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Ensemble Montréal supporters celebrate victory



Soraya Martinez Ferrada acknowledges cheers from supporters on the night of November 2 after being declared the winner of the City of Montreal's 2025 mayoralty race. (Photo: Martin C. Barry, Newsfirst Multimedia)





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Mary Deros seeks a recount after losing by six votes



Deros campaign workers Bob, Peter, Helen and Chris are seen here with Mary Deros (centre) on election night. (Photo: Martin C. Barry, Newsfirst Multimedia)

MARTIN C. BARRY
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Veteran Parc Extension city councillor Mary Deros, who was hoping to win a record-setting eighth term, says she will be asking for a vote recount after falling to the Projet Montréal candidate by a narrow margin of just six votes of more than 6,600 ballots local voters cast in the November 2 municipal elections.

In an interview with Newsfirst Multimedia last Monday, the day after the election in which Deros suffered her first defeat since joining Montreal City Council in 1998, she was stoic, while still vowing to contest the razor-thin outcome.

A virtual dead heat

"I'm a very realistic person," said Deros, who ran with Ensemble Montréal. "If it's meant to be that I retire now, then it's meant to be. But at the same time, I'm not going out without a fight."

Out of six candidates in Parc Extension representing five municipal parties and one independent, Deros and Projet Montréal's Elvira Carhuallanqui were in a virtual dead heat at the end, having polled 37 and 37.1 per cent each respectively in ballots cast.

None of the four other candidates managed to win more than 11.2 per cent, with independent Mostafa Ben Kirane finishing last after receiving just 28 votes, representing less than half of one percent.

"There's absolutely going to be a recount," said Deros, adding that she had spoken about it with newly-elected Montreal mayor and Ensemble Montréal leader Soraya Martinez Ferrada who agreed the outcome should be contested.

Focus on spoiled ballots

As part of the results contestation, according to Deros, around 200 spoiled ballots will be closely scrutinized to see whether they might actually be recovered and treated as valid. "We feel that out of those 200, we should be able to recuperate some votes to bring us to a victory," she said.

While Deros has seen her share of election results decline over the past 27 years, this was the first time she was defeated and the first time the result was so close. She won in 2021 by more than 300 votes.

She blames her poor showing this time around

on a number of factors, including the Canada Post strike which hindered the distribution of voter information cards, as well as allegedly incorrect information Deros said was provided to some voters who were told their voting stations were at 415 instead of 419 Saint-Roch.

"So, they went, they saw the doors closed and they left," she said, maintaining that the chief electoral officer of Élections Montréal was responsible for the error.

Challenges were faced

Deros also complained that the William Hingston community centre was inappropriate as a venue for voting as it is not well-adapted for elderly voters with mobility limitations. It's also worth noting that Deros was struggling with a health issue during the campaign and underwent surgery just days before the election.

In her victory speech last Sunday, Soraya Martinez Ferrada thanked her opponents, saying they all love Montreal. She also thanked former Projet Montréal mayor Valérie Plante for being the city's first female mayor.

Before and during the campaign, the outgoing Projet Montréal administration was criticized for controversial measures, which included the planned closing of Camillien Houde Rd. over Mount Royal, and the widescale implementation of bicycle path networks with reduced car parking. The latter measure got an especially angry response in Parc Extension, where the streets are narrow and there was already a shortage of parking space.

Montrealers won, said new mayor

"Tonight it's you who have won," Martinez Ferrada said. "Tonight Montreal chose courage and ambition. It's with a great deal of humility and feeling that I speak to you as your new mayor of Montreal. You have chosen to agree that together we can do things another way."

According to Élections Montréal results, Soraya Martinez Ferrada won the mayoralty with 43.33 per cent voter support, compared to 34.99 per cent for Projet Montréal mayoralty candidate Luc Rabouin.

Action Montréal mayoralty hopeful Gilbert Thibodeau finished in a distant third-place with 10.16 support, with Transition Montréal mayoralty aspirant Craig Sauvé not far behind with 8.54 per cent and Futur Montréal's Jean-François Kacou with 2.12 per cent.

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OPINION & Editorial



Don't let Ottawa sign away our sovereignty to the WHO

The WHO Pandemic Treaty could strip Canada of its ability to make its own health decisions, placing power in the hands of unelected global officials

U.S. President Donald Trump's recent call for Canada to become the 51st state rightly triggered national outrage. Yet while many were offended by his provocative remarks, a more real and insidious assault on our sovereignty is unfolding in Geneva, where the World Health Organization (WHO) Pandemic Treaty threatens to shift power from democratic nations to unelected global bureaucrats.

The Treaty, under negotiation, is aimed at strengthening global health responses to future pandemics. While proponents argue it will improve global preparedness, critics warn it will undermine national sovereignty, giving the WHO the power to impose sweeping health measures—lockdowns, vaccine mandates, and travel restrictions—without consultation or approval from elected governments. The treaty empowers the WHO director-general to declare a global health emergency, effectively bypassing national decision-making and subjecting countries to externally imposed mandates.

The Intergovernmental Negotiating Body (INB), established by the WHO to draft a new international pandemic agreement, concluded its 13th meeting on April 16. The final proposed treaty will be presented for consideration and adoption at the 78th World Health Assembly, scheduled to begin on May 19.

While global cooperation on public health is essential, Canada's health decisions should remain in Canadian hands. The treaty gives the WHO significant authority to mandate health responses, potentially overriding local decisions

made by Canadian experts and governments. This could mean that Canada's ability to make pandemic decisions based on local context and need could be compromised by a centralized, unelected body, which Canadians never voted to give power to.

This is not just a health care issue—it is a fundamental challenge to democratic governance. The treaty lays the groundwork for digital health passes and surveillance systems that could weaponize personal health data, as we saw during the trucker protests in Ottawa. Do Canadians want a future where personal freedoms are tied to health status and tracked globally?

There are also serious financial implications. The treaty introduces a "Pathogen Access and Benefit Sharing System" with undefined costs, potentially saddling Canada with an ongoing financial burden to fund global health initiatives. Earlier drafts proposed that countries contribute five per cent of their health budgets, a clause that has been removed but replaced with new, opaque financial obligations that could lead to billions in taxpayer dollars being diverted to the UN.

The United States has already initiated its withdrawal from the WHO, raising important questions about how Canada will coordinate cross-border policies and maintain its trading relationship with our largest neighbour during future health crises.

The WHO is not accountable to Canadian voters. It has no direct responsibility to our

Parliament or provincial health authorities. It has a poor track record, failing to declare COVID-19 a pandemic in time, hesitating to challenge China's handling of the virus, and offering shifting guidance that undermined public trust. Why should Canadians accept its authority without direct oversight?

Worse, Parliament will not be sitting during the critical window when the treaty will be presented and potentially signed. According to the House of Commons Sitting Calendar, Canadian Parliament is not scheduled to sit until May 26, 2025, which is after the World Health Assembly concludes. This means decisions could be made behind closed doors with little public debate or political consequence.

The treaty's implications go far beyond health and set a dangerous precedent that in the next crisis, Canadians may not have a say in how their government responds.

International cooperation should not come at the expense of our freedom and sovereignty. The WHO can offer advice, coordination, and resources but it should not dictate our national response. Canada's government must reject this treaty, ensuring that any related commitments are brought before Parliament for full debate and approval.

Anything less would betray the trust Canadians place in their leaders. This is not just about public health—it's about protecting our democratic rights, our sovereignty, and our freedom.

Cosmos Voutsinos

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Income gap widens as cultural diversity grows in Parc-Extension

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In the neighbourhood of Parc-Extension, the very diversity that supports its reputation as one of Montréal's most multicultural areas now collides with persistent income and housing challenges that risk undermining community stability. A recent demographic profile paints a clear picture of the stakes.

According to a 2025 neighbourhood profile coordinated by the Table de Quartier de Parc-Extension, Parc-Extension remains one of the most densely populated and varied areas on the Island of Montréal, yet it is simultaneously confronted by rising rents, gentrification pressures and food-security concerns.

Socio-economic dimensions

Data from the Canada Mortgage and Housing Corporation (CMHC) show that for Parc-Extension the median household income sits significantly below city-average levels: one dataset lists a median of approximately \$48,800 before tax.

Another indicator shows that 53 % of households in the broader borough of Villeray–Saint-Michel–Parc-Extension report annual household incomes under \$60,000.

Moreover, the low-income rate among young children (0-5 years) in the borough reaches 36 %, compared with 23 % across Montréal overall.

These figures suggest that many families in Parc-Extension face economic insecurity from the outset.

Cultural strength, housing vulnerability

Parc-Extension's attraction to newcomers and immigrants has long been an asset. It is described by the borough profile as having "strong ethno-cultural diversity, especially ... in Parc-Extension and Saint-Michel".

At the same time, many of these residents are renters: the borough profile cited a renter population of 72 %.

That combination, high cultural diversity, high renter-share, modest incomes, leaves the area vulnerable to external pressures. Rising rents and condo developments have been flagged as threats to long-time residents and newcomer families.

A local housing-crisis article noted that "rent increases and gentrification" are already beginning to affect the immigrant community in Parc-Extension.

What it means locally

For community organisations, schools and



parents, these trends translate into real-world concerns. Lower incomes mean less buffer for families facing unexpected costs, fewer resources available for after-school programs, and a heavier burden on social supports. For newcomers whose first homes are often in this neighbourhood, housing instability risks breaking the very networks that attracted them here in the first place.

The neighbourhood profile from the Table de Quartier mentions food-security pressures: issues around access to affordable nutritious food are increasingly part of the conversation.

Policy and community implications

Addressing these challenges will require efforts on several fronts:

- **Affordable housing:** Ensuring a supply of rental units accessible to modest-income households, and protecting existing units from rapid conversion or excessive rent hikes.
- **Economic inclusion:** Newcomers and multilingual residents may face barriers to

full labour-market participation; targeted employment and training supports would help transform cultural diversity into economic opportunity.

- **Community services and supports:** Non-profits and local associations play a vital role in the neighbourhood; ensuring they have stable funding and capacity is key.
- **Monitoring displacement:** As development pushes in from surrounding areas, the risk of displacement increases. Transparent tracking of who is being affected, and by what, will be important.

Parc-Extension is not simply a story of cultural vitality, it is a front-line neighbourhood in Montréal's struggle to reconcile diversity with economic equity. For all its strengths, the data show that many households live under financial pressure and face housing precarity. For residents, service-providers, and municipal planners alike, the coming years could determine whether Parc-Extension remains a welcoming entry point for immigrants and working families, or becomes less accessible to those same groups.



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Remembrance DAY

November 11

Teaching kids about Remembrance Day

Wondering how to share the importance of Remembrance Day with your kids? Here are a few ways to teach your children about the wars that shaped our history and the reasons we pay tribute to the men and women who took part in them.

PARTICIPATE IN REMEMBRANCE DAY ACTIVITIES

Attend a Remembrance Day ceremony with your children so they can emotionally connect with the history we commemorate on this day. You can also involve them in the other traditions of the holiday like wearing poppies and having two minutes of silence.

READ TO THEM

There are a number of books that teach children what Remembrance Day means for Canadians. Picture books are available for younger children whereas chapter books can be enjoyed by those who

are older. Here are a few suggestions:

WHAT IS PEACE?

by Wallace Edwards
(for preschoolers)

A POPPY IS TO REMEMBER

by Heather Patterson and Ron Lightburn
(for grades one and up)

CHARLIE WILCOX

by Sharon E. McKay
(for grades four to six)

WRITE AND DRAW

Encourage your children to draw a picture or write a poem, story or essay on the topic of remembrance. They could also participate in the Royal Canadian Legion's Annual Literary and Poster Contest, which is open to all Canadian school children from grades one to 12. Consult the Royal Canadian Legion website (legion.ca) for more details.



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Remembrance DAY

November 11

The poppy: an enduring symbol of remembrance

November 11 is when we pause to reflect on the men and women who served and who are currently serving our country. On this date, Canadians are called upon to pay tribute to the 2.3 million compatriots who, throughout our nation's history, risked their lives defending our country, and the 118,000 who lost their lives.

The tradition of wearing poppies — or replicas of poppies — on Remembrance Day has its roots in the poem "In Flanders Fields," written during the First World War by Canadian Lieutenant-Colonel John McCrae. The poem, which became widely known across the Commonwealth of Nations and in the United States, speaks of the poppies that thrived on fields in Belgium and Northern France where some of the war's bloodiest battles were fought.

After the publication of McCrae's verses, poppies took on symbolic meaning, repre-

Three Indigenous war heroes to salute on Remembrance Day

Over 7,000 Indigenous Peoples in Canada served in the First and Second World Wars. Of the many who distinguished themselves during their service, here are three that stand out.

1. TOMMY PRINCE

Earning 11 medals in World War II and the Korean War, Tommy Prince of the Brokenhead Ojibway Nation is the most decorated Indigenous Canadian war veteran. He's renowned for his marksmanship and covert abilities, skills he learned on the reserve from his father who was a hunter and a trapper. Among Prince's numerous celebrated exploits was locating an enemy camp during a 72-hour trek without food or water, an action that led to the capture of more than 1,000 German soldiers.

2. CHARLES TOMPKINS

Charles Tompkins was one of many In-

igenous "code talkers" working for the Allies in World War II. A Métis who spoke fluent Cree, Tompkins was in charge of transmitting vital messages using a Cree code he helped develop. The practice involved one code talker translating a message into Cree and transmitting it by radio to a second code talker who would then translate the message back into English. This allowed the allies to share integral information with each other without exposing it to potential radio eavesdroppers.

3. EDITH ANDERSON MONTURE

A Mohawk from the Six Nations Grand River Reserve, Edith Anderson Monture was one of 14 Canadian nurses who served as part of the United States Army Nurse Corps in World War I. She worked at a hospital in France, treating soldiers injured in trench warfare and gas attacks. After the war, she became



the first Indigenous woman to become a registered nurse in Canada.

senting at once remembrance, rebirth, hope and the blood spilt in war. Today, the poppies we wear on November 11 help us to be mindful of the sacrifice

of the brave Canadian soldiers of this war and every other armed conflict in our nation's history. The Royal Canadian Legion, who through the sale of these poppies

provides support for veterans, suggests that the flower be worn on the left lapel of our garments, close to our hearts.

Happy Remembrance Day

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Happy Remembrance DAY

Hellenics mark 85 years since Greece said 'Oxi' to fascism

The WWII Axis powers first ran into serious resistance in Greece in 1940

MARTIN C. BARRY

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Patriotic Greeks from all over Montreal joined elected officials along with leaders from the Hellenic community for a ceremony on October 26 at the Embassy in Chomedey marking the 85th anniversary of the historic day in World War II when Greece rejected its occupation by Axis forces.



During an Oxi Day commemoration on October 26, Ambassador of Greece to Canada Ekaterina Dimakis delivered greetings to members of the Greek diaspora in Canada from the government of the Hellenic Republic.

Ultimatum rejected

Each year, Oxi Day is celebrated throughout Greece, Cyprus and Greek communities around the world to commemorate the refusal by Greek Prime Minister Ioannis Metaxas when presented with an ultimatum on October 28 in 1940 by Italian fascist dictator Benito Mussolini.

The ultimatum was presented to Metaxas by the Italian ambassador to Greece. It demanded that Greece allow Axis forces to enter Greek territory and occupy certain strategic locations, or otherwise face war. The name for the day comes from Metaxas' straightforward reply. "No," he said curtly, following which he added, "Then it is war."



Photos: Martin C. Barry, Newsfirst Multimedia

The beginning of war

In response, Italian troops stationed in Albania, which was an Italian protectorate, attacked the Greek border, marking the beginning of Greece's involvement in World War II. On the morning of Oct. 28, Greeks took to the streets, regardless of their political affiliations, shouting "Oxi." Since 1942, it has been a national celebration marked annually.

Dignitaries who attended this year's event organized by the Hellenic Community of Greater Montreal included Ambassador of Greece to Canada Ekaterina Dimakis, the Consul General in Montreal for Greece Nikolaos Karalekas, Vimy Liberal MP Annie Koutrakis, Laval city councillor for Chomedey Aglaia Revelakis and HCGM president Basile Angelopoulos.

A 'fight for liberty'

"We are here to recall the heroism and the resistance to fascism during the 1940s by the Greek nation which was exemplary and was recognized around the world for standing out in the spirit of the fight for liberty," Angelopoulos said in an interview with Newsfirst Multimedia, paraphrasing the keynote address he delivered.

Comparing the historical events of 85 years ago to the situation today, Angelopoulos commented, "Apathy is probably today's modern invader. Disengagement and disinterest are our

enemies now and something that we should never allow."

Like Angelopoulos, Koutrakis could also see parallels between the past and more recent history. "What is more scary than ever to me is the lack of sympathy and empathy globally to the dangers that we are increasingly surrounded by," she said.

Turning back the fascists

"So, this day to me, not only as a Hellene,



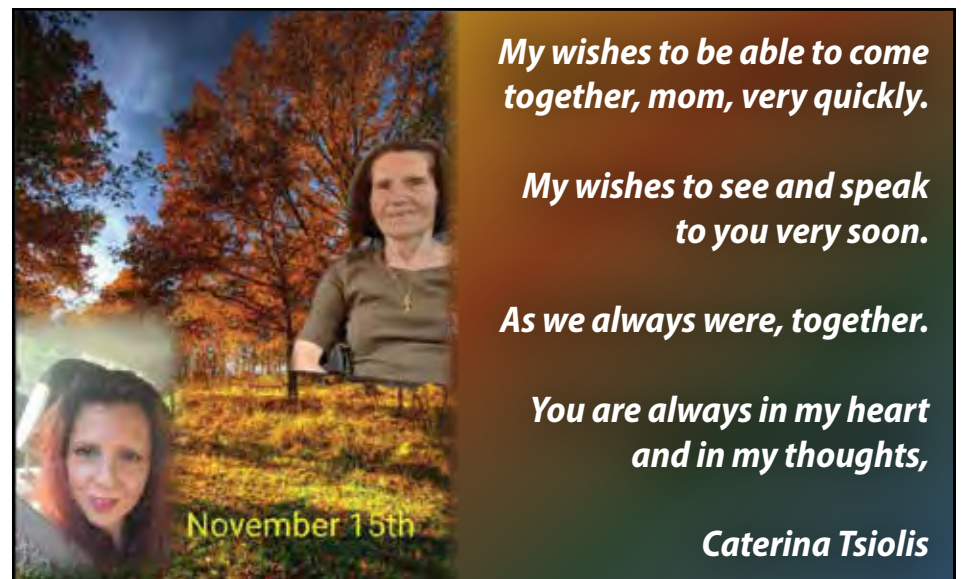
Hellenic Community of Greater Montreal president Basile Angelopoulos quoted former Canadian Prime Minister William Lyon Mackenzie King in an address on this year's Oxi Day.

reminds me of my heritage and what happened those many years ago that was the turnaround of World War II," she continued.

"But it also reminds me of the great obligation and responsibility that we have, especially in the western world, if we want to safeguard our democracies and push back on fascism."

In his address, Angelopoulos cited former Canadian Prime Minister William Lyon Mackenzie King, who wrote about Greece's fall in 1940. "Greece has fallen to the enemy, but only after a resistance that will become legendary," said Angelopoulos, quoting Mackenzie King.

King went on to say that the men of Greece "have set an example of heroism that has inspired free men everywhere ... To those of Greek race everywhere in Canada I send my greetings, my appreciation for what they have done..."



My wishes to be able to come together, mom, very quickly.

My wishes to see and speak to you very soon.

As we always were, together.

You are always in my heart and in my thoughts,

Caterina Tsiolis



Officials at the head table during the HCGM's annual Oxi Day commemoration held at the Embassy in Chomedey included Vimy Liberal MP Annie Koutrakis, Ambassador of Greece to Canada Ekaterina Dimakis, HCGM president Basile Angelopoulos, Consul General in Montreal for Greece Nikolaos Karalekas and Laval city councillor for Chomedey Aglaia Revelakis.

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Notorious armoured-car robbery in Parc-Extension results in second life sentence

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Park Extension, Montréal — A Montreal courtroom has delivered a decisive verdict in a high-profile case stemming from a 2021 armoured-car holdup in the neighbourhood of Parc-Extension. The 71-year-old defendant was handed a second life sentence following the brazen robbery that took place in the heart of our community.

According to recent news reports, the man will be required to serve at least eight years before becoming eligible for parole, under the conditions of the life sentence.

The crime

The holdup, which occurred in Parc-Extension in 2021, involved two guards from an armoured-car company who were targeted during a cash-transfer operation. According to earlier coverage, pepper spray was used and the guards were forced to release the money-loaded cart.

The case has drawn attention because of both the violence employed and the location: a busy, residential and commercial area of our borough.

The legal outcome

This latest sentence is significant because it represents a “second life sentence” — meaning the accused had already been sentenced once and now faces the additional term. The decision underscores the gravity with which the court treated the offence.

Prosecutors emphasised the risk to public safety and the fact that the neighbourhood of Parc-Extension was the scene of the crime.

Local impact and reflection

For residents of Parc-Extension, this case is a reminder that even in our diverse and vibrant community, large-scale and violent criminal acts can occur. While the sentence sends a strong deterrent message, many in the neighbourhood will undoubtedly ask: “What more can be done locally to ensure our streets and public spaces remain safe?” Whether via stronger community-police partnerships, improved surveillance near commercial hubs, or increased awareness of guard-transport procedures, the conversation is already underway.



Looking ahead

At this point the immediate threat posed by the accused has been neutralised via incarceration — but the broader challenge remains: to maintain vigilance, support law-enforcement where appropriate, and foster community cohesion so that residents feel safe and empowered. For the neighbourhood of Parc-Extension, the case also highlights the importance of having strong local representation and accessible channels for residents to voice concerns.

If further information becomes available about any accomplices, restitution efforts, or follow-up enforcement activities in the borough, we at Park Extension News will provide updates.

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Four colour process imprint

7" x 4"

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1.66	1.36	1.26	1.06	0.96



RS14/020-4PC

.020 Rectangle Magnet

Four colour process imprint

5" x 8"

250	500	1000	2500	5000
2.76	2.06	1.66	1.36	1.26

MEMO BOARDS



VK1/020-4CP

Premium Plastic Memo Board Kit

Four colour process imprint

5.5" x 8.25"

250	500	1000	2500	5000
3.86	2.76	2.46	2.16	2.06

CALENDAR PADS



MC1

.020 Adhesive face magnet
with calendar pad attached

Four colour process imprint

3.5" x 2"

500	1000	2500	5000
0.96	0.86	0.76	0.66



MC3

.020 Magnet
with calendar pad attached

Four colour process imprint

3.5" x 2"

500	1000	2500	5000
1.26	1.16	0.96	0.86

FOLDING TENTS



FC1/020-4CP

0.20 White Matte Vinyl Folding Plastic Tent

Four colour process imprint

4" x 5.75"

250	500	1000	2500	5000
1.76	1.16	0.76	0.66	0.56

Prices are per unit / Graphic design not included / Production time after layout approval: 2-3 business days



DIRECT ANSWERS

FROM WAYNE & TAMARA

CONTRADICTIONS

Q I have been with my boyfriend almost two years. A year into the relationship I found him chatting with girls online and discussing the serious doubts he had about us. I confronted him. He said he was sorry and wanted to go to therapy. He claimed he's never been so in love with someone and it scares him.

I was deeply hurt, but agreed to give him a second chance. It's been eight months, and things are wonderful between us. I still come across hurtful things, including an email to his ex saying his life is "complicated" and our relationship "a struggle." A note he wrote to himself says, "Be direct when you break up with her."

He says these are just passing thoughts, and he sees a future for us. I don't want to snoop, but how do I find out what he is really thinking?

Lynda

A Lynda, if you try to think about nothing at all, your mind will drift from favorite songs to forgotten friends to what's for dinner. Those are passing thoughts. The notes a man types into a computer for others to see are active thoughts, options his brain is considering.

Your boyfriend says he wants just one person. You. Every day he is more conflicted and you are more invested. When a woman keeps getting more invested in a relationship, what gets pushed to the front? All the reasons to continue: ties to his family, the fear of starting over, the disruption in her social circle.

Reality is piercing you in the heart, and you are caught in an ancient pattern of human thought. Should I act from what I wish to be true, or from what I know to be true? You wish he was honestly in love with you, but what do you know? He is telling himself and others he is not.

Wayne & Tamara

BOUNDARIES

Q I had a close friend that I connected with unlike anyone else. After he mentioned his online presence one night, I followed up with an email asking when he would add me to his list of friends. His reply was a vicious message confirming he kept me separate from his other friends. He said I was "unhealthy" to ask to be included on the list.

I felt like a leper. He went weird on me after a lovely time where we could talk about anything. Now I have anxiety about leaving my house since his world and my world are the same place. I sent him an email asking for an explanation, respect, sensitivity, anything—and was ignored.

This could have ended with me being upset after a respectful explanation, yet he chose a traumatic reply. I've been to counseling and was told to confront this man as his behavior is strange and deserves explanation. But my message was ignored, and now I feel a sense of shame. How do I get answers from such an

illogical situation?

Deanna

A Deanna, counseling is not a passkey which unlocks every relationship. What your counselor didn't tell you is that while you are free to want to know why, he is free not to tell you. Some people end a relationship with silence, some people end it with cruelty, some people end it with reasons. People will do what people will do.

A friendship is no more than an invitation to trade. It is not a guarantee of anything. A relationship ending badly is common, and the injured party often seeks an answer. If you wanted to end your relationship with this man, you might count on the right not to explain yourself. But with the shoe on the other foot, you demand an explanation. All you need now is the ability to pass this man in a hallway without feeling embarrassed. That is something within the limits of what counseling can do.

Wayne & Tamara

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

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- Asparagus
- Fresh spinach (bio)
- Sweet blackberries
- Pineapple (large)
- Cauliflower (small, organic)
- Mushrooms
- Potatoes (~3lbs)
- Lemons (3)
- Bananas (4)
- Oranges (3)
- Lettuce
- Avocados (2)
- Tomatoes (3)
- Cucumbers (2)
- Red onions (mini) (10-15)

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HOROSCOPE

Week of **November 9 to 15, 2025**

The luckiest signs this week:
VIRGO, LIBRA AND SCORPIO



ARIES

You'll be very popular this week. Your colleagues will be interested in your opinions and applaud your actions. To help you clear your mind, a deep clean at home is in order.



TAURUS

Expect plenty of travel this week, either to attend to work commitments or possibly to look after your health or that of a loved one. If you find yourself in a debate, prepare solid and relevant arguments to effectively defend your position.



GEMINI

You'll be given the opportunity to secure your financial future, which will take a big weight off your shoulders. You might also begin to consider starting a personal project for your retirement.



CANCER

Set a clear goal and put it into action to earn that well-deserved promotion. This opportunity will mark a new beginning, and many people will be there to support you along the way.



LEO

Before making any decisions this week, take the time to think things through. If you're contemplating a career change, you'll find the perfect path to a promising new journey. Your loved ones are there to guide you and help you make the right choices.



VIRGO

After a tense period, make sure you prioritize rest to recharge your batteries. Engage in soothing activities that will refill your cup. A family member will need your support to handle a complicated situation.



LIBRA

You'll use social media this week to expand your circle of friends. You'll form new and fulfilling friendships at work. If you're single, you might also experience love at first sight while you're on the job.



SCORPIO

You may consider going back to school to further your knowledge. Professionally, you'll meet people from diverse backgrounds, which will lead to new business opportunities. In your love life, going on a trip could spark renewed passion in your relationship.



SAGITTARIUS

If your partner comes from a different background than yours, be prepared to make a few adjustments to achieve harmony in your relationship. Additionally, you'll both appreciate a more equitable division of the household chores.



CAPRICORN

Deep emotions will fuel your creativity and allow your inner artist to shine. Your attention to detail and sense of elegance will help you stand out and make a lasting impression.



AQUARIUS

If you want to see results at work, focus on the details in your negotiations. Don't stress about your love life; it's going great. You may even receive a proposal from your partner this week.



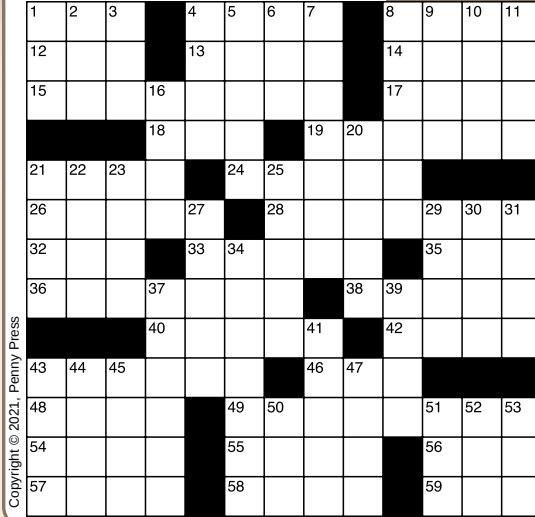
PISCES

Believe in your skills. This confidence will push you toward an upper management position with more responsibilities. Your social life will require you to invest more effort. Your friends will ask you to organize all sorts of outings and activities.

Coffee Break

CROSSWORDS

PUZZLE NO. 291



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ACROSS

- Capture
- Health spots
- Extinct bird
- Unprocessed metal
- Salon treatment
- Steamy appliance
- Alumna or alumnus
- Overhang
- Irritate
- Wedding paths
- Week elements
- Beetle Bailey's superior
- Build
- Small beads
- Snaky fish
- Exceed
- Humor
- Picasso's board
- Musical drama
- Hideouts
- Computer operator

- Walk leisurely
- Normal
- Circle
- Sundae ingredient: 2 wds.
- Eye
- Region
- Bikini piece
- Like Kojak
- Make ____ meet
- Small gardening plot

DOWN

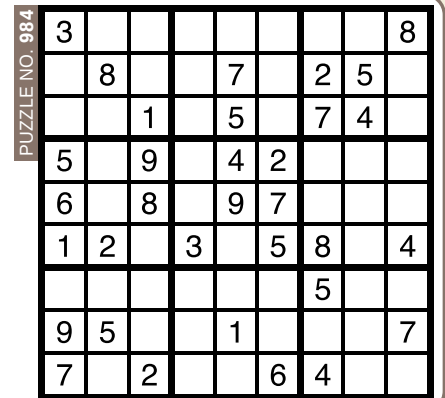
- Seasonal beverage
- Botch things up
- Steepled beverage
- Horse goad
- Summits
- Painting, e.g.
- Smudged
- Fuel type
- Taken by mouth
- "Lonesome ____"
- Wallet items
- Phonograph record
- Arctic structure
- Not shallow
- Surface measure
- Scream
- More prone
- Demolish
- Meadow munchers
- Car's "shoe"
- Top-billed player
- Employ
- Ran off to wed
- Cat sigh
- Be extravagant
- Messy person
- Roman garment
- Dinner bread
- Experts
- Swindle
- Taper off
- "We ____ Not Alone"
- Ticked off

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.**

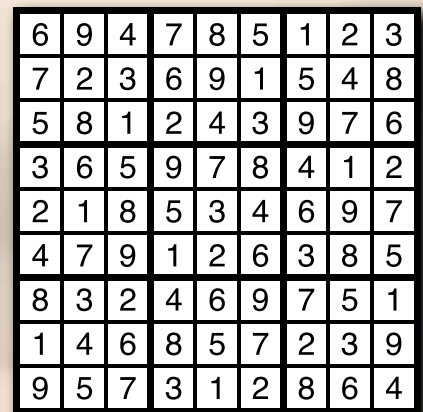


Last Issue's Answers

CROSSWORDS



Sudoku



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