

A2 AUTO
PROFESSIONAL AUTO BODY REPAIR & PAINTING
 Insurance Work Accepted • All Work Guaranteed
 Expert Color Matching • Factory Genuine Parts
 Import Car Specialists • Major & Minor Repairs



514 476-4565
 1385, Boul. des Laurentides,
 Local 103, Vimont, Laval

THE LAVAL news

Laval's English Paper, Since 1993

David DE COTIS
 Municipal councillor
 Saint-Bruno district



514 467.1712
 d.decotis@laval.ca
 www.laval.ca

SERVING our citizens!



newsfirst
 MULTI-MEDIA

Vol. 32-07

April 3, 2024

450-978-9999

www.lavalnews.ca

editor@newsfirst.ca

120,000 readers

INSIDE THIS ISSUE

*Things to do
 In Laval*

Page 12

KIDS' CORNER

Page 14

Major drug raid in Laval



Page 15

LAVAL HONOURS GREEK INDEPENDENCE DAY Pages 10-11

Centenarian Mr. Menelaos Pavlidis invited to sign the golden book



From left to right: Chomedey city councillor Aglaia Revelakis, Saint-Martin city councillor Aline Dib, Laval mayor Stephane Boyer, Mr. Menelaos Pavlidis, city councillor Abord-a-Plouffe Vassilios Karydogiannis, president of the municipal council Cecilia Macedo, and Souvenir city councillor Sandra El-Helou. (Photo: Martin Alarie)

On Friday, March 22, at the City Hall of Laval, the municipal authorities honoured the Greek Independence Day.

For this purpose, the hundred-year-old Mr. Menelaos Pavlidis was invited to sign the golden book of the municipality. The host was the Mayor of Laval, Mr. Stephane Boyer.



Laval English-speaking Senior Wellness Centre

SPRING 2024
CENTRE ACTIVITIES

Sign up today!

Annual membership fee: \$20 per year

3860 blvd. Notre-Dame, Suite 204, Chomedey, Laval H7V 1S1
 3131 blvd. de la Concorde, Suite 203, Duvernay, Laval H7E 4W4

450.934.1122
 agapeassociationinc.com




SAMSUNG

Elevate to epic with Rogers 5G.

Galaxy S24 Ultra
Galaxy AI ✨ is here

**Get Samsung
Galaxy S24 Ultra
with AI Live
Translate.**



Visit planetemobile.ca to see all current offers

MONTREAL

2100, Marcel-Laurin Blvd.
Ville St-Laurent | 514-856-1884

9012, l'Acadie Blvd. | 514-387-9999

Place Alexis-Nihon
1500, Atwater St | 514-865-9949

Complexe Desjardins
5 Complexe Desjardins | 514-842-0288
7600 Boul Viau, Unit 331 | (514) 376-6667

NORTH SHORE

Centre Laval
1600, boul. | Le Corbusier | 450-978-1081

Galeries Terrebonne
1185, boul. Moody
450-964-1964 | 450-964-8403

SOUTH SHORE

Chateaugay Regional Centre
200, d'Anjou Blvd. | 450-692-5136

Centre Valleyfield
50, Dufferin | 450-373-0519

LANAUDIERE

Galeries Joliette
1075 Firestone Blvd. | Joliette | 450 499-3014

OUTAOUAIS

Les Galeries de Hull
320, St-Joseph blvd
819-663-8580 | 819-775-3687



Rogers & Design and related brand names and logos are trademarks of Rogers Communications Inc. or an affiliate used under license. ©2024 Rogers Communications.

 **ROGERS** Authorized Dealer

Stéphane Boyer designated as Earth Day Canada's national spokesperson

'Active and public transportation are the linchpins for the sustainable evolution,' says Laval's mayor

MARTIN C. BARRY

Local Journalism Initiative Reporter for The Laval News
marty@newsfirst.ca

Adding to the City of Laval's reputation for endorsing measures that mitigate the impacts of climate change, Mayor Stéphane Boyer revealed last week that he has agreed to serve as the national spokesperson for Earth Day Canada's 2024 campaign.

Montreal-based Earth Day Canada is an environmental organization that helps individuals, municipalities and organizations reduce their impact on the environment by taking concrete action on Earth Day and every other day of the year.

Earth Day is on April 22

In addition to its large-scale awareness campaign for Earth Day, which is on April 22, Earth Day Canada rolls out environmental programs and projects in areas such as waste management, food waste and sustainable mobility.

Earth Day Canada's 2024 campaign spotlights active and public transport. The campaign, which runs until Earth Day, features an animated character promoting an active lifestyle, inspiring Canadians to opt for active and public transport solutions beyond Earth Day.

For the fourth consecutive year, Earth Day Canada's Committed Municipalities project strengthens partnerships with municipalities across Canada. Launched in 2020, the initiative has rallied over 150 municipalities committed to enhancing environmental conservation and sustainable transportation.



Active and public transit

"Active and public transportation are the linchpins for the sustainable evolution of our urban and rural communities," Mayor Boyer said during an online launch event. "Embracing these eco-friendly transportation modes transcends environmental responsibility, fostering a move towards more cohesive and healthier societies."

"The commitment to public transit, as well as cycling and pedestrian transit options, represents a vital investment in enhancing the well-being of our present and future generations," he continued.

"The Committed Municipalities project has showcased the concrete benefits of local initiatives aimed at promoting sustainable mobility. Championing these efforts within our towns and cities marks a significant stride towards



Clockwise from upper left, Laval mayor Stéphane Boyer, public relations advisor Dario Iezzoni, EY Canada corporate responsibility leader Laura Schlee and Valérie Mallamo, executive director of Earth Day Canada. (Screengrab: Martin C. Barry, Newsfirst Multimedia)

cultivating a society that prioritizes health and respects our planet."

Laval's Earth Day events

To celebrate the campaign's kickoff, a special event was scheduled in Laval, led by Mayor Boyer. The city's campaign is set to feature an extensive array of activities and events, all designed to enlighten and motivate Canadians and Quebecers towards adopting environmentally beneficial behaviours.

For comprehensive information on this diverse and engaging lineup, the Earth Day website will serve as the go-to resource, ensuring participants have access to all they need to get involved and make a positive impact on the planet. Earth Day Canada hopes that employers and municipalities will help facilitate and endorse active and public transportation, advocating for a sustainable shift not just on Earth Day, but all year round.

Canadians for sustainability

A recent survey by Ipsos, commissioned by Earth Day Canada, revealed that while many Canadians are behind the wheel for their daily commute, a considerable number are open to more sustainable alternatives:

- While 54% of employed Canadians drive to work, there's a strong inclination towards eco-friendlier commuting methods;
- 76% of employed Canadians express a preference for walking or biking;
- More than half (66%) would like to use a greener way to commute;
- 67% of employed respondents are willing to engage in employer organized carpooling initiatives on Earth Day, with 49% open to participating in these programs if they were available year-round.

Employers doing their bit

The findings suggest a potential role for employers in addressing climate change through the promotion of sustainable commuting practices. Strategies for employers could include offering subsidies for monthly transit passes or bicycle maintenance, and encouraging carpooling, particularly in rural areas where access to active and public transportation may be restricted.



Laval mayor Stéphane Boyer (seen here during Earth Day Canada's online announcement) is the national spokesperson for Earth Day 2024. (Screengrab: Martin C. Barry, Newsfirst Multimedia)

responsibility leader at the professional management services company.

A new way to commute

"Transform your commute into an opportunity to cultivate healthy habits and embrace sustainable lifestyle," said Valérie Mallamo, Executive Director of Earth Day Canada.

"If you find the infrastructure in your area less than ideal, fear not—there's a wealth of alternatives at your disposal," she added. "From leveraging public transport to joining a carpool, every choice you make contributes to a healthier planet. Remember, celebrating Earth Day isn't just a once-a-year commitment; it's a daily dedication to our planet's well-being."

Until April 22, many Canadians are embracing sustainable transportation methods such as biking, walking, running, using public transit, or carpooling are invited to register at <https://earthday.ca/legday> for a chance to win exciting prizes. Participants can also choose to engage through the Strava app by opting into the Earth Day challenge, further amplifying the campaign's reach.

For your **AWARDS & TROPHIES**

Custom awards and plaques are perfect ways to recognize, thank and honour employees, customers, and vendors!



From **\$145.53**



From **\$93.66**



From **\$58.21**



From **\$80.87**



From **\$58.21**



From **\$58.21**



From **\$58.21**

See catalogue for full pricing information
at mediatrek.ca/trophees
(450) 978-0070 | info@mediatrek.ca

Publishers:

George Bakoyannis
George S. Guzman

General Director:

George Bakoyannis

VP Sales & Marketing:

George S. Guzman
sales@newsfirst.ca

Graphic Design:

Lareine Zakhour
Elena Molter
Thomas Bakoyannis

Advertising:

Jean Paul Chamberland

Editorial Staff:

Martin C. Barry
Renata Isopo
Maria Diamantis
Savas Fortis
James Ryan

Deadline for commercial advertising by Friday at 3 p.m.
Deadline for classified advertising by Friday at 3 p.m.
ISSN number : 1923-0605
Annual subscription : \$89.⁹⁵ • Per copy : \$1

The views, opinions and positions expressed by
columnists and contributors are the author's alone.
They do not inherently or expressly reflect the
views, opinions and/or positions of our publication

Layout: Media Trek

Distribution: TC. Transcontinental/
DIFFUMAG

Printing: TC. TRANSCONTINENTAL

Project funded in part by

Canada

Member of  Quebec Community
Newspapers Association
& Canadian Community
Newspapers Association

National Representation:

 RÉSEAU SÉLECT
MONTAIGNE PUBLICATIONS
info@reseauselect.ca

Publishers' Liability for Error: The publishers shall not be liable for
slight changes or typographical errors that do not lessen the value of an ad-
vertisement. The publishers' liability for other errors or omissions in connection
with any advertisement is strictly limited to publication of the advertisement in
any subsequent issues or the refund of any monies paid for the advertisement.
Articles published reflect writers' opinions, but not necessarily the opinion of
this newspaper.

ENTIRE CONTENTS COPYRIGHT 2024

OPINION & Editorial



Canada's illegal tobacco trade a global boon for organized crime and terrorism

RCMP identifies 175 criminal organizations involved in Canada's illicit tobacco trade

Canada's illegal tobacco trade is not just a domestic issue but a substantial financial boon to organized crime and terrorist organizations worldwide, including terrorist groups like Hamas.

Ignoring Canada's growing illicit tobacco trade also results in provinces losing billions in tax revenue while enriching organized criminal networks both domestically and internationally.

As of 2023, the RCMP estimates that 175 criminal organizations are involved in illicit tobacco. They are taking advantage of high cigarette taxes and lax enforcement of the Indian Act's on-reserve tax exemption intended only for First Nation people.

This problem, once confined to parts of Ontario, Quebec, and Atlantic Canada, has ballooned across the country, notably expanding in British Columbia and Alberta due to the high revenue potential.

The policy response to the COVID-19 pandemic revealed how pervasive the contraband tobacco trade had become in Canada. At the start of the pandemic, governments across Canada made the extraordinary decision to shut down tobacco manufacturing operations and smoke shops on First Nations reserves. This made it possible to quantify and compare the levels of illegal and legal sales.

Indigenous communities, especially in Ontario and Quebec, have been implicated in cross-border illegal tobacco trafficking, with law enforcement reluctant to enforce the law on reserves. First Nations have become complicit with organized criminal networks that ship illicit tobacco across the country. The large price differential between legal and illegal cigarettes and the widespread use of technologies allows individuals to exploit cost-saving and profitable opportunities.

The rise of e-commerce in Canada and around

the world has further complicated the issue, as First Nations exploit tax advantages and enforcement gaps to sell untaxed cigarettes online and use their entrepreneurial drive to build online businesses. Payment is by Interac e-Transfer to increase the ease of purchasing in mass quantities.

Despite the clear connection between higher taxes and lower smoking rates, the resulting price differential has inadvertently fueled the growth of an extra-legal cigarette market, challenging the enforcement of tax exemption laws and contributing significantly to the complexities facing Canadian law enforcement and taxation policies.

The implications of online transactions include the expansion of the extra-legal cigarette market, enabling sellers to reach customers far from reserves and avoiding the complications associated with sophisticated organized crime networks. However, this also increases the challenges for law enforcement and raises the cost to Canadian taxpayers.

The inconsistent enforcement of tax exemption laws and on-reserve law enforcement represents a departure from a rules-based system where everyone is treated equally. Although selling untaxed cigarettes to non-Status Indians is illegal, many First Nation communities have turned this into a common practice and a source of income. While research consistently shows that higher taxes lead to lower smoking rates, it also highlights the direct relationship between increased taxes and the expansion of the illegal cigarette market.

Tougher enforcement of laws designed to lower cigarette use modifies and enhances the incentives throughout the cigarette marketing channel. Law enforcement often refrains from strict legal actions on First Nation territories in

Ontario and Quebec to dodge political conflicts. However, 2023 data from Quebec showed that dedicated enforcement efforts halved the illegal tobacco market.

Yet, in late 2023, the Quebec Superior Court stayed criminal proceedings against two Mohawk men accused of breaking Canada's customs and excise laws by smuggling illegal tobacco from the United States into Canada. The ruling seemed oblivious to how First Nation smugglers collaborate with organized crime within the illegal tobacco trade.

In an effort to reduce smoking and meet public health objectives, both the federal and provincial/territorial governments impose taxes on tobacco products. However, this strategy unintentionally fuels the growth of the illicit tobacco market due to the high tax rates. Scholars argue that cigarette demand remains strong despite price increases, leading consumers to turn to the black market for cheaper, untaxed options.

This illicit market operates on basic principles of supply and demand: as profits soar, more entities are drawn to distribute these illegal products. The absence of stringent enforcement and the ambiguity in legal regulations further encourage the emergence of new players in this profitable illegal trade.

To confront the rampant growth of Canada's illegal tobacco trade effectively, a multifaceted approach is urgently required. This approach must address the intertwined issues of high taxes, insufficient law enforcement, and the exploitation of legal loopholes.

With the illegal trade not only depriving provinces of billions in tax revenue but also fueling organized crime and terrorist organizations, the stakes couldn't be higher.

Joseph Quesnel

ANGRY? FRUSTRATED? ANNOYED?

You've got a
place to vent!



Send a letter to
the editor and get
your opinion heard
loud and clear.

editor@newsfirst.ca

YOUR BUDGET FRIENDLY BFF.

Prepaid nation-wide data plans from

\$25 /month

- ✓ NO CREDIT CHECKS.
- ✓ NO TERM CONTRACTS.
- ✓ NO OVERAGES.



chatrTM
AUTHORIZED DEALER

📍 **Laval & North Shore**
Carrefour Laval & Centre Laval.

📍 **Greater Montreal**
Alexis Nihon, Carrefour Angrignon, Centre commercial Forest, Carrefour de la Pointe, Centre Rockland, Fairview Pointe Claire, Mail Champlain, Place Bourassa, Place Longueuil, Plateau Mont-Royal, YUL airport.

📍 **Head Office**
12053 Laurentien Blvd, Montreal.

☎ **(438) 992 2002**

Offer subject to change without notice. Taxes extra. TM Trademarks used under license ©2023



Springtime street cleaning starts early in Laval this year

Given the unseasonably high temperatures in Laval and Montreal this spring, the City of Laval has announced that it is beginning its annual cleanup of streets early.

With that said, the city wants residents to know that until April 30, seasonal parking regulations will be in effect to allow street sweepers to do their work cleaning up all the dirt and grit left over from the winter.

“The early spring is allowing us to get started somewhat early this year, which will in turn allow all our citizens to be able to get into their favourite outdoor activities securely,” said Laval city councillor Ray Khalil who is responsible for public works on the executive-committee.



“We are, of course, asking for the cooperation of everyone so that the maintenance operations can’t be kept as straightforward as possible,” he added. He is inviting the people of Laval to download the city’s parking app (stationnement.laval.ca) to receive alerts on special operations, whether by e-mail or cell phone texts.

Something to remember: when the lighted panel signs on the street say “Lors d’opérations d’entretien” [during maintenance operations], alternate parking on the other side of the street is mandatory, although it is optional at all other times. But the instruction on the signs must be respected in order to avoid being ticketed or towed away.

At the same time, the City of Laval wishes to inform its residents that crews are at work in all districts carrying out pothole repairs following the winter. It should be noted that potholes in the street can grow worse in the weeks immediately following spring thaw.

Residents who wish to report especially troublesome potholes that may damage vehicles can call 3-1-1 to speak to a city employee. In addition to these activities by city workers, Laval is also carrying out maintenance and repairs on its sewers and waterworks, as well as pruning of tree branches.

‘Petits bonheurs’ festival, for kids 0 to 6 years



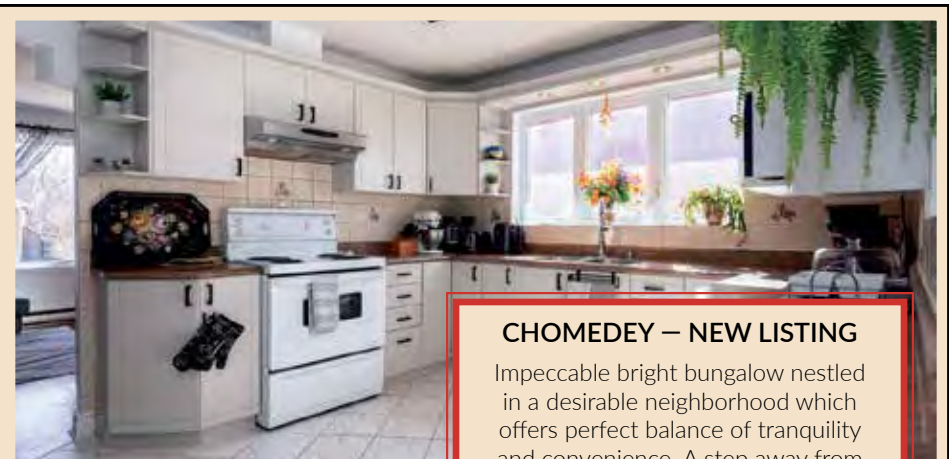
The city’s Festival Petits bonheurs, organized especially for children up to 6 years old and their families, is back again this year from May 3 – 13.

During this 14th season, the festival organizers will be offering a range of activities, including shows, workshops and multidisciplinary events. The events will also include theatre, marionettes, music, dance, exhibitions, story-telling, visual arts workshops, circus arts and more.

“It is a great pleasure to offer to young children and their families from all backgrounds a privileged access to this marvelous festival,” says Laval city councillor for Renaud Seta Topouzian, who is responsible for dossiers pertaining to children.

“Thanks to an accessible entrance fee structure, everyone will be struck with wonder while discovering the many quality activities offered to daycares, kindergartens, in community centres and in other venues in several sectors of our beautiful city.”

Tickets for events go on sale beginning at 6 am on April 6, and for certain shows and workshops space will be limited.



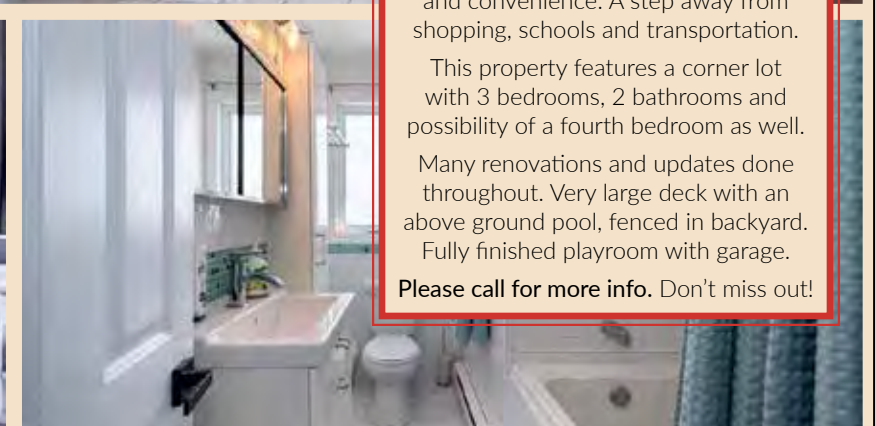
CHOMEDEY – NEW LISTING

Impeccable bright bungalow nestled in a desirable neighborhood which offers perfect balance of tranquility and convenience. A step away from shopping, schools and transportation.

This property features a corner lot with 3 bedrooms, 2 bathrooms and possibility of a fourth bedroom as well.

Many renovations and updates done throughout. Very large deck with an above ground pool, fenced in backyard. Fully finished playroom with garage.

Please call for more info. Don't miss out!



VOULA KOTTARIDIS
(514) 993-5010
AGENTVK@GMAIL.COM

EXCELLENT SERVICE | EXCEPTIONAL RESULTS



ROYAL LEPAGE
 HUMANIA CENTRE

AGENCE IMMOBILIÈRE 450.682.2121

Parents and pros exchange views during 'Autism in the Early Years' symposium

Province-wide online event explored multiple aspects of the spectrum disorder

MARTIN C. BARRY

Local Journalism Initiative Reporter for The Laval News
marty@newsfirst.ca

After several months and countless hours of preparation by an organizing committee assisted by a team of dedicated volunteers, more than 100 parents and professionals with an interest in autism had the opportunity recently to explore a wide range of autism-related topics during the Autism in the Early Years symposium.

Across the province

The province-wide online event on March 21-22 featured keynote presentations, a panel on autism service navigation across Quebec, and sessions on communication support at home, as well as on parent training, empowerment and other issues.

Co-hosted by the Laval-based Youth and Parents Agape Association with the Giant Steps School in Montreal, with financial support from the Community Health & Social Services Network (CHSSN) and the Public Health Agency of Canada, the symposium drew caregivers, speakers, presenters, panelists and artists who contributed information, opinions and ideas.

A complex condition

Autism [or autism spectrum disorder (ASD)] is a complex neurological condition that affects individuals in various ways, impacting their social interactions, communication skills and behaviors. It is a spectrum disorder, meaning that no two individuals with autism are exactly alike. Each person brings their own unique strengths, challenges and perspectives.

For many of those attending, autism was not just a topic to be discussed. It is also very much a part of their daily lives. Whether as parents, caregivers, educators or as professionals working in the field, they feel the importance of raising awareness, promoting understanding and providing support for individuals with autism and their families.

Autism community united

Throughout the symposium, they were offered the opportunity to explore a wide range of topics related to autism. But perhaps most importantly, they came together as a community – united in commitment to advocate for acceptance,

inclusion and the empowerment of individuals with autism.

In opening remarks on day one, Agape executive-director Kevin McLeod said it was important to keep in mind the words of Temple Grandin, a renowned autism advocate and educator: "The world needs all kinds of minds."

"By embracing diversity and celebrating the unique talents and perspectives of individuals with autism, we can create a more inclusive and compassionate society for all," McLeod said, adding that the symposium's exploration of autism should be approached "with open hearts and open minds."



"We can create a more inclusive and compassionate society for all," said Kevin McLeod, executive-director of Agape which co-hosted the symposium along with Giant Steps School. (Screengrab: Martin C. Barry, Newsfirst Multimedia)

Symposium Day One

Day one began with a keynote presentation by Maureen Bennie, who founded the Autism Awareness Centre in 2003 in Calgary, to address what she saw as a gap in support, information, resources and advocacy for those struggling with autism spectrum disorders.

Steven Atme, who was diagnosed with autism at age four, closed the evening with a musical performance. A remarkable journey through music and advocacy has garnered him many accolades. His story was one of resilience, creativity and a commitment to encouraging others, with or without disabilities, to embrace their unique identities and pursue their dreams.

Day Two of symposium

On day two, Kelly Bron Johnson (an autistic and hearing-impaired self-advocate) spoke about some of the strengths of parenting through

the lens of being autistic. It is an approach she believes anyone can learn, leading to parenting with acceptance and love and happier families.

Before a noon-time break, a panel of experts from the health, daycare, education and social services sectors discussed the autism services offered across the provinces. The session was moderated by Giant Steps director of innovation and special projects Seiun Thomas Henderson. The panelists were Dr. Emmett Francoeur, Dr. Lucyna Lach, Nick Katalifos and Sylvia Benkh.

World Health Organization

Also during the March 22 sessions, Dr. Mayada Elsabbagh spoke about the World Health Organization Caregiver Skills Training program in Canada, which aims to increase access to intervention for Canadian families, while simultaneously generating high quality evidence relevant for decision and policy makers.

Dr. Mariska Burger spoke on developing communication skills in autistic children. Dr. Keiko Shikako-Thomas discussed the Jooay App, a free mobile app made to help families, youth and professionals find adaptive and inclusive leisure activities.

And Anna Katalifos, a sibling and caregiver to an autistic young adult who is also a researcher, shared personal experiences and research-based insights into the sibling journey of caring for autistic youths and children.

Videos available online

Symposium organizers report they have

received many requests for video links from people who want to watch or rewatch the presentations. At last word, the organizers were waiting for the videos from the production company and expected they would be available by April 15 at the latest (although hopefully earlier).

It would be important to mention that the recorded presentations will be accessible through the new virtual libraries at Agape Association in Laval and Giant Steps in Montreal. Should you have any other questions or concerns, you can contact Barbara Klein, administrative assistant and project coordinator at the Youth and Parents AGAPE Association Inc.



Nick Katalifos, parent of an autistic child and a member of the Giant Steps School board, was on a panel of experts who discussed the availability of autism across the province. (Screengrab: Martin C. Barry, Newsfirst Multimedia)

2-DAY ONLINE EVENT

Autism in The Early Years

A Symposium for Parents and Professionals

MEDIA-TREK[®]

NOW OFFERING TOP BRANDS OF APPAREL!

SPECIAL OF THE MONTH

36 shirts for \$14^{ea}

48 shirts for \$12^{ea}

including logo embroidery or silk screen

while quantities last

XS to XL no additional cost

mediatrek.ca | (450) 978-0070 | info@mediatrek.ca

A case for spending restraint in Canada

How the federal government can balance the budget

GRADY MUNRO and JAKE FUSS

For nearly a decade, there has been a marked deterioration in the finances of Canada's federal government. Large budget deficits have become the norm, public debt and debt interest costs are rising, and annual government spending has risen substantially. Furthermore, there does not appear to be an end in sight as higher spending, large deficits, and ever-growing debt are projected for the foreseeable future (Canada, Department of Finance, 2023a). The situation is concerning but the past shows that decisive government action can reverse this trajectory quickly, stabilize government finances, and improve economic conditions.

When Prime Minister Jean Chrétien was elected in 1993, the federal government was facing a worse fiscal situation than today. Poor fiscal management by predecessors meant the Chrétien government inherited federal finances that were heavily reliant on borrowing and a total level of debt that threatened to spiral out of control unless there was a change in course (Clemens, Lau, Palacios, and Veldhuis, 2017). The fiscal situation in the early 1990s was grim, yet in three years the Chrétien government was able to return the federal government to balanced budgets by implementing significant spending reform. This, along with similar reforms in the provinces, helped lay the foundation for the economic success that Canada experienced during the remainder of the 1990s and well into the 2000s.

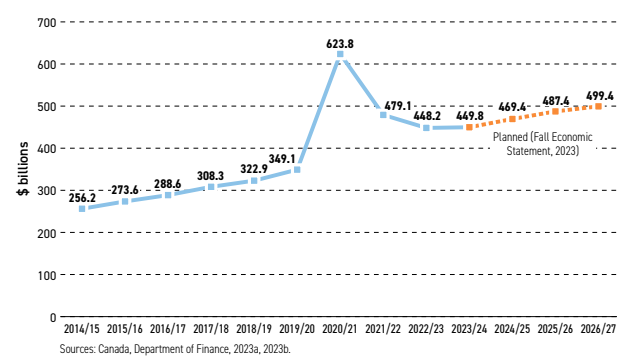
The objective of this study is to analyze the current state of Canada's federal finances, and calculate the level of spending restraint needed to return to a balanced budget within one or two years starting in 2024/25, similar to what was done in the mid-1990s.

Current Fiscal Plan

The Trudeau government's tenure has been characterized by uninterrupted deficits leading to significant debt accumulation, primarily as a result of continued and often marked increases in program spending. To show this track record, the following series of charts display federal fiscal data since 2014/15. In addition, they display projected data until 2026/27 to show the government's current fiscal plan for the coming years.

Figure 1 displays actual and planned nominal program spending (total spending minus debt interest costs) from 2014/15 to 2026/27. Total nominal program spending has risen substantially since 2014/15, and is projected to rise even further moving forward. From 2014/15 to 2023/24, annual program spending increased an estimated \$193.6 billion in nominal terms—a 75.5% increase. For reference, the population of the country increased by 11.4%, and cumulative inflation was 25%. In other words, program spending increased well in excess of the amount required to maintain the inflation-adjusted per-person spending levels of 2014/15.

Figure 1: Nominal federal program spending (\$ billions), 2014/15–2026/27

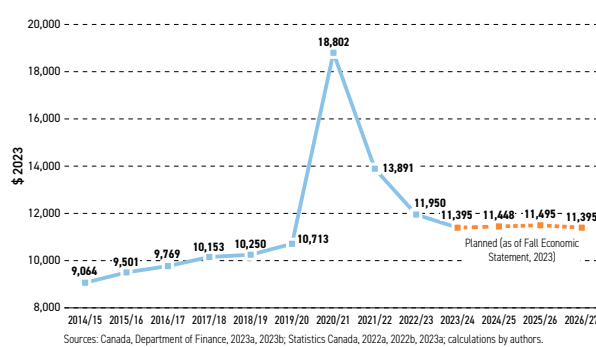


Program spending rose significantly during the COVID-19 pandemic and, though spending partially returned to normal levels as emergency spending wound down, it still remained elevated after the pandemic. More specifically, nominal program spending reached \$349.1 billion in 2019/20 but was \$448.2 billion in 2022/23 when no COVID-related spending was incurred, indicating a permanent and sizeable increase in nominal spending by the federal government during the COVID years. Areas driving this permanent spending increase include expanded elderly benefits, the introduction of national child care and dental care, and increased climate financing (Canada, Department of Finance, 2021, 2022).

As part of the federal government's fiscal plan going forward, nominal annual program spending is expected to reach \$499.4 billion by 2026/27, an extra \$49.6 billion (or 11.0% increase) in annual spending from current (2023/24) levels.

Figure 2 displays actual and planned annual per-person program spending from 2014/15 to 2026/27, adjusted for inflation. Again, it shows the federal government has increased program spending since first being elected, even after adjusting for population growth and inflation. Per-person spending is budgeted to increase 25.7% from \$9,064 in 2014/15 to an estimated \$11,395 in 2023/24. As with total spending, per person spending rose significantly during COVID, yet only partially returned to normal levels following the pandemic. Specifically, per-person federal program spending was \$10,713 in 2019/20, spiked to \$18,802 in 2020/21, and fell to \$11,395 for 2023/24. This still remains 6.4% above 2019/20 levels, even after the pandemic has ended. This increase in spending, unrelated to COVID, has contributed to the Trudeau government's recording the five-highest years of inflation-adjusted, per-person spending in Canadian history (Fuss, 2023).

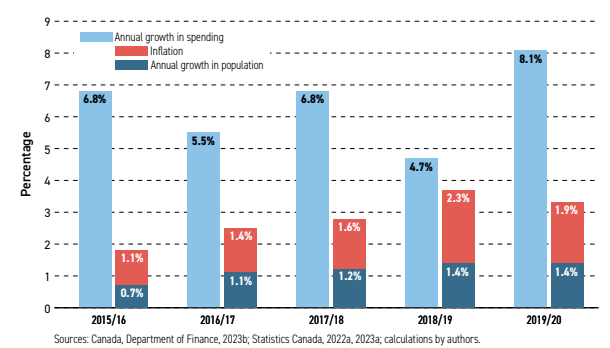
Figure 2: Annual federal per-person program spending (\$2023), inflation-adjusted, 2014/15–2026/27



Looking ahead, the federal government plans to slow growth in inflation-adjusted, per person spending. In fact, planned per-person spending is essentially flat over the next several years, rising only slightly in 2024/25 and 2025/26, before falling back to \$11,395 per person in 2026/27. This shows an important nuance when interpreting government spending, which is that the change in real per-person spending will not match the change in overall spending.

Inflation-adjusted, per-person spending (as shown in figure 2) is driven by three key factors: program spending, population, and inflation. Accordingly, figure 3A displays annual growth rates for those three variables from 2015/16 to 2019/20, in order to further analyze federal spending prior to the pandemic. The graph shows that growth in program spending prior to COVID outpaced that of inflation and population, individually and combined, in every year. At its smallest in 2018/19, annual spending growth (4.7%) still exceeded population growth (1.4%) plus inflation (2.3%) by 1.0 percentage point. For all other years, the gap was roughly three to five times that.

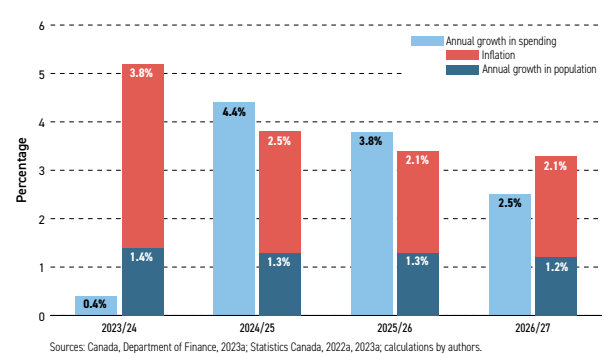
Figure 3A: Annual growth (%) in nominal federal program spending and population; and annual inflation, 2015/16–2019/20



Spending growth during the pandemic is omitted as it represents significant outliers from the rest of the series. For example, spending growth in 2020/21 was 78.7%, while in 2021/22 spending decreased by 23.2% and, in 2022/23, by 6.5% (Canada, Department of Finance, 2023b). The 78.7% single-year increase in spending was unprecedented, and is not representative of normal government spending. Additionally, observed spending decreases can be attributed entirely to winding down temporary emergency spending for COVID as opposed to spending reform.

Figure 3B displays planned growth in annual program spending and forecast population growth and inflation from 2023/24 to 2026/27. Expected spending growth in 2023/24 is outweighed by both population growth and inflation, resulting in the observed decline in inflation-adjusted, per-person spending (figure 2). However, the following years show that spending growth essentially matches population growth plus inflation. This is why planned per-person spending is relatively flat from 2024/25 to 2026/27.

Figure 3B: Planned growth (%) in nominal federal program spending and expected increase in population; and annual inflation, 2023/24–2026/27



For more context, consider the growth in nominal program spending alongside other relevant factors. Figures 4A and 4B display the average annual growth of federal program spending compared to the average annual growth in revenue, nominal GDP, and population plus inflation. Like figures 3A and 3B, figure 4A measures average rates over the pre-COVID period of 2015/16 to 2019/20, and figure 4B shows planned average growth rates over the post-COVID period from 2023/24 to 2026/27. For the same reasons as before, data from 2020/21 to 2022/23 is omitted because of the distortive effects of emergency spending for COVID.

Figure 4A shows that the average annual growth rate of federal program spending from 2015/16 to 2019/20 outpaced growth in government revenue, nominal GDP, and population plus inflation. Average spending growth (6.4%) was 2.7 percentage points higher than growth in revenues (3.7%). Additionally, program spending also increased at more than twice the rate of economic output

PROFESSIONAL AUTO BODY REPAIR & PAINTING

1385, Boul. des Laurentides, Local 103, Vimont, Laval

514 476-4565

A2 AUTO

Insurance Work Accepted • All Work Guaranteed
Expert Color Matching • Factory Genuine Parts
Import Car Specialists • Major & Minor Repairs

(3.0%), as measured by growth in nominal GDP, as well as the rate needed to keep up with a growing population and rising prices (2.9%). Figure 4A shows that prior to the pandemic, nominal program spending grew faster than several other key economic indicators.

Figure 4A: Average annual growth rate (%) in nominal federal program spending, revenue, and economic indicators, 2015/16-2019/20

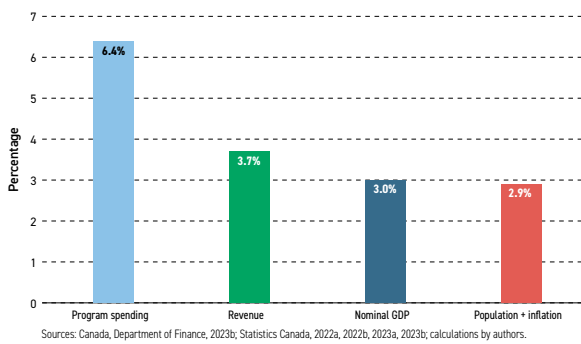
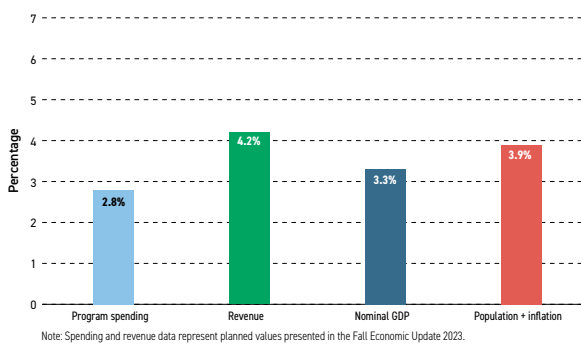


Figure 4B shows the federal government's plans to slow spending growth relative to other variables during the coming years. Average annual growth in program spending is expected to be 2.8% from 2023/24 to 2026/27, compared to 4.2% for revenue, 3.3% for nominal GDP, and 3.9% for population plus inflation. While slowing spending growth is a step in the right direction, there are several important caveats that should be considered when interpreting the planned spending data presented in figures 1 to 4B.

Figure 4B: Average expected annual growth (%) in nominal federal program spending, revenue, and economic indicators, 2023/24-2026/27



First, current spending forecasts do not include spending on national pharmacare. The Trudeau government currently has an agreement with the New Democratic Party that promised legislation for a universal national pharmacare program by March 1, 2024 (Aiello, 2023). It can be expected that pharmacare legislation will be introduced within the coming year. If a national pharmacare program is implemented, according to estimates by the Parliamentary Budget Officer (PBO) it would cost the federal and provincial governments a combined \$11.2 billion in its first year, rising to \$13.4 billion in 2027/28 (PBO, 2023).

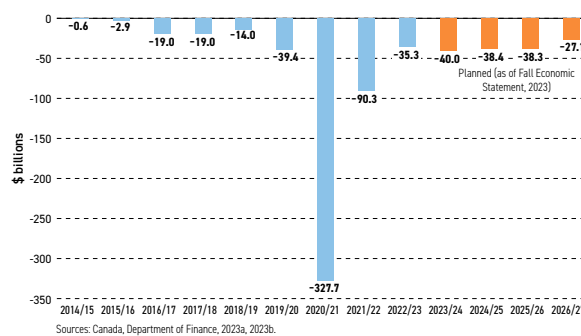
Similarly, in 2023 the federal government reaffirmed its commitment to the North American Treaty Organization (NATO) to spend 2% of GDP on national defence (NATO, 2023). In 2022, Canada spent 1.29% of GDP on defence and the PBO estimated that, if the federal government is serious in its commitment, it would take a cumulative \$41.6 billion in additional spending to meet the 2% target from 2024/25 to 2026/27 (PBO, 2022). Should the federal government raise defence spending to meet its NATO target or introduce a universal pharmacare system, expected spending until 2026/27 would increase by tens of billions past what was forecast in the most recent fiscal update.

Finally, the federal government also has a track record of exceeding its own spending targets. For example, consider estimates of program spending for the 2023/24 fiscal year. As presented in Budget 2021, planned federal program spending in 2023/24

was \$416.9 billion (Canada, Department of Finance, 2021). The following year, in Budget 2022, planned program spending for 2023/24 was \$436.5 billion, or \$19.6 billion higher than estimated in Budget 2021 (Canada, Department of Finance, 2022). As part of the 2023 Fiscal Update, current spending estimates for 2023/24 now exceed the Budget 2021 estimates by \$32.9 billion. Future spending estimates provided by the current federal government have consistently been lower than actual spending. The federal government's track record, along with the potential for new spending on pharmacare or defence, suggest it is unlikely the government will stick to its projections of slowed spending growth.

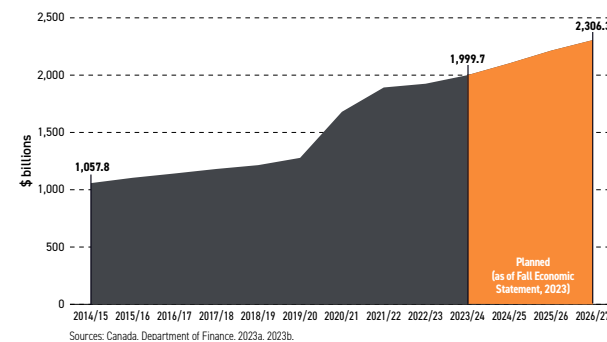
As part of its election platform, the Trudeau Liberals campaigned on running a series of small deficits (under \$10 billion) before returning to a balanced budget in 2019/20 (Liberal Party of Canada, 2015). Figure 5 displays the annual budgetary balance from 2014/15 to 2026/27, and shows the government abandoned its campaign commitments very quickly. Instead, the Trudeau government has run deficits every year since first elected, with the last five deficits (2019/20-2023/24) all exceeding \$35 billion per year. Moreover, the federal government intends to continue running similarly large deficits in the coming years, with no indication of when the government will return to a balanced budget.

Figure 5: Annual federal budgetary balance (\$ billions), nominal, 2014/15-2026/27



These deficits have resulted in a substantial accumulation of debt, which increases even further over the coming years. Figure 6 shows federal gross debt from 2014/15 to 2026/27. Since 2014/15, gross debt has nearly doubled from \$1.06 trillion to an estimated \$2.0 trillion in 2023/24. As a share of the economy, the gross debt-to-GDP ratio is expected to reach 69.7% in 2023/24 (Canada, Department of Finance, 2023a). Over the next three years, debt is expected to grow a significant \$306.6 billion, up to \$2.3 trillion in 2026/27. Relative to the economy, gross debt is projected to rise to 72.0% of GDP by 2026/27.

Figure 6: Federal gross debt (\$ billions), nominal, 2014/15-2026/27



Accumulating debt comes with consequences because, just as a household must pay interest on a loan, governments must pay interest on debt. All else equal, as the total amount of government debt rises, so does the amount of interest that must be paid on that debt. Indeed, from 2019/20 to 2023/24, annual interest costs on debt nearly doubled from \$24.4 billion up to an expected \$46.5 billion. By 2026/27, interest costs will reach \$55.1 billion per year. These are government expenditures that do not go towards any

government services such as healthcare or defence. The majority of this increase in interest costs on debt has occurred in the last two years, as the effects of massive debt accumulation during the pandemic along with rising interest rates have begun to show up in actual interest payments.

Figures 1 to 6 demonstrate the federal government has increased annual program spending since 2014/15, relying largely on debt to finance its spending habits. Furthermore, despite a tentative move towards slowed spending growth and constant per-person spending, continued large deficits and an ever-growing debt burden still appear to be a part of the federal government's fiscal plan moving forward.

Reasons for concern

This approach to fiscal policy is a concern for several reasons. Growing the level of government spending through continued debt increases means higher interest costs, which strain government finances as more money must be devoted towards servicing debt, leaving less for programs and services. For example, in 2023/24 the federal government expects to pay roughly \$46.5 billion interest on debt, which is nearly as much as it expects to pay out through the Canada Health Transfer (\$49.4 billion) and much more than it will spend on childcare benefits (\$31.2 billion) (Canada, Department of Finance, 2023a).

Growing debt interest costs as a share of the budget can create a vicious cycle whereby the government is pressured to take on more debt to maintain spending for other programs, which then helps grow interest costs even further and can ultimately result in a downgrading of the quality of government debt, which also results in higher interest rates. While interest costs as a share of the budget fell from 8.6% of total revenues in 2014/15 to 7.3% in 2019/20, the recent increase in interest costs mean they are now expected to reach 10.2% of revenues in 2023/24 (Canada, Department of Finance, 2023a, 2023b). Although this value alone is not cause for alarm, it is important to recognize it has reversed a decade-long decline, since 2009/10, in interest costs as a share of total government revenues.

Additionally, when the government runs deficits it increases the tax burden on future generations because they are ultimately responsible for paying off debt accumulated today. Some argue that, as long as the economic growth rate is higher than the interest rate on debt, governments can accumulate debt indefinitely without needing to eventually raise taxes to pay it off (see Mian, Straub, and Sufi, 2022). However, this argument does not always hold. A number of studies show that increasing government debt slows economic growth and raises interest rates, so there comes a point where the interest rate is higher than economic growth and that level of debt becomes unsustainable. At that point, the government will need to pay down its debt, likely through higher taxes. Dahlby, Ferde, and Fuss (2022b) explain that these future tax increases could exceed the initial increase in spending, meaning that one dollar borrowed today would need to be paid back by more than one dollar in future tax revenue (adjusting for inflation). As a result, not only do deficits today expand the tax burden on future generations, but they do so disproportionately.

Finally, the effect of high and increasing public debt on economic growth should not be understated. When governments borrow significant amounts, it creates uncertainty around future tax increases, which reduces incentives to work and save (Puonti, 2022). This, combined with the crowding out of private investment, acts to slow business investment and gains in labour productivity (Ardagna, Caselli, and Lane, 2004; Woo and Kumar, 2014). Since capital and labour productivity are key drivers of an economy's output, high levels of public debt act to slow economic growth and, consequently, reduce living standards. Considering its many impacts, it is clear continued increases in debt-financed spending is an economically harmful policy that is detrimental to both current and future generations of Canadians, as well as threatening the sustainability of government finances.

continued next edition



Thinking of *selling* or *downsizing*? I can help!

EXCELLENT SERVICE | EXCEPTIONAL RESULTS



ROYAL LEPAGE
HUMANIA CENTRE
AGENCE IMMOBILIÈRE 450.682.2121

FREE
EVALUATION
WITH NO
OBLIGATION

VOULA KOTTARIDIS | (514) 993-5010 | AGENTVK@GMAIL.COM

April 3, 2024 • The Level News • 9

Laval and Montreal officials commemorate Greek Independence Day

Dignitaries gather at Laval Cenotaph to celebrate Hellenic freedom and Greek war vets

MARTIN C. BARRY

Local Journalism Initiative Reporter for The Laval News
marty@newsfirst.ca

Elected officials from three levels of government gathered at the Veterans' Cenotaph near Laval city hall on the morning of Saturday March 23 to pay respects alongside residents of Hellenic origin to Greek veterans and soldiers on the occasion of the 203rd anniversary of Greece's independence.

A three-day celebration

This year's commemorations, including the Greek Independence Day parade in Parc Extension, were spread out as usual over three days in Laval and in Montreal.

On March 25 in the year 1821 in what was then Ottoman-dominated Greece, Bishop Germanos of the metropolis of Patras blessed a Greek flag and proclaimed an uprising by the Greeks against the occupying Ottomans. In the Montreal region, Laval currently has the highest concentration of residents of Greek heritage.

Prayer and contemplation

To honour those who gave their lives so that

Greece would be free, Greeks from Laval and from all over the Montreal region go each year to the Cenotaph in Laval to deposit commemorative wreaths and to spend a few moments in prayer and silent contemplation.



Laval-Les Îles MP Fayçal El-Khoury, Vimy MP Annie Koutrakis, and St-Laurent MP Emmanuella Lambropoulos lay a wreath on behalf the Canadian Government.



PHOTOS: HARRY BARBAROUTSIS

In the Montreal region, Laval has the highest concentration of residents of Greek heritage.

Among those depositing commemorative wreaths this year were a representative from the Consulate General for Greece in Montreal, local and Montreal-area Liberal MPs, Laval-area MNAs, and city councillors from Laval and the City of Montreal.



Laval-des-Rapides MNA Céline Haytayan and Chomedey MNA Sona Lakhoyan-Olivier lay a wreath on behalf of the Quebec Government.

As well, wreaths were left by representatives from the Hellenic Community of Quebec, the Hellenic Community of Greater Montreal and Greek Canadian armed forces veterans.



Municipal councillors Aglaia Revelakis, Vasilios Karidogiannis and Aline Dib also lay a wreath.

SAVE MONEY

Print your cheques with us with confidence!

Full Banking Security Features

160
cheques
for
\$64

450-978-0070

info@mediatrek.ca

mediatrek.ca

MEDIA-TREK®

Communications - Promotions - Marketing

Greeks from Laval and Montreal gather for Independence Day festivities

Visiting Greek gov't officials credited for their country's rejuvenated economy

MARTIN C. BARRY

Local Journalism Initiative Reporter for The Laval News
marty@newsfirst.ca

Rising optimism over the Hellenic Republic's rejuvenated economy, as well as signs of increased cooperation and trade between Canada and Greece, lifted spirits among many of the 400 guests who attended a gala dinner on the evening of Saturday March 23 at the Château Royal in Chomedey to celebrate Greece's annual Independence Day.

A new start for Greece

This year's celebrations marked the 203rd anniversary of Greece's independence. For Greeks around the world, March 25 in the year 1821 was the beginning of the revolutionary fight that ended 400 years of Ottoman rule.

Following a protracted war in which Greek patriots received support from Russia, Britain and France, Greece finally received recognition from the world as an independent nation in 1832.

For Greeks every year, the commemoration date also has deeply religious significance as it falls on the feast of the Annunciation of the Virgin Mary in Christian Orthodox tradition.

Long list of dignitaries

Among the dignitaries were Greek Ambassador to Canada Aikaterini Dimakis, Greek Consul General in Montreal Katerina Varvarigou, Supreme Court of Canada Judge Andromache Karakatsanis, Archbishop Sotirios of Canada, several members of the current Greek government cabinet, Hellenic Community of Greater Montreal president Dr. George Tsoukas, Saint-Laurent Liberal MP Emmanuella Lambropoulos, Laval city councillors Aglaia Revelakis, Vasilios Karidogiannis, Sandra El-Helou and Aline Dib, Montreal city councillors Mary Deros, Effie Giannou and Despina Sourias, Chomedey MNA Sona Lakhoyan-Olivier, Laval-des-Rapides MNA Alice Haytayan and, Laval-Les Îles Liberal MP Fayçal El-Khoury.

Greece 'a model,' says MP

Vimy Liberal MP Annie Koutrakis, a proud member of the Montreal-area Greek community, was feeling especially proud of her Hellenic heritage when she spoke with *Newsfirst Multimedia* during a reception for officials prior to the main event.

"Greece has become a model – not only because it succeeded in winning its independence more than 200 years ago, but even in modern history," she said, referring to the decade-long debt crisis faced by Greece, which seems to be resolved now at least for the time being.

'Stronger and better'

"When I look around the world now and there are so many areas where things aren't going very well and there is lawlessness, I have to tell you that Greece is a shining example of a country that came back stronger and better," said Koutrakis.

According to a note to investors posted in February by France-based multinational financial services provider BNP Paribas, a spur of economic growth is expected to continue in Greece in 2024, in spite of a decline in activity in the second half of 2023.

"The sharp drop in the unemployment rate (which is now below 10%), the drastic improvement in public finances and the decline in public and private debt testify to Greece's solid recovery," BNP Paribas economic analysts wrote.



Elected officials and other dignitaries from Laval and Montreal are seen here in the foyer at the Hellenic Community Centre in Côte des Neiges on March 24 during the 2023 Greek Independence Day gala. (Photo: Martin C. Barry, Newsfirst Multimedia)

Strong post-Covid economy

According to the bank, a "rebound in post-COVID activity has enabled the Greek government to combine economic growth and fiscal consolidation." Koutrakis noted that while assessing fiscal years 2022 and 2023, several analysts rated Greece among the world's fastest-growing economies.

"They went through a really terrible time that involved a lot of sacrifice – 11 million people sacrificed a lot," she said, referring to the austerity measures which were implemented in Greece. "And if you look at the current government that's in place right now in Greece, they are on the right side of history – they're doing the right things for Greece at this time," she added.

What it means to be Greek

For others who were on hand at the Château Royal, the weekend of activities (which included a parade in Montreal's Parc Extension neighbourhood) was an opportunity to be reminded once again of the values defended by the Greeks of yesteryear, which continue to be upheld by their descendants.

"It reminds us that after 400 years of being under the Ottoman Empire, finally we got our freedom," said Montreal city councillor for Parc Extension Mary Deros. Another proud Greek, Laval city councillor for l'Abord-à-Plouffe Vasilios Karidogiannis, shared her sentiments.

"It's a busy but good weekend going around celebrating Hellenic pride," he said. "Even though I am not Greek, I am so happy to be able to join with the Greeks to celebrate their Independence Day," said Chomedey MNA Sona Lakhoyan-Olivier, whose family has Armenian and Lebanese roots.

Action Laval city councillor for Chomedey Aglaia Revelakis, whose parents both came to Canada from Greece, emphasized the importance of remembering history. "We have to always remember the heroes of 1821 who gave use the freedom to be here," she said. "Because of them, we're free today."

Hellene of the Year

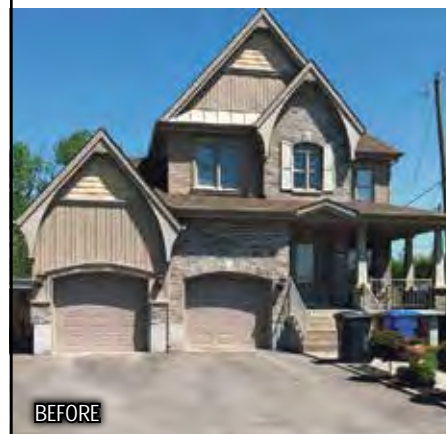
The 2024 Hellene of the Year, following a nomination process held by the Hellenic Community of Greater Montreal, was Dr. Andreas K. Athienitis,

a professor of building engineering at Concordia University. He was presented with a plaque by HCGM vice-president Dr. Michael Tsoukas.

Dr. Athienitis is a Greek Cypriot born in Cyprus in a town called Athienou (his surname comes

from this) which is now in the neutral zone between the Turkish-occupied part of Cyprus and the area controlled by the government of Cyprus, where the great majority of Greek Cypriots live.

RESERVE NOW FOR 2024



with MAINTENANCE AND REPAIR OIL BASED SEALER PROTECTION

We repair:

- Cracks
- Pot holes
- Edges of garage entrances and foundations
- Replacement of drains



Scellant Propre

Call Natale for a FREE ESTIMATE (514) 777-3774

Things to do **THIS MONTH**

Looking for something to do? Here are some upcoming events happening in the Laval area.

AU REVOIR RENZEL, ON SE CROISE À PARIS!

Comedy



Saturday, April 6
8:00 - 10:00 PM

155 Boulevard Sainte-Rose, H7L 1V6

Discover a preview of Renzel Dashington's next show.

From \$25.29

"BE YOUR BEST SELF"

Workshops



Sunday, April 7
10:00 AM - 4:00 PM

1600 Rue Robinson, H7W 2W4

Isagenix Third Run: meet passionate experts, participate in motivating workshops, and connect with others who share the same goals.

\$44.39

#LINKEDINLOCAL LAVAL

Networking



Tuesday, April 9
6:30 - 9:00 PM

Salle AGORA, Porte #14
1000 Bd de l'Avenir, H7N 6J6

Gathering for entrepreneurs to help them consolidate their LinkedIn contact network.

\$21.99

JOURNÉE LIBERTÉ FINANCIÈRE

Conference



Sunday, April 14
10:00 AM - 3:00 PM

Collège Montmorency
475 Boulevard de l'Avenir, H7N 5H9

Key event for anyone aiming for financial freedom.

\$57.49 (includes meal)

DÉJEUNER CONFÉRENCE + TOUR DE TABLE

Conference



Tuesday, April 16
7:30 - 9:00 AM

Hôtel Hilton Laval
2225 Autoroute des Laurentides, H7S 1Z6

Meeting of the Laval Rive Nord Club.

\$47.87 (free for members)

IMMOBILIER VERT L'AVENIR

Conference



Thursday, April 18
11:00 AM - 5:00 PM

3500 Boulevard du Souvenir, H7V 1X2

Conference day on eco-responsibility in real estate.

From \$249

LES SOIRÉES CINÉMA

Ballet



Saturday, April 20
6:00 - 9:00 PM

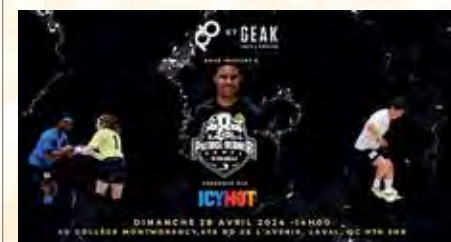
Ballet Tompkins du Québec
3671 boulevard Saint-Martin O, H7T 1A7

Classic and modern ballet evenings presented by the Ballet Tompkins du Québec.

\$2.50 - \$8 (ongoing promotions)

PATRICE BERNIER ET SES AMI-ES

Sports



Sunday, April 28
2:00 - 5:00 PM

Collège Montmorency
475 Boulevard de l'Avenir, H7N 5H9

6th edition of a celebrity soccer match.

From \$30.75

MEDIA-TREK® WINE STOPPERS

FOR *bring your own wine* RESTAURANTS

mediatrek.ca
(450) 978-0070
info@mediatrek.ca

WST — Wine Stopper
1.13", laser engrave or printed logo (1 color), stopper box
100 \$4.74
250 \$2.84
500 \$2.64
1000..... \$2.54/ unit
Set up..... \$54



WST



3 weeks production after art approval.



BC-185

BC-185 — Wine Stopper
Stock Silver Base, stopper box
50..... \$13.44
100 \$12.54
250 \$11.34
500 \$10.44
1000..... \$9.94/ unit
Die charge.... \$144

Over 200,000 small businesses took on new debt to repay CEBA loans

Business insolvencies in Canada jumped by 129.3 per cent in January 2024

MARTIN C. BARRY

Local Journalism Initiative Reporter for The Laval News
marty@newsfirst.ca

Nearly a quarter of small businesses in Canada have been forced to take on new debt to refinance their Canadian Emergency Business Account (CEBA) loans in order to retain access to the forgivable portion, the Canadian Federation of Independent Business (CFIB) says in new revelations surrounding the ongoing CEBA repayment debacle.

In addition, says the CFIB, there were over 50,000 small firms (6 per cent) that were recently pursuing a special extension for those in the process of refinancing.

"Many of those businesses that had to borrow to repay their CEBA loans are facing high inter-

est rates and will be challenged to meet their payment obligations," said Dan Kelly, CFIB president.

Debt didn't go away

"We need to remember while government got a lot of CEBA balances repaid, the debt for many businesses didn't suddenly go away – it just shifted from a low interest government-backed loan to a higher interest bank loan," Kelly continued.

"This should sound the alarm for policymakers, particularly given the business insolvencies are surging," he said. The business environment in Canada is far from being back to normal, according to the CFIB.

CFIB data shows that the financial situation of their business is the primary concern for one in five small business owners. Business insolvencies

are soaring, having jumped by 129.3 per cent in January 2024 compared to January 2023, while the latest data available shows more businesses were closing than opening in December 2023.

CFIB recommendations

As the government is winding down its CEBA program, CFIB is calling on Ottawa to:

- Implement a review process for CEBA loan holders deemed ineligible and introduce a three-year repayment plan.
- Ensure the maximum flexibility is used for those who attempted to take out a refinancing loan to use the special extension to March 28. CFIB urges banks to accept any form of communication requesting refinancing as sufficient proof for the extension.
- Look at new ways to lighten the debt load for

those who were unable to meet the January 18 deadline.

'Many feel abandoned'

"Small business owners face massive debt loads and cost increases," said Corinne Pohlmann, executive vice-president of advocacy at CFIB. "And many feel abandoned by the government and the way it handled the repayment of the CEBA program."

"Ottawa should do more to help them deal with the high cost of doing business and provide concrete financial relief measures in the upcoming federal budget, such as lowering the Employment Insurance premiums for small employers and returning the \$2.5 billion in carbon tax revenue owed to small businesses," adds Pohlmann.

An innovative and humanistic approach to seniors

Résidence Riviera, finalist for the 2024 Health and Social Services Network Awards of Excellence

The CHSLD Résidence Riviera de Laval is proud to announce that it has been selected by a ministerial jury for the Expert Support for the Improvement of Care and Services category of the Health and Social Services Network Awards of Excellence. The Awards of Excellence, now in its 40th year, are intended to highlight the innovative initiatives implemented by players in the health network, whose achievements are part of a perspective of continuous improvement for the benefit of their clients. Nearly 100 applications from across Quebec were evaluated. Of these, four have been selected in each award category and will move on to the next selection phase. The finalists and winners will

be announced at a ceremony this spring in the presence of the ministers.

An important contribution to the improvement of care and services

To qualify for the Awards of Excellence, the achievements of health care institutions had to be distinguished by their innovative contribution and beneficial impact on the delivery of care or services. By implementing the Customer Experience at the heart of its mission, Résidence Riviera has developed an approach that allows it to monitor and improve the satisfaction of the person accommodated and that of their loved ones throughout their stay at the residence.

This new approach is truly integrated into all staff and management activities. The personalization of care and services is at the heart of the concerns of the institution's staff.

Inspiring recognition

The General Manager of the Riviera Residence, Mr. Jean Nadon, took the opportunity to thank all his employees who, on a daily basis, work to offer a humane, safe, organized and dynamic living environment adapted to the needs of residents and their loved ones with personalized services. "We are honoured by this recognition, which will motivate us to continue our pursuit of excellence, while continuing to offer care

and services focused on the client experience," said Mr. Nadon.

Quality of care from generation to generation

A true family-type institution since 1959, Résidence Riviera is one of the five CHSLDs of Groupe Santé Nadon, which are responsible for more than 400 residents and more than 600 employees in two CHSLDs in Laval and three in Montérégie. All of these establishments have received a mention from the Canadian accreditation body Qmentum with scores around 99%. For its part, the Riviera Residence was evaluated with an honourable mention.

H7A	600 Montée du Moulin	Jean Coutu
H7A	600 Montée du Moulin	RONA
H7A	8075 Blvd. Lévesque E	Ultra Dépanneur
H7C	4411 Blvd. de la Concorde E	IGA
H7C	4425 Blvd. de la Concorde E	Jean Coutu
H7E	2900 Blvd. de la Concorde E	Germaine-Guèvremont Library
H7E	3200 Blvd. de la Concorde E	Metro Plus
H7E	3595 Blvd. de la Concorde E	Intermarché Palumbo
H7E	4975 Blvd. Robert-Bourassa	Canadian Tire
H7E	5805 Blvd. Robert-Bourassa	IGA
H7E	2495 Blvd. Saint-Martin E	Pâtisserie St Martin
H7E	3245 Blvd. Saint-Martin E	Villa Val Des Arbres
H7G	155 Blvd. de la Concorde E	Metro Plus
H7G	300 Blvd. de la Concorde E	Polyclinique Médicale
H7G	405 Blvd. des Laurentides	Jean Coutu
H7G	1610 Blvd. Saint-Martin E	Chartrand Ford Inc
H7K	134 Blvd. Bellerose E	Euro Marché
H7K	5000 Blvd. des Laurentides	Metro Plus
H7K	5680 Blvd. des Laurentides	IGA
H7L	180 Blvd. Curé-Labelle	Jean Coutu
H7L	380 Blvd. Curé-Labelle	IGA
H7L	1207 Blvd. Curé-Labelle	Metro Plus
H7L	173 Blvd. Sainte-Rose	Uniprix
H7M	1640 A. Jean-Noël-Lavoie E	Subaru de Laval
H7M	1755 Blvd. René-Laennec	Cité-de-la-Santé Hospital
H7M	1859 Blvd. René-Laennec	Jean Coutu
H7M	1759 Blvd. des Laurentides	Uniprix
H7M	1768 Blvd. des Laurentides	Pharmaprix
H7M	1904 Blvd. des Laurentides	Super C
H7M	255 Blvd. Saint-Martin E	Vimont Toyota Laval
H7M	700 Blvd. Saint-Martin E	Honda De Laval
H7X	550 Autoroute Chomedey O	IGA
H7X	3200 Autoroute Chomedey A13	Chomedey Hyundai
H7X	239 Blvd. Samson O	Allô mon Coco
H7X	245 Blvd. Samson	Jean Coutu
H7X	555 Blvd. Samson	Metro Marché Denigil

DISTRIBUTION POINTS

H7S	1700 Blvd. le Corbusier	Duclos Laval Chrysler
H7S	2250 Av. Francis-Hughes	STL
H7S	1446 Blvd. Saint-Martin O	St. Martin Oasis
H7V	3205 Place Alton-Goldbloom	Jewish Hospital
H7V	1 Place de la Belle-Rive (#7)	Le Domaine Bellerive
H7V	5 Place de la Belle-Rive	Appartements Bellerive 3
H7V	505 Rue Cardinal	Residence Le Renoir
H7V	800 Blvd. Chomedey (Tour B, 2 nd Floor)	CLSC Ruisseau-Papineau
H7V	1333 Blvd. Chomedey	Laval Administration
H7V	1400 Blvd. Chomedey	Jardins de Renoir
H7V	1535 Blvd. Chomedey	Multiculturelle Library
H7V	435 Blvd. Curé-Labelle S	Axion 50 plus
H7V	610 Blvd. Curé-Labelle	Jean Coutu
H7V	3771 Blvd. Lévesque O	Familiprix
H7V	2999 Blvd. Notre Dame	CHSLD Résidence Riviera
H7V	3055 Blvd. Notre Dame (#109)	Boisé Notre-Dame
H7V	1450 Pie X (Suite 214)	CDC Laval
H7W	1013 Autoroute 13	Tennis 13 Fitness
H7W	5400 Av. Clarendon	Dépanneur Bleue
H7W	1665 Rue du Couvent	CLSC Ruisseau-Papineau
H7W	25 Promenade des Îles	Villagia De L'île Paton
H7W	4311 Blvd. Notre Dame	Marché Bamyan
H7W	4325 Blvd. Notre Dame	Tabagie Elite
H7W	4331 Blvd. Notre Dame	Lillies Bakery
H7W	4349 Blvd. Notre Dame	Uniprix
H7W	4919 Blvd. Notre Dame	Vie en vert Supermarket
H7W	4594 Promenade Paton	Manoir des Îles
H7W	755 Chemin du Sablon	Centre du Sablon
H7W	4219 Blvd. Samson	Dépanneur Samson
H7W	4305 Blvd. Samson	Supermarché Atlantis
H7W	4427 Blvd. Samson	Royal Lepage
H7W	4600 Blvd. Samson	Supermarché PA
H7W	4657 Blvd. Samson	Ambrosia Bakery
H7W	4691 Blvd. Samson	Jean Coutu
H7W	4725 Blvd. Samson	Dépanneur Chomedey
H7W	4136 Chemin du Souvenir	Serano Bakery
H7W	4232 Chemin du Souvenir	Dépanneur STO DEP

If you would like to add your store as a distribution point, please contact us

info@newsfirst.ca **450-978-9999** www.lavalnews.ca

How to keep calm before an oral presentation

Do you have to give an oral presentation at school? You may feel ill just thinking about it. Many children — and even adults — get stressed at the thought of having to speak in front of a group of people. In some cases, this fear can even make a person sick and prevent them from sleeping.

SIGNS OF STRESS

If you have any of the following symptoms, it could of course be due to illness, but it may also be due to anxiety about your upcoming presentation: wet hands, sweating, headaches, chest pains, stomach ache, trembling, fast heartbeat, dry mouth.

You may also have unpleasant thoughts, such as being afraid of stuttering, forgetting what you're supposed to say or being laughed at. Does this sound like you? Keep reading!

5 TIPS FOR GETTING BETTER

Although it's impossible to eliminate your stress in the days or weeks leading up to your oral presentation, you can learn to control it. Here are five tips:

1. Prepare your oral presentation carefully. The better you know your subject, the

more comfortable you'll feel.

2. Rehearse your presentation several times in front of someone you trust, like your mom, dad, sibling or friend. You can also practice in front of a mirror or film yourself and watch the playback to see how you can improve.
3. Repeat positive phrases to yourself to stay motivated, such as "I can do it" or "My subject is very interesting."
4. "Talk" to your fear and tell it to go away, stop telling you things that aren't true or stop trying to harm you. Your fear doesn't make the decisions; you do!
5. Do some breathing exercises to slow down your system and help you relax.

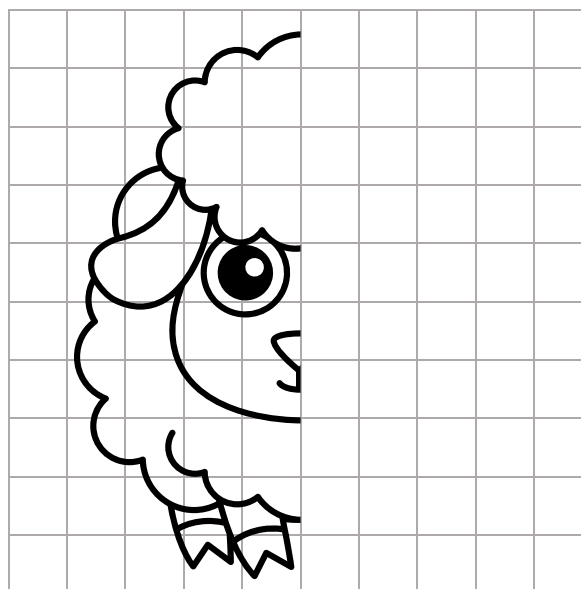
TIPS FOR THE BIG DAY

Is it your turn to give an oral presentation? Take your time and take care not to talk too fast. To give yourself the best chance of success, take a deep breath, move around a bit and focus on a point above your classmates' heads. Do you have any close friends in the class? Don't hesitate to look at them a few times to boost your confidence.

Good luck with your presentation!

KIDZONE

A hangout for the young and young at heart



MIRROR IMAGE

DRAW THE MIRROR IMAGE OF THE PICTURE YOU SEE

Discover the good and bad sides of video games

Do you enjoy playing video games? They're popular among children due to their vivid colours, lovable characters and the rewards they provide, such as points, medals, trophies and objects. However, video games may not always have a positive impact. Here are some advantages and disadvantages to consider.



GOOD POINTS

Playing video games can be a good thing. For example, video games can:

- Help you make friends if you play with other people

- Boost your self-confidence and make you feel proud when you succeed in challenges
- Improve your logic and problem-solving skills
- Teach you interesting or useful things about different subjects

NEGATIVES

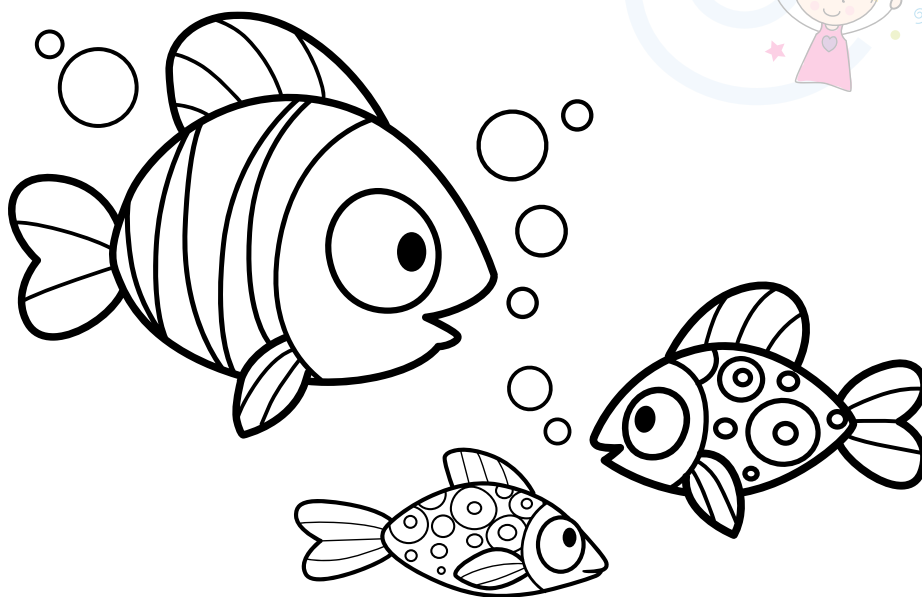
Unfortunately, gaming can also have unpleasant consequences. For instance:

- You can become "addicted" to video games and develop various problems, such as anger issues or frequent nightmares.
- Playing violent video games can change your behaviour and encourage you to be violent in real life.
- Spending several hours playing video games every day can make you sedentary, potentially harming your physical and mental health.

Make sure you play age-appropriate video games, and don't go overboard!



For the up-and-coming artist



Centre Dentaire
Notre-Dame
Dental Center

4375, Notre-Dame, suite 7, Laval
(corner Elizabeth)

Serving the community for over 25 years...
Our priority is your **healthy smile...**

Dr. Savas Fortis, DDS
Chirurgien dentiste / Dental Surgeon



For your entire dental needs call :
450-682-3921

Monday to Friday 8:00 am to 7:00 pm
Saturday 8:00 am to 1:00 pm



By Martin C. Barry

Police seize \$1 million in illegal drugs after raids in Laval, Montreal, Brossard

Warrants executed by police in Laval, Montreal and Brossard recently resulted in the arrest of three suspects and the seizure of close to \$1 million worth of illegal narcotics.

Two men, aged 49 and 23 and a 45-year-old woman were arrested during the execution of search and seizure warrants at the suspects' homes, in their vehicles and at a warehouse they allegedly rented.

Police said they seized 21 kilos of cocaine with a street value of around \$525,000. As

well, around 45,000 tablets of opioid were seized.

According to police, the pills contained metonitazene, a narcotic substance said to be 20 times more powerful than fentanyl and more conducive to poisonings and overdoses as a result.

The raids also resulted in the seizure of 36,000 benzodiazepine (tranquilizer) tablets, as well as amphetamine pills, methamphetamines and steroids, along with \$175,000 in cash.



Recent raid in Laval nets major haul of meth, says RCMP

As part of an investigation that led to the seizure in Montreal of more than two million suspected methamphetamine tablets in late February, police from the Combined Forces Special Enforcement Unit (CFSEU) executed a search warrant at a Laval residence in mid-March, resulting in the discovery of an estimated 1,750,000 additional tablets of suspected methamphetamine.

According to a statement issued by the RCMP, the tablets were located in an unoccupied house in Laval suspected of having been used for the sole purpose of storing drugs.

The Laval raid followed a police operation which was executed in late February at a clandestine laboratory in the Borough of Saint-Laurent in Montreal, where more than two million suspected methamphetamine tablets were seized in a commercial space described by the RCMP as "likely used for synthetic drug production."

Significant quantities of chemicals used in the production of illicit tablets, two pill presses and sophisticated equipment for large-scale

production were also seized, said the force. An investigation, which began in December 2023, led to the arrest of five individuals.

They were interviewed by RCMP investigators and released pending further proceedings. They face charges under the federal Controlled Drugs and Substances Act, including production and possession of controlled substances for the purpose of trafficking.

According to the RCMP, clandestine laboratories can be found in a variety of locations, such as homes, garages and warehouses.

The force notes that clandestine labs pose a great danger not only to those who operate them, but also to neighbors and first responders because of the toxic and potentially volatile nature of the chemicals and substances found there.

If you suspect illegal drug activity in your community, including clandestine labs, drug purchasing or toxic waste dumping, contact your local police service or Crime Stoppers (toll-free) at 1-800-711-1800.

Sainte-Rose daycare bus crash driver sent to trial

More than a year after the bus crash at a Sainte-Rose daycare in which two children were killed and a half-dozen others were seriously injured, the driver at the wheel has been ordered by a judge to undergo a trial.

Former Société de transport de Laval driver Pierre Ny St-Amand, who has undergone extensive psychiatric evaluation while in custody since the Feb. 8 2023 incident, is the key suspect. He faces multiple murder and aggravated assault charges.

The decision by Quebec Court judge François Landry on Thursday March 28 came after four days of testimony and legal arguments presented

during a preliminary enquiry. St-Amand faces two charges of pre-meditated murder and a half-dozen more charges of attempted murder and aggravated assault.

The preliminary proceedings for the 52-year-old were taking place in Saint-Jérôme north of Laval because of a lack of courtroom space currently at the Palais de Justice de Laval.

The Montreal daily *Le Devoir* reported that a request by St-Amand's lawyers that he be allowed to sit in court without handcuffs so he could write down notes was opposed by the head of security at the Saint-Jérôme courthouse, who said Saint-Amand's behavior was known to be unpredictable.

Man leads LPD on wild chase through Laval driving backhoe

A man who allegedly stole a construction backhoe and led the Laval Police and the Sûreté du Québec on a chase through the City of Laval's industrial sector was finally arrested after driving into a ravine in the district of Vimont.

At one point during the mid-afternoon incident recently, up to ten police cars could be seen pursuing the work vehicle, although quite slowly given the typically low road speed of backhoes.

The police were first alerted by a report that a backhoe driver was ignoring orders to stop while travelling along Route 335 south of Boisdés-Filion. The driver then reportedly collided with another vehicle, and was spotted some time after this by the SQ on the service road of Autoroute 440.

Still refusing to stop, the backhoe driver made his way along Industriel Blvd. and on Dagenais Blvd. Ouest, all the while going through red lights and stop signs without even slowing.

After driving into the rear yard of an industrial business on Dagenais, he tried driving into an adjacent wooded area, but stalled in a waterlogged ravine where he got out and fled on foot.

The LPD eventually caught up to the 42-year-old suspect, who was reportedly known to police. However, they had to stun him with a jolt from a Taser before he could be detained.

Although he was transported by ambulance to hospital as a precautionary measure, he was arraigned at the Palais de Justice de Laval on Saint-Martin Blvd. to face charges of dangerous driving, evading police, interfering with police, possession of stolen property and breaking court-imposed conditions.

As a footnote, the backhoe itself had first been reported stolen in Ottawa. There was no immediate explanation from police as to how it ended up in Laval.



A backhoe similar to the one involved in the chase which came to a halt in a ravine in Vimont.



SÉCURITÉ
SPARTAN
SECURITY

A COMPANY YOU CAN TRUST

(514) 289-8585

25 years at your service!

- Burglar
- Fire
- Cameras
- Intercoms

ALARM SYSTEM INSTALLATION + 12 MONTHS MONITORING!



24 HOUR MONITORING



**THIS SUMMER,
A CHOICE MUST BE MADE...**

CATS

SUMMER CAMP ALMOST FULL!

Dancing • Vocal Training • Acting • Masterclasses
Theatrical Make-up & Costumes • Fully Staged Shows • Studio Recording

LAVAL

1st - 19th of July 2024
excluding weekends

École Démosthène: 1565 boul. St-Martin O.

In collaboration with the Hellenic Community of Greater Montreal

SPACES ARE LIMITED!

Info & Registration: chromapanarmonia.com/voicecamp

10:00am to 4:00pm (supervision from 8.30am to 5 pm available) | Ages: 7 to 16 years old

Info: 514-616-6919 dimil@videotron.ca | Directors: Maria Diamantis BMus, Dimitris Ilias BFA, DAMPS





DIRECT ANSWERS

FROM WAYNE & TAMARA

IDENTITY THEFT

Q I've known my best friend for six years. Initially I thought she was a great person who was there for me in times of crisis. As time went by I noticed she was very competitive with others, and then I saw she was most competitive with me.

She will ask what I am wearing, then wear something shorter or more low-cut. She sees me in something, then buys that exact item. She copies phrases I say and repeats facts from me and claims them as her own. When we were in college, she constantly tried to one-up me in grades and games, even cheating to do so.

I confronted her after a close mutual friend brought this to my attention. I tiptoed around the issue because I did not want to hurt or insult her. She said she competed with everyone, but not me, because with me she feels she cannot compete. After that I let it go.

Not to boast, but I am an attractive person, and her male friends always ask about me. I only mention this because I know she is insecure, even though she is an attractive girl who is physically fit, smart, with many friends.

When I moved, she purposely "forgot" to pass on invitations to a wedding and to a reunion of college friends. She forgot my birthday, then tearfully explained it was all a misunderstanding. Mind you I live five minutes from her house, and she did not even pick up the telephone.

You cannot get into a car without her speeding

to show you how fast she can go, or be in a group without her trying to appear more intelligent than you in conversation. I see the person she is inside, and I don't like that person.

Part of my problem is during college she was there for me financially when my family could not be. I will always love her for that. Even though I paid back every dollar, I still feel indebted. Sometimes I think she only helped me so she could feel superior.

Hailey

A Hailey, who you are is a compilation of all you have experienced. You were raised to be good and polite. You have a sense of style and a sense of self. But your friend is invading your identity.

Robbers in a home invasion might take a homeowner's gun and use it against her. You may not own a gun, but you own a sense of niceness and your friend is using that sense of niceness against you. The word "nice" comes from a Latin word which means to be ignorant. You are not ignorant of what is going on, but you are ignorant of your own best interest.

She is injuring you. When you fail to confront her, you are not being honest, and being honest outweighs being nice.

You've seen inside her, and you don't like what you see. The only way to take back your identity for your sole use is by severing this relationship. Don't be nice. Be honest.

Wayne & Tamara

CRIMINAL HISTORY

Q Can a second marriage succeed if both parties cheated on their spouse in the first marriage?

Alex

A Alex, is there honor among thieves? That is what you are asking.

There is an honesty to ending a marriage when you don't love your spouse and don't believe the marriage should continue. Divorce may not be a pleasant thing under

those circumstances, but at least it is an honest thing. There is a creepy, under-the-rock, loathsome quality when someone breaks the vow of fidelity while holding to the convenience of the marriage.

That's what occurs when you start a new relationship before ending the previous one. You crave assurances the cheater won't cheat on you, but there is no assurance of that. It's hard to live in the present while watching your back.

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: GetInTouch@WayneAndTamara.com

WAYNEANDTAMARA.COM

AU VIEUX
DULUTH®



JOB OPPORTUNITY

AU VIEUX DULUTH
LAVAL RESTAURANT

MANAGER
FULL TIME

1755 INDUSTRIAL BLVD.
LAVAL QC

CALL VICKY; 450 663 1165

ALIMENTS GOURMETS
MEDOR WAREHOUSE

CENTRAL KITCHEN HELPER
FULL TIME

815 BOUL. ST MARTIN O.
LAVAL QC

CALL JOHN; 450 663 1165

auvieuxduluth.com | info@auvieuxduluth.com

CLASSIFIEDS • CAREERS • JOBS

News PARC-EXTENSION THE LAVAL news Call 450 978.9999 Payment:   

WE BUY GOLD AND DIAMONDS

- For over 38 years -

450-681-1363



Before selling
elsewhere,
come see us!

Mon. to Wed. - 10am to 5:30pm
Thurs. and Fri. - 10am to 7:00pm
Saturday - 9am to noon
Sunday - Closed

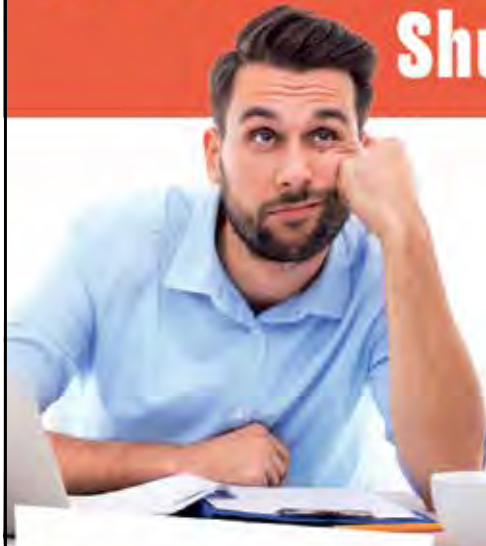
achatorlaval.ca

Same address since 1989

1799, boul. Curé-Labelle,
Chomedey (North of St-Martin)



Is Your Ad Design Company Shutting Down?



NO WORRIES.
Don't miss a beat.

You can have seamless *uninterrupted service* for all your print and web ads, all of your marketing and promotional materials and even page design set-up and running within a few hours. And your ads will look terrific, guaranteed!

- Prices well below what you've been paying elsewhere. Save money!
- Same day service on most ads if submitted in the morning.
- No charge for changes and corrections before approval.
- No charge for stock photos.
- Professional design service.

MEDIA-TREK®

Our 20th year serving
more than 315
newspapers and
magazines each week.

You're in good hands.

Meeting deadlines and
exceeding expectations
is our business!

mediatrek.ca

(450) 978-0070 | info@mediatrek.ca

304-3860 boul. Notre-Dame, Laval, QC H7V 1S1



BASKET OF *Fruits and Vegetables*

16 to 20 VARIETIES

THURSDAY ONLY from 10am to 7pm

In-Store with no reservations needed!

Fresh of the day at amazing prices!

Reserve yours today!



A value of \$70+
at the supermarket
You pay only
\$39

*Fresh products!
Nice variety!
Excellent value!*

Our weekly customers

save
\$1,700
up to
per year

(514) 244-9885
panierdufermier@gmail.com

VISITOURFACEBOOKANDINSTAGRAMPAGE!
f @PANIERDUFERMIER



Fabreville
(Panier du fermier)
3151-B Boul. Dagenais Ouest
H7P 1T8

Chomedey / Sainte-Dorothée
(Action Sport Physio)
2316 rue Desserte Ouest,
A. Chomedey, H7X 4G8

Duvernay
(Action Sport Physio)
4731 Boul Lévesque E
Suite 201, H7C 1M9

St-François / Duvernay-Est
(Marché Misti Perou)
8076 Boul Lévesque E
H7A 3K9

2 EASY STEPS:

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

PANIERDUFERMIER.CA



HOROSCOPE

Week of APRIL 7 TO 13, 2024

The luckiest signs this week:
GEMINI, CANCER AND LEO

ARIES
Your boundless energy will drive you to solve a multitude of problems. You'll be delighted to find that the worries that used to cause you stress are now a thing of the past. Your future is now brighter.

TAURUS
A minor health problem could draw attention. If you treat the situation seriously, you'll get the care you need to recover quickly. Sometimes, all you must do is smile at life and it will smile back.

GEMINI
Expect to have lots of people around you this week. Your friends will suggest a variety of exciting activities, but some could upset you. Use your best judgment to choose the ones that interest you most.

CANCER
Responsibilities at work and home keep piling up. You must prioritize certain tasks and stop procrastinating to get things done. This will give you a sense of accomplishment.

LEO
You'll discover a new form of spirituality beneficial to your mental and physical well-being. It could be a question of learning or sharing knowledge. This brilliant development will help you rediscover your zest for life.

VIRGO
Avoid repressing the emotions that are overwhelming you. Your family and friends will be there to support you in a difficult situation. Things will gradually become clearer, showing you the way to the solution to all your worries.

LIBRA
Relationships are simpler when you're not emotionally involved. You could encounter tension with those closest to you. However, you and your friends and colleagues will understand each other perfectly. Take a step back if necessary.

SCORPIO
Important details will need your attention. A promotion could be on the horizon. However, you'll need to negotiate your position with authority and define your responsibilities. People will be generous with you.

SAGITTARIUS
If you're single, love could be knocking at the door. Perhaps in the form of a close friend declaring their feelings for you. An unexpected sum of money could come your way. At the very least, you could be offered some form of compensation.

CAPRICORN
Your plans to move will come to fruition. Despite your busy schedule, you'll put your family first. Your devotion to those close to you will be obvious. One of your social media posts could garner a lot of attention.

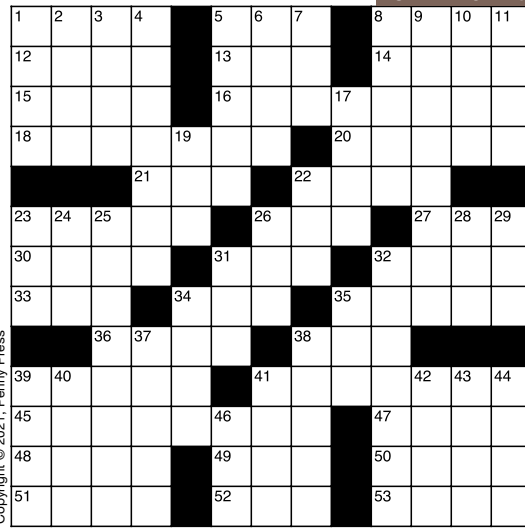
AQUARIUS
You could be tempted to buy a new car. However, you must be sensible to avoid financial stress. Take a few days to think it over, and your desire for unnecessary luxury could fade.

PISCES
Affection will be paramount this week. Devote some time to constructive conversations to resolve tensions in your relationship and promote harmony and tenderness. Following a gut feeling could solve your emotional and financial problems.

Coffee Break

CROSSWORDS

PUZZLE NO. 170



Copyright © 2021, Penny Press

ACROSS

1. "___ the night before..."
5. Provide weapons
8. "Of ___ I Sing"
12. Kind of exercise
13. Pigeon's purr
14. Wolf call
15. College teacher, for short
16. Frogs-to-be
18. Occupied
20. Roll out of bed
21. Scarlet
22. Fasten
23. Rainy month
26. Ventilate
27. Get older
30. Coves
31. Healthy
32. Tinter
33. Needle feature
34. Jewel
35. Defeated one
36. Globule

DOWN

1. Sort
2. Shabby
3. Fascinated
4. Expeditions
5. Performed
6. Highway
7. Stylish
8. Rosebush prickle
9. Thanksgiving and Christmas
10. Fleecy females
11. Different
38. Dismiss
39. Ethical
41. Harms
45. Ran
47. City vehicle
48. Not fatty
49. Point-winning serve
50. Release
51. Concludes
52. Received
53. Movie locations

DOWN

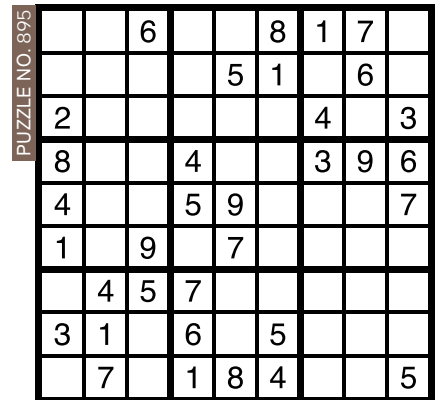
17. Twosome
19. Hair tamer
22. Chomped
23. Honest ___
24. Income
25. Part of a Reuben: 2 wds.
26. Target
28. ___ whiz!
29. Misspeak
31. Nourished
32. Gives to charity
34. Festive party
35. Flight
37. Deserves
38. Military-school student
39. Lawn pest
40. Sincere
41. Art ___
42. Recreation
43. Doorway out
44. Uses a couch
46. Ticket

Sudoku

HOW TO PLAY:

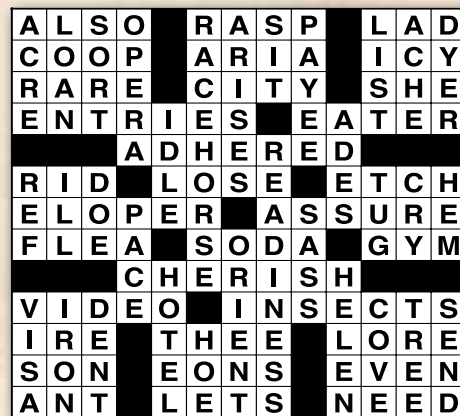
Fill in the grid so that every row, every column, and every 3x3 box contains the numbers 1 through 9 only once.

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

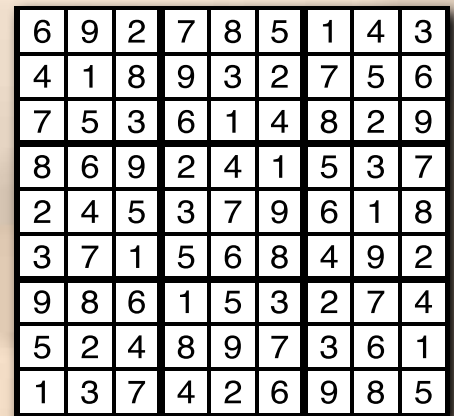


Last Issues' Answers

CROSSWORDS



Sudoku



Doctor Dan Munteanu

PROMOTION ON DENTAL FULL-ARCH IMPLANT-BORNE SOLUTIONS

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

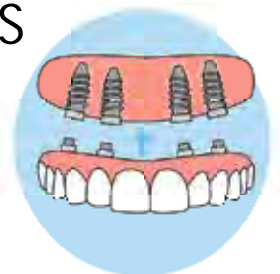
Exceptional price: \$8464 and \$389/month for 24 months for a total of \$17800. Regular price \$28000.

*Included: Minimally invasive guided procedure, temporary restoration, Straumann implants, lab fees, final restoration in zirconia or porcelain on metal for fixed and milled acrylic for Snap-on. Not included: Extractions, Bone or gum grafts if necessary.

Conditional to financing and case approval. Exceptional price ends May 5, 2024

Upper or lower maxillary
Snap-on removable (Novaloc)

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



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

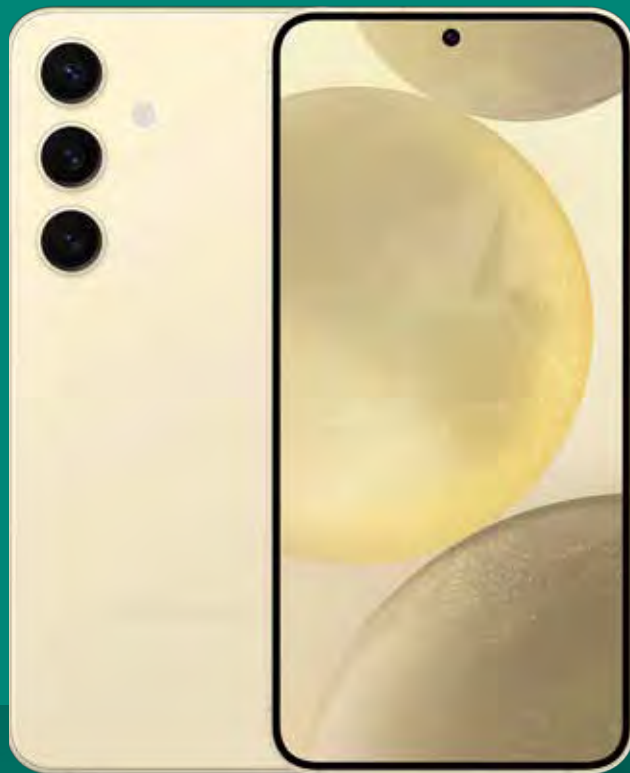




DAZZLING DEALS

on Samsung s24

\$**0**
DOWN



Galaxy AI is here
SAMSUNG Galaxy S24

with
FIDO PAYMENT PROGRAM¹

on approved credit and 0% interest,
on select phones and plans

GET THIS DEAL

Visit **mobifone.ca**
to see all current offers

Place Forest
10539, Pie-IX Blvd.
514 325-7100

Decarie Square
6900 Decarie, Unit K001
514 739-6838

**436, Jean-Talon St West
du Parc Metro**
514 272-2355

**680, Jarry St East
Jarry Metro**
514 490-0099

MONTREAL

Complexe Desjardins
175, René-Lévesque Blvd. West
Place-des-Arts Metro
514 669-1880

**Place du Quartier
(Chinatown)**
1111, St-Urbain St
Place-des-Arts Metro
514 667-0077

Place Alexis Nihon
1500, Atwater Av.
Atwater Metro
514 939-5552

4190, St-Laurent Blvd.
Mont-Royal Metro
514 439-9934

Place Viau
7600, Viau Blvd.
514 887-7784

SOUTH SHORE

Valleyfield Centre
50 Dufferin, Unit 1200
Valleyfield
450 373-2335

Châteauguay Regional Centre
200 d'Anjou Blvd.,
Châteauguay
450 692-7769

NORTH SHORE

Galleries Terrebonne
1185, Moody Blvd.
Terrebonne
450 471-8972

LANAUDIERE

Galleries Joliette
1075 Firestone Blvd.
Joliette
450 499-3014

OUTAOUAIS

Les Galeries de Hull
320, St-Joseph Blvd.
Hull
819 205-1390



Offer subject to change without notice. A Setup Service Fee of \$60 applies to set up your device and related services. Taxes extra. 1.0% Annual Percentage Rate (APR) on approved credit with a Fido Payment Program Agreement (FPPA) and an eligible Fido mobile plan. A larger down payment may be required based on our evaluation of your credit. FPPA based on full price less any down payment plus taxes (excluding promo credits, if applicable, which are applied monthly on your bill for as long as your FPPA and an eligible mobile plan are in place). Any down payment plus taxes is due in full upon purchase. If your FPPA is terminated or your mobile plan is cancelled, the outstanding Fido Payment Program balance becomes due, subject to any applicable adjustments to reduce your balance, and the promo credit (if applicable) will end. TMFido related names & logos are trademarks used under licence. ©2024 Fido