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Parc-Extension borough council meeting highlights

Housing concerns, winter pedestrianization, and bike path disputes

DYLAN ADAMS LEMAÇON
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The first borough council meeting of the year in Parc-Extension saw residents voicing concerns over housing, traffic safety, and bike path implementations, while the council introduced initiatives to enhance community life.

Borough Mayor Laurence Lavigne Lalonde, alongside councilors Mary Deros, Josué Corvil, Martine Musau Muele, and Sylvain Ouellet, greeted attendees and wished them happy New Year and quickly moved through the agenda.

Celebrating perseverance and cultural heritage

The council donned green ribbons in honor of School Perseverance Day, with Mayor Lavigne Lalonde applauding local youth for their dedication, stating, "Bravo to all the kids who persevere!". The council also took a moment to recognize Black History Month as an important time for the community.

New initiatives for Villeray

The borough announced its first winter pedestrianization project, closing Rue Villeray between Rue St-Denis and Avenue Henri-Julien near Parc Jarry. Additionally, a new library is officially in the works for Villeray, with an architectural contest underway to design the facility.

Public concerns: housing, traffic, and safety

Housing crisis and rent increases

As the public question period got off to a start, resident Wedley Jean Charles raised concerns about the recent 6% rent increase authorized by the Tribunal administratif du logement (TAL). He questioned the impact of this hike, to which Mayor Lavigne Lalonde responded, calling the increase "concerning" and acknowledging the ongoing housing crisis. She noted that while the council provides support, these decisions fall under provincial jurisdiction, urging residents to contact their provincial deputies.



Resident Wedley Jean Charles takes the mic to ask about the 6% rent increase authorized by the Tribunal administratif du logement. (Photo: Dylan Adams Lemaçon, Parc-Extension News)

Traffic safety on 15th avenue

Resident Guillaume Leclerc, representing residents of 15th Avenue, pressed for long-promised traffic calming measures, including a stop sign and speed bumps. Despite city approval, Leclerc expressed frustration over the delays, volunteering a group of locals to help install the speed bumps. Councilor Sylvain Ouellet sympathized, sharing his own struggles with municipal red tape, which delayed a traffic light installation for six years. The mayor assured that a plan would be revisited in the spring.



The city council meeting is about to start as city council members take their seats and prepare to talk. (Photo: Dylan Adams Lemaçon, Parc-Extension News)



Resident Guillaume Leclerc voices his frustration in regards to the inability of the borough to properly appease traffic on his street (15th Avenue). (Photo: Dylan Adams Lemaçon, Parc-Extension News)

Bike path dispute and legal tensions

As the question period continued, Marc Perez, president of the Coalition for Democracy in Montreal, accused the council of bypassing proper consultation for a new bike path, labeling it as dangerous. In response, Mayor Lavigne Lalonde inquired about his intent to sue the city. Perez confirmed the lawsuit plans, prompting the mayor to decline further discussion on the topic, stating, "I'm not gonna have an argument while you are suing me".

Addressing trade concerns and community safety

Resident Alain Antoine Courchaine questioned the potential local impact of U.S.-Canada trade tensions. While unable to provide a detailed response, the mayor noted that preparatory measures are in place.

Katiana François requested a stop sign for a dangerous intersection in St-Michel. However, the mayor explained that legal restrictions prevent additional signage near traffic lights, though alternative safety measures would be explored.

Participatory budgeting and online engagement

In an online question, Xavier Jacob inquired

about adopting a participatory budget for the borough. Mayor Lavigne Lalonde acknowledged discussions on the topic, affirming the value of community involvement in project-specific funding, while maintaining traditional budgeting methods for broader fiscal planning.

The meeting concluded with the approval of various agenda items, underscoring the council's ongoing efforts to address community concerns while advancing new initiatives for 2025.

The next borough council meeting is scheduled for March 11, 2025.

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OPINION & Editorial



THAT'S WHAT I'M THINKING

Robert Vairo



Tariffs should get us thinking differently

Canada has been acting like a poor country for the last ten years. It's not an accident that we have been led by a government that has wanted Canadians to think small. Members of cabinet and would-be leaders are disciples, in fact, some are board members of the World Economic Forum. The WEF used to be an impartial international think tank but has veered extremely left. Today, some call it "the mafia elite of the super-rich." Its credo is a world without borders. Picture the former Soviet Union. The purpose is not the creation of wealth but its redistribution. Canadian Armed Forces Lt-Col David Redman sounds the alarm when he says "Canada finds itself in a far worse situation across all areas of national security than we did in 2015, with the purpose of destroying and dissolving our Canadian identity." The retired Redman says it's not by accident that government has allowed China to infiltrate and influence our three governing levels.

There is no one to thank more for this catastrophic erosion in our pride and identity than this most divisive federal government. It was the newly elected prime minister who declared that Canada is not a sovereign country. It was a stunning statement to the New York Times in 2015, but in line with his beliefs and those of the World Economic Forum. He said, "there is no core identity, no mainstream in Canada. We are a post national state." No premier, no other Canadian leader stood and spoke against this treasonous verbiage. Perhaps we were too enamoured and blinded by the young man with different hair styles every six months, flashing his family brand while fresh off a winning knockout punch in the boxing ring. Our judgment became clouded enough to not realize the 2015 election results were going to lead us to a social, political, and economical quagmire. We are now only individuals, living in different geographical regions, from Newfoundland to British Columbia. The east was told to hate Alberta, despite it being

Canada's biggest revenue generator. It is the 'have province' that finances Québec's social programs and sustains our medical system in Canada. It is the province that produces the largest percentage of Canada's exports. Shouldn't we be thankful and grateful that Alberta is part of our Confederation?

Despite our love and dedication, Canada means little or nothing to many of us anymore. We sing our National Anthem before hockey games with no emotion nor conviction. Yes, at least men remove their caps for the national anthem, but only because long time and revered Habs announcer Michel Lacroix says so. The only other time is when Ginette Reno leads us into belting out O Canada at The Bell. Otherwise, we may as well be lip-syncing. We allow our Canadian maple leaf flag, that we once saluted and honoured, to be burned and ripped apart on our streets by terrorists, while police stand by and never make an arrest. We glorify terrorists who destroy our flag! Canada's kindness is no excuse to break our laws. We offer a beacon of hope to the world, but we have permitted and tolerated the importation of international conflicts to our streets.

Never have I come close to even dreaming of this happening in my country. For the last ten years Canadians have been told that we should be ashamed because of how bad and evil history has shown us to be. No one in that government at any time, has given Canadians any reason to feel proud of who we are. Yet we have so much to be thankful and proud of in wearing our maple leaf.

The federal Liberal government has allowed repeat criminals, who laugh at our justice system and smirk in triumph at police as they are released the day after being arrested. Not once, but it happens time after time after time. Canada's crime rate is 14% higher than the United States (Fraser Institute).

Chronic repeat offenders have to be left in prison. As citizens of this country, we need

to be protected from repeat offenders, knife wielding sidewalk terrorists, gun totting car jackers, home invaders, and gang warfare where innocent bystanders are shot or injured. This is what Canada has become.

We have allowed border free entry not only to illegal migrants but to banned guns and deadly drugs. More fatal drugs, especially fentanyl, are allowed into this country as never before. Over 49 thousand Canadians have died of opioid related deaths in the last ten years, according to Canada.ca. Let that sink in. While refusing to accept diversity of opinion, this government trumpets diversity as the strength of Canada. In fact, allowing diversity to flood this country has meant the importation of every worldly ethnic conflict, and the disappearance of our values.

So, who will lead us back to the country we once loved and cherished? Who will secure our borders not because an American president tells us to but because we are proud Canadians who want to protect our traditions, principles, and sovereignty? Who will insist on a code of conduct before becoming a resident of this country, making it illegal to disrespect and not abide by our values and customs? The possibility of deportation should be an inevitable consequence of unlawful behavior. Destroying or stomping on the Canadian flag should be a punishable offence. Who will stop Chinese, Russian, and Indian interference in our democratic system in municipal provincial and federal governments? Who will stand at the laboratory door and filter those who participate in our research and development?

Before we vote, Canadians must tolerate another demonstration of political arrogance, a leadership convention. Instead, an election should have been called on January 7th.

But for now, put aside the political bravado of a tariff war and fix our border. Tariffs should get us thinking differently.

We are so anxious and ready to elect true leadership when it is needed more than ever.

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Liberals' Duclos warns of steep cuts under a Poilievre government

Maintains dental coverage and affordable housing are threatened by Conservatives

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With the prospect of an early federal election more certain by the week, Jean-Yves Duclos, Minister of Public Services in the outgoing Trudeau cabinet, is warning that a Conservative government under Pierre Poilievre would almost certainly make deep cuts to programs introduced by the Liberals in the past nine years – including national dental care and access to affordable housing.

“Pierre Poilievre wants to take away dental coverage for millions of Canadians and leave you and your family without the health care you need and deserve,” Duclos said in an interview with *Newsfirst Multimedia* during a recent stop in Laval to attend a multicultural gathering.

Dental plan threatened, he says

The Liberal government's Quebec Lieutenant said Poilievre has gone on record several times trying to discredit the Canadian Dental Care Plan, which was adopted by the Liberals largely at the urging of the NDP minority opposition in Canada's parliament.

“Any time someone has asked him why he is against, he has said it is because it doesn't exist,” Duclos said, maintaining that Poilievre, driven by right-wing ideology, has also been known to refer the dental plan as a “communist” policy.



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“So, this is very strange obviously for any sensible person to understand that language,” said Duclos. “But then it's part of the fake news argument: he pretends that people shouldn't register because it doesn't exist, and then because it doesn't exist, he says we can do without it – which is obviously completely false.”

He said that, to date, more than 3.1 million dental program applications have been approved, with one million in Quebec alone. As well, he said more than 1.3 million Canadians have received dental care through the plan. “More than 95 per cent of all dentist here in Quebec have used the program,” said Duclos. “For now, it is seniors and people under the age of 18. But, in 2025, we are expected to open the program to everyone.”

On affordable housing

On affordable housing, Duclos, who was the minister responsible for the Liberal government's first national housing strategy, maintained that since 2015 when the Trudeau government first came into office, the Liberals managed to build more than 50,000 units of affordable housing, paid for largely by the federal government.

He claimed that Pierre Poilievre, as the cabinet minister responsible for housing in the former Harper Conservative government, “built six in total for his whole mandate across the entire country.”

On the Liberal leadership

Regarding the Liberal leadership race, Duclos declined to say whether at this point he is supporting any particular candidate.

However, an outline of his thinking on the matter, furnished to *Newsfirst Multimedia* by a Liberal administration staff member, noted that Duclos has “said time and time again that the next leader of the party needs to be bilingual

and have the interest of all Quebecers at heart.”

Duclos acknowledged that by this definition, the field of suitably bilingual candidates becomes somewhat narrower. Of the two most prominent ones – Mark Carney and Chrystia Freeland – he noted:

“They are not perfectly bilingual, just as I am not perfectly bilingual. Perfectly bilingual Canadians are rare. But what matters is whether you are able to engage with Canadians in whatever language they use. That is absolutely essential.”

Impact of Trump presidency

Duclos said the Liberal government had long been preparing for the eventuality that Donald Trump would be re-elected as president of the U.S. “I would say that people want to be reassured,” he said.

He said the Liberal government “started in late winter, early spring 2024, since at that time there was a high probability that President Trump would be re-elected, so it was possible. And then it became probable that he would be re-elected. So given that, we had to reactivate our engagement work in the United States.”

Dismisses deficit worries

On the country's growing annual operating deficit – which currently stands at more than \$60 billion for 2023-24, compared to \$35.3 billion in 2022-23 – Duclos, who has headed the economics faculty at Laval University and has a PhD from the London School of Economics – maintained that the government's debt is nothing to become alarmed about.

“It isn't only the debt that matters – it's also the size of the economy,” he said, noting that Canada's economy has been assessed by the International Monetary Fund to be the second-fastest growing economy in 2026-27 after the U.S.

Rising rents and housing scarcity

Park-Extension residents cautioned

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Montreal's escalating rent crisis is putting additional pressure on tenants, particularly in neighborhoods like Park-Extension, where affordability is becoming an increasing challenge. With steep rental increases and limited options, the city is advising residents to reconsider moving this year.

As the annual lease renewal process unfolds, landlords are required to notify tenants of any rent adjustments by March 31. Renters then have a month to respond. The city is emphasizing that tenants have the right to contest rent hikes and negotiate better terms. If an agreement isn't reached, it falls upon the landlord to take the matter to the Tribunal administratif du logement (TAL), which will ultimately determine a fair rental rate.

This warning comes on the heels of a significant decision by the TAL, which recently approved an average rent increase of 5.9%—the largest annual jump in three decades. For those currently paying \$1,000 per month, this means an added financial burden of \$708 per year. However, the situation is far more severe for tenants looking for a new place, with data from the Canada Mortgage and Housing Corporation (CMHC) indicating that rental prices for vacated units surged by an average of 18.7% in the past year, compared to a 4.7% increase for lease renewals.

Park-Extension, historically a haven for low-income families and newcomers, has felt the effects of gentrification more acutely in recent years. The arrival of upscale housing developments and a shifting economic landscape



have resulted in skyrocketing rents, making it increasingly difficult for long-time residents to remain in the area. With few affordable options available, housing organizations have expressed concerns over displacement and community fragmentation.

"The reality is that affordable housing in Montreal is becoming scarcer," city officials stated. "For those contemplating a move, it's advisable to start searching well in advance, as competition is fierce."

While the city's vacancy rate has edged up slightly to 2.1%, a considerable portion of available units consists of newly constructed high-end properties, leaving budget-conscious

tenants with few viable choices. In Park-Extension, new buildings along streets such as Jarry and Beaumont feature significantly higher rental rates than traditional apartments in the area, pushing out many long-time residents.

Montreal offers support to individuals unable to find housing before their leases end. In July 2024, more than 1,500 households in the city were left without leases, according to the Société d'habitation du Québec (SHQ). Moreover, the Office Municipal D'Habitation De Montréal (OMHM) reported that as of December 27, 2024, over 14,000 families remained on the waiting list for social housing.

Residents of Park-Extension facing rental diffi-

culties are encouraged to utilize city resources, such as the OMHM's online database that provides a list of available units by size and price. Additionally, Vivre En Ville maintains a rental registry to help prospective tenants understand prevailing rental trends and costs.

Local advocacy groups like the Comité d'action de Parc-Extension (CAPE) continue to play a pivotal role in defending tenant rights, providing legal assistance, and advocating for greater rent controls to prevent further displacement. With rental costs rising and affordable units in short supply, many Park-Extension residents may find that staying in their current homes is the only viable option to maintain financial stability.

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Pink in the City presents \$317,000 to MUHC Foundation for breast cancer care

*Love, compassion and action at work, says
Pink president Denise Vourtzoumis*

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A check for \$317,000 was presented recently by officials with Pink in the City to the MUHC Foundation, representing funds raised by Pink last year for holistic care provided to breast cancer patients at the Montreal-based teaching hospital.

Denise Vourtzoumis, president of Pink in the City, took to the podium with heartfelt emotion.

'A shared purpose'

"This achievement is a testament to what happens when a community comes together with a shared purpose," she said. "Pink in the City was founded on the belief that love, compassion and action can make a tangible difference in the lives of breast cancer patients. I salute every survivor in the room, you are the reason we are here."

Dr. Sarkis Meterissian, founder of the Breast Clinic Wellness Program at the MUHC, expressed his gratitude for the vital support that Pink in the City provides.

"This program was created to address the emotional, physical, and psychological well-being of breast cancer patients," he said. "Thanks to Pink in the City, the MUHC Foundation and their incredible donors, we can continue to offer holistic care that truly meets the needs of our patients."

Unwavering commitment

"Together, we are creating a future where every woman facing breast cancer feels supported and cared for," said Marie-Hélène Laramée, president and CEO of the MUHC Foundation.

"Pink in the City's unwavering commitment to this cause inspires us all to dream bigger and strive harder to ensure no more women face a future where breast cancer takes a life."

Pink in the City has become synonymous with breast cancer care at the McGill University Health Centre (MUHC). Since 2014, they have championed the MUHC's Breast Clinic Wellness Program through the MUHC Foundation and events like Raise Craze and their annual gala.

\$1.5 million raised to date

From breast cancer survivors to passionate high school students, Pink in the City never fails to unite their community in the fight against breast cancer. Pink in the City's 2024 donation to the MUHC brought their total contributions to over \$1.5 million.

The funds raised were the result of tireless efforts, which included an inspiring Pink in the Rink campaign last year led by the Concordia University Women's Hockey Team.

"Pink in the Rink is so much more than a hockey game," said Julie Chu, coach for the team. "For us, it's about standing in solidarity with those affected by cancer and showing that even the smallest efforts can create ripples of change. We're proud to contribute to such an important cause."

SWLSB's 'Raise Craze'

One of the highlights of the year is always Raise Craze, a much-loved event where people shave or dye their hair pink in support of the cause. Students from the Sir Wilfred Laurier School Board raised an incredible \$50,000, showing

▶ **Continued on page 9**



how young people are getting involved in philanthropy.
The Beat 92.5's co-hosts Lee Haberkorn and

Mark Bergman shaved their heads, while Claudia Marques and Kim Kieran dyed their hair pink during October's Breast Cancer

Awareness Month, raising \$98K for Raise Craze, which included a generous matching donation from La Vie en Rose.



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The civic importance of the festival sportif de Villeray–Saint-Michel–Parc-Extension



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The Festival Sportif de Villeray–Saint-Michel–Parc-Extension is more than just a day of sports and fun; it is a powerful civic initiative that fosters community engagement, inclusivity, and youth development. Scheduled for February 15, 2025, this annual event will see children aged 6 to 12 participate in various sporting activities, highlighting the festival's role in promoting healthy lifestyles, teamwork, and civic pride.

Encouraging active lifestyles and youth development

The festival serves as a gateway for young athletes to discover and engage in sports such as speed skating, handball, soccer, karate, and swimming. By requiring children to enroll in sports programs offered by partner organizations at the beginning of January, the event ensures sustained participation in physical activities beyond the festival itself. This proactive approach helps instill lifelong habits of physical fitness, discipline, and perseverance. Additionally, by providing a structured,

competitive environment, the festival nurtures the spirit of fair play and resilience. Young participants learn valuable life skills such as goal-setting, teamwork, and sportsmanship, which are essential for their personal growth and development.

Strengthening community bonds

Beyond athletics, the Festival Sportif is an event that brings together families, schools, and local organizations to celebrate youth achievements. Parents, coaches, and volunteers play a crucial role in supporting the children, reinforcing a sense of collective responsibility and

pride within the community. The presence of engaging activities such as public entertainers, face painting, a smoothie bike, a photo booth, and the beloved mascot Frimousse fosters a festive atmosphere that encourages social interaction and neighborhood unity.

The festival's inclusive nature ensures that all children, regardless of background or skill level, have access to enriching experiences. Free snacks, promotional gifts, and medal ceremonies further contribute to an environment where every child feels valued and celebrated.

A stepping stone to greater opportunities

A key aspect of the Festival Sportif is its role as a preliminary competition for the Jeux de Montréal. By participating, young athletes represent the Villeray–Saint-Michel–Parc-Extension borough, fostering local pride while also providing a pathway for emerging talent to advance to higher levels of competition. Since its inception in 2007, the festival has consistently attracted over 1,000 young participants each year, demonstrating its success in preparing future generations for greater athletic achievements.

The Festival Sportif de Villeray–Saint-Michel–Parc-Extension is a vital civic initiative that transcends sports. It nurtures healthy habits, builds character, fosters community engagement, and provides young athletes with the foundation to pursue greater aspirations. As families and organizations come together to support this event, they reinforce the values of inclusion, teamwork, and perseverance that define a strong and vibrant community.

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Speaking the language of care: how a Park-Ex clinic is breaking barriers

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In the heart of Montreal's Parc-Extension neighborhood, a local clinic is making significant strides in bridging language gaps to ensure equitable health care for all. With a highly diverse patient base, many of whom have recently immigrated to Canada, communication has long been a challenge. However, an innovative translation service is transforming the way medical professionals interact with their patients.

Empowering patients through language access

Dr. Maya Cholette-Tétrault, a family physician at the clinic, routinely sees patients who are new to the country and unfamiliar with French or English. To facilitate clearer communication, the clinic has implemented a real-time digital translation service, allowing patients to converse with their doctors in their native language via a video-linked interpreter.

"For many of my patients, this is the first time they've been able to fully express their health concerns in Canada," Dr. Cholette-Tétrault explains. "It's not just about medical needs—sometimes we assist with social issues, like helping them navigate housing options."

One such patient, a recent immigrant from India, used the service to discuss her pregnancy with the doctor. When asked if the translation feature was helpful, she responded with a grateful smile and an enthusiastic nod.

A seamless digital solution

The translation tool, provided by Voyce, offers real-time interpretation in over 240 languages and dialects. With just a few taps on a tablet, doctors and patients can access a professional interpreter within seconds, making consultations smoother and more efficient.

According to Aurelia Di Fabrizio, who oversees the initiative at CIUSSS West-Central Montreal, the program has significantly improved doctor-patient interactions while also reducing operational costs. "We no longer need to schedule on-site translators, which can be expensive and logistically complicated," she notes. "Patients receive immediate assistance, and doctors can focus



on delivering high-quality care."

The importance of multilingual care

Studies indicate that receiving medical care in one's native language dramatically improves health outcomes. Research published in the Canadian Medical Association Journal in 2022 revealed that non-English-speaking patients had a 54% lower risk of severe health complications when treated by a physician who spoke their language.

A model for expansion

Initially launched as a pilot program at the Parc-Ex CLSC, the translation service has since expanded to other clinics and the Jewish General Hospital. Dr. Perle Feldman, a veteran physician at the clinic, recalls the challenges of relying on in-person interpreters in the past.

"I remember one of my earliest patients, a woman undergoing fertility treatments, bringing her sister-in-law to translate," Feldman shares. "It was awkward, to say the least. Sensitive medical discussions require privacy and precision, which this service now

provides."

Feldman hopes to see the translation initiative reach even more clinics in the future. "We serve a vulnerable population—many of whom are facing financial and social hardships. Quality health care starts with clear communication. I'm not a veterinarian—I talk to my patients."

As Montreal continues to welcome immigrants from around the world, accessible health care remains a pressing issue. By embracing technology-driven solutions like real-time translation, the city's medical community is taking a crucial step toward ensuring every patient receives the care they need, regardless of language barriers.

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DIRECT ANSWERS

FROM WAYNE & TAMARA

A LONG SHOT

Q My husband and I have been married for three years, together for eight. We met in college. We have a set of twins 15 months old, and they are too much for him to handle, even though they are not a handful. They are great. They are happy babies.

We, on the other hand, are miserable. We've been separated for a month. I just found out he's been having an affair with a coworker on and off for the last six months. We already had enough problems, and now she's possibly pregnant with my husband's baby.

I feel betrayed, disappointed, and broken-hearted. He keeps telling me he's sorry, but he is unreliable—a pathological liar who likes to party with his friends. When he tells me he wants to prove he can be the man I need, I tell him he should have thought about that before straying.

It may sound like I'm making excuses for him, but I hope I'm not. He has emotional baggage from childhood. His mother raised him. She is an alcoholic, and during his first 10 years she was also into drugs. His mother always had to be with some man, and I think she failed to attach to my so-called husband during the most crucial years, birth to age five.

According to him, he was a scapegoat because he reminded her of his father. That's what his mother would say while she smacked him around. I feel like I have paid for all his baggage.

Does it make a difference if he gets professional help? A couple of weeks ago he obtained a referral for individual counseling. I can't help but wonder, if he is able to get himself straight, wouldn't it be worth it to move forward together, because we would then have 50-plus years of a healthy relationship?

Lily

A Lily, it's almost as if you are asking us to handicap a horse race. You've given us past

performance, running style, and track conditions, and you want us to let you know where to place your bet.

We would not deny anything you said about your husband's background. In the first few critical years of life, his mother did not attach to him, and as you know, kids with that background are likely to struggle with relationships all of their lives. Everything else about his home life was a horror as well.

That's a given, and as you say, you are paying for his baggage.

But the empathy you have for him as another human being is not the best guide for what you should do. His behavior, character, and habits have been formed almost in the same way you form a statue by pouring plaster of Paris into a mold. They can be changed only with great difficulty.

It's hard to take the familiar away from someone. It works for them. Chances are he won't change, and where will you be if you wait for him? It's like using the lottery as your retirement plan. Some people do win the lottery, but nearly everyone else is better off putting a little money aside each paycheck.

Change is a long, slow process. With his past history, counseling may be just another ploy. If he sees your threat to leave as toothless, he may go back to his old ways. In short, things will revert to the pattern of settle-her-down, do what I want, settle-her-down, do what I want, etc.

The problem with waiting for someone else to change is that your good efforts are likely to reap no reward. Your children will grow up and see no matter how good mom is, it doesn't get her anything. The other problem with therapy is this: if he changed his basic patterns of life, would he still want to be with you?

We have to remind you that long shots don't usually win.

Wayne & Tamara

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

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- Mushrooms (Canada)
- Zuchinis (2) (Mexico)
- Cucumber (Canada)
- Vine Tomatoes (3) (Canada)
- Beets (2lbs) (Canada)
- Avocados (2) (Morocco)
- Romaine (Mexico/Canada)
- Dates (Tunisia)
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Week of FEBRUARY 9 TO 15

The luckiest signs this week:
LIBRA, SCORPIO AND SAGITTARIUS

- ♈ ARIES**
You may have to wait at home all day for something like a package delivery. It'll be the perfect opportunity to consider a stylish interior makeover.
- ♉ TAURUS**
If you're going somewhere that's hard to find, precise directions will be essential to avoid wasting a lot of time. A GPS navigation app will be your best friend.
- ♊ GEMINI**
Nobody likes feeling deprived, but it can motivate you to seek solutions. You'll be ready to act once you figure out how to gain financial freedom.
- ♋ CANCER**
Exciting activities abound, bringing a whirlwind of commitments that will fill up your schedule. However, you'll skillfully organize all your tasks and meet all your deadlines.
- ♌ LEO**
A cold is often your body's way of telling you it's time to slow down and recharge. If you're feeling stressed, take some time to unwind with relaxation and meditation.
- ♍ VIRGO**
You'll be in a leadership role, and your team will look to you for guidance. You'll have plenty of opportunities to showcase your management skills. Embrace the position you've earned and assert your authority with confidence.
- ♎ LIBRA**
As you juggle family and professional commitments, you won't have much spare time or any time to devote to your own activities. You'll also have to organize professional or social gatherings.
- ♏ SCORPIO**
At work, your productivity will catch the attention of your superiors, who will feel compelled to offer you a raise to secure your longevity with the company. You'll have every reason to be proud!
- ♐ SAGITTARIUS**
You may be faced with existential questions this week, which may prompt you to seek a more enlightened outlook on life. In your relationship, loyalty and dedication are highly valued.
- ♑ CAPRICORN**
You'll find common ground with those around you after a conflict. Your wisdom will be crucial in this situation. Quick action will be needed to stop things from getting worse.
- ♒ AQUARIUS**
This week will be full of professional challenges. Set realistic expectations to ensure your success matches your efforts. Keep an eye out for potential friction with colleagues who may be jealous of your achievements.
- ♓ PISCES**
All the attention will be on you this week. You'll receive well-deserved praise for your amazing accomplishments. This will give you self-confidence a major boost.

Coffee Break

CROSSWORDS

PUZZLE NO. 273

1	2	3	4	5	6	7	8	9	10	11
12			13					14		
15			16					17		
18			19		20	21				
		22		23	24	25		26	27	28
29	30	31		32		33		34		
35			36					37		
38			39					40		
41			42		43	44				
		45	46		47	48	49	50		
51	52	53		54	55	56		57		
58				59				60		
61				62				63		

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ACROSS

1. State further
4. Halt, to a horse
8. Bear's home
12. Misfortune
13. Beard material
14. Sad sigh
15. Long, skinny fish
16. Out of action
17. Cozy places
18. Float aimlessly
20. Eroded
22. Confederates, for short
25. Articles
29. Tooth trouble
32. Body of knowledge
34. Vote for
35. Certain fast-food orders
38. Serving of corn
39. Was in the red
40. Grape drinks
41. ___ rehearsal
43. You ___ what you

DOWN

45. Huck's friend
47. Fellows
51. Skillfully
54. "___ the Woods"
57. Period of time
58. Amtrak travel
59. Part of speech
60. Feel ill
61. One of a pair
62. Fidgety
63. Youngster
19. Provided at no charge
21. Stadium part
23. Huffed and puffed
24. Grave
26. Black-___ Susan
27. Insignificant
28. Back talk
29. Served perfectly
30. Scorch
31. This place
33. Unmannered
36. Mediocre: hyph.
37. Ogle
42. Method
44. Pain
46. Quarry
48. Shipshape
49. The Stooges, e.g.
50. Season
51. Chair part
52. Sheep sound
53. Kindled
55. Agree wordlessly
56. Yank

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.

5				7		4		
	2	3						9
1					7			
			5	4			7	
8				2				
		3						
		5		8				
2	6					8	9	
3	8		7		1	2		

Last Issue's Answers

CROSSWORDS

M	E	S	A		E	B	B	S		F	E	W
O	V	A	L		N	U	L	L		E	R	A
C	E	L	L		D	R	E	A	M	E	R	S
K	N	E	E	S		R	A	T	E			
		Y	A	K		T	E	A	P	O	T	
M	I	S	S	T	E	P		S	N	A	R	E
A	C	E			G	I	N			V	E	X
M	E	E	T	S		T	I	D	I	E	S	T
A	D	M	I	T	S		T	A	R			
			N	E	E	D		B	O	W	L	S
A	G	I	T	A	T	O	R		N	E	A	T
C	O	O		L	U	T	E		E	A	V	E
T	O	N		S	P	E	D		D	R	A	M

Sudoku

3	4	2	5	6	9	7	8	1
1	7	6	8	3	2	9	5	4
8	5	9	7	4	1	6	2	3
6	8	5	9	1	3	4	7	2
7	3	4	6	2	5	1	9	8
9	2	1	4	7	8	3	6	5
4	6	8	1	5	7	2	3	9
2	9	7	3	8	4	5	1	6
5	1	3	2	9	6	8	4	7



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