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**newsfirst**  
 MULTIMEDIA

Vol. 19-18

September 29, 2023

450-978-9999

[www.ns-news.com](http://www.ns-news.com)

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## Giant Steps Inaugurates New Autism Centre




Premier François Legault and Education Minister Bernard Drainville (third and second from right respectively) listen intently to explanations of the new centre's facilities.  
 (Photo: Martin C. Barry, Newsfirst Multimedia)




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# Rosemère's Active Mobility Project: A greener, healthier Vision"

**MARIA DIAMANTIS**

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In a symbolic move towards a greener and healthier future, Rosemère Mayor Eric Westram, along with the dedicated members of Town Council, arrived at a press conference not in their usual cars but on bicycles. This gesture marked the official announcement of an ambitious Active Mobility Project that will unfold over the next decade within Rosemère and create vital connections with neighboring municipalities, including Laval, Boisbriand, Lorraine, Sainte-Thérèse, and Blainville.

"The project we are announcing today is the culmination of much thought and deliberation between 2018 and 2020, in response to residents' input during public consultations and their call for concrete action on active transportation," said Mayor Westram. "We listened, and today we are unveiling an active mobility project that is directly in line with our sustainable development priorities. We will be improving the entire network of bike and multi-use paths in Rosemère to promote active transportation and to make it even safer and more convenient."

The commitment to this transformative project is unwavering, and the Town of Rosemère will explore various funding solutions available through the provincial and federal



governments, as well as the Communauté métropolitaine de Montréal (CMM). The initial investment required for Phase 1, which will span Labelle Boulevard from Île Bélair Bridge to Grande-Côte Road, is estimated at \$5.2 million, minus any funding received. Further information about additional investments needed for subsequent phases will be shared in due course.

## What is Active Mobility?

Active mobility encompasses forms of travel that rely on human energy, with or without electric assistance. It includes activities such as walking, jogging, cycling, inline skating, skateboarding, scootering, and more. Rosemère's Active Mobility Project aims to make these activities more accessible and safer for its residents.

## Key Features of the Active Mobility Project

The Town's Active Mobility Project is a multi-faceted endeavor that will bring about several key improvements, including:

- **New Multiuse Paths:** The addition of a new network of multiuse paths on Labelle Boulevard and Grande-Côte Road, which will include a path running along Labelle Boulevard (Route 117) from Autoroute 640 to Laval.
- **Enhanced Connectivity:** The project will connect several existing bike paths to ensure better connectivity between various neighborhoods, specifically around Labelle Boulevard, Autoroute 640, Roland-Durand Boulevard, and the Pineridge Sector, where Rosemère and Blainville's bike paths meet.

## Multiple Benefits for Rosemère Residents

During the press conference, Mayor Westram emphasized the numerous benefits of active transportation, which include:

- **Improved Physical and Mental Health:** Encouraging residents to engage in active mobility options contributes to better physical fitness and mental well-being. Active transportation promotes a healthier lifestyle.
- **Reduction in Greenhouse Gas Emissions:** By promoting alternative modes of transportation that do not rely on fossil fuels, Rosemère is taking a significant step towards reducing greenhouse gas emissions and combating climate change.
- **Less Traffic Congestion:** As more residents opt for active transportation, there will be a reduction in the number of cars on the road. This can alleviate traffic congestion, making commuting smoother and more efficient for everyone.
- **Better Overall Quality of Life:** The Active Mobility Project will enhance the overall quality of life in Rosemère. Cleaner air, safer streets, and improved physical fitness opportunities are all part of this vision for a more livable community.

Rosemère's Active Mobility Project signifies not only a commitment to sustainability and eco-consciousness but also a dedication to the health and well-being of its residents. As the project unfolds over the next decade, Rosemère is poised to become a model for active and green transportation initiatives, setting an inspiring example for other communities to follow. The future is bright, and it's on two wheels in Rosemère.



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# Legault attends opening of Giant Steps' new Interdisciplinary Autism Centre

*Quebec may use the centre as a model for a network of autism treatment facilities*

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

Since its founding in 1980, the Giant Steps School for autism has had several homes, including its first which was in Westmount, followed in more recent years by a second and larger abode on a quiet side street in Montreal's Notre Dame de Grâce neighbourhood.

## A Canadian first

Now after decades of confinement in spaces that never quite matched the demand for Giant Steps' services, the school has finally opened its new Interdisciplinary Autism Centre on Molson Street near the former Angus Yards in Montreal's east end.

The \$54 million project, completed with public and private money, is considered a first in Canada.

It officially opened on Sept. 14, with Quebec Premier François Legault heading up a list of dignitaries that also included Education Minister Bernard Drainville, as well as Chantal Rouleau, Minister Responsible for Social Solidarity and Community Action in the Legault cabinet.

## Model for the future

The presence of the Coalition Avenir Québec government officials may have been an affirmation of earlier rumours that Quebec wants to eventually use the Giant Steps Interdisciplinary Autism Centre as the prototype for a provincially-supported network of autism treatment centres.

"I think one of the reasons they funded this project is that they kind of want to establish a model for autism services that could be used elsewhere in the province and in the regions as well," Thomas Henderson, director of innovation and special projects at Giant Steps School, acknowledged in an interview with Newsfirst Multimedia.



Quebec Premier François Legault is seen here on Sept. 14 with other members of his cabinet as well as officials and supporters of Giant Steps School during the opening of the new Interdisciplinary Autism Centre on Molson Street near the Angus Yards in Montreal's east end. (Photo: Martin C. Barry, Newsfirst Multimedia)

## Breaking new ground

The Giant Steps facility is a bilingual state-of-the-art centre built to meet the needs of autistic individuals for their whole lives – which is considered a step forward, as autism education and treatment traditionally has ended with the onset of adulthood.

Research currently suggests that one in 50 Canadian children aged one to 17 is on the autism spectrum. Construction of the 66,500 square foot centre was completed quickly (beginning in December 2021) thanks partly to an \$18.7 million subsidy from Quebec, and \$1.7 million in private donations.

However, while most other fundraising goals

have now been achieved, Giant Steps is still seeking contributions from the federal government and from private donors.

## Meeting their needs

The state-of-the-art building was erected in the heart of the Technopôle Angus district in Rosemont. The centre was designed to meet the specific sensory and perceptual needs of autistic people, particularly in terms of the organization of spaces, the choice of materials and the type of lighting.

Former Giant Steps governing board president Nick Katalifos (who is now vice-president) said the seeds for the project were sown around a decade ago. "We were talking about it for a long

time," he said.

"We knew that a centre like this was needed in Quebec – not just in the greater Montreal area. So, we talked about it and around five, six years ago we held a big consultation process with the autism community and we came up with this vision."

## Centre's four pillars

The new Interdisciplinary Autism Centre's "four pillars" of development for those who will be attending because they are on the autism spectrum focus on adult education, employment, community services and research.

One of the centre's more progressive and forward-looking premises is that autistic adults have the potential and strong desire to become active members of the workforce and contribute to the economic prosperity and the development of a more inclusive society.

While a critical labour shortage continues to hold back the province's economic recovery, Giant Steps supporters maintain that a surprising majority of adults with autism (approximately 86 per cent), are unemployed or underemployed.

## Leading to the future

They say that employers who have hired autistic individuals report above average overall job performance, less absenteeism, higher levels of accuracy in their tasks and many other positive qualities. They also maintain that there are other positive impacts on company culture, on the pride of other employees, on the company's image and even on customer loyalty.

Having already helped many autistic adults find employment with Québec companies, Giant Steps is determined to continue in this direction. Giant Steps believes that by helping people with autism build on their strengths and characteristics, sharing their knowledge, and by partnering with businesses and organizations, they will create a more inclusive society and new opportunities that will benefit everyone.

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September 29, 2023 • The North Shore News • 3

Distributed to the  
North Shore region



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Layout: MEDIA TREK

Distribution: DIFFUMAG

Printing: TC. TRANSCONTINENTAL

Project funded in part by

Canada



ISSN number : 1923-0648

Annual subscription : \$97<sup>38</sup> tax incl. • Per copy : \$1

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# OPINION & Editorial



## Medicare "smiles" at us with... his rotten teeth

It was once the pride of all Canadians! "Our health system is unparalleled," we boasted when we went abroad. If anything, apart from his peace-loving reputation, Canada considered Medicare, the diamond of its crown.

### How times have changed...

Endless hours of waiting (now) to see a doctor in the emergency room, irritation, reduced and exhausted health staff, elderly people who leave their last breath on a ranch abandoned, after investing all their lives with their taxes in this broken system.

Of course, we continue to pay the same unaffordable taxes, while the few private health options are out of reach. Do you want a doctor to come to your house? Shut up \$350 and wait a couple of days. Did you fall on a weekend? It is better to light a lamp and start praying that the grace will not take you.

Recently, a friend of mine Tony (withholding his real name for obvious reasons) could not wait any longer and decided to go to a private clinic for arthroplasty surgery.

He had already waited a year to see an orthopedist, when in Europe you pick up the phone, call the doctor on his mobile phone and with 80 euros he comes home. Our story begins with an operation that cost her family nearly \$32,000, a significant financial burden for a middle-class family. They decided on this operation with many expectations, trusting the expertise of doctors and nurses and the support of our

health system. Little did they know that the real challenges would begin after surgery.

Upon returning home, it became apparent that more recovery was needed, ideally in a clinical setting with the expertise of nurses and physiotherapists. Unfortunately, after a day in the private clinic, Tony was sent home and his family did not have the necessary means to cope with the crucial first week of rehabilitation. The physical, emotional and financial burden was enormous. Postoperative care is incomplete. Apart from a few phone calls and emails, the family was left alone to deal with the situation when the money had been paid. The local CLSC contributed to the care, but their resources were limited and the family was always expected to play the role of doctor, nurse, physiotherapist, psychologist, etc.

Years now we all know that our health system, faces serious challenges. The lack of financial support from the state for the elderly, a demographic group that has contributed to the health system throughout their lives, is disappointing. It leaves them without the necessary help during their difficult times.

In contrast to the broken health system in Quebec, in Europe supposedly... all citizens are entitled to fast hospital care. A call to SOS DOCTORS and in 1-2 hours comes to your home not just a pathologist, but also specialized doctors. There are currently no portable X-ray machines in Quebec – and next to Ottawa.

It is inconceivable in Europe not to have your doctor's mobile phone. Most doctors in Europe who advertise their practices always have their personal mobile phone written in the advertisement. Here in Quebec, of course, this is science fiction. Not only can you can't find a doctor to talk to, but even Info-Santé's automated line takes a long time to put you in touch with a nurse.

As citizens the government health authorities encourages not to go to the emergency rooms where, depending of the hospital, you wait 12 to 38 hours to be seen by a doctor. They tell us in other words (in free humorous translation by me) that... If you don't die, please don't go to the emergency room because we're full! Take info Santé, talk to your psychologist, the neighbourhood tarot reader, and no prayer hurts.

In a society where everyone works for a living, our health system fails to adequately support. Despite the recent Trudeau-Legault agreement on large financial support for Quebec medicare, I doubt we will see that money pay off and services improve. I wish from the bottom of my heart to come out as a liar.

This situation reflects poorly on our society and our government, which seems to neglect those who are most vulnerable – our elderly and sick. It is a stain on our conscience, a reminder that we must do more to support those who have given so much to our country.

*Dimitris Ilias*

## Letters to the Editor



### Responding to Mr. Vairo's editorial: Canada is no Longer Recognizable...

Dear editor,

As a Conservative Voter for the last five Federal Elections, it really is starting to get tiresome listening to the same theme all the time.

Blame Trudeau all the time. Hell, it's raining outside, my wife's affairs, Blame Trudeau, Blame Trudeau, Blame Trudeau.

Was this piece written by Pierre Poilievre?

Or was Robert Vairo just channelling Pierre Poilievre?

Sure sounds like it.

Robert Vairo is spouting the same rhetoric that you find in the National Post.

Possibly Robert Vairo was inspired by watching the Conservatives Convention in Quebec City, possibly inspired by the 1950's? Leave It To Beaver speech. Yes Robert, Sitting on your porch, with a cold drink in their hands, and hard earned paycheques?

Because Robert, that is 1950, and it's not coming back, no matter how hard you wish it.

Now Robert, I Speaking As A Conservative, I'm tired of listening to all the complaining.

I'm looking for concrete answers, not whining.

And after we win the next election, what I don't want to hear is oh we can't do anything because of the mess the Liberals left us, that would be

an admission of failure. Of Lies to the People. I could go on, I have more, trust me.

So Robert, maybe you want to write a column on how the conservatives are going to right this ship, policies, details?

If you don't have any, if we don't have any, please refrain from sounding like a conservative mouth piece.

On a side note, or like a Republican in the states.

You see what that's done their country.

Sincerely,  
*Mark Ledingham*

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[editor@newsfirst.ca](mailto:editor@newsfirst.ca)

# Rosemère's Blood Drive: Thousands of lives saved

MARIA DIAMANTIS

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In a display of community spirit and compassion, Rosemère residents came together on September 18 and 19 for the annual

blood drive organized by the Town Council. This event, held at Place Rosemère and coordinated by Héma-Québec, not only exceeded expectations but also showcased the power of collective action in saving lives.

Over the course of two days, 163 individuals generously donated their blood. These selfless acts of kindness have far-reaching

consequences, as nearly 600 blood products will be made available for transfusion to patients in Québec's public hospitals. Each donation represents an opportunity to save a life, and thanks to the support of Rosemère residents, countless lives have been preserved.

"The objective of 140 donors for the two days was successfully surpassed. I would like to express my heartfelt thanks to all those who took a moment out of their day to give blood—a simple gesture that can save thousands of lives. I would also like to thank the Héma-Québec volunteers and Place Rosemère for their invaluable support in organizing this blood drive," stated Eric Westram, Mayor of Rosemère.

This remarkable achievement underscores the significance of community engagement and the pivotal role that local organizations play in promoting the welfare of their citizens. The Rosemère Town Council's blood drive is a testament to the strong sense of community that thrives in this town.

Héma-Québec, a vital partner in ensuring the success of blood donation events, regularly organizes similar drives throughout the year. Residents of Rosemère who missed this particular event but wish to contribute in the future, are encouraged to keep an eye on the Town's communication platforms for announcements about upcoming blood drives.

## Who Can Give Blood?

The act of donating blood is a noble endeavour that can make a substantial impact on the lives of those in need. If you are considering donating blood, it's important to know that anyone in good health who is 18 years of age or older is generally eligible to do so. Your contribution can be a lifeline for patients undergoing various medical treatments and procedures.

Before heading to a blood drive, it's advisable to ensure your eligibility. You can do so by contacting Donor Services at 1-800-847-2525 or by visiting Héma-Québec's website at hema-quebec.qc.ca and navigating to the "Can I give blood?" section on the English pages of the site. This resource provides valuable information about who can donate and any specific criteria that need to be met.



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# Blainville Protects 140.6 hectares of natural habitats in CMM directory

**MARIA DIAMANTIS**

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As part of the adoption of the Ecological Transition Plan under the theme “Act Now for Tomorrow,” Mayor Liza Poulin announced a significant concrete step, which is the protection of 140.6 hectares of natural habitats. These will soon be registered in the Metropolitan Directory of Municipal Conservation Initiatives of the Communauté métropolitaine de Montréal (CMM). To get an idea of how big this area is, it is equivalent to 195 soccer fields.

This includes the Parc équestre woodland, Plan Bouchard woodland, Grand Coteau woodland (located between Asbestos and Martin streets in Le Grand Coteau), Locke Head Creek woodland along Seigneurie Ouest Boulevard, the future Chambéry woodland, and the ravines of Fontainebleau.

“The city’s commitment to protecting these magnificent sites will now be recorded in this directory. Once registered, these sites will account for nearly 11% of municipal conservation initiatives for natural habitats listed in the directory of the Communauté métropolitaine de Montréal. Blainville is therefore in an excellent position and leads the way among CMM cities in terms of conserving natural habitats,” said Ms. Poulin.

In addition to this major announcement, the very first actions that will be undertaken by the city include:

- Conducting an inventory of greenhouse gas emissions in the Blainville area.



- Adopting and implementing regulations to limit the use of certain single-use items, such as straws, glasses, plastic bags, and containers.
- Developing a plan to combat urban heat islands.

- Distributing compost to Blainville residents at public events, such as Park Fest, as a thank-you for their participation in green and food waste collections.

These actions are intended to serve as the ignition for the continuation of the Ecological Transition Plan.

In the photo: Mayor Liza Poulin surrounded

by Francis Allaire and Nicole Ruel, delegated advisors of the Environment and Ecological Transition Commission. The photo was taken near the Parc équestre woodland, one of the six natural habitats that will soon be registered in the Metropolitan Directory of Municipal Conservation Initiatives of the Communauté métropolitaine de Montréal (CMM).

## CISSS Laurentides Seeks Input from Informal Caregivers to Enhance Patient Care

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The Laurentides Integrated Health and Social Services Center (CISSS) is embarking on a mission to elevate its healthcare practices by engaging informal caregivers. In an effort to enhance care partnerships involving medical staff, patients, their informal caregivers, and community collaborators, CISSS is calling upon informal caregivers who have witnessed the hospitalization of their loved ones to participate in an enlightening online survey. This initiative seeks to gauge their perspectives on the caregiving experience and post-hospitalization follow-up care and services.

At the core of this endeavor is the belief that by centering informal caregivers and patients in the heart of the care partnership and by actively promoting their integration and engagement, CISSS can refine its practices, ultimately ensuring a safe, functional, and successful return to home for patients. Rosemonde Landry, CEO of CISSS des Laurentides, emphasizes the significance of this approach, noting that it is pivotal for the improvement of healthcare services.

The ambitious project, aptly named “Partners for Home Above All,” sets its sights on crafting and deploying a suite of tools and resources tailored to the needs of service users, their

families, informal caregivers, and all other stakeholders involved in the healthcare process, including medical professionals from primary care and hospital settings.

The insights derived from the online survey, accessible via this link [<https://fr.surveymonkey.com/r/Plcsat>], are poised to play a critical role in identifying existing strengths and areas of improvement within the realm of informal caregiver involvement in the care partnership and post-hospitalization care. The



ultimate objective is to optimize this partnership, resulting in a more seamless and holistic healthcare experience for all involved.

For individuals seeking further information on this initiative, CISSS Laurentides encourages a visit to their dedicated caregiving page at [santelaurentides.gouv.qc.ca](http://santelaurentides.gouv.qc.ca). This represents an opportunity for the community to stay informed, engaged, and actively contribute to the evolution of healthcare practices within the Laurentides region. CISSS des Laurentides hopes that stakeholders can pave the way for a brighter and more compassionate healthcare future.

# A new neutral meeting zone in Sainte-Thérèse

**MARIA DIAMANTIS**

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The City of Sainte-Thérèse, in collaboration with the Thérèse-De Blainville Intermunicipal Police Board, has taken a significant step to enhance community safety by introducing a neutral meeting zone. This designated area is strategically located in front of the police station's garage doors at 150 Boulevard Ducharme. It has been carefully designed to provide a secure space where citizens can conduct various types of exchanges with peace of mind, thanks to 24/7 surveillance by cameras.

This initiative reflects a broader trend that is becoming increasingly popular nationwide. These clearly marked and well-monitored zones serve as safe havens for individuals engaged in transactions resulting from online sales. With the surge in peer-to-peer online commerce, such areas play a crucial role in preventing fraud, theft, and even potential physical harm during in-person meet-ups associated with these transactions.

One of the key objectives of establishing this neutral meeting zone is to prioritize the safety and well-being of the city's residents. Mayor Christian Charron of Sainte-Thérèse emphasized this point, highlighting how this initiative aligns with a larger nationwide effort to create secure environments for community members. By providing a dedicated space for face-to-face interactions that occur after online transactions, the city aims to mitigate risks and enhance overall security.


This initiative owes its existence to the collaborative efforts of the Synergy Committee,



a group comprised of representatives from four municipalities served by the Thérèse-De Blainville Intermunicipal Police Board: Boisbriand, Rosemère, Lorraine, and Sainte-


Thérèse. The committee's primary focus is on developing projects aimed at promoting prevention, security, and the general well-being of the citizens within their respective communities.

By establishing this neutral meeting zone, the committee demonstrates its commitment to proactively address the safety needs of residents and strengthen community bonds.



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# DIRECT ANSWERS

FROM WAYNE & TAMARA

## A BRICK WALL

**Q** Two years ago, I divorced, and there is still a lot of hostility. My former husband has been served with contempt papers for not paying child support. He says I am sending him to the poorhouse, but I have no recourse but to contact the court when the payments stop. He continues to blame me, even though two judges have explained it is the court which determines when contempt charges are filed.

My children require the necessities of life, which I provide, but he says the children are my responsibility and not to contact him, even if they become ill. He only interacts with them on scheduled weekends, and many times the weekends are cut short.

The home he purchased with his girlfriend includes a built-in swimming pool and two Jacuzzis. Last summer he asked me how it feels to work, and he explained he makes enough money his girlfriend gets to sit by the pool all summer. His girlfriend looks like a glittering Christmas tree with all the jewelry she wears.

I have tried to talk to him, but he says he is not listening and then belittles me. He buys food and clothing for his girlfriend's children, but he tells me I have messed up our children's lives and dress them in rags. That is not true. They are really great kids doing well in school.

I need some ideas how to try and talk to him to get my point across. How do I communicate my concerns to him?

Marlene

**A** Marlene, you have communicated your concerns to him. He doesn't care. Your ex-husband doesn't want to support any woman he is not sleeping with, or her children. Your children have lost a father figure because their father does not see himself as their father.

There is another danger here. Children often respect the bad parent and respond to what that parent wants, while disrespecting the good parent. It is not simply that they pick up the difficult parent's attitude; they think by placating him they will get a father response out of him. But the end result is they may blame you.

Don't waste time thinking you will ever get through to this man. You are being emotionally battered and so are your children, which is a good reason to minimize contact with him.

His obligation to his children comes from the state in the same way the state determines which side of the road to drive on and when to pay taxes. Let the state enforce this obligation and don't explain or apologize for it.

Wayne & Tamara

## OVERREACTION

**Q** My best friend lives across the street. Her daughter and mine play together all the time. Our husbands are best of friends, and we watch over each other's home when we are out of town.

When she got a part-time job, I started babysitting her daughter. I had an interview one evening and left my daughter and hers with my husband. I was gone one hour. The next day she called me and told me all of a sudden she doesn't trust my husband with her daughter.

My husband is an elementary school teacher and loves children. This has upset me and hurt my feelings. She doesn't call now, and I wish I knew what she was thinking. Should I call first?

Christa

**A** Christa, your neighbor is mad, and the question is why. If something actually occurred, she likely would have acted immediately.

She could be angry because for an hour she didn't know who was watching her child, or because you didn't share news of your interview with her. For the former, you can apologize. Tell her you didn't think. Your husband watches children more than you do, and it didn't dawn on you to let her know.

Finally, don't put yourself or your husband in this position with her again.

Tamara

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

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# HOROSCOPE

Week of **OCTOBER 1 TO 7, 2023**

The luckiest signs this week:  
**GEMINI, CANCER AND LEO**



## ARIES

If you do your work wholeheartedly, your efforts won't go unnoticed; you can expect to be rewarded with a higher salary. Open up to your significant other, too, and you'll reap the benefits.



## TAURUS

There's a lot of activity around you. Even if you have a lot of tasks to accomplish, opportunities to have fun will spontaneously pop up. Try to strike that happy balance between entertainment and responsibility.



## GEMINI

It's a time of turmoil and uncertainty. You could try fighting the current, but it's wiser to trust in the signs and follow their lead. Take care of yourself and listen to the messages your body is sending you.



## CANCER

Making new friends and expanding your network of contacts is possible. With such a busy schedule, you may find it difficult to spend time with your family while also managing your responsibilities. Good organization is essential.



## LEO

You'll undoubtedly have lots to do in all aspects of your life. Try to complete everything on time. You'll feel better if you take a little time for fun and relaxation. Treat yourself to a little outing — a comedy show, perhaps — to rediscover your smile.



## VIRGO

Plan a getaway and have fun learning something new. In doing so, you may discover new perspectives for a more stimulating career. Whether you're single or in a relationship, inspiration will guide you away from monotony.



## LIBRA

Dream big and with passion! Use your determination and daring to achieve your personal and professional goals. Don't try to please everyone. Instead, shape your world according to your unique desires and aspirations.



## SCORPIO

You'll be in a position to bring colleagues or clients together to celebrate the signing of an important contract or bring a workplace conflict to an end. In romance, you'll receive a sign of commitment from your significant other. If you're single, you'll turn on the charm.



## SAGITTARIUS

Work or health will take priority; you'll correct one situation or the other, and it'll improve your future. When it comes to your love life, having a deep discussion may help you resolve emotional issues.



## CAPRICORN

Take care of yourself to earn applause and recognition. Take pride in what you've accomplished. Frequent displays of love and affection will help you light the fire of unending passion.



## AQUARIUS

You'll discover your inner joy and let it radiate around you. Let every day be filled with moments of pleasure and happiness. Share your joy with your family and loved ones. Watch how that joy spreads.



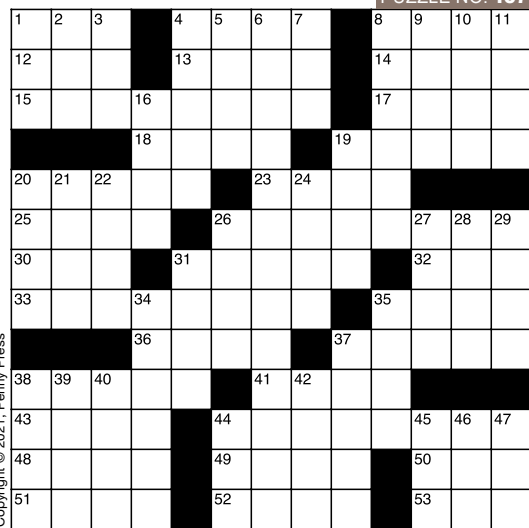
## PISCES

You'll need to travel for work and in your personal life. To feel more safe and secure with all the germs in the air, follow basic hygiene rules. In your relationships, your choice of words will reveal your emotions.

# Coffee Break

## CROSSWORDS

PUZZLE NO. 157



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### ACROSS

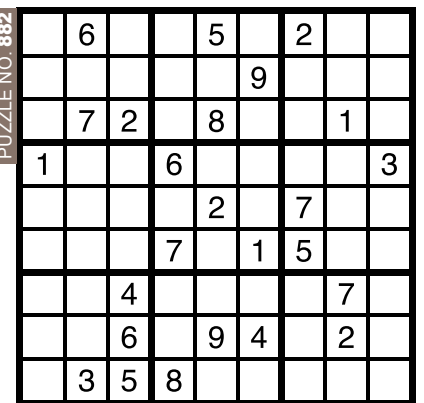
1. Young bug
4. Arithmetic
8. Water barriers
12. Ginger drink
13. Farmer's measure
14. Type of surgeon
15. Paved road
17. Skirt style
18. Sleep
19. Provided relief
20. Protective covering
23. Gull-like bird
25. Cat sound
26. Precious gems
30. Frantic
31. Releases
32. Fuel
33. First performances
35. "The Twilight"
36. Vow
37. Pedaled

### DOWN

1. Capture
2. Bedridden
3. Hot beverage
4. Creator
5. Performs on stage
6. Harness racer: 2 wds.
7. "\_\_\_\_, two, three, four"
8. Game tile with dots
9. Desertlike
10. Horse's pride
11. Lost one's footing
16. Gloat
19. Branches
20. Bullets
21. Gather a crop
22. Method
24. Snacks
26. Auto mishap mark
27. Recess
28. Feast
29. Winter vehicle
31. Glass container
34. Soup ingredient
35. Metallic element
37. String of pearls
38. Large barrel
39. Mass reply
40. Annoy
42. Join
44. English tavern
45. In what way?
46. Woolly one
47. Maroon

# Sudoku

PUZZLE NO. 882



### 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.

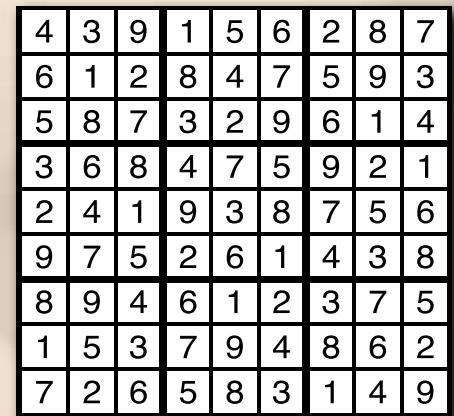
Each 3x3 box is outlined with a darker line. You already have a few numbers to get you started. Remember: **You must not repeat the numbers 1 through 9 in the same line, column, or 3x3 box.**

Last Issues' Answers

## CROSSWORDS



## Sudoku



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- Pineapple
- Lemons
- Bananas
- Oranges
- Pears
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