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# Quebec's temporary foreign worker policy a blow to restaurateurs, says ARQ

*'Industry cannot afford to lose its 16,365 temporary foreign workers,' says Martin Vézina*

**MARTIN C. BARRY**  
Local Journalism Initiative Reporter  
marty@newsfirst.ca

While the Quebec Restaurant Association (ARQ), like the rest of the hospitality sector and many other businesses in Quebec, is advocating for more flexible rules surrounding temporary foreign workers, the ARQ says the Quebec government has just thrown another wrench into the works for restaurant, institutional and other key players in the food service industry.

According to the trade and lobby group, the position of cook has been removed from the provincial government's list of jobs eligible for simplified processing by the Ministry of Employment and Social Solidarity.

In practical terms, this means that employers looking for cooks will have to post their job openings again for four weeks – often without receiving any resumes.

## Inconsistent gov't policy

"Four weeks added to an already lengthy, complex and costly process, demonstrates the government's inconsistency," the ARQ says in a statement. "While acknowledging a labor shortage in this position, the government is taking entirely contradictory actions," they add.

The ARQ says restaurant owners are still struggling to recruit trained and experienced employees, especially full-time ones, and this is why owners have no choice but to look abroad to find these staff.

One long-standing observation the ARQ's members have made is that even if the unemployment rate is higher in some regions – and one might think that workers are therefore available for given positions – many Quebecers are actually no longer as interested as before in jobs requiring that they work on weekends.

This is in spite of the fact that customers are known to frequent dining rooms primarily on Friday and Saturday evenings, according to the ARQ.

## Service could suffer this summer

The organization says it is concerned about the quality of service for the upcoming tourist season, as many restaurants will be unable to offer the capacity and speed of service customers are accustomed to, particularly in regions with high tourism potential.

Without the staff needed to cover all opening hours, restaurant owners may have to reduce their hours to give their existing staff some respite, the ARQ maintains, adding that visitors may end up having to rely on supermarkets, where available, as well as convenience stores for groceries.

"We are incredulous at this latest announcement," said Martin Vézina, vice-president for public and government affairs at the ARQ. "It demonstrates, once again, the lack of

understanding at all levels of government regarding the issue of temporary foreign workers and their essential role in our industry.

## Treated as a second-tier

"The restaurant industry, which was considered an essential service during the COVID-19 pandemic, now seems to be treated as a second-tier industry in Quebec's economy, which is unacceptable," he added. "We are asking the Ministers of Employment and Social Solidarity, as well as Immigration, Francization and Integration, to reconsider their decision and reinstate our trades on the simplified processing list."

Vézina said the ARQ is also urging the ministries to work with the association to secure a grandfather clause from the federal government for the renewal of temporary foreign workers. "The industry cannot afford to lose its 16,365 temporary foreign workers in the province without devastating consequences," said Vézina.

## Open letter calls for policy reversal

In an open letter from the ARQ as well as Tourisme Montréal and the Association hôtelière du Grand Montréal published in early February in Montreal's La Presse, the three trade groups said they were "sounding the alarm" over the abandonment of the Quebec Experience Program (PEQ).

"We strongly support Montreal Mayor Soraya Martinez-Ferrada's request to implement a grandfather clause for international workers and students already in Quebec so they can apply to the PEQ," they said. "Without this measure, the repercussions would be significant, not only for the tourism, hospitality, and restaurant sectors, but also for the entire Montreal and Quebec economies."

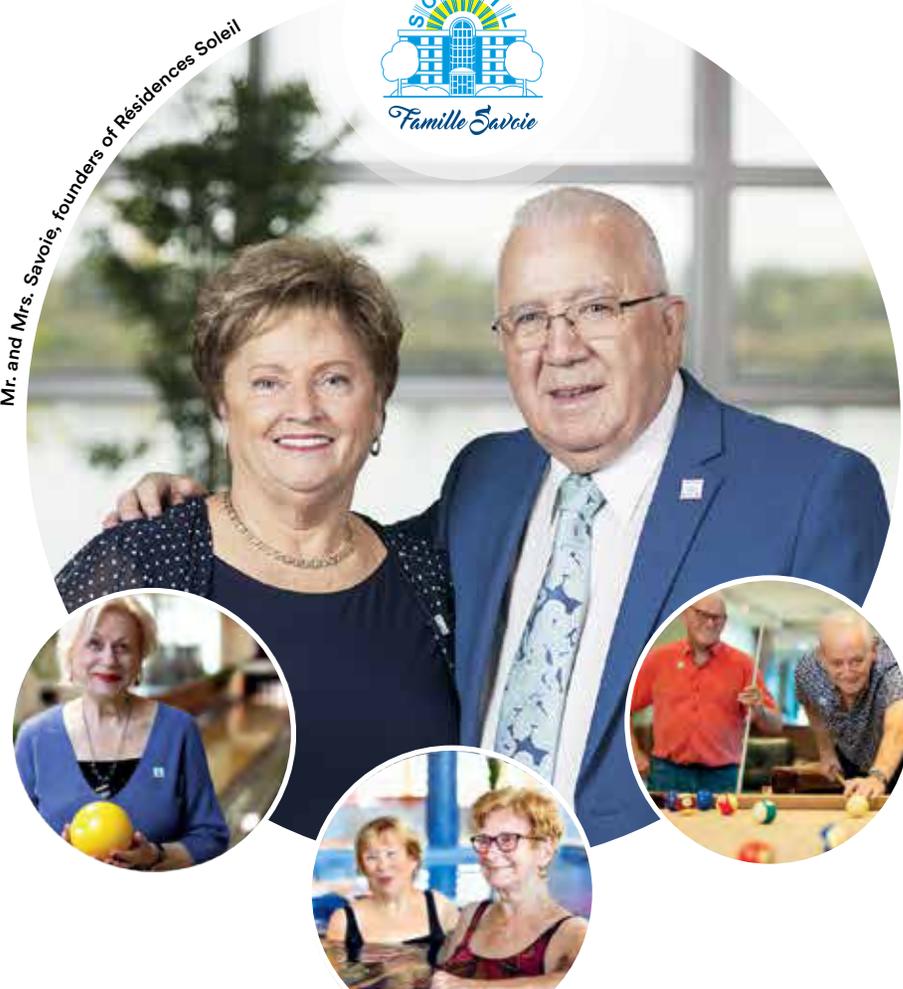
## PEQ became 'an essential tool,' says ARQ

"Since its inception, the PEQ has become an essential tool for attracting and retaining international talent, particularly in the tourism, hospitality, and food service sectors," they continued. "It has enabled foreign graduates and temporary workers to settle in Quebec, directly helping to address the labor shortage and enrich the cultural fabric of our metropolis."

"In a context where a moratorium already prevents the renewal of work permits for many foreign workers, abandoning the PEQ would exacerbate a recruitment crisis that is already critical for our industry. We call on political decision-makers to reconsider abandoning the PEQ and to collaborate closely with our sector to preserve Montreal's prosperity and attractiveness. The future of our industry and that of our metropolis depends on it."

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#### VP Sales & Marketing:

George S. Guzman  
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#### Graphic Design:

Lareine Zakhour  
Elena Molter  
Thomas Bakoyannis

#### Advertising:

George S. Guzman

#### Editorial Staff:

Martin C. Barry  
Dimitris Ilias  
Maria Diamantis  
Renata Isopo

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# OPINION & Editorial



## Are we watching the decline of the American Empire?

*If Trump's Iran gamble fails, the illusion  
of unchallenged U.S. power collapses*

U.S. President Donald Trump has sent an American armada toward Iran, gambling lives and credibility on a dangerous illusion that the United States still commands a unipolar world that no longer exists.

In 1588, the Great Spanish Armada experienced a significant defeat off the coast of England. While the Spanish Empire did not collapse at that moment, it could no longer claim naval dominance. Historians for centuries have recognized the importance of the defeat of the Spanish galleons in the rise of the British Empire.

Are we watching a similar decline of the American Empire? Why is the Trump administration taking such a significant risk?

No one would dispute the power of the American military. Its air force is second to none, its navy is powerful, and it has an enormous cache of nuclear weapons. But everyone else knows it too.

There are reports that both Russia and China have equipped Iran with air defence systems. In June, tensions between Israel and Iran escalated into a direct exchange of airstrikes and missile attacks. Israel struck targets inside Iran, including military and nuclear-linked sites, and Iran responded with hundreds of ballistic missiles and drones aimed at Israeli territory. Israeli air defences intercepted many of the incoming projectiles, but a significant number penetrated and struck populated areas, causing casualties and infrastructure damage.

The episode underscored a larger shift: the United States no longer acts alone, and its rivals no longer stand alone either.

Yet overwhelming force has not translated into decisive victories. The Americans and their allies have not won a war in decades.

U.S. and allied forces withdrew from

Afghanistan in August 2021 after 20 years of war. The 2003 invasion of Iraq was followed by years of insurgency, counterinsurgency operations and continuing instability that persists today. The number of countries willing to join the Americans in their conflicts is waning, as seen when several NATO members declined to participate in the 2003 invasion of Iraq.

Israeli military forces, which receive unrestrained backing from the Americans, have failed to gain control in Lebanon or even Gaza, even though they are not fighting against regular armies.

Retired U.S. Army officer Col. Douglas Macgregor points out that there is no doubt that U.S. forces can inflict significant damage on Iran. But damage is not the same as control. Just as the Spanish discovered in 1588, war is unpredictable. Once it begins, you do not control the outcome. Macgregor stated rhetorically, "You're in a hell of a position, Mr. President. The military has done everything you asked it to do and can do. What do you do if it doesn't work? And I don't think this will."

Washington can no longer assume it controls how these conflicts end.

Before regaining office in 2025, Trump was outspoken against armed conflicts and regime change operations. Many times he said, "We must abandon the failed policy of nation-building and regime change." If the United States now moves toward another major confrontation, it would mark a sharp break from those promises and deepen the perception that Washington's foreign policy appears driven less by strategy than by impulse.

What of those who voted for Trump expecting a president who would not engage in foreign conflicts? Will they support a government policy that will try to send their young people

to war? What happens if Iranian missiles sink a U.S. aircraft carrier?

This gamble is unfolding at a moment when Trump's authority is already under strain at home. According to a 2025 Pew Research Center survey, 73 per cent of Americans do not approve of most or all of his plans. The U.S. Supreme Court has ruled that Trump can no longer impose tariffs at will.

A similar pattern of resistance is visible beyond the Middle East. The world is reacting to American efforts to cut off the island nation of Cuba from fuel and supplies in an effort to cause the overthrow of its government. The U.S. embargo against Cuba began in the early 1960s under President Dwight D. Eisenhower and President John F. Kennedy, and Washington has strengthened its restrictions in recent years.

As shortages have worsened in Cuba, Mexico has sent shipments of food and fuel, Russia has pledged oil deliveries, and even Canada has debated providing humanitarian supplies. Other countries are no longer lining up behind Washington, and some are openly pushing back.

Clearly, we no longer live in the unipolar world that began with the fall of the Soviet Union in the early 1990s, a period when the United States faced no rival superpower. China is now the world's second-largest economy, and Russia remains a nuclear superpower.

A new multipolar world, one shaped by competing powers such as China, Russia and regional blocs, will continue to evolve, with or without American approval. The question is, how many lives need to be lost before the warmongers in the Trump administration are convinced that American hegemony has ended?

Gerry Chidiac

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# Quebec emergency room wait times remain high

## What Parc-Extension residents should know

**DIMITRIS ILIAS**  
dimitri@newsfirst.ca

The latest data published by the Government of Quebec show that emergency departments across the province, including those most frequently used by Montreal residents, continue to operate under significant pressure. Updated figures from Quebec's public emergency room dashboard indicate high occupancy levels and lengthy waits in several major Montreal hospitals.

At the Centre hospitalier de l'Université de Montréal, the estimated wait time for non-priority patients to see a physician has been hovering around 8 hours and 45 minutes, while stretcher occupancy has exceeded 120 percent. That means more patients are occupying emergency stretchers than the department was designed to handle.

At St. Mary's Hospital Center, waiting room delays have surpassed two hours, and patients requiring stretchers have experienced prolonged stays, often exceeding 18 hours before being admitted or transferred.

Other Montreal hospitals are also reporting occupancy rates at or near full capacity, reflecting a broader trend seen across the province. Quebec's emergency dashboard, which is updated multiple times daily, continues to show that many facilities are operating above the government's target occupancy levels.

These numbers are not new in isolation, but their persistence highlights the ongoing strain on Quebec's emergency health-care system. Provincial targets aim to keep stretcher occupancy closer to 100 percent and reduce total length of stay, yet many hospitals have struggled to meet those benchmarks consistently.

### What this means for Parc-Extension residents

Although these figures are not specific to Parc-Extension, they directly affect residents who rely on Montreal's emergency departments for urgent care. Families in the neighbourhood



typically seek treatment at hospitals outside the immediate district, meaning borough boundaries do not shield residents from system-wide pressures.

High occupancy and extended waits can delay non-life-threatening cases, as emergency departments must prioritize the most critical patients first. For seniors, individuals with chronic illnesses, and families with young children, the reality of multi-hour waits can be stressful and, at times, discouraging.

Health authorities continue to remind residents that emergency rooms are intended for serious and urgent conditions. For non-critical symptoms, Quebec's Info-Santé 811 line operates 24 hours a day. By dialing 8-1-1, residents can speak directly with a registered nurse who can assess symptoms, recommend next steps, and advise whether an ER visit is necessary.

In many cases, nurses may direct callers to a local clinic, a family doctor, or another appropriate service, helping reduce unnecessary emergency department visits and potentially shortening wait times for everyone.

### Why emergency rooms remain congested

Health-care professionals and policy analysts point to several ongoing structural challenges contributing to congestion.

One major factor is the limited availability of inpatient hospital beds. When admitted patients cannot be transferred to regular hospital units because beds are full, they remain on emergency stretchers, reducing space for incoming patients. This "backlog" effect increases occupancy rates and slows overall flow.

Access to primary care also plays a role. Quebec continues to face shortages of family doctors and uneven access to timely appointments. As a result, patients with non-urgent but pressing medical needs sometimes turn to emergency departments as their only option.

Seasonal fluctuations, including respiratory infections, influenza, and winter-related injuries, further increase daily patient volumes. Even outside peak flu season, hospitals often operate close to capacity.

### A system under long-term pressure

The Quebec government has introduced various measures in recent years aimed at improving triage systems, expanding access to front-line care, and reducing emergency room congestion. Despite these efforts, many facilities remain challenged by staffing pressures, demographic shifts, and sustained demand.

For Parc-Extension residents, the takeaway is clear: emergency services remain available, but waits can be long, particularly for non-urgent conditions. Staying informed about alternatives such as Info-Santé 811 and local clinic options can make a difference in navigating the system more efficiently.

As Montreal's population continues to grow and age, the pressure on emergency departments is unlikely to ease quickly. For now, high occupancy rates remain a reality across the city's hospitals, affecting neighbourhoods across the island, including Parc-Extension.

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# Free seeds and gardening tools in Parc-Extension

*Grow your own this spring*

**DIMITRIS ILIAS**  
dimitri@newsfirst.ca

As spring returns to Montréal, many residents of Parc-Extension are looking at their balconies, backyards and shared courtyards with new ideas. What some may not realize is that free seeds and even gardening tools are available right here in the borough of Villeray–Saint-Michel–Parc-Extension.

Several public libraries and eco-quartiers across Montréal offer seed distribution programs to encourage urban gardening and biodiversity. In Parc-Extension, residents can access this service through the Grainothèque located in participating branches of the Bibliothèques de Montréal, including the Bibliothèque de Parc-Extension, as well as at the Le Prévoist and Saint-Michel libraries within the same borough.

With a valid Montréal library card, residents can obtain seeds free of charge. The only borough excluded from this specific library seed access rule is Rosemont–La Petite-Patrie. In eco-quartiers, proof of residence is required to receive seeds.

The selection includes a wide variety of options suitable for Parc-Extension's urban environment. Residents can choose from native plant species, nectar-producing plants that support pollinators, culinary herbs, edible flowers, ornamental flowers, fruits, vegetables, medicinal plants and organic or heritage varieties. For apartment dwellers with limited space, many of these varieties are well suited to container gardening on balconies.

There is a clear limit designed to ensure fairness and availability for all. Residents may receive up to four preselected seed envelopes per week, with a maximum of twenty-four envelopes per year.

It is also possible to choose a customized set of four envelopes from the list of available seeds. At the Le Prévoist library, residents can reserve tailored seed lots by submitting a form online or in person at the service desk. Once the request is received, the package is assembled and can be delivered within approximately one week.

The program is built on sharing. Residents are encouraged not only to take seeds but also to contribute. Donations of seeds are accepted, provided they come from pesticide-free, herbicide-free and chemical fertilizer-free cultivation, or from non-cross-pollinated plants. Each donated variety must be placed in a sealed, clearly labelled envelope indicating the species, variety, place of harvest, date and year of harvest, number of seeds, telephone number and library card number. The envelopes are then deposited at the designated location in participating branches.

For those who want to garden but lack the proper tools, help is also available. Gardening kits can be borrowed through the mobile library service known as Roulivre. These kits include basic tools and materials to start a small vegetable garden. Each mesh bag contains a tool to remove dandelions, two cultivators with different tines, four preselected seed packets, peat pellets for starting seedlings, small hand tools, growing pots, a hoe and two transplanting tools of different sizes.

In Parc-Extension, where green space can sometimes feel limited, initiatives like this make urban agriculture more accessible. Whether growing tomatoes on a balcony, herbs on a windowsill or flowers in a shared courtyard, residents have access to practical support at no cost. It is a simple way to strengthen food autonomy, encourage biodiversity and bring a little more green into the heart of the community.



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# 50 years since the Montreal Olympics

*A citywide celebration with meaning for Parc-Extension*



**DIMITRIS ILIAS**  
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In 2026, Montreal marks the 50th anniversary of the 1976 Summer Olympic Games, a milestone that reconnects the city with one of the most defining moments in its modern history. Through a year-long program of sporting competitions, cultural exhibitions and commemorative events, residents are invited to revisit the energy, ambition and global spotlight of the Games that reshaped Montreal's urban landscape.

The celebrations are unfolding across several sites tied directly to the 1976 Olympics, including the Parc olympique and the iconic Olympic Stadium, whose inclined tower remains one of the most recognizable landmarks in the city. These venues, originally built for the Games, continue to serve as major hubs for sport and public gatherings.

## Sporting events rooted in olympic legacy

The anniversary programming includes opportunities both to watch and to participate in competitions inspired by Montreal's

Olympic heritage.

Among the highlighted events are the Internationaux Gymnix, taking place from March 4 to 8, a well-established international gymnastics competition that brings elite and emerging athletes to Montreal. Later in the spring, from April 8 to 12, the city hosts the 49th edition of the Jeux de Montréal, a youth sports competition created in the spirit of the 1976 Games. The Jeux de Montréal remain a key development platform for young athletes from across the city's boroughs.

Outdoor activities are also central to the 50th anniversary programming. The Festival Go vélo Montréal will feature special Olympic-inspired animations during its popular Tour La Nuit on May 29 and Tour de l'Île on May 31, blending cycling culture with historical references to the 1976 Games.

Several organizations are also revisiting Olympic traditions. The Olympiades Scoutes will incorporate symbolic ceremonies recalling the spirit of the Games, while the Club aquatique CAMO Montréal will hold a commemorative competition in tribute to Montreal's Olympic aquatic legacy. In addition, Loisirs

récréatifs et communautaires de Rosemont will organize three free introductory athletics events for youth between July 4 and 18, aimed at encouraging participation in track and field.

## Cultural exhibitions and guided tours

The anniversary extends beyond sport into the cultural and historical dimensions of the Games.

From March 27 to September 4, the Musée McCord Stewart presents the exhibition Montréal 1976: une épreuve olympique. Through artifacts, clothing, posters and archival materials, the exhibition explores not only the athletic feats but also the political, social and architectural impact of hosting the Olympics. The exhibition highlights how the Games influenced Montreal's international image and urban development.

Starting May 1, a new guided tour circuit at the Parc olympique will allow visitors to explore the history, architecture and behind-the-scenes stories of the Olympic installations. A large commemorative concert is also scheduled for August 1, adding a festive dimension to the summer calendar.

The full programming is available through Montréal Olympique's official channels.

## Why it matters to Parc-Extension

While most events take place near the Olympic Park in the east end, the anniversary resonates far beyond that district. For residents of Parc-Extension, the legacy of 1976 is more than historical symbolism.

The 1976 Games transformed Montreal's infrastructure and strengthened its position as an international city. Today, many young athletes from Villeray-Saint-Michel-Parc-Extension participate in borough-level competitions that feed into citywide events such as the Jeux de Montréal, themselves born from Olympic momentum. Community sports centres and local clubs continue to benefit from the culture of athletic participation that expanded after the Games.

Parc-Extension, stands to see many of its young residents take part in anniversary-related competitions or attend cultural exhibitions tied to this milestone. For families in the neighbourhood, the 50th anniversary offers accessible opportunities to engage with a defining chapter of Montreal history while encouraging youth participation in sport and civic life.

Half a century later, the Olympic rings may no longer hang over the city, but their imprint remains visible — in stadiums, in community programs, and in the collective memory of Montrealers across all boroughs, including Parc-Extension.



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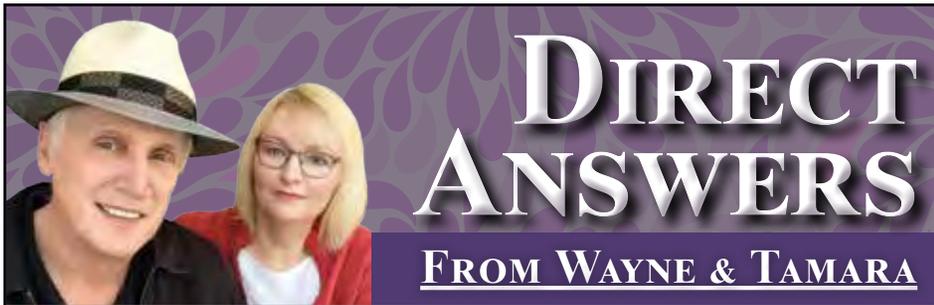
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# DIRECT ANSWERS

FROM WAYNE & TAMARA

## TO THE VICTOR

**Q** I am dating a man who is going through a divorce. We are together for a year now, and the divorce process just started for him. He moved out of the house three months ago, and his ex-wife to be and two teenagers know about me. They were married 18 years, and as I understand, during this time she was in control.

Now she is totally going crazy. His children treat him like nothing, not because of me, but because they are spoiled. Even in the divorce process, his wife is trying to get everything her way, and I am the top subject.

She asked him to sign a paper that for six months when the kids are with him, I can't be there; also, for a year we can't sleep together when it's his days with the kids. When the kids are with her, she tells them things, and they hate him all over. We have a lot of drama here.

My boyfriend is worried, can't sleep, and is not in a good mood. He is having chest pains and that worries me. She knows his weakness and pushes him into stress. She seems to enjoy hurting him. We have a good friend, a psychologist, and she recommends not speaking to his ex at all. He says I make him happy, and together we will go through this.

My divorce was final two months ago, and I don't think of my ex as an enemy. We grew apart, and we both are happy we are no longer together. Why so much hate from her? Of course, I only hear all the time one side of the story, and I am on his side, absolutely.

My boyfriend is a kind and wonderful person. People love him. Sometimes I want to ask her to stop torturing him; he is not an item that belongs to her. People who support him in his divorce all finally spoke up, and they are happy for him.

Is it true time will heal everything? He is very firm in his business, can be firm with me, but not with his ex and kids.

Tonya

**A** Tonya, the Greek historian Herodotus told a story about Darius the Great, king of Persia. With an army of 700,000 soldiers, Darius invaded Scythia, in the steppes of the Ukraine. In advance of the Persian army, the Scythians sent their women and children ahead of them destroying crops and poisoning the wells. The Scythian army stayed close to Darius, but they refused to engage his troops.

One day a messenger from the Scythian king arrived bearing a bird, a mouse, a frog and five arrows. When asked, the messenger said he did not understand the purpose of this message. Darius took it as a sign of surrender, but one of his counselors explained the true meaning. Unless you take to the air like a bird, burrow into the earth like a mouse, or hide in a marsh like a frog, we will destroy you with our arrows.

Without supplies and with much of his army sick, Darius retreated and never returned. This story of Herodotus is one of the first accounts of a scorched earth policy, the practice of leaving nothing behind which an enemy might find useful.

That is what your boyfriend's wife believes in. You have been involved with her husband for a year, and she sees you as an interloper in her territory. She knows this territory well. She knows where the wells and the weak spots are, and she intends to use this knowledge to her advantage.

It is not the winners who nurse grudges, but the losers. It is only victors who can afford to be magnanimous. With her home territory attacked and her future altered, she is determined if she must suffer a loss, no one will achieve a victory.

Wayne & Tamara

WAYNE & TAMARA MITCHELL are the authors of YOUR OTHER HALF ([www.yourotherhalf.com](http://www.yourotherhalf.com))

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

or email: [GetInTouch@WayneAndTamara.com](mailto:GetInTouch@WayneAndTamara.com)

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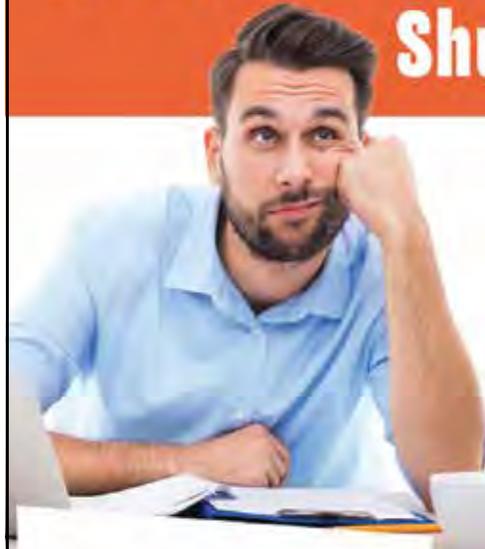
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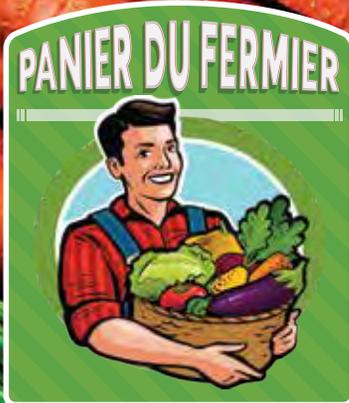
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| 3. Strawberries       | 12. Lemon               |
| 4. Romaine Hearts (3) | 13. Carrots             |
| 5. Broccoli (crown)   | 14. Radishes            |
| 6. Red Peppers (2)    | 15. Avocados (2)        |
| 7. Mushrooms          | 16. Cherry Tomatoes     |
| 8. Eggplant           | 17. Duo Pack Lettuce    |
| 9. Clementines (5-6)  |                         |

## SMALL BASKET (\$22)

- |                       |                      |
|-----------------------|----------------------|
| 1. Asparagus          | 6. Avocado           |
| 2. Broccoli           | 7. Clementines (3-4) |
| 3. Strawberries       | 8. Bananas (3)       |
| 4. Romaine Hearts (3) | 9. Butternut Squash  |
| 5. Cherry Tomatoes    |                      |

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# HOROSCOPE

Week of March 8 to 14, 2026

The luckiest signs this week:  
AQUARIUS, PISCES AND ARIES

**♈ ARIES**  
By fine-tuning your goals, you'll unlock your full potential. Whatever path you choose, you'll pour your heart and soul into it. Your romantic side will shine through during a getaway with your partner.

**♉ TAURUS**  
If you're in a new relationship, the idea of marriage may come up as a way to formalize your relationship and ease lingering doubts. At work, keep your emotions in check during negotiations to avoid confusion or misunderstandings.

**♊ GEMINI**  
A new training opportunity will arise, opening new doors to growth and quickly improving your quality of life. In love, take the initiative to break free from your daily routine. Even a simple walk hand in hand could help reignite intimacy and happiness.

**♋ CANCER**  
You'll become a hero simply by listening to someone in need. Professionally, you may unexpectedly find yourself leading a team and becoming the central pillar of an important project.

**♌ LEO**  
You'll receive news of a birth in the family or find a real estate investment that fits your budget perfectly. To advance at work, embrace your success or work on changing your mindset.

**♍ VIRGO**  
You'll feel inspired to change your vehicle. You'll interpret an unusual message, possibly debating with people in a multilingual context. Your curiosity will soar this week.

**♎ LIBRA**  
You'll find surprising solutions to your financial and emotional challenges. A well-deserved promotion and raise are on the horizon, bringing you happiness and satisfaction in your career and daily life.

**♏ SCORPIO**  
Life feels like it's flying by! Your love for the finer things may lead you to explore high-end shops and fine-dining restaurants. Treat yourself to a touch of luxury and take the opportunity to refresh your wardrobe with a new style.

**♐ SAGITTARIUS**  
SAGITTARIUS  
You'll overcome your fears and act with renewed determination. Your creativity will lead you to create a masterpiece that will earn you recognition and a well-deserved financial reward for your talents and efforts.

**♑ CAPRICORN**  
You'll be in high demand this week, both within your circle of friends and at work. Your popularity will soar, and your client base will expand. You'll become the go-to person for effectively managing any important business.

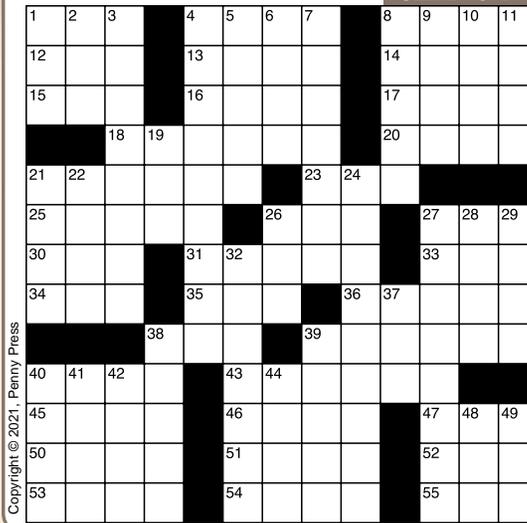
**♒ AQUARIUS**  
After lengthy negotiations, you'll finally get approval to buy a property or fund a project that's close to your heart. You may also need to reevaluate your friendships. Although difficult, this process will be beneficial in the long run.

**♓ PISCES**  
You'll feel a strong urge to step back and recharge. Take the time you need to reconnect with your inner child and appreciate the beauty in life. This reconnection will awaken your passions and restore your inner peace.

# Coffee Break

## CROSSWORDS

PUZZLE NO. 299



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### ACROSS

1. British brew
4. Thicken
8. Clasp
12. Large coffeepot
13. Bee home
14. Track event
15. Hitter's club
16. Blessing closer
17. Becomes older
18. Loafers
20. Big quiz
21. Prizes
23. Deep anger
25. Sun-dried brick
26. Tilling tool
27. Picnic beverage
30. Thus far
31. Advertising lights
33. Move quickly
34. Single's order
35. Joke

### DOWN

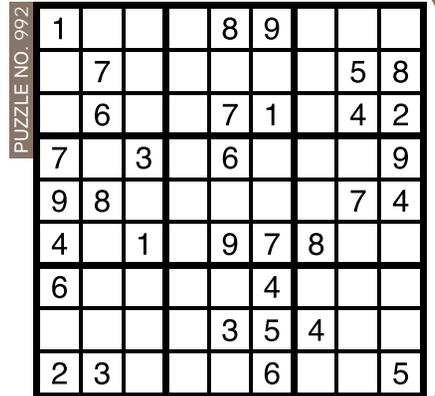
2. Basin
3. Remedy
4. Dare
5. Citrus fruits
6. Finished
7. Emotional strain
8. Rub harshly
9. Angry frenzy
10. Sherbets
11. Bother
19. Small amount
21. Deli spread
22. Ideal garden
24. Answers
26. Sty resident
27. Nabbed
28. Fight for two
29. Winds up
32. Sound range
37. Astonish
38. Cozy
39. Book name
40. Circle parts
41. Bounty
42. \_\_\_ pop
44. Gigantic
48. Affirmative vote
49. Church seat

# 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.

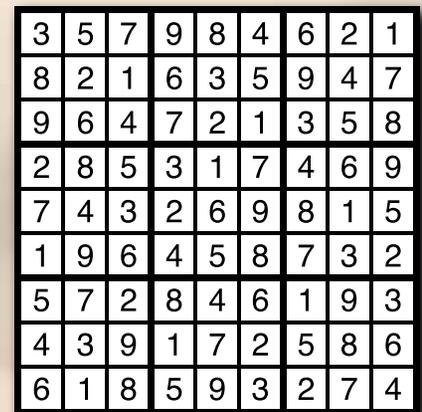


## Last Issue's Answers

### CROSSWORDS



### Sudoku



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