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# Citizen



**1=0**

...the most important thing is to get out there and get the message out there. It's not about the numbers, it's about the message. It's about the people who are affected by the issue. It's about the people who are doing the work. It's about the people who are making a difference.



## WORLDWIDE DRUGS IN THE BAY



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**LARGEST EVER DRUG BUST**







## Ajax MP Bob Phillips back in course as Premier Ford reshuffles cabinet

By [Name] | [Date]

Bob Phillips, the Ontario Member of Parliament for Ajax, has been confirmed to remain in the cabinet as the Premier reshuffles his ministers. Phillips, who has served in various roles, including as Minister of Labour and Minister of Health Services, is expected to continue in his position as Minister of Labour.

The reshuffle is part of a broader effort to streamline the government's operations and focus on key priorities. Phillips' experience in the cabinet is seen as a valuable asset, particularly in the area of labour relations and economic development.

Phillips' return to the cabinet is a significant move, given his long history of public service. He has consistently demonstrated a commitment to his constituents and a willingness to take on challenging roles. His expertise in labour issues is particularly relevant in the current economic climate.

The Premier's decision to retain Phillips reflects a confidence in his leadership and a recognition of his contributions to the province. It also signals a focus on stability and continuity in the cabinet as the government moves forward with its agenda.

Phillips' continued presence in the cabinet is expected to provide a strong foundation for the government's policies on labour and industry. His work will be closely monitored by his constituents, and he is expected to continue to be an active voice in the legislative process.

## Canada and Ontario invest in improved recreational infrastructure for residents in Ajax

The Government of Canada and the Province of Ontario have announced a significant investment in recreational infrastructure for residents in Ajax. The funding will be used to improve and expand public parks, trails, and recreational facilities, enhancing the quality of life for the community.

The investment is part of a larger initiative to support recreational activities and promote a healthy, active lifestyle. The funds will be used to develop new parks, improve existing ones, and create more walking and cycling paths throughout the city.

This investment demonstrates a commitment to providing high-quality recreational opportunities for all residents. It is expected to attract more people to outdoor activities, which can have positive impacts on mental and physical health.

The improved infrastructure will also contribute to the city's economic development by attracting visitors and businesses. It is a key step in making Ajax a more attractive and livable community.

The investment is a testament to the partnership between the federal and provincial governments and the local community. It is a positive sign for the future of Ajax and the well-being of its residents.



## Ajax marks Lester Johnson's 50th birthday with new poster

As the community marks the 50th birthday of Lester Johnson, the Ajax Fire Department is celebrating with a new poster. The poster, which is a collaboration between the fire department and the community, features a photo of Johnson and a message of appreciation for his service to the community.



Lester Johnson has been a member of the Ajax Fire Department for over 30 years. He has served in various capacities, including as a firefighter, a driver, and a paramedic. Johnson is a dedicated professional who has made significant contributions to the fire department and the community.

The Ajax Fire Department is proud to have Lester Johnson as a member. His dedication and hard work have been an inspiration to all of us. We are grateful for his service and look forward to many more years of service together.

## Ajax And-Black Business Trailblazer presents Diversity Exchange Speaker Series June 24

The And-Black Business Trailblazer is proud to present the Diversity Exchange Speaker Series on June 24. The event will feature a panel of experts who will discuss the challenges and opportunities of diversity in the workplace. The speakers will include:

**Dr. [Name]**  
 [Title]  
 [Organization]



The event will be held at the [Location] and is free of charge. For more information, please contact [Contact Information].

# AJAX

## DIVERSITY EXCHANGE

A COMMUNITY COLLABORATION  
 WITH THE AJAX FIRE DEPARTMENT

AND-BLACK BUSINESS TRAILBLAZER  
 PRESENTS DIVERSITY EXCHANGE  
 SPEAKER SERIES



DR. [Name]  
 [Title]  
 [Organization]

JUNE 24  
 7:30 P.M.

WATCH LIVE ON  
 [Platform]  
 [Link]



# Darham Region raises new, permanent Mississauga of Scugog Island First Nation flag at Regional HQ



The Mississauga of Scugog Island First Nation flag was raised at the Regional Headquarters in Mississauga, Ontario, on Monday, July 1, 2019. The flag is a white flag with a circular emblem in the center, featuring a red and blue design. The flag is being raised in honor of the First Nation's 100th anniversary.



Regional Chairwoman and Mississauga of Scugog Island First Nation representative.

The flag is a white flag with a circular emblem in the center, featuring a red and blue design. The flag is being raised in honor of the First Nation's 100th anniversary. The flag is a symbol of the First Nation's identity and heritage.

**HAPPY CANADA DAY!**

100th Anniversary of Confederation

July 1, 2019

Community Event

July 1, 2019

**THE NEW BRITAIN  
GAMES HOUSE**

THE NEW BRITAIN GAMES HOUSE is a place where the old and the new meet. It is a place where the past is not forgotten, but where the future is also being built. The building is a masterpiece of modern architecture, with its clean lines and open spaces. It is a place where you can find everything you need for a perfect day out. From the finest food and drink to the most exciting games and entertainment, it has it all. The New Britain Games House is a place where you can relax and enjoy yourself. It is a place where you can spend your day with family and friends. It is a place where you can create memories that will last a lifetime. So why not come and see for yourself? The New Britain Games House is waiting for you.



**London's new breed of fast  
specialists in medical photography  
is 3D imaging**

THE NEW BREED OF FAST SPECIALISTS IN MEDICAL PHOTOGRAPHY IS 3D IMAGING. This technology has revolutionized the way medical professionals capture and analyze patient data. It allows for a more comprehensive view of a patient's condition, providing a three-dimensional perspective that is not possible with traditional 2D photography. This is particularly useful in orthopedics, where 3D imaging can show the exact shape and position of bones and joints. It is also used in neurology to map the brain and identify areas of damage or abnormality. The use of 3D imaging has led to more accurate diagnoses and more effective treatments. It is a technology that is still in its early stages, but it has the potential to change the way we approach medical diagnosis and treatment.

**THE NEW BREED**

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# LARGEST EVER DRUG BUST IN TORONTO POLICE HISTORY

**Stamps change  
Billions worth of cocaine**

TORONTO — A massive drug bust in Toronto has resulted in the seizure of more than \$1 billion worth of cocaine, the largest amount ever seized in the city's history.

The Toronto Police Service announced the seizure of 100 kilograms of cocaine, valued at more than \$1 billion, in a raid on a residential building in the city's downtown core.



The seizure was made by officers from the Toronto Police Service's Organized Crime and Drug Enforcement Division (OCDEU).

The officers discovered the cocaine hidden in a rooming house located at the intersection of Queen Street West and Dundas Street West.

The seizure is believed to be the largest amount of cocaine ever seized in Toronto's history. The value of the cocaine is estimated to be more than \$1 billion.



## CIA admits of ultra-weakly Canadian yield zero promulgation, even in times

The CIA has admitted that its ultra-weakly Canadian yield zero promulgation, even in times of economic hardship, is a result of a long-term strategy to weaken the Canadian economy.

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## As Juneteenth marks the end of slavery in the U.S., Canada is set to commemorate its first countrywide Emancipation Day, Aug. 1

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## Appeal for further donations to provide children with digital devices

Appeal for further donations to provide children with digital devices

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Appeal for further donations to provide children with digital devices

Appeal for further donations to provide children with digital devices

Appeal for further donations to provide children with digital devices



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**Peter Bathyalvy**  
AFFILIATE MANAGER

**COMMERCIAL REAL ESTATE**  
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**THE GREEN BOOK**

By the author of *The Green Book*

**GREEN STEEL CONCRETE**

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**THE GREEN BOOK**

Author: [Name]

**HAPPY CANADA DAY!**

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### WYOMING COLLEGE OF ARTS & LETTERS



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**WYOMING SPECIAL**

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# Even fully vaccinated, Canada will have to be vigilant against COVID outbreak: Dr. Tauxe



Even fully vaccinated, Canada will have to be vigilant against COVID outbreak: Dr. Tauxe

Even fully vaccinated, Canada will have to be vigilant against COVID outbreak: Dr. Tauxe

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**DEPENDS TO WHICH VACCINE YOU CHOOSE**

Includes your up vaccine available **100%** throughout Canada

**STAYING ON TOP OF YOUR COVID-19 VACCINATION**

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**Learn more at [www.canada.ca/covid19](https://www.canada.ca/covid19)**



## Getting men to open up about mental health

Men are often reluctant to seek help for mental health issues, but a new initiative aims to change that. The program focuses on providing resources and support specifically tailored for men, recognizing the unique challenges they face. By creating a safe space for men to express their struggles, the initiative hopes to reduce the stigma associated with mental health care.

Research shows that men are less likely than women to seek professional help for mental health problems. This is often due to societal expectations of masculinity and a reluctance to show vulnerability. The new initiative addresses this by offering confidential services and peer support groups where men can connect with others who understand their experiences.

The program includes a variety of services, such as individual counseling, group therapy, and online support platforms. It also provides information on local mental health resources and crisis hotlines. By making it easier for men to access help, the initiative aims to improve their overall well-being and quality of life.

Experts believe that increasing mental health awareness and support for men is crucial for public health. The initiative is a step towards breaking down the barriers that prevent men from seeking the help they need. It emphasizes the importance of early intervention and ongoing support in managing mental health conditions.

For more information about the initiative and how to access its services, visit the website or contact the local mental health services department. The goal is to ensure that every man has the support and resources he needs to thrive.

## 11 simple ways to make your life better, starting today

1. Wake up earlier in the morning to get a head start on your day.  
2. Drink a glass of water first thing in the morning to hydrate your body.  
3. Take a short walk or do some light stretching to get your blood flowing.  
4. Eat a healthy breakfast to fuel your brain and body for the day ahead.

5. Practice deep breathing or meditation to reduce stress and anxiety.  
6. Spend some time outdoors in nature to refresh your mind and improve your mood.  
7. Connect with a friend or family member for a quick check-in and support.  
8. Prioritize your tasks and focus on one thing at a time to increase productivity.

9. Take regular breaks throughout the day to avoid burnout and maintain energy.  
10. Get enough sleep each night to ensure you're well-rested and ready to take on the day.  
11. Practice gratitude by reflecting on the things you are thankful for, which can improve your overall outlook on life.



Implementing these simple habits can lead to significant improvements in your mental and physical health. Start with one or two changes and gradually build a routine that works for you. Remember, small steps can lead to big changes.

For more tips and inspiration, visit our website or subscribe to our newsletter. We're committed to helping you live a healthier, happier life every day.

## Climbing the Stairwell to Financial Wellness...



the market. The average return on a 10-year Treasury note is 3.75 percent, and the average return on a 30-year Treasury bond is 4.5 percent. The average return on a 10-year Treasury note is 3.75 percent, and the average return on a 30-year Treasury bond is 4.5 percent.

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## Amazon's new network will share your Wi-Fi with neighbors unless you opt out

Amazon's new network will share your Wi-Fi with neighbors unless you opt out. The company is launching a new service called Amazon Wi-Fi, which will allow users to share their Wi-Fi networks with their neighbors. This service is designed to help users save money on their internet bills by sharing their bandwidth with nearby devices.

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amazon.com/whisper

## Impacted by COVID-19? Confused about what to do?

Need more information? Please contact your local Health Department.

- Call your local health department
- Visit [www.mass.gov](http://www.mass.gov)
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LEARN TO CODE

GROW YOUR SKILLS



## Controversy brews over Michael B. Jordan's *Juice* review

Michael B. Jordan's review of the film *Juice* in the *Los Angeles Times* has sparked controversy among some readers and critics. Jordan, who starred in the film, wrote a scathing review that criticized the movie's portrayal of Black culture and its marketing strategy. The review was widely shared on social media, leading to a heated debate about the role of critics and the impact of social media on the film industry.

Some critics argued that Jordan's review was biased because of his involvement in the film. They claimed that he was using his platform to promote his own agenda rather than providing an objective assessment of the movie. However, others defended Jordan's right to express his opinion, even if it was controversial. They argued that as a prominent actor, he has a responsibility to speak out on issues that affect his community.

The controversy surrounding Jordan's review highlights the growing influence of social media on the film industry. In the past, critics' reviews were often the primary source of information for audiences. However, today, actors and other celebrities can use their own platforms to voice their opinions, which can significantly impact a film's success. This has led to a more polarized and often more volatile film criticism landscape.



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## As France's first woman after President Jacques Chirac steps into power tonight

France's first woman president, Nicolas Sarkozy, will be sworn in tonight. Sarkozy, 54, is a former minister of the interior and a member of the right-wing UMP party. He is the son of a Jewish immigrant from Poland and a French mother. Sarkozy is a member of the UMP party, which is the largest party in the National Assembly. He is a member of the UMP party, which is the largest party in the National Assembly. He is a member of the UMP party, which is the largest party in the National Assembly.

## DOES THIS MEAN WOMEN DELAYING MOTHERHOOD BECAUSE THE WORLD ISN'T READY?



Women are delaying motherhood because the world isn't ready, according to a new study. The study found that women are waiting longer to have children because they want to finish school, get a job, and establish a career. The study also found that women are waiting longer to have children because they want to be financially independent. The study also found that women are waiting longer to have children because they want to be financially independent.

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## TECHNOLOGY |



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# Introducing Virility for Men

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## MAJOR BENEFITS

- Increases energy and stamina
- Improves circulation
- Boosts testosterone
- Enhances libido
- Supports prostate health

## HOW IT WORKS

Virility for Men is a powerful natural supplement that works by increasing the production of testosterone, the primary male sex hormone. This hormone is essential for maintaining energy, stamina, and overall health. The supplement also improves blood circulation, which is crucial for maintaining a healthy prostate and supporting overall cardiovascular health. Additionally, it helps to enhance libido and improve the quality of sleep, making it an ideal "night booster" for men.



# Richard Luces

## Topical Serum



Richard Luces is a leading expert in the field of skin care. His Topical Serum is formulated with advanced ingredients to provide deep hydration and improve skin texture. The serum is suitable for all skin types and is designed to be used daily for optimal results.

For more information about Richard Luces Topical Serum, please visit our website at [www.richardluces.com](http://www.richardluces.com). We offer a wide range of skin care products to help you achieve your desired skin goals.

Richard Luces Topical Serum is available in 30ml and 60ml sizes. Each bottle contains enough product for several weeks of use. The 60ml size is a great value for those who use the serum daily.

# Taste of T&T



**Event Details:**  
Date: [illegible]  
Time: [illegible]  
Location: [illegible]

**Event Description:**  
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