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## Nouvelles Parc-Extension News meets with new city councillor Elvira Carhuallanqui

Parc-Extension News EXCLUSIVE



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## Semaine Sans Écran pour les élèves des écoles primaires

Sur la photo, de gauche à droite:  
Enfants gagnants du tirage; de l'école Barclay  
Ajit Singh, groupe 303  
Dinec Esselakoy Asseke, groupe 402  
Daivik Daivik, groupe 402  
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# Mayor Lalonde has moving day advice for Villeray–St-Michel–Parc Extension

*Waste management in Parc Ex becomes an issue at June borough council meeting*

**MARTIN C. BARRY**  
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With Montreal's traditional mid-summer moving day just a few weeks off, Villeray–St-Michel–Parc Extension borough mayor Jean-François Lalonde had some words of advice during the June 2 borough council meeting for families and individuals who will be on the move on July 1.

"I would like to remind residents and households actually who are going through periods of uncertainty, periods of stress, those who foresee or who are in a situation to lose their dwelling, that the City of Montreal has services for you, whether it's assistance, sharing lists of dwellings, references towards organizations or legal help, or to help you, depending on the case, to prepare your dossier to obtain low-income housing," said Lalonde.

## Cleaning up Parc Extension

During a period for council members' announcements, Parc Extension city councillor Elvira Carhuallanqui said a number of measures were taken over the previous month to improve cleanliness on the streets as well as in the back alleyways of Parc Extension.

She said sanitation inspectors carried out inspections, issuing 35 violation notices and six infraction citations.

"I am starting with this point because the requests that I receive, as well as the comments and calls from the residents of Parc Extension, remind me of the extent cleanliness has become a priority to improve the quality of life of the population," she said.

Carhuallanqui also summarized what she did as councillor during the month of May. She said she paid visits to several of the many community groups and organizations based in Parc Extension, while participating in some of their festivities for special occasions such as Mother's Day.

The organizations included Cuisines et vie collectives Saint-Roch, Afrique au féminin, the Table de concertation culturelle, the Forum de Citoyens Aînés de Montréal and Ville en vert. "I would like to remind everyone of the importance of citizen participation," said Carhuallanqui.

## Clarify on electric bike use

During the public question period, Guy Fredette, a prominent and long-time leader within the Montreal deaf/mute community, and who is also widely known for his service as president and secretary of the Montréal Villeray-Sourds Lions Club, got up to the microphone to raise questions about the use of electrically-powered bicycles on bike paths.

Fredette, a regular attendee at VSMPE borough council meetings for many years, said he recently questioned two police officers on the legality of electric bikes being driven on bike paths, only to receive two different answers.

Commander Salvatore Serrao, who heads the Montreal Police Dept.'s PDQ 30 on Pie-IX in Saint-Michel, said electrically-assisted bikes have a legal right to operate on bicycle paths,

although 100 per cent electric bikes do not have that privilege.

"To be perfectly honest, there is admittedly a certain tolerance when we evaluate the level of danger," said Serrao. "When we see it could be dangerous for youths or other persons, we will be very, very tolerant."

## 'It is forbidden,' says PDQ 30 chief

While he wouldn't speculate on why two different police officers might not provide the same answer, Serrao added regarding the law itself, "If we look purely at the law, it is forbidden."

Referring to small electric vehicles generally, Serrao said a distinction has to be made between unpowered scooters, electric scooters and the many other small electric conveyances that have come onto the market in recent years.

"We really have to analyze the vehicle that's in front of us and decide what situation we are dealing with," he continued. "So, it's difficult for me to answer you by saying that all electric vehicles have no right. It depends on what's in front of us."

Regarding the wearing of protective helmets, Serrao acknowledged that the law isn't consistent with all the different types of small electric vehicles, because "some are obliged to wear a helmet, while others are not."

For example, non-electric scooters do not require the user to wear a helmet, he said, although it is mandatory with electric scooters. "So, it's question of seeing. When we intervene with someone, we look at the regulations to know what we have before us, and we decide."

## Keeping Parc Extension clean

Also during the public question period, Stéphane Doucet of Parc Extension raised questions about the use of public waste bins throughout Parc Ex, while saying he was pleased to hear Councillor Carhuallanqui talking about the issue of cleanliness in Parc Extension.

Doucet, who has lived near the corner of Durocher St. and Ball Ave. for around eight years, said he was happy borough inspectors recently made the rounds of problem spots in the area.

"Yet the reality is that it continues to be a problem," he said. He asked whether the borough is ready to release more funds to hire additional blue-collar workers. He said he also wanted to know whether the borough is empowered to pass a by-law to deal with the enforcement of the cleanliness obligations of property owners.

## Needed: more waste bins

Mayor Lalonde said borough officials were aware of a lack of waste disposal bins. Marco St-Pierre, the borough's director of public works, said the borough hired more inspectors and blue-collar workers this spring to boost the borough's cleanup capacity.

"We agree with you completely that we see certain areas that we know well in the sector of Parc Extension where we have to constantly keep repeating the message to owners and it's a challenge," said St-Pierre.



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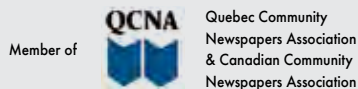
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# OPINION & Editorial



## Father, dear father, what's in it for you?

### *The changing mission of fatherhood in an age of uncertainty*

Over the last 30 years or more, fatherhood has undergone profound transformations, once narrowly defined as provider and disciplinarian, it has evolved into something far more complex, demanding, and deeply human. Today's fathers are expected not only to provide, but increasingly nurture, guide, listen, comfort, and stand as steady emotional anchors in their children's lives. This evolution is not incidental. It reflects a quiet but powerful redefinition of masculinity itself, deserving far more recognition than it receives.

Furthermore, modern fatherhood is not as passive as it once was. It is now active, constant, and often too-often exhausting. Fathers are present at kitchen tables helping with homework after long workdays. They are the ones pacing the floor with a sick child in the middle of the night, showing up at parent-teacher meetings, attending medical appointments, coaching teams, and sitting through long early-morning practices in cold arenas and chilly soccer fields. They are not occasional participants in their children's lives. They are central figures, shaping their children's sense of security and belonging through everyday acts of consistency in love, patience, and acceptance of duty.

Yet much of what fathers do remains unseen and, too often, taken for granted. Behind the scenes, many fathers are making difficult choices that their children may never fully understand. They postpone their own needs, putting aside personal ambitions. They forgo rest, hobbies, and sadly, even their health.

In many families, fathers work second jobs, take overtime shifts, often accepting physically demanding work so their children can participate fully in life whose benefits now cost exceedingly more.

They do this so their child can pursue character-building participation in sports, or go on expensive culturally-enriching school trips abroad without feeling excluded or different. These are not small decisions, they are sacrifices made quietly, without expectation-of-recognition.

However, in truth, there is a particular kind of dignity in this silence. Many fathers do not speak openly about pressures carried. They absorb financial stress, worry about providing, and navigate the emotional weight of responsibility without complaint. They do not always have the language or social permission to express

vulnerability, but that does not mean they do not feel it. The anxiety of making ends meet, fear of failing their children, exhaustion of constant responsibility are real and present burdens. Fathers feel deeply. They simply often feel in silence. And yet, they continue.

They continue to wake up early, show up, provide structure, offer guidance, and protect not only their children's physical well-being but also their sense of dignity. They are the ones who quietly ensure that their child has the right equipment for sports, even if it means going without something themselves. They are the ones who sit in the stands after long shifts at work, tired but attentive, because presence matters. They are the ones who encourage resilience, model perseverance, and teach, often without words, what it means to endure.

Clearly, fatherhood today is also more inclusive than ever, and this too must be acknowledged with clarity and respect. Fathers come in many forms - biological, adoptive, stepfathers, foster, gay, teachers, and uncles. Each brings commitment, care, and responsibility into children's lives. In Canada, and particularly in Quebec, this diversity is growing. By 2021, one in five same-gender couples raising children were two fathers. This reflects not only changing family structures but also a broader understanding that fatherhood is defined by presence and responsibility, not by biology alone.

At the same time, the rise of single fatherhood tells another important story. According to Statistics Canada, across Canada, nearly 330,000 families are headed by single fathers, with Québec among provinces where this is most common. These men face unique and often under-recognized challenges, balancing full-time work with full-time parenting, often without the same support networks more readily available to single mothers. They navigate childcare systems, legal frameworks, and social perceptions that are still catching up to their reality.

Single fathers aren't anomalies. They are committed parents who have stepped forward when circumstances demanded it. Whether through separation, divorce, loss, or choice, they have taken on the full responsibility of raising children, often in environments that still question their capacity to nurture. They deserve not skepticism, but respect.

In our city and across Quebec, these fathers

are part of the fabric of daily life. They are in schoolyards, daycare pickups, grocery stores late-in-the evening, managing both practical and emotional needs of their families, learning, adapting, and growing alongside their children. They are proof that fatherhood is not static. It evolves with courage and necessity.

Behind all of this, there are personal stories that remind us what fatherhood truly means. My own father, born in 1907, embodied forms of strength that still resonate today; strict, especially when it came to dating, he never hesitated to set firm boundaries. But beneath that firmness was a deep, unwavering commitment to my future. He did not offer material wealth, nor did he believe in dependency. His message was clear, "I will not give you anything except your education, and let that serve you well." And it did.

He believed in independence long before it became common conversation. He was, in many ways, ahead of his time, a quiet champion of female autonomy. He taught me to rely on my own abilities, think critically, and build a life grounded in self-sufficiency. His love was not expressed through indulgence, but through principle.

Through expectation. Through belief. That, too, is sacrifice. The willingness to prepare children for the world rather than shield them from it. Father's Day should not be reduced to symbolic gestures. It should be moments of honest recognition; recognition that fathers today are carrying more than ever before, giving more of themselves, often without acknowledgement. That their sacrifices, both visible and invisible, shape the lives of their children in lasting ways.

In Québec, where we pride ourselves on progressive social values and strong family support systems, there is still work to be done. Fathers, especially single fathers, need greater support within our institutions, schools, and communities. They need to be seen not as secondary caregivers, but as equal and essential parents.

To you, the fathers of our community and beyond -working long hours, sitting in arenas and on sidelines, quietly paying for opportunities their children may one day lovingly appreciate instead of selfishly taking for granted -you matter, your sacrifices matter. Your presence matters. And even when it goes unspoken, it is felt. We honour you.

Renata Isopo

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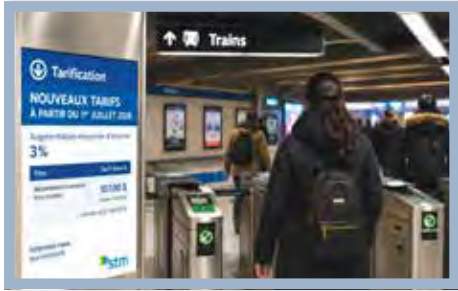
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# Transit fares to increase across Greater Montreal on July 1

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Residents of Parc-Extension who rely on public transit will soon pay more to get around the city as a new fare schedule comes into effect across the Greater Montreal region on July 1. The fare increase, approved by the Autorité

régionale de transport métropolitain (ARTM), will affect users of the STM, REM, Exo commuter trains and regional bus networks. The ARTM says the average increase will be approximately three per cent, a level it describes as necessary to help offset rising operating costs while maintaining transit services.

For many residents of Parc-Extension, one of Montreal's most transit-dependent neighbourhoods, even modest fare increases can have an impact on household budgets. The neighbourhood's proximity to Parc and De Castelnau metro stations, as well as several major bus routes, means that thousands of residents rely on public transit daily for work, school and essential services.

Under the new fare structure, the cost of a monthly all-mode pass for Zone A, which includes the Island of Montreal, will increase from \$104.50 to \$107.00. Other fare products,

including certain multi-trip and regional passes, will also see price adjustments.

According to the ARTM, fare revenues remain an important source of funding for the region's public transportation network. Transit agencies across Canada continue to face financial pressures stemming from inflation, increased maintenance costs and the need to invest in infrastructure and service improvements.

The fare increase comes as transit ridership continues to recover following the disruptions experienced during the COVID-19 pandemic. Regional transportation authorities have reported steady growth in passenger numbers over the past several years, although ridership on some routes has not yet fully returned to pre-pandemic levels.

The timing of the increase coincides with a period when many Montreal households are already facing financial pressures related to

housing costs, groceries and other essential expenses. Community organizations have frequently pointed to transportation costs as an important issue for low-income residents and newcomers, both of whom make up a significant portion of the population in Parc-Extension.

Despite the higher fares, public transit remains one of the most affordable transportation options available in Montreal. A monthly transit pass continues to cost significantly less than the combined expenses associated with owning and operating a private vehicle, including fuel, insurance, parking and maintenance.

Transit users purchasing monthly passes for July are encouraged to verify the new rates before renewing their subscriptions or purchasing fare products at metro stations and authorized sales points.

The new fares will take effect throughout the Greater Montreal region on July 1, 2026.

## New traffic-calming measures planned for Park-Extension streets this summer

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Residents of Park-Extension can expect to see additional traffic-calming measures installed on neighbourhood streets this summer as the Borough of Villeray-Saint-Michel-Parc-Extension continues implementing plans designed to improve road safety, reduce speeding and create safer conditions for pedestrians and cyclists.

The measures are part of a broader investment approved by borough council during its most recent meeting. The contract, valued at

more than \$3.25 million, will fund roadwork, lead water service replacements and a series of traffic-calming interventions throughout the borough, including several projects affecting Park-Extension.

According to borough officials, the work is being carried out as part of local traffic-calming plans developed following extensive public consultations held in 2022 and 2023. Residents were invited to share concerns and recommendations regarding mobility, road safety and quality of life in their neighbourhoods.

The consultations ultimately led to the creation

of three traffic-calming plans aimed at improving pedestrian and cyclist safety, reducing cut-through traffic on residential streets and lowering vehicle speeds in areas where residents expressed concerns about safety.

For Park-Extension residents, borough officials report significant progress in the western sector of the neighbourhood. All measures identified in the original traffic-calming plan for western Park-Extension have now been completed, with additional improvements added beyond those initially proposed.

Completed interventions include speed humps, curb extensions, lower speed limits, modifications to traffic circulation patterns, speed display signs and adjustments to traffic signals. Together, these measures are intended to make residential streets safer and less attractive to through traffic.

The borough plans to continue expanding these efforts this summer. Across Villeray-Saint-Michel-Parc-Extension, 27 new curb extensions and 37 speed humps are scheduled to be installed.

Officials say curb extensions help improve visibility between drivers, cyclists and pedestrians at intersections by shortening crossing distances and slowing turning vehicles. Speed humps are designed to reduce excessive vehicle speeds and discourage motorists from using residential streets as shortcuts.

Several of the new curb extensions will also incorporate green infrastructure. Planned



features include tree pits and landscaping designed to absorb rainwater, reduce urban heat islands and contribute to environmental sustainability objectives.

In eastern Park-Extension, work will continue around École Léonard-de-Vinci, where the borough has been implementing safety improvements since 2025. A new raised intersection is scheduled to be added as part of the project, helping students travel more safely to and from school.

The initiative comes as municipalities across Montreal increasingly focus on street design as a tool for improving public safety. Traffic-calming measures have become a central component of efforts to encourage walking, cycling and other forms of active transportation while reducing the risk of collisions.

In addition to road-safety improvements, the borough will undertake roadway rehabilitation on several street segments and replace lead water service connections where necessary. Officials say the work will help improve drinking water quality while making sidewalks and roadways safer and more comfortable for residents.

For many Park-Extension residents, the projects represent the next phase of a multi-year effort to address concerns raised directly by citizens regarding speeding, traffic volumes and pedestrian safety in one of Montreal's most densely populated neighbourhoods.

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# NPEN sits down with Parc Ex's new city councillor, Elvira Carhuallanqui

*Food access, local cleanliness and homelessness among her pressing issues*

**MARTIN C. BARRY**  
marty@newsfirst.ca

In her first full-length interview with *Nouvelles Parc Extension News* since being elected as the new city councillor for Parc Extension last November, Elvira Carhuallanqui outlined some of the area's most pressing issues, including access to nourishing food, the spectre of homelessness and better sanitation in Parc Ex's neighbourhoods.

Originally from Peru, Carhuallanqui arrived as a child in Parc Extension around 20 years ago and was raised in the neighbourhood.

A lawyer specializing in housing, immigration and human rights prior to entering politics, Carhuallanqui defeated incumbent Parc Extension city councillor Mary Deros who had won every municipal election in the district since 1998.

## Focus on local issues

As the candidate for Projet Montréal, Carhuallanqui ran on a platform of advocating, among other things, for "inclusive justice in Parc-Extension," according to some of her campaign literature last year, while saying also "she understands the local issues" and "wants to make housing a priority."

In recent years, people living in Montreal as well as in regions all over Canada and North America have witnessed the rise of a trend in food retailing.

Large grocery retail chains (where fresh food is sold) are shutting underperforming stores,

often in economically-disadvantaged neighbourhoods, while dollar stores (where ultra-processed foods with long shelf-life are sold) seem to be springing up at a corresponding rate.

In our interview with Councillor Carhuallanqui, she acknowledged that "food security in Quebec has been greatly rising," while also suggesting that the cost of living and of housing, along with employment insecurity, are aggravating factors.

## Says Parc Ex 'not a food desert'

All the same, she maintained that Park Ex is not at the stage where it could be described as a "food desert," noting that there are as many as 25 small and independent grocers in the area, and that the Maxi discount grocery store on Jean-Talon St. serves the community adequately.

She said she preferred to refer to the situation in Parc Extension as a "food mirage" (mirage alimentaire), which refers to an area where healthy food is physically present and geographically accessible (such as a grocery store), but financially out of reach for lower-income residents in the neighbourhood.

"And, you know, here in Parc Extension the people are very entrepreneurial and there are a lot of small groceries," said Carhuallanqui. "While we are not a food desert, we are seeing more and more the notion of a food mirage here. Yes, there is access and availability, but there are also individuals and families who don't have money even for their grocery needs."

## Believes in economic development

She pointed out the presence of community

groups in the area, including the Cuisines et vie collectives Saint-Roch and Ressources Action Alimentation Parc-Extension, which provide help to some of those with the most pressing needs.

Carhuallanqui said one of the main tools she relies on to help resolve this type of situation is economic development, leading to social improvements and sustainable employment.

As for homelessness, Carhuallanqui said it's a problem which has become more visible in other neighbourhoods of Montreal, although it has not necessarily reached that same level in Parc Extension.

All the same, she said she was aware of the death Manjeet Singh, an unhoused migrant and father of two, who died in a Parc Extension park last January, after being found alone in the cold near a closed municipal chalet where he usually sought warmth.

## Homelessness 'definitely an issue'

"What was the cause?" she asked. "I believe there is a coroner who is still trying to determine this. But I think that in the meantime, homelessness is definitely an issue. And I think it is also in Parc Extension."

In addition to these problems, Carhuallanqui said Parc Extension continues to have a problem with the sanitary disposal of waste.

In one of the most densely-populated areas of the city, piles of waste often accumulate in back alleys behind the many apartment buildings in Parc Extension, contributing to the proliferation of mice, rats and other vermin.



Seen here outside the Borough of Villeray/St-Michel/Parc Extension's offices on Ogilvy Ave, Parc Extension city councillor Elvira Carhuallanqui sees economic development as a key factor to help resolve some of the area's more outstanding social problems. (Photo: Martin C. Barry, Nouvelles Parc Extension News)

"Sanitation is also one of my priorities," she said. "There is a lot to do. There are things which have already been done. But more should be done."

"Yes, I receive messages from residents," she continued. "And there are also reports in the newspapers. There is still this problem in Parc Extension, as well as in other districts and boroughs. But for me personally, and as the elected representative in Parc Extension, this is something I will be working on in a very serious way with followups."

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# 4<sup>ème</sup> édition de la Semaine Sans Écran pour les enfants des écoles primaires du quartier de Parc-Extension

Du 4 au 8 mai dernier, avait lieu la traditionnelle Semaine Sans Écran du quartier de Parc-Extension. Un moment de l'année où on encourage les enfants à choisir des activités sans écran. Qui sait, peut-être qu'ils y prendront goût!

C'est bien sûr une réalité qui nous touche toutes et tous. N'est-ce pas? Qui n'est pas préoccupé par le temps que nos enfants, nos adolescents et même nous-mêmes passons devant des écrans? Certains parleraient même d'un fléau.

C'est au printemps 2022, que les membres du Conseil d'Établissement de l'école Barclay ont décidé d'agir et de proposer un bingo coloré à tous les enfants de l'école.

Chaque enfant reçoit donc sa propre carte à jouer. Chacune des cases propose différentes activités, les invitant à mettre leur écran de côté pour jouer dehors, cuisiner, aller à la bibliothèque, bricoler, jouer à des jeux de société et plus encore. Une fois que les cases sont signées et que les bingos sont validés par les ensei-

gnants, les enfants les déposent dans la boîte pour le tirage.

Du lancement au moment du grand tirage, tout est mis de l'avant pour motiver les troupes. Et Bingo, le tour est joué.

Ce fût un tel succès, que l'école Barthélemy-Vimont et la Bibliothèque de Parc-Extension se sont joints à nous l'année suivante et ainsi, en ont fait, un événement de quartier. Imaginez-vous que La Semaine sans Écran est même dans la programmation officielle de la Bibliothèque et que celle-ci offre des activités dans ce sens.

Une case de bingo à la fois, des enfants prennent goût à varier leurs intérêts et surtout à avoir du plaisir autrement. Le succès de cette semaine est sans équivoque.

À l'école Barthélemy-Vimont, 763 bingos, sur un total de 864 enfants, ont été mis dans la boîte et à l'école Barclay on parle de 405 bingos sur 630. Pas pire, quand même.

Mais ce sont les témoignages spontanés qui

nous motivent à continuer.

« Madame, madame, j'ai réussi, me cri-t-on dans la rue. J'ai réussi. J'ai mis mon écran de côté et je suis allé au parc avec mon ami »

« Madame, j'ai réussi à faire toute la feuille » Les parents sont bien sûr impliqués. C'est à eux que revient la tâche de signer la case du bingo avec l'activité que l'enfant a réalisé. Et une formation pour les soutenir à l'ère des écrans leur ait offerte.

Vous savez, les enfants savent que le temps passé devant les écrans n'est pas bon pour eux. Ils ont besoin de nous pour les guider et les inspirer!

Nous vous invitons donc à vous joindre à nous l'an prochain! Ou encore à nous partager vos initiatives.

**Ghislaine Paiement**  
Intervenante communautaire scolaire  
Écoles Barclay et Barthélemy-Vimont



**DIMITRIS ILIAS**  
dimitri@newsfirst.ca

A newly adopted master plan for Parc Jarry places renewed emphasis on the park's importance to Park-Extension residents, identifying the large urban green space as a critical resource for health, recreation and climate resilience in one of Montreal's most densely populated neighbourhoods.

The plan, developed following years of public consultations and technical studies, outlines a long-term vision for the future of Parc Jarry as it enters its second century. While the docu-

ment addresses infrastructure, sports facilities, biodiversity and climate adaptation, it repeatedly highlights the park's unique role for nearby communities, particularly Park-Extension. Located on the border of Villeray and Park-Extension, Parc Jarry is one of Montreal's major urban parks. The master plan notes that Park-Extension has relatively few spaces dedicated to nature and relaxation, making Jarry an essential destination for thousands of local residents.

According to the study, Parc Jarry is the only major nature-oriented park serving Park-Extension. The document concludes that access to green space is a significant quality-of-life

issue for the neighbourhood, particularly given its dense urban environment, limited private outdoor space and high proportion of rental housing.

The findings also point to environmental concerns. Municipal planners describe Park-Extension as particularly vulnerable to the effects of climate change, including urban heat islands and extreme weather events. In that context, the park serves not only as a recreational destination but also as a critical environmental asset that helps mitigate heat and provides access to nature for residents who

may have few alternatives nearby.

The report paints a detailed portrait of Park-Extension's demographic realities. It notes that the neighbourhood has a high concentration of immigrant families, a large proportion of renters and one of the lowest income levels in Canada. More than 80 per cent of residents rent their homes, while nearly two-thirds report annual incomes below \$30,000.

City planners argue that these realities increase the importance of maintaining and improving public green spaces. The master plan specifically links access to nature with social well-being, physical activity and community cohesion. It also notes that many residents identified socializing, enjoying nature, walking and spending time outdoors as some of the park's most valued functions.

The future vision for Parc Jarry includes expanded tree planting, additional shaded areas, improved biodiversity, better management of rainwater and enhanced spaces for relaxation and informal recreation. One of the flagship projects envisioned by the city is the transformation of the central plain into a «sponge park» capable of absorbing and retaining stormwater during heavy rainfall events.

The master plan is also rooted in extensive public participation. Thousands of residents took part in surveys and consultations over several years, with many respondents coming from Villeray and Park-Extension. Among the most common requests were more green space, additional shade, improved facilities and greater access to nature.

For Park-Extension residents, the document reinforces what many already know: Parc Jarry is much more than a recreational facility. It is one of the neighbourhood's most important public spaces, serving as a gathering place, a refuge from summer heat and a rare opportunity to experience nature in a densely built urban environment. As Montreal prepares for continued growth and the impacts of climate change, city planners view the park as a key component of the neighbourhood's long-term resilience and quality of life.

## FOR SALE

**Chomedey:** Beautiful ground floor condo, open concept with private entrance and garage. Offering 1 huge master, 1 bath with shower and tub. Rented semi-furnished with fridge, stove, dishwasher, washer, dryer. Close to highways and schools.  
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**Chomedey:** Enjoy the best of both worlds in this stylish two-bedroom, open-concept condo. Located in the heart of the action, this home features a beautiful kitchen designed for both daily life and hosting. Commuting is a breeze with immediate access to major highways and a location just minutes from the Lachapelle Bridge. Best of all, you'll never hunt for a spot with two dedicated parking spaces (one garage, one exterior).  
**MLS: 23852845**

**Chomedey:** Step into this beautiful family residence, 3 +1 bedrooms, 1 ½ bathrooms, grand kitchen, showcasing an open concept layout and impressive high ceilings. Designed for comfortable and functional family living, this home is ideally located in the heart of a vibrant area near schools, shopping, transportation, and more. With a private backyard and inground pool, in a harmonious community, this property offers an exceptional opportunity you won't want to miss.  
**MLS: 21585233**

**Chomedey:** Discover this 1 bedroom, 1 bath, newer construction condo ideally located in the heart of Laval, just steps from groceries, pharmacies, schools, parks, daycares, restaurants, and public transit. The open concept layout features large windows that flood the space with natural light, complemented by quality finishes throughout. This well built concrete and steel structure offers superior soundproofing between floors, two elevators, and a convenient storage locker. Also enjoy access to a cardio gym on the main floor and a stunning rooftop terrace with panoramic views. Easy to visit! Must see!  
**MLS: 13585109**

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**Cote-des-Neiges:** Apartment for 4 ½ for rent. Newly renovated 2 bedroom apartment located in the Cote-des-Neiges/Notre-Dame-de-Grace close to all amenities, shopping, schools and transportation. Included are all stainless-steel appliances, fridge, stove, dishwasher, washer/dryer and cooking fan. Close to all services, restaurants, hospital and pharmacies. Available for July 1st, 2026.  
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# DIRECT ANSWERS

FROM WAYNE & TAMARA

## COLD TURKEY

**Q** I dated a girl two years. The first time it ended because she started doing drugs and wouldn't stop. When she began dating a druggie friend, I continued giving her rides, a place to crash for a night, and money. Then she left him and came back to me.

Cautiously I decided to give it another try. Unfortunately I found out she had been dating this other man and me at the same time. It ended once more. Later we started to talk again, but that ended with her taking my time and money, and then leaving.

My conscious mind can recognize she is all-around not a good person, much less good for me. I know she has taken much from me and given little in return. My mind seems to have completely gotten over her, but my body can't seem to.

Whenever I see any white car remotely resembling hers, I turn and stare. If I see a girl with the same skin complexion, I can't help but gaze. When I hear her name, my stomach tightens, and if I see her, I feel immensely downtrodden.

I would say without a doubt I am over her, but I can't help feeling queasy and even jealous when I hear news of her, good or bad. These

are all instinctual, involuntary actions. I don't understand.

It is as if my brain has moved on, but my body is still going through the motions of breaking up. I know time is probably the best cure, but it is difficult living like this.

Dylan

**A** Dylan, warnings not heeded, conscience not listened to, red lights driven through. Sooner or later, they all catch up to you. So will you heed another warning, or will you boldly go where no man should go?

Don't be a lemming, or just another mouse for the snake. Warnings we don't heed are snakes we feed. When you were with her, you were way overmatched. This is a woman who charms men to support her habits.

The queasiness and jealousy you feel are textbook symptoms. Twice you were given ample reason to sever contact, and twice you refused. It's not her you need to get out of your system, it's your personal weakness.

By spreading out the pain of breaking up, you reinforced it. Like Pavlov's dog, you trained yourself to salivate at the very thought of her. If you hadn't spent so much time trying to turn ground beef into steak, you would be over this.

Wayne & Tamara

## PERSONAL PROPERTY

**Q** I have been with my husband four years, married for two. He has never accused me of cheating but insists that every man in a 10 mile radius is hot on my trail. At least once a month we fight about this.

I always ask why he doesn't trust me, and he says he does trust me, it's everyone else he doesn't trust. I don't know how to fix this. I have tried so hard. He offered to go to counseling but hasn't saved money for it, and I can't afford it either. I pay for everything else.

I am afraid my only option is divorce. I hate that I am tearing apart our family, but I don't know if I can continue. I feel alone, yet we have

talked about this many times. I don't think he is capable of change.

Vonna

**A** Vonna, your husband is trying to exert property rights over you. He is not in love with you, but he is afraid of claim jumpers. Every time he suggests you could be unfaithful he smirches your character. Every day you stay tells him he has the right to do what he is doing.

Like all good people you think this is your problem to fix. But it's not up to you. The only fix is letting him suffer the consequences.

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. Cauliflower            | 14. English Cucumbers (2) |
| 5. Lychees (12)           | 15. Avocados (2)          |
| 6. Dragon Fruit           | 16. Pineapple             |
| 7. Lettuce                | 17. Apples (3)            |
| 8. Radishes               | 18. Bananas               |
| 9. Small Potatoes (3 lbs) | 19. Fresh Almonds (12)    |
| 10. Tomatoes (3)          |                           |

## **SMALL BASKET (\$22)**

- |                           |                           |
|---------------------------|---------------------------|
| 1. Strawberries           | 8. Tomatoes (2)           |
| 2. Blueberries (6 oz)     | 9. English Cucumber       |
| 3. Pineapple              | 10. Zucchini              |
| 4. Bananas (3)            | 11. Avocado               |
| 5. Sweet Corn (2)         | 12. Small Russet Potatoes |
| 6. Broccoli (1 crown)     | 13. Litchis / Lychees (6) |
| 7. Mixed Bell Peppers (2) |                           |

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# HOROSCOPE

Week of **JUNE 14 TO 20, 2026**

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

**ARIES**  
You'll begin a new life phase by selling the family home. Now that your children have left the nest, you're ready to embrace new challenges. You'll approach these changes with optimism, curiosity and serenity.

**TAURUS**  
Careful budgeting can make your vacation plans a reality. Whether you travel alone, with your partner or with friends, the experience will bring discovery, fun and lasting memories. It will also improve your personal and material well-being.

**GEMINI**  
Your spontaneous nature pushes you to act quickly, which is attractive but sometimes misleading. Be observant, seek advice from loved ones and avoid rushing decisions. Thoughtful planning will prevent overspending and regret.

**CANCER**  
A revealing dream may clear away your doubts about the future. This intuitive message could guide your career toward new heights. Pay close attention to subtle signs. They'll bring clarity to your professional direction.

**LEO**  
Feeling under pressure, you'll have a strong urge to pause. Express your creativity with home improvements. You'll indulge in new ornamental pieces, fun hues or original ideas to create a comforting space that reflects your real desires.

**VIRGO**  
You'll be responsible for organizing a casual event for many people. Your hospitality, diplomacy and creativity will ensure success. This challenge will strengthen your personal relationships and boost your confidence in your ability to spread joy.

**LIBRA**  
Every project starts with an inspiring dream. You'll find the drive to turn your dreams into reality. This momentum will help you grow both personally and professionally, fueling your desire for a prosperous and fulfilling future.

**SCORPIO**  
An unexpected event will upset your emotional balance, causing you to reconsider your choices. You may feel called to travel, especially on a spiritual level. You'll uncover important answers about your destiny and your desired path.

**SAGITTARIUS**  
Align your goals with your partner's desires to protect your relationship. Taking a step back will help you recognize your accomplishments and desires. Together, you can build a shared path grounded in calm and mutual understanding.

**CAPRICORN**  
A stressful negotiation will test your nerves. Meanwhile, an unexpected romantic declaration may disrupt your daily life, especially if you're already in a relationship. This confession will require clarity and sensitivity to avoid conflict or misunderstanding.

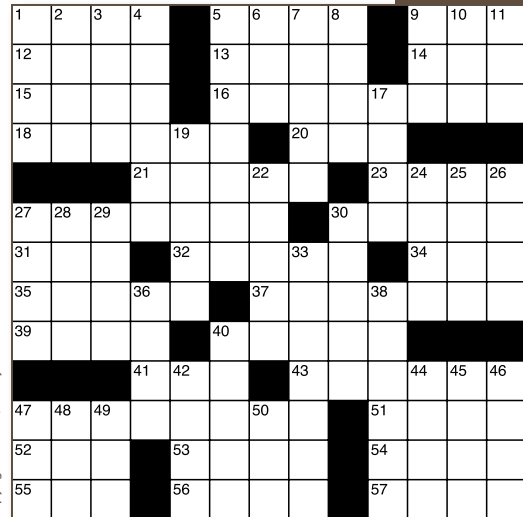
**AQUARIUS**  
Setting your ego aside will lead to more genuine self-confidence. Even if facing others' opinions of you feels challenging, you'll learn to trust yourself and affirm your worth as you pursue your ambitions.

**PISCES**  
You'll feel pride in the achievements of one of your children, such as a first success or a diploma. At work, your honesty and openness will be acknowledged, bringing well-earned appreciation and praise.

# Coffee Break

## CROSSWORD

PUZZLE N° 306



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### ACROSS

- 1. Spiders' works
- 5. Component
- 9. Inquire
- 12. On the pinnacle
- 13. PBS science show
- 14. Game cube
- 15. "The Lion King" villain
- 16. Light
- 18. Group of words
- 20. Barely passing grade
- 21. More inferior
- 23. Madden
- 27. Dashing
- 30. Recluse
- 31. Anger
- 32. Australian animal
- 34. Paving liquid
- 35. Skating areas
- 37. Piano classes
- 39. Not on schedule

### DOWN

- 1. Hornet
- 2. Clearly outline
- 3. Wild pig
- 4. Spread out awkwardly
- 5. Raging fire
- 6. Finger's opposite
- 7. Steer clear of
- 8. Better half
- 9. Summer cooler
- 10. Term of address
- 11. Crucial
- 17. Sub
- 19. Douses
- 22. Fair booth
- 24. Involved with
- 25. Lacking fat
- 53. Take out, as text
- 54. Cleo's river
- 55. Retrieve
- 56. Convinced
- 57. Hearty meat dish
- 26. Does wrong
- 27. Lass
- 28. Opera solo
- 29. Period preceding Easter
- 30. Cowboy's need
- 33. Educated
- 36. Ship bottom
- 38. Stirring utensils
- 40. Minor role
- 42. Cincinnati nine
- 44. Barbecue attachment
- 45. Fish story
- 46. Large number
- 47. Pester
- 48. Be in arrears
- 49. Put money on
- 50. Addition shape

# Sudoku

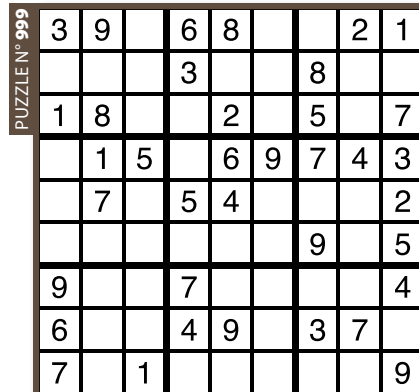
## HOW TO PLAY

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.

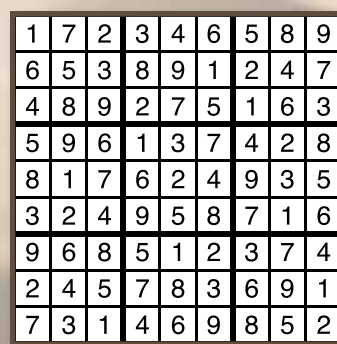


## LAST ISSUE'S ANSWERS

### CROSSWORD



### Sudoku





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