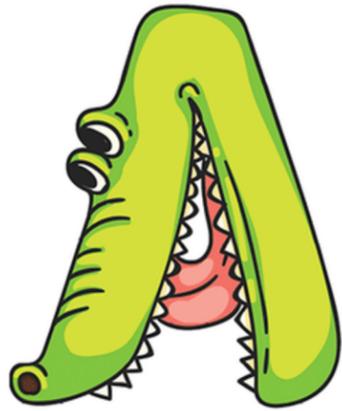


A to Z Animals

Word Search

DIRECTIONS:
Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.



ALLIGATOR

BAT

COUGAR

DEER

EAGLE

FOX

GIRAFFE

HIPPOPOTAMUS

IBIS

JAGUAR

KOALA

LION

MONKEY

NEWT

OTTER

PEACOCK

QUAIL

RHINOCEROS

SNAKE

TIGER

UAKARI

VULTURE

WALRUS

XENOPS

YAK

ZEBRA



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Eric Dane's 'Famous Last Words' on Netflix offers an engaging mix of reflection and insight from an actor best known for his roles in Grey's Anatomy and Euphoria.

He speaks with a grounded and sincere voice, taking readers through moments from his life and career without feeling distant or overly polished.

He may be most famously known for his role as Dr. Mark Sloan on Grey's Anatomy, a role that made him a household name, as well as his more recent work in Euphoria and other projects. What stands out is his honesty about both the highs and the challenges of working in the spotlight.

Whether you are familiar with his acting or simply curious about the experiences that shaped him, this memoir feels personal and relatable. It is a thoughtful sit down for fans with depth and heart.

Eric Dane, the American actor known as "McSteamy" Sloan on Grey's Anatomy (and later as Cal Jacobs on Euphoria), died on February 19, 2026 at the age of 53 after a battle with a myotrophic lateral sclerosis (ALS). He had publicly announced his ALS diagnosis in April 2025 and spent his final months surrounded by loved ones while also raising awareness about the disease. He will be missed.

I'm practicing restraint and not buying books February 29th, 30th, and 31st.

- Jamie E Davis -



Burnout exists because we've made rest a reward rather than a right.

A weasel walks into a bar.

The bartender looks up and says "Wow! In all my years tending bar, I've never had a weasel stop by. What can I get you?"

"Pop," goes the weasel.



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WHEN YOU CAN'T CONTROL WHAT'S HAPPENING, CHALLENGE YOURSELF TO CONTROL HOW YOU RESPOND. THAT'S WHERE YOUR POWER IS.



I am not sure who needs to hear this right now, but..you DID hold the flashlight right. Your dad was just mad he couldn't figure out how to fix whatever the problem was.



The Girl Who Met Sasquatch

by John Warm's

Illustrations by Breanna Warm's

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♈ Aries (Mar 21 - Apr 19)
 Momentum is building, even if it does not feel dramatic. Take the next small step and trust it counts.

♉ Taurus (Apr 20 - May 20)
 You are craving stability, but growth requires a little stretch. Say yes to something slightly uncomfortable.

♊ Gemini (May 21 - Jun 20)
 Conversations bring clarity this week. Listen closely before you react.

♋ Cancer (Jun 21 - Jul 22)
 Protect your peace without isolating yourself. Balance softness with boundaries.

♌ Leo (Jul 23 - Aug 22)
 You are being noticed more than you realize. Lead with confidence, not ego.

♍ Virgo (Aug 23 - Sep 22)
 Organize what feels chaotic and you will regain control. Small adjustments make a big difference.

♎ Libra (Sep 23 - Oct 22)
 A decision you have been avoiding needs your attention. Choose what aligns with your values.

♏ Scorpio (Oct 23 - Nov 21)
 Intensity rises, but you do not need to match it. Calm focus will serve you better.

♐ Sagittarius (Nov 22 - Dec 21)
 Adventure does not always mean travel. Try something new in your daily routine.

♑ Capricorn (Dec 22 - Jan 19)
 Responsibility feels heavy, but you are capable. Delegate where you can.

♒ Aquarius (Jan 20 - Feb 18)
 A fresh idea deserves space to grow. Do not dismiss it too quickly.

♓ Pisces (Feb 19 - Mar 20)
 Your intuition is sharp this week. Trust the quiet feeling over the loud opinions.



Accepting Compliments - Many of us find it difficult to accept compliments but easily believe the slightest criticism. Today, right now, let's make a choice to fully accept compliments as we would a gift. Sincere compliments are gifts of praise. They are kudos given for wise choices or accomplishments or perhaps for

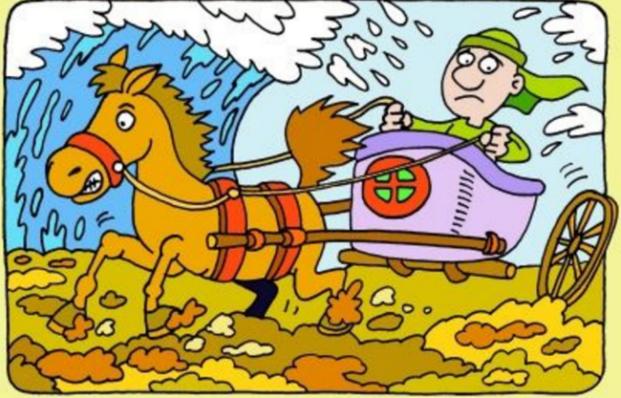
letting your light shine. There is no reason not to accept the gift of a kind word, but some of us argue against them, even giving reasons why they aren't true.

If we visualize the energy of a compliment, we would see beautiful, shining, positive energy being sent from the giver. That energy, if accepted graciously, will brighten our personal energy field. Our gratitude then returns to the giver as warm, fuzzy, glowing energy, completing an even circuit of good feelings. But if we reject a compliment, what could have been a beautiful exchange becomes awkward and uncomfortable, making it a negative experience instead. Misplaced modesty can ruin the joy of sharing this connection with another person.

We can accept a compliment and still be modest by simply saying "thank you." However, if compliments are rejected due to a lack of self-esteem, then the first step is to start believing good things about yourself. Try giving yourself compliments in the mirror. Beyond the initial feelings of silliness, you will notice how good it feels. Watch the smile it puts on your face. The next step would be to see how it feels to give compliments to others. Notice how great you feel when you've made another person's face brighten and how differently you feel when the gift you've offered is rejected. Having experienced all sides, you will be ready to play along fully and willingly.

We are our harshest critics. When we accept compliments, we are reminded that others see us through different eyes. All living beings crave positive attention, and we all deserve to have positive energy shared with us. Perhaps if we happily and gratefully accept compliments, we will give others permission to do so as well.

CAN YOU SPOT THE 7 DIFFERENCES?



🍁 The Around Town Refresher

Fresh, bright, and perfect for flipping through the latest issue.

Ingredients:

- ½ cup cranberry juice
- ¼ cup orange juice.
- Sparkling water to top
- 1 tsp maple syrup (optional)
- Ice
- Splash of fresh lime
- Orange slice/berry garnish

Directions:

1. Fill a tall glass with ice.
2. Add cranberry juice and orange juice.
3. Stir in maple syrup if using.
4. Top with sparkling water.
5. Add a squeeze of lime, garnish and enjoy.

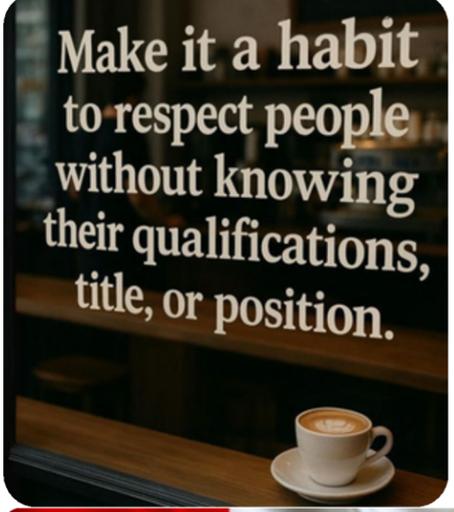


Registered charities and not-for-profit groups: the deadline for grant applications to Coldwell Lunder Community Foundation is 4:30pm, February 28th, 2026.

Applications are available on the website at www.clcf.ca, are auto-fillable and can be e-mailed to clcfnd@gmail.com.

Printed copies are also available for pick-up and drop off at the Pauline Johnson Library in Lunder.

Any questions or if you need help with filling out the application, please e-mail the above or call 204-762-5727.



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'Whoever fights monsters should see to it that in the process he does not become a monster. And if you gaze long enough into an abyss, the abyss will gaze back into you.'
 ~Friedrich Nietzsche



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Let's talk about being tired. Not sleepy tired. Soul tired. The kind where you are still functioning, still showing up, still getting things done... but something in you feels more than stretched thin.

Here is the truth nobody says out loud. You are allowed to be exhausted by things you are strong enough to handle.

Strength does not cancel fatigue.

You can be capable and still need a break. You can be resilient and still want a minute to not be the strong one. Rest is not quitting. Pausing is not failing. Stepping back is not weakness.

Sometimes the bravest thing you can do is admit you are tired and give yourself permission to recharge. The world will keep spinning. Take the breath anyway. — Ruby

Have you got something to ask Ruby?
Email: writerubyrealtalk@gmail.com
****All names changed for posting in The Around Town Paper****