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Protecting students from upcoming solar eclipse



CISSS occupational therapy teams awarded

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Occupational therapists from the CRDP de Blainville with their service manager and representatives from the Directorate of Education and Research at the CISSS des Laurentides.



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Protecting students: The decision to switch ped days during the solar eclipse

MARIA DIAMANTIS
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As anticipation builds for the total solar eclipse on April 8, 2024, communities and institutions are making necessary preparations to ensure that this celestial spectacle can be enjoyed safely. A total solar eclipse, a rare and awe-inspiring event, occurs when the moon aligns precisely between the Earth and the sun, casting a shadow on Earth and momentarily dimming the daylight. For the Sir Wilfrid Laurier School Board (SWLSB) families, the safety and well-being of students during this period have prompted a significant schedule adjustment.

The hazards of viewing solar eclipses

The fascination with solar eclipses is as old as time itself, drawing people to witness the moon's passage across the sun. However, the beauty of this event masks a potential danger: the risk of serious eye injury. Looking directly at the sun, even when it is mostly obscured by the moon, can result in retinal burns, known as solar retinopathy. This damage is often painless, so individuals may not realize their vision has been affected until it is too late. The symptoms can include blurriness, a dark or blind spot in the center of vision, light sensitivity, or even loss of vision in severe cases. The risk is particularly high among children, who may be more tempted to gaze at the sun without proper protection.

Proactive measures for student safety

Understanding these risks, the SWLSB has taken a proactive approach to safeguard the well-being of its students. Recognizing that the eclipse's peak hours between 2:14 p.m. and 4:36 p.m. coincide with times when students are typically on buses or walking home, the board has identified a significant supervision challenge. To mitigate this risk, the decision was made to cancel classes on April 8.

In lieu of a regular school day, April 8 will serve as a pedagogical day across all schools within the board, while the pedagogical day initially scheduled for April 19 will now be a regular school day. This strategic swap ensures that during the critical hours of the eclipse, students will be under the supervision of school staff, thereby reducing the temptation to view the event without proper safety measures.

Daycare services and educational opportunities

For families relying on school daycare services, there is reassuring news. These services will operate according to their regular pedagogical day schedules, providing a seamless experience for both parents and children. Moreover, this unique day presents an educational opportunity. Activities planned around the solar eclipse can offer students a safe and informative window into understanding both the science and the safety precautions associated with such events.

Parents picking up their children during the eclipse hours are urged to ensure that their



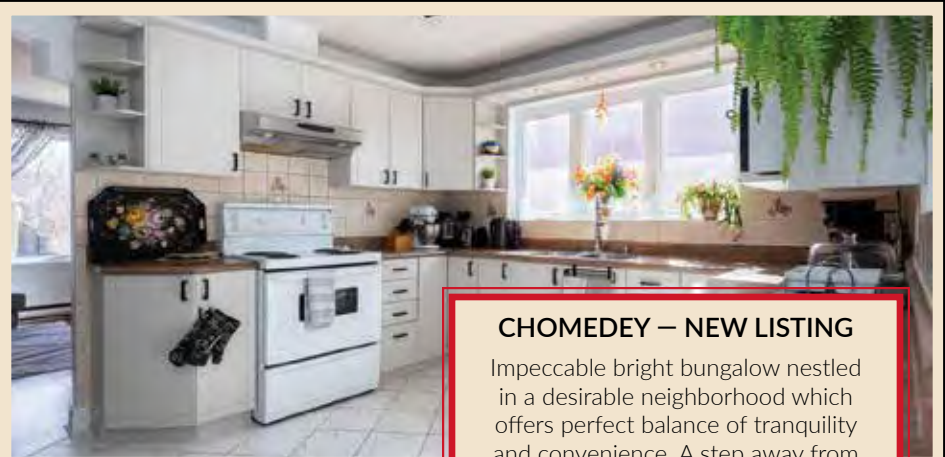
children are equipped with proper eye protection or are instructed not to look directly at the eclipse. This measure is a crucial part of the collective effort to protect our students from potential harm.

A community effort

The SWLSB's decision underscores the importance of community awareness and preparedness during astronomical events like solar eclipses. By prioritizing the safety of its

students through these adjustments, the board not only highlights the potential risks associated with improper viewing but also emphasizes the role of education in fostering a safe and enriching experience for all.

As April 8 approaches, North Shore residents are reminded of the significance of coming together to ensure the well-being of our younger generation, empowering them with knowledge and precautions to safely enjoy the wonders of our universe.



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Award recognizing excellence in occupational therapy education for CMSSS d'Youville and CRDP de Blainville

The Integrated Health and Social Services Centre (CISSS) of Laurentides announced an Award from the Université de Montréal

MARIA DIAMANTIS
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The Integrated Centre for Health and Social Services (CISSS) of Laurentides in its most recent communiqué announced that the Occupational Therapy Program at the Université de Montréal has awarded its Partner Prize this year to the occupational therapy teams of the Multi-service Health and Social Services Centre of Youville (CMSSS d'Youville) and the Physical Disability Rehabilitation Centre of Blainville (CRDP de Blainville).

This prestigious award is aimed at recognizing excellence, commitment, and collaboration in the clinical training of occupational therapy students. Program representatives have highlighted the recipient teams' loyalty, the welcoming capacity for internships at all levels

of study, and the openness to trainees with special needs.

Julie Delaney, CEO of CISSS des Laurentides, expressed her gratitude and pride in the achievement: "I want to highlight the distinction awarded to the occupational therapists of these dedicated teams, as well as the work carried out by the team responsible for teaching and research within our organization. Together, we strive hard to ensure that CISSS des Laurentides contributes to the training of seasoned professionals in the hope of seeing them later join our ranks and serve the population of our beautiful region."

This recognition underscores the significant role that CMSSS d'Youville and CRDP de Blainville play in enhancing the quality of occupational therapy education and reaffirms the commitment of CISSS des Laurentides to healthcare excellence and innovation.



Occupational therapists from the CMSSS d'Youville with their service managers and representatives from the Directorate of Education and Research at the CISSS des Laurentides.

The Régie intermunicipale de police Thérèse-De Blainville tackles the rising phenomenon of deepfaking

MARIA DIAMANTIS
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The Régie intermunicipale de police Thérèse-De Blainville is issuing a stern warning about the escalating phenomenon of "Deepfaking," a term that describes highly realistic digital alterations generated by artificial intelligence to impersonate individuals, often in compromising or sexually explicit scenarios. This form of digital manipulation, particularly concerning because of its implications and legal ramifications, is becoming an alarming trend that necessitates parental awareness and intervention.

Deepfaking involves using photographs to create avatars or misleading images of an individual, sometimes of a sexual nature, through various applications. This practice has morphed into a dangerous game among some adolescents, who create sexually explicit content featuring their peers to humiliate or bully them. Such actions not only have immediate social consequences but also pose significant legal risks.

The Legal Implications of Fabricated Content
It's crucial to understand that, although this content is fabricated, if it features a minor and

the dominant characteristic of the content is sexual, it qualifies as child pornography, a serious criminal offence under Article 163.1 of the Criminal Code. The implications for the victims are profound, as the content is not only damaging but also challenging to remove from the digital landscape.

The Régie intermunicipale de police Thérèse-De Blainville has been confronted with complex cases involving this issue within schools. It is a priority to engage parents in discussions about this troubling trend with their teenagers to prevent further incidents.

The risks of possession

Merely possessing such manipulated photos on one's phone can lead to charges of possession of child pornography. This stark reality underscores the importance of vigilance and responsible digital consumption among young individuals.

The police force is trained to address this emerging threat among the youth. Collaborating with the Director of Criminal and Penal Prosecutions (DPCP) and educational institutions, the police aim to highlight and combat this issue effectively.

A call to action for parents

The emphasis on prevention as the primary tool to mitigate the impact of deepfaking reflects a broader need for community awareness and action. Parents are encouraged to share their concerns, discuss the legal and social ramifications of such actions with their children, and report any suspicious activities to the authorities.

As digital landscapes evolve, so do the challenges faced by young individuals and law enforcement agencies. The Régie intermunicipale de police Thérèse-De Blainville's proactive approach to addressing deepfaking is a crucial step towards safeguarding the community against the perils of digital manipulation and exploitation.



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OPINION & Editorial

THAT'S WHAT I'M THINKING

Robert Vairo



I don't watch TV news. I don't believe what I see anymore

I loved my career. In fact, I tell people that when I die, if I'm allowed to return, I want to repeat what I have done so far on this earth, with a few extras added. That's how much I enjoyed the entire process of journalism; researching, digging, and contacting sources for the right information and then delivering it to my radio and TV news audience. It was my passion. They say if you love what you do, you'll never work a day in your life. That is very true. I had a few side hustles to supplement my income, because one did not become a broadcast journalist for the salary, regardless of the employer. But going to the studio every day was so enjoyable. Serving the listener and viewer was a privilege, and I got a pay cheque for it. It's hard to beat such a life. Throughout my decades in radio and TV, I cannot remember a day I did not enjoy. As a talk show host and reporter, I was often on the road, negotiating for interviews from those reluctant to share information. However, I knew my listeners or viewers wanted to hear these accounts, I was determined to provide them with a factually correct story. Like many of you, I often worked long hours, sacrificed meals and social gatherings, because I was on a mission of sorts. As author Rolf Dobelli writes "trying to make the world a little better, and hold those in power to account." I loved it so much I became an instructor at Concordia's Communications department. I even started a broadcast school for primarily young English broadcast talent, The Montreal Radio and Television School. It was a hands-on approach where media personalities and I passed on knowledge and experience to those now successful in the industry. And I want to do it again, in the next life. But I don't think it'll be the same.

Today, it's a very different story. I don't watch TV news nor listen to radio news, except for the occasional traffic report. There are a lot of reasons for this. I often hear "it's so depressing." Dobelli writes all this news of crisis "destroys our peace of mind."

There is also government financing and grants to media. Hundreds of millions of dollars have been afforded before and after the last three elections and during Covid. Says Journalism historian Marc Edge, "... it

may have saved or created a few media jobs, but at the cost of credibility. Many Canadians now think the press has been bought off by the Liberals." Liberal grants went to every publication from McLeans, CBC, CTV and even Ming Pao Newspapers, which "attempts to accommodate Chinese Communist Party sensibilities"- Canadaland Podcast Network.

Newsroom editors choose the stories and often the viewpoint they want their reporters to take. You've no doubt heard of the CBC reporter questioned by opposition leader Pierre Poilievre as to who specifically he was referring to in his question. The reporter replied, he didn't know. He said he was given the questions by his supervisor.

Those who make mainstream media their only venue of information are subjected to an editor's selection and omission of stories. Journalism observers will say CTV, CBC, Global, Fox News, and CNN all have a dance card, an agenda. Impartiality is rare.

The politician plays the media

Politicians hold news conferences or allow scrums (where reporters gather around with cameras and microphones), only because regardless of what the reporter asks, it is an opportunity for them to deliver their message. Playing the media has become a favourite past time of not all but many elected. Their message is what they want you to believe, not what you should really know about them or their situation. Often, they mislead. Some reporters will follow up with more direct questions but the slick politician will seldom answer, much less deliver the naked truth.

Artificial intelligence

With the introduction of AI (artificial intelligence) especially, visuals are often not what they seem. Photos and video can be fabricated or taken from an entirely different and unrelated setting. Reports are not always produced by humans. AI has done that. Do you remember when news reports were written in the third person, making the author a dispassionate narrator? This is no more. Writers often include opinions, or intentionally omit facts in what should be an unbiased, balanced, and fair report. It seems

the industry no longer has anything to do with real journalism

Fake demonstrators

Do you really believe those demonstrators are sincere, out there because of their political convictions? That they are protesting, wreaking havoc, blocking entrances, destroying property and disrupting events because they believe in a cause? Of course not.

I invite you to visit www.indeed.com/career/demonstrator/salaries, a web site that advertises for demonstrators, and includes hourly rates. Want a job?

In Canada, the Plenty Collective, a self-described "mutual aid group", have paid demonstrators for "liberation of Palestine" manifestations and others. There may be, but I have been unable to find funding for pro Israeli protests. A city councillor for the Victoria, BC area, Ian Ward, wrote in a social media post that "paid 'protestors' are promoting antisemitism & call for violent intifada."

Are you disgusted yet? I am.

Former colleague Wendy Mesley, fired by the CBC for the most woke and frankly stupid reason, suggests switching to blogs and podcasts. She writes in a recent article in the Globe and Mail, "TV is the last place I go for news. I devour The New York Times, the Guardian, Al Jazeera and The Globe. I spend hours reading blogs, newsletters and sites I've found online." I fully agree. I would add newspapers, publications and blogs to the right of the political pendulum to complete the canvas, and not forget to read the comments. Those can be informative and entertaining. Give credit, and support surviving local newspapers, especially ones that are privately owned. They do their ultimate best to deliver a truthful and accurate picture. They have survived for a reason.

Ultimately, the responsibility is yours. Manage your media consumption. Determine if these so called 'breaking news' items are indeed relevant to your personal life. If you're going to, read and watch what interests and affects you, but always with a dose of suspicion. Look for more than one source, and decide what you should believe.

It's beyond sad, but it's gotten to this.

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Canada

Conference Board of Canada: Economy knocks Quebec finances off course

Bridge to nowhere

The province's budget shows how sensitive fiscal plans are to economic performance. The cumulative deficit from fiscal years 23-24 to fiscal year 28-29 is expected to be \$37.8 billion, much higher than the generally rosy picture painted at this time last year.

By nature of the Balanced Budget Act, Quebec's \$37.8 billion cumulative deficit is made up of \$13.9 billion in contributions to the Generations Fund, \$7.5 billion in contingency reserves, a counterbalance of \$6 billion in expected bridging between revenues and expenses, and the rest an operational deficit.

What's most worrisome about the province's latest budget is the lack of detail on its eventual plan towards balance. The \$6 billion "gap to be bridged for achieving fiscal balance in operations" comes with little detail. As a result, this budget clouds the picture of Quebec's fiscal position, and shows that there is much work to be done for the province over the coming years to return to a sustainable fiscal path that promotes to government's goal of intergenerational equality.

Rx for healthcare

Expenditures in health and social services have seen a notable rise, from \$41.8 billion in 2018-2019 to \$63.9 billion in 2024-2025, representing an average annual growth rate of 7.3 per cent. The surge in health care spending can be attributed to strong population growth, inflation, and the lasting effects of COVID-19.

The government's agreement with the Common Front, Quebec's public sector unions representing mostly health and education workers, will result in wage increases outpacing inflation in coming years, with the agreement set to the end of 2027-28. To address the challenges posed by an aging population and increased demand for services, the government is working to reform the health care system in hopes of improving access to care and services while significantly reducing further growth in overall spending. The establishment of Santé Québec in 2024 aims to decentralize decision-making and reduce bureaucracy, leading to a more efficient and responsive health care system.

Counting on future growth

Despite a higher-than-expected deficit, the province's debt-to-

GDP ratio is set to increase only over the next two years, behind a slower economy, before declining again after economic growth weighs against a falling deficit.

While the province is keeping its commitment to reduce the net debt-to-GDP burden to 30 per cent by fiscal year 2037-38, that will be difficult given its budget last year had estimated net debt-to-GDP would be 35.8 per cent by fiscal year 2027-28, notably lower than what is expected in this budget. That means the movement towards its net debt-to-GDP goal will need to come from a significantly stronger economy and a commitment to restoring balance sooner rather than later.

A darker path to a brighter future

Overall, the budget's key indicators paint a more difficult picture for Quebec's finances. There has been a significant deterioration in the province's balance over the forecasting horizon. The province remains committed to many of its goals of reaching a surplus in terms of the Balanced Budget Act, but the path to get there is going back to the drawing board.

While the commitment is clear, the details of the plan to get there are less clear. The budget comes with a hope to find more revenue and explicitly includes \$6 billion in a bridge to help align revenues and expenses which work against the deficit but is not explicitly defined. There is some breathing room in the planning via \$1.5 billion each year in contingencies.

The government has not significantly altered the amounts allotted for the Generations Fund with roughly \$2.2 billion committed over the next two years, ramping up to \$2.7 billion by 2027-28. The Generations Fund is a dedicated fund where budgetary surpluses, proceeds from asset sales, and other exceptional revenues are deposited. Its purpose is to reduce Quebec's debt burden over the long term by generating returns that can be used to pay down debt. The challenge is that deposits in the fund are currently being made with larger deficits, thus adding to the province's debt.

Finding enough pennies to make a dollar

The budget also comes with a spend of \$1.9 billion to help spur prosperity by increasing economic potential through support of the development of key sectors, increasing the labour force, and boosting productivity in the construction industry.

As part of the review, the government is seeking to re-align spending as a share of GDP and revenues as a share of GDP. The budget highlights that one reason for the new disconnect is the 1 percentage point decrease in taxes for the two bottom tax brackets.

Turning over every rock

The province is looking to find ways to be more efficient, with the hope of increasing revenues by \$2.9 billion by re-aligning its tax system and improving revenue collection efforts.

On top of the targeted improvement to tax collection efforts, the province is set to conduct a full review of its tax measures and budgetary spending, and the results of that review will be presented with next year's budget.

The largest effort is a re-alignment of tax help for business, by abolishing tax credits for retaining workers, helping support Quebec film and television production, and re-focusing IT tax credits toward higher-paying jobs. These changes are expected to reduce the cost of tax assistance by \$1.0 billion between fiscal years 24-25 and 28-29.

The provincial government is also set to ask for more efficiency from various government enterprises with the hope of finding \$1.0 billion in savings over the budget period. The province is also seeking an extra \$300 million over five years in tobacco tax revenues.

Finally, the province will provide an extra \$96.5 million over five years to help strengthen tax collection and fight economic crime, which is expected to yield \$660 million in extra revenue.

Confronting tough economic realities

Quebec's latest budget reflects the realities of weaker economic growth in an environment of restrictive monetary policy. The economy struggled in 2023 as higher interest rates gradually took effect. The economy also contended with extreme wildfires and large-scale public sector industrial action which hurt production in affected sectors.

Looking ahead, the government anticipates growth of 0.6 per cent in 2024, a slightly stronger growth outlook than our own projection of 0.3 per cent. Growth is expected to pick up in the second half of the year, contingent on interest rate cuts. As some momentum builds, growth is forecast to rise to 1.6 per cent in



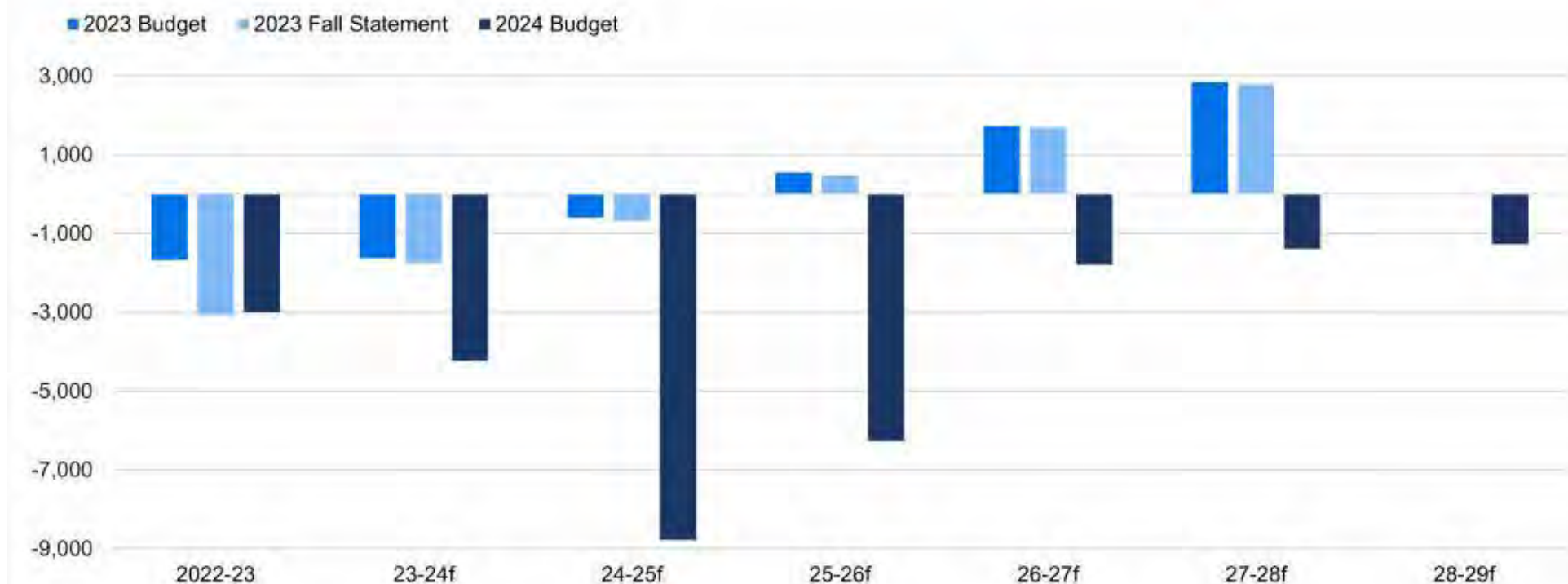
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A new fiscal picture: budget balance before deposits to the generations fund, \$ billions. f=forecast (Source: Finances Québec)

2025, below the national average and closely matching our own projection of 1.7 per cent.

While inflationary pressures are easing, several sticking points remain including service and shelter prices. Globally, the performance of the U.S. economy and impact of rising geopolitical tensions add further uncertainty to the inflation outlook.

Quebec's labour market is rebalancing after a period of extreme tightness in the wake of the pandemic. Over the next two years, the government expects a combination of softer labour demand and weaker labour force growth to weigh on job creation. While this will exert some upward pressure on the unemployment rate, constrained labour force growth will keep conditions in the job

market relatively tight.

Interest rates are the principal driver of the outlook for several key expenditure categories. Strong population growth and elevated savings buttressed demand for goods and services in 2023. Yet household spending growth will cool in 2024 as consumers reign in some discretionary spending and navigate higher debt service costs.

Meanwhile, residential investment, which declined by an estimated 17.8 per cent in 2023, will stabilize posting growth of 0.4 per cent in 2024. However, housing starts are projected to remain below the 10-year pre-pandemic average, keeping a lid on supply and affordability. The government is optimistic about

the near-term growth outlook for non-residential investment, pointing to the commencement of large projects in the mining and battery sector, as well as improved business confidence.

Despite slowing economic growth and lower inflation the nominal value of Quebec's output is still forecast to grow by 4.0 per cent in 2024 and 3.8 per cent in 2025. This indicates a growing tax base and is a positive sign for government revenues.

In Summary

The financial outlook for Quebec has been thrown off course due to poor economic performance. The province is pursuing ambitious efficiency gains and revenue measures to realign its fiscal balance. It's a risky proposition.



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DIRECT ANSWERS

FROM WAYNE & TAMARA

BY A NOSE

Q My behavior and emotions make no sense to me. I have a wonderful boyfriend. At first I admit I was not fully attracted to him. At the time I was hung up on dating gorgeous men that in the end brought me nothing but a pretty face. But the more time I spent with my boyfriend, the more I realized how compatible we are.

My friends and family love him. We are a great couple and share similar views on life. We laugh together and play together. He is ambitious, mature, and so sweet you can see the goodness in his heart by his eyes. In bed we have amazing chemistry. He is sensual and gentle, which is what I love and have at last found.

One thing perplexes me: I cannot accept his large and long nose. I know it sounds crazy. This one imperfection of his keeps me from fully saying yes and concluding he is the perfect guy for me to marry. I've told him this, and he mostly laughs it off. He even makes fun of his own nose.

I used to have a long nose myself, but not anymore. Could this be the insecurities I felt as an unattractive child? When I am with him, I am fully in love and forget about his nose. When he

is gone, all these nagging doubts begin.

Joyce

A Joyce, there are two versions of the Cyrano de Bergerac story: the original play by Edmond Rostand, and the movie version starring Steve Martin. In both stories, Cyrano fears rejection by the woman he loves because of his large nose. Rostand's play ends unhappily, but Martin's movie shows love triumphant.

Unlike the Cyrano story, your boyfriend's nose is not a problem for him. It is a problem for you. You are doing to him what was done to you as a child. Others made you feel unattractive, and that is how you feel about him.

Is being with him like wearing an ugly sweater? Do you obsess about what your children would look like?

We are not judging you based on this aspect of your personality, but you haven't met someone you love so much that the outside package doesn't matter. Love causes us to see the world through different eyes. Until that happens, your relationships may resemble the Rostand story, not Steve Martin's.

Tamara

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Q I recently married. Prior to getting serious, I told my husband about my not so spotless past, giving him the opportunity to bow out. He said my past didn't matter. He didn't, however, return the favor. After we married, the official who denied his driver's license reinstatement told me he has not one, but seven alcohol related arrests.

My husband vehemently denies he has a substance abuse problem, but he took 120 pain pills in a week's time. See a pattern? He accuses me of infidelity, which is impossible because he hardly ever lets me out of his sight. He's gone so far as to accuse me of poisoning our dog against him.

To top off everything else, despite my parents helping us pay the bills, he recently bought a weekend at a time-share resort. I feel I've been

fighting single-handedly for our marriage. Will this man ever live in reality?

Mia

A Mia, the crime show "Naked City" ended each episode with the same tag line: "There are eight million stories in the Naked City. This has been one of them." Most of the shows ended on a melancholy note with people wishing things hadn't happened as they did.

Your husband committed a crime against you: fraud. He was impersonating someone you could love. At the end of each "Naked City" episode, people dealt with the aftermath of what was done to them and moved on with their lives. Like everyone else in the Naked City, you should, too.

Wayne

WAYNE & TAMARA MITCHELL are the authors of YOUR OTHER HALF (www.yourotherhalf.com)

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Chomedey (North of St-Martin)



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MEDIA-TREK®

WINE STOPPERS

FOR *bring your own wine* RESTAURANTS

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info@mediatrek.ca

WST — Wine Stopper
 1.13", laser engrave or printed
 logo (1 color), stopper box

100	\$4.74
250	\$2.84
500	\$2.64
1000.....	\$2.54/ unit
Set up.....	\$54



WST



3 weeks production after art approval.



BC-185



BC-185 — Wine Stopper
 Stock Silver Base, stopper box

50.....	\$13.44
100	\$12.54
250	\$11.34
500	\$10.44
1000.....	\$9.94/ unit
Die charge....	\$144

HOROSCOPE

Week of MARCH 24 TO 30, 2024

The luckiest signs this week:
SAGITTARIUS, CAPRICORN AND AQUARIUS

ARIES
You may need to negotiate skillfully in various contexts such as at work or with your friends or partner to achieve harmony. You'll have to make compromises and adjustments to cultivate happiness in all your relationships.

TAURUS
At work, you may experience some confusion and conflict. This could prompt you to start thinking about a career change. Take the time to weigh the pros and cons and get advice from those closest to you.

GEMINI
You'll find yourself in a position to stand out. This could transform your life in the long term. Your value will be highlighted in a variety of ways, boosting your self-esteem and self-confidence.

CANCER
You may decide to move soon, especially if the family home has proved too big since your children left the nest. In your relationship, change could strengthen or rekindle your passion.

LEO
Your outspokenness will be evident as you express openly what others think in silence. A secret could leave you perplexed for a while. The Full Moon will have a revealing effect. A revelation will show you the way forward.

VIRGO
If you're struggling financially, you could discover some interesting solutions. You'll finally get the opportunity to invest in a project dear to your heart or, at least, to redecorate your home.

LIBRA
This will be an active and dynamic week. You may need to shake things up with certain people. Even if you prefer keeping the peace, it's time to assert your position to re-establish harmony with those close to you.

SCORPIO
Your talents will increase tenfold, opening the door to a spiritual awakening. You'll develop a deeper perspective and greater empathy, allowing you to see things in a new light. The artist in you could also be revealed.

SAGITTARIUS
A post on social media could inspire you. Someone close to you will play a key role in helping you become the person you've always wanted to be. This will guide you toward fulfillment and happiness.

CAPRICORN
If you have a jam-packed week, make sure to space out your appointments to avoid scheduling conflicts and minimize the pressure. Time is precious; carefully manage yours.

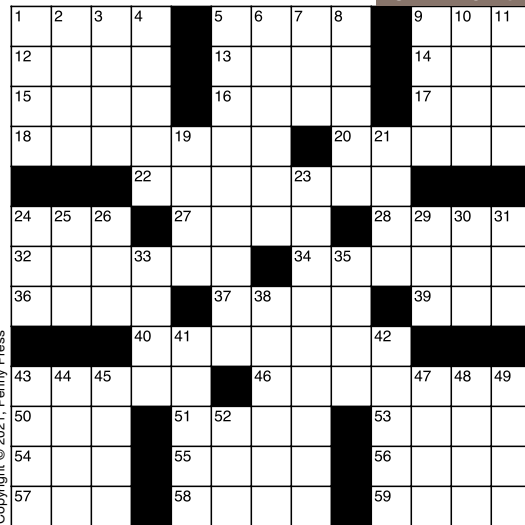
AQUARIUS
You could decide to radically change your life on a whim. This transformation could involve going back to school or starting a new career in line with your deepest aspirations.

PISCES
The heart has its reasons, which reason knows not. Even if you try to rationalize a situation, your emotions will influence your choices. Sometimes, you must step out of your comfort zone to move in the right direction.

Coffee Break

CROSSWORDS

PUZZLE NO. 169



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ACROSS

- Too
- Grating sound
- Chap
- Chicken's house
- Concert solo
- Slippery
- Occasional
- _____ slicker
- This girl
- Contestants
- Diner customer
- Stuck
- Get _____ of
- Mislay
- Engrave with acid
- Secret groom
- Promise
- Dog's pest
- Seltzer
- Exercise place
- Hold dear
- Home movie

DOWN

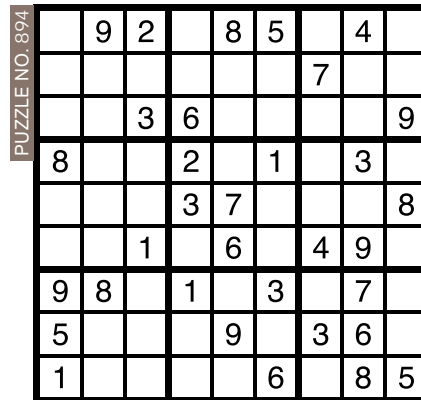
- Land measure
- Bank transaction
- Type
- Musical drama
- Thoroughbred
- Emerges
- Model
- Money recipient
- Directory
- Dull pain
- Colorist
- Bugs
- Animosity
- Biblical pronoun
- Folk knowledge
- Father's boy
- Geologic ages
- Deadlocked
- Aardvark's snack
- Rents
- Deficiency
- At a standstill
- Lemon drinks
- Willingness
- Game official, for short
- Feeling awful
- Stag's mate
- Harbor vessel
- Mew
- Hesitation word
- Swiftess
- Lip
- Far East
- Place to stay
- Ms. Hunt
- Traveler's permit
- Strong metal
- Fender damage
- Protected inlet
- Forest component
- Transport
- Gardener's aid

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.

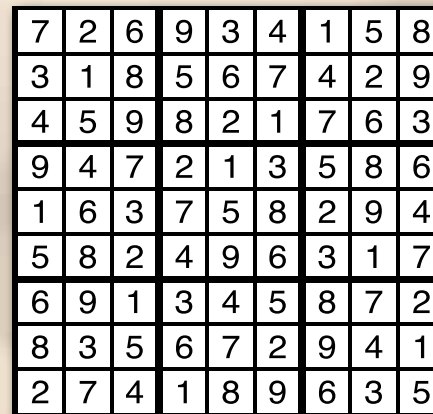


Last Issues' Answers

CROSSWORDS



Sudoku



Doctor Dan Munteanu

PROMOTION ON DENTAL FULL-ARCH IMPLANT-BORNE SOLUTIONS

Upper or lower maxillary
Fixed in Zirconia (Pro-Arch)

Exceptional price: \$8464 and \$389/month for 24 months for a total of \$17800. Regular price \$28000.

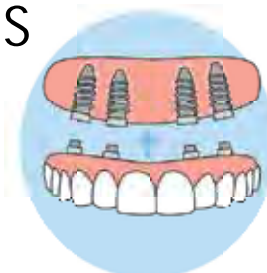
*Included: Minimally invasive guided procedure, temporary restoration, Straumann implants, lab fees, final restoration in zirconia or porcelain on metal for fixed and milled acrylic for Snap-on. Not included: Extractions, Bone or gum grafts if necessary. Conditional to financing and case approval. Exceptional price ends May 5, 2024

Upper or lower maxillary
Snap-on removable (Novaloc)

Exceptional price: \$7800 and \$250/month for 12 months for a total of \$10,800. Regular price \$15000.



Dr. Dan Munteanu
DMD, General Dentist
More info at www.blancdentaire.ca





BASKET OF *Fruits and Vegetables*

16 to 20 VARIETIES

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You pay only
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up to
per year

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panierdufermier@gmail.com

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THIS WEEK'S BASKET:

- Raspberries
- Blackberries
- Corn
- Cauliflower
- Pineapple
- Small Green Cabbage
- Beans
- Green Onions
- Potatoes (3lbs)
- Celery
- Kale
- Tomatoes (3)
- Mini Cucumbers (6)
- Lemons (2)
- Bananas (4)
- Oranges (3)
- Pears (3)

Sainte-Marthe-sur-le-Lac
(Bocaux & co.)
2949 Boul. des Promenades
Local 105, J0N 1P0

Saint-Eustache
(Pasta Deliziosa!)
148, 25e Av.
J7P 2V2

Mascouche
(Eco-Boutique
un Monde à vie)
160 Mnt Masson, J7K 3B5

Sainte-Anne-des-Plaines
(Dubeau Vrac)
196 Boulevard Ste Anne
J5N 3P2

2 EASY STEPS:

- 1 Book your basket online or by phone from Monday to Thursday
- 2 Pickup Thursday, Friday or Saturday. Delivery available

PANIERDUFERMIER.CA

