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Minister Nathalie Roy announces subsidies for museums **PAGE 3**

Visits resuming in CHSLDs **PAGE 5**



Rosemère lives green **PAGE: 11**

The emerald Ash Borer is a forest pest native to Asia that has killed millions of Ash trees in Canada



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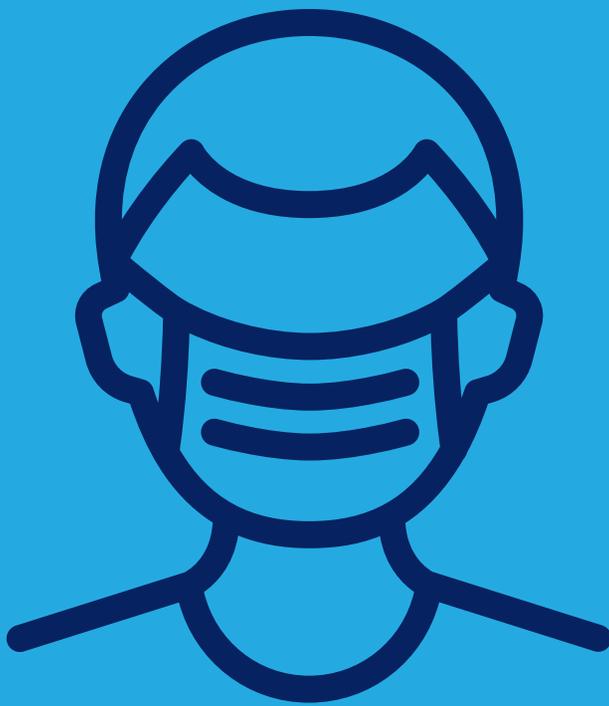
Information and advice inside.

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Sixteen of Quebec's science museums receive \$3.7 million in subsidies CAQ government provides support during COVID-19 pandemic recovery



MARTIN C. BARRY
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Quebec Culture and Communications Minister Nathalie Roy announced nearly \$3.7 million in provincial subsidies for 16 of Quebec's science-based museums during an outdoor press conference held at the Parc de la Rivière-des-Mille-Îles in Laval's Sainte-Rose district on Tuesday July 7.

Good news, says Groulx MNA

"The government of Quebec is happy to support museum institutions with scientific and technological vocations in the relaunch of their activities," Éric Girard, Minister of Finance in the CAQ government and MNA for the North Shore riding of Groulx, said in a statement.

"The economic relaunch plan tabled by the Ministry of Culture and Communications and the Finance Ministry, which was implemented in June, has as its goal to see that the cultural domain is well equipped to deal with the consequences of this pandemic crisis, while becoming once again an important economic driver in Quebec," the Finance Minister added.

The museums

While some of the museums (such as the Zoo Ecomuseum at the western tip of Montreal Island in Sainte-Anne-de-Bellevue) are located within the Montreal region, many others are located in more isolated but picturesque rural regions of the province, such as Gaspésie and the Eastern Townships, where tourism is

"In the context of the current pandemic, I wanted to see that we acted quickly in order to financially support these museum institutions," said Quebec Culture and Communications Minister Nathalie Roy

currently in need of a big boost in the aftermath of the first wave of the COVID-19 pandemic.

Four of the institutions are located in Laval. They are the Centre d'interprétation de l'eau (in Sainte-Rose), the Musée Armand-Frappier on the eastern edge of Chomedey, the Cosmodôme in central Laval, and the Parc de la Rivière-des-Mille-Îles.

More support coming

Another \$5.03 million will be available during the same period to the 16 institutions as part of the government's overall post-COVID-19 economic recovery plan, the ministry added. The provincial government has also been



Left, Quebec Culture and Communications Minister Nathalie Roy and Sainte-Rose CAQ MNA Christopher Skeete announced \$3.7 million in subsidies to science-based museums across Quebec in Laval on Tuesday.

providing subsidies to more than 100 museums of various themes and types in Quebec.

Help during pandemic

"Our government recognizes the essential need for scientific museums in terms of the role they play in education, research, understanding and conservation," said the Culture and Communications Minister. "In the context

of the current pandemic, I wanted to see that we acted quickly in order to financially support these museum institutions which were made vulnerable by the pandemic crisis.

"Their mission is in line with our goal to see that Quebec's culture, of which we are proud, gets promoted and is made accessible," she continued. "And so we will be pleased to support them over the course of the next five years."



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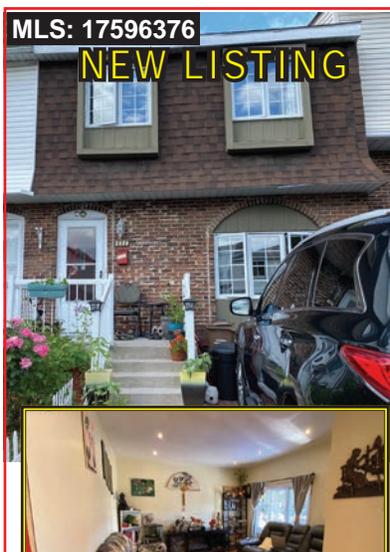


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THAT'S WHAT I'M THINKING

Robert Vairo



Irreconcilable differences. Canada China relations ruptured!

I am fed up with pandering to China. Truth be told, we do not have a relationship with China. A relationship implies "state of being connected". We are connected with this authoritarian, autocratic, dictatorial super power by grief, anxiety, and bullying. What the hell kind of relationship is that! Irreconcilable differences. Any couple in that kind of relation would be granted a divorce. Brian Mulrone agrees. It's time for "an immediate and urgent rethink of our relationship with China". They interfere with our justice system. They kidnap our people. They steal our intellectual property. They buy our companies, with an agenda. They just purchased TMAC Resources in Nunavut. Just for the gold mine? Don't kid yourself. They have just reinforced their foothold in Canada, in the Arctic. What's in the Arctic? It's a most desired, convenient, straight line Pacific connection to China, new trade routes with melting ice, and exploration for Arctic oil and gas. One estimate suggests the Arctic holds "nearly one-third of the world's natural gas and 13% of global oil reserves". Should Canada limit Chinese investment in Canada? Absolutely. Huawei is now openly spying in Canada under the guise of "lobbyists expanding AI research in Canada". I can't believe TELUS installed Huawei equipment for its 4G network. Huawei stole NORTEL data, once a Canadian world leader in wireless technology. It's a spy network. Huawei is an arm of the communist Chinese military. They continue to steal our technology. How clear can I be!

If China doesn't like something we do, they retaliate. They not only kidnap, but they cut off our canola seed exports because of the Huawei Meng arrest. And because of the latest extradition judgement, China has "found insects in our lumber" and charged the two Canadians they kidnapped. Now China wants a Covid waiver from Canadian lobster fishermen. I have two words for China!

China is also in a fight with Australia over the call for an independent investigation into the "origin and spread" of COVID-19. Good for Australia, and rightly so. This China originating virus (and now another swine flu) has ravaged the global economy, infected 11 million, and killed 525 thousand. These are not just numbers. They are human beings. China MUST be held accountable. China was predictable in its reaction. Threats of consumer boycott, and accusation that Australia is "a gum stuck on the sole of China's shoes". What disrespectful bullies! If China really had nothing to hide, it would not be defensive and engage in smear campaigns. There's more. The Chinese espionage machine is embedded in the Huawei 5G equipment for the wireless network they want in Canada. Why didn't Justin Trudeau just say no, long ago? Is it because China contributes to the P.E. Trudeau Foundation? "Cash for access and favours" suggests Rona Ambrose. By the way, contributions to the P.E. Trudeau Foundation from foreign governments, including China, have increased since Justin became PM. Harper handled them well, stopping China from buying our natural resources. A great start, but it all unraveled with the Trudeau regime. Trudeau says "they don't understand our system". What? They HATE our system. They'd like to destroy it, like trampling on democratic Hong Kong with a police state in defiance of the 1997 deal with England. Trudeau says "everything is being done" to get the two Michaels back. Not true. We can't do this alone. Canada and western democracies must stand together against China. Suspending the Canada-Hong Kong extradition treaty is a small first step. But may I suggest granting Hong Kongers asylum, sanctions, recalling ambassadors, tariffs on Chinese imports, withdrawal from the Asian Infrastructure Investment Bank. Arrest, charge, or deport Chinese pressuring Canadians critical of China. Revoke the visas of 140 thousand Chinese studying in Canada. Less trade. Hurtful at first but consider this. We import 75% of trade dollars from China. Mainly junk. Electrical components that work temporarily or not at all, furniture that's flimsy, often doesn't fit properly, toys loaded with lead, fertilized crops full of chemicals, and let's not talk about their car parts. What do we export? Quality stuff my friends. Lobster, wood pulp, oil seeds and grains, ores, mineral fuels and oil. They stopped canola imports from Canada, wheat and pork from the US, soybeans from Australia. Sooner or later they have to come back to Canada because we have what they want. We want the two Michaels back and not a dubious relationship. Stand up Canada! Get respect from this lying, cheating, evil beast. Divorce!

That's what I'm thinking.
Have a safe summer!

Media, Bias, and Politics

'Blame the media' is a frequent response to any problem of public image or perception, and it is certainly an element in discussing the present state of political engagement in Quebec. Relations between the media and politics, as institutions, have become increasingly poisonous in recent years, although it is important not to present too rosy a picture of how things used to be. Perhaps at one point between the servility of the 1950s and the cynicism of today there was an ideal situation, but it was a brief and unstable state of affairs.

The purpose of this piece is not to discuss the entirety of the relationship, but to make one or two points about how it affects the voters and public perception whether for federal/provincial elections, and, of course, the November school elections for the nine English school boards in Quebec under Bill 40. The discourse used in talking about politics is often baffling if not offensive to many citizens. It focuses on the aspect of politics which most voters, with good reason, care least about, particularly about school board elections where voter turnout is under 17%; who has won this or that argument, whose career is on the up, who is expected to do well or badly in this or that election.

Media coverage stresses the issues that matter to insiders, while often talking to the public in a mock-sophisticated tone of voice that purports to reveal the truth behind what the politicians say. Media presentation of politics and politicians (open to definition) is based to a large degree on a one-dimensional version of what motivates politicians and what they do. Yes, they do want power. Yes, they do use techniques to present things in the way most favorable to themselves. We know this. But they also represent different strands of public opinion, they have ideas and policies that may be good or bad for the country, province, city as a whole or for any given subsection of it. This is what often seems to be lost in political coverage. The press drives the news, rather than the news driving the press.

Journalists may choose not to cover a certain event such as the controversial legal challenge on the hearing of Bill 40 which took place at the Superior Court on June 26 under presiding Justice Sylvain Lussier. Because of lack of public interest in this matter, Gazette journalist stated to TLN that there would be no report on the event. Due to professional ethics, TLN chooses not to divulge the journalist's identity who was present at the hearing. TLN also contacted CJAD to inquire about the same subject, however, no response to date. Oddly, no talk show on this matter. We also attempted to call CBC, left a message, but no response; Global TV same song. Also called CTV, however,

the journalist who responded was not aware of the assignment, but assured that there will be coverage after the judge's decision on the injunction. Journalistic selection.

Furthermore, coverage of political social issues themselves reflects this bias towards conflict and narrative. They are seen through metaphors of battles, politicians and lobby groups lining up their ducks in every level with an ever increasing tendency to focus on insider strategy or the simple horse-race aspect of who is ahead. One cannot object to giving stakeholders information about how things stand locally, provincially, and nationally, but an obsessive focus on this alone denudes the process of meaning.

A step further than the understandable focus on the personal conflicts and ambitions inherent in politics is a deeply corrosive cynicism. This is something bordering on journalistic, let's say Fascism/Progressive Socialism/Marxism/Anarchism, in which all elected politicians are contemptible, all judges are disreputable and only journalists are capable of telling the truth, even though what passes for truth is sometimes little more than prejudice unsupported by facts. There are large proportions of the electorate/stakeholders who believe things which are demonstrably, factually untrue, or for which evidence is lacking.

It is entirely possible for media outlets to cover publicly contentious topics in an informative and responsible manner. Every situation is different, but I am increasingly hesitant producing an opinion piece when individuals wish to keep their anonymity because it is not my job to provide false balance and thereby justify bad journalism. When the evidence is clear-cut, the assumption that good journalism requires mutually opposed views to be treated as equally valid simply doesn't hold. False balance arises when journalists present opposing view-points as being more equal than the evidence allows.

Impartiality lies at the very heart of good journalism - avoiding bias is something on which respectable media outlets pride themselves. This is laudable, as robust debate is vital for a healthy media and, by extension, an informed society. But when the evidence for a position is virtually incontrovertible, it is profoundly mistaken to treat a conflicting view as equal and opposite by default.

None of this is intended to pin the blame for these deleterious consequences on journalists and media outlets alone. The assumption that good journalism requires mutually opposed views to be treated as equally valid simply doesn't hold when the overwhelming weight of evidence points resolutely in one direction.

Renata Isopo

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

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Gunfire in Boisbriand

Thérèse-De Blainville Police is investigating

DIMITRIS ILIAS- NSN

The officers of the Thérèse-De Blainville Intermunicipal Police Board (RIPTB) are currently investigating the circumstances surrounding a case involving shots that were allegedly fired at a private residence in Rue Chablis, a residential district of Boisbriand at around 3:53 am this morning. No one was injured during the event.

Gunshots were said to have been heard by citizens of the area. The police sweep failed to locate any suspects, and a security perimeter was erected. The investigators are currently working to meet witnesses in order to establish the exact circumstances of the event.

The assistance of a dog handler and specialists in legal identification from the Sureté du Québec were requested in order to facilitate investigations at the scene.



"The investigators will have to check if this event can be linked to one or some of the occupants of the house" explained Martin Charron, spokesperson for the RIPTB.

Thérèse-De Blainville Police investigating armed assault

DIMITRIS ILIAS- NSN

The officers of the Thérèse-De Blainville Intermunicipal Police Board (RIPTB) are currently investigating an armed assault that allegedly occurred around 9:30 p.m. on Wednesday evening in the city of Sainte-Thérèse.

The victim was a 23-year-old woman which was allegedly attacked in front of her home on boulevard René-A. Robert. Initial reports indicate that the suspect, whose motives remain unknown, injured the victim in the stomach with a blunt object before running away.

As a result of the brutal attack, the woman was taken to a hospital center to treat life-threatening injuries. Immediately after, the police quickly began sweeping the area in search of the suspect and clues. No arrests have been made to date.

Investigators are working to deal with the crime scene and meet with witnesses to try to clarify the causes and circumstances that led to this armed attack.

All information relating to this file can be transmitted confidentially to 450 435-2421 ext 0

Visits slowly resuming in CHSLDs in the Laurentians



DIMITRIS ILIAS
Local Journalism Initiative Reporter
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The CISSS des Laurentides is now authorizing visits in most of its installations, under certain conditions. Stringent safety measures are in force to protect residents, visitors and staff.

It is now possible to visit a loved one at a rehabilitation centre or hospital, or a resident of a long-term care facility (CHSLD), except for establishments and units experiencing an outbreak, which remain closed to visitors. Families that wish to visit are asked to confirm beforehand with the care unit involved in which visiting is permitted. All the visitors must comply with instructions, including regarding visiting hours, protection protocols (filling out a health questionnaire, wearing a mask or face covering, washing hands) and restrictions on the number of visitors.

Visits to hospitals in the Laurentians

Visits to hospitals are limited to one person at a time, for a maximum of 4 visitors per day. Visitors should be between 18 and 70 years of age. Please note that visitors must be free of any COVID-19-related symptoms and must not have been in contact with an infected person and/or awaiting a test result. Physical distancing must be practised in all cases. This is to protect the health and safety of our residents, staff and visitors. For details regarding the specific conditions required for each sector



and for other installations, residents are asked to check the Visitors section in the COVID-19 webpage on the CISSS des Laurentides. Given that the situation is evolving, it is recommended that residents regularly check for updates to the guidelines.

Caregivers

Since May 11, 2020, the CISSS des Laurentides has authorized visits by significant caregivers to loved ones in residential facilities in the Laurentian region. The restrictions listed above do not apply to these types of visits.

Saint-Jérôme hospital

Given its status as a designated COVID-19 center, the Saint-Jérôme regional hospital continues to accept COVID-19 patients in need of hospitalisation. For this reason, visits are prohibited, except to those in the maternity unit (centre mère-enfant) and to bloc R.

Boat ramp at Charbonneau Park-Rosemerites only



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Due to the high traffic at the Charbonneau Park boat ramp, the city Council has decided to allow Rosemère residents only to launch their motorboats there.

"Already in 2018, our council has reserved the launching of motor boats at Charbonneau Park to our residents on weekends and holidays. Since then, it is clear that our boat launch has become increasingly popular during week days. Since this facility is not designed to accommodate such a large volume of motorized watercraft, we made this decision, first of all, from an environmental standpoint, in order to further prevent shoreline erosion so as to protect the fragile biodiversity along the shoreline. Secondly, from a community standpoint, we wanted to allow

our residents to have priority access to the water for their motorized watercraft," stated Rosemère Mayor Eric Westram.

Despite this restriction, it is still possible for visitors to launch their human-powered boats at no charge at the Charbonneau Park boat launch.

Additionally, the city of Rosemère reminds its residents, the various boating safety tips for the Mille-Îles river:

Share the waterways between motorized and human-powered watercraft.

Be attentive to traffic on the river and its banks.

Respect the safety rules on the water and travel at a reasonable speed.

Wear a personal flotation device (PFD) at all times.

With the upcoming summer expected to bring high temperatures, river sports and boating has become very popular and traffic to the different boat launches has increased dramatically.



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City of Rosemère council meeting of July 6th



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On July 6th the Rosemère city council held its monthly meeting. The meeting was televised and streamed live through the city's website with the mayor being physically there in the council chamber and the councilors joining online from their homes. Mayor Westram started the meeting with the most recent activities offered by the city as deconfinement continues during the summer.

Foot rally at Rosemère, discovering the town *au nature!*

In a playful and competitive spirit, with family, as a couple or with friends, residents and visitors can take part, starting today, in the brand-new foot rally offered by the Town of Rosemère. Divided into three distinct routes, participants will be led through areas of Charbonneau Park, Hamilton House and the surroundings of the Memorial Community Centre by answering observation questions in order to get to know the Town of Rosemère from a new angle! Truly a unique and new experience for an activity starved population in times of Covid-19.

A foot rally is first and foremost a game of searching and observation. Usually in teams of two or four people, participants must find answers to simple questions. This rally is mainly intended for 12-year-olds and over; however, children can always surprise us! Participants

are invited to print out the questionnaire on the Rosemère website, go to the sites along the route, follow the directions and, lastly, observe the environment to find the answers. Wherever the participant's eyes can see, the answer may be there!

"Although our summer this year is nothing like previous summers in terms of events and activities, this doesn't mean that nothing is happening in Rosemère. We set up this rally in collaboration with Rallye bottine Laurentides in order to offer an activity that is out of the ordinary to families from here and elsewhere. As you will see, over the rally's three routes, participants will be surprised at some unexpected facets of the Town. This is an amazing way to discover Rosemère's history and built heritage," stated Mayor Eric Westram.

Library opens

As of July 6, the mayor was happy to announce a new phase of reopening for the municipal library. The beginning of the Summer schedule is: Monday to Thursday: 10 a.m. to 9 p.m. and Friday and Saturday: 10 a.m. to 5 p.m. The library will be closed on Sundays Citizens will once again have access to the library collections. It will now be possible to reserve an available document. The maximum is 4 reservations. However, returns are made only by the book drop. The city is asking the residents not to clean the documents. They will be quarantined for 24 hours after their return from the book drop. The creation and renewal of the citizen's card will be done on-site only and no longer by phone. The computer lab, rest areas, work areas and washrooms remain closed.



Minor dispensation requests

There were numerous minor dispensation requests which were all adopted by council. The council also adopted many changes and expansion part of the site planning and architectural integration program as well as numerous urban planning by-laws.

Blue Algae

During question period one of the citizens asked about the danger of contamination of the river by blue algae when the boats are pushed in the river at the boat ramp in Charbonneau park. Blue-green algae (also called cyanobacteria) are a type of bacteria found in many lakes, ponds, and reservoirs. These bacteria can multiply a lot in the summer, which causes extensive growths called blooms. Algae often form when conditions are calm, and they look like scum on the surface of water. The algae can be blue-green or greenish-brown and often smell musty or grassy. The mayor explained that a high-pressure water hose will be installed in order for boat owners to clean the surfaces of their boats before launching them in the Mille Îles river.

Racism in Rosemère

One of the anglophone constituents

complained that despite the city's resolution of June 8th against racism, incidents of racism in her child's school as well as racist graffiti. The Mayor thanked the resident for her questions on antiracism measures and reiterated that the city condemns all forms of discrimination in society and it intends to take complete and concrete prevention action which will be communicated to all the residents once completed.

Council and Public works

In council, financing of 10,000 was approved for the creation of a meditation garden at Hamilton House using working capital including a statue on the grounds as well a resolution for the permanent protection of Sacré-Coeur Forest. Projects in public works included the installation of a rainwater collector on Roland-Durand Boulevard between De la Lande and Des Prés Streets, including ditch repair.

Also a project to improve the Rivière-des-Mille-Îles shoreline in Charbonneau Park, as well as a presentation of a project to develop a bike path on Labelle Boulevard to serve the Town of Rosemère, using financial assistance provided for projects related to Phase 2 implementation of the Green and Blue Corridor on metropolitan land were presented.

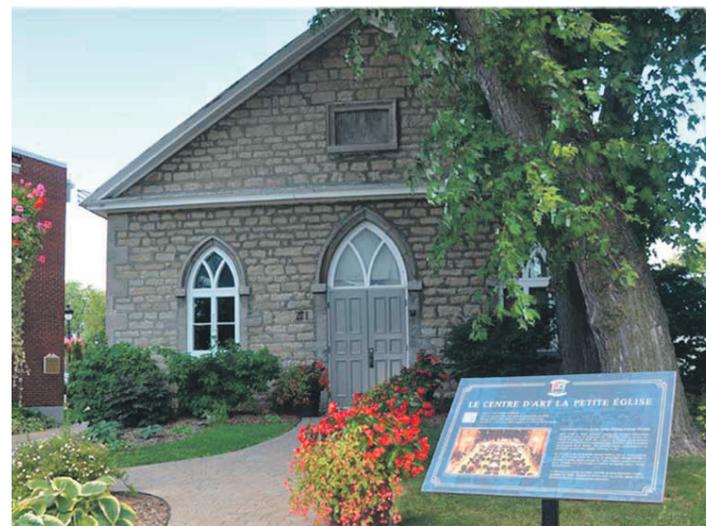
A survey on the shows offered at the La petite Église Art Center

The petite Église Art Center in the City of Saint-Eustache wishes to know the intention of its customers regarding the possible reopening of its performance hall from autumn 2020, in accordance with the instructions issued by Public Health.

The performance hall of the Art Center La petite église is an intimate hall that can, under normal circumstances, accommodate 200 spectators.

In the current context, the number of spectators will be reduced in order to respect the ratio, the physical distance, and the process of welcoming spectators (hand washing, wearing of visors by the reception staff, "scanner" scanner in order to do not handle our customers' tickets, etc.).

The city of Saint Eustache is organizing a survey to ascertain how comfortable citizens are in being in a performance hall under these conditions. It will be a short online survey distributed from the city's official website.





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Urbanistic vision: Deciding Rosemère's future

Position of the municipal council in line with aspirations of town's residents

How do you design a town's future look? What does it take to preserve an identity and pass on an urbanistic heritage to the future generations?



DIMITRIS ILIAS
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One of the key elements of Mayor Westram's political program before being elected was the Rosemère Urbanistic vision. The necessity came after the realisation that Rosemère lot division and building permit requests were not done based on a clear line of understanding of what was wanted in different areas and were examined on a case to case basis.

A heritage for future generations

"You could have a two-floor duplex being built right by a 1955 bungalow. We wanted to create a vision where you could tell people what type of house suited each area" emphasized mayor Westram. The idea was that rather than looking each individual demand as it came in overall the image was clear and people knew what can or cannot be done. "We wanted to have a heritage for future generations and it is one of our biggest achievements. It took 2.5 years to complete" said Westram.

Public consultations and report



The 10-15-year plan was supported by ten public consultation sessions since 2018, at which nearly 1,700 respondents expressed their views.

One such consultation was a survey for the town's infrastructure and equipment which was conducted in February 2018 to better understand the expectations and concerns of Rosemère residents. The survey provided an opportunity for 523 respondents to express their views. Of these, 82% agreed that the Town should invest in improving the quality of its



The Town Council, in its urbanistic vision, will make the land on the site of the former Golf course subject to compliance with an overall development plan (ODP).

infrastructure and facilities, while respecting residents' ability to pay. Similarly, more than half of the citizens surveyed (55%) indicated that they would accept that the Town implement a major investment plan for the improvement of municipal infrastructure and facilities.

Following the public consultations held on February 19 and 22, the Town of Rosemère released the independent report prepared by Provencher-Roy, a specialized firm that is assisting the Town of Rosemère in this important process. Further to the release of this report, Town Council is also presenting its position paper on all of the public consultations held over the past two years regarding Rosemère's urbanistic vision. This position, in terms of land-use planning, is in line with the aspirations of residents. The vast majority of the citizens that participated are homeowners (97% compared to 3% of citizens who rent). "Thanks to the commitment of the participants, who have the development of their Town at heart, the steps taken over the past two years

have enabled us to establish an urbanistic vision that meets our residents' needs and reflect their values," stated Westram.

Town Council's position will guide its next Master plan and its various bylaws. In other words, this position paper reflects Town Council's vision for the development of Rosemère's territory. All future redevelopment and development projects will therefore have to be consistent with this vision.

Golf course

The Town Council, in its urbanistic vision, will make the land on the site of the former Golf course subject to compliance with an overall development plan (ODP). All projects that are in line with this ODP will then be submitted to the residents for approval. In addition, it should be noted that the City will conduct a study on the current environmental potential of the site of the former Golf, as well as a study on its market value. The municipal council wishes, like its fellow citizens, to preserve a threshold

of 50%, as a minimum, of the site of the former Golf in green spaces.

Mayor Westram said that the site is already rented every Winter for different activities including cross country skiing and snowshoeing. Right now, the golf course is privately owned and the current owners paid about 20 million dollars to acquire it, planning to develop it fully something that the city did not allow them to do. The mayor had to give a stern warning to the citizens that were trespassing during the summer. "We had people using the golf course like their private property and we had to put an end to that. The area is nor adequately lit, it is dangerous and above all it is illegal" said mayor Westram.

"It was always a dream of mine to have a big community park in the middle of Rosemère but the land is expensive and at the end of the day the citizens will have to agree to use their tax money for a purchase of that magnitude" concluded the mayor.



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Enjoy summer, but continue to protect yourself!

Summer has just begun and like other vacationers, you are likely looking for things to do. To know what is allowed, click on this link: [Québec.ca/relevance](https://quebec.ca/relevance)

The success of reopening depends on everyone's commitment to rigorously implementing public health recommendations at all times.

If you have COVID-19 symptoms, **remain at home, call 1 877 644-4545** and take care of yourself.



Exploring/rediscovering Québec

To safely explore Québec, plan your trips and stays in advance and learn which public health measures have been put in place in the areas you intend to visit.

Check BonjourQuebec.com to learn about the attractions you can discover in the regions of the province and take advantage of 25% off package pricing for overnight getaways when you use Explore Québec on the road.

All that's left to do is to choose your destination, and off you go to explore a paradise that awaits you so close to home!

Finding lodging

Various types of tourist lodging are available for rent, such as chalets, ready-to-use campers, yurts and rustic shelters. If you prefer hotels, they are available throughout Québec. Those who wish to sleep under the stars can choose from a variety of camping grounds or outfitters.

Remember how important it is to always follow **all public health recommendations**, including the ones that apply to gatherings and physical distancing.





What's available this summer?

Enjoy the bounty of nature

If you feel the need to chill in the great outdoors, why not take the trail less travelled by hiking, canoeing or cycling? If you enjoy fishing, you can tease the beasts all day long, no problem. Check the list of Sépaq and other Québec trails and lakes—you won't regret it. For more details about available activities and public health recommendations visit sepaq.com/covid-19

Enjoy summer with your family

Are you looking for fun things to do with the family? Try discovering the wild and wonderful animal life at Québec zoos or walk among the plants and flowers in the fabulous public gardens of the province. Whether you are looking to discover the most popular attractions in Québec or little hidden treasures in your own region, don't miss out on savings of 20, 30 or even 40% with the Attractions Passport. Visit Quebecvacances.com to get one.

If your desire is to take a one-day cruise ship excursion, you can do this since July 1, 2020.

Are you a "culture vulture?"

Québec offers many museums and exhibitions for art lovers. Go to musees.qc.ca/en/museums/ to locate your ideal museum and visiting hours.

Enjoying the water

Are you looking for a great place for a tan and a dip in the water? The endless Québec beaches are now available to you—don't miss out! Fine sand, loungers and multi-coloured beach umbrellas combine to offer you so many paradise experiences for the great days of summer.

If exploring lakes and rivers is your thing, you can try paddleboards, kayaks or windsurfing. But always remember to be careful and abide by applicable safety measures. You don't want to risk drowning!

Staying active outdoors and indoors

Do you like to move your body and stay active? Both individual and group sports are now allowed whether they are practised indoors or outdoors. Just put on your sneakers and get moving!



Savouring local products

If you have a taste for discovering local products, you can visit craft food makers and tourism farms near you.

But you will be able to feast on local products on restaurant patios. In open restaurants, 2 metres physical distancing measures or physical barriers between customers (except for people who live under the same roof) have been put in place to limit contagion.



Spending time with friends and family

From now on you can invite guests to your home, on condition of abiding by all **public health recommendations**. Gatherings must be limited to no more than 10 people and a distance of at least 2 metres must be kept between people who are not from the same household. Furthermore, it is requested that they include people from no more than 3 households.

We are counting on everyone to find solutions that keep the danger of the virus spreading as low as possible. This could include writing the name of each guest on their personal glass and serving in plates or bowls that are unique to each household. Be creative!



Enjoy summer!

Being watchful will help the good times stay safe.

This fact sheet is based on information that was available on June 25, 2020. The situation can evolve quickly and changes may occur, so please visit the following website to be sure you have the latest available information: Quebec.ca/reliance

[Québec.ca/coronavirus](http://Quebec.ca/coronavirus)

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Québec 

Direct? Answers

from • Wayne & Tamara

What Lies Beneath

About six weeks ago, I broke up with my boyfriend of three years. I am still struggling to find the truth.

There were several incidents which led me to believe he cheated on me, but he refuses to admit to anything. Two of the most obvious incidents were women telling me from their own mouth that they slept with him. These were isolated incidents about six months apart.

He says they are both lying, even though the first woman told me this early in our relationship. We are now not together, but I still want the truth from him. It eats at me every single day.

Recently we started seeing each other again. I know I shouldn't, but I still care about him and it's better, or so it seems, than the uncertain future of being single again. Why will he not tell me the truth? Is there any possibility he actually is telling the truth?

How do I move on?

Ginger

Ginger, you want to leave the door open by claiming you can't move on until you have the truth. But you don't want the truth. You wanted an extremely plausible lie, and you will search high and low until you find it.

You had three years to gauge what this man is like. Three years to record what his voice, manner, and posture tell you. Then your gut reported, "Yep, he's lying." In addition, you have testimony from two eyewitnesses and incidents you allude to without mentioning. In the law that's called a preponderance of evidence.

Still, you hold out for a confession, even though most criminals are convicted without a confession and most guilty people never confess.

In the movie *A Few Good Men*, Tom Cruise, as a Navy lawyer, relentlessly interrogates Jack Nicholson, a Marine colonel. Nicholson avoids answering the questions until finally, exasperated, he blurts out, "You can't handle the truth!"



That's the problem. You can't handle the truth. It is too disconcerting. Even if he confessed, your mind would create another line of defense, such as, he promised to change.

This man has nothing to gain from telling the truth, but he does have something to lose. You. So the battle is not with him. The battle is in your interior world, a place where you cannot handle the truth.

You stayed with a man who cheated on you because of a weakness within you. That weakness, that foible in you, is the part that made up "I can't let go until I get the truth."

That's not love. It's the part in you which needs fixing. And a big part of what needs fixing is what his cheating did to you. It has lowered your confidence and your self-esteem. It has made you feel you cannot attract a good man. It has made you feel you don't deserve better.

It's a chicken and egg problem. He made you feel like no one else will want you, and now you act as if he is the only man in the world. But there are plenty of other men out there, and you have decades of life ahead of you.

When people write us, they almost always tell the truth, though they can't see it themselves. "I am staying because I don't think anyone else will want me." That's the truth you told us.

Your letter is about fear, and there is only one truth about fear. Living with fear is worse than facing fear. You've named your fear. Now face it

Wayne & Tamara

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

The Baking Soprano

by Maria Diamantis



Cherry sweet spoon



Here's a story of a lovely lady who has a job, a family and a recipe food blog of her own (with her lovely sister). As you were reading this, you were probably about to sing the theme song from the Brady Bunch and you're not mistaken! Being a musician, a lot of melodies are swimming in my head, so don't be surprised!

My friend, which I was fortunate to meet through a student of mine, brought her sweet daughters to me for piano lessons. Ever since then we become great friends...what a win-win!

Billie Bitzas and her sister Helen, created a very successful food blog called Mia Kouppa. In it they share with us a myriad of different recipes inspired from their parents. miakouppa.com has thousands of dedicated followers. The following Cherry sweet spoon is my mother's recipe that was featured on Mia Kouppa. Here is a concise version of the recipe:

One cup: Cherry spoon sweet" servings="6-7 small jars" time="2 1/2 hrs, plus 24 hours resting period"

Cherry sweet spoon

INGREDIENTS:

- 6 pounds cherries
- 8 cups sugar, approximately
- 1 cup water
- juice of one lemon

Instructions

– Wash cherries and remove stems. Remove the pits and allow them to collect on a baking tray. Transfer pitted cherries to a bowl. You will see that the tray where you have collected the pits also has quite a bit of cherry juice. Pour this juice (no pits) into a large pot along with 1 cup of water.

Add your cherries and sugar to the pot. For 6 pounds of cherries (about 16 cups), you will use approximately 8 cups of sugar. The ratio of cherries to sugar is 2:1.

– Place the pot over medium heat and boil for 10 minutes. Remove the foam which begins to collect on the surface. Use a slotted spoon to remove the cherries from the pot. Place them in a colander set over a large bowl.

– Add the lemon juice to the pot and boil the liquid for 15 – 20 minutes. Return the cherries to the pot along with any liquid collected in the bowl.

Repeat this process 2 more times, but do not add any more lemon juice.

When you return the cherries and liquid to the pot for the third time, boil for 5 minutes. Turn off the heat and allow to cool.

– When cooled, cover the pot with clean paper towels and then the lid. Set aside for 24 hours at room temperature. Replace the paper towels periodically if they become moist.

– After 24 hours, take some sauce out of the pot and pour it onto a small plate. Move your plate around to see how thick the sauce is; it should be thick enough to drip slowly across the plate. (If the sauce is too thin, you will have to remove the cherries and add about 1/2 cup of sugar at a time to the pot and boil it for 5 - 10 minutes, or until the liquid thickens. At that point you return the cherries).

When your liquid is the right consistency, bring the cherry and sauce to a boil for 5 - 10 minutes.

– Meanwhile, prepare your jars for canning. Wash your jars and screw band tops very well in hot soapy water.

– Carefully pour the hot cherry spoon sweet into your jars, leaving about 1/2 inch space from the top of the jar. Place the flat disc on the jars and secure with the screw top ring. Place your filled jars in a large pot of water and process them by bringing the water to a boil and boiling your jars for 15 minutes. Remove from the water and allow the jars to sit, untouched for several hours, until completely cooled.

– This cherry spoon sweet is best if left to sit for several weeks. Once your jar is opened, keep it in the refrigerator, where it will remain fresh for several weeks.

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Rosemère lives green with first forum on the environment

“Our strategic vision of Rosemère, is a proud, green and prosperous town”, said Mayor Westram



DIMITRIS ILIAS
Local Journalism Initiative Reporter
For The North-Shore News
dimitri@newsfirst.ca

It was a break from the usual bleak covid news. On June 13th about 100 Rosemerites participated in the first Forum on the Environment organized and set up thanks to an initiative of the Town of Rosemère's Civic Committee on the Environment (CCE). The event focused on themes as varied as an introduction to zero waste, natural environments, biodiversity and drinking water conservation.

Past and future projects

Speaking to mayor Westram, one could feel the pride not only for the town's environmental track record, but also about what has been accomplished and the excitement of things to come. The pandemic also gave people a different appreciation for parks and open spaces urging forward every effort for green development.

Planting trees

One of the biggest projects accomplished was the planting of 600 trees in the back of Sacre Coeur School where Rosemère owns 10 hectares of land. What made this planting particularly significant was the fact that the students and the students of the school were involved increasing awareness for the environment as well as the sense of pride one has when nurturing green life. During the forum, through a video clip, Rosemère resident Michel Leboeuf, a biologist and initiator of the tree-planting project in the Forêt des Frères du Sacré-Coeur, announced that the trees that had been planted a year ago, in the spring of 2019, have a survival rate of over 90%. Through this volunteer planting effort, the Forêt des Frères du Sacré-Coeur, which is a true ecological jewel for the Rosemère community, has doubled in size.

Feminine hygiene products

At the opening of the Forum, the CCE had the opportunity to be the first to announce that, starting July 13, Rosemère residents will be able to benefit from a financial assistance program that can cover up to \$40 of the cost of purchasing sustainable feminine hygiene products. This announcement is in addition to the range of green grants already in place for Rosemère residents. This perfectly set the stage for the first conference of the day “An Introduction to Zero Waste”, by Cindy Trotter, founder of Circuit Zéro Déchet. At the same time, since June is the month when we celebrate water by raising awareness of this priceless natural resource, Émilie Lapalme-Gendron, a member of the CCE, produced a short video on tips and tricks for better drinking water conservation.

Grants for births

The town also offers grants to encourage residents towards the green life in Rosemère. New parents can apply for a \$150 rebate against the purchase of a tree or other type of vegetation (such as a bush or shrub) to plant on their property to commemorate the birth of their child. Rosemère also offers families the possibility of applying for a rebate of up to \$150 per eligible child against the purchase of a set of washable baby diapers.

Biodiversity and natural environments

On the subject of biodiversity and natural environments, Anaïs Boutin, Director of Protection and Conservation Programs at Éco-Nature, shared her passion with the audience by informing everyone about the wealth of diversity in the Mille-Îles River and its endangered species. It was then that it was mentioned that the Town of Rosemère, in partnership with Éco-Nature, recently acquired the last private

Miller Marsh property in order to preserve the ecological value of this absolutely outstanding natural environment.

The emerald ash borer

The emerald ash borer is a species of metallic wood-boring beetle native to East Asia, including China and the Russian Far East. Most species of North American ash trees are very vulnerable to this beetle, which has killed millions of trees in Canada in forested and urban areas.

No North American natural predators, such as woodpeckers, other insects or parasites have been able to slow the spread of the emerald ash borer or keep trees from being killed by it. Mayor Westram informed us that the first signs of ash tree infestations happened in Rosemère 3 years ago. The sickness has reached its zenith now and the town is cutting down massive numbers of ash trees and replacing them with other species. For Rosemerites that already have ash trees in their properties, the city has a program to help them replace them.

Documentary and survey

In addition, throughout the weekend, the participants had the chance to discover the documentary film Earth: Seen from the Heart with Hubert Reeves—a documentary that takes a look at the Earth and the threats to its biodiversity, but above all provides insight into the interdependence of all living beings.



Tree planting with Mayor Westram

The town finally, invited the public to complete the Environment Forum appreciation survey. The survey is an important tool for the city to ascertain what topics of interest should be included in the 2021 program. From among the

respondents to the survey, the Town will draw a rainwater barrel and two \$50 gift certificates redeemable at Éco-Nature to discover the treasures of the Mille-Îles River.

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Nous sommes heureux de pouvoir vous accueillir de nouveau dès le 3 juillet! Après le long confinement, nous faisons tout pour vous servir dans les meilleures conditions possibles afin que vous puissiez vous divertir en toute sécurité.

Comme il s’agit d’un local privé, nous avons mis en place des conditions d’accès et des règles d’hygiène pour votre sécurité ainsi que celle de notre personnel :

- Garder une distance de 2m dans les aires communes;
- Dans les salles de cinéma, laisser au moins 2 sièges libres entre chaque groupe/famille. Par contre, toutes les rangées peuvent être occupées;
- Jeter les verres usagés, les emballages de friandises et de maïs soufflé dans les poubelles;
- Maximum de 50 personnes par salle de cinéma;
- Désinfectant disponible à l’entrée.

Lors de la réouverture, notre personnel qui aura été préalablement formé avec les nouvelles procédures sanitaires, assurera l’application de celles-ci. Dans un esprit de respect mutuel entre notre clientèle et le personnel et en tant que devoir collectif, nous vous demanderons de suivre attentivement les consignes lors de vos prochaines visites. C’est une question de respect. C’est une question de solidarité. Si vous présentez des symptômes grippaux, nous vous demandons de reporter votre visite.

Ensemble, nous ferons face à cette épreuve avec succès!

Vincenzo Guzzo |
VINCENZO GUZZO
Président et Chef de direction des Cinémas Guzzo

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Dear clients,

We are happy to welcome you again as of July 3! After the long confinement, we are doing everything to serve you in the best conditions so you can enjoy your time with us safely.

As this is a private establishment, we have put in place conditions of access, rules & regulations for your safety and for the safety of our staff:

- Keep a distance of 2m in the common areas;
- In cinema auditoriums, leave at least 2 seats free between each group/-family. However, all the rows may be occupied;
- Throw away used cups, candy wrappers and popcorn bags in the trash;
- Maximum of 50 people per cinema auditorium;
- Disinfectant is available at the entrance.

For the reopening, our staff has been trained on the new sanitary procedures and they will ensure that they are properly applied. As a matter of collective duty and mutual respect between our clientele & our staff, we will ask you to follow the instructions carefully upon your next visits. It is a matter of respect. It is a matter of solidarity.

If you have flu-like symptoms, we ask that you postpone your visit.

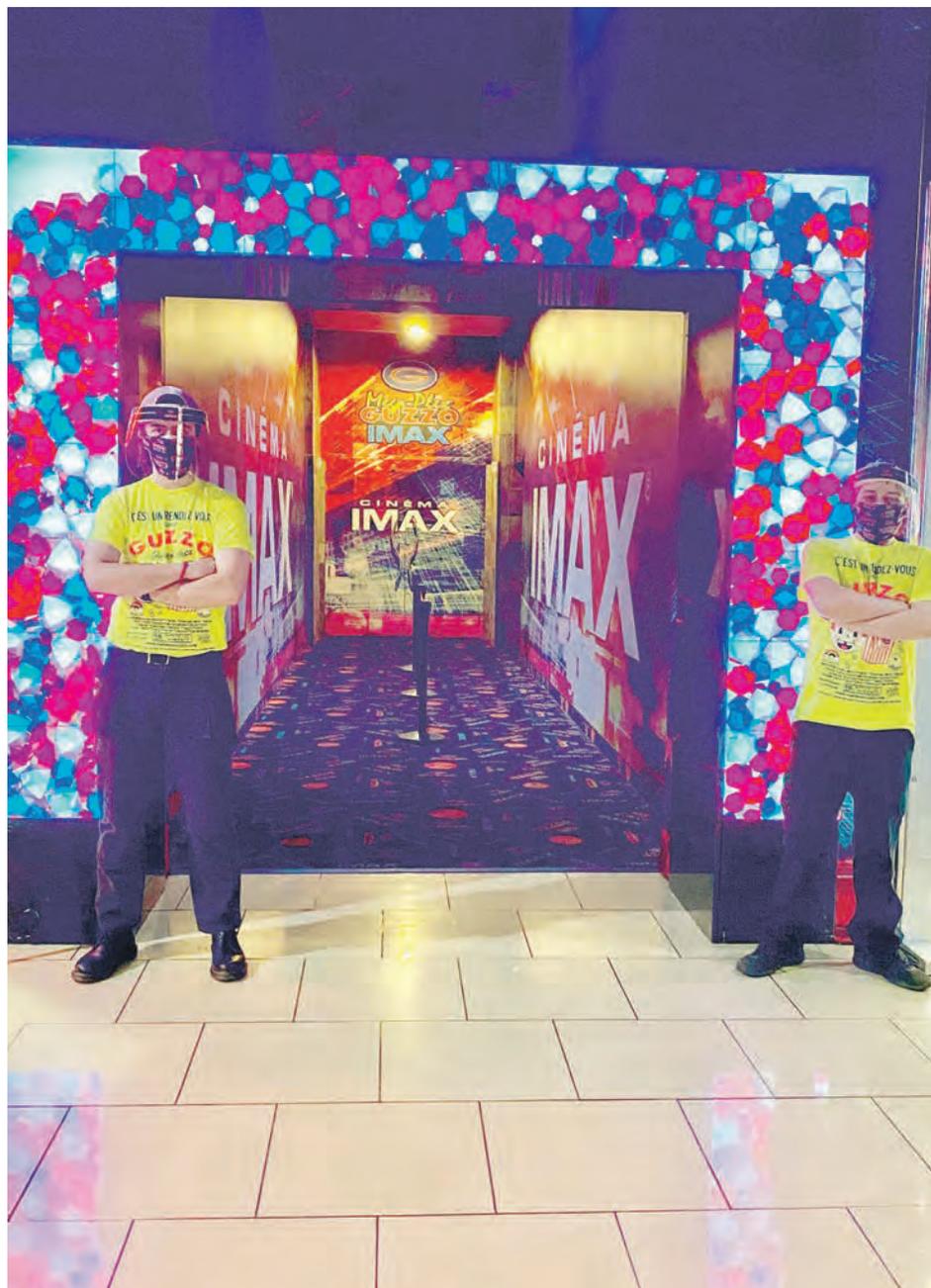
Together, we will get through this!

Vincenzo Guzzo |
VINCENZO GUZZO
Cinémas Guzzo President & CEO

#HelpUsKeepYouSafePickUpYourTrash

Going back to the movies?

Some new rules to follow in the COVID-19 era



(TLN) Four months after being forced to close because of the COVID-19 pandemic, the province's movie theatres are reopening – albeit with new rules that limit the number of viewers to 50 per screening room in multiplex cinemas for the time being.

It's no secret that the COVID-19 pandemic forced the shutdown of a good number of major film productions since the beginning of the year. As such, the selection of movies in theatres is expected to be much slimmer than it would normally be at this time of year.

However, some films whose screenings were interrupted earlier this year will resume, while some theatre chains say they will be prioritizing family-fare in their selection of movies in order to accommodate those who've been locked down and in need of wholesome entertainment during the upcoming recovery period.

"I prioritize films for the whole family because that's what always works best during the summer," says Vincent Guzzo, president of the Cinémas Guzzo film theatre chain. "We will also be bring back on the screen comedies and action films which were doing well before the lockdown."

Here are some of the rules and protocols that movie-goers will be asked to follow when they start turning up once again at movie theatres across the province.

After tickets have been purchased, an attendant attired in protective gear will greet you at the theatre's main entrance where you will be required to disinfect your hands. All attendants will be wearing protective face masks and

visors. They will also have to regularly disinfect their hands and carry out regular sanitation of contact surfaces throughout the theatres.

Theatre patrons will be required to follow safety protocols, which include maintaining a two-metre distance with other people in common areas. While the wearing of face masks in public places hasn't yet been made mandatory by the provincial government, at least one Montreal-area theatre chain plans to sell face masks at its multiplex theatres for clients who would feel safer that way.

As far as the food and snack concessions go, little is changing. The only rule that will apply in lineups will be the six-metre distancing requirement. Two-metre space markers are being made on the floor in front of snack concession areas to make it easier.

While movie customers will generally be required to sit while observing the two-metre distancing requirement, theatre owners are being allowed to seat small groups of people together as long as they are members of the same family residing in the same household. While the maximum number of people allowed into a screening room is 50 for now, it could increase to 250 by mid-July depending on the COVID-19 situation.

Screening rooms will be thoroughly cleaned and disinfected following each film screening. Customers will also be asked to their part by not leaving behind too much trash, thus making the cleanup job a little easier and safer for employees.

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In Memoriam & Obituaries



LACHAPELLE, André

1933 - 2020

On June 28, 2020, at the age of 87 years passed away Mr. André Lachapelle, father of the late Denis and husband of Mrs. Irène Noël. Besides his wife, he leaves to mourn his daughters Diane (André) and Nicole, his step-daughter Madeleine, his grandchildren Geneviève, Maude (Benito) and Simon, his great-grandchildren Rafaëlle, Gabriel, Antoine and Charlie, his brother Lucien (Denise), his sister Lise (Jean) his nephews, nieces and other relatives and friends.



BOTEZ BRATASANU, Elena

1924 - 2020

In Saint-Eustache, July 3, 2020, at the age of 96 years, passed away Mrs. Elena Botez, beloved wife of the late Mr. Gheorghe Bratasanu. She is survived by her daughter Maria-Ana (Grigore Alexandru), her grandchildren: Adrian, Gheorghe and Maria-Elena as well as Irina and Iustina, her great grandchildren: Emma, Gregory and Ana, her nephews, nieces and other relatives and friends.

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MALO, André-Guy

1933 - 2020

From Saint-Placide, on July 1, 2020, the age of 86 died Mr. André-Guy Malo, husband of Mrs. Juliette Dulude Malo. Besides his wife, he leaves to mourn his children, Luce, Lyne (Serge) and Luc (Suzanne) as well as his 4 grandchildren, Sébastien, Mathieu, Karine and Guillaume, Brothers, sisters, brothers-in-law, sisters-in-law, nephews and nieces and other relatives and friends.



TARDIF, Jacques

1943 - 2020

From Mirabel, formerly of Oka, on July 2, 2020, at the age of 77 years, passed away Mr. Jacques Tardif, spouse of Mrs. Mireille Nadeau. Besides his spouse, he leaves to mourn his sisters Gertrude, Marthe (Simon), Jeanne (Pierre), his brother the late Michel (Huguette), his nephews, his nieces, his spouse's family as well as other parents and many friends.



LATOUR, Colette

1942 - 2020

In Saint-Eustache, on July 3, 2020, at the age of 77 years passed away Mrs. Colette Latour, beloved wife of the late Mr. Claude Bissonnette. She is survived by her daughters Josée-Anne (Stéphane Racicot) and Amélie-Jane (Jean-François Potvin), her granddaughters Léa, Milane and Olivia, her grandson by marriage Cédric, her brothers and sisters: Lise, Robert, Liette, Ginette, Alain and Michèle, her sister-in-law Nicole, her nephews, nieces and other relatives and friends.



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HOROSCOPE

Week of July 12 to July 18, 2020

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Preparation is key for an upcoming discussion or presentation. You won't be happy with the results if you improvise. Your ability to be polite and diplomatic will help you resolve a conflict.



TAURUS
You might feel like you're walking on eggshells around certain people. You'll need to be tactful to avoid offending anyone. You'll also be faced with an unexpected expense.



GEMINI
You'll start this week with a burst of energy. You have plenty of ideas, but you don't know where to start. Luckily, the fog will lift soon.



CANCER
You have a tendency to burn the candle at both ends. Take steps to channel your energy more efficiently. People will be relying on you, and you'll do whatever it takes to help them.



LEO
There are important things to do this week, but the way forward isn't clear. At home, make sure everyone knows their role to avoid confusion and discord. Remember, with patience comes success.



VIRGO
You'll find a suitable training program to help guide you toward a more prestigious job. Don't let the opportunity to achieve an important goal pass you by.



LIBRA
This is a great week for a vacation, as you would benefit from a change of scenery. Spend some time learning a new language, especially if you have a trip coming up.



SCORPIO
You need to work through some tough emotions, and you'll be tempted to isolate yourself. Luckily, your friends know how to lift you out of your funk.



SAGITTARIUS
You'll get to know people and surround yourself with positive relationships. Your work environment will greatly improve due to your good-natured spirit. If you experience any discomfort this week, consult your doctor.



CAPRICORN
A confusing situation will need to be sorted out at work before you go on vacation. Be careful while swimming. If you're single, meeting new people will be the highlight of your week.



AQUARIUS
You'll discover a passion for the performing arts. You might even be the star of the show this week. A huge output of creativity will put you in the spotlight.



PISCES
You'll be on the go this week. When it comes time to relax, you'll find that you prefer the comfort of your own home. Your family will need more of your attention than usual.



CROSSWORDS

PUZZLE NO. 989

1	2	3	4	5	6	7	8	9	10	11	
12			13					14			
15			16					17			
18			19		20	21					
		22		23	24		25		26	27	28
29	30	31		32		33			34		
35			36						37		
38			39						40		
41			42		43	44					
		45		46		47		48	49	50	
51	52	53		54	55	56			57		
58				59					60		
61				62					63		

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ACROSS

- Resort hotel
- Thunder noise
- Happy
- Beret, e.g.
- Intense dislike
- Portrayal
- Tennis shot
- Observer
- Fit
- Road sign
- Kiddie pie ingredient
- Uncover
- Fellows
- Choir singer
- Lounge around
- This bird gives a hoot
- Payable
- Literary composition
- Contend

- Sense organ
- ___ off (angry)
- Orchestra
- Poison ___
- Tinter
- Old pronoun
- Heroism
- Poultry
- ___ in a lifetime
- Dumbfound
- Notion
- Thug
- Sign of triumph
- Spotlight colors
- Says further
- Question

DOWN

- Swindle
- Gait
- Rich Little, e.g.
- Baby bird's comment
- Put
- Feasted
- Salon treatment
- School division
- Toss
- Everyone
- Letter after cee
- Sticky material
- "The ___ Duckling"
- Differently
- ___ around (snooped)
- PBS science series
- Duplicate
- Winter slider
- Cooling drinks
- Hawaiian party
- Expression
- Woman
- Clearly outline
- Swimsuit top
- Book of maps
- Makes flush
- Type of exercise
- Molten rock
- Is beholden to
- Emit fumes
- Kind of evergreen
- Hymn of praise
- Got hitched
- Affirmative gesture
- New England cape

Sudoku

PUZZLE NO. 714

	4					1		
					1	5		8
	3		2				9	6
		8		1				7
			3					
	5		8		6			
2	6		4					
		7		3				
				8	2			

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

H	A	W	S		A	C	T		P	R	O	D
E	X	I	T		S	H	E		R	A	G	E
M	E	N	U		P	I	E		E	R	R	S
				F	L	I	N	T		S	E	E
L	O	A	F	E	R	H	A	T				
A	W	L		A	I	R		L	O	O	T	S
M	E	T		S	N	A	R	L		A	R	E
A	D	O	R	E		P	E	W		F	E	W
				I	R	K		L	E	S	S	E
C	L	I	P		I	R	A	T	E			
H	O	O	P		T	I	P		L	O	B	S
A	N	T	E		E	S			L	A	R	K
R	E	A	D		S	E			S	T	A	Y

Sudoku

2	9	6	5	7	4	8	3	1
1	5	3	9	8	2	4	6	7
4	7	8	1	6	3	2	9	5
5	8	2	7	3	6	9	1	4
7	3	4	8	9	1	6	5	2
9	6	1	2	4	5	3	7	8
6	1	7	4	2	9	5	8	3
3	4	5	6	1	8	7	2	9
8	2	9	3	5	7	1	4	6



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Thank you!