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29th annual Ste-Rose Symposium



The sun
shone and
the rain
kept away
during the
29th annual
Symposium
de Ste-Rose
in July.
(Photo:
Martin
C. Barry,
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Multimedia)

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Stan: the comfort
dog in Laurentians
child protection
services helping
over 100 youth

Page 5



The Best Choice
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Artists and sculptors showcased their best in Laval's Vieux Sainte-Rose

More than 20,000 attended the 29th annual Symposium de Ste-Rose



Sculptor Chantal Koot from Vaudreuil-Dorion was seen with some of her exceptional creations. (Photo: Martin C. Barry, Newsfirst Multimedia)

MARTIN C. BARRY

Local Journalism Initiative Reporter
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Corporation Rose-Art president Oprina-Felicia Dolea was uneasy on the opening day of the 29th annual Symposium de Ste-Rose late last month as she contemplated the days ahead and the quickly-changing weather in Quebec these past few years.

All turned for the best

"We are concerned about tomorrow – they are predicting rain and wind," she told The Laval News, while gesturing at the tents and canvas shelters the participating artists were using to display their sculptures and paintings.

As things turned out, she needn't have worried. Compared to some of the arts group's summertime symposiums in recent years, this year's went off without a weather-related hitch.

The much-feared rain and wind never really materialized, and hundreds of supporters and patrons of the visual arts were able to enjoy the 2025 symposium over the entire four-day duration.

Highly historic setting

From July 24 to 27, appreciators of quality sculpture and art from all over Quebec, as well as Ontario and other parts of eastern Canada, gathered in Laval's historic Vieux Sainte Rose for an event that has come to be recognized as one of Quebec's leading and most prestigious outdoor art shows.

For the second time, the organizers were able to persuade legendary Quebec singer Shirley Théroux to be the official spokesperson for the symposium.

Théroux had a string of song hits in Quebec

during the 1960s and 1970s and was also a highly popular late-afternoon program host on French-language television. An accomplished painter in addition to her musical talents, several of Théroux's art works were featured in a special segment of the show.

Home to great artists

The Sainte-Rose Art Symposium, a popular summertime gathering of artists for decades, has always been a guarantee of enjoyment for thousands of satisfied patrons. In addition to Mrs. Théroux's support, the event's honorary president this year was Member of the National Assembly for Sainte-Rose Christopher Skeete.

As always, the symposium took place alongside the Rivière des Mille-Îles in the charming and historic Laval neighbourhood.

The village is renowned as the birthplace of internationally-acclaimed Québécois painter Marc-Aurèle Fortin. Sainte-Rose was also at one time the home of landscape painter Clarence Gagnon. Both influenced generations of artists in Quebec as well as around the world.

Promoting tourism in Laval

After winning a range of awards for excellence over nearly three decades, the symposium's organizing committee continues to uphold the standards that have established the Sainte-Rose Art Symposium's reputation for excellence in art circles across eastern Canada.

They have received some significant recognitions for their efforts. In 2019, the Laval Chamber of Commerce and Industry presented them with a Dunamis award for helping to promote tourism in Laval. They were also a finalist for a second Dunamis in 2020 and 2022, as an environmentally-sustainable organization



An accomplished painter in addition to her musical talents, several of Shirley Théroux's art works were featured in a special segment of the show. (Photo: Martin C. Barry, Newsfirst Multimedia)

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Corporation Rose-Art president Oprina-Felicia Dolea. (Photo: Martin C. Barry, Newsfirst Multimedia)

Linguistic Policy Task Force gets Bill 21 intervener status at Supreme Court of Canada

'We want the Notwithstanding Clause to be properly defined,' says Task Force president Andrew Caddell



"We want the Notwithstanding Clause to be properly defined," says Task Force on Linguistic Policy Andrew Caddell.

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The Task Force on Linguistic Policy, one of several interest groups challenging Quebec's Bill 21, has received word they will be permitted to intervene in the Supreme Court of Canada in the Bill 21 case involving the English Montreal School Board and the Quebec government.

Along with many other interveners, including the Canadian Civil Liberties Association, the Canadian Human Rights Commission, the Quebec Community Groups Network and the attorneys general of six Canadian provinces, the Task Force will be present at the Supreme Court hearing on Bill 21, at a date yet to be determined.

Define Notwithstanding

"The reason that we're doing this is we want the Notwithstanding Clause to be properly defined," Task Force president Andrew Caddell said in an interview with The Laval News.

"From our point of view, the Notwithstanding Clause doesn't really change the existence of rights. Rights exist in nature and everybody has rights. Because if they don't exist, then there's no point in having a Charter of Rights."

The Task Force on Linguistic Policy was founded in 2021 two years after Bill 21 was passed. It represents thousands of members and depends on volunteers for its operations and public donations for its court challenges.

Since its creation, the Task Force has organized public meetings and rallies, been active in news media across Canada, and continues its legal challenge of Bill 96 (the CAQ government's update of the Charter of the French Language), as well as the Notwithstanding Clause.

Impact on Muslims

Bill 21 ('An act respecting the laicity of the State') was passed in 2019 by Premier François Legault's CAQ government. It most notably prohibited the wearing of religious symbols by public employees in positions of authority, with a particularly visible impact on Muslim women wearing head and facial coverings.

While Bill 21 was generally upheld in 2021 by the Superior Court of Quebec, the law was deemed to be violating freedom of expression and of religion, although the Quebec government got around this by invoking the Canadian constitution's Notwithstanding Clause.

The Task Force says it will be an intervener because this case affects its challenge to Bill 96, which was submitted to Quebec Superior Court on May 31, 2023. Its case focuses on the existence of rights prior to the drafting of the Charter of Rights in 1982.

An important legal moment

"This will be one of the most important, if not the most important, cases before the Supreme Court," says Task Force lawyer Michael Bergman. "This case will determine the definition, scope and application of the Notwithstanding Clause."

In May, the Task Force applied to intervene at the Supreme Court. The purpose of the intervention is to focus on the use of Section 33, the Notwithstanding Clause of the Canadian Constitution. The clause nullifies key sections of the Canadian Charter of Rights and Freedoms dealing with legal rights, equality rights, freedom of speech and freedom of assembly.

'Rights are rights are rights'

"Our case will challenge Section 33 in a way other interveners will not," maintains Caddell.

"We argue that rights are rights are rights, and were not nullified with the introduction of the Charter of Rights in 1982. The Charter codifies rights, but we insist it cannot take them away."

Bergman pointed out that if the Notwithstanding Clause can arbitrarily cancel fundamental rights, "then what remains of the Charter is a mere skeleton," he said.

"The Task Force is concerned the Supreme Court will allow Section 33 to run roughshod over those rights," added Caddell. "Hence, we must be present in the Bill 21 case."

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OPINION & Editorial



China is an example of AI surveillance in action

Canada should take that as a warning, not a blueprint

China shows what happens when artificial intelligence is weaponized by the state.

Its Social Credit System, a nationwide framework to rate the "trustworthiness" of citizens and businesses, decides whether people can get a loan, buy a home, travel abroad or even move freely inside the country by merging financial records, online activity, travel history and facial recognition data into one algorithmic profile.

Sold as a way to curb fraud and tax evasion, it quickly became a tool to track political loyalty and personal behaviour the state doesn't like. Step out of line, and the system punishes you.

Canadians should treat China's misuse of AI as a warning. AI is advancing so fast that, without strict limits, we could slide into a similar dystopian future—one where governments promise efficiency and safety but use technology to tighten control over everyday life.

It wouldn't take much for such a system to take root here. The data, the technology and the surveillance tools already exist. All that's missing is the decision to connect them.

Canadian governments have already shown they are willing to impose sweeping controls and restrict freedoms when faced with dissent or crisis. During the COVID-19 pandemic, the Liberal government invoked the Emergencies Act—a law that grants Ottawa extraordinary temporary powers, including the ability to freeze bank accounts and bypass normal parliamentary debate—to limit movement in response to protests. Across Canada, governments closed businesses, banned gatherings, restricted travel within and outside the country, and introduced vaccine passport systems that restricted access to certain public spaces.

Now imagine those same powers supercharged by AI—able to track, predict and act in real time,

with decisions automated and enforcement instant. What used to be broad and temporary restrictions could become precise, ongoing controls that are almost impossible to resist.

A Canadian version of China's Social Credit System could link tax filings, health records, driver's licences, transit passes, social media accounts and other personal data. When once-separate databases are linked, previously separate pieces of information combine into a detailed profile, making it far easier to monitor, predict and restrict a person's actions. With that much linked information, governments wouldn't just know what you've done—they could control what you're allowed to do next. That's not a distant, sci-fi scenario.

This is why regulation matters—but Canada's current plan falls short. The proposed Artificial Intelligence and Data Act (AIDA), part of Bill C-27, is meant to be Canada's first law governing artificial intelligence systems that could have major impacts on people's lives. These so-called "high-impact" systems include AI used in areas like health care, hiring, law enforcement, credit scoring and critical infrastructure—technologies where errors, bias or abuse could have serious consequences.

On paper, AIDA would regulate these systems, require risk assessments and keep humans in the loop for key decisions. But with its narrow scope, weak enforcement powers and a rollout that could take years before its rules are fully in force, it risks becoming a safety net with a hole in the middle, in effect more about managing political optics than preventing abuse.

AI surveillance is no longer a future threat—it's already here. It combines cameras, sensors and massive databases to track people in real time, often without their knowledge or consent.

It can predict behaviour, automate decisions and enforce rules instantly. Mustafa Suleyman, in *The Coming Wave*, warns that AI must be contained before it becomes uncontrollable. Shoshana Zuboff, in *The Age of Surveillance Capitalism*, reaches the same conclusion: AI is tailor-made for mass monitoring, and once embedded, these systems are almost impossible to dismantle.

Some insist that slowing AI's development would be pointless, that other nations and corporations would race ahead. But that argument is dangerously naive. History shows that once governments and corporations gain powerful surveillance tools, they don't give them up—they expand their reach, change their purpose and tighten their grip.

China's example proves the point. The Social Credit System was never just about unpaid debts or tax evasion. Its real purpose has always been to track people and control their behaviour. Today, it measures political loyalty as much as financial reliability, punishing citizens for anything from joining a protest to criticizing the government online. Jobs, housing, education and even the right to travel can be revoked with a few keystrokes. Once a government is allowed to define "public good" and enforce it algorithmically, freedom becomes a privilege—granted or taken away at will.

Yes, AI-driven surveillance can catch criminals, detect threats and manage crises. But those benefits come at a cost. Once such a system is in place, it rarely returns to its original purpose. It finds new uses, and it becomes permanent.

The choice for Canadians is clear: demand enforceable laws, transparent oversight and real accountability now—before it's too late.

Dr. Perry Kinkaid

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Stan the comfort dog has helped over 100 youth in Laurentians child protection services

MARIA DIAMANTIS

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Two years ago, an unusually empathetic ally joined the ranks of Quebec's youth protection services: Stan, a psychosocial assistance dog trained to support children through some of the most challenging moments of their lives. Since his arrival, more than 100 young people have found comfort in his calm, reassuring presence — often in situations marked by stress, anxiety, or trauma.

Stan was trained in partnership with the MIRA Foundation and now works alongside caseworkers from the Laurentians' Direction de la protection de la jeunesse (DPJ). His role is unique but crucial: accompanying children during abuse disclosures, evaluation meetings, court hearings, or major life transitions.

A calm in the storm

Far from being a mere mascot, Stan is considered an active member of the DPJ's safety net. His mission is simple yet vital — to ease anxiety and provide immediate emotional relief. For many children facing difficult inter-

ventions, the physical comfort of petting or holding Stan creates a sense of safety that allows them to open up, express emotions, and trust the adults helping them.

The introduction of Stan into child protection services reflects a broader push to innovate and better meet the needs of vulnerable children in the Laurentians. It also speaks to the commitment of the social workers, educators, psychologists, and managers who dedicate themselves to protecting and empowering youth in crisis.

"Stan represents far more than an assistance dog — he is a bridge of kindness in emotionally charged moments," said Julie Delaney, President and CEO of the CISSS des Laurentides. "As an ally, he embodies our desire to lighten the emotional weight of interventions by making them more accessible and comforting. He builds trust in a different, deeply human way. His impact is tangible and profoundly inspiring, both for the children and for our teams."

For the young people who meet Stan, the bond is instant — and for many, it's the first time in a long time they've felt truly safe.



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Île Bélair bridge reconstruction strengthens Rosemère's active mobility network

Completion marks a key step in Greater Montreal's sustainable transportation vision

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Rosemère residents now have a safer and more sustainable link across the Mille-Îles



River, as the long-awaited reconstruction of the Île Bélair Bridge has been completed. The upgraded 28.5-metre multiuse bridge forms a crucial connection in the town's Active Mobility Project, paving the way for a continuous bicycle path along Labelle Boulevard and improving regional active transportation options.

The project, funded through a partnership between the Gouvernement du Québec, the Communauté métropolitaine de Montréal (CMM), and the Town of Rosemère, represents a total investment of nearly \$370,000. The province and CMM each contributed \$123,242 through the Trame verte et bleue du Grand Montréal program, while Rosemère covered the remaining costs.

A civic infrastructure win

Designed with a focus on safety and sustainability, the bridge was almost entirely prefabricated off-site, a method that minimized disruption for motorists and nearby residents. The structure includes a protected, two-way multi-

use path that links seamlessly to Rosemère's existing cycling and pedestrian network, allowing users direct access to regional trails and natural spaces.

Local officials say the bridge is more than just a transportation link — it is a tangible response to residents' calls for greener, healthier mobility. During urban vision consultations held between 2018 and 2020, the public ranked active transportation as a top priority. The bridge's reconstruction is one of the first concrete results of that feedback.

"This new multiuse path is a perfect fit with the Trame verte et bleue du Grand Montréal," said Valérie Plante, Mayor of Montréal and Chair of the CMM. "It will boost active mobility and make it easier for people to reach the Parc de la Rivière-des-Mille-Îles — a great example of collaboration toward a sustainable, better-connected urban environment."

Rosemère Mayor Eric Westram praised the project's contribution to regional connectivity. "The reconstruction of the Île Bélair Bridge

brings us closer to a cohesive mobility system. Thank you to residents for their patience during the work," he said.

Part of a larger vision

The bridge will form part of the CMM's Réseau vélo métropolitain, a planned, fully integrated cycling network spanning Greater Montreal. The Trame verte et bleue, which supports the project, aims to preserve natural landscapes, enhance biodiversity, and promote low-carbon transportation options.

For Rosemère, the completion of the bridge is not the end but the beginning. Municipal officials say further development will continue in the coming months, expanding cycling infrastructure and improving links between neighbourhoods.

By investing in projects like the Île Bélair Bridge, Rosemère is reinforcing its role in a region-wide effort to build healthier, more accessible, and environmentally responsible communities — where infrastructure serves both the needs of today's residents and the planet's future.



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Rosemère closes clay tennis courts as precaution amid asbestos concerns



MARIA DIAMANTIS

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The Town of Rosemère has temporarily closed its three clay tennis courts at Bourbonnière Park following a province-wide precautionary alert over possible asbestos contamination in materials used to maintain such facilities.

Located at 333 Florian Street, the clay courts

will remain closed until further notice while specialized analyses and tests are carried out to confirm compliance with Canadian environmental safety standards.

The move follows a recent discovery in another Quebec municipality, where routine upkeep materials for clay surfaces were found to potentially contain asbestos levels exceeding federal limits. This maintenance product is commonly used across Quebec, including in

Rosemère.

Health and safety first

Municipal officials emphasized that the decision was not prompted by confirmed contamination in Rosemère but rather by an abundance of caution. “Protecting the health of residents and municipal employees is our top priority,” the Town stated, adding that it is committed to full compliance with environ-

mental regulations.

To limit any potential health risks during the testing period, the courts will continue to be regularly watered, in line with recommendations from the Direction de santé publique des Laurentides, to prevent clay dust from becoming airborne.

Alternatives for tennis players

While the clay courts are out of service, players can continue their activities on the hard surface courts at Bourbonnière Park and at Hamilton Park, located at 133 Du Parc Street.

The Town acknowledged that the closure may inconvenience tennis enthusiasts but underscored that the measure is temporary and preventive. Further updates will be issued as soon as test results are available.

For more information, residents can contact Daniel Grenier, Director of Communications for the Town of Rosemère.



Canadians agree: fixing health care will help build stronger Canada

NEWSFIRST MULTIMEDIA

info@newsfirst.ca

The Canadian Medical Association (CMA) is heading to Muskoka this week to remind Canada's leaders of the important role health care can play in building a stronger, more resilient nation.

“There have been few greater nation-building projects in Canada's history than health care,” says Dr. Margot Burnell, CMA president. “Health care is a pillar of the Canadian identity. In this crisis moment as federal, provincial and territorial leaders meet to discuss critical economic challenges, health care must be part of Team Canada thinking.”

Health care is a critical part of the Canadian economy. The industry employs approximately 3 million Canadians and contributes more than \$200 billion per year to Canada's GDP. But the health system also spends billions importing technology, pharmaceuticals, medical equipment and other solutions. As policymakers aim to create a more self-reli-

ant Canada, we must take this opportunity to consider Canadian-made solutions to the health care challenges that patients face each day. By leaning into Canadian expertise and innovation, we can make Canada a leader in health-care solutions.

We know that Canadians value their health care. In a new survey, 89% of Canadians agreed that improving access to care is a key part of building a stronger country.

The survey, conducted by Abacus Data on behalf of the CMA, also shows 78% of Canadians are concerned about the potential for intermittent emergency department closures in their communities this summer. Over a third of respondents (38%) say they would avoid an emergency department due to closures and instead use potentially dubious online resources to self-diagnose and self-treat.

Canada is facing critical economic and health care challenges. With Canadians calling for action, there is no time to waste in implementing solutions that will improve health care and build a stronger future for all.



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Sand wasps in
parks: harmless
visitors and a
chance to capture
Deux-Montagnes in
a new light



MARIA DIAMANTIS

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As summer reaches its peak, park-goers in Deux-Montagnes may notice small, quick-moving insects darting across sandy areas. These are sand wasps—solitary, non-aggressive creatures whose presence is a seasonal occurrence in July and August. While their sudden appearance might be startling, experts say they pose little risk to the public.

The City reassures residents that sand wasps are generally harmless, particularly as they are not inclined to sting unless provoked. Still, those with severe allergies to insect stings are advised to avoid heavily infested zones. In an effort to keep playgrounds and parks comfortable for all, municipal crews have implemented preventive measures, including aerating and raking sand, adding fresh layers, and using vinegar spray to discourage the insects from lingering in high-traffic areas.

Beyond their benign nature, sand wasps actually benefit local ecosystems by preying on flies, ants, and spiders, and by contributing to flower pollination. This means residents can continue enjoying outdoor spaces knowing these tiny visitors are playing their part in the natural balance.

While you're out in the parks, the City also encourages you to bring your camera. The Communications Department has launched the 2025 edition of its annual photography contest, this year under the theme "Deux-Montagnes in Light". Open to local photography enthusiasts, the contest invites submissions that capture the city's luminous beauty—from vivid sunsets and intricate shadow play to holiday decorations, fireworks, and community celebrations.

Entries will be accepted until October 1, 2025, with selected works featured in the 2026 municipal calendar. Organizers hope the contest will inspire residents to see familiar spaces—perhaps even those sandy playgrounds—in a whole new light.



DIRECT ANSWERS

FROM WAYNE & TAMARA

VICTIM'S RIGHTS

Q I have been married over 20 years, and we have all grown close to each other. Three years ago our world of normalcy collapsed when our niece informed us my mother-in-law's live-in boyfriend sexually assaulted her between the ages of 11 and 14. Our niece, my husband's sister's only daughter, was then 20 and four months into her marriage.

We pursued the matter legally but were not able to get a conviction. According to the state attorney, it was her word against his. My husband threw him out of his mother's apartment the day our niece spoke up. My mother-in-law filed a restraining order against her boyfriend and went with us to court to support our niece in her allegations.

My mother-in-law said if she saw her boyfriend in the streets she would run him over. Unknown to us, she was secretly seeing him from the day it all came out. A few months later my mother-in-law was in a car accident. The police report listed him as a passenger, so we knew for certain she was lying all along.

According to her, she made the decision to live with him again because she was alone for a couple of days and no one came to visit her. A few months ago she called me to say her boyfriend left her, and she was going to put him in jail for what he did. She was not at all bothered this beast had molested her granddaughter. Rather she was ticked off he had the nerve to leave her!

A few weeks later she moved him back in. Three weeks ago they had a fight, and he moved out again. I do not think I will ever forgive her for what she has done to this family. Something in me died for this woman. I guess she sank too low and too fast for me.

Because she can't visit her daughter or granddaughter, she comes to my house four days a week and on weekends. I feel dirty when she kisses me hello. I don't want her to touch me or my children, but my husband does not agree with me.

Elizabeth

A Elizabeth, the simplest principle of relationships is the one most often ignored. Either treat people in accordance with their behavior, or they will make a mess of your life. As Rudyard Kipling said, "Nothing is ever settled until it is settled right."

Your mother-in-law wanted a man. The price of having that man was allowing him to molest her granddaughter. She was willing to let her granddaughter pay that price. How do we know? Because when his actions were exposed, your mother-in-law went back to him again and again. There is every reason to believe her role was that of a procurer.

How does a woman who has ever been a mother do that to a child? Why is she not repulsed by him? Can she tell her granddaughter any more forcefully that she doesn't care about her? Can she smack her any harder? Your niece is family, too. What about her?

The lasting effects of sexual abuse on girls are well known. They include profound consequences like self-mutilation, alcoholism, suicide attempts, and creating new personalities. Your mother-in-law is a person with defective thinking and defective motives, a person with severe mental health issues which will probably never be addressed.

She does not belong in your home or around your children. What if you had to leave in an emergency? Who might she bring into your home? She has made her choice. She has chosen a molester over her family. Let her live with that choice.

As Kipling said, "Nothing is ever settled until it is settled right." The simplest principle of relationships is the one most often ignored. Either treat people in accordance with their behavior, or they will make a mess of your life.

Wayne & Tamara

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

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Boisbriand launches subsidy program for home electric vehicle chargers

MARIA DIAMANTIS

Local Journalism Initiative Reporter for The North Shore News
info@newsfirst.ca

The City of Boisbriand has announced a new financial assistance program aimed at helping residents install electric vehicle (EV) charging stations at home, part of its broader efforts to promote clean transportation and support the transition to renewable energy.

The initiative offers a subsidy of \$125 per charging station, applicable to both the purchase of the unit and its installation, including any necessary electrical infrastructure. Eligibility is structured to encourage wider adoption:

- One charging station per single-family home
- Up to two stations for buildings with six units or fewer
- Up to three stations for buildings with seven or more units

“This subsidy is a concrete way to support

citizens who choose to go electric,” said Mayor Christine Beaudette. “We want to make the transition more accessible to everyone. We had received many requests on this matter, and we are very pleased to finally be able to respond.”

Applications are now open through the city’s official website. The program will run until the allocated funds are exhausted, operating on a first-come, first-served basis.

Civic and environmental context

This initiative aligns with Quebec’s broader climate objectives, including reducing greenhouse gas emissions from transportation — one of the province’s largest pollution sources. By

lowering the financial barrier for home charging infrastructure, Boisbriand aims to encourage residents to make the shift to EVs, which are increasingly seen as a key component of sustainable urban mobility.

While the \$125 subsidy may cover only a fraction of the full installation cost — which can range from a few hundred to over a thousand dollars depending on electrical upgrades — municipal leaders say every step toward electrification counts. Providing direct support for home-based charging also addresses a common challenge for EV owners: reliable and conven-

ient access to charging, particularly in multi-unit dwellings.

The city’s program joins a growing list of local and provincial incentives designed to accelerate the adoption of electric vehicles. Boisbriand’s approach, however, targets the infrastructure gap at the household level, potentially complementing Quebec’s provincial rebate program for EV purchases and installations.

Residents meeting the criteria are encouraged to apply promptly, as demand is expected to be high. More information is available on the City of Boisbriand’s website.



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The luckiest signs this week:
VIRGO, LIBRA AND SCORPIO



ARIES

This week, you'll openly express what others are thinking, grabbing everyone's attention. You'll also find effective ways to restore balance if you're in a tricky financial situation.



TAURUS

Expect an enticing job offer from a competitor that will be impossible to refuse. You'll be busy going back and forth when a relative reaches out for support. When it comes to your love life, someone will surprise you with a bold confession, leaving you feeling confused.



GEMINI

A new chapter in your life is unfolding, bringing your dreams closer to reality. You'll feel excited about the opportunities coming your way. A memorable encounter with a very romantic person could turn your life upside down.



CANCER

You'll need a strong cup of coffee to start your day and boost your energy. If you've been feeling unwell, you might discover treatments to improve your well-being. Try to turn your stress into motivation to power you through the day.



LEO

Get ready to tackle your challenges head-on. You may feel stressed having to juggle multiple negotiations. However, this intense period may lead to new connections and provide a chance to expand your social circle.



VIRGO

You may feel overwhelmed by urgent tasks at work or home this week. You'll feel as though everything must get done at once. Fortunately, those close to you will help you find more perspective. Focus on setting shared goals with your significant other to create a brighter future together.



LIBRA

You'll plan an exciting nature getaway. You deserve a vacation, and organizing everything in advance will make this a memorable adventure for you and your loved ones.



SCORPIO

You may feel a bit apprehensive when tackling major projects at work. However, your perseverance is your greatest strength. Embrace change as an opportunity for growth. If your emotions are still heightened, take a moment to pause and find your inner peace.



SAGITTARIUS

Before making a decision that affects others, it's important to ask their opinions. At work, lengthy negotiations will lead to an especially lucrative financial agreement.



CAPRICORN

Prioritize self-care this week. Adopt new, healthy habits to boost your energy and restore your zest for life. Your doctor may suggest making a few changes to your lifestyle to improve your health.



AQUARIUS

You'll be in the spotlight this week as you lead a group or advocate for your community. Your charisma will shine through, and others will look to you for answers. This will boost your self-esteem.



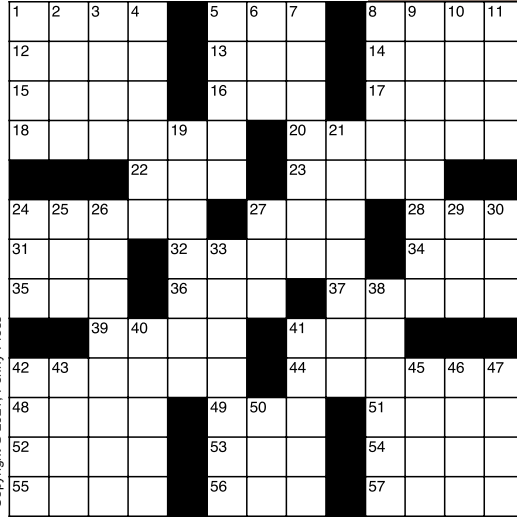
PISCES

If you have young children, you'll spend a lot of time preparing for the new school year. A move may be on the horizon, or you could be undertaking major renovations at home. If you're single, you could fall in love at first sight.

Coffee Break

CROSSWORDS

PUZZLE NO. 285



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ACROSS

- Property measure
- Commercial, for short
- Low male voice
- Squeezing snakes
- Mowed
- Milky gem
- Spectacular
- English brew
- Alaskan seaport
- Forceful person
- Hesitated
- Bogey beater
- Directory
- Beam type
- Slippery as an ____
- Statute
- Befitting
- Hurricane or tornado
- Ram's counterpart
- Quilting party
- Cackler

DOWN

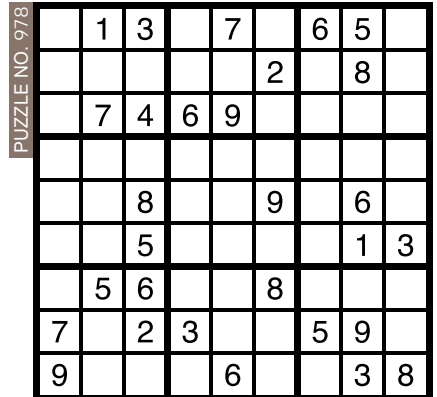
- On a cot
- Duplicate
- Precipitation
- Flee
- Movie star
- Expected to arrive
- Slackened
- Does better than a "B"
- "Stand ____ Deliver"
- Most skilled
- Wraps
- Bridle part
- Possessive pronoun
- Enthusiastic review
- "____ Smile Without You"
- Rival
- Embraces
- As of now
- Game missile
- Fastener
- Extra
- Disciples
- Not different
- Snow coaster
- Wetlands
- Physical disorder
- Scientist's workplace
- Imitate
- Pickpocket's crime
- Timespan
- Respectful wonder
- Join together
- Bear witness
- Loved
- Piggy-bank fillers
- Object of value
- Overhead curve
- Boyfriend
- Molten flow
- Always
- Forwarded
- From head to ____

Sudoku

HOW TO PLAY:

Fill in the grid so that every row, every column, and every 3x3 box contains the numbers 1 through 9 only once.

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

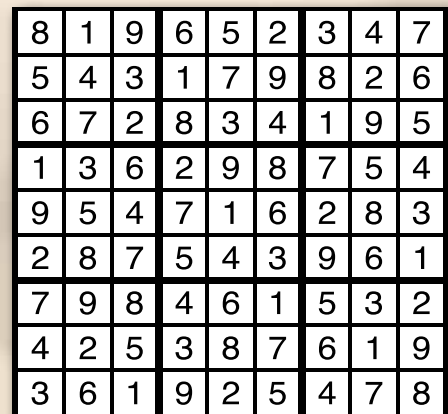


Last Issue's Answers

CROSSWORDS



Sudoku



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- Green Grapes (~2.5lbs)
- Local Small Watermelon
- Local Cherries
- Local Broccoli
- Sweet Potatoes (3)
- Local Green Peppers (3)
- Local Coffee Mushrooms
- Italian Blue Prune Plums
- Corn on the Cob (3)
- Limes (2)
- Kent Mango
- Clementines (5-7)
- Local Radishes
- Local Romaine
- Campari Tomatoes (paquet)
- Local Red Onions (3)
- Local Mini Cucumbers (6)

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