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MONDAY, MARCH 3, 2025

PROUDLY CALGARY SINCE 1883

POSTMEDIA



Hundreds packed Municipal Plaza on Sunday to denounce U.S. President Donald Trump's comments on Russia's invasion of Ukraine. **BRENT CALVER**

NEWS

51ST STATE

Kenney calls on PM to talk to King about Trump **A3**

AHS

Premier vows action for any wrongdoing **A3**

NP

TRADE

Canada can't rely on U.S. for stability, expert says **NP3**

Local Ukrainians vent fury at Trump's stance on war

Hundreds protest the U.S. president's treatment of Zelenskyy in Oval Office

BILL KAUFMANN

Hundreds of local Ukrainians and their supporters put on a show of defiance in downtown Calgary Sunday to what many see as the United States' abandonment of the besieged country.

A sense of betrayal was palpable among about 500 people gathered in Municipal Plaza, many carrying

signs denouncing U.S. President Donald Trump who publicly berated his Ukrainian counterpart Volodymyr Zelenskyy in an acrimonious meeting at the White House on Friday.

"We think about the U.S. now and it's just about the money (for them)," said Roman Yosyfv, president of the Ukrainian Canadian Congress's Calgary branch.

"Instead of giving Ukraine support, (Trump) gives hugs to Russian terrorists."

Speakers at the rally emphasized their gratitude to Canada for accepting displaced Ukrainians and supporting Ukraine with billions of dollars in military and humanitarian aid.

Yosyfv said with Trump's threats to absorb Canada, local Ukrainians feel an even stronger kinship with the country that's given them refuge.

"It looks like we have the same problems from who we considered

a friend who's turned his back," he said. Protesters also expressed disgust over the Trump administration's demands Ukraine reimburse them by providing revenues from the country's resource wealth.

After an initial U.S. demand that it acquire \$500 billion of Ukraine's rare earth mineral wealth was dropped, the two sides hammered out a deal that would set up an investment fund paid for by Kyiv's natural resources under both countries' co-ownership.

But Ukraine has insisted that the deal for the fund to backstop Ukraine's reconstruction also include security guarantees from the Americans, with Trump saying those assurances will be left up to European allies.

SEE **TRUMP ON A2**
■ **MORE COVERAGE: A2, NP1-2**

UCP member goes rogue on own government's budget



DON BRAID

A northern MLA named Scott Sinclair has launched an open revolt against the new UCP budget.

He's risking his political career with an unprecedented public blast against his government's plans.

Sinclair, 39, is an Indigenous businessman and former hockey player who is, or was, widely regarded as an up-and-comer headed for cabinet.

He says the budget does nothing for rural Alberta, slavishly favours the big cities, and amounts to provincial-style

"equalization."

In a Facebook post Saturday, Sinclair wrote:

"I'm furious at the amount of money being funnelled into Edmonton and Calgary (as usual) while Northern Alberta and our riding are largely ignored.

"The continuous flow of our GDP to urban centres while rural Alberta — the backbone of this province — gets left behind is appalling.

"It feels like we're dealing with a provincial version of federal equalization payments, with rural communities footing the bill for the big cities.

"This budget is indefensible for the Lesser Slave Lake Constituency, and I will not support or vote for it 'as is' without significant changes.

"I'll have more to say in the coming days."
SEE **BRAID ON A3**

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FEATURES

MEMORIES

Photos lost in disasters find their way back to owners **D1**



WELLNESS

Centenarian shares tips to find meaning at any age **D2**





CONTACT THE HERALD

News tips/information:
403-235-7433
Or email us at:
submit@calgaryherald.com

Editor: Monica Zurowski,
403-235-7291,
mzurowski@postmedia.com
City/Business News: Steve
Jenkinson, 403-235-7580,
sjenkinson@postmedia.com
Editorial: Michele Jarvie,
mjarvie@postmedia.com
Letters to the editor:
letters@calgaryherald.com
You (Arts & Life):
Michele Jarvie,
mjarvie@postmedia.com
Sports: Todd Saelhof,
tsaelhof@postmedia.com
Homes: Claire Young,
cyoung@postmedia.com

Mailing address:
Postmedia Calgary
P.O. Box 37042
RPO Maryland Heights
Calgary, AB.
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WEATHER

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Ukraine President Volodymyr Zelenskyy U.S. President Donald Trump openly clashed before television cameras in the White House on Friday at a meeting where they were expected to sign a deal on sharing Ukraine’s minerals and discuss a possible peace deal with Russia. *AFP VIA GETTY IMAGES*

Calgary’s Ukrainians upset by treatment of Zelenskyy

Community leader calls Trump’s outburst at White House meeting ‘heartbreaking’

DEVIKA DESAI

When Anna Tselukhina watched the exchange between U.S. President Donald Trump and Ukrainian President Volodymyr Zelenskyy turn heated on Friday, she was “shocked.”

“We could hardly imagine that this could happen, at a discussion of this level,” she said.

Tselukhina is the rally committee chair for the Calgary branch of the Ukrainian Canadian Congress.

Her emotions changed from shock to confusion to hurt as the U.S. Vice-President J.D. Vance chastised Zelenskyy for not being appreciative of the U.S. for their ongoing support in the Ukraine-Russia conflict.

“But he didn’t answer the question,” she said, referring to when Zelenskyy asked Vance to clarify what sort of “diplomacy” can bring end to the war, given Putin’s history of broken commitments on the global stage.

The Friday meeting at the Oval Office was meant to finalize an agreement granting the U.S. access to rare Ukrainian minerals in exchange for ongoing military support in the war against Russia.

Trump and Zelenskyy spoke politely, even with admiration, of each other for the first half-hour

or so of the meeting.

But, when the Ukrainian leader raised alarm about trusting any promises from Putin to end the fighting, Vance offered his strong rebuke for airing disagreements with Trump in public.

At one point, Zelenskyy said Putin had broken “his own signature” 25 times on ceasefires and other agreements and could not be trusted. Trump responded that Putin had not broken agreements with him and ducked questions about offering security guarantees to Ukraine, saying he thought the minerals deal — which is now on-hold — would effectively end the fighting.

That instantly shifted the tenor of the conversation as Zelenskyy grew defensive and Trump and his vice-president blasted him as ungrateful and issued stark warnings about future American support.

“Mr. President, with respect, I think it’s disrespectful for you to come to the Oval Office to try to litigate this in front of the American media,” Vance said to the Ukrainian leader.

Zelenskyy tried to object, prompting Trump to raise his voice and say, “You’re gambling with the lives of millions of people.”

At another point, Trump declared himself “in the middle” and

not on the side of either Ukraine or Russia in the conflict. He went on to deride Zelenskyy’s “hatred” for Putin as a roadblock to peace.

“You see the hatred he’s got for Putin,” Trump said. “That’s very tough for me to make a deal with that kind of hate.”

Tselukhina described the situation as “bizarre.”

“Politicians are usually highly respectful and listen to each other and it was just shocking to see how they talk to each other,” she said.

Watching the exchange prompted a few questions she’d like to ask Trump and Vance.

“I wonder why he chose to be tough on Zelenskyy, not the country who started the war,” she said. “It’s not fair to be tough with someone who is just protecting himself ... I wondered, is this how justice works in the U.S.?”

Stephania Romaniuk, president of the UCC, said the exchange left many in the community feeling an “immense feeling of betrayal and anger.”

“It’s truly heartbreaking,” she said.

It was no artful deal-making, it was bullying and extortion.

The exchange follows after the U.S. sided with Russia in votes at the United Nations last week, against a motion that called for immediate withdrawal of Russian troops from Ukraine, alongside Belarus, North Korea and 15 other countries.

“This appears to be a cabal of

countries that America is now aligning itself with,” she said.

“We’re witnessing the unthinkable, which is basically the end of America as a reliable defender of democracy and freedom and human rights.”

Tomorrow, Tselukhina has organized an emergency rally for Calgary Ukrainians to come out and show their support for Zelenskyy. The rally is called “Ukraine is not for sale,” in support of the Ukraine president’s hit back at Trump earlier in February, when the U.S. administration first pitched the idea of receiving \$500 billion of Ukraine’s rare minerals.

“The big bosses of the world are trying to sell and divide Ukraine up for their own interests,” she said. The rally goes on at 1:30 p.m. tomorrow at Municipal Plaza at City Hall.

“We hope that we will have as many people as possible,” she said. “We just want to talk again to the media about the truth of what is going on in Ukraine ... and talk to people who come to support Ukraine about our plans, what we can do to influence the situation.”

Romaniuk said she had spoken with a friend, living in Ukraine, on the exchange between the two politicians.

“First of all Ukrainians are fighting for survival ... just trying to survive the next day,” she said.

But several have rallied around their president and saying it was the right thing to not sell Ukraine.

“At this time unity is so important. Trump intimidates not only his foes but his allies and the only response to a bully to remain strong. And I think that’s what Ukrainians saw in their president yesterday and that’s what they will continue to rally behind.”

ddesai@postmedia.com

‘Ukrainians ... want peace, but we won’t surrender our people’

TRUMP FROM A1

Trump has repeatedly said the deal is necessary to help the U.S. recoup more than \$300 billion of U.S. wartime aid to Ukraine, though experts say that number is actually around \$119 billion with much of the military expenditure being spent in the U.S. to replace older armaments being sent to the conflict.

“Ukrainians don’t want capitulation, we want peace, but we won’t surrender our people,” said Mariana Sirko, 26, who came to Canada from Ukraine last year.

Behind her above the nearby U.S. consulate, the Stars and Stripes snapped in the breeze. Sirko said activists had briefly considered demonstrating in front of the diplomatic compound.

Anna Fomina said Trump’s accusations Zelenskyy was ungrateful for American aid and was being rude to Russian President Vladimir Putin shows the U.S. president has thrown his country’s support behind Moscow.

Trump has also accused Ukraine of starting a war and the democratically-elected Zelenskyy of being a dictator.

“It’s clear which side he’s chosen, it’s very clear and I think Trump

lost face,” said Fomina, 45, who left her home in Dnipro, Ukraine with her son a year ago.

“I hope the Canadian government and its citizens support us in this difficult time.”

Clad in military khakis adorned with Canadian-Ukrainian patches, James Grant said he felt obligated to attend the rally, nearly three years after he went to Ukrainian troops along several front lines.

He voiced disgust over Trump and U.S. Vice-President JD Vance’s hectoring of Zelenskyy.

“It was appalling, there’s nothing to defend there,” said Grant.

“Ukrainians are hurting and to see that pain first hand is kind of visceral.”

Just then, a woman approached Grant and gave him a prolonged hug, visibly moving the Ukraine war veteran.

Calgary-Elbow NDP MLA Samir Kayande told the crowd that despite the upheaval in Washington, Albertans won’t stop backing Ukraine and those displaced by the conflict.

“I want you to know you’re not alone — I’m one of your friends and I’m going to try to get you all the support you need,” he said.

On Sunday, Prime Minister



Young Kalyna holds a sign she made herself at a rally at Municipal Plaza on Sunday in support of Ukraine. *BRENT CALVER*

Justin Trudeau joined European leaders in a London summit that showed support for Ukraine following the Oval Office blow-up on Friday.

In addressing the Calgary crowd, Yosyfiv said Ukrainian expats are grateful for Canada’s support but can’t help feeling a longing for a homeland under bombardment.

“We love Canada for the freedom it offers yet our hearts ache for the country where many of us were born ... it’s heartbreaking to witness the destruction of Ukraine,” he said.

More than 70,000 Ukrainians

fleeing the war have settled in Alberta, with provincial government officials saying last year that about 33,000 had made their home in Calgary.

Many of those displaced Ukrainians say they’ll stay in Canada even after the fighting in Ukraine stops, citing distrust of the Russians and a growing appreciation for their new home.

Sirko, who is originally from western Ukraine, said it’s difficult to know what her future holds.

“It’s hard to say, it’s very turbulent,” she said.

bkaufmann@postmedia.com



Former premier Jason Kenney, left, said on social media that Canada’s security should be Justin Trudeau’s key focus while overseas, calling it “a test of basic competence.” *GAVIN YOUNG/FILES*

Kenney urges PM to talk to King about Trump’s annexation threats

‘Critical’ for Trudeau to raise issue with Charles while in London for summit

Former Alberta premier Jason Kenney says it’s time Justin Trudeau addresses Donald Trump’s continued talk of annexing Canada with the King. Kenney called on the prime minister to raise Trump’s repeated 51st state musings with King Charles in a social media thread on Saturday. “Under the circumstances, it is critical that this happen,” Kenney posted on X. Trudeau, whom Trump frequently — and mockingly — refers to as ‘governor,’ is in London this for a summit on European defence

with European Union leaders. Kenney said Canada’s security should be Trudeau’s key focus while overseas, calling it “a test of basic competence.” Buckingham Palace has not offered any response to Trump’s musings about Canada. Kenney said that’s because the monarchy can only act on the advice of Canada’s first minister, Trudeau, under constitutional conventions. “This is not complicated. Even an audience with the King would be a helpful statement at

this turbulent time, just as King Charles’ meeting with (Ukraine) President Zelensky (sic) sent a strong message,” Kenney wrote. “It is clear that President Trump respects the Crown, and IMO the Government of Canada should ask the Head of State to underscore Canadian sovereignty.” Trudeau is meeting with more than a dozen European leaders at the summit focused on how to prevent further Russian aggression following its invasion of Ukraine three years ago. He was expected to meet with British Prime Minister Keir Starmer before returning to Ottawa on Monday. Kenney accused Starmer of

“having cravenly thrown Canada under the bus” after refusing to address the issue during his visit to the White House last week. Asked his thoughts on Trump’s talk of annexing Canada, and whether King Charles should weigh in on Trump’s threats, Starmer — who presented Trump with an invitation from King Charles to an official state dinner — avoided the question. “It was a shameful betrayal of a fellow realm which has made enormous sacrifices for the defence of Britain,” Kenney wrote. Steve Hewitt, an intelligence researcher who teaches Canadian studies at the University of Birmingham in England, said Ca-

nadian sovereignty has had little media coverage in Britain. “There is a bit of a nostalgia (in) this idea that the U.K. still actively cares about Canada or that King Charles might — independently of the British government — make some sort of political statement,” he said. “Those things aren’t going to happen, and I think the Starmer government has calculated that they need to somehow stay on the side of the United States.” Kenney said it’s unlikely Canadians will know if Trudeau makes a request of the King, noting such advice would be provided in confidence. “And perhaps the most effective way for the King to intervene would be discretely, e.g. with a confidential letter. After all, we were all reminded (Friday) of the hazards of public diplomacy,” he wrote, referencing the tense meeting between Trump and Zelenskyy in the Oval Office. — *With files from The Canadian Press Postmedia News*

Premier vows public ‘repercussions’ for any AHS contract wrongdoing

Premier Danielle Smith is promising repercussions for anyone found to be involved in any misconduct regarding Alberta Health Services procurement processes while continuing to resist calls for a full public inquiry. Speaking on her call-in radio show Saturday, the premier assured listeners government ministers and employees will be held accountable during an impending external review of surgical contracts issued by AHS. “If there’s been wrongdoing, then those who are still on staff, and those who are still in government, there will be repercussions,” Smith said in response to a caller. The third-party review was announced last month after former AHS CEO Athana Mentzelopoulos filed a \$1.7-million lawsuit that alleges high-level government officials, including Smith’s former chief of staff, interfered to secure overpriced deals for private health contractors. The review will aim to understand the reason for the wide-ranging costs for procedures such as knee and hip replacements billed by charter surgical centres under AHS contracts, Smith said. “This will be public. This will be

transparent, and I think that in doing so we’ll be able to get some of the answers about why there’s variation,” she said. “I want to get to the bottom of it just as much as anyone.” The external reviewer who will lead the inquiry is expected to be named this week. The premier suggested the third-party review could mirror Steve Allan’s inquiry into alleged foreign-funding of organizations opposed to the province’s oil and gas industry. “There’s lots of ways to do a public inquiry. That was a public inquiry, and so that’s a model we can look at and you’ll need to see next week if you’re satisfied with the approach that has been chosen there,” Smith said. Allan, a Calgary forensic accountant, was appointed in mid-2019 by then premier Jason Kenney to lead the \$3.5-million investigation into how foreign interests were bankrolling campaigns targeting Canadian fossil fuel developments. The review concluded in October 2021 with the release of a 650-page report that found no wrongdoing by any individual or organization. Smith, who has repeatedly de-

nied any wrongdoing or involvement in AHS procurement, again defended her health minister, Adriana LaGrange, emphasizing questions about AHS procurement processes were first raised under previous ministers. “I believe my health minister’s trying to get to the bottom of it, and trying to make sure that we’ve got good practices going forward, but she did not initiate the processes,” Smith said. LaGrange, who is named in Mentzelopoulos’s lawsuit, has said the allegations are false and that she will “vigorously” fight the claim. The allegations have not been tested in court. Alberta’s auditor general, Doug Wylie, is also looking into contracting and procurement within government and Alberta Health Services. The premier said information from a forensic audit started by Mentzelopoulos before she was fired will form part of any review, adding that information and other related documents have been compiled and available for both the auditor general and the external reviewer. *With files from The Canadian Press Postmedia News*

New UCP budget ‘certainly not’ good for his riding, MLA says

BRAID FROM **A1**

This happens as Premier Danielle Smith tries to sell a big deficit and prepares for Trump tariffs that could hit as soon as Tuesday. And they’re still dealing with former Infrastructure Minister Pete Guthrie’s sudden resignation from cabinet. Voting against the budget would almost certainly get Sinclair kicked out of the UCP caucus. Budget votes are confidence matters that can bring down a government. Approval is compulsory for ministers and MLAs. Guthrie’s own future in the UCP caucus also hangs in the balance after his claim that cabinet isn’t worried about his fears of dubious contracts in government. I’m told caucus stopped short of holding a vote to expel him. Maybe that’s because the UCP has fired so many people lately, including the former head of AHS, and the entire health authority. That Guthrie scene was awkward enough. Suddenly, along comes Sinclair with his blistering post that shocked everyone in government. He angrily cited budget items like \$2.9 billion for projects in Calgary and Edmonton; \$2.6 billion for schools, mostly in the big cities; and \$106 million for demolishing the old Edmonton Coliseum and creating amenities downtown. “Everyone knows I’m a huge Oilers/Sports fan, but I would never prioritize funding arena projects in major cities while essential infrastructure projects, like Highway 88 in our riding, remain incomplete,” Sinclair fumed in his post. “If the government insists on running multiple deficits (which I strongly oppose), then I would expect to see real investments in one-time infrastructure projects for Northern Alberta — fixing our roads, bridges, building new schools, and upgrading regional

airports. After all, most of the revenue that funds this province comes from here (meaning the oil sands). “Balancing the scales for once shouldn’t be too much to ask.” Sinclair then dives into the touchy subject of health care. “If we’re going to continue pouring billions into health care, maybe we should stop closing our hospitals, bring back local maternity services, perform surgeries closer to home, and finally build the helipad in High Prairie. “Health care in Northern Alberta has hit rock bottom, and while I hear about positive changes happening elsewhere, they aren’t happening here. “How are we expected to accept multiple emergency department closures when the nearest care is hours away?” He says the budget is “certainly not for our riding, and it’s definitely not for the majority of Albertans who love this province.” “The coming week will be tough on me and my family, but I hope you all understand why I have to take this stand.” He’s right about tough times. Yet he continues: “The balance of power in cabinet remains in the big cities, and they continue to take ridings like Lesser Slave Lake for granted.” This feeling runs through the rural caucus with greater or lesser degrees of discontent over the current budget. The rural MLAs aren’t always wrong. Rural support for the government is so solid in most of Alberta that the UCP can’t imagine it slipping away. They also cannot win another election without that support. These are early warning signs. There’s currently no widespread revolt like the one that took down ex-premier Jason Kenney. But in UCP world these things have a way of starting small and growing fast. *Don Braid’s column appears regularly in the Herald X and Bluesky: @DonBraid*



An impending external review of surgical contracts issued by AHS will try to understand the reason for the costs for procedures billed by charter centres, Premier Danielle Smith says. *DARREN MAKOWICHUK/FILES*



BRENT CALVER

TURN IT UP Canada’s Gabriel Jones corners the short track in the men’s 3,000-metre relay B final at the world junior speedskating championships at the Olympic Oval on Sunday.

AROUND TOWN

CALGARY’S JUMP STUDIOS INVITED BACK TO WIMBLEDON



DAVID PARKER

While watching sporting events, it’s amazing to see how quickly actions from live plays can jump to associated clips, transition to commercials and back to the action again.

It happens in a number of international sporting events thanks to the creative and technical experts at Calgary’s Jump Studios.

You’ve certainly seen their work if you watch tennis. Jump Studios provided all of the motion graphics and design work for the Australian Open earlier this year, and is now busy preparing for Wimbledon. Roland Garros, home to the French Open, is already completed.

The Calgary company that is celebrating its 20th anniversary this year provides tool kits for producers of the ABC/ESPN coverage of the sport’s four major championships — the Australian, French and U.S. Opens, and Wimbledon.

Last year, for ESPN’s Wimbledon coverage, two state-of-the-art studios were built, offering versatile shooting options — a three-person desk, interview zone, international touch screen and colossal megawall video display.

The Calgary company was responsible for all of the design content of studio monitors and

the wall and will do the same this year.

Jump Studios was established in 2006 by Brian Vos and Jeff August, who had worked together at CFCN Television and White Iron Digital.

For many years it was in Kensington but, with the need to expand, they decided to relocate to 2,000 square feet of space in Fisher Park to the east of Chinook Centre, where the studio also enjoys the benefit of ample parking.

Besides ABC/ESPN, Jump Studio boasts of many other long-term companies it continues to do good work for, including Lux Windows and Baywest Homes, clients of Fulcrum Communications Group.

The Jump Studios team was involved in all aspects of Lux Windows’ TV commercial — Born and Bred — from casting to final delivery. Fulcrum Studios also approached Jump Studios for the edit, colour grade and finishing of a series to celebrate the 40th anniversary of Baywest Homes, for broadcast and web.

Coming up is another exciting project for ESPN, which came to Jump Studios for the design and animation of a 3-D hockey rink being built in the centre of Ohio Stadium on the campus of Ohio State University in Columbus.

The animation promo premiered across ESPN’s networks and social media in December for the outdoor game between the Columbus Blue Jackets and Detroit Red Wings on Saturday.

Taking good care of clients and producing exceptional work for

them has meant earning several Emmy nominations and a host of other awards, including New York Film Festival, AMPA, Telly, Summit and Country Music Awards.

Vos and August created a well respected and successful Calgary company, but after 20 years running the business both are looking forward to a less active daily life and have found two capable people to transition into leadership roles within the year.

Jennifer Avis, with nearly 30 years in media and communications, joined Jump Studios seven years ago.

She had worked in broadcast news, film and publicity, experiences that brought a motivating influence to the studio as a partner and general manager overseeing the daily operations.

Liz Bugera, recently made a partner, came to Calgary from cable TV in Cranbrook, B.C., and worked at CFCN and Regan Productions before joining Jump Studios as a producer.

NOTES

Brookline Public Relations has kicked off 2025 busy with return clients, such as the Canadian Sport School Hockey League, helping with media relations and social media support as the organization searches for a CEO. New clients include Rocky Mountain Soap Company, supporting the growing Canmore business with the launch of its newest store in Saskatoon by leading media relations and event co-ordination.

David Parker appears regularly in the Herald. Read his columns online at calgaryherald.com/business. He

SAEWA, Global Green Energy Group partnering on landfill alternatives

Chairman believes southern Alberta could support as many as six facilities

STEPHEN TIPPER

A southern Alberta group that has been pursuing a landfill alternative for years has selected a long-term partner that municipalities can now work with, potentially leading to one or more waste-to-energy facilities being built in the region.

The Southern Alberta Energy from Waste Association (SAEWA) has announced an agreement with Global Green Energy Group, a subsidiary of Singapore-based Global Green International Investments, in the development of a waste-to-energy modular facility or facilities within its membership of 34 municipalities.

SAEWA chairman Ray Juska said one of its members, the Newell Regional Solid Waste Management Authority in the Brooks area, is eager to start negotiations and at least one other member has expressed strong interest.

“Things should move fairly quickly now,” said Juska, adding that southern Alberta could support perhaps up to as many as six facilities.

SAEWA previously looked at having a much larger facility built that would have cost hundreds of millions of dollars and served dozens of southern Alberta communities.

“It’s become more local, regional,” said Juska, a City of Brooks councillor. “It makes it a lot more feasible because it eliminates a lot of the transportation costs.

“One of the other challenges was having enough waste for a larger facility.”

Global Green International Investments has designed a unique modular pyrolysis unit that heats waste materials without the use of oxygen and captures the smaller molecular compounds to produce renewable energies, said SAEWA in a news release announcing the signing of the memorandum of understanding with Global Green.

“Our technology objective targets over 90 per cent of the daily waste stream heading to the landfill into renewable energy,” said GGII chair Allan Clarke in a statement.

“Waste contains energy and rather than heading to the landfill, our technology converts that energy to synthetic low sulphur diesel, biochar and electricity, and now includes waste to hydrogen, with our partnership in 2024 with Canadian hydrogen specialist Ivy’s Energy.”

Shawn McKay, Newell Regional Solid Waste Management Authority manager, had an introductory meeting with Global Green on Wednesday. “My board is very enthusiastic, and the county really wants to see this happen also.”

If it goes ahead, the proposed facility would be owned by Global Green, with municipalities agreeing to supply the waste, said McKay.

While it’s early days yet, McKay had an initial chat with the County of Taber about taking its waste and has been in contact with Alberta Environment about possibly mining the landfill.

“If we could mine our landfill,

“Waste contains energy and rather than heading to the landfill, our technology converts that energy to synthetic low sulphur diesel, biochar and electricity, and now includes waste to hydrogen.”



Partners in Jump Studios, from left, Jeff August, Jennifer Avis, Liz Bugera and Brian Vos. JUMP STUDIOS HANDOUT

AN EDITION OF
NP
in the CALGARY HERALD

“CANADA HAS TO PREPARE FOR A WORLD WHERE IT CAN’T RELY ON THE UNITED STATES FOR STABILITY IN ITS TRADING RELATIONSHIPS OR IN ITS SECURITY RELATIONSHIPS,” SAYS MATTHEW LEBO. [PAGE NP3](#)



Ukrainian President Volodymyr Zelenskyy, Britain’s Prime Minister Keir Starmer and French President Emmanuel Macron meet in London, England on Sunday.

CANADA TOUTS VALUE OF ‘FIVE EYES’ INTELLIGENCE

Team meets with Trump’s border czar

STEPHANIE TAYLOR

The importance of having Canada in an intelligence-sharing alliance with the United States and other countries was raised when ministers met last week with Donald Trump’s border czar, Tom Homan.

The meeting among Homan, Canada’s Public Safety Minister David McGuinty, Immigration Minister Marc Miller and other officials was staged to show the Trump

administration Canada’s efforts to boost border security.

Included in the discussions held on Thursday were Kevin Brosseau, Canada’s newly appointed commissioner tasked with combating the illegal fentanyl trade, as well as RCMP Commissioner Mike Duheme.

Two days before the meeting, the Financial Times reported, based on unnamed sources, that Trump trade adviser Peter Navarro had pushed to have Canada boot-ed from the Five Eyes, an intelligence group with Canada, the U.S., New Zealand, Australia, and the U.K. as members

Navarro denied the report, calling it “just crazy stuff.”

Miller told National Post the issue of the Five Eyes was raised during their meeting with Homan.

“Clearly the understanding for countries that are known for gathering intelligence is that it would be counterproductive not to have Canada at the table when it comes to Five Eyes. It would make North America less secure.”

“It would make America less secure, make Canada less secure, so I think that point was clearly made,” he said.

See **MINISTERS** on NP2

U.K. pledges arms for Ukraine

BRIAN MELLEY in London

British Prime Minister Keir Starmer said Sunday Europe was at a crossroads in history and must do the heavy lifting to defend itself as world leaders, including Canada’s Justin Trudeau, met in London to discuss ways of working together to stop Russia’s war in Ukraine.

Starmer pledged to supply more arms to defend Ukraine, announcing that the U.K. will use 1.6 billion pounds (US\$2 billion) in export financing to supply 5,000 air defence missiles.

His call for European allies to increase their arms spending to shore up their own defences and Ukraine’s was not a sign that he thought the United States had become an unreliable ally, he said. No two countries are more closely aligned than the U.K. and the U.S., Starmer said.

“One thing our history tells us is that if there is conflict in Europe, it will wash up on our shores,” he said.

STARMER SAYS EUROPE AT CROSSROADS IN HISTORY AS WORLD LEADERS DISCUSS ENDING WAR

The summit comes two days after U.S. support for Ukraine appeared in greater jeopardy after President Donald Trump lashed out at Ukrainian President Volodymyr Zelenskyy and said he wasn’t grateful enough for U.S. support.

“Even while Russia talks about peace, they are continuing their relentless aggression,” Starmer said at the outset of the meeting.

Starmer, flanked by Zelenskyy and French President Emmanuel

Macron, said the three of them had agreed to work on a peace plan to take to the U.S., which has discussed brokering a peace deal.

“To support peace in our continent, and to succeed, this effort must have strong U.S. backing,” he said.

The meeting had been overshadowed by the extraordinary scolding of Zelenskyy by Trump.

Expressing unwavering support for Zelenskyy, Trudeau said the war would end tomorrow if Russia decided to stop its illegal invasion of Ukraine.

He said Ukraine’s president pointed out to Trump Friday that Putin is a “liar and a criminal and cannot be trusted to keep his word in any way, shape or form, because he has demonstrated time and time again that he will break any agreements.”

Starmer said he’s focused on being a bridge to restore peace talks between Ukraine and Russia, whose collapse he used as an opportunity to re-engage with Trump, Zelenskyy and Macron rather than “ramp up the rhetoric.”

See **SUMMIT** on NP4

Crowds protest near Vermont ski resort where Vance planned outing

WAITSFIELD, VT. • Crowds protesting Vice-President J.D. Vance the day after an Oval Office blow-out over Ukraine lined roadways Saturday near a Vermont ski resort where he planned a weekend vacation with his family. Many of the hundreds of demonstrators held signs in support of Ukraine, while other anti-war protesters waved Palestinian flags or signs in support of immigrant rights. Protesters showed up at several locations in the area, including both sides of Route 100 in Waitsfield. Though demonstrations were planned days in advance, they were energized Saturday morning by a heated Oval Office exchange a day earlier between Vance, President Donald Trump and Ukrainian President Volodymyr Zelenskyy. Vance berated Zelenskyy for challenging Trump’s assertions that Russian President Vladimir Putin could be trusted. “Ski Russia because J.D. Vance has no friends in Vermont, but he’s got lots ... in Russia, so he should go there for vacation,” Tekla Van Hoven of Waterbury told WCAX-TV. Vance and his family arrived in Vermont with plans to ski at Sugarbush Resort in Warren. A few protested at the resort on Saturday. “There were a handful of protesters at the resort throughout the day, but all were peaceful and none were disruptive,” resort spokesman John Bleh said in an email Sunday. Republican Gov. Phil Scott issued a statement on Thursday welcoming Vance and his family to the state, and asked residents to do the same even if they have political differences with the vice-president. A smaller number of protesters in support of Vance and Trump also showed up with a “welcome rally.”

The Associated Press

ERIN MINICHIELLO VIA AP

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CANADA

Canadian startup lands product on moon

DUST REPELLENT

ST. JOHN'S, N.L. • A Canadian-made moon dust repellent landed on the moon Sunday aboard a private lunar lander as part of a NASA-led study.

Firefly Aerospace's Blue Ghost lander, which launched from Florida on Jan. 15, descended from lunar orbit on autopilot, aiming for the slopes of an ancient volcanic dome in an impact basin on the moon's northeastern edge of the near side.

Confirmation of successful touchdown came from the company's Mission Control outside Austin, Texas, following the action some 360,000 kilometres away.

"You all stuck the landing. We're on the moon," Firefly's Will Coogan, chief engineer for the lander, reported.

An upright and stable landing makes Firefly — a startup founded a decade ago — the first private outfit to put a spacecraft on the moon without crashing or falling over. Even countries have faltered, with only five claiming success: Russia, the U.S., China, India and Japan.

The Blue Ghost lunar lander is carrying samples that will be tested for their ability to repel lunar dust.

Two of those samples are treated with a coating developed by Integrity Testing Laboratory Inc., a 13-person company based in Markham, Ont., said Jacob Kleiman, the company's president and chief executive officer.

"It's a very big deal," Kleiman said in an interview Saturday. "We are the only Canadian company that got on this experiment."

Lunar dust is a big problem for scientists and astronauts on the moon, Kleiman said. Its particles are tiny, abrasive and electromagnetically charged, and they cling to everything, from mechanical equipment to astronauts' suits.

Companies across the globe are trying to find ways to keep the dust from sticking and building up, especially on highly sensitive optical and thermal control surfaces, he said.

The samples from his company heading to the moon are made of Kapton — the shiny, gold-coloured material on satellites that looks like foil — and the white paint commonly used on space vessels, he said. Both are covered in his company's special "diamond-like" coating, Kleiman said.

Now that the privately owned Blue Ghost has landed on the moon, it will send valuable data back to Kleiman about how his technology is performing. Back in Markham, his company has a lunar space simulator — "a big chamber in which we create all the lunar conditions," he said — and his team will expose two similar samples to the conditions expected on the moon and compare the data.

The Canadian Press with files from The Associated Press



DARREN MAKOWICHUK / POSTMEDIA NEWS

Members of Calgary's Ukrainian community show their support for war-torn Ukraine on the third anniversary of Russia's invasion of the country at City Hall in Calgary on Feb. 23.

U.S.-UKRAINE RELATIONS

Oval Office clash shocks Canadian Ukrainians

U.S. TREATMENT OF ZELENSKY CALLED 'DISGUSTING'

NONO SHEN

Leaders from Canadian Ukrainian organizations say they are shocked by Friday's clash between U.S. President Donald Trump and Ukrainian President Volodymyr Zelenskyy, and they are warning this heated exchange should serve as a wake-up call for Canada.

Trump berated Zelenskyy for being "disrespectful" in an Oval Office meeting, then abruptly called off the signing of a minerals deal that Trump said would have moved Ukraine closer to ending its war with Russia.

During the last 10 minutes in the meeting, Trump and U.S. Vice-President J.D. Vance said Zelenskyy was not being thankful enough for their country's support during Ukraine's fight against Russia's invasion, and accused him of "gambling with World War III."

Ihor Michalchyshyn, CEO of the Ukrainian Canadian Congress, said he felt "quite shocked and quite angry" at how Zelenskyy was treated.

"Quite sad about this is the way that a world leader would treat another world leader, especially one who's at war. It was a very surprising and shocking moment for everybody to watch live," Michalchyshyn said.

At one point in the meeting, Zelenskyy asked Vance if he had been to Ukraine.

Vance replied that he had seen the stories, and then accused Zelenskyy for bringing people for a "propaganda tour."

Michalchyshyn said he has been to Ukraine twice during the war, and in the most recent visit last spring, he saw bullet holes left in buildings, craters and mass graves on the side of roads, and heard sirens blaring all the time.

"It's not propaganda, and it's not a tour. It's the daily reality for millions of Ukrainians," Michalchyshyn said.

Svitlana Kominko, co-founder of Maple Hope Foundation, a not-for-profit

Trump and Vance seemed to show no compassion for Zelenskyy.

Kominko said she was disturbed after hearing one of the reporters in the room asking Zelenskyy why he wasn't wearing a suit.

"It's so sad and embarrassing. We have a full room of gentlemen in suits that don't have any sense of humanity left in them. And we had one person without the suit, who is fighting for his country," Kominko said.

But Kominko said she was proud of Zelenskyy for how he handled himself.

"I would have slammed the door if I were him."

WE SHOULD ALL BE CONCERNED ABOUT (U.S. AS AN ALLY)

aimed at helping Ukrainians affected by war, said she had trouble sleeping after watching Ukraine's leader being "belittled" by Trump at the Oval Office.

Kominko said she has watched the whole 40-minute video to get a full picture of what happened, and her impression was Zelenskyy was walking into a staged, well-planned ambush.

"This is so disgusting and humiliating to see what they did," Kominko said, with tears in her eyes, adding that

Janice Beck, president of the Vancouver branch of the Association of United Ukrainian Canadians, said she is "horrified by the antagonism" between the two presidents.

"Frankly, (I'm) shocked myself that the president of the United States would treat another head of state in that manner," Beck said.

Trump told reporters on Friday that Zelenskyy did not look like a man who wanted peace.

"We're looking for peace. We are not looking for some-

body that's going to sign up a strong power and then not make peace because they feel emboldened, and that's what I saw happening," Trump said.

Beck said it's obvious that everyone wants peace, but it doesn't seem that Trump wants there to be a peace process.

"As a Ukrainian organization, we definitely want peace in Ukraine," Beck said, "But not in a way that removes Ukraine from the process of negotiating."

Each of the leaders from the Canadian Ukrainian communities said this should be a wake-up call for Canada and other countries about how reliable the U.S. is as an ally.

"We should all be concerned about it," Michalchyshyn said.

Beck agreed, saying if Ukraine can be treated by the U.S. this way, no nation can be assured their rights as independent countries won't be threatened.

"President Trump is joking about Canada being a 51st state. Well, if he will not support a country that's been invaded by its neighbour, how can we be sure that he doesn't plan to invade his neighbour?" Beck said.

"It is horrifying and I can't imagine that Canada would ever be actually invaded with troops, but who knows."

The Canadian Press with files from Associated Press

Ministers do some 'myth-busting'

MINISTERS

Continued from NP1

The minister said he believes the officials "get it," given how much information Canada shares with them regarding the Canada-U.S. border, which they can use to flag individuals for screening.

"They know we share information related to the border with the Americans in a much more extensive way than occurs at the Mexico-U.S. border, with Mexico."

Canadians are now watching to see what Trump decides come Tuesday, which is when the 30-day delay Justin Trudeau secured in the face of the president's threat of imposing 25 per cent tariffs on Canadian imports is set to expire.

Trump has repeated both in public and on Truth Social that he intends to move ahead with tariffs on Canada and Mexico beginning Tuesday.

However, a White House official clarified last week that date was subject to further talks.

Miller said his sense from his time in Washington was officials would take the weekend to assess the information they had received and decide whether to move ahead with the tariffs.

"What wasn't clear was sort of any set of parameters that would clearly prevent that."

Trump has said he wants to hit Canada and Mexico with tariffs to force both countries to clamp down on the amount of fentanyl and migrants entering the U.S.

Trudeau has said less than one per cent of each entering the U.S. comes from Canada and has vowed to retaliate should Trump move ahead with his trade levies.

He initially announced a package of 25 per cent tariffs on \$155-billion worth of American products, but shelved those plans once the U.S. decided to delay.

Trudeau and other federal party leaders say Trump is targeting Canada's sovereignty and believe him to be serious when he says he wants Canada to become a state.

Miller and McGuinty were the latest ministers to try to show Trump officials as well as other U.S. lawmakers the efforts Ottawa is making to tighten border security, such as through additional surveillance.

They are also undertaking, as Miller puts it, some "myth busting" about facts surrounding the flow of drugs and migrants across the Canada-U.S. border, adding part of their work is a "re-education" for American officials.

"Clearly we made the case that there are some of those numbers that ... essentially, came from Mexico (and) are being attributed to Canada."

They also continue to highlight the difference between the Canada-U.S. border, the largest undefended border in the world, and America's southern border with Mexico, he said.

National Post
staylor@postmedia.com



Kevin Brosseau

NOVA SCOTIA

FEDERAL
BYELECTION CALLED
FOR HALIFAX

Cohen
notebook
goes for
\$174,000

POEMS, LYRICS

JOE BONGIORNO

MONTREAL • From pages inked with poems to a locket containing a lock of hair, memorabilia belonging to the late Canadian poet and singer-songwriter Leonard Cohen was auctioned on Friday, raking in thousands of dollars.

The Montreal icon died at the age of 82 in 2016 and Julien's Auctions billed the event — held online as well as its Los Angeles studio — as the largest auction of Cohen's private effects, with close to 170 pieces.

A 76-page notebook filled with poems and the lyrics to the songs Treaty and It's Torn sold for US\$120,650 US (C\$174,194), the biggest sale of the day, the auction house said in a press release.

A first edition copy of Let Us Compare Mythologies, Cohen's first published volume of poetry sold for the equivalent of C\$15,015 and handwritten pages of some poems he published in 1968 sold for \$22,920 and \$18,770 respectively, it said.

In Montreal, Fergus Keyes, a diehard fan of both Cohen's literature and music catalogue, said he hopes the people who successfully bid for pieces of history were true fans. If money was no object, he said he would have relished the chance to collect some memorabilia — especially anything handwritten.

"Anything that he wrote ... would have been very impressive to me," Keyes said in an interview Saturday.

But Keyes does have his own keepsake. He met Cohen over two decades ago at a Montreal bookstore and got a signed copy of Beautiful Losers addressed to him.

"I treasure that book," said Keyes.

Aside from song and the written word, a typed letter from Cohen addressed to one of his editors was sold for \$18,769. It featured several ink drawings Cohen drew including an oil lamp, medusa head, horse figure and fig leaf on a naked body.

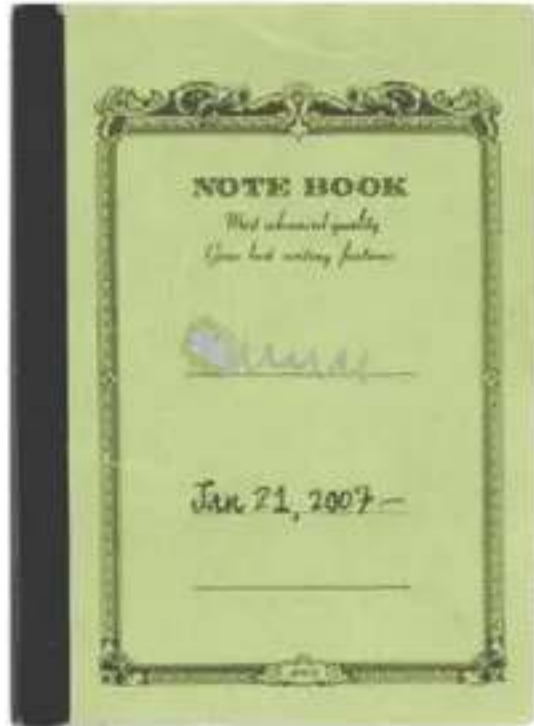
Other items auctioned date from the time the songwriter spent in Greece, including a key to Cohen's home on the island Hydra, which sold for \$28,154, while a black Greek fisherman's cap sold for \$11,261.

Jewelry including a locket containing Cohen's hair sold for \$7,334 and a gold bracelet sold for \$6,569 while two mezuzahs — a religious item of the Jewish faith — sold for \$11,261.

"I think he's probably the best poet-songwriter who has ever turned out of Canada," said Keyes.

In 2017, shortly after Cohen's passing, Keyes was one of 18 lifelong Cohen fans to record their version of Cohen's album I'm Your Man.

The Canadian Press



JULIEN'S AUCTIONS.

Prime Minister Justin Trudeau has announced that a byelection is to be held in Halifax on April 14. The Halifax seat has been empty since Aug. 31, when longtime member of Parliament Andy Fillmore resigned to run for Halifax mayor. He won the mayoralty race and has led the municipality since Nov. 5. A byelection must be called within six months of a new vacancy in the House of Commons. If a general election is called before April 14, the byelection will be cancelled and its candidates would join the general election. Fillmore held the Halifax seat as a Liberal for nine years, after first winning in the 2015 election. Before Fillmore's 2015 win, the seat had been held by NDP members since 1997. The Canadian Press



ANDREW HARNIK/GETTY IMAGES

U.S. President Donald Trump said last week that the tariffs he has threatened against Canada and Mexico will be enacted Tuesday. But whether he will actually do so remains up for debate when a month ago he extended the timeline after saying he made big gains in discussions with leaders.

Expert says
Trump just wants
to say he won

TARIFFS

Uncertainty over
whether threats
will materialize

KELLY GERALDINE
MALONE

WASHINGTON • Canadians are feeling a foreboding sense of déjà vu as the country waits to see whether U.S. President Donald Trump's threats of economywide tariffs ultimately materialize on Tuesday, tipping North America into a trade war.

"Canada has to prepare for a world where it can't rely on the United States for stability in its trading relationships or in its security relationships," said Matthew Lebo, a specialist in U.S. politics at Western University in London, Ont.

Despite a month-long diplomatic push in Washington and boosted border enforcement, Canadians remain uncertain whether Trump will slap America's closest neighbours with devastating duties.

It's tantamount to the anxiety of multiple days in early February after Trump signed an executive order to implement 25 per cent tariffs on all Canadian and Mexican imports, with a lower 10 per cent levy on energy. Following two phone calls between Trump and Prime Minister Justin Trudeau, late-day news of a month-long pause emerged.

Trump declared victory — as Canada agreed to introduce new security measures at the border — and delivered a warning that the tariff threat was not over.

Canada named a new "fentanyl czar," listed Mexican cartels as terrorist groups and launched a Canada-U.S. Joint Strike Force to combat organized crime, fentanyl and money laundering. More helicopters and drones were launched and additional officers patrolled the border.

Canada law enforcement agencies across the country

have been loudly proclaiming drug busts and fentanyl seizures.

Public Safety Minister David McGuinty said last week he believed that "any test that was put on this country, on Canada, in terms of showing progress and meeting standards for the border — I believe those have been met."

McGuinty had meetings with U.S. Border Czar Tom Homan and Homeland Security Secretary Kristi Noem in Washington to show Canada's progress. Trump's executive order instructed Noem to notify him if Canada had done enough to thwart the tariffs.

McGuinty described the meetings as productive but could not say whether Canadian efforts met the threshold to appease the president's concerns.

Trump on Thursday declared that the tariffs were still coming.

CANADA HAS
TO PREPARE
FOR A WORLD
WHERE IT
CAN'T RELY ON
THE UNITED
STATES.

"Drugs are still pouring into our Country from Mexico and Canada at very high and unacceptable levels," Trump posted on social media.

If the levies are implemented, Trudeau has said Ottawa will reinstate its previously announced plan for retaliatory tariffs set to begin with an initial 25 per cent levy on \$30 billion in U.S. goods, with duties on another \$125 billion worth of goods three weeks later.

Trump's statements on fentanyl conflict with U.S. Customs and Border Protection data, which shows the number of people and drugs crossing illegally into the United States from Canada is minuscule compared to the volume coming across the

southern border. It reports just 13.6 grams of fentanyl seized by northern Border Patrol staff in January.

The president and his team spent Saturday sharing posts declaring the Trump administration's achievements at the border. Trump posted that in February there were the "LOWEST number of illegal immigrants trying to enter our Country in History." There was no mention of Canadian efforts at the northern border.

While the president initially tied the tariffs to the flow of deadly fentanyl, he said the pause would allow time to reach a "final economic deal." Lebo said Trump is looking for "a win." "Where these things usually end is with Trump making some kind of announcement that he won, that he got what he wanted," Lebo said. "He puts out big threats or big plans of what he's going to do, they turn out to be not feasible and, in the end, he declares victory and moves on."

Canadian officials have made repeated trips to Washington in recent weeks and said they received positive feedback about Canada's actions on the border from Republican lawmakers and members of Trump's team. But it remains unclear what Trump ultimately wants in exchange for dropping his tariff threat for good.

"That's the ironic thing, no one down here knows what he wants," Ontario Premier Doug Ford said at the National Governors Association winter meeting in Washington last month.

Trump's complaints directed at Canada range from trade deficits to defence spending. He repeatedly claimed he wanted to make Canada a U.S. state.

Treasury Secretary Scott Bessent told Bloomberg TV Friday that Mexico has proposed matching Washington's tariffs on China.

"I think it would be a nice gesture if the Canadians did it also, so in a way we could have 'Fortress North America' from the flood of Chinese imports," he said, leaving the door open about areas of negotiation.

Many Canadian officials have said that Trump's ongoing tariff threats are tied to a mandatory review of the Canada-U.S.-Mexico Agreement. The continental trade pact was negotiated under the first Trump administration to replace the North American Free Trade Agreement.

"It's quite possible (Trump) doesn't know what he wants either," Lebo said.

The Canadian Press

Freeland campaigns
on comedy show

BILL MAHER

RAHIM MOHAMED

OTTAWA • "I hope there are some Canadians here," said Liberal leadership hopeful Chrystia Freeland as she joined comedian Bill Maher for a one-on-one interview Friday on the set of HBO's Real Time in Los Angeles.

Freeland, a semi-regular panellist on the irreverent political talk show, was in "full campaign mode" as she made her pitch to Maher that she was the right person to defend Canada against the whims of U.S. President Donald Trump.

"The ballot question ... is who can stand up for Canada, and who can fight for Canada," Freeland told Maher.

Here are a few key takeaways from the sit-down.

'IDENTITY POLITICS'
WERE TRUDEAU'S
UNDOING

Freeland told Maher that departing Prime Minister Justin Trudeau fell out of favour with Canadians, in part, due to his trademark penchant for performative wokeness.

"I am an old-school Liberal," said Freeland. "And Liberals in Canada win when we are focused on people and on what they need in their lives."

"We lose when people think that we are focused on virtue signalling and identity politics."

Freeland told Maher that she's "received the memo" about voters being fed up with bothersome and largely symbolic policies such as Ottawa's new bylaws limiting vehicle idling.

"Politicians win when they listen to people (and) lose when we think we are smarter than the people we work for," said Freeland.

Maher has been a fierce

critic of Trudeau in recent years, notably comparing him to Hitler at the height of the early 2022 convoy protests, over his rhetoric targeting Canadians who resisted the COVID vaccine.

POILIEVRE
'MINI-TRUMP'

Freeland stayed mum on the other leadership candidates, but did have a few harsh words for Conservative Leader Pierre Poilievre.

"I call him maple syrup MAGA, or mini-Trump," Freeland joked after Maher asked her how to pronounce Poilievre's name.

Freeland said that Trump's threats to tariff and possibly annex Canada have put Poilievre in a tough spot.

"I think he built a campaign on trying to imitate Trump, but now that Canadians see President Trump wanting to turn us into the 51st state, it's not going so well."

'LITTLE ARI' RETURNS

Freeland opened the interview with a story about a precocious little girl that will be familiar to those who've been following the leadership race.

"A couple of weeks ago, I was in a small city called Saskatoon and a little four-year-old came up to me ... her name was Ari, and she said to me ... 'Can you stop Trump from invading Canada?'"

"So I have a question for you," riffed Maher. "Can you stop Trump from invading Canada?"

Freeland has repeated the same line on the campaign trail even though more than a few people have questioned the story's authenticity.

"I ran into the same girl and she wouldn't shut up about capital gains taxes," quipped Quillette editor Jonathan Kay on X.

National Post



ANDREJ IVANOV / AFP VIA GETTY IMAGES

Liberal leadership hopeful Chrystia Freeland joined comedian Bill Maher for a one-on-one interview Friday.

UKRAINE

*ZELENSKYY HAILED
AS DEFENDER OF
COUNTRY'S INTERESTS*

Soon after Ukrainian President Volodymyr Zelenskyy left the White House on Friday after an astonishing Oval Office blowout with President Donald Trump, Ukrainians rallied around their leader as a defender of his country's interests. The shouting match that unfolded seemed to dash, at least for now, Ukrainian hopes that the U.S. could be locked in as a reliable partner in concluding Russia's onslaught. But many Ukrainians on Friday expressed a sense that Zelenskyy had stood up for their country's dignity. *The Associated Press*

WORLD

Putin can't be trusted, says Starmer

SUMMIT
Continued from NP1

Sunday's summit included talks on establishing a European military force to be sent to Ukraine to underpin a ceasefire. Starmer said it would involve "a coalition of the willing."

The British prime minister told the BBC he does not trust Russian President Vladimir Putin but does trust Trump. "Do I believe Donald Trump when he says he wants lasting peace? The answer to that is yes," he said.

Starmer said there are "intense discussions" to get a security guarantee from the U.S.

"If there is to be a deal, if there is to be a stopping of the fighting, then that agreement has to be defended, because the worst of all outcomes is that there is a temporary pause and then (Russian President Vladimir) Putin comes again," Starmer said.

The three essentials Starmer listed for a successful peace deal were: arming the Ukrainians to put them in a position of strength; including a European element to guarantee security; and providing a "U.S. backstop," to prevent Putin from breaking promises.

Starmer hosted the meeting at Lancaster House, a 200-year-old mansion near Buckingham Palace, following a charm offensive last week to persuade Trump to put Ukraine at the centre of negotiations and tilt his allegiances toward Europe.

Leaders from Germany, Denmark, Italy, Netherlands, Norway, Poland, Spain, Canada, Finland, Sweden, the Czech Republic and Romania were at the summit. The Turkish foreign minister, NATO secretary-general and the presidents of the European Commission and European Council were also in attendance.

Zelenskyy received broad support from leaders across Europe after the White House fiasco, an exceptional attack on an ally broadcast on live television. Starmer embraced Zelenskyy as he arrived at the meeting Sunday.

Europe has been anxious since Trump initiated direct peace talks with Putin, who had been isolated by most Western leaders since invading Ukraine three years ago. The scramble to remain relevant and protect European interests as their once stalwart ally appeared to be cosying up to Putin was even more troubling when Trump called Zelenskyy a dictator and falsely said Ukraine started the war.

Meetings in recent days had provided some hope — until Zelenskyy's visit to the White House.

Czech Prime Minister Petr Fiala said Saturday that European countries have to increase their arms spending to reach at least three per cent of GDP.

"If we don't increase our effort fast enough and let the aggressor dictate its conditions, we won't end up well," he said.

Macron, who said it was legitimate for the U.S. to shift its focus to dealing with China and Asia, also called for more defence spending.

The Associated Press with files from The Canadian Press



SERGEI SUPINSKY / AFP

Leslie and John Hertweck, parents of Ethan Hertweck, 21, a U.S. Marine Corps veteran who was serving as a combat medic in Ukraine, mourn during a ceremony in Kyiv on Friday. Hertweck was killed in action in late 2023 and his body taken by Russia; it was only recently returned to Ukraine.

UKRAINE HONOURS FOREIGN FIGHTERS, AMERICANS, AS NATION'S FUTURE ON BRINK

**SIOBHÁN O'GRADY AND
ANASTACIA GALOUCHKA**
in Kyiv

Hours before Ukrainian President Volodymyr Zelenskyy was publicly scolded by U.S. President Donald Trump for not being sufficiently thankful in Washington on Friday, Ukrainian troops marched through their capital's central square, carrying a casket draped in U.S. and Ukrainian flags.

Inside lay U.S. Marine Ethan Hertweck, 21, killed in action near the eastern city of Avdiivka in late 2023, and whose body was taken by Russia and only recently returned to Ukraine. His family came from Missouri to bid him farewell.

Hundreds of volunteer foreigners — many of them Americans — have fought and died on the side of Ukraine since Russia's full-scale invasion in 2022. Hertweck is one of more than 100 from 23 countries whose identification and eventual repatriation were made possible through the R.T. Weatherman Foundation, a U.S. non-profit led by Meaghan Mobbs, a former U.S. paratrooper and psychologist whose father, retired Lt. Gen. Keith Kellogg, is now Trump's special envoy for Ukraine.

Mobbs was here this week to open a new exhibit called "For Freedom" at Ukraine's War Museum, dedicated to the foreign fighters who have volunteered to defend Ukraine. Her foundation organized Hertweck's funeral in Kyiv.

The exhibit and the funeral come during one of the most tense political moments in Ukraine since the invasion, as Trump — eager to strike a deal to end the war — met Zelenskyy for the first time since engaging with Russia in direct talks and describing the Ukrainian leader as a dictator — and then harangued him in the Oval Office.

At the museum's opening event last Thursday in Kyiv, ahead of the Oval Office meeting, the crowd of Ukrainian officials, troops and foreign fighters

erupted in applause as Mobbs warned against any plans to end the war by forcing Ukraine to capitulate to Russia.

"I fear some of us in the West have become so consumed with the idea of peace, that we have forgotten the true meaning of it," she said. "We have come to believe that peace above all else is the highest virtue, yet peace at any cost is not peace — it is surrender dressed in the false guise of virtue."

Many in Ukraine fear that Trump, who they hoped would pressure Putin to end the war, could instead pressure Zelenskyy into a deal that will force Kyiv to cede its sovereign territory without security guarantees.

Speaking days before Trump and Zelenskyy's confrontation at the White House, Hertweck's parents, John, 52, and Leslie, 50, said they voted for Trump but were stunned by his recent statements criticizing Ukraine, which they saw as contradicting the values their son died to protect.

"Not calling Putin a dictator — that, to me, I don't get," Leslie said. "It's frustrating, because that's not what I thought he would say ... It's like, what the heck are you doing?"

or killed in action in Ukraine, helped gather items and stories from around the globe.

"American blood has been shed on Ukrainian soil and our nations will be forever intertwined," Mobbs said.

Foreigners also serve in Russia's military and deploy to Ukraine, often for hefty contracts. Russian President Vladimir Putin has described the foreign fighters in Ukraine's military as mercenaries.

The exhibit opened on Thursday to coincide with the three-year anniversary of the establishment of Ukraine's International Legion, which provided a legal framework for foreigners to join Ukraine's military.

Co-curators Yurii Horpynych, 37 and Marina Bohush, 27, were tasked with deciding how to tell the soldiers' stories.

Horpynych said he focused on the "reality of those Americans who have felt what is happening here in their own skin and bones," he said. The exhibit was meant to highlight not the diplomatic negotiations or agreements between Ukraine and foreign countries, but "what is happening in the trenches."

In the centre of the hall, in

but left devastated and directionless.

"Now what do I do?" Leslie recalled him saying. "I'm a trained warfighter. This is what I love to do. This is my calling."

"He didn't like being a civilian," his father John said.

He travelled to Ukraine twice after the invasion before enlisting as a combat medic. Leslie recalled how he refused to politicize his decision. "I came here strictly for freedom, for people who are going to be oppressed by a madman and that's why I'm coming here," she recalled him saying.

He was killed trying to save the life of a fellow foreign fighter.

During Thursday's opening, the museum was buzzing with visitors, including many foreigners who had served in the Ukrainian army. They gave a standing ovation to Hertweck's family, who spoke onstage.

Damien Rodriguez, an American from the Bronx who was Hertweck's commander at one point during his service in Ukraine, said he has been astonished by how quickly Washington, once Ukraine's staunchest partner, seemed comfortable stepping back from Ukraine.

"We were hoping (Trump) would make a deal on the side of Ukraine, because obviously Ukraine is fighting for freedom, liberty — exactly the same causes America holds so dear," Rodriguez said. "And Trump sided on the side of a dictator."

On Friday morning, in the bitter February cold, the Ukrainian soldiers carrying Hertweck gently placed his coffin in front of his parents and younger siblings, who stood on the main square, or maidan — the same ground where Ukrainians famously overthrew their pro-Russian leader in 2014.

A speaker played the American national anthem and a trumpeter played Ukraine's. The crowd knelt to the song to listen to the Ukrainian song now played at soldiers' funerals.

"I will die in a foreign land," the sorrowful voices sing. "Who will dig my grave?"

The Washington Post

I WILL DIE IN A FOREIGN LAND.
WHO WILL DIG MY GRAVE?

"I'm like, 'Wait a second, Ukraine didn't invade Russia — Russia invaded Ukraine,'" she added.

Glass cases arranged along the main floor of Ukraine's War Museum display what the foreigners fighting for Ukraine left behind — cans of Coca-Cola, black boots, a harmonica, a box of saffron, a West Point ring.

The museum once focused on the Second World War, but with new wars comes a new mission to document history in real time.

Mobbs pitched the museum a project about foreign fighters just three months ago — and her foundation, which supports families who have relatives missing

grayscale, the walls show the names, faces and stories of some of those who have been killed — including Hertweck. Standing in front of his portrait on Thursday night, Leslie peered up at her son's beaming face and the American patch on his sleeve. Her voice cracked as she said, "I miss him."

The family has taken solace in believing that Hertweck was meant to be in Ukraine.

He was just 17 when he joined the U.S. Marines. He excelled in boot camp in San Diego but his dreams to serve in combat were dashed when he was diagnosed with a rare blood disorder. He was honourably discharged,

NEW YORK

FORMER GOVERNOR CUOMO RUNNING FOR NYC MAYOR

Hamas rejects U.S. ceasefire extension

ISRAEL SAYS YES

JOSHUA MARKS

After a high-level security meeting on Saturday night, Jerusalem has adopted the temporary ceasefire framework proposed by U.S. Middle East envoy Steve Witkoff for the Ramadan and Pass-over period. However, Israel announced Sunday it has suspended all humanitarian aid to Gaza after the Hamas terrorist organization rejected the ceasefire extension.

Prime Minister Benjamin Netanyahu chaired Saturday's discussion, which included Defence Minister Israel Katz, senior security officials and the negotiating team, according to an Israeli government statement.

Under the U.S. proposal, half of the remaining hostages (living and deceased) are to be freed on the first day; the rest will be released if a "permanent" ceasefire is agreed upon.

The ceasefire could be extended to facilitate negotiations, as gaps between the parties remain wide.

If talks prove ineffective, Israel retains the right to resume military operations after 42 days, a condition backed in a side letter by the previous Biden administration and supported by the current Trump administration.

The statement stressed that while Jerusalem has accepted the U.S.-proposed framework, Hamas has rejected it. However, it continues, Israel is prepared to engage in detailed negotiations if Hamas reverses its position.

Hamas has refused to extend the first phase of the hostage agreement with Israel and is demanding an immediate transition to negotiations on Phase 2. Phase 2 includes talks on a permanent end to hostilities, Israeli military withdrawal from Gaza, reconstruction and a prisoner-hostage exchange.

The terror organization also sent a message ahead of last week's Cairo summit that it rejects any non-Palestinian governance and opposes the presence of foreign forces in Gaza.

A senior Hamas official, Mahmoud Mardawi, on Sunday criticized Israel's adoption of the Witkoff ceasefire plan, accusing it of bypassing previously signed agreements. He stressed the importance of moving forward with the second phase of the deal to secure the release of prisoners and bring stability to the region.

The Israeli government announced on Sunday morning that it has suspended all humanitarian aid to Gaza after the Hamas rejection.

Netanyahu announced that no goods or supplies would enter Gaza until further notice, reaffirming that Jerusalem will not agree to a ceasefire without the release of its hostages.

Since the ceasefire began on Jan. 19, 25,200 aid trucks carrying food, water and medicine have entered Gaza, alongside more than half a million tents and 2,100 fuel tankers. Israeli officials estimate that Hamas has stockpiled supplies sufficient for four to six months.

jns.org

Former New York governor Andrew Cuomo announced Saturday that he is running for mayor of New York City, relaunching his political career after a yearslong exile over a barrage of sexual harassment accusations. In a 17-minute video, Cuomo pitched himself as an accomplished moderate who can save a city he described as threatening and "out of control," and is capable of navigating the delicate balance between working with Republican President Donald Trump and fighting him, when necessary. "I am not saying this is going to be easy. It won't be easy, but I know we can turn the city around," he said. The Democrat takes on a large field of primary opponents with low name recognition plus an incumbent, Mayor Eric Adams, who — for now — remains under indictment on federal corruption. *The Associated Press*



Military told to defend Druze

ISRAEL

JERUSALEM • Israel's defence ministry on Saturday said the military has been instructed to prepare to defend a Druze settlement in the suburbs of Damascus, asserting that the minority it has vowed to protect was "under attack" by Syrian forces.

The statement, citing an order from Prime Minister Benjamin Netanyahu and Defence Minister Israel Katz, follows an Israeli warning last weekend that the forces of neighbouring Syria's new government and the insurgent group that led last year's ouster of former president Bashar Assad should not enter the area south of Damascus.

Saturday's statement indicates that Israeli forces could push farther into Syria as its new authorities try to consolidate control after more than a decade of civil war. Israeli forces recently set up posts in a buffer zone and on strategic Mt. Hermon nearby. There have been no major clashes between Israeli troops and Syria's new forces.

"We will not allow the terrorist regime of radical Islam in Syria to harm the Druze. If the regime harms the Druze, it will be harmed by us," the statement said.

The Druze are a religious minority who live in southern Syria and in Israel's Golan Heights, where they navigate their historically Syrian identity while living under Israeli rule.

There was no immediate response from Syria's government, but a prominent Druze leader in Lebanon said Sunday that he will soon visit Syria to meet its interim leader as tensions simmer between members of the minority group, the war-torn country's interim government, and Israel.

Walid Jumblatt is one of Lebanon's most prominent political leaders and arguably the Mideast's most powerful Druze figure. He is both an outspoken critic of Israel and a supporter of the Palestinians, but also spoke out against the Assad dynasty in Syria.

Israel's statement followed the outbreak of unrest Friday in the Druze settlement of Jaramana, when a member of the security forces entered and started shooting in the air, leading to an exchange of fire with local gunmen that left him dead.

On Saturday, gunmen came from the Damascus suburb of Mleiha to Jaramana, where they clashed with Druze gunmen. That left one Druze fighter dead and nine other people wounded, according to the Britain-based Syrian Observatory for Human Rights, a war monitor.

After the fall of Assad in December, Israel seized the U.N.-patrolled buffer zone on Syrian territory. The zone was set up under a 1974 ceasefire agreement. Syria's new authorities and U.N. officials have called for Israel to withdraw.

Meanwhile, Netanyahu's government has been under pressure to protect Israelis living near border areas in the north as it tries to return residents of the north to their homes.

The Associated Press



Trucks carrying humanitarian aid line up on the Egyptian side of the Rafah border crossing with the Gaza Strip on Sunday after Israel suspended the entry of supplies over Hamas's rejection of a ceasefire extension.

WORLD BRIEFS



The wreckage of a bus that collided with another one in Bolivia.



ANDREJ ISAKOVIC/AFP VIA GETTY

SERBIAN STUDENTS HOLD LATEST ANTI-GRAFT RALLY

NIS, SERBIA Tens of thousands of people in Serbia gathered on Saturday for a student-led rally that vowed to turn the troubled, populist-run Balkan country into a free nation of justice and rule of law, while sending a message that, "We deserve better."

University students in the Balkan country that has been ruled firmly by a right-wing, pro-Russia government for over a decade have been holding nationwide protests since the fatal train station canopy collapse in November that killed 15 people and which critics blame on government corruption.

The almost daily protests regularly draw tens of thousands of people and have rattled President Aleksandar Vucic's firm grip on power.

The Associated Press

AT LEAST 37 DEAD AFTER BUSES COLLIDE IN BOLIVIA

LA PAZ, BOLIVIA At least 37 people have died and another 39 were injured when two buses collided on a rural roadway early Saturday in southwest Bolivia, police said.

The accident took place a few kilometres from Uyuni, the gateway to the Salar de Uyuni, a major tourist attraction and the world's largest salt flat.

One of the buses was heading to Oruro, where one of the most important carnival celebrations in Latin America is currently taking place.

A police spokesperson said one of the two drivers, who both survived the crash, was spotted by passengers consuming alcohol.

The Associated Press

TUNISIA RESCUES MIGRANTS FROM CAPSIZED BOAT

TUNIS, TUNISIA Authorities in Tunisia say 64 migrants were rescued from a boat that capsized off the country's eastern Mediterranean coast after running out of fuel.

The country's national customs agency said in a statement that maritime patrols sent to the capsized vessel rescued 64 people of various nationalities off the coast of Mahdia on Friday evening. No deaths were reported.

"The rescued migrants were trying to illegally cross by boat towards the European space," the customs agency said. Initial findings of the investigation suggest that the migrants had set off from an unnamed neighbouring country, likely to be Libya.

The migrants were taken to the port of Chebba, north of Sfax, for further investigation.

The Associated Press

CEASEFIRE CALL IN TURKEY

ISTANBUL Kurdish militants who have waged a 40-year insurgency in Turkey declared a ceasefire on Saturday in what could mark a significant boost to President Recep Tayyip Erdogan's government, two days after their imprisoned leader called for the group to disarm.

The announcement by the Kurdistan Workers' Party, or PKK, comes against the backdrop of fundamental changes in the region, including the reconfiguration of power in neighbouring Syria after the toppling of President Bashar Assad, the weakening of the Hezbollah militant movement in Lebanon and the Israel-Hamas war in Gaza.

The Associated Press



LEHTIKUVA/FINNISH BORDER GUARD/ AFP VIA GETTY IMAGES

FINLAND ENDS SEIZURE OF SHIP

Finland has ended the seizure of a shadow fleet tanker that pulled up four underwater data cables and a power link on Dec. 25 as investigations proceed. The Eagle S will be escorted by the Border Guard from Finnish territorial waters. Eight crew members are still suspected of offences, and three of them are prevented from leaving the country, the police said.

Policy-makers have pointed to sabotage, a mistake or incompetence as possible causes of the damage wrought by the tanker's anchor.

WAKE-UP CALL

HOW LEARNING YOUR NET WORTH CAN SHOW IF YOU'RE ON TRACK WITH YOUR FINANCIAL GOALS. NP7



CANADA'S BUSINESS VOICE, MONDAY, MARCH 3, 2025



PETER POWER / THE CANADIAN PRESS FILES

Canada-U.S.-Mexico Agreement rules indicate Canada could launch a challenge against tariffs issued by the U.S. that would prompt mandatory consultations between the two countries within 30 days. If those talks fail, the next step would be establishing a dispute settlement panel.

TRADE

PACT OFFERS PATH TO OPPOSE TARIFFS

BUT WILL U.S. COMPLY WITH RULINGS ON AGREEMENT?

IAN BICKIS

If U.S. President Donald Trump imposes tariffs on Canadian goods as he's repeatedly threatened to do, experts say Canada has a strong case to challenge it under the Canada-United States-Mexico Agreement.

The question, though, is how quickly any decision may come through the process — and more important, whether the U.S. would respect any decisions from the outcome.

"A rules-based system is only as good as the willingness of the government who's subject to it, to comply with it," said Wendy Wagner, a partner at Gowlings WLG.

The free-trade agreement is a country-to-country agreement, so there's no one else to appeal to if one side decides not to respect a decision.

The U.S.'s past performance on adhering to trade decisions has been mixed. Areas of contention include complicated measures such as figuring out how much foreign content is in an automobile or the long-running softwood lumber dispute.

What Trump has threatened, though — blanket 25 per cent tariffs on Canadian goods, with the exception of 10 per cent tariffs on energy — doesn't contain much grey area, Wagner said.

"We're not arguing around the edges here," she said. "There couldn't be anything more offensive to a free-trade agreement than a 25 per cent across-the-board tariff on all the products that originate from that country. It's the most blatantly antithetical measure that you could impose."

ENFORCING THE LAW

The blatancy of the threatened measures do bring into question whether any ruling through treaty channels will have much effect, Wagner said.

"There's a larger issue about the extent of adherence to a rules-based system, both internationally and domestically."

The U.S. has already shown a disregard to findings in the past. When it imposed metal tariffs in 2018, the World Trade Organization ultimately ruled in favour of China that the move wasn't allowed, but the U.S. refused to comply.

Canada could also decide to challenge this round of tariffs at the WTO, as well as through CUSMA.

Based on the rules of the regional treaty, Canada could launch a challenge that would prompt mandatory consultations between countries within 30 days of filing the complaint.

If there's no resolution through that step, the next would be to establish a dispute settlement panel. It acts as a sort of

tribunal and goes through the process of hearing arguments and evaluating the evidence and produces a report on its findings.

The time it takes to get through a complaint varies, but past cases have generally run around a year to a year and a half, Wagner said.

THE COMPLAINTS PROCESS

The dispute panel's report sets out what the offending country needs to do to fix the trade issue.

If the U.S. didn't comply, then Canada would be allowed under the system to impose dollar-for-dollar counter measures.

This is something Prime Minister Justin Trudeau has already said the government will do as soon as the U.S. imposes tariffs, but technically Canada will also be in violation of the treaty if it imposes counter-tariffs ahead of the process.

While Canada may have to get ahead of the process to respond given the scale of the threat, it's still important it goes through the treaty steps to get to the same result, said Clifford Sosnow, a partner at Fasken Martineau DuMoulin.

"Ultimately the result of the (grievance) process is compliance, and if there's no compliance, retaliation, and so in many ways, you're back to square one," he said.

See **TARIFFS** on NP7

“YOU JUST WANT TO BE MINDFUL OF EVERYTHING YOU DO WILL TRIGGER A TAX EVENT. SO YOU DON’T WANT TO BE EXCESSIVELY SELLING AND TRIGGERING GAINS FOR SMALL PERCENTAGES.”
— KATHRYN DEL GRECO, SENIOR INVESTMENT ADVISER AT TD WEALTH

INVESTING

Ensuring portfolios strike proper balance prevents pain: experts

Adviser suggests reviewing assets annually

CRAIG WONG

OTTAWA • Seeing your investments rise is always exciting, but it could also mean it's time for a rebalancing of your asset mix to guard against taking on too much risk or having a portfolio that's too concentrated in one asset.

Kathryn Del Greco, a senior investment adviser at TD Wealth, says it's key to review your current allocations to make sure they are still in line with what the original intent was when you built the portfolio.

If your portfolio becomes riskier than you are comfortable with and the market falls, she says you could be in for a great deal more stress than you expected.

“And that may inspire you to do the wrong thing at the wrong time,” she says.

The balance in an investment portfolio refers to the mix of investments it holds — generally the allocation between stocks and bonds, but it can also refer to allocations of specific sectors and geographies.

A typical portfolio might have a mix of 60 per cent in stocks and 40 per cent in bonds, but the starting combination will depend on your risk tolerance. However, those allocations will change over time as different investments grow at different rates.

For example, if you've been lucky enough to have invested a small amount in a risky but fast-growing tech stock such as Nvidia Corp., it might now account for too much of your overall portfolio, exposing you to more risk than you want.

Maintaining the right mix of investments can seem counterintuitive as you sell assets with big gains and

move money to those that have not done as well.

Dan Tersigni, director of digital advice at Wealthisimple, says his firm looks to automate the rebalancing to take the emotion out of investing.

“It's very hard for people to sell the thing that has recently done well and given them joy and buy the thing that, you know, maybe they view as underperforming or a dog,” he said.

He said Wealthisimple uses a thresholds-based approach.

“We monitor the portfolios for our clients every day and if assets reach our thresholds that we've determined in advance, then that will trigger a rebalance event, you know, whenever that happens,” he said.

“If you let your portfolio run too much and become too concentrated in a single asset, then you expose yourself more to those risks.”

For taxable accounts, there are also tax implications that must be taken into consideration as selling investments that have increased in value will trigger capital gains that will be taxed.

“You just want to be mindful of everything you do will trigger a tax event. So, you don't want to be excessively selling and triggering gains for small percentages,” Del Greco said.

She recommends adding a review of your investment mix to your annual to-do list, alongside with checking that you've made your RRSP, TFSA and RESP contributions for the year.

But she says you should also review it if something has changed in your life.

“If your investment objectives have changed and, for example, you found yourself out of work unexpectedly and you are now in a position where you need to start to draw an income from your portfolios, that is a significant change,” she said.

The Canadian Press



GETTY IMAGES / ISTOCKPHOTO

Determining your net worth can provide important information when working with professionals such as an estate lawyer or an insurance agent, says Brenda Hiscock, a certified financial planner at Objective Financial Partners.

PERSONAL FINANCE

Knowing your net worth can be wake-up call

MICHELLE ZADIKIAN AND RITIKA DUBEY

To someone who doesn't have a lot of assets, knowing their net worth might seem pointless, but experts say it's an important indicator of financial health, no matter how big or small the number.

“At the end of the day, it's not about how many zeros you have, it's really about whether the net worth you have reflects that you're on track toward your financial goals,” said Brenda Hiscock, a certified financial planner at Objective Financial Partners.

Your net worth is measured by adding up the value of all the assets you own and subtracting your outstanding liabilities. The result gives you a snapshot of your overall financial picture.

Assets can include money in your bank account, investments, the value of your home and other properties, the cash value of a life insurance plan, the resale value of your vehicle and any pension plans.

Liabilities are essentially what you owe and can include the mortgage on your home, lines of credit, credit card debt, student debt and auto loans.

Hiscock says when it comes to your liabilities, it's important to distinguish between good debt and bad debt.

“There's good debt, sort of, a mortgage, student loans because a student loan can increase your future earnings potential. But what we really want to look at on a net worth statement is whether there's credit card debt ... that tends to be bad debt,” she said.

“The net worth statement helps us to really look at each piece and determine what the best way forward with them is.”

She says a typical timeline to review a net worth statement is once a year.

For a young person starting out who may

have few assets, or even a negative net worth, Hiscock said there are still benefits to tracking your financial health.

“I work with quite a few young people and I do find they love seeing their net worth year-over-year. It's motivating to them,” she said.

Tony Salgado, president of AMS Wealth, said a net-worth statement can also be a wake-up call that your financial well-being is not moving in the right direction.

He gives the example of someone who gets a raise or a promotion at work, but ends up spending the extra income on dining out and other discretionary expenses instead of building up their assets.

“So even though in this situation you have someone that has more cash flow coming in, they're spending more,” he said. “In that case, their net worth is not going to be growing. They're going to be decreasing their net worth. It's important for that young person to see if they're going in the right direction.”

For someone that wants to build their net worth, it comes down to putting more money into the assets side rather than the liabilities.

“Step by step, if we manage our discretionary spending, we improve our cash flow, we take the cash flow and invest it in either a TFSA, RRSP or an alternative investment — you're slowly now moving your net worth in the positive direction,” Salgado said.

In addition to being a key indicator for your own use, knowing your net worth can also be crucial information for other professionals, such as a lawyer working on your will or gauging how much life insurance you may need, Hiscock said.

“For example, young people out there buying homes, and if they have a young child, life insurance is so, so important. The net worth statement can say, ‘OK well we have this much debt and if we pass away, we want to have that protected and we also want to protect our future income,’” she said.

The Canadian Press



GETTY IMAGES / ISTOCKPHOTO

A 60-40 split in stocks and bonds may initially be the right fit for a portfolio, but circumstances can change.

Canada adhering to dispute process would force U.S. to participate: expert

TARIFFS

Continued from NP6

“But symbolically and legally, it has important aspects to it, because it effectively for Canada is an affirmation of the importance of the agreement.”

Going through the process will also force the U.S. to participate and submit to the process. That makes it

harder for it to say it's abandoning the whole treaty, Sosnow said.

“Effectively it creates some stickiness between a president who's already poorly disposed towards the agreement, and at the same time affirms the legitimacy of the agreement.”

COMMITTING TO THE TREATY

For Canada, following the

legal steps also affirms that the legal structure is the way to resolve disputes, he said.

“In other words, a rules-based system as opposed to a power-based system. So there's both strategic value to this (and) there's symbolic value to it.”

A U.S. refusal to participate in the process would effectively renounce the whole treaty, a sharp contrast to Trump's apparent position

that he wants a better version of the treaty he originally agreed to when negotiations open up on June 1, 2026.

“It would be effectively a highly, highly controversial, and in fact I would suggest an unprecedented, repudiation of the agreement.”

A full abandoning of the treaty would be much more significant than Trump's tariffs, which he claims to be issuing over national secur-

ity concerns at the border. While the claims are tenuous at best, Sosnow said, they're at least still within the framework of the treaty.

“The logic of that is very poor, the logic of that is very weak, but that's the tenuous connection to the agreement.”

When Trump previously imposed tariffs on Canadian steel and aluminum in 2018, the process was resolved

through counter-tariffs and diplomacy, not through the treaty process.

The last round had Canada agree to several measures to limit exports of what the U.S. considered subsidized metal, but Sosnow said Trump has made it clear he's not interested in a measured solution.

“That seemed to mollify the president (in 2018). Right now, the president is saying, ‘I won't be mollified by that the second time around.’”

The Canadian Press

EX-GANG MEMBER PUTTS FOR WIN

Ryan Peake, an Australian former motorcycle gang member who turned his life around through golf, earned a place at the British Open when he won the 104th New Zealand Open on Sunday by one stroke. The 31-year-old from Western Australia called the win “life-changing” after sinking an eight-foot par putt. His final-round 66 saw him finish at 23-under. Peake, right, had been a promising junior golfer and teammate of Cameron



Smith before he was convicted of assault at age 21 and sentenced to five years in jail. After leaving prison, he returned to golf and began to rebuild his career with the help of leading coach Richie Smith and with the support of his family. “I always knew I could do it but it was just a matter of when I was going to do it,” Peake said. “The story is what it is. But I’m just out here playing golf.”
The Associated Press



Calgary Flames prospect Trevor Hoskin, a fourth-round draft pick in 2024, leads all NCAA Division 1 freshmen with 37 points for the Niagara Purple Eagles. *NIAGARA ATHLETICS*

FLAMES PROSPECT HAVING STELLAR SEASON

Hoskin leading all NCAA freshmen scorers and turning the doubters into believers



WES GILBERTSON

Trevor Hoskin is perhaps the most mysterious forward prospect in the Calgary Flames’ pipeline, which also puts him among the most intriguing. When the Flames selected Hoskin in the 2024 NHL draft, he came with the sort of stat line you rarely see from a fourth-rounder — 52 goals, 100 points, an MVP nod. But he posted those eye-popping numbers in the Ontario Junior Hockey League, a junior A loop that produced only two picks this past summer. Hoskin was actually available for the third time after being overlooked in 2022 and 2023. This 20-year-old winger is now the top scoring freshman in the NCAA’s Division I ranks, a lofty perch that would normally generate big-time buzz. But Hoskin skates for the Niagara University Purple Eagles of Atlantic Hockey and because that school and conference have not pumped out a ton of standout pros, it’s tricky to come up with an apples to apples comparison. Ask around, and you’ll hear rave reviews of Hoskin’s skill set — a wicked release, strong skating ability, impressive hockey sense. But how will it translate against higher calibre competition? Hoskin had to skip development camp because of illness, so the Flames haven’t yet had an opportunity to see how this on-the-rise righty stacks up

against the rest of their future hopefuls, even in a scrimmage setting. “Thinking back to the draft, when your name pops up beside the logo, you’re just like, ‘Wow, this is real!’ You kind of think you’re in a dream,” Hoskin told Postmedia during a break between classes at Niagara in Lewiston, N.Y. “Being here now and having that with me, it’s just a confidence booster and reminds me to stay true to my roots and that I was drafted for a reason, I’m here for a reason, and just keep trusting and believing in myself and in my game.” He’s accumulating believers as he goes. As the Purple Eagles prep for the conference playoffs, Hoskin sits atop the team scoring charts with 37 points — a mix of a dozen goals and 25 assists — in 33 games. That makes him the most productive freshman from any of the 60-plus programs on the Division I landscape. Among those closest in his rear-view mirror are Boston College Eagles dynamo James Hagens, who is on the short list of contenders to go first overall in 2025, and Montreal Canadiens first-rounder Michael Hage of the Michigan Wolverines. “The thing that means more to us is how much he’s improved over the second half,” said Ray Edwards, the Flames’ director of player development. “The changes that we’ve seen are he’s way more engaged, he’s way more willing to attack seams and get to the inside and be first on pucks. He’s getting a good opportunity there to play on the power play and play in the top six, so that in itself allows for creating offence and opportunity to put offensive

numbers up. But what he’s doing now is he’s starting to understand how much better he can be if he has the puck more, right? “It goes back to the (Matt) Coronatos and the (Andrew) Mangiapanes and the (Connor) Zarys of the world that, as smaller players, have to learn how to compete the right way. I think that’s the most exciting thing we’re seeing from Trevor now is he’s understanding that. He’s been really good at that in the second half. And I think as his body matures and his game matures, he will improve even more at that.”

“He’s been the best Cobourg Cougar, in my opinion, that I’ve seen. I don’t think there has been a guy in our league who has dominated like he did in a long, long time.”

Hoskin, who proudly reported that he has been able to add eight or nine pounds of muscle to his 6-foot-1 frame, won’t be one of those one-and-done guys in the NCAA. He’ll undoubtedly benefit from further college seasoning, although it has become fairly common for Atlantic Hockey to lose some of its top talents to the transfer portal, so he could potentially consider a move to a powerhouse conference Of the seven selections to the All-Atlantic Hockey first team for 2023-24, four switched schools

for this campaign. It will be fascinating to track Hoskin’s progress, especially since history would suggest increased comfort only cranks his offensive output. In his three campaigns with the OJHL’s Cobourg Cougars, his annual point total soared from 29 to 61 to 100. He was saluted as the Canadian Junior Hockey League’s MVP in 2023-24. There are a few notable names engraved on that trophy. “In the five or six years that I’ve been coaching here, I haven’t seen a guy make plays at top speed like that,” said Cougars bench boss Connor Armour. “I played in Cobourg, too (from 2010-15) ... I played with guys like Mason Marchment and with Justin Danforth, who is in Columbus now. And to be honest, he’s ahead of where those guys were when I was playing them, and other junior A guys that went on to make the NHL. “He’s been the best Cobourg Cougar, in my opinion, that I’ve seen. I don’t think there has been a guy in our league who has dominated like he did in a long, long time.” Hoskin was bummed to miss out on his first development camp in Calgary, though he explained he had a nasty bug and “thought it was a more intelligent thing to just not put anyone else in danger and, for my own sake, not to go out there and be a mess.” Later in the summer, after visiting family a few hours away, Flames general manager Craig Conroy detoured to meet Hoskin for dinner in his hometown in Ontario. This fourth-round swing seems to be one of those quick to pass the credit types, saying he has received “endless support” from the staff at the Saddledome and also from his coaches and teammates at Niagara. The Purple

Eagles will play host to the Army-West Point Black Knights this coming weekend for a best-of-three playoff series. “He’s having a really good year, a good start to his college career,” Conroy said of Hoskin, who is third in his conference scoring race, trailing only a pair of upper classmen. “He’s skilled. He’s smart. He plays in all situations. It’s going to be fun to see. “You know, everybody is at their own pace. It’s going to be interesting to see his development, because he’s already taken a big step this year.” Kinda makes you wonder, doesn’t it, what the Flames’ most mysterious forward prospect might some day be capable of doing. “You know, you’re a late bloomer and everybody is thinking about the top touted younger players,” said Hoskin, who will turn 21 in May. “But in my eyes, I think it’s never too late and I think I’ve proven that with how late I was drafted. You can develop and you can hit the wind at any age and you can get there, right? There are tons of stories like that, so I think that’s something you have to believe in if you wanna do it. “Ever since I was three or four years old and I kind of had the understanding that the NHL is the dream, it’s just been everything I’ve ever worked for. There’s obviously been ups and downs on the way. It hasn’t been a perfectly smooth ride. But I love where I’m at right now and I’m just pushing every single day to better myself and eventually get to that level. Sometimes, people want it to go too quick and they wonder why they’re not there yet. I think I’m just excited to develop and be the best player I can for this place now and then for Calgary in the future.”
wgilbertson@postmedia.com



Alberta skip Brad Jacobs, left, joined new teammates Marc Kennedy, Brett Gallant and Ben Hebert on a trip to Nashville prior to the 2025 Montana's Brier in Kelowna, B.C. TEAM JACOBS

NEW SKIP EMBRACING CURLING'S WILD WEST WAYS

Country music key to building chemistry for Jacobs and Alberta rink at 2025 Brier



TODD SAELHOF

WINNIPEG Brad Jacobs is feeling the Alberta vibe these days. He kind of has to if he wants to fit in with the members of his new rink, it seems.

So the Ontario curling star is geared up these days in cowboy boots, a cowboy hat and the requisite western wear.

Plus, he's suddenly gained an affinity for country music.

"I had no choice," said the skip from Sault Ste. Marie, who has been brainwashed by third Marc Kennedy, second Brett Gallant and lead Ben Hebert, all big fans of chart-topper Morgan Wallen.

"Ben, Brett and Mark are all huge country music fans, and since I've come on the team, I've

become a country music fan. But it's been great, because I actually am a country music fan now."

It's true and there was no denying it.

It's all part of the master plan to become Brier champions this week, world warriors next month, and Olympic Games-bound in the fall.

"Has to love country music if he was going to play on this team," Hebert said. "Just got to get him to the Stampede next."

Call it team-building, an important part of the process, to be sure, in a bid to pull off the terrific triple that's in front of them.

Heck ... the Glencoe Club four-some even travelled to Tennessee in a bid to forge new bonds ahead of the 2025 Montana's Brier in Kelowna, B.C.

"Going down to Nashville together was a blast," said Jacobs, of a sojourn sewn together by the rink's title sponsor, Bin There Dumped That. "None of us had

been there before. That was our first time. Our sponsor put us up in a great hotel, just like a block or two off Broadway, and what we did, basically, was — besides some of the obligations that we had to take care of — we hit the spots on Broadway for lots of live music in the bars and some great meals.

"Another highlight of ours was (going) to the Tee Line curling and bowling centre that they have there that (former NFL quarterback and The Curling Group adviser) Marc Bulger owns.

"They've got three sheets of curling, some bowling lanes, and a big bar in the middle. Nashville is probably one of the last places you think that you would be able to curl, but it's a lot of fun."

Fun, and successful, of course, is how Jacobs wants his time with his new team to be.

You'll recall he joined the squad last April after Kennedy, Gallant and Hebert parted ways with Brendan Bottcher to go a different direction at skip, even though it was with Edmonton's Bottcher that helped them claim a qualifying spot in this Brier and a bronze medal at last winter's

Canadian men's curling championship in Regina.

And predictably they have become a force to at least repeat that feat this week in Kelowna.

"We've had a pretty good season to this point," said the 39-year-old Jacobs. "We started off a little slow, but there were a lot of changes and a lot of learning that we kind of had to go through at the start of the season. But I think everybody's done a really good job of just being open and curious and just trying to be as world class as we all can.

"And we have steadily improved."

At the Brier, they looked to improve to 2-0 with a win in Draw 6 late Sunday over Northwest Territories champ Aaron Bartling (0-1). They opened the 10-day competition on Saturday with a 10-3 triumph over Yukon's Thomas Scoffin.

"To be skipping these guys, man, I feel blessed," said Jacobs, who opted to step away from Reid Carruthers' Winnipeg crew last spring to take some time off from the sport.

"You know ... Marc and Brett and Ben are three of the most

talented curling athletes, hard-working guys and just all-around great people. So we're having a ton of fun, as well as we challenge ourselves constantly, and I feel like we're continually progressing and getting better all the time.

"When I came on to the team, I said to the guys it felt like the challenge that I needed at this point in my life to skip a team of this calibre. I thought it would just be a great challenge for myself, and I knew that coming on to this team with the amount of talent and experience that they've had over the years, I knew that it would challenge and push me to get better, and I think that it has.

"So that's been really rewarding, as well.

"I mean ... my own personal resume is OK," added Jacobs, the 2013 Brier king and 2014 Olympic champion. "But for my standards, not nearly good enough.

"And I knew that when I had the opportunity to skip this team, that this would be a team that I thought — and we thought — could do it all."

tsaelhof@postmedia.com

It's (mostly) an uphill climb for ski mountaineering athletes

Alpine sport gets a new view just in time for its Olympic debut in Milan-Cortina

DANIELLA MATAR

BORMIO, ITALY Emily Harrop wasn't fast enough going downhill on skis to get near the podium in Alpine skiing.

But she's proving tough to beat going uphill.

The French athlete has earned the moniker "queen of ski mountaineering" after making the switch at the age of 20 and will be the favourite to win gold when the sport makes its Olympic debut at next year's Milan-Cortina Games.

Harrop has won all four World Cup sprint races this season, the last of which came Feb. 22 at an Olympic test event in Bormio, the venue for next year's ski mountaineering — or skimo — events.

"It's great to be able to come here a year before to test it out, it was really exciting for all of us," Harrop said after her victory. "I think everyone had in their minds this year the test event, so I'm really glad to have gotten to the end of this day with a big confidence boost with this win."

Harrop, who grew up in France to English parents, followed her win up with a second-place finish in Sunday's mixed relay, alongside Thibault Anselmet.

The 27-year-old Harrop is a four-

time world champion in relay and team events and has also won the overall and sprint World Cup titles in each of the past three seasons.

WHAT IS SKIMO?

Ski mountaineering makes athletes first go up the mountain, before coming back down.

"It's kind of like you combine cross-country skiing with Alpine skiing. You kind of sprint up a mountain with your skis on, and then ski down a mini Alpine course," said Cameron Smith of the United States.

In sprint races, the ascent is mostly made on specialized skis covered with so-called climbing skins — which improve traction against the snow — and partly made on foot in ski boots. Once the competitors reach the top of the course, they switch to downhill skiing to descend down the mountain again.

At the Olympics, 18 male and 18 female athletes will compete in individual sprint races and a mixed relay.

A sprint race normally only lasts about three minutes — a much shorter version of other ski mountaineering events such as vertical (uphill only) and individual races, which can last well over an hour



Former Alpine skier Emily Harrop of France celebrates at the finish area after winning a recent women's sprint race at the Ski Mountaineering World Cup event in Italy. ANTONIO CALANNI/AP PHOTO/FILES

but are not part of the Olympic program.

That means athletes have had to change their training routine to focus more on the action-packed Olympic formats.

"My training changed a lot because the races are short and we are doing a lot of gym, a lot of short intervals," said Oriol Cardona Coll of Spain, who won the men's sprint as well as the mixed relay with Ana Alonso Rodriguez. "We changed a lot the preparation and it worked."

The course in Bormio will be at the foot of the iconic Stelvio slope, which will also be the site of the men's Alpine skiing events.

And as one athlete summed it up, the setup involves a bit of every-

thing: an ascent on skins from the start, followed by steps climbed on foot while carrying skis on the back, then another short ascent before taking off the skins and skiing 70 metres downhill, through raised banks and steep curves.

The mixed relay differs slightly in that there is another descent halfway through the longer course, which is raced twice in alternating order by each member of the team.

While the races are fast, the transitions where athletes have to take their skis or skins on and off means they have to be mentally focused as well as physically prepared.

"I tell people we just practice taking our skis on and off a lot," said American Jessie Young, who

finished 10th in the relay together with Smith.

NOT PROPER SKI MOUNTAINEERING?

While the sprint is explosive and fun to watch, some say it is not true ski mountaineering.

"I think the sprint is a really fun, really fast, spectator friendly event. It's very different, it's almost a different sport than some of the long ones," U.S. racer David Sinclair said.

Many athletes in Bormio agreed that it differs greatly from the sport's traditional epic Alpine climbing, but they feel it will serve as a good introduction to ski mountaineering.

"It's like saying the 100 metres isn't a real race. It's true that when someone goes out running, they don't only do 100 metres normally, but I think it's the most followed event in the Summer Olympics," Italy's Nicolo Ernesto Canclini said. "Then there had to be this compromise for skimo to get into the Olympics. ... Hopefully, in the future there will be the more classic races too."

When asked whether he prefers the sprint or the longer races, Canclini said: "My favourite is when I'm without a race number and I just go up into the mountains and stop at a rifugio (mountain lodge) for a nice beer, that's the best ski mountaineering for me."

The Associated Press

LOTS OF TEAMS NEED TO GO FOR IT AT DEADLINE

For many reasons, this seems to be right time to make trades



STEVE SIMMONS

TORONTO Going for it. This is the year in the National Hockey League. Maybe more than any year before this.

The Edmonton Oilers haven't won a Stanley Cup with Connor McDavid and Leon Draisaitl — two of the four best players in hockey — and don't look anything like a contender right now. New general manager Stan Bowman should be active heading into Friday's NHL trade deadline.

This is Year 9 for Auston Matthews, Mitch Marner and William Nylander as Maple Leafs — all of whom have grown into sensational NHL players. But they have no playoff history amounting to anything but disappointment.

With the right third-line centre and a healthy Chris Tanev, the Leafs can win the Cup this season. They are that deep. They are that good in goal.

They may not have many assets to trade or much cap space, but this is the moment in time to see if a rabbit can't be pulled from GM Brad Treliving's hat.

The Vegas Golden Knights surprise everyone just about every year. Not just with how they play, but with how they work the system, and year after year put themselves in Stanley Cup contention. They went to the final as an expansion team and then won the Cup two years ago.

The best regular-season teams in the NHL — the Winnipeg Jets and Washington Capitals — have chemistry and surprisingly deep rosters, but they may need a subtle piece this week.

But with these kinds of teams, do you want to upset that chemistry with the wrong kind of acquisition?

This is also the time to go for



Several teams made some moves on the weekend with the NHL trade deadline fast approaching. The defending Stanley Cup champion Florida Panthers acquired Chicago Blackhawks defenceman Seth Jones on Saturday to fill a need on their blue line. MICHAEL REAVES/GETTY IMAGES

it for teams close to making the playoffs — the Ottawa Senators, Detroit Red Wings, Columbus Blue Jackets, Utah Somethings — because it has been too long between appearances that matter.

The defending champion Florida Panthers acquired defenceman Seth Jones on Saturday to fill a need but may possibly require a forward of consequence if Matthew Tkachuk isn't coming back soon.

They've played for the Cup two years in a row. A third time would be a challenge.

Other real contenders — Carolina and Colorado — already made their big trade, which leaves Tampa Bay in a position to be active with an experienced roster of upper echelon talent.

This is the week to go for it. And it should be fascinating viewing from all sides of the game.

With a healthy Tanev, no matter what the Leafs end up with in any trade, they should be

Cup contenders. Tanev and Jake McCabe give them a shutdown defence pair they've never had before.

If Tanev is not well enough to play, or be at his best — it's hard to believe or trust anything the Leafs say about injuries — that's trouble.

In a perfect world, the Leafs would like to come away with a third-line centre and a depth defenceman from the deadline.

But they have next to no prospects that teams seem interested in. They don't have a first-round pick this year. They will need whichever team they are trading with to eat some salary. And they have little cap room to work around.

If they can't come away with a centre they want, look for them to deal for a depth winger of some kind.

The biggest Leafs difference this season, other than coach Craig Berube and consistently

sharp goaltending, has been their breakthrough left wingers, Matthew Knies and Bobby McMann.

Knies moved past Matthews in goal-scoring Friday, while McMann enters play Sunday one goal behind Marner.

With John Tavares, the Leafs have six dangerous scorers. If Nick Robertson is in the lineup, that's seven potential goal-scorers. If Max Pacioretty plays, that's eight.

How many teams have that?

Here is the built-in problem for this trade deadline — there isn't a lot of quality for sale, unless the rental, Mikko Rantanen, is somehow available.

There are more buyers right now than there are sellers and not everyone has declared.

And the quality players out there, starting with Brayden Schenn in St. Louis, come at a very high price right now. Prices will change between today and Friday.

In Schenn's case, he has three years left at US\$6.5 million a

year. St. Louis is still a semi-contender in the West.

An NHL GM on Connor McDavid: "He looks exhausted to me. He doesn't look himself."

Another voice on McDavid's slow season: "He looks like he's come to the conclusion the Oilers aren't good enough and that's eating away at him."

Explain this: McDavid is 37th in scoring since Jan. 1.

With 14 forwards on Team Canada for the 2026 Olympics, I want Brad Marchand to be one of them, even if it means he's the last forward on the roster.

GM Doug Armstrong needs to find roster spots for Tom Wilson, Mark Scheifele, Wyatt Johnston and possibly Nick Suzuki, Rob Thomas and Connor Bedard, which means some 4 Nations forwards — such as Anthony Cirelli, Travis Konecny and Seth Jarvis — may be in trouble to make the Olympic team.

ssimmons@postmedia.com

BRIEFLY

Auger-Aliassime falls short of third title in 2025

Canada's Felix Auger-Aliassime fell short in earning a third ATP Tour title in 2025 on Saturday, losing 6-3, 6-3 to Greece's Stefanos Tsitsipas in the Dubai Tennis Championships final.

The Montreal native was ahead 3-2 in the opening set, but the turning point came in the seventh game when Tsitsipas won five straight points from 40-0 to break Auger-Aliassime's serve and run away with the first set.

"Tonight wasn't meant to be for me, but that's congrats to Stefanos and his team, it's well deserved," Auger-Aliassime said. "I'll push to get better and hopefully we'll have more chances to play more finals in the future."

The 24-year-old Auger-Aliassime, the world No. 21, had four aces to two double faults and won 71 per cent of his first-serve points. He failed to break on all seven of his chances.

Tsitsipas, the world No. 11, had four aces and four doubles along with winning 83 per cent of his first-serve points.

Auger-Aliassime and Tsitsipas, 26, had met nine times before Saturday's final, with Tsitsipas leading 6-3.

Canadian cyclist Derek Gee won the O Gran Camino road race in Spain on Sunday, finishing with a 35-second edge over Italy's Davide Piganzoli.

The 27-year-old from Ottawa, riding for the Israel-Premier Tech team, moved into the overall lead of the five-stage race Friday after winning the individual time trial. And he stretched the lead from five to 37 seconds after finishing runner-up in Saturday's stage.

Gee missed two months of racing last year after breaking his collar-



Italy's Federica Brignone competes in the women's Super G World Cup race in Kvitfjell, Norway on Sunday. Brignone won by 0.06 seconds over Swiss rival Lara Gut-Behrami. STIAN LYSBERG SOLUM/AFP VIA GETTY IMAGES

bone in a crash in Belgium.

Lydia Ko finally conquered the LPGA's HSBC Women's World Championship, clinching her first title at her 11th attempt with a dominant four-stroke win over Ayaka Furue and Jeeno Thitikul in Sunday's final round.

Canada's Brooke Henderson finished tied for 21st, 11 shots back of Ko.

The 2024 Olympic gold medalist and Women's British Open champion overcame a middling start before finding her rhythm with a birdie on the par-5 sixth.

Ko added back-to-back birdies on Nos. 7 and 8, seizing control of the leaderboard from then on.

Despite dropping two bogeys after the turn, the world No. 3 closed with a solid 69, sealing a 13-under-par 275 total at Sentosa Golf Club.

"I dreamt last night that I won but then I woke up, and I was like, dang, it's not real yet," said Ko, who secured her 23rd LPGA title and her first victory since the Kroger Queen City Championship last September. "But I just wanted to focus on my game."

World No. 2 Jeeno Thitikul fought hard to chase Ko down, but her charge fell just short.

Jeeno fired a 70, finishing at nine under, tied for second with Japan's Ayaka Furue, who carded a closing 68.

Federica Brignone won an eventful women's World Cup super-G on Sunday as the Italian skier capped a three-race weekend that extended her lead in the overall standings.

In a tight finish, Brignone was 0.06 seconds faster than defending overall champion Lara Gut-Behrami.

Brignone also finished ahead of her Swiss rival by placing fifth and fourth, respectively, in two downhill earlier in the weekend.

Brignone's teammate Sofia Goggia was 0.09 behind in third and Alice Robinson of New Zealand trailed by 0.22 in fourth.

Lindsey Vonn finished 1.11 seconds off the lead in 16th.

Henrik Kristoffersen came from behind to win a men's World Cup slalom on Sunday for his second victory in two days.

The 2023 world champion from Norway stood sixth with 0.62 seconds to make up after the opening run, but his ninth-fastest time in the final run on a weakening course in the afternoon sunshine was enough for the victory.

Kristoffersen, who also won Saturday's giant slalom, led Timon Haugan by 0.17 for a Norwegian one-two finish.

Manuel Feller, the defending World Cup slalom champion, had the same time as Kristoffersen in the opening run and finished 0.23 behind in third.

Canada lost 2-0 to South Korea at the FIH Hockey Women's Nations Cup on Sunday, relegating the Canadian women to the new third-tier Nations Cup 2 competition.

The Nations Cup features the best-ranked teams not participating in the FIH Hockey Pro League, with the winning side earning a spot in the top tier next season and the bottom side dropping down.

The Canadians will need to win the Nations Cup 2 to climb back up the field hockey ladder.

Canada, ranked 18th in the world, finished last in the eight-team tournament at 0-5 while No. 16 South Korea was seventh at 1-4.

No. 10 New Zealand faced No. 11 Ireland later Sunday in the final. Ireland won 1-0 when they met in pool play.

Canada finished bottom of Pool A after losses to the 14th-ranked U.S. (2-0), No. 13 Chile (5-0) and No. 12 Japan (2-1). The Canadian women then were beaten 2-0 by No. 15 Scotland in a placement match.

It's the third edition of the FIH Nations Cup, with Canada finishing sixth at the 2024 tournament in Spain.

Postmedia wire services



Emily Ford of Duluth, Minn., mushes down Cordova Street during the ceremonial start of the Iditarod Trail Sled Dog Race in Anchorage on Saturday. The lack of snow coverage in Anchorage moved the actual start of the race north to Fairbanks. PHOTOS: AMANDA LOMAN/THE ASSOCIATED PRESS

Numbers are down, but famous sled dog race is longer than ever

Route for Alaska’s iconic Iditarod moved because of lack of snow in Anchorage area

MARK THIESSEN

ANCHORAGE The world’s most famous sled dog race is longer this year than ever before.

Thanks to a lack of snow, this year’s edition of the Iditarod Trail Sled Dog Race needed a new route across the Alaska wilderness.

The course change adds more than 161 kilometres, so teams of dogs will have to pull their mushers over 1,770 kilometres to the finish line.

The number of mushers participating this year is down from previous years, and tied with 2023 as an all-time low.

This year is the fourth time the starting line has moved to Fairbanks due to barren ground near Anchorage or elsewhere on the trail.

Here’s a by-the-numbers look at the gruelling event, which opened with a ceremonial start in Anchorage on Saturday, followed by the actual start of the race in Fairbanks on Monday. The winning team is expected in the Gold Rush town of Nome about 10 days later.

Only 33 mushers will start this year’s race, tied with 2023 for the smallest field ever.

The largest field ever was 96 mushers in 2008.

This drop in participants raises concerns about the viability of the iconic race, which has suffered from inflation, pressure from animal rights groups and climate change.

The first Iditarod was held in 1973, making this year’s race the 53rd.

The inaugural event had 34 mushers start the race, only one more than the smallest fields in 2023 and 2025.

Sled dogs were once the main form of transportation in Alaska. Dog teams hauled freight, brought people to other villages and even provided transport for the Alaska Territorial Guard, or the famed Eskimo Scouts, which patrolled the western coast against Japanese attack in the Second World War.

Dog teams were supplanted by snowmobiles in the 1960s, but interest was growing to honour Alaska’s traditions as the 100th anniversary of its purchase by the U.S. from Russia neared in 1867.

Dorothy Page and Joe Redington Sr. conceived the idea of a long-distance race to honour the Iditarod Trail, a freight-and-mail route from Seward to Nome, which eventually led to the first Iditarod.

This year the Iditarod will honour another famous route: the 1925 Serum Run, in which sled dog teams saved Nome from a deadly diphtheria outbreak.

Each musher must have at least a dozen dogs to start the race, but throughout the course, they can have up to 16, meaning there could be up to 528 canines on the trail.

It won’t be that crowded in Anchorage, however. Mushers are limited to eight dogs each for the ceremonial start, or a total of 264 tail-waggers.



Sydney Bahl of Wasilla, Alaska, examines the leg of a dog after putting a bootie on its paw before the ceremonial start of the Iditarod in Anchorage.

competitors around a stretch of trail without snow.

A lack of snow this winter in the state’s largest city also has curtailed the ceremonial start. Usually the teams course through 17.7 kilometres of Anchorage streets. This year, it’s less than 3.2 km.

The Iditarod’s four-legged athletes will go through a total of about 100,000 booties during the race. They help protect the dogs’ paws from snow, ice and frigid temperatures.

Mushers pack supplies they will need during the race but can’t carry. The supplies, including about 180,000 pounds (81,647 kilograms) of dog food, are delivered to checkpoints ahead of the race.

This year’s event will set a record for the longest Iditarod: 1,815 kilometres along the southern route. In even-numbered years, the race’s mileage drops to 1,569 kilometres on the northern route.

Organizers had to reroute

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PWHL STANDINGS

Team	GP	W	L	OTW	OTL	P	Team	GP	W	L	OTW	OTL	P
Montreal	19	10	4	4	1	39	Minnesota	20	6	7	4	3	29
Toronto	21	8	7	2	4	32	Ottawa	20	7	8	1	4	27
Boston	20	6	6	5	3	31	New York	20	4	9	3	4	22

NHL STANDINGS

EASTERN CONFERENCE										WESTERN CONFERENCE													
Atlantic					Metropolitan					Central					Pacific								
Toronto	GP	W	L	OL	P	Washington	GP	W	L	OL	P	Winnipeg	GP	W	L	OL	P	Vegas	GP	W	L	OL	P
Florida	60	38	20	2	78	Carolina	60	38	14	8	84	Dallas	61	42	15	4	88	Edmonton	59	35	18	6	76
Tampa Bay	61	37	21	3	77	New Jersey	61	35	22	4	74	Minnesota	60	39	19	2	80	Los Angeles	60	35	21	4	74
Detroit	59	35	20	4	74	Columbus	61	33	22	6	72	Colorado	61	35	22	4	74	Calgary	58	31	19	8	70
Ottawa	60	30	24	6	66	N.Y. Rangers	60	30	22	8	68	St. Louis	61	35	24	2	72	Vancouver	60	28	23	9	65
Boston	59	30	25	4	64	Philadelphia	59	29	26	4	62	Utah	62	29	27	6	64	Anaheim	60	27	22	11	65
Montreal	62	28	26	8	64	N.Y. Islanders	61	27	26	8	62	Nashville	61	27	25	9	63	Seattle	59	26	26	7	59
Buffalo	60	29	26	5	63	Pittsburgh	59	27	25	7	61	Chicago	59	21	31	7	49	San Jose	61	26	31	4	56
	58	24	29	5	53		63	24	29	10	58		60	18	35	7	43		61	15	37	9	39

NBA STANDINGS

EASTERN CONFERENCE										WESTERN CONFERENCE									
Top 8				Bottom 7				Top 8				Bottom 7				Top 8			
Cleveland	50	10	.833	—	Atlanta	27	33	.450	23	Oklahoma City	48	11	.814	—	Minnesota	32	29	.525	17
Boston	43	18	.705	7.5	Chicago	24	37	.393	26.5	Denver	39	22	.639	10	Dallas	32	29	.525	17
New York	40	20	.667	10	Philadelphia	21	38	.356	28.5	L.A. Lakers	37	21	.638	10.5	Phoenix	28	32	.467	20.5
Milwaukee	34	25	.576	15.5	Brooklyn	21	39	.350	29	Memphis	38	22	.633	10.5	Portland	27	34	.443	22
Indiana	34	25	.576	15.5	Toronto	19	42	.311	31.5	Houston	37	23	.617	11.5	San Antonio	25	33	.431	22.5
Detroit	34	27	.557	16.5	Charlotte	14	45	.237	35.5	L.A. Clippers	32	27	.542	16	New Orleans	16	44	.267	32.5
Miami	28	31	.475	21.5	Washington	11	48	.186	38.5	Golden State	32	28	.533	16.5	Utah	15	44	.254	33
Orlando	29	33	.468	22						Sacramento	31	28	.525	17					

NOTEBOOK

Chile rallies to defeat Canada in men’s rugby final

Chile, recovering from an early 7-0 deficit, reeled off five straight tries to defeat Canada 33-7 on Sunday in the men’s final of the opening round of the World Rugby HSBC Sevens Challenger Series.

The Challenger Series is World Rugby’s second-tier sevens competition.

Kyle Tremblay scored the lone try for Canada, which had won its three previous contests. Kalin Sager kicked a conversion.

Canada won a squeaker in the semifinal earlier Sunday, defeating Germany 24-19 in extra time. A diving Tremblay scored the deciding try, getting a hand to the ball in the German end zone after a sliding defender failed to get a hand to the ball.

Morgan Di Nardo, Jamie Armstrong and Thomas Isherwood also scored tries for Canada, which trailed 14-12 at the half. Isherwood added two conversions.

The Canadian men are looking to finish in the top four in the three-event Challenger Series. That will earn them a spot in a promotion/relegation tournament May 3-4 in Carson, Calif., where the top 4 teams from the Challenger Series and the bottom four from the HSBC SVNS will meet to decide four spots in next season’s HSBC SVNS field.

Kansas guard Zeke Mayo showed screenshots of racist, hateful messages he received following his performance in a loss to No. 10 Texas Tech. Mayo shared the screenshots on Saturday. His account on X appeared to be deactivated Sunday.

“I 100 per cent deserve all the criticism in the world,” the college basketball star wrote. “My performance was beyond pitiful today, and has been for a while now. ... I can’t be perfect all the time. I’m sorry to our fans and my teammates, I will continue to get better.”

Mayo airballed a potential tying three-pointer in the final seconds and scored just five points on 1-of-7 shooting. Coach Bill Self and athletic director Travis Goff condemned the posts and wrote their own messages in support of Mayo.

“These aren’t Jayhawks. They’re not ours,” Goff wrote. “Driven by gambling and hate. They’ve never competed a day in their life. To Zeke and all our guys — the Jayhawk family loves you.”

Detroit centre-fielder Parker Meadows is out indefinitely with a nerve issue in his throwing arm.

Manager A.J. Hinch said there’s no timetable for his return from the issue in his upper right arm.

Meadows was injured in Detroit’s spring training opener on Feb. 22 on a throw from centre field. The 25-year-old hit .244 with nine home runs and 28 RBIs in 82 games last season.

New York Yankees third baseman DJ LeMahieu injured his left calf in his spring training debut.

It’s the latest misfortune for the 36-year-old, who last season suffered a right hip injury and a fractured right foot. LeMahieu has two years remaining on a six-year, US\$90-million contract.

Postmedia wire services

YOU

BLINK TWICE TO GO FOR A WALK

Are dogs trying to tell you something when they blink? Maybe, says a study published in the journal Royal Society Open Science. A team, led by Chiara Canori of the University of Parma in Italy, showed 54 dogs three videos: one of dogs blinking, one of them licking their noses and one of them being attentive yet still. The dogs in the audience blinked much more frequently while watching the “blinking” clips compared to the



nose-licking ones. The researchers concluded that a mimicry phenomenon was likely at play, but the exact meaning of the blinking wasn’t clear. “Reciprocal blinking in dogs might help to facilitate conspecific social bonds, cope with frustration and communicate non-aggressive intentions, as already shown in the interspecific context with humans,” wrote the study’s authors. *Melissa Hank*

MIND YOUR MARKERS



There's no disputing the positive effect exercise has on health and longevity, with physical activity proven to reduce the risk of numerous chronic diseases. GETTY IMAGES/ISTOCKPHOTO

The importance of an exercise prescription can't be underestimated for overall health



JILL BARKER

On average, how many days per week do you engage in moderate to strenuous exercise (like a brisk walk)? On average, how many minutes do you engage in exercise at this level? The sum of multiplying the answers to these two questions determines the average weekly number of minutes you typically perform moderate to vigorous physical activity. Now put that sum alongside other important health markers represented numerically, like blood pressure, body weight and heart rate, and it's no coincidence individuals who exercise between 150 to 300 minutes per week, will also score better on these other simple assessments of overall health. This illustration of the effect exercise has on health presents a strong case for health-care professionals to encourage patients to be more active. Yet despite most physicians regularly assessing blood pressure, heart rate and body weight, it's been reported fewer than one-third inquire about the exercise habits of their patients. "Collecting physical activity information at each health-care

encounter confers significant clinical value for individual patients, as it provides an opportunity to commend patients who are achieving the recommended levels and to inspire those who are not," said physician Bryant Webber in a commentary published in the American Journal of Lifestyle Medicine. Webber advocates the practice of including measurable physical activity data in all patient files, which can be easily done by asking the two questions featured at the start of this article. Dubbed the "physical activity vital sign" its use is also endorsed by the American Heart Association. "A simple assessment of patients' physical activity habits can provide a golden opportunity for lifestyle counselling, regardless of how they answered on the screening questions," Webber said. There's no disputing the positive effect exercise has on health and longevity, with physical activity consistently proved to reduce the risk of numerous chronic diseases and premature death. Inactive individuals (those who accumulate less than 150 minutes of physical activity a week), are more likely to be hospitalized, admitted to intensive care and to die from lifestyle-related diseases when compared to their more active peers. This is true of all age groups and both sexes. Yet despite a sedentary lifestyle joining the likes of high blood pressure, excess body weight

and smoking as established modifiable risk factors for heart disease, considered one of the leading causes of premature death among Canadians, most physicians not only don't talk about exercise at annual check-ups, they also don't monitor the exercise habits of their patients. Like blood pressure, insufficient physical activity cannot be determined visually; it must be purposely assessed. Admittedly, not all health-care providers have the insight on how to ease the transition from couch to the gym. Like weight loss, regular exercise can be a struggle for many and physicians aren't always able to suggest affordable and/or suitable resources within the community that extend beyond joining the neighbourhood gym. Nor do they

have the time to delve into the nuances of finding an activity that matches individual interests and schedules. But, according to Webber, not all conversations about exercise need to solution-based. "Coming from a respected health care professional, a hearty 'keep it up!' or a prodding 'how can you be more active?' can be exceptionally motivating," he said. Another challenge when it comes to discussions between doctor and patient is the tendency for individuals to inflate the frequency or duration of their workouts. But with tools like smart watches and apps, obtaining reliable quantifiable data on the type, time, intensity and volume of physical activity has never been easier. "Like blood pressure, insufficient physical activity cannot be determined visually; it must be purposely assessed," Webber said. And like blood pressure, charting physical activity at each patient visit allows physicians to monitor the ups and downs of exercise habits and evaluate how they are affecting overall health. If improvements in exercise volume are matched by improvements in other health markers then the patient has clear evidence of the benefits of being active. But it's not only sedentary patients that can benefit from discussions around healthy exer-

cise habits. Too much exercise also affects health. And just like people who aren't active enough, over-exercisers aren't always honest when reporting exercise volume and/or intensity. Asking patients to use technology to monitor and share their exercise data is a great opening discussion when it comes to establishing exercise limits. The importance of physical activity being monitored as a vital sign within a medical context isn't just hyperbole. It's been validated in several studies with results showing patients of physicians using the tool are more likely to receive counselling on healthy exercise habits and to benefit from small, but effective, improvements to health. Finally, it doesn't have to be up to your physician to initiate a conversation about physical activity. If one of your barriers to being physically active is worry about how to initiate a safe introduction to exercise given existing health issues, a prior history of injuries or mobility limitations, then counselling from a health-care provider is the first step toward creating an effective exercise plan. The right exercise prescription can make physical activity a powerful effective medicine. To assist in keeping discussions around healthy physical activity short but effective, ParticipAction has several good resources to help improve the experience of novice exercisers.

TV
WATCH

Oscar winner linked to hit comedy

Kim Basinger an inspiration for Schitt's Creek

MELISSA HANK

Kim Basinger recently discovered that she inspired the plot of Schitt's Creek. The actress bought a town in Georgia for \$20 million in 1989, but she ended up selling it a few years later at a steep loss. Dan and Eugene Levy used the story as the basis of the CBC comedy, which debuted in 2015, and Basinger is only now discovering the connection. "Who knew? I love that show," Basinger told Variety. "So, hey, made for good material." The actress, 71, then joked: "That would be lovely to have those royalty cheques."

Schitt's Creek centred on a wealthy family that suddenly loses all their money, and the only asset they have left is the titular hole-in-the-wall town. They move into a motel there while trying to recover, and end up staying for years. The show starred Eugene Levy and Catherine O'Hara as parents Johnny and Moira Rose, and Dan Levy and Annie Murphy as their children David and Alexis Rose. It earned nine Primetime Emmy Awards.

The Levys revealed Basinger's link to the show in a June 2019 interview with Vanity Fair.

"We were in the early stages of figuring out what the backstory was," Dan Levy said. "We started to research different ways that people had lost tremendous amounts of money or gone bankrupt. In the process, I stumbled upon an article about Kim Basinger having bought this town in Georgia."

He added, "We thought, what if that could be funny? Unfortunately, it took a probably very traumatizing experience in Kim Basinger's life for us to get here, but yeah ... It was the most unlikely of Google searches."

Basinger bought Braselton, Ga., with the goal of making it a tourism hub and building production studios. But by 1992, the only open businesses were a furniture store and a dentist's office. Basinger sold the town two years later. The actress is known for roles in films including Never Say Never Again, The Natural, 9½ Weeks, Batman and L.A. Confidential, for which she won an Oscar. But she's kept a low profile in recent years, last appearing in the 2018 movie Fifty Shades Freed and lending her voice to the 2021 short film Back Home Again.

In her interview with Variety, she spoke about the pitfalls of fame.

"Your anonymity is like a helium balloon," she said. "It slips out of your hand, and that's it. I found that out pretty young. Getting off airplanes all over the world and having people stalk your hotel rooms and bodyguards and police and this and that and thinking, 'What?' You're just dumbfound-



The costumes created by Alex Bovaird for The White Lotus are genius, but the reveal is subtle. Season 2's Portia, left, played by Haley Lu Richardson, for instance, is the perfect example of how 20-somethings dress. The series is back for season 3 with a wealth of brand tie-ins. *FABIO LOVINO*

The White Lotus
Crave

RACHEL TASHJIAN

The White Lotus is back, baby! As the season progresses, we can't wait to soak up those quotable bon mots, to envy the lush bungalows of Thailand, to shake our heads at the immoral multimillionaires and to ... get the look?

The frenzy of this new season, the third of Mike White's startling satire of the ultrarich on vacation, arrived with a record number of collaborative tie-ins.

There are Away suitcases in beige, complete with lotus flower lining; and Kiehl's body lotion and face oil, gussied up with White Lotus branding and arriving in a raffia White Lotus tote bag. Abercrombie & Fitch can help you look like a White Lotus guest in a striped shirt and matching beach pants (or a staff member in a White Lotus Thailand graphic T-shirt, already sold out). An Australian caftan brand called Camilla has a whole line of floral printed gowns for pool- and oceanside lounging. H&M and Bloomingdale's have also created collections.

Banana Republic, which had a dress that was worn by Parker Posey's Southern pill-popper Victoria Ratliff in the season's first episode, may have gone further than anyone, with a capsule of safari suiting, animal-print separates and floral print ensembles for men and women.

The mall brand's head of mar-

CLOTHES ENCOUNTERS

The White Lotus is back — and it wants you to look the part

keting, Meena Anvary, described the collection in a news release as "both aspirational and attainable," adding that "it embodies the spirit of adventure."

And the spirit of murder? That, after all, is the crux of this formulaically quixotic series: we open with a cadaver reveal, and then we while away several days with immoral, bad and sometimes just lazy or lost people, trying to guess which one of them gets offed and who, if anyone, dunnit.

To be clear, The White Lotus is no morality play. It is a guilty pleasure, one that found traction amid pandemic-era cabin fever and the resulting lust for travel, twinned with a revived obsession with tracking the behaviours and style of the one per cent.

And the costumes, by Alex

Bovaird, help tell this story. They are genius, but the reveal is subtle. The frenzied ugliness of Portia, season 2's gen Z assistant to Jennifer Coolidge's permanently lunching out Tanya McQuoid, is perhaps her greatest achievement, putting a finger on how 20-somethings dress before any journalist (or parent) could wrap their head around it.

But just as interesting are Lani's mayonnaise stain on her shirt in season 1, which Armond frets over obsessively while missing that she's gone into labour; the Dior swimsuits purchased by the Italian sex workers from the hotel gift shop in the second season, which winkingly suggest that the obsessive rules about what the rich and wannabe-rich wear are really non-existence; and businessman

Cameron's ridiculous Etro outfits after his luggage is lost.

Remember Tanya dressing up as Monica Vitti and the sarcastic hotel manager Valentina telling her she looks like Peppa Pig? This is a show about the delusions of the wealthy, with a particularly astute and contemporary lens on the way people, whether rich or trying to seem like it, use clothing to give their lives meaning or texture.

This season, we already have sartorial intrigues brewing — just what is the deal with the incestuous suggestions of those three Southern siblings, and why is the sister, mocked by her older brother for appearing to be sexually inexperienced, wearing all those vaguely Amish schmattas?

While HBO's Succession chronicled characters with hang-ups about their status in the world and, perhaps more important, within their family, The White Lotus shows the wealthy in their most solipsistic element. Nothing gets people shopping like planning for a vacation — it is a moment for escapism and role-playing. So you costume yourself.

But whether these characters look silly or great, the show encourages viewers to revile these people. It mocks them. The rare characters above reproach are the staff, the working stiffs. Yes, part of White's genius is that he shows sympathy even for terrible people, like his beloved Tanya. But he is also willing to make their deaths into pratfalls.

The Washington Post

A television slam dunk

Running Point
Netflix

ALICIA RANCILIO

In Mindy Kaling's new Netflix series, Running Point, Kate Hudson stars as Isla Gordon, the new president of the Los Angeles Waves, a probasketball team that her family has run for years. Hudson's character must prove herself as a woman in a man's world — not only to her passed-over brothers, but also to players whose egos need checking and other executives who don't take her seriously.

If Isla's story rings a bell, look at the executive producers on the 10-episode season: Among them is Jeanie Buss, the president of the Los Angeles Lakers, who was embroiled in similar turmoil over control of the NBA franchise after the death of her father, Jerry Buss.

Buss not only has given the show her blessing but it was her idea, said Kaling. Buss was a big fan of The Office and approached Kaling with the premise about five years ago. Kaling ended up as the co-creator, writer and executive producer alongside Ike Barinholtz and David Stassen.

"She's in a very serious, stressful job but she loves comedy. She does not take herself seriously," Kaling says of Buss.

In fact, Kaling said, Buss wanted the show to be funny and had "no ego" about using her real life as inspiration.

"She's had some extremely interesting things happen to her as the president of the Lakers. Some of it is she literally dated the coach for many years and she's like, 'Do whatever you want,'" Kaling says, referring to Buss's former relationship with Phil Jackson. "To get that kind of carte blanche, I'd never heard that from someone who is so famous and, you know, pretty private."

After news of her promotion goes public, Isla is advised by her brothers — who vow they have her back — to stay off Reddit to protect her from criticism. Those same brothers then undermine Isla's authority by declaring her first order of business is to trade a problematic player, Travis Bugg, played by Chet Hanks.

"Some of the situations seem outlandish but nothing surprises me that happens in the world of professional basketball," Buss told The Associated Press at the show's premiere. "We've seen everything."

Hudson herself was raised with three brothers, and she's flexed her comedic chops in films such as How to Lose a Guy in 10 Days and Glass Onion: A Knives Out



Scott MacArthur, left, Kate Hudson and Drew Tarver star in Netflix's new series Running Point. *KATRINA MARCINOWSKI/NETFLIX/AP*

Mystery. "This idea of a woman being thrust into this position of something that she really loves and then constantly feeling like she has to prove herself and using that as sort of a comedic launching pad was a blast," Hudson says.

Running Point also co-stars Brenda Song, Max Greenfield, Drew Tarver and Jay Ellis.

As a successful executive in Hollywood herself, Kaling says she's viewed being a woman and an Indian American as her superpower.

"Different personalities react to different situations, right? Because I'm Indian and because I'm a wom-

an, my personality has always been like, 'Ooh, I must be special,'" the recent Hollywood Walk of Fame honoree says. "It's exciting to me to prove myself."

Growing up in Boston, Kaling watched Celtics games with her father. She visited the Lakers' facility, where she saw players like LeBron James and Austin Reaves, along with "their enormous lockers."

"That mystique will never be broken for me," she says. "We know now a little bit more about how the sausage is made, but it's still just as exciting."

The Associated Press

WORKING WELL

CATHY BUSSEWITZ

NEW YORK Justin Stewart poured himself into his full-time role as a news show production assistant from 3 a.m. until noon. Then he rushed to the airport where he rented cars or to the big box stores where he pulled retail shifts. Then he was hospitalized for exhaustion and a staph infection.

"The doctor said, 'I don't know what lifestyle you're living, but you're too young to be this stressed. You're going to have to quit something.'"

Stewart, now 36, began setting boundaries. He gave up the side jobs. If people texted him after-hours, he told them where else to call.

Many people find it difficult to say no, especially to a manager. Some get a sense of satisfaction from being needed or pleasing others. Learning to turn down a request or invitation is essential for protecting our physical and mental health, experts say. And drawing boundaries gets easier with practice. Experts in well-being and organizational behaviour, along with other workers, shared strategies for setting limits.

SCHEDULE AGGRESSIVELY

Adding tasks to your calendar may seem counterintuitive if scaling back is the goal, but can provide more control over your time.

Bobby Dutton, founder of event production company GBM6, uses a technique he calls "aggressive calendaring."

He schedules the task he's most likely to procrastinate on, such as handling contracts and invoices, for every Monday at 2 p.m. He also books time for recurring routine tasks like making coffee, walking the dog and eating lunch.

WRITE A SCRIPT

If you're unaccustomed to saying no, write down what you're going to say beforehand and rehearse it. Stewart worked on letting colleagues know when his assignment load began feeling too heavy with phrases like "Hey, this is a lot for me."

Cara Houser, a workplace engagement coach, says you don't have to explain yourself when declining a request. Say you're not available at that time, followed by "Thanks for asking, and I hope to have more capacity next time."

Saying no can be difficult for some people, but setting boundaries can improve health



Imposing realistic boundaries in both your personal and work lives has the added benefit of making you more productive in the long run. ANNIE NG ILLUSTRATION/THE ASSOCIATED PRESS

If the recipient of your "no" tries to argue, you can respond, "I hear you feel that way. But for me, this is what I've decided to do for that day," Houser said.

Entrepreneur Amber Krasinski grew up in a working-class environment where saying no to a boss could mean losing a paycheck. As the founder of marketing company IvyHill Strategies, Krasinski worries she'll lose clients if she turns down a project. "Not yet" is her go-to phrase. "That phrase has helped me through a lot of situations."

KNOW YOUR LIMITS

When faced with a new work request, take five minutes to assess your workload, energy level and priorities before responding, suggests Israa Nasir, a psychotherapist.

A former boss frequently texted questions to her at 10 p.m. on Fridays and Saturdays. "I didn't say, 'Don't text me.' I said, 'Can we check in on Fridays before the weekend? Then I can plan my time accordingly.'"

Pay attention to the activities

and interactions that leave you feeling drained or overwhelmed, Nasir said.

Put those kinds of events on a "No List." The list doesn't mean you decline every time, but don't say yes right away.

HARNESS TECHNOLOGY

Mobile devices make it harder to draw boundaries. Adjust your devices so they're less distracting.

After noticing she checked email far too frequently on weekends, Nasir starting moving the Gmail

app from her iPhone's home page to the second page from Friday night to Sunday night. Use email signature to manage expectations, by publishing working hours or upcoming vacation schedules, said Candice Pokk, a consultant in organizational effectiveness at Segal.

Pokk includes a "well-being notice" at the bottom of her emails which reads, "Receiving this email outside normal working hours? Managing a work-life balance is unique for everyone. I have sent this email at a time that works for me. Please respond at a time that works for you."

CHOOSE MEETINGS WISELY

With the popularity of online meeting software, it's easy for others to overload your calendar with invitations. Accepting every one can leave little time for other work. Janine Pelosi, CEO of video technology company Neat, thinks workers should be able to leave a meeting that's not relevant to them, if it's an environment where that's accepted.

If you're unsure about a meeting's value, request an agenda in advance, or ask what is the desired outcome.

GIVE A TIME FRAME

Publisher Lori Perkins, 65, was working 12 to 16 hours daily when a cancer diagnosis halted her routine.

During chemotherapy, she could only muster up enough energy to put in four hours a day, and even then felt like she was working "in a vat of molasses."

After treatment, "I realized I was going to live, and then I said to myself, 'Do I want to continue doing this?'" Perkins said.

She now caps her work as owner of Riverdale Avenue Books at about 50 hours per week, and as a result can't review as many manuscripts. Instead of sending rejection letters, she tells authors to come back in three to six months when it's less hectic.

She practises saying "no" in her head and in her journal, where she also chronicles what happened after she said it. She's gained time to visit museums, friends and the theatre.

"No" changed my life," Perkins said. "I am a different person than I was before I really learned to embrace 'no.'"

The Associated Press

Find your yoga match

Experts offer primer on some of the most popular styles of the practice

ALBERT STUMM

To some people, the word yoga evokes ritualistic chanting, long breaths and slow movement. To others, it means contorting your body into complicated positions until sweat drips onto the mat.

In reality, it can be both — with a lot of variation in between. It depends on the teacher, who could be trained in several of numerous yoga styles: hatha, vinyasa, Iyengar, ashtanga, yin and more.

Though all styles involve poses (asanas), they differ in significant ways. Even classes within the same style can range from calming to vigorous.

WHAT IS THE BEST TYPE FOR A BEGINNER?

"The best is the one that works for you," said Tim Senesi, who has been teaching yoga in Orange County, Calif., for 22 years. "There are many different paths leading toward the same aim."

Here's a primer on some of the most popular styles, followed by a big caveat.

THE HATHA/YIN STYLES

The term "yoga," which is derived from the Sanskrit for "union," actually encompasses an entire discipline that includes movement, meditation and lifestyle. Hatha, meaning "force," technically is any kind of yoga class involving asanas. If you've ever heard of a sun salutation, for instance, that is a foundational

sequence of 12 asanas that begin many types of classes.

When it comes to classes listed as hatha, however, they generally are gentler with more focus on breathing exercises (pranayama). Poses are held for a few breaths and students usually move more slowly. Hatha can be good for beginners who are looking to relax while improving flexibility and balance.

Another style, yin, is even more focused on recovery by working to stretch the muscles' connective tissue.

Students hold poses for five minutes or more, allowing the body to settle into a pose rather than pushing it.

VINYASA/ASHTANGA STYLES

A more vigorous, flowing form of yoga, vinyasa co-ordinates movement with breath over a progression of asanas. Some higher-level vinyasa classes move at a pace of one movement per breath. Often they will be called Flow or Power classes. They can be for people who are more athletic, but teachers still recommend that those students start with a beginner level.

"I wouldn't really encourage them to start in a higher level vinyasa flow class because they're not going to have the foundation to move safely through that," said Anne Van Valkenburg, of Lanai, Hawaii, who has been training yoga teachers in a blend of styles for 18 years.

Another style, ashtanga, is similar except that it involves a set series of poses that students repeat



A woman sits in lotus prayer pose. While all yoga styles contain poses, the way in which those poses are included and executed are subject to many variations. BRUNA PRADO/THE ASSOCIATED PRESS/FILES

day after day, often going at their own pace. As students get stronger, they advance to a higher series with more challenging poses, something akin to belt levels in martial arts.

IYENGAR STYLE

This style involves the same poses as vinyasa but classes usually move at a slower pace — although they are not necessarily easier.

The focus is more on precisely aligning parts of the body through small adjustments. Poses are held for longer and students rely more often on props including cushions, blocks or straps.

Iyengar is particularly good for people recovering from injuries, or for people who are already active but want to get the foundation of yoga before moving into different styles.

CAVEAT ABOUT CHOOSING YOGA STYLES

These days, most teachers blend various styles in their classes, and many classes aren't billed with these terms. The few words describing the class should give you an idea of what to expect, but don't be afraid to ask questions at the studio or reach out to individual

teachers. Ideally, seek out a beginner series, but if you can't find one that's right, don't worry. Most teachers are happy to have beginners in their classes and will make accommodations.

Most of all, commit to trying a few classes until you find the style or teacher that resonates with you.

"I feel sad when someone tries yoga once or twice and they're like, 'Eh, I don't like it,'" Van Valkenburg said. "There's just so much out there that you might be missing something that's super beneficial for your life."

The Associated Press

Today

H: 1

L: -8

P.O.P: 70%

Snow.

Wind: NE, 14kmh

Tomorrow

H: 2

L: -5

P.O.P: 20%

Mainly sunny.

Wind: SE, 11kmh

Wednesday

H: 4

L: -3

P.O.P: 30%

Mainly cloudy.

Wind: NW, 11kmh

Thursday

H: 5

L: -6

P.O.P: 10%

Mainly sunny.

Wind: NW, 11kmh

Friday

H: 8

L: -1

P.O.P: 10%

Mainly sunny.

Wind: W, 10kmh

Precipitation

March

Normal, Month [mm]: 16.8

Current: 0.0

Difference: -16.8

Percent of Normal: 0%

Temperature Trend

Today is about AVERAGE.

Today's Average [°C]: 2

Expected [at 3pm ET]: 1

Difference: -1

Yesterday's Extreme Temperatures

Hot spot in Canada: 12.6 °C [54.7 °F] Claresholm, AB

Cold spot in Canada: -29.4 °C [-20.9 °F] Kangirsuk Airport, QC

ALBERTA		Today	Tomorrow	Today	Tomorrow				
Athabasca	1/-7	PC	4/-5	S	Jasper	2/-13	SN	4/-8	S
Banff	1/-6	SN	2/-10	S	Lac La Biche	0/-8	PC	3/-5	PC
Barrhead	2/-7	SN	4/-6	S	Lethbridge	1/-5	SN	5/-3	S
Bassano	2/-6	SN	4/-5	S	Lloydminster	0/-11	C	-2/-9	S
Bonnyville	0/-8	PC	1/-8	S	Medicine Hat	1/-4	SN	3/-4	PC
Bragg Creek	2/-7	SN	4/-6	S	Okotoks	1/-7	SN	3/-7	S
Brooks	2/-5	SN	3/-4	PC	Peace River	3/-7	PC	3/-8	S
Calgary	1/-8	SN	2/-6	S	Ponoka	1/-7	SN	2/-7	S
Camrose	0/-9	PC	-1/-10	PC	Provost	0/-8	C	-1/-7	S
Carvel	2/-7	SN	4/-6	S	Red Deer	1/-7	SN	1/-8	S
Cold Lake	0/-10	PC	1/-7	S	Rocky Ridge	1/-6	SN	2/-6	S
Coronation	-1/-10	SN	-1/-8	S	Slave Lake	1/-8	PC	5/-3	S
Drayton Valley	1/-8	SN	4/-8	S	Stettler	0/-7	SN	-1/-8	PC
Edson	2/-11	PC	4/-8	S	Swan Hills	-2/-10	SN	2/-9	S
Fort Chipewyan	-4/-10	C	-1/-9	PC	Valleyview	1/-8	SN	4/-9	S
Fort McMurray	-1/-7	PC	4/-8	S	Vegreville	0/-12	C	0/-7	S
Grand Cache	1/-14	PC	4/-12	S	Vermilion	0/-9	C	0/-8	S
Grande Prairie	2/-10	S	3/-6	S	Westwright	-1/-10	C	-1/-7	S
High Level	0/-11	S	1/-11	PC	Westlock	1/-7	PC	4/-5	S
High Prairie	2/-6	SN	6/-5	S	Wetaskiwin	1/-8	SN	1/-8	S
Hinton	2/-13	PC	4/-10	S	Whitecourt	2/-10	PC	4/-9	S

WORLD		Today	Tomorrow	Today	Tomorrow				
Amsterdam	8/-2	S	9/1	S	Dublin	12/4	PC	11/6	PC
Athens	12/6	C	11/6	S	Edinburgh	12/7	PC	11/8	PC
Auckland	22/16	C	21/12	SH	Geneva	10/1	S	11/1	PC
Bangkok	34/28	SH	34/28	S	Ho Chi Minh	34/25	S	34/25	SH
Beijing	8/0	PC	8/0	PC	Hong Kong	24/20	PC	21/18	R
Beirut	19/14	PC	20/14	PC	Istanbul	7/5	C	8/4	S
Belgrade	10/1	S	11/2	S	Jerusalem	17/10	PC	17/8	PC
Berlin	9/1	S	10/1	S	Kyiv	4/1	C	8/3	PC
Bogota	19/11	SH	19/11	SH	Lisbon	16/9	SH	18/10	S
Bucharest	7/-2	PC	10/-1	S	London	9/1	S	10/2	S
Buenos Aires	27/23	SH	30/25	SH	Madrid	11/8	R	14/9	R
Cairo	24/12	PC	24/11	S	Manila	33/26	PC	33/26	SH
Cape Town	28/21	S	26/18	S	Mexico City	28/13	S	28/12	S
Copenhagen	8/5	C	8/5	C	Milan	14/2	S	14/2	S
Dubai	25/17	S	30/21	S	Moscow	2/0	SN	3/0	RS

CANADA		Today	Tomorrow	
Banff	1/-6	SN	2/-10	S
Brandon	1/-5	PC	4/-7	C
Calgary	1/-8	SN	2/-6	S
Charlottetown	-10/-14	PC	-5/-5	S
Churchill	-17/-21	PC	-17/-22	PC
Corner Brook	-9/-11	SN	-8/-9	SN
Edmonton	1/-9	SN	1/-8	S
Fredericton	-9/-18	S	-1/-5	S
Halifax	-5/-12	S	-1/-3	S
Iqaluit	-25/-29	PC	-25/-30	S
Kelowna	8/-3	S	8/1	PC
Moncton	-9/-17	S	-2/-4	S
Montréal	-8/-10	S	1/-1	PC
Ottawa	-4/-6	PC	2/0	PC
Québec	-9/-16	S	-2/-4	SN
Regina	-1/-6	SN	-4/-10	PC
Saint John	-8/-14	S	-1/-1	S
Saskatoon	0/-8	PC	-2/-9	PC
Sherbrooke	-8/-13	S	1/-2	PC
St John's	-3/-7	PC	-5/-7	PC
Sudbury	-1/-5	C	2/0	RS
Thunder Bay	6/-5	S	3/2	SN
Toronto	-1/-2	PC	3/2	RS
Vancouver	10/6	PC	11/6	SH
Victoria	11/6	PC	8/6	SH
Whitehorse	1/-8	PC	-1/-7	PC
Winnipeg	5/-4	PC	-3/-7	C
Yellowknife	-11/-16	PC	-11/-15	PC

Comfort Indexes

3

Good

Mod.

Very

Poor

Hazard

Air Quality

3

Good

Mod.

Very

Poor

Hazard

Ultraviolet

2

Low

Mod.

High

V. High

Extreme

calgaryherald.com

TV TIMES TONIGHT - MONDAY, MARCH 3

		MOVIES TALK SPORTS KIDS													
C	B	5 PM	5:30	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30
3	4	CTV	News (N) Live	News (N)	CTV News Calgary at 6 (N) Live	etalk (N)	Big Bang	Sight Unseen (N)		Extracted (N)		Rescue: HI-Surf (N)		News-Omar (N)	News (N)
4	38	OMNI	News (N)	Celebrity (N)	Celebrity (N)	News: Arabic	News (N)	News: Arabic	OMNI News (N)	Cantonese (N)		News (N)	Cantonese	News-Punjabi	Focus Punjabi
5		ABC	4 News Now on KXLY+ (N)		The Bachelor (N)			Wives (N)	Entertainment Tonight (N)						
6	9	CBC	The Great British Baking Show		News (N)	News (N)	Coronation (N)	Feud (N)	Murdoch Mysteries (N)		Saint-Pierre (N)		The National (N)	News (N)	Still Standing
7	2	Global	News (N)	Global (N)	Global News Hour at 6 (N)		The Goldbergs	ET (N)	NCIS: Origins		Neighbor (N)	Poppa's (N)	NCIS (N)		Global News at 11 (N)
8	5	CITY	The Kelly Clarkson Show (N)		CityNews at 6 Calgary (N)		Family Feud	Family Feud	The Hunting Party (N)		The Bachelor (N)			CityNews (N)	(.35) J.Kimmel (N)
9		CBC-F	(4:00) On va se (...)	Silence	TJ Alberta (N)	Téléjour.	Stat (N)	L'oeil d (N)	Dumas (N)		Cerebrum (N)		Le téléjournal (N)	Sports (N)	On va se le dire
11		CMT	Cheers	Cheers	The Office	The Office	The Office	The Office	Workaholics	Workaholics	Becker	Becker	Wings	The Office	The Office
12		CBS	KREM 2 News at 4 (N)		News (N)	CBS-News (N)	KREM 2 News at 6 (N)		Dateline		Neighbor (N)	Poppa's (N)	NCIS (N)		NCIS: Origins
13		CTV2	Seinfeld	News (N)	Primetime (N)	How It's Made	Big Bang	etalk (N)	The Voice The coaches seek America's next singing phenomenon. (N)		Conners (N)		Conners (N)	Primetime	(.35) J. Fallon (N)
14		PBS	Odd Squad	Xavier Riddle	America	Spokane	PBS News Hour (N)		WA. Grown	Inland	Kris Kristofferson: Life & Songs		Beatles	Impossible Left in progress	
15		NN	Hanomansing Tonight (N)				The National (N)		The National (N)		The National (N)		The National (N)	The National (N)	
16		NBC	NonStop (N)	NonStop (N)	NonStop (N)	NBC News (N)	NonStop (N)	NonStop (N)	Jeopardy! (N)	Wheel (N)	The Voice The coaches seek America's next singing phenomenon. (N)		The Hunting Party (N)		
17		TREE	PeppaPig	PeppaPig	(.15) Blaze	(.40) Thomas	Rubble	(.40) Binky	(.05) Rubble	PeppaPig	Bubble	(.45) Blaze	(.10) Ready,	Various	(.20) Max & Ruby (.45) Blue
18		HOME	Celebrity IOU		House Hunters Renovation		George Clarke's (N)		Renovation (N)	Renovation (N)	House Hunters (N)		George Clarke's	Renovation	Renovation
20		YTV	Bixler High Private Eye ('19) Jace Norman.		Jurassic		Bixler High Private Eye ('19) Jace Norman.		Jurassic		Popularity	Popularity	SpongeBob	SpongeBob	Loud House
21		TSN	College Basketball Wake Forest at Duke (N) Live				College Basketball Kansas at Houston (N) Live				2025 Montana's Brier Draw 9 (N) Live		SC With Jay Onrait (N) Live	Sports (N) Live	
22		FOX	Two Half Men	Last Man	Modern Family	Big Bang	Young Sheldon	Young Sheldon	Suits		Extracted (N)		Rescue: HI-Surf (N)	News (N)	(.35) FamFeud
23		W	The Good Wife		The Good Doctor		Will & Grace	Mindy	Superstore	Superstore	Ghosts	Abbott	Based-True (N)	(.45) Poppa's	(.15) Elsbeth
24		TLC	90 Day: The Last Resort		90 Day: The Last Resort (N)		(.05) Baylen Out Loud (N)		(.05) Layton (N)		(.05) The Baldwins		90 Day: The Last Resort	(.05) Baylen Out Loud	
25		FLAV	Gordon Ramsay's Food Stars		Gordon Ramsay's Food Stars		Pamela Love (N)		Andi Oliver's "Bristol" (N)		(.15) Beat Bobby (.45) Pamela Love		(.45) Andi Oliver's Fabulous Feasts "Bristol"		
26		A&E	Live PD: Police	Live PD: Police	Live PD: Police	Live PD: Police	Live PD: Police	Live PD: Police	Live PD: Police	Live PD: Police	(.05) Live PD	(.35) Live PD	(.05) Live PD	(.35) Live PD	(.35) Live PD
27		SNW	TGL Golf New York Golf Club vs. Boston Common Golf (N)				Sportsnet Central (N) Live		TGL Golf TGL Golf The Bay Golf Club vs. Los Angeles Golf Club		Plays	NHL's Best	Sportsnet (N)	Sportsnet	
29		CNN	Erin Burnett OutFront (N) Live		Anderson Cooper 360 (N) Live		The Source With (N) Live		CNN NewsNight (N) Live		Laura Coates Live (N) Live		Anderson Cooper 360	Erin Burnett OutFront	
30		SN360	TGL Golf New York Golf Club vs. Boston Common Golf (N)				TNA in 60		Plays	UFC Countdown		Plays	World Poker Tour	NBA Basketball	
32		SHOW	FBI		FBI		FBI		FBI		FBI		The Calling	The Calling	
33		SLCE	True Crime (N)	True Crime (N)	True Crime (N)	True Crime (N)	Below Deck Down Under (N)		O'ahu Shores (N)		Daily Show (N)	(.45) After Midnight (N)	True Crime (N)	True Crime (N)	True Crime (N)
34		ST22W	Movie	(.35) *** Mr. Peabody & Sherman ('14)		(.10) *** Catwoman ('04) Benjamin Bratt, Halle Berry.					*** Jackie Brown ('97) Samuel L. Jackson, Pam Grier.				Movie
35		USA	Suits		WWE LFG (N)		WWE Rivals (N)		WWE (N)		Highway Thru Hell		Bones	WWE LFG	
36		CTVDR	Chicago Fire		Chicago Fire		Dope Girls (N)		Chicago Fire		Chicago Fire		Chicago Fire	Chicago Fire	
37		BRAVO	Below Deck Mediterranean		Below Deck Mediterranean		Watch What (N)		Below Deck Mediterranean		Watch What		Below Deck Mediterranean	Below Deck Mediterranean	
38		TOON	Beyblade X	Gumball	Teen/ (.15) Teen	Teen/ (.45) Teen	Teen/ (.15) Teen	Pokémon	Gumball	Looney/ Looney	Teen/ (.15) Teen	Teen/ (.45) Teen	*** Justice League: Throne of Atlantis ('15)	(.45) Total	
39		FAM	LanaLong	Badjelly	Life With Luca ('23) Michael Seater.		SummerMem		LanaLong	Badjelly	Family Matters	The Goldbergs	Sabrina, Witch	Sailor	Life With Luca ('23)
40		PCH	The Conners	The Conners	All American (N)		Sullivan's Crossing		Atlanta News First at 10pm (N)		Inside Ed. (N)	GMFB: Overtime (N)	Seinfeld	Seinfeld	Last Man
41		CTVCo	Children Ruin	Big Bang	Big Bang	Big Bang	The Conners	Gags (N)	Gags (N)	Gags (N)	Gags (N)	Gags (N)	Big Bang	Big Bang	The Trades (N)
42		TCM	(3:30) ***** 2001: A Space O...		***** The Pride of the Yankees ('42) Gary Cooper.				(.15) ***** Norma Rae ('79) Ron Leibman, Sally Field.			(.15) ***** Blossoms in the Dust ('41) Greer Garson.			
45		HIST	History's Greatest Mysteries		M*A*S*H	M*A*S*H	S.W.A.T.		Hunting History		The Curse of Oak Island		History's-Mysteries (N)		History's Most Shocking (N)
46		CTVSci	Star Trek		Star Trek		Star Trek		Anne Rice's Mayfair (N)		Castle		Castle	Anne Rice's Mayfair Witches	
47		AMC	(3:00) ***** The Green Mile ('99) David Morse, Tom Hanks.		***** The Shawshank Redemption ('94) Morgan Freeman, Tim Robbins.								Dark Winds		(.10) Dark Winds
49		DTOUR	Rizzoli & Isles		Major Crimes		All American		Supernatural		Supernatural		All American	Rizzoli & Isles	
51	32	YESTV	The Middle	Mike & Molly	Murdoch Mysteries		Wheel (N)	Jeopardy! (N)	Bull		100	Hear, Love	Life Today with Hagee	Heartland	
65		TLN	M*A*S*H	M*A*S*H	M*A*S*H	Alex Polizzi's Secret Spain	Incredible Homes		M*A*S*H	M*A*S*H	M*A*S*H	M*A*S*H	For the Love	Dream of Italy	A Taste of Cehf Sang
119		MUCH	Ridiculousness	Ridiculousness	Seinfeld	Seinfeld	The Simpsons	Futurama	American Dad!	American Dad!	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	The Simpsons Futurama
122		VISN	Murder, She Wrote		Sister Boniface Mysteries		Healing	Ageless	theZoomer		Murdoch Mysteries		***** Erin Brockovich ('00) Albert Finney, Julia Roberts.		
126		TV5	Le mystère des (N)		100 jours au château		Jeanne d'Arc: femme		Mourir pour la France		(.10) C dans l'air (N)		(.15) Afrique (N)	(.45) Journal (N)	(.15) Rassembla (.45) Rassembla
127		APTN	Moosemeat	Corner Gas	Wild Rose Vets	Carlos	Tribal		7th Gen (N)	Pixels (N)	APTN News (N)	APTN	A Beachcombers' Christmas ('04) Dave Thomas.		

PAY-TV• MONDAY, MARCH 3

		MOVIES TALK SPORTS KIDS													
C		5 PM	5:30	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30
54	E!	NUMB3RS		Million.	Million.	Sight Unseen (N)		Happy's (N)	Night Court (N)	E! News (N)	TMZ	TMZ Live		Sight Unseen	
55	CRVM1W	Movie	(.25) *** The Teachers' Lounge ('23)		(.10) *** Four Daughters ('23) Majd Mastoura, Henda Sabri.					*** Daniel's Gotta Die ('22) Joel David Moore.	(.35) *** The Pod Generation ('23) Emilia Clarke.				
56	CRVM2W	(.20) *** Minari ('20) Han Ye-ri, Steven Yeun.			(.20) Corner Gas (.45) Corner Gas	(.10) Law & Order				Anarchy	(.50) *** Am I OK? ('22) Dakota Johnson.	(.20) Corner Gas (.45) Corner Gas	(.10) Law & Order		
57	CRVM3W	(.40) *** Triumph: Rock & Roll Ma...	(.20) ***** Ordinary Angels ('24) Alan Ritchson, Hilary Swank.			(.20) ***** Minari ('20) Han Ye-ri, Steven Yeun.									
58	HBO2	Movie	(.25) 537 Votes			(.15) *** The Queen of My Dreams ('23) Amrit Kaur, Hamza Haq.				Celtics City (N)		Shaq From Shaquille to Shaq	(.05) Sex-City	(.40) Sex-City	
59	WSBK	Big Bang	Big Bang	WBZ News 8p (N)		48 Hours (N)		Suits		Flip Side	Flip Side (N)	Big Bang	Housewife	Housewife	Person (N)
60	KTLA	KTLA 5 News at 4 (N)		KTLA 5 News at 5 (N)		News at 6 (N)	KTLA News (N)	News (N)	Unscript						

IT'S A NEW MONTH

MARCH

I CHECKED ALL MY CHEAT DAYS

MARCH

JIM DAVIS 3-3

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HI, GINA!

OH. HI, DEE. DEE.

HOW WAS YOUR WEEKEND?

UM... GOOD. IT WAS GOOD.

COUNSELOR

KNOCK KNOCK

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YES, MA'AM, I'M AWAKE! THE MOVIE? OH, YES, MA'AM, THE MOVIE WAS GREAT!

WHAT WAS IT ABOUT? WELL, UH... IT WAS... WELL, I THINK

I DON'T SUPPOSE IT WAS ABOUT DONNY AND MARIE, WAS IT?

SCHMITZ

[illegible]

WHEN ARE YOU GOING TO CHANGE THE FURNACE FILTER?

IN A FORTNIGHT.

GRAMPA, WHAT'S A FORTNIGHT?

A FORTNIGHT? WELL, AS A MATTER OF FACT, TONIGHT IS A FORTNIGHT!

WHAT KIND OF FORT SHALL WE BUILD: A SOFA CUSHION FORT OR A BLANKET FORT?

BOTH!

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3/3

DAVID COVERLY

HEY, KRISTAL, HAVE YOU NOTICED ANYTHING STRANGE ABOUT KEVIN?

I DON'T NOTICE KEVIN.

WELL, SOMETHING'S UP WITH HIM. EVER SINCE HE SWUNG OVER THE BAR ON THAT SWING SET, HE'S BEEN... DIFFERENT.

WAIT. DID YOU SAY HE SWUNG OVER THE BAR?

YEAH.

LIKE, ALL THE WAY OVER?

YES!

MILES.

THAT'S NOT KEVIN.

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WOW, THERE SURE ARE A LOT OF PRETTY GIRLS ON THE BEACH TODAY!

UH-HUH--

...AND I'M WITH ONE OF THEM!!

John De Luca

ROSE! CATCH AND SQUEEZE!

HUH?

3-3

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YOU LOOKED LIKE YOU NEEDED A BLAST OF BEACH-BALL BREATH.

NO, I DON'T CARE IF YOU HAD THE ZOOMIES

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Mack Fitzhugh

DRAGON BALL? POKEMON?
YU-GI-OH? GEEZ, MR.
CORLEONE, WHY IS YOUR
DVD COLLECTION FULL OF
JAPANESE-STYLE
CARTOONS?

MY FATHER TAUGHT
ME: "KEEP YOUR
FRIENDS CLOSE
BUT YOUR ANIMES
CLOSER."

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3-3 © Mike Baldwin Dist. by Andrews McMeel 2025 www.cornered.com



Finally the government stepped in and issued a back-to-work order – for everyone except Dave.

CORKSCREW AEROBICS

Yes. Yes, we are just going to do arm raises for an hour again.

3-3

Get a signed copy of the NEW LP book! Get this cartoon signed & framed at Looseparts.com
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OUR HOUSE IS LOOKING A LITTLE... DINGY.

YEAH.

OH! CAN I PAINT? I HAVE COVERALLS AND A HAT AND ROLLERS AND BRUSHES!

ALSO, TARPS AND A STEPLADDER AND STIR STICKS! I'M READY.

HONEY, I STILL REMEMBER THE LAST TIME YOU PAINTED.

BUT I'M SO MUCH OLDER AND WISER! LOOK AT ME!

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FILLMORE, I HAD ERNEST BUILD A ROBOTIC SHE-TURTLE.

WEIRD.

SHE'S A I.-POWERED. GO UP TO HER AND START A CONVERSATION... TEST YOUR SKILLS.

UM, GOOD EVENING.

THAT'S A LOVELY NECK BOLT YOU'VE GOT THERE.

CUT!

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I'LL HAVE MUCHO MOCHA, CAKE POP AND WILD RED WITH OREO CRUMBLES

VANILLA FOR ME

VANILLA? ALL THESE FUN FLAVORS, AND YOU WANT VANILLA?

I'VE TRIED OTHERS. I LIKE VANILLA BEST. SO THAT'S WHAT I GET

HOW WILL YOU EVER MAKE YOUR LIFE MORE INTERESTING?

YOU'RE HERE

COLOR BY NATHAN WALKER CARTOONIST.COM

PANEL 1:

WHAT THE--? THE TV JUST WENT ALL FUNNY.

PANEL 2:

OH, GREAT. IT'S THE GHOST OF THE DOG WHO LIVED HERE BACK IN THE FORTIES. WHAT ARE YOU DOING HERE?

PANEL 3:

I HAVE UNFINISHED BUSINESS ON YOUR EARTHLY PLANE!

I WAS MUUUUURRRRERRRED!

PANEL 4:

ALSO, I NEVER FINISHED TITANIC.

WHATEVER, MAN! YOU CAN GUESS HOW IT ENDS!

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BATLUK & DAVIS lombatiuk.com/books

HEY, WE GOTTA TALK.

WHO ARE YOU?

YOUR GUARDIAN ANGEL. AND WITH ALL THE DUMB STUFF YOU DO AND STUPID THINGS YOU SAY, IT'S BEEN REALLY HARD TO PROTECT YOU.

SO WHAT DOES THAT MEAN?

IT MEANS I QUIT. GOOD LUCK GETTING THROUGH LIFE ON YOUR OWN.

IT'S SAD WHEN YOU BURN OUT YOUR GUARDIAN ANGEL.

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UNIVERSAL CROSSWORD

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

64 65 66

Team Leader by Rebecca Goldstein, edited by David Steinberg

ACROSS

- 1 Expressed orally
5 Like some puddles in winter
11 Not entirely: Suffix
14 Part of A.D.
15 Prepared, as butter for popcorn
16 “pls stop sharing”
17 Really fantastic
19 Parking place
20 Aboveboard, informally
21 El Amazonas, por ejemplo
22 Voting group
23 Poet who was Ada Lovelace’s dad
24 Mental capacity
26 Tribe for which a Western state is named
27 Printing resolution: Abbr.
29 Texting abbr. hidden in “zero to hero”
30 Thailand, once
32 Craft space
36 Hit close to home?
40 Discuss the details of
41 Bell’s loud sound
43 Ingredient in some boba
45 West Coast winter hrs.
47 Hub in Queens
48 Footwear preferred by Gen Z

- 52 Corridors
54 Goose call
55 Veggie that may be split or sweet
56 Squad
57 Mopey music genre
58 Curated list on Bluesky, or the first word of 17-, 24-, 36- or 48-Across
61 Loved ones, for short
62 It’s meant to be
63 Epitome of happiness
64 U-turn from NNW
65 Glacier-climbing tool
66 Charitable donations

DOWN

- 1 Droop
2 Logical
3 Cochlea’s place
4 Pooch
5 Racy writing
6 “___ Miz”
7 Uber-
8 Oktoberfest mug
9 King who rebuilt the Second Temple in Jerusalem
10 Dolphins’ distances, for short
11 “We can work with that”
12 Like some peanut butter
13 Snag in the plans
18 Tie together with twine, maybe

- 22 Digital image format
23 Vehicle that makes a lot of stops
24 “The ___ of Venus”
25 Winter fabric
28 Hockey players’ protection
31 Hairstyle that’s short on the sides
33 29-Across alternative
34 Enlists again
35 Makes a selection
37 Edit ___ (Wikipedia fights)
38 Divulges everything
39 It lets you keep an eye on sharp-eyed birds
42 “Viva ___ Vegas”
43 Alluring scents
44 Biological blueprint
46 Norse god of thunder
48 They know what’s cooking
49 Visionary?
50 Halt
51 Buddhist principle of cause and effect
53 Pet adoption org.
56 Politician Buttigieg
58 Follow a snowy trail
59 New Mexico’s neighbor to the east, briefly
60 Dusseldorf distances, for short

WONDERWORD

By DAVID OUELLET

HOW TO PLAY: All the words listed below appear in the puzzle — horizontally, vertically, diagonally and even backward. Find them, circle each letter of the word and strike it off the list. The leftover letters spell the WONDERWORD.

FLORIDA’S SUNSHINE SKYWAY BRIDGE Solution: 9 letters

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

Architecture, Bob Graham, Cables, Cars, Cost, Demolition, Elevation, Engineering, Eugene, Fence, Gate, Hillsborough, Interstate, Jogger, Lanes, Longest, Look, Navigation, North, Passengers, Piers, Pinellas, Reinforce, Roads, Route, Ships, Steel, Structure, SunPass, Tampa Bay, Toll, Tourism, Traffic, Travel, Truss, Vehicle, View

UNIVERSAL Sudoku Puzzle

Complete the grid so that every row, column and 3x3 box contains every digit from 1 to 9 inclusively.

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

DIFFICULTY RATING: ★☆☆☆☆

7 LITTLE WORDS

Find the 7 words to match the 7 clues. The numbers in parentheses represent the number of letters in each solution. Each letter combination can be used only once, but all letter combinations will be necessary to complete the puzzle.

CLUES SOLUTIONS

1 stood in a box office line (6)
2 “Frozen” ice trader (8)
3 good-looking (10)
4 having the same value (10)
5 Ed Sheeran, for one (7)
6 of highest quality (6)
7 not in a union (5)

TED WAI STO CTI AT
FF VE DHE FIN VAL
UNW EST KRI EQ ENT
ED RE AD UI TRA

Answers: 1. WAITED 2. KRISTOFF 3. ATTRACTIVE 4. EQUIVALENT 5. REDHEAD 6. FINEST 7. UNWEED

KEN KEN

THE LOGIC PUZZLE THAT MAKES YOU SMARTER.

Instructions: Each row and each column must contain the numbers 1 through 4 (easy) or 1 through 6 (challenging) without repeating. The numbers within the heavily outlined boxes, called cages, must combine using the given operation (in any order) to produce the target numbers in the top-left corners. Freebies: Fill in single-box cages with the number in the top-left corner.

EASY

6X 9+ 4+ 2÷
3- 12X 2÷

CHALLENGING

5- 24X 5 13+ 3+ 5- 1- 3- 2÷ 5- 11+ 1- 5+ 1- 4- 3÷ 2 10+

CELEBRITY CIPHER

by Luis Campos

Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

“ A Y X W H P X W A P T W H N Z P C W N L Y S
K P Z W X N . N Z C M U W Z I Y E T W H N Z P C W N
H U N H I Y E L N F F P Z F Y G W M P H U , H U P A
P A N T F Y S P Y E A C N I . ” — C N G P C F I Z K U

Solution: “Sometimes I get an idea for cinema. And when you get an idea that you fall in love with, this is a glorious day.” — David Lynch

TODAY’S CLUE: C equals K

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TODAY’S SOLUTIONS:

WONDERWORD: TERRACEIA

12X 2÷ 3- 2÷ 6X 9+ 4+
2 4 1 3 2 4 1 5 3 4 2 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 64 65 66

LAST WORD IN ASTROLOGY

HOROSCOPE FOR MARCH 3



BY EUGENIA LAST

HAPPY BIRTHDAY:

Take the time to investigate the details of any project you want to pursue. Being well-informed will save you time and money and ensure you get what you seek.

ARIES (March 21-April 19): Step up and do your part. You will impact everyone you encounter if you share your knowledge and listen to the responses you receive. Perfection comes from unity and a willingness to give others their moment to contribute. 3 stars
TAURUS (April 20-May 20): Feel emotions and let them uplift you and fuel you positively. Focus on the good and positive aspects of life, love and happiness, and you will attract helpers and supporters who will contribute to your progress. 3 stars
GEMINI (May 21-June 20): Tread carefully before making lofty promises. Bide your time, survey the situation and methodically move forward with a concrete plan. Today is not the time for hit-or-miss decisions. Educate, reference and search for the solution that feels appropriate. 3 stars
CANCER (June 21-July 22): An interesting detour will take you in a new direction. Follow the road that excites and motivates you to use your attributes uniquely, and revel in the spotlight. What you sow is what you reap; make the most of your day, and the rewards will make it worthwhile. 4 stars
LEO (July 23-Aug. 22): Life experience will pay off. Remember past mistakes, and you’ll find solace in how situations unfold. Personal improvements will help you redesign how you want to live and the surroundings to which you subject yourself. 2 stars
VIRGO (Aug. 23-Sept. 22): Be the one to lead the way. Put yourself out there for all to see. Dive in and make a difference in how situations unfold. Change what isn’t working for

you anymore, and you’ll find the path to peace of mind and personal happiness. 5 stars

LIBRA (Sept. 23-Oct. 22): Your insight will guide you forward if you stick to the facts and figures and what you know and do best. Protect against physical confrontations and situations that put your health at risk. 3 stars

SCORPIO (Oct. 23-Nov. 21): Mental, physical and spiritual travel will lead to an epiphany. Breathe deep, digest what you see, hear and feel, and discard negativity. Change begins with you; move forward with clarity, and you will discover what’s in your best interest. 3 stars

SAGITTARIUS (Nov. 22-Dec. 21): Revisit your plans and adjust your path to ensure you don’t veer off in the wrong direction. Refuse to let someone control your destiny. Choose what’s best for you and take advantage of opportunities that resonate with what matters most to you. 5 stars

CAPRICORN (Dec. 22-Jan. 19): Be selective, spend less and negotiate on your own behalf. Refuse to let anyone manipulate you into doing something you don’t want to pursue. Make domestic adjustments that fortify your environment and relationships with those who influence how or where you live. 2 stars

AQUARIUS (Jan. 20-Feb. 18): Refuse to buy into someone else’s dream. Build the foundation that gives you hope for a better future. Declutter your space and mind, and you’ll gain insight into new possibilities and a brighter future. Mental and physical improvement will lead to a positive attitude and a better lifestyle. 4 stars
PISCES (Feb. 19-March 20): Take a fresh look at something you want to pursue, and mix your old and new ideas to devise something original and in sync with what’s happening around you. Set lofty goals, but expect that a reasonable agenda, budget, progress and high returns will be yours to enjoy. Say no to excessive behavior. 4 stars

BIRTHDAY BABY: You are sensitive, enthusiastic and generous. You are spirited and engaging.

“It’s funny — you formulate these ideas of who the person is. She was kind of exactly what I pictured, just really friendly and bubbly and lovely — you could tell that just from her photos. **Claire Schwartz**”



A photo found near Altadena, Calif., after the Los Angeles wildfires. **CLAIRE SCHWARTZ/VIA THE ASSOCIATED PRESS**

KEEPING MEMORIES ALIVE

Photos lost in disasters find their way home, with a little help from people who care



Taylor Schenker returned dozens of found photos to Asheville residents after hurricane Helene. **TAYLOR SCHENKER/VIA THE ASSOCIATED PRESS**



Photos found near Asheville, N.C., after hurricane Helene. **TAYLOR SCHENKER/VIA THE ASSOCIATED PRESS**

ANNA FURMAN

LOS ANGELES Hollowed-out homes. Cars entombed by mud. Unpeopled roads. Belongings reduced to dirt and debris. It all took a toll on Taylor Schenker.

After hurricane Helene last September, Schenker was upset by the deluge of images of Asheville, N.C. “This storm has taken so much,” she said, “and it’s so jarring to see the photos of the horrible devastation.” So less than a week after the storm, she set out to do something about the wide-scale loss.

While helping a friend search for belongings cast downriver, she stumbled on a handful of photos of strangers — mud-caked, curled up in tree branches and stuck under river rocks. The images captured family reunions, newborn babies, weddings, birthday parties, beloved pets and school portraits.

“These tiny photos had been through so much and miraculously had washed up and were in decent enough condition that you could see what they were,” said Schenker, 27. “It stuck with me.”

To reclaim the search phrase “photos from Helene,” she creat-

ed an Instagram for “something positive, which is reuniting people with their memories.” She set up a post-office box, linked up with a volunteer search-and-rescue crew, and ultimately uncovered more than 500 photos — or what she calls “little needles in a haystack.”

When Schenker made her first match, she got chills. Then, sitting in her car, she cried. We hold onto photos to keep memories alive — of people, places and moments that might otherwise fade. Or sometimes are ripped away abruptly.

Schenker has since returned more than 70 such images. A stack of them were hand-delivered to Mary Moss, whose car was destroyed by an uprooted tree as she and her husband evacuated the Asheville home where they had lived for almost 40 years.

“It was really kind of overwhelming at first when she handed me those pictures. I just couldn’t even speak,” Moss said.

Months later, they’ve received some FEMA assistance and found a temporary home, which they’re gradually furnishing with church donations. But some things are irreplaceable.

“This is not really about losing the home and all the material stuff in there. But what’s been devastating is that was everything we had of Tommy,” she said, of their son who died at age 12 from a genetic disorder. “It’s those memories and the little things, the photos, that you can’t replace.”

As Schenker later understood it, “When they lost their home, they lost virtually all proof that this child existed.

“It is such a privilege to look into the intimate moments of people’s lives,” she said.

In photos Schenker found nearly five kilometres from the Moss’ family home, Tommy is seen as a two-year-old, dressed like an angel for a Christmas pageant. In another, he is wearing a toddler-sized suit; in yet another, he’s playing at daycare alongside his younger brother Dallas. “It is just breathtaking,” Moss said.

Normally, a local library would take in found items, but the Altadena Public Library, along with more than 9,000 homes, burned to the ground. Librarians are redirecting residents who have found photos to Claire Schwartz, 31.

She adopted parts of her process from what she learned as an archival intern at the Corita Art Center — protecting photos in acid-free, glassine envelopes and storing them in a waterproof box in a temperature-controlled room with good air circulation.

In February, she made her first match: disposable camera photos of teenagers, smiling, in prom dresses and glittering tiaras. The image is flecked with damage, but all four corners are intact.

“It’s funny — you formulate these ideas of who the person is,” Schwartz said. “She was kind of exactly what I pictured, just really friendly and bubbly and lovely — you could tell that just from her photos.”

Schwartz’s house survived because her neighbours stayed behind to fight the fire themselves, but the landscape around it — full of burnt-out lots, ghostly palm trees and blackened telephone poles — is otherworldly and changed.

Nearby is Joshua Simpson, a photographer who lost his Altadena home and studio, along with decades of film negatives, silver

gelatin prints and camera equipment. But something meaningful survived.

“The very first thing we found was this beautiful vintage print of my mother-in-law holding my wife when she was a newborn baby.” The black-and-white photo carries an extra layer of poignancy, as his mother-in-law died just a few months ago. “We were both pretty overjoyed in that moment.”

Above all else, Luca Ackerman, a New York-based photo conservator, said: personal safety comes first. “When you’re picking up people’s heirlooms or family photographs, that can be traumatic — even if they’re not yours,” he said.

When people survive catastrophic events such as wildfires or hurricanes, and then are left to cope with loss, they may express a wide range of emotions — from overwhelmed to outraged to numb, sometimes all at once. Tragedies, though, can also strengthen the ties in communities, and people like Schenker and Schwartz are Exhibits A and B.

“Disasters like this really bring out the best in people,” Moss said. *The Associated Press*



Jack Weber speaks at the NY Lions Convention 2024 for his 100th birthday. The Lions Club proved to be his vehicle for serving others who were less fortunate. PHOTOS: THE WEBER FAMILY

‘I DON’T LET THE OLD MAN GET IN MY HEAD’

A 100-year-old shares his advice on how to find meaning at all stages of life with **Annabelle Timsit**.

We can learn a lot from people who have lived for 100 years. After asking centenarians from around the world to reflect on what it takes to live a healthy and happy life, Washington Post readers had their own questions — in many cases, seeking advice for the phase of life they’re in.

Readers asked: Who helped you, when you were younger? Do you recommend getting married? How do I best prepare myself for the second half of my life?

We put these questions and more to Jack Weber, 100. The Navy veteran and retired dentist’s 57-year marriage to his late college sweetheart, Betty, gave him five children, 11 grandchildren and 13 great-grandchildren. Here are highlights from our conversation with Weber on how to find meaning in different phases of life, with his remarks edited for length and clarity.

ENJOY THE SIMPLE THINGS

When I was around nine years old, my mother Estelle would take me out on a pond that was frozen in the winter and teach me to ice-skate. I was very close to her. My dad worked, came home, lit a cigar, sat in his chair, fell asleep; my mother was an athlete, and she taught me to love the outdoors, to love sports. I became a very good ice-skater, but I’m not sure if I ever would have started if she hadn’t taught me. She also taught me to play tennis. It was very unusual for a woman in that age group to be involved in athletics. I’d come home from school and I’d start to do my homework and she would say: “Jack, put the books down. The sun is shining. Go outside and play. When the sun is down, you’ll come in and do your homework.” That was her way of life, and it became my way of life. She used to tell me: “Give me a fresh piece of fruit, and the sun shining in my eyes, and I’m happy as could be.” The other part was, “Get a good laugh and that’s the best part of the day.” She was a remarkable woman who lived to be 99.

FIND SHARED INTERESTS WITH YOUR SPOUSE

I volunteered in the Navy after Pearl Harbor. They said, “We’re not going to send you out to sea. We need men, but we want you to stay in college and then you can serve as an officer.” I met Betty at Oberlin College in Ohio in a biology class where we had to dissect a frog. This young lady came up to me and asked if I would be her lab partner. That was the beginning of our romance. We dated. We fell in love. And she graduat-

ed and went on to be a physical education teacher.

She was an athlete. I’m an athlete as well, so we played things together. We played tennis and in later years as I was going out to play golf, she was left home alone and she said: “This is no good. I’m going to learn how to play golf.” So she did. And she was quite good at it.

We shared an awful lot of those things together. Every Sunday would be couples golf at our country club. We played nine holes on Sunday afternoon, then we’d go up to the bar and we’d have a drink, and we would have dinner. She enjoyed that portion of it so much. She loved golf, but she loved the camaraderie that went with it. [Shared interests and values] are what made marriage so enjoyable to me. I didn’t have to fight with her on, “I’m going to this and you don’t want to go.” We had so much in common.

SAY YES TO NEW PEOPLE

In the war years, it was very difficult to get an automobile. But my father called me up one day when I was at dental school [in Cleveland] and said, “I was able to obtain a car for you.” We got to New York, we got the car, and I was planning on driving it back to school and that was a year of this blizzard that hit New York state: 26 inches/.6 metres of snow fell in a 24-hour period. There was no way I could get that car home.

That was just about the holiday time. And my friend said to me: “Jack, you’re stuck here in New York. I’m going to a Christmas party for some friends. Would you like to come and meet them?” I said sure. So Betty

and I went to this house party. And in that house were four other couples. I didn’t know them at all. But we became a gang of five friends. We called ourselves GOFF: Gang Of Five Friends. And we became very close. We went to each other’s kids’ weddings, bar mitzvahs. And we travelled a lot together. One of them was a travel agent. He would make arrangements. Unfortunately, I’m the last man standing of those five men. They are all gone.

Today, I see young people walking around on the streets with their [phones] in their hands. And I wonder if they’re spending the best part of their life around that little computer. My advice is open your heart, open your eyes. There’s a whole world out there around you.

AS A PARENT, DON’T SKIP OUT ON THE LITTLE THINGS

I do have regrets. In my younger age, the kids were at home, and I should have spent more time at home with them. I was out too much. I think Betty could have used the help. She never said, “Don’t go.” But I should have balanced it more. She raised those kids by herself. Yes, I was there for emergencies. I was there financially. I was always there for graduations and birthday parties. But I wasn’t there for the little things. And so an awful lot of that credit goes to her. Maybe I should have been there to read a bedtime story to them and help put them to bed.

In the ‘50s it was a different time for men to participate in family life. You were usually out working, making a living, coming home, having dinner, going to



Dressed for the cold weather, Jack Weber practises his golf swing in his backyard in the 1970s. He still golfs regularly with friends.

bed. I see now my grandchildren’s spouses spend so much time with their kids. They’re changing diapers! I never changed a diaper.

DO THINGS FOR OTHERS

In 1953, I said to my lawyer that I would like to meet more people in Hicksville, New York, because I was a total stranger there. He said, “I will introduce you to 55 of the finest businessmen in this town.” They were members of the Hicksville chapter of Lions Clubs International [a service club, then men-only]. I joined that year. They were giving out Thanksgiving baskets. The first doorbell we rang, a young lady answered, with two little kids pulling on her apron strings. Tears are rolling down her eyes as we gave her the basket. I said, “I’ll be back at Christmas time with another basket for you.”

As I walked away from her house to my car, I knew this Lions Club was going to be my vehicle to do things for other people.

I have found that helping other people is sort of difficult to do by yourself. Join a good organization that does that type of thing, and that is the way you can help. I got that from a man in 1954. He was the founder of Lions Clubs International. One of the bits of advice he gave me was, “You can’t get anywhere in life until you start doing things for other people.” That has been my mantra for all these years. I am fortunate in what life has given to me, and I want to share that with other people.

AS YOU GET OLDER: ACT LIKE YOU’RE YOUNG

Don’t let the old man get into your head. Don’t think old; think young. Because that’s what will keep you young. People go around and say, “this hurts, that hurts.” That’s not good. I have aches. I have some pains. But nobody ever hears me talk about them.

I just took the driver’s vision test, and the lady who gave me the test says, “You’re good for another six months. Come back in six months and we’ll check you again.” So I’m still driving my car. Yesterday, I was on the golf course. The sun was shining. I played with some wonderful fellows. I’m enjoying life. If I reach the point — and it probably could come — where I can’t play golf anymore, and I am confined to the house more, that attitude may change. I hope it doesn’t. I don’t try to look too far in advance in life. I play each day, one day at a time. I enjoy that day. Keep a smile on my face. And I don’t let the old man get in my head.

The Washington Post



Jack Weber was married to his college sweetheart, Betty, for 57 years. “We had so much in common,” he says.