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Stéphane Boyer would be Laval's youngest mayor, if elected

Mouvement lavallois hopeful pledges strong economy, with human approach



MARTIN C. BARRY
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In the realm of politics where it's increasingly difficult to hide the least flaw from scrutiny or Google search algorithms, it would be hard to find two words better than "squeaky clean" to describe Stéphane Boyer.

Currently Laval's deputy-mayor and vice-president of the executive-committee, Boyer is the duly-anointed successor to Mayor Marc Demers as the Mouvement lavallois's leader and mayoralty candidate in the City of Laval's municipal elections on Nov. 7.

Aspiring mayor at 33

One of the things that is perhaps most notable about Boyer is his relatively young age. Currently 33 years old, he could become the youngest mayor in the city's history.

None of the mayors in Laval's 56 years (not counting the interim mayors who stepped in briefly after the sudden departure of Gilles Vaillancourt) was as young as Boyer when first elected. Laval's first two mayors, Jean-Noël Lavoie and Jacques Tétreault, were 38 and 36 years old respectively.

While some members of the City of Laval's executive-committee have managed to rock the boat politically one way or another over the past eight years, about the only thing of note that a web search for Stéphane Boyer turns up is his decision in August last year to donate nearly \$29,000 in fees to Centraide, which he would otherwise have received for presiding the city employees' retirement fund committee.

'For the common good'

Although some cynics might interpret this action as a calculated gesture just before an election year, Boyer maintains it was in keeping with his fundamental principles.

"Everything that has guided my life up to today is the common good," he said. While

acknowledging that what he did might have looked politically opportunistic, he noted it wasn't his first time giving for the greater good by any means.

Stéphane Boyer is part of the first generation of Laval city councillors elected in 2013 under Marc Demers and the Mouvement lavallois banner, after Gilles Vaillancourt's 23-year mandate ended prematurely.

In 2009, Boyer walked from Percé in Gaspésie to Montreal, a distance of around 1,100 kilometres, to raise money for autism research and treatment. He also been involved in the oversight and management of food banks. "What drives me is the need to make a positive impact around me," he said.

Roots in Saint-François

Boyer's family roots are in Saint-François – specifically on rue Boyer where his grandfather lived for around 50 years. Stéphane Boyer himself grew up on a street in Pont-Viau somewhere around the limits of Auteuil and Vimont.

When Marc Demers first came into office nearly eight years ago, his first point of order (and an ongoing theme throughout his two terms) was to cleanse the city administration of the corruption that the Charbonneau Commission and UPAC exposed in the more than two decades of governance by the previous administration.

The Laval News asked Stéphane Boyer whether he would be continuing this crusade to the same extent if elected mayor, or if he might be placing more emphasis on economic development and other issues.

Projects to finish

"I believe that Mayor Demers's biggest accomplishment was dealing effectively with the history of corruption, while getting the city back on track," Boyer said, adding that Demers brought many of the city's practices up to modern standards.

"As for me, one of the reasons I am running is to take action," he added. "We have several good

projects underway that we've been working on for several years now that are on the verge of being completed and I would like to see them through.

"As I am also someone who is very innovative personally, I would like to see Laval become more innovative. At the same time, there is the economic crisis, as well as the COVID, social and environmental crises. So, I would say this is a key year in Laval not only for projects we've been working on for years, but also because with the pandemic many things are going to change and it's important for Laval to make the right choices."

'Social divides,' says Boyer

Besides his political experience, Boyer has a background in project management and business administration. A graduate of a political communications program at UQAM, he has also done studies in finance. In addition, he has taken part in international student exchange programs, including a stint with a United Nations delegation dealing with crime and drug trafficking in Mexico.

When asked what overall orientation he would give the city, Boyer replied, "To me, it's a balance between having a thriving, innovative economy that attracts new businesses, balanced out with a very human approach. I think there are lots of social divides right now."

Dufour still important

A few days before the Mouvement lavallois executive announced that Boyer had been chosen as the party's mayoral candidate, Sainte-Rose city councillor Virginie Dufour publicly expressed an interest in seeking the nomination.

Boyer said Dufour, who is generally perceived



as the third most prominent member of the executive-committee after himself and the mayor, will remain a leading influence should the ML form the next administration. "She and I talked when the race for the leadership started," he said.

Still working as a team

"We have always worked very well together. Of course, everyone who wanted to was free to become involved in the leadership race. However, we had already come to an understanding around the beginning that as much as possible we would work together."

"Sometimes in political parties, leadership races lead to arguments and rifts. But this was not the case with us. We had already understood at the beginning of the race that we wanted to work together regardless."

New COVID-19 vaccination centre opens in Fabreville at Place Sports Experts



On April 29 The Centre intégré de santé et de services sociaux (CISSS) de Laval opened a new mass vaccination centre at Place Sports Experts, 4855 Rue Louis-B.-Mayer in Fabreville.

The CISSS says operating hours will be from 8 a.m. to 8 p.m.

Some facts about the vaccination centre:

- The centre has 44 vaccinator chairs – five times the capacity of existing centres. It will become the largest mass vaccination centre in Laval.
- A total of 5,000 to 6,000 people will be able to be vaccinated there daily.
- Overall, Laval will be able to vaccinate up to 9,000 people every day in its four MVC.

- More than 70 employees will be on site every shift. This means 400 employees will be working at the centre 7 days a week.

• The centre was made possible thanks to the contribution of Sports Experts. Appointments can be booked online at Quebec.ca/vaccinCOVID or by phone at 1 877 644-4545.

Locations of other mass vaccination centres in Laval:

- In the west, the Méga Centre Notre-Dame, off Autoroute 13
- In the centre, Quartier Laval, near place Bell and Cégep Montmorency
- In the east, SmartCentres Laval Est, at the corner of Papineau Autoroute and the 440.

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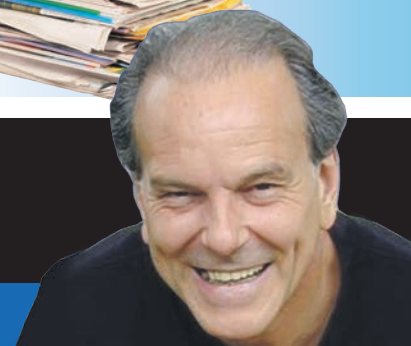
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OPINION & Editorial



THAT'S WHAT I'M THINKING

Robert Vairo



Canada's Credit Card Economy

It's been a very upsetting past month, for several reasons. Passengers on a recent Air Canada flight from Jamaica, rows 30 to 36, may have been infected by at least one other passenger testing positive for Covid 19. If you Google 'covid flights public health agency of Canada', you'll find infected flights arriving into Canada EVERY DAY, from Paris to Abu Dhabi and everything in between above and below. How is that possible if Canada requires all passengers on incoming flights to provide a negative Covid test result before boarding to Canada? And if you go to 'Domestic flights airline flight number', you'll find inter-provincial travelers (many of whom arrived on a previous international flight) testing positive, every day. Their temperature is taken before boarding at Canadian airports and should have been refused unless their result was between 36.1C and 37.2C. What happened?

Variants in Quebec and Ontario account for more than half of Covid infections and according to McGill University epidemiologist Mathieu Maheu-Giroux, the variants from UK and South Africa will account for ALL of the infections in our province by July. Yet Minister of Public Safety Bill Blair insists Canada's border restrictions are "composed of several layers of protection." Excuse me? I would have asked Mr. Blair to repeat and explain had I done the interview. Call me old fashion, or, 'so yesterday', but I'm not accustomed to a budget that calls for spending, under pretext of jumpstarting an economy that has already gained momentum and is accelerating like a CNR freight train. Current low interest rates are no excuse to borrow more. And two former BOC governors, Mark Carney and David Dodge, and even the Parliamentary Budget Officer, agree. No sense in going into familiar figures. Suffice to say another \$101.4 billion dollars were spent. The Trudeau administration has amassed money owing equal to that "racked up after we built a transcontinental railroad, won the First World War, survived the Spanish Flu pandemic, weathered the Great Depression and beat the Nazis" - National Post.

The difference between us, and the government, is that they simply ask the bank of Canada to print more through the purchase of government bonds. Injecting credit card money into an economy may be for ideological and partisan purposes, but naïve as it may sound, I believe in motivating and encouraging Canadians to create wealth. I have no argument spending on our seniors in long term care homes, \$10 day care outside of Quebec, a 15.00 minimum wage.

And not many will feel the pain of taxing the purchase of a Ferrari or Lamborghini (well over 100 thousand dollars) or the purchase of that cute yacht docked over there.

Encouraging green is without a doubt a must, but balanced with our plentiful natural resources. Arguably, the world will be using oil and natural gas for the foreseeable future. With economies around the world ramping up, the thirst for Canada's resources is monumental. Why not capitalize on what is nearly 20% of gross domestic product. The Canadian government has stopped construction of the Trans Canada pipeline to the West Coast until the end of August, because of a few nesting humming birds "in the vicinity" of the construction site in BC. Seriously? I have not been able to get a straight answer from anyone, but I have heard work on the \$12.6B project has been ordered stopped because of "one nest, and as many as five nests... maybe a dozen". I love birds. My granddaughter feeds them from her hand. But really, how politicized will our natural resources become especially when demand for oil is ramping up. The American Petroleum Institute is predicting "a shortage in world oil supply by as early as next year". Incentives and encouragement instead of the stunning distaste this government has for our resources, is a key to paying off a colossal debt that is being left to our grand kids and their kids.

Are you not concerned about Bill C10? The Trudeau bill would control visual content, for now, on social media? Watch what you post on YouTube, Facebook or whatever other platform you use. It smacks of a control method used by Russian/Chinese dictatorships. Now Canada is doing it. It's no less than an assault on free speech. And, what's this? Our woke Prime Minister will be appearing as a feminist and whatever label he will have us believe, at the celebrity-laden global concert promoting vaccine equality next month. This after firing two female ministers, one of whom would have served as an invaluable, experienced, intelligent, physician Health Minister during this pandemic. Jane Philpot. And the same Prime Minister on whose watch was allegedly unaware of any of the 802 sexual assault accusations in our Canadian Armed forces from 2016 to today.

Shameful.

That's What I'm Thinking

Robert Vairo

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Waste removal confusion leads to chaos on Clarendon Ave.

Revelakis blames three-week pick-up gap on city's bureaucratic snafu



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By any standard, two to three weeks would be a long time for residents of any Laval neighbourhood to have to wait for their garbage, recycling or kitchen waste to be picked up by the city's refuse collection workers.

Bureaucracy blamed

However, according to Chomedey city councillor Aglaia Revelakis, that's exactly how long home dwellers on Clarendon Ave. in Chomedey had to stand by patiently recently. In large part, she blames the mess on an overly bureaucratic system created by the city to manage citizen requests and complaints.

Towards the end of March, the City of Laval completed the distribution of black wheeled garbage bins to 130,000 single-family homes in Laval and multi-unit dwellings with up to seven apartments, with automated pickup of the bins starting on April 1.

Binned garbage only

With that, most households in Laval now have three bins for waste disposal: blue for general recycling, brown for kitchen waste, and black for unrecyclable garbage going to landfill.

With the introduction of the black bin, garbage now goes directly from the bin into the garbage

truck after being wheeled from the curb. However, waste removal employees are also instructed not to pick up any garbage (bagged or otherwise) if it isn't inside the black bin.

According to Revelakis, the new way of doing things has caused confusion in other Laval districts, and not just Chomedey. However, she maintains that one street in particular in Chomedey was especially hard-hit recently when garbage and recycling removal service stopped for several weeks in a row.

Chaos on Clarendon

"There's a specific street in my district, Clarendon, where the garbage was not picked up for two consecutive weeks," she said in an interview with the Laval News. "Citizens called me and I had to intervene."

Revelakis said that after calling the city's 3-1-1 central phone number for public works to report the problem on Clarendon, the operator assured her a truck would pass by that very day. But when it didn't, she tried again a week later, and again the truck didn't make it.

"It was three weeks in a row that this was an issue," she claimed regarding the garbage removal. "At the same time, there were issues with the recycling two weeks in a row when they did not pass. And there were issues with recycling, garbage and compost [kitchen waste]."

New policy confusion

In addition to these refuse collections,

Revelakis said several weeks went by when larger items, such as old furniture or appliances, also weren't picked up on Clarendon. This was mostly because of the new policy requiring that everything to be taken away as garbage must fit in the black bin. Otherwise, the large item collection takes place on only one day each month.

Revelakis said she understood up to a point that there was bound to be confusion. "I know it's a new project and people have to be patient, but three weeks is unheard of for garbage not being picked up," she said, noting that the problem remained not entirely solved as of late last week.

Call 3-1-1, she says

"So, there is an issue. What the citizens have to understand is they have to call 3-1-1, and they have to complain when things don't happen correctly, whether it's the garbage, the compost, the recycling or the snow. If they don't call 3-1-1 to advise them, they will think everything is working a hundred per cent."

"And I understand that the citizens are frustrated," she added. "Because, you know, they are paying taxes and they're not getting the services they deserve. But at the same time, we're in a very bureaucratic system, so if they don't call 3-1-1, and if they don't give me authorization to intervene, I will not even be able to look at the file. That's how bureaucratic it's become and it's holding back things."



Motion seeks improvements

As a potential solution to the waste removal confusion, Revelakis tabled a resolution at the April city council meeting (which was scheduled to be debated at the May council on Tuesday or Wednesday this week).

The motion asks the administration that it make accessible to the city councillors as soon as possible a table of performance indicators for the 3-1-1 line, so there could be a better idea of how effective the city's requests and complaints service actually is.

Local schools win bursaries in city's Défi OSEntreprendre

Annual competition focuses on developing entrepreneurialism



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Several schools in Laval, including some in Chomedey were awarded bursaries last week during the 23rd annual Défi OSEntreprendre competition held with the support of the City of Laval.

Up to the challenge

"Despite the current circumstances, we can see growing activity in entrepreneurship," said Laval deputy mayor Stéphane Boyer, who is vice-president of the executive-committee and responsible for economic development.

"All the partners from Laval are together for the success of our entrepreneurs. With its involvement in the Défi OSEntreprendre, Laval recognizes the creativity and determination of our students, who help build our city, and all the participants who were inspiring. Congratulations and good luck as you move forward."




The winners

The following schools were among the winners:

- Grade school (first and second grade) Bourse régionale \$750
- Green Club - Twin Oaks Elementary
- Grade school (third and fourth year) Bourse régionale \$750
- Going Batty for Pollinators - Twin Oaks School
- Grade school (fifth and sixth grade) Bourse régionale \$750
- The Labre House Helping Hand - Souvenir School
- Secondary (first and second year) Bourse régionale \$750
- Jardin pédagogique et verdissement - École l'Odysée-des-Jeunes
- Secondary (third, fourth and fifth year) Bourse régionale \$750
- Feast - Collège Letendre
- Secondary - adaptation scolaire Bourse régionale \$750
- Projet informatique CAL - École Curé-Antoine-Labelle
- University collective (four persons plus) Bourse régionale \$750
- Journal de vulgarisation scientifique *La Synthèse* - Institut national de la recherche scientifique
- Armand-Frappier

Onto the next phase

In all, 19 winners were announced (seven for schools, 10 for businesses). As well, there were two special awards. The winners from Laval (except the special ones) will go on to compete against their counterparts from other regions throughout Quebec in June.



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City bringing an end to unpopular parking method used for snow removal

(TLN) The City of Laval announced on Monday that beginning next winter, alternate-side street parking during the winter will become a thing of the past in Laval's neighbourhoods.

A new policy being implemented by the city will involve resorting to alternate-side parking only when snow removal operations are underway.

Drop in alternate days

According to the city, the number of days where alternate-side parking will be required should drop to 36 per year from the previous 150 days annually. Under the previous system, residents were required to move their vehicles

from one side of the street to the other each day during the week between Oct. 3 and April 30.

"This is excellent news for Laval residents," said Mayor Marc Demers. "This is a measure that will simplify their lives, and without compromising the quality of our maintenance operations. Over the next few winters, we will go even further in improving our offer to citizens and the efficiency of operations by implementing a modern and evolving solution that will make Laval a leader in the management of urban parking."

New rule to follow

From May to October 2021, seasonal street

panels will have added to them the following additional text, "during maintenance operations," as well as a phone number to call. It will also become possible to subscribe for automated reminder calls, as well as other technological means (text messages, e-mails or through an app) in order to know the state of parking on a given street from Oct. 1 to April 30.

The city notes that this new way of doing things is in itself temporary. Beginning in the spring of 2022, a call for bids will be made in order to install, beginning in the fall that year, illuminated panels that will allow for a more dynamic management of street parking all year long.

Residents were surveyed

According to the city, over the past two winters pilot projects took place in six sectors, involving some 5,300 residents. Various solutions, all proposing restrictions applicable during snow removal operations, were tested and evaluated on the basis of the satisfaction of residents.

According to the results of the evaluation, 78 per cent of residents said that the solution which ended up being adopted was the one which was the best. While 12 per cent said it was neither an improvement nor a setback, 10 per cent said it was definitely a setback.

2020 BIEL report tabled with executive-committee

The 2020 report by the intermunicipal Bureau d'intégrité et d'éthique de Laval-Terrebonne (BIELT) was tabled with the City of Laval's executive-committee on April 21, suggesting that measures the city took several years ago to bolster ethical practices while safeguarding against ethical breaches are still being enforced.

"The facts contained in our 2020 performance report show clearly the importance of remaining focused on the future, while establishing strategic orientations for the future which will allow the City of Laval to maintain the confidence of its citizens," said Pierre Brochet, director of the Laval Police Dept. which oversees the city's role in the BIEL.

Some achievements in 2020 in Laval:

- Elaboration of a new five-year plan 2021-2025;
- 645 inquiry requests.

Some numbers

Types of dossier	Laval	Terrebonne
Tips received	79	16
Tips sent to UPAC	0	0
Inquiries requiring police attention	18	0
Inquiries requiring administrative attention	45	15
Recommendations	80	50

To report an ethical situation

It is possible to report a situation involving questionable ethical practices to the BIEL, by e-mail at biel@laval.ca, or at bielt@terrebonne.laval.ca, or by telephone at 450 575-BIEL (2435).

City of Lévis subscribes to Laval's technical support services

During the City of Laval executive-committee's meeting on April 28, Laval signed an agreement with the City of Lévis by which Lévis will receive technical support from Laval to be able to offer digital services to residents.

Lévis is the first city in the province to sign an agreement of this sort with Laval. The city hopes to share its expertise with other municipalities which would like to improve their practices for governance, citizen relations and technical services.

The City of Laval says its system for processing resident requests allows 24/7 contact with residents to be maintained. The computerized system receives requests, transfers them and processes follow-ups. The system relies on in-person, telephone, online and smartphone app contact tracing, and allows city employees to share contact information.

"We are the first city that has gone as far as this in terms of digital services for its citizens," said Laval mayor Marc Demers. "And we did this while equipping ourselves with a solution that offers a complete view of the requests of any citizen by our employees. This is part of our determination to improve the citizen's experience while encouraging ongoing improvement in performance."

Lévis mayor Gilles Lehouillier said, "Like many municipalities, we are getting 3-1-1 service and a new web site. When we saw Laval's solution, it seemed only natural to acquire this outstanding expertise and to profit from a proven solution that would save time. This will allow us to improve our procedures, tools and knowledge in citizen request processing, while accelerating our digital transformation."

The City of Laval claims that its request-processing system speeds things up by up to 66 per cent. The city says that any sums coming in as a result of the agreement will be reinvested in Laval's ongoing digitalization. The city also notes that the request-processing system won awards in 2020 from the [Réseau de l'informatique municipale du Québec \(RIMQ\)](#) and the [Project Management Institute \(PMI\) Montréal](#).



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THE FOODIE

Cupcakes, candy, wines or fine chocolate — what's your mother's guilty pleasure? If Mom is always in the kitchen cooking up a storm, perhaps she'd like a

recipe book or a new set of cooking utensils. Otherwise, treat her to a meal at that restaurant she's been dying to try!

THE ATHLETE

Does your mother love to stay active? Between trendy workout clothes, a functional gym bag and a gift card to her favourite sports boutique, the possibilities for your fitness-loving mom are endless.

THE ARTIST

If your mother has a creative eye or loves listening to music during her downtime, consider supplies for her craft of choice (scrapbooking, painting, knitting, etc.) or her favourite band's latest release. For some cherished quality time together, take her to a concert or a newly opened art gallery!

THE INTELLECTUAL

Is your mother one of the smartest people you know? Put her wits to the test with a challenging board game or a puzzle book. Does she have an insatiable desire for knowledge? Quench her thirst with a documentary series or a subscription to a scientific magazine.

THE ZEN DIVA

There's nothing like a riveting book by her favourite author, a relaxing spa package or a new yoga mat to spoil your mother! If she's constantly looking for new ways to unwind, consider a meditation pillow or an anti-stress colouring book to help soothe her soul.



Happy Mother's Day
to all our beautiful mothers and
soon-to-be mothers!

**Aglaia
REVELAKIS**

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**À L'ÉCOUTE
de nos citoyens!**



Raise your glass to moms everywhere



Oh, mothers! There are endless reasons to celebrate the women who give birth to us, raise us, console us and put up with our melodrama. Granted, as children we despised getting chastised for an unkempt room and yes, that infallible instinct to detect our lies got us into trouble more times than we could count. However, we wouldn't be the responsible adults we are today if it weren't for our mother's unconditional love and disciplining words.

So let's raise our glass in honour of mothers everywhere!



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μητέρες Χρόνια Πολλά
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Prepare a surprise Mother's Day breakfast in bed

Do you want to spoil the mother of your children with a mouth-watering surprise this Mother's Day? You can never go wrong with breakfast in bed to mark this most meaningful of occasions! Treat the love of your life to a blissful morning between the sheets with pancakes, bacon and eggs or an assortment of fresh fruit. There's nothing she'll appreciate more than a morning spent in bed enjoying a tasty meal prepared with her family's love and care.

If your kids are more likely to cook up a mess than a breakfast dish, ask them to draw a picture to decorate Mom's breakfast tray instead. For some added fun, have them collect all of the pillows around the house to ensure their mother dines in absolute comfort. Finally, top the presentation off with her favourite flower, a sweet note or an uplifting family photo, and watch her melt with joy!

This Mother's Day, find the right words to express your love

Do you want to celebrate Mother's Day with a sentimental card expressing your unconditional love? Here are some ideas to help inspire your inner poet.

There are a million ways to tell your darling mother just how much you love her. For example, you could let her know that you're proud to call her your mum; that you look up to her in every way; that you're honoured to have inherited her amazing qualities, etc. You could also thank her for always being there when you need her most or for being a part of your most cherished child-

hood memories. If you're not the sentimental type — and that's just fine — opt for some comic relief! Remind your mom of your most petty arguments and underline your gratitude for her unwavering patience.

Remember, Mother's Day is a celebration of *all* mothers. Give a thoughtful card to your grandmother, to a daughter who has children of her own, to an expecting friend or to someone who has served as a mother figure in your life. And men, don't forget to show your appreciation to the mother of your children on this special day!



FAYÇAL

EL-KHOURY

MP FOR LAVAL-LES ÎLES

faycal.el-khoury@parl.gc.ca

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σε όλες τις μητέρες
Χρόνια Πολλά για την
Εορτή της Μητέρας!*



ANNIE

KOUTRAKIS

MP FOR VIMY

annie.koutrakis@parl.gc.ca

We all want to know more about COVID-19 vaccination



There are many reasons to get vaccinated, including protecting ourselves from the complications and dangers caused by infectious diseases, but also to stop the return of infectious diseases that are avoidable through vaccination.

The COVID-19 vaccination campaign now underway is aimed at preventing serious complications and death from COVID-19. We also use vaccination as a way of protecting our healthcare system and getting back to a more normal life.

When did the vaccination campaign start?

COVID-19 vaccination in Québec began in December 2020 with the delivery of the first vaccine doses. Because the availability of vaccine is limited, categories of people deemed at higher risk of developing COVID-19 complications have been given priority. As more vaccine becomes available in Canada, the categories of recipients will be extended.

Order of priority of recipients of COVID-19 vaccines

- 1 Vulnerable people and people with a significant loss of autonomy who live in residential and long-term care centres (CHSLDs) or in intermediate and family-type resources (RI-RTFs)
- 2 Workers in the health and social services network who have contact with users
- 3 Autonomous or semi-autonomous people who live in private seniors' homes (RPAs) or in certain closed residential facilities for older adults
- 4 Isolated and remote communities
- 5 People 80 years of age or older
- 6 People 70 to 79 years of age
- 7 People 60 to 69 years of age
- 8 Adults under 60 years of age who have a chronic disease or health problem that increases the risk of complications of COVID-19
- 9 Adults under 60 years of age who do not have a chronic disease or health problem that increases the risk of complications, but who provide essential services and have contact with users
- 10 Everyone else in the general population at least 16 years of age

What supply strategy was used to acquire the vaccines?

The Government of Canada signed advance purchase agreements for seven promising COVID-19 vaccines with the following companies: AstraZeneca, Johnson & Johnson, Medicago, Moderna, Novavax, Pfizer and Sanofi Pasteur/GlaxoSmithKline. The purchases are conditional upon approval of these vaccines by Health Canada.

To date, the Pfizer and Moderna vaccines have been approved for distribution in Canada. Soon, other vaccines from these companies will be used to speed up COVID-19 vaccination.

What types of COVID-19 vaccines are being studied?

There are three types of vaccine currently being studied.

- 1 mRNA vaccines:** These vaccines contain part of the RNA of the virus which has the ability to make the S protein located on the surface of the virus. Once the RNA messenger is inside our cells, they make proteins similar to those on the surface of the virus using the instructions provided by the RNA messenger. Our immune system recognizes that this protein is foreign and produces antibodies to defend itself against it. The RNA fragment is quickly destroyed by cells. There is no risk that this RNA will alter our genes.
- 2 Viral vector vaccines:** These contain a weakened version of a virus that is harmless to humans. Once in the body, the vaccine enters our cells and gives them instructions to make protein S. Our immune system recognizes that this protein is foreign and produces antibodies to defend itself against it. Once in the body, the vaccine enters our cells and gives them instructions to make protein S. Our immune system recognizes that this protein is foreign and produces antibodies to defend itself against it.
- 3 Protein subunit vaccines:** These contain non-infectious fragments of proteins that mimic the envelope of the virus. Our immune system recognizes that this protein is foreign and produces antibodies to defend itself against it.

Will an mRNA vaccine alter our genetic code?

No. Messenger RNA does not enter the cell's nucleus or come into contact with the nucleic DNA. As such, it cannot alter our DNA in any way.

How do COVID-19 vaccines work?

When someone receives the vaccine against the virus that causes COVID-19, their body starts to defend itself against the virus. An immune reaction occurs which neutralizes the virus producing antibodies and activating defense cells.

Most COVID-19 vaccines in development prompt the production of antibodies to block protein S; the protein that allows the virus to infect the human body. This prevents the virus from entering and infecting human cells.

The virus that causes COVID-19 is composed of strands of ribonucleic acid (RNA) genetic material surrounded by a crown-like envelope with proteins that include the S (spike) protein, hence the name "coronavirus."



What side effects can be expected from injection with the COVID-19 vaccine?

Some minor side effects may occur, such as redness or pain at the injection site and fatigue, fever or chills. These symptoms are less common among vaccine recipients over the age of 55, are usually benign and do not last long.

As of now there are no known serious side effects from mRNA vaccines. While other random problems may arise, such as a cold or gastroenteritis, they are not related to the vaccine per se.

Because the vaccine does not contain the SARS-CoV-2 virus, it is not capable of causing COVID-19. However, people who come into contact with the virus in the days leading up to their vaccination or within 14 days of receiving the vaccination could still develop symptoms and get the COVID-19 disease.

As such, following health measures remains important until such time as a majority of the population has been vaccinated.

Why did it take 40 years to develop a flu vaccine but only nine months for one against COVID-19?

Past efforts, particularly during the SARS epidemic in 2003, advanced coronavirus vaccine research and accelerated the fight against COVID-19.

There are currently over 50 COVID-19 vaccines undergoing clinical trials around the world, the result of unprecedented scientific cooperation. Considerable financial and human resources have been invested in the development of vaccines that meet regulatory requirements in such a short span of time.

Public health and regulatory authorities in many countries, including Canada, are working hard to ensure that as many safe and effective COVID-19 vaccines as possible become quickly available to their populations.

Why are two vaccine doses required?

The second dose "reminds" the immune system to continue producing antibodies and ensures long-term protection. In current circumstances, where COVID-19 is spreading very fast, administration of the second dose may be delayed somewhat to be able to vaccinate more people with the first dose.

Québec.ca/COVIDvaccine
 **1 877 644-4545**

Fraud against senior citizens: an act to condemn!



National Senior Safety Week takes place between November 6 and 12. To mark the occasion, the Canada Safety Council aims to raise awareness of the prevalence of fraud and other forms of financial abuse against seniors.

All too often, elderly people are the victims of illicit activity. Many possess a life's worth of savings and other financial benefits, which make them prime targets for fraud. Additionally, con artists take advantage of seniors' trusting character and life situation (many of them live alone) to scam them. Possible solutions If you're a senior citizen, make vigilance your priority! In order to prevent financial exploitation, you must tread lightly whenever faced with an unusual situation. For example, if a vendor seems too insistent and asks for personal information,

don't hesitate to say that you're not interested in what they have to offer. Most importantly, never make spur-of-the-moment decisions, and always ask a third party for their opinion when in doubt.

Finally, if you or someone you know believes to be the victim of fraud or any other form of financial abuse, communicate with the authorities right away! For more information on National Senior Safety Week, visit www.canadasafetycouncil.org.

Beware!

Identity theft, fraudulent charities and organizations, pyramid schemes, fake lotteries — con artists use different methods to trick elderly people. Always be wary of unsolicited requests received over the phone, online or in person (e.g. door-to-door selling).



Senior Wellness Center

For Laval English-speaking seniors 55+

The office is closed to the public during the COVID-19 pandemic, but we are still providing some services for our seniors:-

- Online virtual activities (chat groups)
- Distributing important COVID-19 updates
- Returning all emails and phone messages
- Possible food delivery for isolated seniors

Call us and leave a message.
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How foreign-born seniors can combat social isolation

Foreign born seniors face a number of distinct challenges when it comes to social isolation. These include cultural, language and economic barriers as well as discrimination and limited access to services. Fortunately, there's a large network of resources available to older immigrants and refugees.

Services for foreign-born seniors

At the core of this network of services for elderly immigrants in Canada are agencies providing settlement services. These agencies are community based (and often free to access) and label themselves in several ways:

- Settlement services
- Immigrant services
- Newcomer services
- Immigrant- or refugee-serving agencies or organizations

These agencies provide immigrants and refugees with the following:

- Help with filling out forms and applications

- Services for translating and interpreting documents

- Help finding a job or educational training

• Information on housing and healthcare
Such agencies and organizations also serve as a gateway to various resources available to Canadian immigrants. The following tends to be particularly helpful to foreign-born seniors struggling with social isolation:

- English language training programs. They incorporate speaking, listening, reading and writing in English. Libraries often host these programs.

- Computer classes. They teach individuals to use a computer, access the internet, send an email, navigate a search engine and more. Libraries often offer this resource.

To find an agency providing settlement services in your region, visit the following website: cic.gc.ca/english/newcomers/services.



Agape aims to open a satellite office in eastern Laval by 2024 But Chomedey will remain the social services provider's home base



MARTIN C. BARRY
marty@newsfirst.ca

With a series of provincial government subsidies lined up, the Youth and Parents Agape Association has plans to open a satellite office, expanding services now available from its Chomedey headquarters to English-speaking people in the eastern half of Laval three years from now.

According to Agape executive-director Kevin McLeod, the CAQ government's Secretariat for Relations with English-Speaking Quebecers awarded funding to several organizations, including Agape, over the next three years to improve services for senior citizens through seniors' wellness centres.

A three-year plan

He said Agape will receive \$45,000 in 2021-2022, \$45,000 in 2022-2023 and \$70,000 for 2023-2024. McLeod said Agape's hope is to "open up a little centre in the eastern part of Laval" by the third year with help from the new funding.

"Right now, what the government wants us to do is focus on things like health presentations and wellness with seniors," he added, describing the orientation the ministry appears to be interested in promoting for the time being.

Expansion in year three

He said that by year three, the plan would be for Agape to expand those services to the eastern part of Laval.

"The thing is that this covers a portion of our expenses in expanding," he continued, noting that the sums won't necessarily pay all the expansion's expenses. "But expanding, we're also able to do it thanks to other pockets of money. Because the new centre is also going to provide larger office space for Agape."

Regarding the demographics of English-speaking people in eastern Laval, McLeod said, "We do see that there are strong pockets. We know that Chomedey has most of Laval's English-speaking communities."

Anglos in eastern Laval

"But we do identify pockets here and there. And we've identified that maybe Duvernay on the borderline somewhere close to Vimont and Pont-Viau would be a good area to open up a satellite office."

McLeod said Agape's base would continue to be in Chomedey, where the organization's offices, distribution centre and children's daycare are currently located in side-by-side storefronts on Notre Dame Blvd. near Curé Labelle Blvd. Agape's English-speaking Senior Wellness Centre is located less than a block away, also on Notre Dame, just east of Curé Labelle.

"Our main base will always be in Chomedey because that's where all the English speakers are," he said. "What we're looking at is a satellite office and possibly a senior wellness centre office. You know, one of those two. Whether those two will be in the same place we don't know yet."



Photo: Seen in this Laval News file photo taken in November last year, Agape's headquarters on Notre Dame Blvd. in Chomedey could have a satellite office in eastern Laval three years from now. (Photo: Martin C. Barry, Newsfirst Multimedia)

Wellness Centre growing

In addition to these developments, management at Agape has also decided to relocate the Senior Wellness Centre to a larger suite of offices in the same building as where they are currently – 3860 Notre Dame – but on the second storey rather than the third.

According to McLeod, the new locale will be much larger (about 50 per cent of the area on their floor), and will include four offices, a resource room, a conference room, a large common area to stage presentations and activities for seniors, and a kitchen.

Busy with a short move

"We're in the middle of moving right now, so we've temporarily suspended services for around a month," he said. "But we're hopeful that by June, seniors will have the opportunity to come and visit the new centre."

"And then after that, all depending where we are with COVID and the variants and public health instructions, we would like to be offering more activities by this summer whether that is online or in person. Who knows. We're hopeful and keeping our fingers crossed that by September or October, we will be able to see people in person again."

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By Martin C. Barry

Laval Police bust 'shisha' operation

The Laval Police Department conducted a raid on April 21 at a home in Chomedey while cracking down on the distribution and sale of a Middle Eastern tobacco product the LPD refers to as shisha.

The LPD says an inquiry began in February, following tips received from the public.

The LPD says investigators executed search warrants at a home in Chomedey as well as in a car suspected as being used for the operation.

Citations are expected to be issued by the Quebec Director of Criminal and Penal Prosecutions (DPCP).

The outcome of the seizure:

82 cartons of cigarettes with a value of \$4,665

126 kgs. of shisha, with a value of \$40,080

1 vehicle with a value of \$50,000

The investigation was conducted as part of the ACCES Tabac program, which was put in place in 2001 by Quebec and which is overseen by the Ministry of Public Security. The purpose of the program is to detect and to suppress the illegal traffic of tobacco in the province.

Persons who feel they have information concerning the illegal trafficking of cigarettes or shisha in Laval are invited to call the LPD's confidential Info-Line at 450 662-INFO (4636) or 911. The file number is LVL-210215-045.

Man from Chomedey suffers gunshot wound

A young man from Laval ended up in hospital last Sunday night after being shot in the Chomedey district.

The LPD responded to a call around 6:30 p.m. Sunday night after being notified about the shooting on 75th Ave. in Chomedey.

Investigators who responded to the crime scene near Cartier Blvd. found the victim, in his 20s, who needed to be hospitalized because of a wound. The LPD said the victim was known to them, but was not cooperating with the investigators.

He was taken to hospital where he was said to be recovering from non-life-threatening injuries. There have not been any arrests, but the incident remains under investigation.

19-year-old targeted in attempted murder in Auteuil

The silence on a quiet residential street in Laval's Auteuil district was rudely shattered on Wednesday afternoon last week during an incident the Laval Police were describing as an attempt to murder a 19-year-old male.

According to the LPD, the target of the attempt had just left his home on Bellerose Blvd. East around 1:30 pm when a vehicle approached him near de Tolède and Marc streets.

The police say shots were fired several times from inside the car, striking the victim at least once in the upper body.

Despite his injuries, the victim made it on his own to Cité de la Santé hospital, from where he was later transferred to another hospital in Montreal better equipped to treat him. According to the LPD, his injuries are not life-threatening.

The suspects' vehicle, which quickly fled the scene, is described as a grey sedan. On Wednesday afternoon last week, the police established a security perimeter around the crime scene to gather clues as to where the suspects went.

Launch of Missing Children's Month

On Monday May 3rd, the Missing Children's Network officially launched *Missing Children's Month* with this year's theme, "Forget-Me-Not". The objective of this month is to raise awareness about the issue of missing and exploited children and to inform parents and educators on what they can do in order to better protect their children.

Last year, according to the RCMP's 2020 Annual Report, law enforcement in Quebec registered 3,831 cases of missing children. This is a significant decrease as compared to 5,805 cases in the previous year and can be attributed in part to the restrictions imposed by the government (school closures, confinement, curfew, non-essential travels) in response to the pandemic. While the news is certainly encouraging, we can all concur that one missing child is already one too many. Following are some of the highlights of the Annual Report:

60% of all cases involved females;

- 72% were runaways;
- 63% of missing children were found within 24 hours, while 92% were located within a week.

It is important to keep in mind that time is of the essence when a child disappears regardless of the circumstances:

- When youth run away, their risk of being victimized greatly increases. The dangers may include sexual assault, violence, theft, substance abuse, homelessness, suicide and gang involvement.
- While most parental child abductions are resolved, they remain traumatic events that can have lifelong effects on the children involved and the left-behind parent.
- The abduction of a child by a stranger is rare (less than 1% of all cases) but is of little comfort to parents and the community. We must remain aware that such dangers are a constant reality.

A missing child's best hope for a safe return depends on **immediate, coordinated and focused action** ... a role that the Missing Children's Network assumes with passion, determination and conviction since 1985.

During the entire month of May, the Missing Children's Network will feature on its social media platforms heartfelt messages of hope by searching families, practical safety tips, inspiring interviews with key partners, long-term missing children cases and publish its annual poster featuring 12 unresolved missing children cases. As well, the organization will launch, *Forget-Me-Not*, an important awareness campaign aimed at ensuring that missing children are never forgotten.



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24 HOUR MONITORING



DIRECT? ANSWERS

From Wayne & Tamara

Under Her Nose

Q *I have been married for nine years to a difficult man. He is verbally abusive and every once in a while, physically abusive. I refuse to leave him because we have two children who love their father immensely.*

I have a good friend from a long time ago who unfortunately is still single. I enjoy his company much more than I should. He lives in another state, and we keep in touch through email or on annual visits.

He knows my situation. However, the feelings we share are mutual and so we decided not to speak to one another. My decision, really. Yet I think about him all the time. I try not to and wish I could just get him out of my mind.

I would like to forget about him. Are there some mind exercises you could suggest that may help my obsession?

I have never been unfaithful to my husband, and regardless of what he has done, I do not want ever to be unfaithful. My friend asked to come see me before I decided to stop the friendship, and I said no.

It is all painful, because the fact is, I wish to see him.

Raina

A **Raina**, steganography is the art of concealing one message within another. For example, in the Second World War, the Germans concealed whole documents in microdots the size of a period at the end of a sentence.

Steganography is at least 2500 years old, and it goes back to ancient Greeks who would write a message on wood and then conceal it under wax.

But we didn't need to heat your email

to find the real message. It was hiding in plain sight.

You wrote about a non-problem—I can't get this man out of my head—while telling us about a real problem—I am in an abusive marriage. Your excuse is, it's okay, because the children really love the man who abuses their mother.

You cannot ask for an answer and then handcuff us. Our only answer can be to deal with the reality of your marriage and its effects on your children.

The non-problem you mention is embedded within the first problem, which you don't want to discuss. If you were married to someone you loved and who loved you, a man who is a good role model for your children, then you wouldn't be fixated on another man.

It appears you are willing to do mental exercises to be uncaring toward one man, while being unwilling to make the mental effort to understand what keeps you with your abuser. You are a bit like the horse who runs back into a burning barn.

Eventually, whether it is with this man, the next man, or the man after that, you may stop hiding the reality of your marriage. Then, like some women who disguise and cover up abuse, you may not be believed when you finally end it.

Your problem is not the other man and you know it. Your problem is the husband you refuse to leave. The "I refuse to leave"—what is that? Love? Surely not.

You want a mental exercise to discount the reality of your situation. There isn't one.

Steganography is an art that requires practice. But you are engaging in reverse steganography. You have managed to conceal the message from yourself while revealing it to others.

Wayne & Tamara

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

A beautiful yard

THIS WEEK'S TIP

3 native evergreen shrubs to grow in the Pacific Northwest

Do you want to adorn your yard with plants indigenous to your area?

If so, you're not alone. Landscaping with native plants is on the rise among eco-conscious gardeners. Here are three evergreen shrubs that feel right at home in the Pacific Northwest.

- 1. EVERGREEN HUCKLEBERRY**
Also called California huckleberry, this shrub has small dark green leaves that develop a bronze tinge in winter. By late summer, its delicate pinkish-white bell flowers give way to succulent black berries that can be used to make jams and jellies.
- 2. OREGON GRAPE**
With leaves reminiscent of holly and tiny yellow flowers that bloom in spring, this evergreen shrub will add interest to your yard year-round. While not part of the grape family, it does produce similar-looking purple-blue berries that are edible but quite tart.
- 3. PACIFIC WAX MYRTLE**
This dense evergreen can be used as a natural windbreak or privacy screen, and its tolerance to salt spray makes it a good fit for coastal areas. The shrub's glossy green leaves are pleasantly aromatic, and it produces bumpy purple berries in the fall.

For help planting and maintaining the shrubs on your property, hire a local landscaping company.

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You can't eat just one! Baked Potato chip recipe

There's no question about it, homemade baked potato chips are healthier and way tastier! These chips are freshly baked with no added preservatives like package store bought chips. And this recipe has less than a tenth of the fat content of traditional potato chips.

With a few tips—using the right kind of potatoes, slicing them thinly, soaking them in water, and drying them before baking—you can ensure crisp and delicious chips. I've discovered the older the potato the better. They might look unappealing but if you touch them and they are soft they are ideal for making a crispy potato chip. Russet potatoes are ideal for this recipe because they'll crunch up nicely due to their starch content. However, if you can't find them, Yukon Golds will work nicely as well. A mandolin or a sharp knife is really what is needed to slice your chips thinly. Thinness will ensure crisp chips, and evenness will ensure that some don't burn prematurely. If they're not cut evenly, don't worry, A thicker potato is still delicious but it just won't be crispy. Although it's not a required part of this recipe, soaking the sliced potatoes in cold water with for 30 minutes (adding a tablespoon each of sugar and salt will help remove excess starch and make for the crispest, most delicious chip). Make sure to pat all your chips dry with a paper towel or kitchen towel before putting them in the oven regardless if they've been soaked, potatoes are watery when they are cut. This step is essential in helping crisp up your chips. Adding seasonings to the end of baking will enhance the flavor. Whatever your choice is, it will depend on your preference. I enjoy them with sea salt. You can use herbs like oregano, garlic powder, chilli powder or ground turmeric, it's all good!

Here are the steps making them

Baked Potato Chip Recipe

Ingredients

- 1 pound russet potatoes, sliced into 1/8-inch-thick pieces
- some olive oil
- 1/4 teaspoon salt

1. Having a large bowl filled with cold water next to your cutting board, slice the potatoes thinly. Add them directly into the bowl. Let them soak for at least 30 minutes (they can last for days in the fridge), then drain the water and lay the potatoes on a clean kitchen towel or paper towel to absorb the excess water.

2. Pat them dry.

3. (Preheat the oven to 450F degrees)

4. Line a large baking sheet with parchment paper and drizzle olive oil

5. Spread the patted dry potato chips evenly in a single layer and spray or drizzle some more olive oil (too much olive oil can make them soggy)

6. Place in the oven and bake for 10 to 12 minutes, or until the chips are a very light golden color and appear crunchy. Keep a careful eye on the potatoes to make sure they don't brown and overcook.

7. Allow them to cool completely when stored. Place your chips in an airtight container (a food storage bag or container) in a cool, dark place. Room temperature is good. They should keep good for several days but in my case they didn't last for too long!

Crunch away!

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In Memoriam & Obituaries

Gone but not forgotten

Thanatophobia: understanding and overcoming death anxiety



FUNERAL AND ESTATE PLANNING

If you want to plan for your death and make things easier for your loved ones after you're gone, look into writing a legal will and pre-planning your funeral.

It's normal to have concerns about aging or to worry about how your loved ones will cope after you're gone. However, for some people, a fear of death or dying can cause severe anxiety that disrupts their daily life. This is referred to as thanatophobia. Here's what you should know.

SYMPTOMS

Thanatophobia, also known as death anxiety, is a type of anxiety that generally only manifests itself if the affected person thinks about or is confronted with the subject of death. Depending on the severity of the phobia, it can cause a variety of symptoms such as:

- Increased anxiety about dying or losing a loved one
- Chronic insomnia stemming from a fear of dying in your sleep
- Persistent feelings of guilt, sadness or anger

• Panic attacks when the subject of death is brought up
Someone with thanatophobia might also avoid places that remind them of death, such as hospitals and cemeteries, and activities they view as potentially fatal such as driving or flying.

TREATMENTS

If thanatophobia prevents someone from living a normal life, there are therapies that can help ease the fear associated with death. Cognitive behavioural therapy, for example, focuses on changing thought patterns and developing strategies to deal with feelings of anxiety. Practising relaxation techniques such as meditation and deep breathing can also help.

If death anxiety is interfering with your daily life, don't hesitate to speak with your doctor or consult a mental-health professional.



BANVILLE, ROGER
1959 - 2021

We regret to announce the death of Mr. Roger Banville, who passed away on April 22, 2021, at the age of 62, at the St-Jérôme Hospital Center. He lived in St-Colomban and formerly in Causpascal. He was the husband of Madame Johanne Hudon. He was the son of the late Mr. Roland Banville and Mrs. Ida Boucher.



THIBAUT LEPAGE, MARIE-LAURE
1949 - 2021

It is with sadness that we announce the death of Madame Marie-Laure Thibault, who passed away on April 23, 2021 at the age of 72. Daughter of the late Raoul Thibault and the late Marie-Jeanne Cardinal, wife of the late Claude Lepage. She is survived by her children: Michel (Stéphanie), Stéphane and Josée (Yoland), her grandchildren: Elianne, Anabelle, Isabelle, Francis and Cassie. Madame Thibault also leaves behind brothers and sisters, her in-laws, her nephews and nieces as well as other relatives and friends.



CHARRON, ADÉLARD "EDDY"
1949 - 2021

Of Saint-Joseph-du-Lac, on April 25, 2021, at the age of 71, passed away Mr. Adélarde "Eddy" Charron, husband of Mrs. Diane Charbonneau. Besides his wife, he is survived by his children Éric (Mélanie) and Sébastien (Priscilla), his grandchildren Jade, Étienne, Alycia and Océane, his sisters Lise (Serge), Jeannine (Richard), Suzanne and Francine (Dennis) as well as many relatives and friends.



CHAYER NÉE PROULX, PIERRETTE
1931 - 2021

In Saint-Jérôme, on April 26, 2021, at the age of 89, passed away Mrs. Pierrette Proulx, wife of the late Réjean Chayer. She is survived by her late son Alain as well as her other son Pierre (Denise), her grandchildren Marie-Ève (Sébastien) and Pier-Luc (Vanessa) as well as her great-grandchildren Elwood and Lewis. She will also be sadly missed by her sisters Rita and Ginette, her brother-in-law Julien, her sister-in-law Jeanne-Mance, her nephews and nieces as well as many other relatives and friends.

Contact us today to place an obituary or in memoriam in our next issue
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HOROSCOPE

Week of MAY 9 TO 15, 2021

The luckiest signs this week:
CANCER, LEO AND VIRGO



ARIES

You'll find the financial means to take on an important project. Whether it involves a property or your own business, you'll be triumphant. Many people will pay attention to the speeches you give.



TAURUS

Don't forget to make reservations before the summer starts if you want to take a vacation. You'll be in the mood for an adventure that takes you far from home. Be sure to prepare.



GEMINI

You'll feel a lot more fatigued. Listen to your body, which will give you signs when it's time to slow down. Also, remember to get enough sleep so you can re-gain your energy.



CANCER

If you're single, the perfect person will come out of nowhere and sweep you off your feet. You'll have more time for a social life, but you'll soon realize you also need some space.



LEO

You'll have more responsibilities placed on your shoulders at work. Despite the challenge, this will lead to a better future, and a promotion will soon come your way.



VIRGO

You'll start organizing a vacation in earnest with friends and family members. There are plenty of adventures to be had, and you won't want to miss out on any of them.



LIBRA

You might spontaneously decide to end your relationship or quit your job. You'll be driven by feelings of confusion and a desire to be impulsive.



SCORPIO

It's not easy to get people or groups with opposing interests to work together. You'll figure out the right arguments to ensure everyone gets along.



SAGITTARIUS

You'll need to clean up your circle of friends, as some of them are just sucking the life out of you. Try to book a therapeutic treatment or schedule at least one day to relax.



CAPRICORN

Confidence is the key to success. All you have to do is believe that you're capable, and you'll accomplish great things. As a result, you'll be quite proud of yourself.



AQUARIUS

You'll devote a lot of time and energy to your family and life at home. You'll be inspired to adopt a new outlook on life that allows you to better appreciate the present moment.



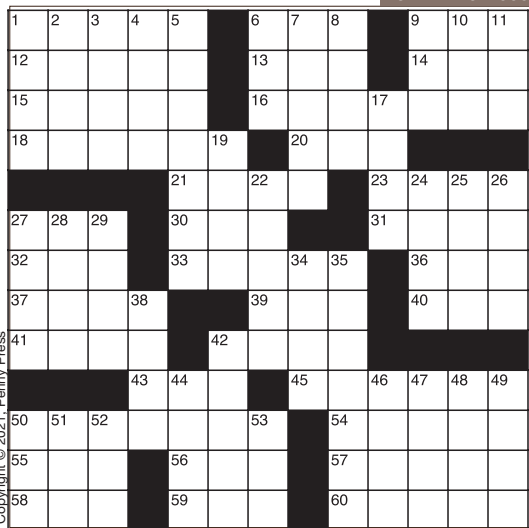
PISCES

You won't bite your tongue, but you'll need to watch out for in--discretions. Don't reveal any se-crets. You may interact with so-me--one who doesn't speak your language.

Coffee Break

CROSSWORDS

PUZZLE NO. 1005



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ACROSS

1. Spicy pepper
6. Lenten Wednesday
9. Possesses
12. Slugger Hank ____
13. Batman and Robin, e.g.
14. Before, in poems
15. Fat
16. Lack of sound
18. Gentle
20. Mr. Koppel
21. Loose garment
23. Hooked on
27. Ballet step
30. Likewise not
31. Hitched
32. North American deer
33. Sneer
36. Rascal
37. Plunder
39. Halloween greeting
40. Overhead railways
41. "Do ____ others..."
42. Noggin
43. "____ Framed Roger Rabbit"

45. Dreary
50. Shaping tools
54. "____ of Two Cities"
55. Feel awful
56. Hubbub
57. Divided Asian country
58. Not nope
59. Sty
60. Clean with a broom

DOWN

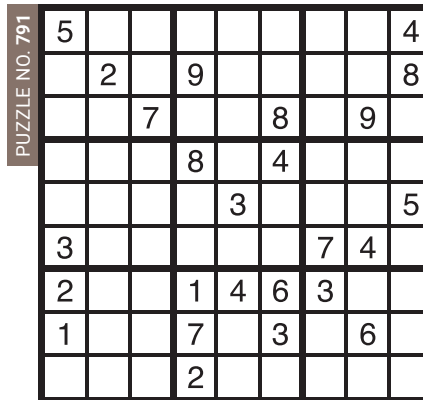
1. Toss
2. Despise
3. Smooth
4. Noisy
5. Young doctors
6. Notices
7. Apartment
8. Cavity
9. Barnyard layer
10. Curve
11. Notice
17. Change text
19. Space
22. Corrupt with money
24. City in France
25. Kind of duck
26. Racetrack numbers
27. Land of the Incas
28. Thicke of "Growing Pains"
29. Short play
34. "The ____ Not Taken"
35. Alaskan bears
38. Elevator direction
42. Swarm
44. Stack
46. Pack away
47. Adult filly
48. Nautical term
49. Bound
50. Settle accounts
51. Tell a tall tale
52. High peak
53. Michael Douglas, to Kirk

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.**

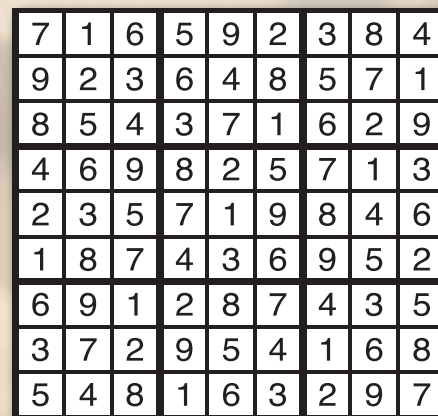


Last Issues' Answers

CROSSWORDS



Sudoku



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- Blackberries
- Pineapple or Raisins
- Avocados
- Pears
- Mango
- Apples
- Bananas
- Potatoes
- Leek
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