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Vol. 34-10

15 mai 2026 / May 15, 2026

450-978-9999

www.px-news.com

editor@newsfirst.ca

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# Parc-Ex garbage frustrations grow at council meeting

## *Garbage, rats and street noise dominate concerns at borough council meeting*

**MATTHEW DALDALIAN**

matthew@newsfirst.ca

Concerns over garbage, rats and quality of life once again dominated discussion in Parc-Extension during the May borough council meeting.

Several Parc-Extension residents used the public question period at the Villeray–Saint-Michel–Parc-Extension council meeting on May 5 to describe worsening garbage accumulation, recurring rat infestations and ongoing street racing and modified car noise in the neighbourhood.

The discussion came as the borough announced an additional \$250,000 investment for cleanliness efforts, including work targeting garbage, potholes and rodent control.

“Although we received \$250,000 from the city centre, it appeared essential to add another \$250,000 from our surplus to intervene on cleanliness, potholes and the fight against rodents,” borough mayor Jean-François Lalonde said.



**Borough mayor Jean-François Lalonde pictured on May 5, 2026.**  
(Photo: Matthew Daldalian, Nouvelles Parc-Extension News)

The debate was reflected in ever-present frustration among Parc-Extension residents, many of whom argued the borough’s current approach has not solved recurring issues tied to dense housing and overflowing waste, among others.

### Sanitation concerns

Resident Marc Langlois told council that illegal dumping and overflowing garbage remain widespread in parts of Parc-Extension despite years of warnings and awareness campaigns.

“There are places where there are massive deposits of garbage because there are only two garbage bins available for a 36-apartment multiplex,” Langlois said in French.

Langlois argued the issue goes beyond individual behaviour, saying some families living in overcrowded apartments simply do not have the space to properly store waste between weekly garbage pickups.

“What needs to be understood is that apartments in Parc-Extension are small, families are very large, and there aren’t enough garbage bins in some places,” he argued.

He also pointed to repeated complaints about loud modified vehicles and drivers racing through residential streets.

“It’s modified cars with silencers that do everything possible to make noise,” Langlois said. “It’s groups of cars circling the neighbourhood over and over again.”

SPVM Station 31 commanding officer François Morier acknowledged the recurring issue and encouraged residents to continue filing complaints through the police station’s online

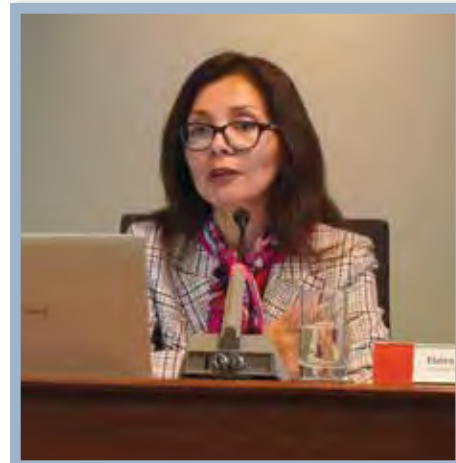
reporting system.

“The problem comes back every year when spring arrives,” Morier said in French. “I have trouble understanding this behaviour.”

Parc-Extension councillor Elvira Carhuallanqui said the borough is considering new approaches to cleanliness and waste management.

“You said we need to move beyond what has been applied until now,” Carhuallanqui told Langlois in French. “We need to find innovative new solutions.”

Carhuallanqui added that she recently visited other cities during vacation time to study alternative approaches that could potentially be adapted for Parc-Extension.



**Parc-Extension councillor Elvira Carhuallanqui pictured on May 5, 2026.**  
(Photo: Matthew Daldalian, Nouvelles Parc-Extension News)

### Rat complaints continue

Another resident described an ongoing rat infestation linked to overflowing garbage at a neighbouring property.

“I want someone to call me and tell me what to do with this problem that persists,” they said in French. “We have photos of rats, and garbage bins with rat holes in them.”

The resident told council the issue has persisted for more than five years despite repeated complaints to the city through 311 requests, inspectors and previous council meetings.

“The rats made tunnels on my property,” they continued. “Children cannot play in the yard.”

Borough officials said inspectors would follow up on the file again.

Jocelyn Jobidon, director of land development, promised to contact the resident directly before the end of the week.

“We’re working with the city’s environmental service to find innovative solutions,” Jobidon said in French.

Resident Abdul Razik Khan also criticized the state of cleanliness in Parc-Extension, saying conditions have deteriorated over the years.

“A YouTuber recently came to Parc-Ex and called it one of the dirtiest neighbourhoods,” Khan told council. “For me, that’s embarrassing and it’s time to make a change.”

Khan, who said he has lived in Parc-Extension for nearly 30 years and regularly helps feed unhoused people in Montreal, questioned whether warning signs and enforcement alone are enough.

“Putting signs in whatever colour you want is not the best solution,” Khan said. “There needs to be new measures.”

Borough officials said two additional inspectors were recently hired to improve enforcement tied to garbage collection schedules and illegal dumping.

Sylvain Ouellet, councillor for François-Perrault, also noted that cleanliness concerns

are being discussed across the borough.

“To the citizens of Saint-Michel, we hear you, yes, there are concerns,” Ouellet said in French.

### Bixi station concerns raised

Residents also raised concerns over the removal of a Bixi station near d’Anvers and Wiseman avenues in Parc-Extension.

Resident Anna Brancati criticized the borough for not replacing the station after repeated acts of vandalism led to its removal.

“Parc-Extension North is now served by one station, one single station, for a deeply populated sector,” Brancati said.

Brancati argued the issue disproportionately affects lower-income residents who rely on Bixi bikes for transportation.

“You do not solve a crime problem by punishing the victims,” she said.

Jobidon said the station had suffered repeated vandalism despite multiple repairs.

“They invested several thousand dollars to do repairs, and there was always vandalism,” Jobidon said in French.

According to borough officials, discussions with Bixi are ongoing regarding a possible repositioning of the station.

### Other issues

The meeting also included updates on the extension of Montreal’s Blue Line metro project.

Ouellet said tunnel work tied to the future line extension is nearing another milestone.

“We are really a few days, maybe a few weeks, away from the launch,” Ouellet said in French regarding the tunnel boring machine.

A future redesign of the cycling infrastructure on Beaumont Avenue between de L’Épée and



**Resident Anna Brancati criticized the borough for not replacing a BIXI station on May 5, 2026.**  
(Photo: Matthew Daldalian, Nouvelles Parc-Extension News)

Querbes avenues was touched on.

Residents additionally questioned the borough on pothole repairs, cleanliness brigades in Villeray and political positions surrounding the Montreal Anti-Apartheid Pact in relation to Palestine.

The next Villeray–Saint-Michel–Parc-Extension borough council meeting is scheduled for June 2.

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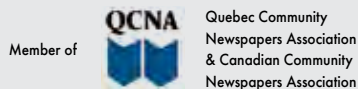
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Layout: Media Trek  
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# OPINION & Editorial



## Motherhood, the first and last frontier, and everything in-between

This is a belated Mother's Day reflection, written after the holiday has passed, but the truth it carries does not belong to one day alone. Mothers are often honored in speeches, cards, and public gestures, yet the real meaning of motherhood is found in the ordinary days that rarely get noticed. It is found in the sacrifices, the patience, the worry, the planning, and the quiet endurance that shape a family's life. For many people, including me, the strongest example of that sacrifice was my mother, whose daily acts of love were often invisible to the outside world but deeply felt by those closest to her.

Motherhood is rarely simple. It begins long before sunrise and often ends long after everyone else has gone to bed. A mother is expected to remember the appointments, organize the meals, manage the emotions, solve the problems, and keep the household moving forward, often while carrying her own burdens silently. There is no true pause in the work. A child is sick, another needs help with school, the phone rings, the bill is due, dinner is late, and somehow, she keeps going. What looks like routine from the outside is often a constant balancing act on the inside.

One of the heaviest burdens mothers' carries is the mental load. This is the invisible labor of remembering everything and anticipating what might go wrong before it happens. It is not just cooking dinner or washing clothes. It is knowing what supplies are missing, what child needs attention, what family obligation is coming up, and what problem may need solving tomorrow. My mother lived this kind of sacrifice without complaint. She carried responsibility with a kind of quiet strength that taught me more than any words could. She did not always speak about her exhaustion, but her actions made it clear how much she

gave every day.

Financial pressure adds another layer of difficulty. Many mothers work hard to stretch limited resources, often putting their children's needs ahead of their own. They make choices that others never see. They delay their own purchases, skip their own comforts, and find ways to make very little go very far. A mother's sacrifice is often measured not in grand gestures, but in the things, she gives up so that her children can have what they need. My mother understood that kind of giving deeply. She was the kind of person who made sure others were cared for first, even when it meant she had less for herself.

There is also the emotional work of motherhood, which is just as demanding as the practical work. Mothers are often the ones who comfort, mediate, encourage, and hold the family together during difficult times. They absorb stress, calm fears, and stay steady when others are breaking down. At the same time, they are expected to remain patient and composed even when they are tired, anxious, or hurting themselves. That emotional responsibility can be draining. My mother carried that role with grace, and like many mothers, she made sacrifice look ordinary even when it was anything but.

The challenge becomes even greater when mothers are judged by impossible standards. Society often expects them to be endlessly available, perfectly organized, emotionally calm, and completely selfless. If they work outside the home, they may be told they are not present enough. If they stay home, they may be underestimated. If they are strict, they are criticized; if they are lenient, they are questioned. No matter what they do, someone is often ready to evaluate it. This makes motherhood not only exhausting, but lonely. A mother can

be doing everything she can and still feel as though she is falling short.

For single mothers, the responsibility is even heavier, because there is no one else to divide the work. Every bill, every appointment, every emergency, and every emotional need falls on one person. For mothers raising children with special needs or serious health concerns, the demands can be overwhelming in a different way. They are not just parenting; they are advocating, coordinating, learning, and often fighting for support. These are forms of sacrifice that require extraordinary resilience. They deserve to be recognized not only in words, but in policy, community support, and everyday understanding.

My 97-year-old mother remains, for me, the clearest example of what sacrifice looks like when it is rooted in love. She gave of herself in ways that were practical, emotional, and deeply personal. She made sure others were fed, supported, encouraged, and protected. She put her family before her own comfort more times than anyone could count. And yet she did so without asking for applause. That is what makes a mother's sacrifice so powerful. It is not performed for attention. It is lived quietly, repeatedly, and faithfully.

A belated Mother's Day reflection also reminds us that appreciation should not be limited to a single day. Mothers need more than flowers, messages, and formal recognition once a year. They need rest. They need support. They need understanding. They need communities that see the weight they carry and help lighten it. If we truly honor mothers, then we must do more than celebrate them. We must create a world that respects their labor and acknowledges their humanity.

Renata Isopo

### Letters to the Editor

## A thousand things to watch but only a few steps to do what's really important



Dear people constantly on their phone, Do you sometimes feel like someone you know, or even yourself, is ruining their life by being glued to their screen? Scrolling for an unhealthy amount of time? A few years ago, my usual academic performance and grades were getting worse over time. I already knew the reason. What led to my focus being all over the place was the amount of time I spent on my screen, instead of emphasizing on what's really more important. I still struggle to manage my time efficiently and my life could've been a lot better.

Social media apps these days all have this mindless scrolling that has taken over, ruining our minds and time by feeding us with a flood of information that might be not even necessary to look at. We consume what the algorithm constantly feeds us, and in the end, we can never stop. Our attention span gets bad to the point that we can't even focus on a simple task. In the end, this engaging stimulation becomes a

revolting procrastination that can lead to failure

Today, even more people now have access to a screen and kids unfortunately also do. These kids can spend hours on their devices and it's quite troubling me. These kids already have their minds ruined by the digital world and you're telling me that they're society's future? I see kids online who are stimulated by their Ipad's showing them useless reels and yet, they can't fully focus on a specific one. In the end, it slowly deteriorates their minds and the way they can think.

This has always bothered me considerably, especially due to the terrible experience I've had with it and still today. My final secondary school years, alongside college years, were seeing diminishing results over time because it became quite frustrating. I see myself from back then, scrolling Reddit instead of completing my tasks. Did this ever happen to you? Instead of focusing on a task, you drifted away from what was important by choosing a quick distraction instead. I wouldn't like anyone to suffer the

same situation as I did, because I know well how hard it is to get out

Nowadays, scrolling has become too encouraged by developers that wish to create a better immersive digital experience. But at what cost? We will be even more addicted and disconnected from the real world and our main goals. Will we be able in the future to learn to prioritize what's important first?

There aren't any clear solutions to end this everlasting growing problem. Experts have taken actions to help us by imposing a limited restriction, but it's not enough. We need, as a community, to spread awareness on how dangerous scrolling can slowly become, as well as finding alternatives for entertainment. The next time you'd like to scroll mindlessly online, you should ask yourself if it's worth wasting most of your precious time on. As we grow older, we should prioritize accomplishment and progress over wasting time on a wasteful distraction.

Sidney Dao-Hoang



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# Parc-Ex culture takes part in new borough-wide festival

**DIMITRIS ILIAS**  
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Residents of Parc-Extension will see their neighbourhood represented in a brand-new cultural celebration launching later this month across the borough of Villeraï–Saint-Michel–Parc-Extension.

On May 23, the borough will host the first-ever “Festivités culturelles de VSP: Au rythme de nos artistes,” a free day-long event dedicated to music, art, performances and community gatherings at the Maison de la culture Claude-Léveillée.

While the festivities will take place in Villeraï, Parc-Extension will have a direct role in the programming through the participation of the Maison de la culture de Parc-Extension, which will contribute several activities to the event.

The initiative is being presented as a new annual cultural

rendez-vous celebrating the diversity and artistic energy of the borough’s communities. Organizers say the goal is to create an accessible event where residents can discover local artists, participate in workshops and enjoy performances in a welcoming atmosphere.

Beginning at 12:30 p.m., visitors will be able to take part in comic-book workshops, drawing and colouring activities, traditional music and dance performances, family entertainment and guided exhibition visits with creative activities.

The event will also include a performance selected by Villeraï’s citizen programming committee, highlighting the borough’s growing emphasis on community participation in cultural programming.

For many residents of Parc-Extension, the multicultural focus of the festivities reflects the reality of their own neighbourhood,

long known for its immigrant communities and rich mix of languages, traditions and artistic influences.

In announcing the event, borough mayor Jean François Lalonde said the new festival aims to celebrate one of the borough’s greatest strengths: its cultural diversity.

“With the Festivités culturelles de VSP, we are creating a new gathering moment that celebrates the diversity, creativity and artists of our borough,” he said.

The evening portion of the festival will feature the concert “Ode au printemps,” bringing together performers including Marco Calliari, Willows, Josianne Paradis, the Duo Fortin-Poirier and Sébastien Lacombe.

The café LatinArte will also remain open throughout the day with a special menu for festivalgoers.

Admission is free and no registration is required.

## Hidden danger in Parc-Extension

### *Why mouse droppings should never be ignored*

**DIMITRIS ILIAS**  
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In dense urban neighbourhoods like Montreal’s Parc-Extension, rodents are nothing new. Older buildings, busy alleyways, food waste and tightly packed housing can all contribute to mouse and rat activity. But public health experts warn that rodent infestations are more than just a nuisance. In rare cases, they can expose residents to hantavirus, a potentially deadly disease spread through rodent droppings and urine.

The virus has recently drawn international attention after suspected cases aboard a cruise ship led to multiple deaths and monitoring efforts in several countries.

Although hantavirus infections are uncommon in Canada, experts say urban residents should still understand the risks, especially in areas where rodents frequently enter homes, basements and storage areas.

Hantavirus spreads mainly when people breathe in microscopic particles contaminated by rodent urine, saliva or feces. According

to Canadian public health authorities, deer mice are the primary carriers in Canada, though exposure to rodent-contaminated environments in general remains a concern.

What makes the virus particularly dangerous is that infection can happen during ordinary cleaning activities. Sweeping mouse droppings or vacuuming contaminated dust can release virus particles into the air.

Health experts strongly advise residents never to dry sweep rodent droppings. Instead, the area should first be soaked with disinfectant or diluted bleach before being wiped clean while wearing gloves.

Symptoms often begin like a common flu. Fever, fatigue, headaches and muscle aches are among the first warning signs. Some patients later develop coughing and severe breathing problems that may require hospitalization.

Doctors emphasize that anyone who develops flu-like symptoms after exposure to rodents or droppings should seek medical attention immediately and mention the exposure history.

Parc-Extension residents living in older apartment buildings are encouraged to report infestations quickly. Signs of rodent



activity include droppings in cupboards, gnawed food packaging, nests made from paper or insulation and strong odours similar to ammonia.

Public health agencies recommend practical prevention measures: sealing holes around pipes and walls, keeping food sealed, reducing clutter and ensuring garbage is tightly contained.

Experts stress that hantavirus remains rare, and there is no reason for panic. However, proper cleaning and rodent control are essential because a simple mistake during cleanup can expose someone to a very serious illness.

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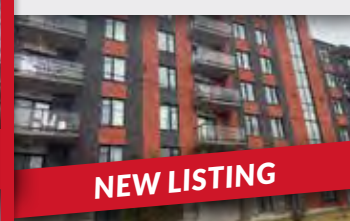
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# Montreal-Trudeau traffic nightmare expected to continue through summer

**DIMITRIS ILIAS**  
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Travellers heading to Montréal-Trudeau International Airport this summer are being warned to prepare for major delays and severe congestion as massive construction work continues around the airport.

According to officials from Aéroports de Montréal, traffic conditions are expected to remain as difficult as they were last summer, with travel times from the highway interchange to the passenger drop-off area potentially reaching 35 to 40 minutes during peak periods.

The warning comes as the airport undergoes a huge redevelopment project estimated at roughly \$10 billion. In recent weeks, the airport's main multi-level parking structure was completely demolished as part of long-term plans to redesign road access and expand airport infrastructure through the next decade.

For many Montreal residents, especially families in neighbourhoods like Parc-Extension who rely heavily on taxis, ride-shares and public transit to reach the airport, the ongoing construction is creating added stress and uncertainty.

Airport CEO Yves Beauchamp acknowledged that travellers will need "patience, planning and observation" while the work continues. He advised passengers to arrive at least three hours before their flights, especially between 3 p.m. and 8 p.m., when most transatlantic departures and arrivals take place.

To reduce congestion, ADM is encouraging travellers to use alternative drop-off zones known as P4 and P10 rather than the main terminal entrance. A new shuttle bus service connecting the future REM Des Sources station to the airport is also expected to launch in June.

The long-awaited REM airport connection itself is not expected to open before 2027, while new passenger drop-off areas are projected for completion in 2028.

The difficult traffic situation has sparked frustration across Montreal. Radio host Benoit Dutrizac recently criticized the airport harshly, calling it "a third-world airport" during a widely discussed media segment.



At the same time, environmental concerns surrounding the airport's expansion continue to grow. During ADM's annual public meeting, members of the citizens' group "Mères au front – Montréal" demanded more transparency regarding the environmental impact of increasing airport traffic.

The group says passenger volume at Trudeau Airport could grow by 50 percent over the next twenty years and is calling for independent studies examining the effects of air pollution and noise on nearby communities.

For neighbourhoods such as Parc-Extension, where many

residents already live near heavy traffic corridors and industrial activity, concerns about long-term air quality and urban congestion resonate strongly.

Despite the current chaos, airport officials insist the completed project will dramatically improve access in the future. Plans include expanding access lanes from six to eighteen and increasing public transit usage through the REM network.

For now, however, Montrealers planning summer travel are being urged to leave earlier than ever and expect delays before even reaching the terminal doors.

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# Lanvac improves offerings with 'Libris Aura' emergency communicator for seniors

*Ongoing growth at Canada's leading third-party alarm monitoring wholesaler*

**MARTIN C. BARRY**

Local Journalism Initiative Reporter  
marty@newsfirst.ca

In the highly competitive domain of security and intrusion detection services, Lanvac Group's representatives were back at the annual Security Canada East trade show at the Laval Sheraton last month promoting new products and offerings from the Montreal-based firm.

The company, Canada's leading third-party wholesaler of alarm monitoring, monitors alarm systems for burglary, fire and medical emergencies, and has a sister company, NBG Telecom, which sells alarm products to Lanvac dealers or to any other alarm services retailer for that matter.

The company's most recently-established division is FindMyAlarm.com.

At past Security Canada East gatherings, Lanvac had announced new undertakings, such as the Lanvac.Mobi web app for Lanvac clients to run system tests, check for signal history, request reports and even create or modify new or existing customer accounts.

## Enhanced safety for seniors

For last few years, NBG was distributing the Libris 2 Personal Emergency Response Communicator (now superseded by the Libris

Aura) from Numera exclusively in Canada. For vulnerable seniors and other at-risk persons, it came to be regarded as a comprehensive mobile safety and wellness solution that featured fall detection, GPS location, 4G/LTE support and a 48-hour battery.

Worn around the neck or on a belt, a button activates a medical event alarm which goes to the Lanvac central monitoring station, and a two-way voice call is automatically placed to a human operator at Lanvac. Along with the alarm signal, the user's GPS coordinates are also automatically sent to central.

New this year, according to Stephanos Georgoudes, a member of a family who have been deeply committed to Lanvac for decades, Lanvac has opened a second alarm monitoring station, located in Montreal North, to serve the island of Montreal.

## ULC-certified monitoring

"We're the only alarm monitoring company in Canada that has two ULC-listed monitoring stations," Georgoudes said, referring to ULC Solutions Canada which is mandated to issue reliability certifications after testing facilities and equipment.

Lanvac's stations are redundant, serving as back-up in case one or more fails, while the company has additional stations, including



From the left, Lanvac and NBG Telecom representatives Jake Bosse, Victor Dubar, Yianni Fokas and Michel Labelle at the Security Canada East trade show at the Laval Sheraton last month. (Photo: Martin C. Barry, Newsfirst Multimedia)

one in Toronto. As well, Lanvac's monitoring stations are located within buildings the company owns, adding a strong element of security to their operations.

This year, Lanvac is promoting an updated two-way voice medical monitoring pendant, the Libris Aura, which improves on the aforementioned Libris 2 which had been around for more than a decade.

"It's smaller, the battery's life is a lot longer," said Georgoudes, noting that in addition to distributing the Libris Aura, Lanvac also provides full monitoring, while each unit transmits GPS location coordinates in the event of an emergency.

## FindMyAlarm.com

In the meantime, Lanvac Group's FindMyAlarm.com (also another recent addition) is tailored to the needs of end-users, so they can locate local alarm companies should they ever feel a need to compare and switch to another firm.

Although FindMyAlarm.com was designed to promote alarm companies dealing with retail customers, the web portal holds the potential to build a bridge between retail clients and the Lanvac name.

"We created FindMyAlarm.com so that they can find a company closer to them that can serve them better," Georgoudes explained. "And,

of course, those companies are connected with Lanvac."

With Security Canada conventions also taking place in western and central Canada this year, the gatherings are always a time for security experts from across the country to focus on building and renewing relationships with hundreds of professionals deeply involved in Canada's security services industry.

## Deep roots in Montreal

Lanvac was founded by brothers John and Bill Georgoudes. Raised in Montreal's Park Extension district – which was at one time home for most of the city's Greeks – they turned their initially small burglar alarm business into a national contender.

Lanvac's first monitoring station was in Parc Extension, in the basement of a building at the corner of Durocher and Jean Talon. Bill got his elementary education at Barclay School on Wiseman Ave., while John attended Strathcona Academy in Outremont.

Bill received his secondary education at the former William Hingston High School, which has since become the area's most important community centre. John attended another legendary secondary school, Baron Byng High School, which became famous internationally after Canadian novelist Mordecai Richler wrote about it in his narrative fiction.

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# DIRECT ANSWERS

FROM WAYNE & TAMARA

## TEST OF TIME

**Q** *I have been lucky in life, growing up in nice neighborhoods, going to good schools, with parents who are very successful financially. I am about to finish my bachelor's degree and work full-time at a good job. I am 20 and things are going great.*

*My wonderful boyfriend is 22 and has been less lucky. He was raised by an amazing single mother who has worked two jobs to support her four children; they are from a low-income, mostly Latino community, where the schools are poor. As a result, life has been harder for him.*

*Unlike my parents who have given me money to save, he has had to work full-time, often living paycheck to paycheck. Because of this he had been out of school but just started working on his degree again.*

*My boyfriend and I couldn't be happier. We are living together and know that we want to spend the rest of our lives together. We can't imagine it any other way. In fact, we are treating the economic downturn as a great opportunity and are hoping to buy a small house at the end of the year.*

*The problem is my parents consistently make nasty remarks about him and our relationship. They say he's riding my coat tails, taking advantage of me, and once we've cohabitated long enough, will take half of what I have. The things they say come off as classist and even racist, and my mother and father know these remarks hurt me deeply. Should I tell my parents to take a hike?*

Keely

**A** Keely, you can't imagine your life without your boyfriend, but at 20 you can't imagine a world with rotary telephones. At 40 you won't be able to imagine what you did at 20. Let's take a step back and try to decide if it's fair to tell your parents to take a hike.

A universal characteristic of humans is that we prefer our own group to other groups. As primatologist Frans de Waal says, "Identification with the home team comes easily to group animals like ourselves." We might call this preference prejudice, but ultimately it is grounded in our biology.

Aside from this innate preference, how might things look to your parents? They know marriages of young people are the marriages most at risk. At 20, you are five or six years below the average age of women marrying in the U.S. That is cause for concern. In addition, almost everyone getting divorced thought they were marrying for life.

Everything has gone well in your life so far. It's hard to imagine things not going well. But statistically speaking, you are on a lucky streak. You have been shined on. Research shows all of us are more likely to believe bad events will happen to someone else, not us.

We don't doubt your boyfriend's sincerity, but from your parents' point of view, he has every reason in the world to want you. You are a shining star. He may genuinely think he loves you, but the package is so attractive it may have him dazzled. On your part, your parents may wonder if you are confusing admiration and altruism with love.

Parents fear for their children, and you are scaring them. They see you buying a house and his whole family moving in. They see you responsible for five lives and the whole trajectory of your life plummeting. Do 20 plus years of nurturance and raising you mean nothing? No, they count for a lot.

Some people your age have found the one for them. Only time will tell. It is fair to tell your parents to stop with the racist remarks, but telling them to take a hike is going too far. If you are right about your boyfriend, if he is everything you claim he is, his deeds and character will in time win them over.

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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| 4. Sweet Snaps Peppers         | 11. Sweet Cantaloupe    |
| 5. Fresh Tomatoes (4)          | 12. Fresh Purple Garlic |
| 6. Oyster Mushrooms            | 13. Lemon               |
| 7. Green Beans                 | 14. Green Onions        |
|                                | 15. Lettuce             |
|                                | 16. Blackberries        |

## SMALL BASKET (\$22)

- |                    |                            |
|--------------------|----------------------------|
| 1. Local Asparagus | 6. Juicy Jumbo Oranges (2) |
| 2. Sweet Corn (2)  | 7. Fresh Purple Garlic     |
| 3. Lettuce         | 8. Blackberries            |
| 4. Bananas (3)     | 9. Cucumber                |
| 5. Honeydew Melon  | 10. Tomatoes (2)           |

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# HOROSCOPE

Week of **MAY 17 TO 23, 2026**

The luckiest signs this week:  
**VIRGO, LIBRA AND SCORPIO**



## ARIES

This week, you'll focus on your home. Renovations, reorganization or relocation may occupy your time. A loved one will need your presence and support, drawing you deeper into family responsibilities.



## TAURUS

You'll face a dilemma around discretion. Keeping a secret may become challenging and could risk exposure. You'll gain more by listening rather than speaking, as you'll gather useful, strategic information without compromising yourself.



## GEMINI

You may make a real estate purchase or sale, proving your resources match your ambitions. In romance, outbursts of affection will strengthen the balance in your relationship and highlight a bond undergoing deep transformation.



## CANCER

Disruption will require quick action. Challenges, surprises or sensitive decisions will guide you toward the right choices. Meanwhile, loved ones and colleagues will finally respond positively to your efforts, making them far more rewarding.



## LEO

Your creativity will peak, inspiring you to start a personal project or launch a bold initiative. An exhibition or performance will leave a lasting impression on you. Your generosity will deepen your relationships and strengthen your emotional connections.



## VIRGO

Your social life will be buzzing this week. Both old and new friends will seek you out. Invitations, events and meaningful conversations will reveal important truths. These exchanges will strengthen your bonds and deepen your understanding of others.



## LIBRA

A remarkable professional opportunity is coming, such as a job promotion or the launch of your own business. This long-awaited dream will materialize, marking an important step toward lasting security and personal fulfillment.



## SCORPIO

A secret will come to light, whether intentionally shared or discovered by chance. At work, you may have to speak a foreign language or decode an important message. In your love life, a meaningful exchange will mark an important emotional turning point with your partner.



## SAGITTARIUS

Your emotions will run high this week, but for happy reasons. A child or loved one will accomplish something deeply moving that will fill you with pride and joy. You'll shed tears of deep and sincere happiness.



## CAPRICORN

At work, the facts must outweigh your emotions. Logical thinking will help you have more successful negotiations. Respecting rules and regulations will prevent complications and reinforce your professional success.



## AQUARIUS

An avalanche of professional responsibilities will slow you down. If your health is unstable, your body will demand rest. By managing your energy more wisely, you'll regain the strength and efficiency you need to face new challenges.



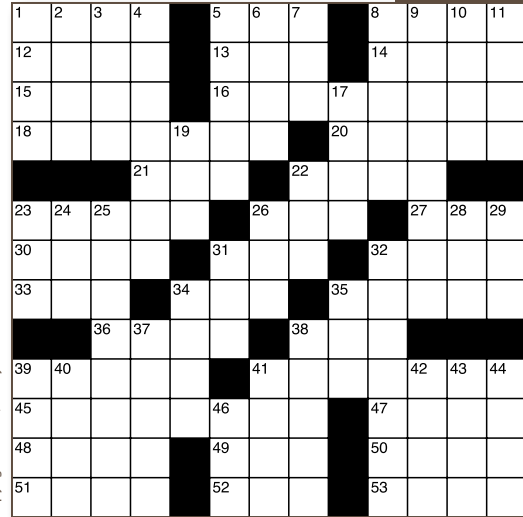
## PISCES

A certain success will fill you with pride and highlight your hidden talents. Family tensions may create stress and throw off your inner balance. You'll have to carefully navigate this period of adjustment.

# Coffee Break

## CROSSWORD

PUZZLE N° 304



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### ACROSS

1. Insult
5. Fabric layer
8. \_\_\_ and found
12. Game of chance
13. Shad \_\_\_
14. Place
15. Hooked on
16. Conflicting
18. Sound systems
20. Assembles
21. One of Santa's helpers
22. Seedless plant
23. Do a body search
26. Light source
27. Hit lightly
30. Lease payment
31. Head for the hills!
32. Inheritor
33. Kooky
34. Unruly crowd
35. Rice field
36. Give off

### DOWN

38. Baby tiger
39. Implant
41. Ice-cream flavor
45. Kept
47. Warty creature
48. Hymn closer
49. Feasted
50. Pimples
51. Puts down turf
52. Picked up
53. Foot parts
1. Hits the slopes
2. Pre-Easter time
3. Feed the pot
4. Worst
5. Affirmation
6. Clips
7. Not nope
8. Light beam
9. Familiarized
10. Wired
11. Tickets
17. Foretelling sign
19. Forest animal
22. Amusing
23. '60s do
24. Caught \_\_\_-handed
25. Under obligation
26. Pinch hitter, for short
28. Give support to
29. Use a lever
31. Decay
32. Environment
34. Calf-length skirt
35. Wordplay
37. Wealth
38. Service academy student
39. Notable periods
40. Reminder
41. Presidential "no"
42. Coco \_\_\_ (rum cocktail)
43. Country path
44. Lime drinks
46. Remind constantly

# Sudoku

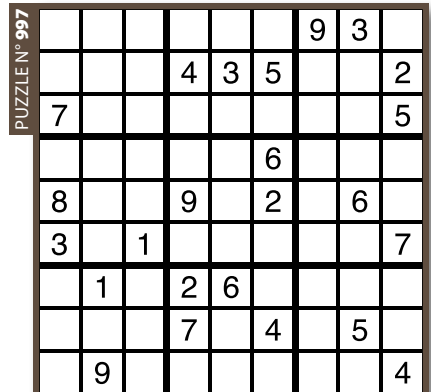
## HOW TO PLAY

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.

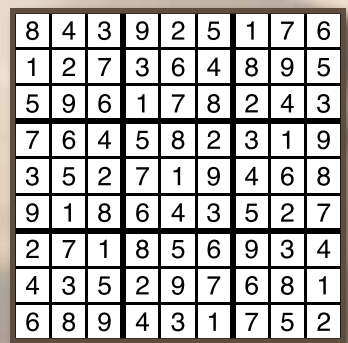


## LAST ISSUE'S ANSWERS

### CROSSWORD



### Sudoku





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