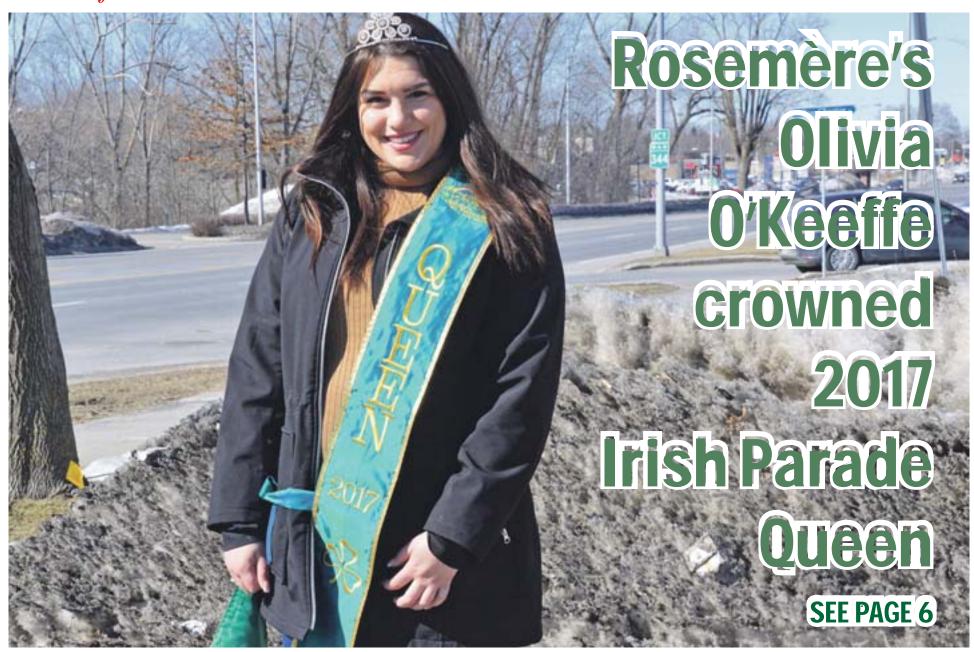




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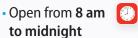
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'Deux-Montagnes en fête' back this summer on Oka Road

City's three-day event will promote friendliness and local business



Some highlights from last summer's three-day long 2016 Deux-Montagnes en fête celebration.

(NSN) The City of Deux-Montagnes has announced that the third annual edition of its popular "Deux-Montagnes en fête" event will be taking place this summer on July 14, 15 and 16.

In an effort to continue and improve activities that bring together the community, the city says an organizing committee for the 2017 Deux-Montagnes en fête is already working on the program of activities which the city says will be sure to please both young and old.

Since coming into office in 2013, the administration of Mayor Denis Martin has taken certain measures to encourage commercial activity along Oka Rd., including Deux-Montagnes en fête.

Getting to know Oka Rd.

"All visibility is good," he said this week regarding the impact the event has had. "The commercial part of Oka Rd. is always very difficult. So all the help we can give is welcome I am sure."

While acknowledging that a good number of residents of Deux-Montagnes don't necessarily go to Oka Rd. to shop, often preferring instead to go to Saint-Eustache, he said "the goal for

us is to bring as many people as we can back to Oka Rd. so that everybody can get to know what's happening on this street."

As part of this long weekend celebration of family, culture and sports, those taking part will be able to come out to downtown Deux-Montagnes to relax at a free outdoor movie on Friday evening.

Many activities planned

On Saturday, a stretch of Oka Road will be accessible only to pedestrians and will allow them to admire the works of the artists of the Cité des Arts Symposium. They will also be able to enjoy games and activities for children as well as interactive kiosks from local organizations and traders.

In addition, there will be a car show as well as several entertainers and performers during the day, including exciting shows on Saturday evening. On Sunday morning, there'll be an opportunity for those into physical fitness to meet the challenge during the Family Run.



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Protect yourself - tax scams can be costly

Have you received a suspicious email, telephone call, letter, or text message claiming to be from the Canada Revenue Agency (CRA)? If the organization or individual is asking for personal information such as your social insurance number, credit card number, bank account number, or passport number, this is a scam.

Keep these facts in mind

- •The Canada Revenue Agency will never do any of the following:
- •send an unsolicited email with a link and ask you to divulge personal or financial
- •ask for any kind of personal information through email or text message
- •ask to be paid by prepaid credit cards or
- •leave any of your personal information on an answering machine

•threaten you

Even though these messages may seem convincing, they are scams and you should never respond to them or click on any of their links.

It is important to remember that you are responsible for all information on your tax return, even if a tax preparer or representative does your taxes. To be safe, stay away from tax preparers offering things that seem too good to be true like large refunds or false tax claims, such as fake charitable donations.

To help protect yourself, new this year the CRA has introduced Account Alerts, a fraud prevention service. When you sign up through My Account or MyCRA app, the CRA will notify you by email if your direct deposit information or your home or mailing address has changed, and if mail sent to you by the CRA was returned.



More and more Canadians say pharmacists play essential role in Canada's health care system

Survey shows continued high-level of trust in profession and services pharmacists are now providing

CNW/ - According to a new national survey by Abacus Data, conducted to coincide with Pharmacist Awareness Month, 92% of Canadians believe pharmacists play an essential or important role in Canada's health care system—a three-point increase in those saying pharmacists are essential to the system compared to a similar survey conducted last year.

"While pharmacists continue to have one of the strongest professional reputations in Canada, we are seeing an increasing level of awareness and trust surrounding the expanded services we are now delivering," said Alistair Bursey, Chair, Canadian Pharmacists Association. "This is a testament to the professional, high-quality care pharmacists continue to provide across the country."

Canadians are increasingly recognizing and supporting the essential role pharmacists play in our health care system. From flu shots to advice on medications, the management of chronic health conditions and common ailments, Canadians are embracing expanded pharmacy services and recognizing the value pharmacists are providing.

Other key findings:

94% of Canadians have a positive impression of pharmacists, more than doctors, teachers, military officers, or police officers.

Most Canadians trust pharmacists to provide advice on medicines (96%), management of common ailments (94%), healthy lifestyle changes (91%), and vaccinations (88%)— trust levels which continue to increase year-over-year since surveying began in 2015.

Canadians recognize the advantages of pharmacists' expanded scope of practice. More than 4 in 5 Canadians, 82%, say allowing pharmacists to do more for patients will both improve health outcomes and reduce health

Most Canadians are open to visiting their pharmacy for health care services beyond filling a prescription. 9 in 10 Canadians are likely to visit a pharmacist for advice on medicines they are taking, 80% are likely to visit a pharmacist for management of common ailments like the flu or cold, and 70% say they are likely to visit a pharmacist to get a flu shot.

Canadian pharmacists are increasingly a trusted source of health care information and services. While their role has expanded greatly over the past decade, pharmacists are ready to do even more in Canada's health care system. Canadians know that when pharmacists have the authority to provide health services it leads to better care, better health and better value for our health care dollar.





Opinion & Editorial



Canada's health-care wait times worst in developed world

To retain the promise of universal health care that Canadians cherish, we must change the way we attempt to deliver it

Whether you ask physicians or patients, the answer is the same - Canada is failing to provide timely access to medical care.

The U.S.-based Commonwealth Fund, in conjunction with the Canadian Institute of Health Information, just published the results of their health policy survey of adults in Australia, Canada, France, Germany, the Netherlands, New Zealand, Norway, Sweden, Switzerland, the United Kingdom and the United States. The results indicate that Canada is not just lagging, but is literally scraping the bottom when it comes to indicators of timely access to health care.

Here's a sample of our most spectacular failures:

- Ability to get a same or next-day appointment when sick: worst
- Ability to get after-hours care (without resorting to visiting an emergency department): second-worst
- Wait for treatment in the emergency department: worst
- Wait to see a specialist: worst

Of course, the fact that Canadians face significant wait times for treatment will not surprise anyone familiar with the Fraser Institute's annual wait times survey. Last year

☐ Wait for elective surgery: worst

physicians reported that their patients waited longer, on average, than they ever had in the survey's 26-year history. Importantly, they also reported that patients are waiting longer than what they (the physicians) consider to be clinically reasonable.

While Canadian patients suffer the reality of long delays, which may lead to deteriorating and irreversible harm, apologists claim wait times remain a small price to pay for universal health care. But that's wrong - a quick glance at the countries included in the Commonwealth Fund's survey reveals that Canada's failure is not intrinsic to universal health care.

Every country examined (except, some would argue, the U.S.) has a universal healthcare system that ensures access to treatment regardless of ability to pay. They just do it differently. Most of these countries generally allow the private sector to provide core health-care insurance and services, require patients to share in the cost of treatment,



and fund hospitals based on activity (rather than the global budgets that are the norm in Canada).

In the Netherlands, the top performer in-terms of ability to get a same/next day appoint and after hours care, individuals must purchase a standard insurance package from private insurers in a regulated, but competitive, market. A for-profit company is the market leader.

In France, the top performer in terms of wait times in the emergency department, universally accessible hospital care is delivered by public, not-for-profit and for-profit

hospitals. In fact, about one-third of all hospitals in the country operate on a for-profit

Switzerland, the top performer in terms of wait times to see a specialist, ensures universality in an environment of managed competition among insurance companies and providers of health care. Like most other countries, cost-sharing is a central feature of the Swiss system. Individuals are expected to pay a deductible before insurance kicks-in, after which a 10-20 per cent co-insurance rate applies up to an annual maximum, after which all expenses are covered.

In Germany, the top performer in terms of wait times for elective surgery, individuals can generally use social/statutory (SHI) or private (PHI) insurance to access public or private hospital care. Although 42 per cent of all hospitals operate on a for-profit basis, almost all hospital beds in the country are accessible to patients with SHI-coverage.

Whether it's the Commonwealth Fund most recent report or the Fraser Institute's annual wait times survey, the evidence is clear. Canadian's wait far too long for treatment - compared to 26 years ago, compared to what doctors consider reasonable, and compared to other countries with universal health care. It's time to fix the system. To retain the promise of universal health care that Canadians cherish, we must change the way we attempt to deliver it.

Bacchus Barua

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CAQ'S Legault has six-point wish list for Quebec budget

Would cost \$2.2 billion, but province has \$4 billion surplus

(NSN) On March 6, Coalition Avenir Québec leader François Legault announced a list of expectations the CAQ has of the Liberal government leading towards the tabling of the 2017 budget in a few weeks time.

The CAQ has six major demands, which include an immediate \$500 - \$1,000 tax cut for families earning less than \$150,000 per year in order to stimulate the economy, and a \$100 per student subsidy to all public school pupils for school supplies at the start of each academic year.

Other proposed measures would be free preschool for four-year-olds, the addition of 800 new professionals to the public education system to help students with learning problems, expansion of financial aid from the government to parents of handicapped children, and increasing the quality of meals in the province's network of long-term care

The CAQ projects that the measures would cost the province \$2.2 billion, but notes at the same time that the Liberal government has a projected surplus of \$4 billion taking into account the austerity program and major cuts the government led by Premier Philippe Couillard has undertaken in the past three years.

Irish lass from Rosemère is Queen of Hudson's St. Patrick's Parade

Olivia O'Keeffe comes from a very large, very Irish family

MARTIN C. BARRY

While it may be a long boat ride down the Mille-Îles River and across Lake of Two Mountains to the Town of Hudson on the Ottawa River's shore, that's where Olivia O'Keeffe of Rosemère will be on Saturday March 18 as Queen of Hudson's annual St. Patrick's Day Parade.

Queen for a Day

And what, you may ask, is a young woman from Montreal's North Shore area doing taking part in an event so far from home? As O'Keeffe explained, her grandparents have been Hudson residents for a good number of years. She was elected a Princess in last year's event and succeeded in becoming Queen in 2017.

"I love Hudson," she said in an interview with the North Shore News. While noting that each year the United Irish Societies hold the much larger St. Patrick's Day Parade in Montreal, "Hudson's is more community and family oriented," she added. Although this year's parade in Hudson is only the eighth, compared to nearly 195 years for Montreal, "we're getting there," she said.

Has Irish ancestry

O'Keeffe's grandparents came from Ireland in 1957. They were married in January 1957 and first settled in Châteauguay on Montreal's



South Shore in February that year after sailing over on a ship. They had five children who had 13 grandchildren and one great grandchild, with another now on the way.

"I come from a very large, very Irish family and we cherish our heritage," she said. "All of my grandparent's family still live in Ireland and my aunts visit them yearly. My grandmother did as well until her death this past June."

Is interested in politics

O'Keeffe is graduating from university this May with a political science degree. In September she will begin working on a public relations diploma with an eye, she says, "towards a career in politics." Currently she is a member of several political party riding association youth councils. "We are a group of youths working together to bring our ideas and concerns to our MP in order to participate in the decision making process of the government of Canada," she said.

For four years while in high school, O'Keeffe volunteered helping her leadership teacher organize activities and support students. "I also really enjoy spending time with children in our community, coaching flag football, helping young girls with their Irish dancing steps, and working with the kids in the day camp at the community pool where I grew up," she added.

A dedicated volunteer

For the past eight years, she has also been volunteering with the Sir Wilfrid Laurier Foundation, helping to organize three large events per year to raise money for the 13,000 students at the school board. She also played varsity flag-football for Vanier College while she was there and continues to play in an adult league.

As well, O'Keeffe snowboards with her family during the long winter months. "It really helps pass the time quickly." As for the future, one of her most cherished ambitions is to visit Ireland in the coming year — especially Dublin where her grandmother was born.

Laval 450.937.5055



• The North Shore News • 10 March, 2017

Justin Trudeau marks International Women's Day with \$650M for reproductive rights

Canada to champion sexual and reproductive health and rights around the world

Prime Minister Justin Trudeau marked International Women's Day by promising \$650 million for reproductive health and rights around the world.

The money, which will be invested over a three-year period, will support projects that provide sex education, strengthen reproductive health services, and support family planning and contraceptives. It will also fund programs to prevent and respond to sexual and gender-based violence, including forced marriage and female genital mutilation, and supporting the right of women to get safe and legal abortions.

Trudeau said that around the world, women and girls are subjected to sexual violence, denied education and ownership of their own bodies, and held down by poverty.

Missed economic opportunities

"This is not only a tragedy; it is a missed opportunity for many countries that could benefit greatly from the economic contributions of women," he said during an event to mark International Women's Day at a government building across from Parliament Hill.

Trudeau, a self-described feminist, said women and girls must have the same rights to

choose when and with whom they want to start a family, and its size.

Canada's announcement comes in the wake of an executive order by U.S. President Donald Trump to block funding to organizations that support abortion services. That decision is estimated to leave a \$600-million gap for international groups.

Trudeau said Canada is committed to taking a leadership role in the fight to prevent risky abortions and promote reproductive rights.

"For far too many women and girls, unsafe abortions and lack of choices in reproductive health mean that they are either at risk, and at risk of death, or simply cannot contribute or achieve their potential through education, through involvement in their community, through a broad range of opportunities," he said.

"It is important that as a world we recognize that empowering women, that respecting their rights, is fundamental to building a world in which everyone has a real and fair chance to succeed."

He said he looks forward to a day when it is not "remarkable or rare" for men to declare themselves feminists, and when there is gender equality on executive boards and community organizations.







Children under 12. One child per adult applicable on children meals in dining room.

Applicable in all restaurants. Certain conditions apply. Cannot be combined with any other promotion.

10 March, 2017 • The North Shore News •

CISSS des Laurentides hopes to recruit future doctors

Medical students take part in weekend get-acquainted event

(NSN) Six medical students took part on the weekend of Feb. 25-26 in an event organized by the CISSS des Laurentides designed to persuade them to sign on as interns in a hospital in Mont Laurier and possibly become full-time doctors there when they've completed their studies.

Getting to know you

Having accepted an invitation from the CISSS's chief recruiter, Patrice Deslauriers, the students were taken around the various sites in the region. The idea was to make them want to settle in Mont Laurier and establish a medical practice.

During the weekend, they visited the Mont Laurier Family Medicine Unite (UMF) where they were able to see consultations and treatments taking place. Doctors from the Laurentian region's Antoine-Labelle sector told them about their work in the region.

Seventh year for program

Later they were taken for a meal at the Cabane à sucre Grenier in nearby Kiamika. The weekend ended with a visit to the Saint-Eustache UMF where they were also able to observe medical consultations and treatments being done.

According to the president and executive-director of CISSS des Laurentides Jean-François Foisy, it was the seventh year the CISSS undertook to hold a recruiting event.

"It allows us to get the interest of future doctors, while having them know what it's like to practice medicine in our establishments and opening a door for them towards the future," he said

The six medical students who took part. From the left, Angèle Prinh, Frédérique Landry, Viet Pham, Anne-Sophie Lafrenière, Catherine Boudrias and Gauri Patel. They are seen with Dr. Julien Lamarche and Dr. Samy Malak (at rear of photo) at the UMF Mont-Laurier.





Dr. Marie-Claude Surprenant who practices at Hôpital de Mont-Laurier, seen with medical students Gauri Patel and Anne-Sophie Lafrenière.



Dr. Sylvie Fortin, head of medicine at the hospitals in Mont-Laurier and Rivière-Rouge, is seen with students Angèle Prinh and Frédérique Landry.

Rosemère's 'CatChat' holds launch March 15 at Town Hall

New group mandated to control feral cat overpopulation

(NSN) On March 15 beginning at 7 pm at Rosemère town hall, the official public launch of Cohabite avec Ton Chat – better known as CatChat – will take place. The non-profit organization founded by Rosemèrites has as its main mission to help citizens control the

overpopulation of stray cats in an ethical way, while raising public awareness.

Has town's support

To achieve its objectives, the organization has the financial and logistical support of the Town of Rosemère, while also being able to count on the participation of the two veterinary clinics on Rosemère's territory: Rosemère Veterinary Clinic and Vraiment bêtes.

When it is recognized that in only four years the offspring of an adult cat can produce hundreds of kittens, says CatChat, one realizes the importance of having a local organization

dedicated to the control of the feline population. They say the problem of stray cats has become a general concern. Moreover, most of the surrounding cities already have their own organizations or are in the process of founding





It is important to note that CatChat is not a low cost shelter or veterinary clinic. Citizens wishing to participate in CatChat's mission are invited to join the volunteer team or become a host family for at least one of the cute felines CatChat helps.

An information meeting will be held on the evening of the launch at 7:00 pm (in French) and at 8:00 pm (in English) in the council chamber at Rosemère town hall (100 Charbonneau Street), to introduce the organization, its mission and its action plan. You are invited to visit www.cat-chat.org.



h Shore News • 10 March, 2017



International Women's Day March 8, 2017

lam a woman, and proud of it

For the future of women

International Women's Day is celebrated in many different countries around the world. It is a day during which women are recognized for their achievements, whether they are of a national, cultural, economic, or political nature. It is an occasion to look back on earlier battles for rights fought by pioneers in equality, and above all it is a time to prepare the future for generations of women yet to be born.

In 1975, during International Women's Year, the United Nations initiated International Women's Day, to be celebrated every March 8. Two years later, the General Assembly recognized

the role of women in the fight for peace and development.

Since its beginnings, this event has taken on a whole new dimension, as much in developed countries as in the developing world. The feminist movement has had an enormous influence in turning this day of celebration into a rallying point for the fight for every woman's right to participate in the political and economic processes. This day is also the ideal moment for local and international women's advocacy groups to lobby for positive change and to celebrate the courage and determination of ordinary women to thrive as individuals and support their families in a multitude of ways.

It is essential that women be a part of lasting solutions to society's social, economic, and political problems. Women's freedom, safety, participation, and leadership are central to the balance of all things and all public institutions. Let's think this March 8 about how we can make this happen, not just at home but all around the world



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Julie's Chatter Julie Laver · laver.julie@gmail.com

Send your events and activities info three weeks before.

SAINT-EUSTACHE CLASSICAL CHOIR'S BENEFIT CONCERT

Sunday March 12th at 3:00 pm Centre d'Art la Petite Église 271 St-Eustache Street, Saint-Eustache Voluntary contribution / Tickets at the door

Saint-Eustache's classical choir, Ensemble choral Saint-Eustache, is holding a benefit concert with the precious collaboration of three talented musicians: Mrs. Agnès Langlois, cellist; Mr. François Laurin Burgess, clarinettist and Mr. Jean-Sébastien Lévesque, pianist.

All the benefits will be given to the Ensemble choral Saint-Eustache to help this classical choir, a non-profit organization, to prepare its public concert next spring.

4 KORNERS FAMILY RESOURCE CENTER

4 Korners Head Office, 200, rue Henri-Dunant Deux-Montagnes 450-974-3940

Information Session

March 17, 2017

10:00 - 11:30 a.m

Backs & Balance – Learn about the connection between your back and your balance.

Information Session

March 22, 2017

1:30 - 3:00 p.m.

Nutrition with Katja Leccisi – Join nutritionists Katja Leccisi for a discussion about our eating habits and how we can nourish ourselves at all ages and stages of life.

HERITAGE SOCIAL CLUB

503 rue Cedar Deux-Montagnes J7R 1H1 450-473-5429

Mar 11th- Cribbage Afternoon games 1:00 pm Registration 12:30 - Kitchen open 11:30 am Hot Dogs & Grilled Cheese sandwiches on Sale.

Mar 15th- Bingo afternoon - Time 1:00 pm doors open at 11:30 (bring your lunch) we do sell tea /coffee/ soft drinks/ chips/ chocolate bars.

Price \$6.50

Mar 17th- Karaoke - 8:00 pm /Pot Luck 7:00 pm - REMEMBER THIS IS ST. PATRICK'S NIGHT - IT WOULD BE GREAT TO WEAR YOUR GREEN OUTFITS.

Mar 31st- Karaoke - 8:00 pm /Pot Luck 7:00 pm

REMINDER - Exercise classes -Tuesday & Thursday - 9:30 am Forever Young Theatre Group -Monday morning - 9:30 am Zumba classes - Tuesday & Wednesday night - 6:30 pm

Monday night - Dart night - with the Kitchen open for Hamburgers & Hot dogs on sale.

OASIS FRENCH BAPTIST CHURCH

214- 14th Avenue in Deux Montagnes Stella Cox at 450-623-5192.

"Out to Lunch" still open on Tuesdays....

The Community Lunch Room is still open for all residents in and around the Deux Montagnes area. This entirely free luncheon event is held at 214- 14th Avenue in Deux Montagnes, which used to be Christ Church and is now the Oasis French Baptist Church. We are supported by a Grant from the Good Samaritans Fund of the United Church of Canada, and sponsored by Rosemere Memorial Church, plus the local AGAPE Committee, 4 Korners, and the Lions Club. We welcome all comers to join us for a delicious hot lunch each week on Tuesdays at noon. There is no charge for the meal, you may make a donation if you wish, but just come with your friends for a lovely meal in a convivial atmosphere, we are always happy to see you. The only rules are that everyone respects each other, and all children must be accompanied by an adult. For more information please call Stella Cox at 450-623-5192.

ALL SAINTS CHURCH

248-18th Ave. Deux-Montagnes Priest: Reverend David Hart david@allsaintsdeuxmontagnes.ca Telephone: 450-473-9541 info@allsaintsdeuxmontagnes.ca www.allsaintsdeuxmontagnes.ca

Sunday services with Sunday school and nursery at 10:30 am

- 1st Sunday Morning Prayer
- 2nd / 4th Sunday Holy Communion
- 3rd Sunday Family service (Morning Prayer)

• 5th Sunday- Church Cafe (whenever applicable)

10:00 – 10:30am: Time to connect (coffee, tea, juice, snacks and friends)

Two Mountains Community Youth Group

We meet at All Saints Church every Friday from 7:30 – 9:30, except for every 3rd Friday, which is SPAM (Sports night At Mountainview). For all high-school aged teens.

March 23rd

Holy Communion service at Les Cascades 10:30 am

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FAITH EDUCATION PROGRAM
Administrator: Anny Rail Fink
Email: faith.ed@holycrossrosemere.com

Mass celebrations: Saturday 4:00pm at Parish Center located at 555 Lefrancois

Sunday 9:00am at Ste. Francoise Cabrini Church

Events at Parish Center Hall: Mar 17th Irish coffee Night 7:00PM TBC

Please note call the office for confirmation of dates and times. Thank you, office management.

ST. JAMES ANGLICAN CHURCH

328 Pine St. Rosemere, QC Tel: 450-621-6466 info@stjamesrosemere.ca

Sunday Services at 9:00AM. The Drop In Centre will be open

every Wednesday from 10:00AM-2pm.

Come and join us for a coffee and fellowship and stay for a light soup lunch.

The church is open for quiet meditation.

Coming in April (22) Community Supper 6pm Admission \$5.00, children free.

Are you looking for a venue to hold a meeting, private party, baptism etc.? St. James does? Please give us a call to ask for availability and rates.

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The Maison des Jeunes of
Two Mountains is a non-profit
organization that exists now for 21
years. It has the mission to support
our youth to be tomorrow's citizens,
who will be active and responsible.
It is the responsibility of a dedicated
Board of Directors and open to the
community.

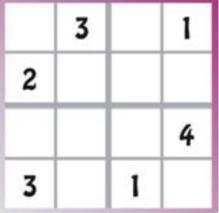
We offer an activity program that is tailored to the needs of adolescents, 12 to 17: Homework Help, summer holiday cottage, pool, attractions at La Ronde or horseback riding, local and Internet consoles games.

Young people are accompanied by professional and committed advocate for our community values such as respect for people, equipment, mutual aid and non-violence. They run activities and meet with youth to help them and refer to the need to service our community. Our service is offered in both languages. Parents can visit us any time at the Maison des Jeunes.



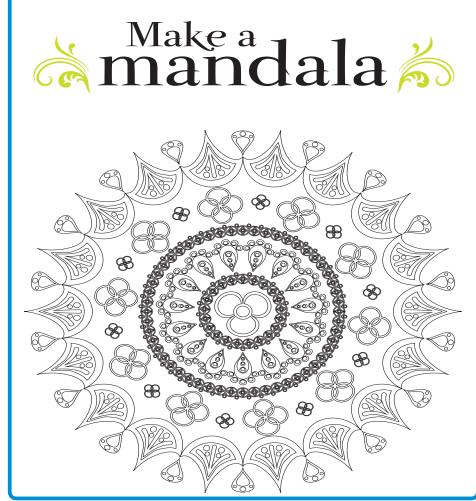






COMPLETE EACH GRID WITH

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Getting Stung

I have been friends with Brooke since elementary school, but we've grown apart since college.

She is the type of girl who has to have a boyfriend or a fling. She'll date a guy a few months, say she's bored, dump him, then hook up with a new guy that night. I've never known her to be single for more than a month. She's gotten

I made a pretty good friend, Sean, here at home. He's a great guy. He asked me out a few times, but I declined because I wasn't over my ex and didn't want to risk hurting

So Brooke comes home and meets Sean. Naturally she wants him even though it's only been a few weeks since her ex, Mike, dumped her. She asks Sean to hang out without telling me, even though I introduced them to each other.

I told her I didn't want her showing interest in Sean because I may want to pursue a relationship with him. She told me off and said I had no right to tell her what to do.

Brooke is a tall, skinny blonde, so most guys wouldn't turn her down. Sean is into her immediately and falls head over heels. I told him how she treats men, but Sean got angry and we stopped talking.

Well, she ended up cheating on him with Mike, which I warned him she might do. He was devastated. Blocked her phone number and all social media. He said he hated her and admitted I was right.

That was four months ago. Now I find out Brooke and Mike broke up, and Sean is pursuing a relationship with her again. I don't understand. It makes me so angry he wants her back. When I try to talk to him about it, he asks me to stop.

Brooke has always gotten whatever she wants.

I am not jealous. I don't think Sean and I could make a relationship work. I just don't want Sean getting hurt again. I'm not upset he has a girlfriend. I'm mad it's Brooke. I can't seem to get over this and it's not even my life.

Direct? Answers

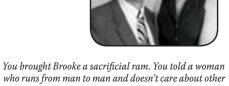
krom Wayne & Tamara

Trina, Brooke is a queen bee, and in a beehive there is only one queen. You ask why Sean doesn't know better. The better question is, why didn't you?

Just because you've known her since elementary school, it does not mean Brooke cares about you and it does not mean you should ever interact with her.

As long as Brooke is in your circle and might meet a guy you are interested in—your boyfriend, your fiancé, your husband—she is going to react the same way. As long as she is in your sphere, no male attached to you is safe from her schemes.

The only way you can keep a man around this woman is if that man is your one. If you are in the same social circle and can't avoid her, your rule should have been: never share anything personal. Limit talk to the weather



who runs from man to man and doesn't care about other women, to stay away from Sean. You couldn't have encouraged her more.

The truth is Sean wasn't as much a friend as he was a $guy\ who\ wanted\ to\ date\ you.$ The other half of that truth is, you didn't think he was dating material.

Don't worry about Sean. Whatever he gets out of being with Brooke outweighs his history with her. You and Sean $both\ know\ what\ she\ is\ like.\ Hopefully,\ you've\ learned\ the$ lesson once and for all. Sean is going to have to learn

Wayne & Tamara Mitchell are the authors of YOUR OTHER HALF (www.yourotherhalf.co m) + Send letters to: Direct Answers, PO 964 Springfield, MO 65801-0964 or email: DirectAnswers@echowork.com





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CROSSWORDS Suco NAMEWISPSAD LAST ISSUE'S ANSWER I D O L AMMO TIE 2 5 3 4 8 6 9 URN N E W S S P A S ESSESMACHED 5 6 3 9 8 HOCKVERB 9 4 5 1 6 8 2 3 SAPEAT TENOR IRONER TURTLE SAP 6 2 9 4 3 8 RISENBBAN SEW 2 3 9 5 6 4 8 EASEPOPE 3 8 5 2 9 IDLEDDEPTH 6 ARIDETORE |M|O|B|5 6 2 9 1 4 3 7 8 MICE CLAW BLEW HOPS 9 7 4 1 8 3 5 6



IN MEMORIAM & OBITUARIES

HULFELD, Eugen 1939 - 2017

Peacefully at home, on February 27, 2017 at the age of 77, Mr. Eugen Hulfeld passed away. Loving husband of Ingrid Dietrich. Dear father of Gabi (Dietmar), Karin (Bernhard) and Rosemarie. Dear Opa to Michael, Kristina, Melanie, Keven and Stephanie. Loving brother of late Ernst, Heidi (Harald) and Elfi. Loving brother-in-law Otto Marcelle. He will be sadly missed by family and friends in Canada, Austria and Germany.



McCRUDDEN, Olivia 1929 - 2017

Olivia McCrudden (nee McDonough), known to loved ones as Tootsie, passed away peacefully on February 27, 2017. Born on December 25, 1929, it is no coincidence that this special woman was born on a special day. A force to be reckoned with, Tootsie never let convention

stand in her way in making her path in life. A talented secretary, she had a long career that ended at Bell and Howell, and always sought adventure, whether in the woods of Saint-Gabriel-de-Brandon or the beaches of California. She was married to Clifford (Mac) McCrudden Sr., and together they had two children, Linda and Clifford Jr. She later became mother-in-law to John Di Domenico and Karen Burnes, and grandmother to Andrea, Kelly, Connor and Cory. Throughout her life, she remained close with her sisters Ruth, Gloria and Colleen, and brothers Jim, John and Terry. She was blessed with many wonderful in-laws and was particularly close to Vanis. She was greatly loved by her many nieces and nephews, be they in Montreal, Toronto or Calgary. Tootsie spent the last years of her life in Deux Montagnes, a place close to her heart, where she loved to walk across the breakwaters of the Lake of Two Mountains, meet with friends at Women's Time Out, go out for breakfast, have a game of cards or play bingo. She will be sorely missed by her family and friends. We would like to extend our gratitude to the staff of the St. Eustache Hospital, and Dr. Duclos in particular, for their compassion and exceptional care.



ROSSIGNUOLO, Teresa

In Laval on Tuesday, February 21, 2017, at the age of seventy-nine years, spouse of the late Gilles Longpré, daughter of the late Maria ladeluca and the late Rolando Pirozzi, sister of the late Louis Pirozzi. She leaves to mourn her son Giancarlo, recognized affectionately as John, her daughter-in-law and trusted confidante Ginette Morin, her

beloved grandchildren Julia, Alexis and Teresa Maria, hailed fondly as Tess, her regarded stepchildren Pierre, Lucie, Diane and André, as well as numerous cherished relatives and dearest friends. Professionally, succeeding honourable academic studies at Marianopolis College and McGill University, Teresa Rossignuolo achieved an extended career in hotel administration and public relations in Canada, Italy, Bermuda and the Commonwealth of the Bahamas. She will be profoundly missed by all.

SZYPULEWSKI, Maria

1929 - 2017

Passed away in Laval, on March 1, 2017. Predeceased by her husband Jan Szypulewski. Beloved mother of Eve (Richard), Eric (Janet) and Christopher (Jaya). Grandmother of Michael (Rebecca), Evan, Kaya, Naya and Sophie. Fondly remembered by her nieces, nephews, other relatives and friends.



TSAPARIKOS, Angella 1923 - 2017

In Laval on February 27, 2017, at the age of 93 years, passed away Angella Makris. Beloved wife of the late Emmanuel Tsaparikos. She leaves to mourn her son John (Angela Veroutsos), her grandchildren Eleni (Danny) and Efthimios and nephews and nieces.

Contact us today to place an obituary or in memoriam in our next issue - NO CHARGE Email: production@newsfirst.ca • Tel.: 450-978-9999

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GET OUT

13+ | 1 hr 44 mins | Thriller |



At first, Chris reads the family's overly accommodating behavior as nervous attempts to deal with their daughter's interracial relationship, but as the weekend progresses, a series of increasingly disturbing discoveries lead him to a truth that he could have never imagined.

THE GREAT WALL

G | 1 hr 43 mins | Thriller



The Great Wall tells the story of an elite force making a valiant stand for humanity on the world's most iconic structure. The first English-language production for Yimou is the largest film ever shot entirely in China.

THE SHACK

13+ | 2 hrs 12 mins | Drama



The Shack takes us on a father's uplifting spiritual journey. After suffering a family tragedy, Mack Phillips spirals into a deep depression causing him to question his innermost beliefs. Facing a crisis of faith, he receives a mysterious letter urging him to an abandoned shack deep in the Oregon wilderness. Despite his doubts, Mack journeys to the shack and encounters an enigmatic trio of strangers led by a woman named Papa. Through this meeting, Mack finds important truths that will transform his understanding of his tragedy and change his life forever.

MY LIFE AS A ZUCCHINI

G | 1 hr 10 mins | Animation



After his mother disappears, a young boy is sent to a foster home with other orphans his age where he begins to learn the meaning of trust and true love.

BEFORE I FALL

G | 1 hr 38 mins | Drama |



Samantha Kingston is a young woman who has it all: the crush-worthy boyfriend, amazing best friends and drop dead gorgeous looks. February 12 is just another charmed day in Sam's life until it turns out to be her last. Stuck reliving her last day during one inexplicable week, Sam untangles the mystery surrounding her death and discovers the true value of everything she is in danger of losing.

LOGAN

13+ | 2 hrs 17 mins | Action-Science Fiction |



Set in the future of 2024, Logan and Professor Charles Xavier must cope with the loss of the X-Men when a corporation lead by Nathaniel Essex is destroying the world leaving it to destruction, with Logan's healing abilities slowly fading away and Xavier's Alzheimer's forcing him to forget. Logan must defeat Nathaniel Essex with the help of a young girl named Laura Kinney, a female clone of Wolverine.

KONG: SKULL ISLAND

G | 2 hrs 0 min | Action |



A team of explorers and soldiers travel to an uncharted island in the Pacific, unaware that they are crossing into the domain of monsters, including the mythic Kong.

A CURE FOR WELLNESS

13+ | 2 hrs 26 mins | Drama-Thriller |



An employee (Jason Isaacs) sent to rescue his boss from a European spa soon realizes he's trapped.

• The North Shore News • 10 March, 2017

YOUR HOROSCOPE

for the week of March 12 to March 18, 2017

The luckiest signs this week: Capricorn, Aquarius & Pisces



ARIES

At work, you'll have to negotiate with different groups to come to an agreement after a serious conflict. You'll be very active in your union or your community.



TAURUS

Expect great success in one of your professional projects. Health-wise, a new treatment option will yield surprising results. You'll finally find relief from something that's been bothering you for a long time.



GEMINI

You'll stand out from your peers this week, even though you hate being in the spotlight. Noteworthy achievements are usually met with praise - try to get used to it.



CANCER

You'll seriously start looking for a new apartment or consider buying a new house. Your children will bring you great joy.



LEO

You have a lot to say, and your presence is greatly appreciated as comic relief. A good joke will defuse a tense situation at work or



VIRGO

Be careful: the temptation to overspend is great. You'll feel the need to get out and enjoy memorable moments, but there's no use emptying your bank account.



LIBRA

You'll need more sleep than usual in order to stay productive throughout the week. Go to bed early on Friday: you have quite the weekend



SCORPIO

Multicultural encounters spark your creativity this week. You'll find yourself in an unexpected partnership.



SAGITTARIUS

You'll be very happy to learn that many people are looking for your products and services. This professional abundance will enable you to develop new projects.



CAPRICORN

You're feeling an insatiable need to travel, and may even consider working abroad for some time. Your latest mandatory training program will prove more useful than expected.



AOUARIUS

Let your inner voice guide you, and you'll find your life infused with passion and adventure once again. Make sure you eat healthy; there's a nasty virus making its rounds.



with us

PISCES

After a long period of questioning and introspection, your true path in life is starting to take shape. Don't let the expectations of others get in the way of your happiness

e break

CROSSWORDS

16

15

18

33

35

40

53

2014

0

PUZZLE NO. 862

- 1. Not well 4. Does sums
- 8. Arrive
- 12. Doll, e.g.
- 13. Flake
- 14. Designated space 15. Mother of Cain and Abel
- 16. Wires
- 18. Net
- 20. Marina sight 21. House locale
- 22. Song of praise
- 24. Gerbil, e.g.
- 26. Take place 29. Weekly TV show
- 33. Burst forth
- 34. Hint
- 35. Gauges 37. Garnished
- 38. Natural 39. Tick off

- **ACROSS**
 - 40. Meek 43. Jail chamber
 - 45. Thanksgiving dish 49. Polite
 - 52. Circuit
 - 53. Up to it
 - 54. Ballerina's skirt
 - 55. Sight organ
 - 56. Like some stock-
 - inas
 - 57. Walk
 - 58. Lay turf
 - **DOWN**
 - 1. Bit of news 2. Adore
 - 3. Soap-making sub- 41. Drifter
 - stances 4. Appropriate
 - 5. Intensify
 - 6. Snack place 7. Snoozes
 - 8. Jalopy 9. Unwritten

- 10. Office note
- 11. Toward the rising
- sun
- 17. Welcoming person
- 19. Storage bin
- 23. Divert
- 25. Cunning
- 26. Border
- 27. Live
- 28. Set (down)
- 30. Printing fluid
- 31.18 or 30
- 32. Blazed the trail
- 36. Confections
- 37. Weaken
- 40. Begone, cat!
- 42. Holiday season
- 44. Oaf
- 46. Pub beverages
- 47. BLT dressing
- 48. Accelerated 50. Embarrassed
- 51. Eat late

29

39

46

55

PUZZLE NO. 598

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.

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

SCARY TV

A cow and a pig are watching TV.

Pig: Wanna watch something scary?

Cow: Okay by me.

So the pig changes channel to the Food Network.

ADVICE FROM MOM

A daughter asks her mother, "What are character qualities that I should look for in a marriage partner? You know, for someone that I will be spending eternity with."

The mother replied, "Go ask your father, he did better than I did."

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