival of the summer season often rhymes with a massive clean-up operation, the last few years have demonstrated the perpetual state of filth Montreal is in all-year round.

"Ensemble Montréal understands that offering a clean city is the most important thing we can do! It's a well-known fact that when our environment is clean, we pay more attention to it, and vice versa. I'd like to think that the members of the Plante administration clean up their own homes, so why don't they do the same with the city they're responsible for?" said Stephanie Valenzuela, the Official Opposition's environment spokesperson, at a press conference on Wednesday.

Cutting garbage pickup? Only with adequate support

This is the fourth time that the elected representatives of Ensemble Montréal have raised this issue, despite several commitments from the administration. Not only has the situation not improved, but it's likely to get worse with the spacing of garbage collection in certain neighbourhoods.

Ensemble Montréal is particularly concerned about the consequences of this decision in

Parc-Extension. Buildings with 9 units or more will see their collection reduced from twice a week to once a week, starting in May. Too little support is provided to guide residents through this major change in habit.

"Last May, I presented several solutions to the administration, which were just waiting to be implemented. Not only are there no results on the ground, but now they're adopting measures that are likely to cause even more problems in a borough where the presence of rats has become a public health issue. If this isn't adding fuel to the fire, I don't know what is!" lamented Mary Deros, city councillor for the Parc-Extension district.

In Mercier-Hochelaga-Maisonneuve, where collection has been reduced from once a week to once every two weeks in two sectors of the borough, the lack of support has exacerbated the problem, according to the city councillor for the Tétéaultville district.

"I sincerely wish I could say that it works, because Ensemble Montréal is in favour of waste reduction. However, it's delusional to expect compliance for all residents and that they will simply 'make the necessary arrangements to have fewer garbage bins'. It's vital to raise awareness and support citizens," added Julien Hénault-Ratelle, city councillor for the Tétéaultville district.

Visit ensemblemtl.org/wp-content/uploads/2024/03/Cleanliness-Plan-EM.pdf to consult the cleanliness plan proposed by Ensemble Montréal.

Park-Extension gears up for a historic 2024 Greek Independence Day parade with VIP attendees!

DIMITRIS ILIAS
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On the bustling streets of Park-Extension, anticipation is building for a celebration unlike any other. This March 24th, Jean-Talon Street will transform into a vibrant artery of freedom and heroism as it hosts the 2024 Greek Independence Day Parade. What sets this year's parade apart is the expected presence of two of the world's notable leaders: the Prime Minister of Greece, Kyriakos Mitsotakis, and Canada's own Prime Minister, Justin Trudeau.

For the residents of Park-Extension, this occasion is not just a parade; it's a historic event right on their doorstep. Imagine the pride of seeing Jean-Talon Street, a familiar daily backdrop, being honored with the footsteps of esteemed international and national leaders. The air will be thick with an immense amount of security, ensuring the safety of the Prime Ministers and spectators alike, adding a layer of solemnity and importance to the festivities.

The Greek Independence Day Parade is a time-honored tradition in Montreal, bringing

together the Hellenic Community of Greater Montreal and supportive Canadians to honor the resilience and courage that symbolize the Greek fight for independence. This year, the event promises an exceptional blend of cultural heritage and political significance.

As the clock strikes 1 p.m. on Sunday, Jean-Talon Street will come alive with the colors of Canada, Quebec, and Greece. The parade is a testament to the enduring spirit of the Greek nation and the unity within the multicultural fabric of Montreal. Participants and onlookers will experience a procession filled with patriotic fervor, encapsulating the rich cultural heritage of the Greek community.

The weekend's festivities will draw to a close with a reception at the Hellenic Community Centre Adrian Maris, offering a final opportunity for reflection and celebration. With Prime Minister Kyriakos Mitsotakis as the honorary guest and the backing of the Embassy of Greece to Canada, this event promises to be a memorable conclusion to a weekend of patriotic pride and community spirit.

For the residents of Park-Extension, this parade is more than a celebration; it's an oppor-



tunity to be part of a living history, to witness the embodiment of freedom and heroism on their streets. As we come together to celebrate Greek Independence Day, we are reminded of the enduring values of democracy, unity, and the relentless pursuit of liberty. Join us in making history on Jean-Talon Street and reaffirm our collective commitment to the ideals that shape our communities and our world.



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Our newspaper, Park-Extension News, has frequently reported on the ongoing rat infestation issue in Parc-Extension, underscoring its persistent nature and the community's struggle for resolution. This problem is notably severe around the Maxi grocery store and the vicinity of the Parc metro station, where open garbage cans and discarded food have not only attracted rats but pigeons as well, further complicating the situation.

City councillor Mary Deros has voiced her frustration regarding the maintenance of cleanliness and the challenges in managing the

The rats are back! *Or rather, they never left...*

burgeoning pest population. Despite attempts to curtail the issue through measures such as installing informational panels discouraging the feeding of wildlife, these initiatives have seen limited success.

The accumulation of waste is a pervasive issue extending beyond public spaces into residential areas. This has spurred members of the community to take action, with organizations like the Bureau d'information de Parc-Extension (BIPE) leading the charge. BIPE has been vital in organizing clean-up operations and educational workshops to enlighten both established residents and newcomers about effective waste management practices, a narrative our newspaper has consistently followed and supported through our coverage.

Acknowledging the severity of the rat infestation, the borough has taken steps like hiring a rat exterminator and actively monitoring the situation. Nevertheless, the problematic behaviour of individuals who

feed these animals continues to be a significant hurdle. Through our ongoing reporting, Park-Extension News aims to emphasize the critical need for community cooperation and

the collective effort required to tackle this vexing issue effectively, aligning with the local government's acknowledgment of the situation's gravity.

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A guide to grants and permits

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DIRECT ANSWERS

FROM WAYNE & TAMARA

By A NOSE

Q My behavior and emotions make no sense to me. I have a wonderful boyfriend. At first I admit I was not fully attracted to him. At the time I was hung up on dating gorgeous men that in the end brought me nothing but a pretty face. But the more time I spent with my boyfriend, the more I realized how compatible we are.

My friends and family love him. We are a great couple and share similar views on life. We laugh together and play together. He is ambitious, mature, and so sweet you can see the goodness in his heart by his eyes. In bed we have amazing chemistry. He is sensual and gentle, which is what I love and have at last found.

One thing perplexes me: I cannot accept his large and long nose. I know it sounds crazy. This one imperfection of his keeps me from fully saying yes and concluding he is the perfect guy for me to marry. I've told him this, and he mostly laughs it off. He even makes fun of his own nose.

I used to have a long nose myself, but not anymore. Could this be the insecurities I felt as an unattractive child? When I am with him, I am fully in love and forget about his nose. When he

is gone, all these nagging doubts begin.

Joyce

A Joyce, there are two versions of the Cyrano de Bergerac story: the original play by Edmond Rostand, and the movie version starring Steve Martin. In both stories, Cyrano fears rejection by the woman he loves because of his large nose. Rostand's play ends unhappily, but Martin's movie shows love triumphant.

Unlike the Cyrano story, your boyfriend's nose is not a problem for him. It is a problem for you. You are doing to him what was done to you as a child. Others made you feel unattractive, and that is how you feel about him.

Is being with him like wearing an ugly sweater? Do you obsess about what your children would look like?

We are not judging you based on this aspect of your personality, but you haven't met someone you love so much that the outside package doesn't matter. Love causes us to see the world through different eyes. Until that happens, your relationships may resemble the Rostand story, not Steve Martin's.

Tamara

EIGHT MILLION STORIES

Q I recently married. Prior to getting serious, I told my husband about my not so spotless past, giving him the opportunity to bow out. He said my past didn't matter. He didn't, however, return the favor. After we married, the official who denied his driver's license reinstatement told me he has not one, but seven alcohol related arrests.

My husband vehemently denies he has a substance abuse problem, but he took 120 pain pills in a week's time. See a pattern? He accuses me of infidelity, which is impossible because he hardly ever lets me out of his sight. He's gone so far as to accuse me of poisoning our dog against him.

To top off everything else, despite my parents helping us pay the bills, he recently bought a weekend at a time-share resort. I feel I've been

fighting single-handedly for our marriage. Will this man ever live in reality?

Mia

A Mia, the crime show "Naked City" ended each episode with the same tag line: "There are eight million stories in the Naked City. This has been one of them." Most of the shows ended on a melancholy note with people wishing things hadn't happened as they did.

Your husband committed a crime against you: fraud. He was impersonating someone you could love. At the end of each "Naked City" episode, people dealt with the aftermath of what was done to them and moved on with their lives. Like everyone else in the Naked City, you should, too.

Wayne

WAYNE & TAMARA MITCHELL are the authors of YOUR OTHER HALF (www.yourotherhalf.com)

Send letters to: Direct Answers, PO 964 Springfield, MO 65801-0964

or email: GetInTouch@WayneAndTamara.com

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- Raspberries
- Blackberries
- Corn
- Cauliflower
- Pineapple
- Small Green Cabbage
- Beans
- Green Onions
- Potatoes (3lbs)
- Celery
- Kale
- Tomatoes (3)
- Mini Cucumbers (6)
- Lemons (2)
- Bananas (4)
- Oranges (3)
- Pears (3)

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(Dépanneur Les DS du coin)
3350 rue Belair, H2A 2A4

MTL-Est (Action Sport Physio)
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MTL-Ouest
(Action Sport Physio)
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Local A, H4X 1Y9

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HOROSCOPE

Week of MARCH 24 TO 30, 2024

The luckiest signs this week:
SAGITTARIUS, CAPRICORN AND AQUARIUS

ARIES
You may need to negotiate skillfully in various contexts such as at work or with your friends or partner to achieve harmony. You'll have to make compromises and adjustments to cultivate happiness in all your relationships.

TAURUS
At work, you may experience some confusion and conflict. This could prompt you to start thinking about a career change. Take the time to weigh the pros and cons and get advice from those closest to you.

GEMINI
You'll find yourself in a position to stand out. This could transform your life in the long term. Your value will be highlighted in a variety of ways, boosting your self-esteem and self-confidence.

CANCER
You may decide to move soon, especially if the family home has proved too big since your children left the nest. In your relationship, change could strengthen or rekindle your passion.

LEO
Your outspokenness will be evident as you express openly what others think in silence. A secret could leave you perplexed for a while. The Full Moon will have a revealing effect. A revelation will show you the way forward.

VIRGO
If you're struggling financially, you could discover some interesting solutions. You'll finally get the opportunity to invest in a project dear to your heart or, at least, to redecorate your home.

LIBRA
This will be an active and dynamic week. You may need to shake things up with certain people. Even if you prefer keeping the peace, it's time to assert your position to re-establish harmony with those close to you.

SCORPIO
Your talents will increase tenfold, opening the door to a spiritual awakening. You'll develop a deeper perspective and greater empathy, allowing you to see things in a new light. The artist in you could also be revealed.

SAGITTARIUS
A post on social media could inspire you. Someone close to you will play a key role in helping you become the person you've always wanted to be. This will guide you toward fulfillment and happiness.

CAPRICORN
If you have a jam-packed week, make sure to space out your appointments to avoid scheduling conflicts and minimize the pressure. Time is precious; carefully manage yours.

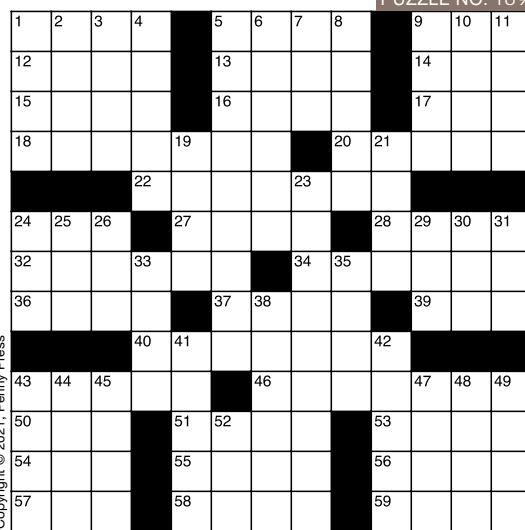
AQUARIUS
You could decide to radically change your life on a whim. This transformation could involve going back to school or starting a new career in line with your deepest aspirations.

PISCES
The heart has its reasons, which reason knows not. Even if you try to rationalize a situation, your emotions will influence your choices. Sometimes, you must step out of your comfort zone to move in the right direction.

Coffee Break

CROSSWORDS

PUZZLE NO. 169



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ACROSS

- Too
- Grating sound
- Chap
- Chicken's house
- Concert solo
- Slippery
- Occasional
- _____ slicker
- This girl
- Contestants
- Diner customer
- Stuck
- Get _____ of
- Mislay
- Engrave with acid
- Secret groom
- Promise
- Dog's pest
- Seltzer
- Exercise place
- Hold dear
- Home movie

DOWN

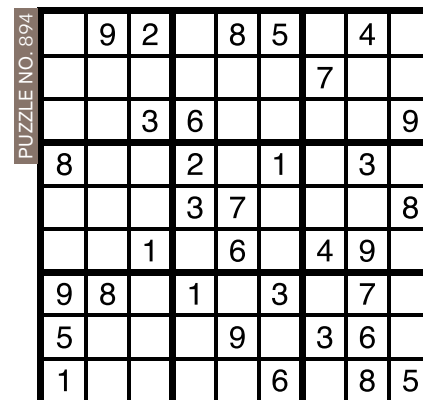
- Land measure
- Bank transaction
- Type
- Musical drama
- Thoroughbred
- Emerges
- Model
- Money recipient
- Directory
- Dull pain
- Colorist
- Bugs
- Animosity
- Biblical pronoun
- Folk knowledge
- Father's boy
- Geologic ages
- Deadlocked
- Aardvark's snack
- Rents
- Deficiency
- At a standstill
- Lemon drinks
- Willingness
- Game official, for short
- Feeling awful
- Stag's mate
- Harbor vessel
- Mew
- Hesitation word
- Swiftess
- Lip
- Far East
- Place to stay
- Ms. Hunt
- Traveler's permit
- Strong metal
- Fender damage
- Protected inlet
- Forest component
- Transport
- Gardener's aid

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.

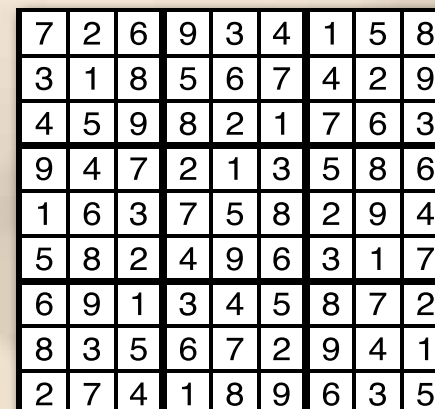


Last Issues' Answers

CROSSWORDS



Sudoku



Doctor Dan Munteanu

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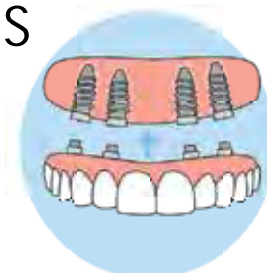
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Upper or lower maxillary
Snap-on removable (Novaloc)

Exceptional price: \$7800 and \$250/month for 12 months for a total of \$10,800. Regular price \$15000.



Blanc

Dr. Dan Munteanu
DMD, General Dentist
More info at www.blancdentaire.ca

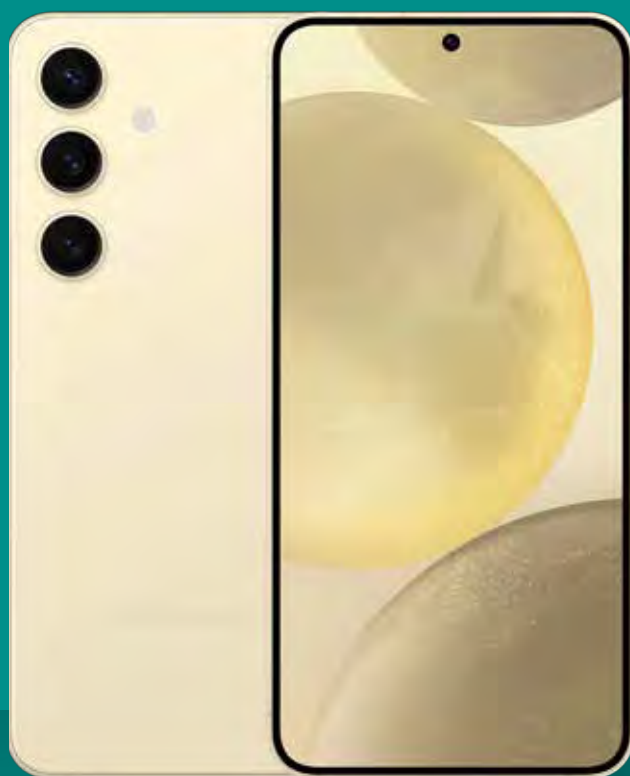
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