



The **Around Town Paper**



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Serving the communities, businesses and people in our province of Manitoba.

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3 WAYS TO GIVE BACK TO THE COMMUNITY

1. **Donate Your Time** - One of the most effective ways of giving back is volunteering your time at places like your local non-profit, school, homeless shelter, animal shelter, etc. Your time is valuable and gifting it can make a world of difference in the lives of many.

2. **A Random Act of Kindness for A Neighbor** - Lending a helping hand to a neighbor who is juggling handfuls of groceries to moving a piece of furniture is a generous act that leaves a lasting impression.

3. **Participate in Fundraisers and Charity Events** - Finding a cause that you are passionate about can be great motivation for assisting or even creating a fundraising event or charitable activity in your community.



Instructions: Use numbers 1-9, without repeating in each square (there are 9 "squares" completing the grid). Check your answers by making sure there are no duplicates in each row and column. For extra difficulty, try timing yourself and do the puzzle again, trying to beat your time.

7		4		9	8	6	1	2
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THIS WEEK'S HOROSCOPES

Aries (March 21 - April 19)

This week, Mercury and Venus in your sign propel you with a burst of energy to communicate boldly and pursue romantic interests with renewed vigor. This is a perfect time to initiate projects, express innovative ideas, and perhaps take a risk or two in love.

Taurus (April 20 - May 20)

With the Sun and Jupiter in your sign, the focus is on enhancing stability, indulging in sensory pleasures, and expanding your financial prospects.

Gemini (May 21 - June 20)

Communication is your forte, and with Mercury in Aries, your words carry power and speed this week. It's an excellent time for networking, negotiating, and connecting with others through social media or local events.

Cancer (June 21 - July 22)

This week, Mars in Pisces enhances your empathetic nature, pulling you towards charitable activities or supporting those in need. Your intuition is your guide, leading you to deeply fulfilling interactions.

Leo (July 23 - August 22)

Your social life sparkles with potential, thanks to Venus in Aries lighting up your realm of friendships and group activities. You're likely to feel more adventurous in love, perhaps prompting you to make the first move or explore new social settings.

Virgo (August 23 - September 22)

The influence of Taurus this week encourages you to build and refine your skills, particularly around your career. Your attention to detail is unmatched, making it an ideal time to tackle tasks that require precision and patience.

Libra (September 23 - October 22)

Venus in Aries stirs your sector of partnership, bringing energy and possibly some impulsive moments in relationships. This is a week to advocate for fairness and harmony, yet Aries' influence encourages you to assert your needs and desires more strongly than usual.

Scorpio (October 23 - November 21)

Mars in Pisces deepens your emotional waters, urging you to explore your inner landscapes through meditation, therapy, or reflective practices. There may be a drive to purge and heal, to let go of past grievances or to deepen connections with those you trust.

Sagittarius (November 22 - December 21)

Jupiter in Taurus asks you to focus on the foundations of your life—be it career, home, or relationships. There's a call to slow down and assess what you value most, perhaps adjusting your path to ensure it aligns with your deepest desires.

Capricorn (December 22 - January 19)

Look for opportunities to apply your skills in new ways or improve upon existing processes. Financial prudence is advised, but consider investments that promise long-term benefits.

Aquarius (January 20 - February 18)

Pluto in your sign continues to inspire transformation. This week, you might find yourself questioning conventional norms and seeking out ways to innovate.

Pisces (February 19 - March 20)

With Mars and Neptune in your sign, your artistic and spiritual inclinations are heightened. You may find solace and inspiration in creative pursuits or in helping others.



Worth - Your worth is not a product of your intelligence, your talent, your looks, or how much you have accomplished.


Though much of who and what we are changes as we journey through life, our inherent worth remains constant. While the term self-worth is often used interchangeably with self-esteem, the two qualities are fundamentally different. Self-esteem is the measure of how you feel about yourself at a given moment in time.

Your worth, however, is not a product of your intelligence, your talent, your looks, your good works, or how much you have accomplished. Rather it is an immeasurable and unchanging manifestation of your eternal and infinite oneness with the universe. It represents the cornerstone of the dual foundations of optimism and self-belief. Your worth cannot be taken from you or damaged by life's rigors, yet it can easily be forgotten or even actively ignored. By regularly acknowledging your self-worth, you can ensure that you never forget what an important, beloved, and special part of the universe you are.

You are born worthy — it is intertwined with your very being. Your concept of your own self-worth is thus reinforced by your actions. Each time you endeavor to appreciate yourself, treat yourself kindly, define your personal boundaries, be proactive in seeing that your needs are met, and broaden your horizons, you express your recognition of your innate value. During those periods when you have lost sight of your worth, you will likely feel mired in depression and insecurity, and lack of confidence. You'll pursue a counterfeit worth based on judgment rather than the beauty that resides within.

When you feel worthy, however, you will accept yourself without hesitation. It is your value as an individual, who is simultaneously interconnected with all living beings, that allows you to be happy, confident, and motivated. Because your conception of your worth is not based on the fulfillment of expectations, you'll see your mistakes and failures as just another part of life's journey.

Human beings are very much like drops of water in an endless ocean. Our worth comes from our role as distinct individuals, as well as our role as an integral part of something larger than ourselves. Simply awakening to this concept can help you rediscover the copious and awe-inspiring worth within each and every one of us.



**Manitoba Author
John Warms**

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-HEALTHY COOKIES- NO SUGAR OR FLOUR

Ingredients:

- | | |
|-------------------------|-----------------------------|
| 3 mashed bananas (ripe) | 1/4 cup raisins or nuts |
| 1/3 cup apple sauce | 1 cup dark chocolate chunks |
| 2 cups oats | 1 tsp vanilla |
| 1/4 cup almond milk | 1 tsp cinnamon |

Instructions : Preheat oven to 350 degrees.

Prepare the Wet Ingredients: In a large mixing bowl, combine the mashed bananas and apple sauce. Stir them together until they are well mixed.

Add Flavorings: To the banana and apple sauce mixture, add the vanilla extract and cinnamon. Mix these in thoroughly to distribute the flavors evenly. *Incorporate the Oats:* Add the oats to the bowl. Stir them into the mixture until they are fully incorporated.

Mix in Milk and Add-Ins: Pour the almond milk into the mixture to help moisten the oats. Then, add your choice of raisins, nuts, and dark chocolate chunks. Stir the mixture well to ensure that the add-ins are evenly distributed throughout. *Prepare the Baking Sheet:* Line a baking sheet with parchment paper or lightly grease it to prevent the cookies from sticking.

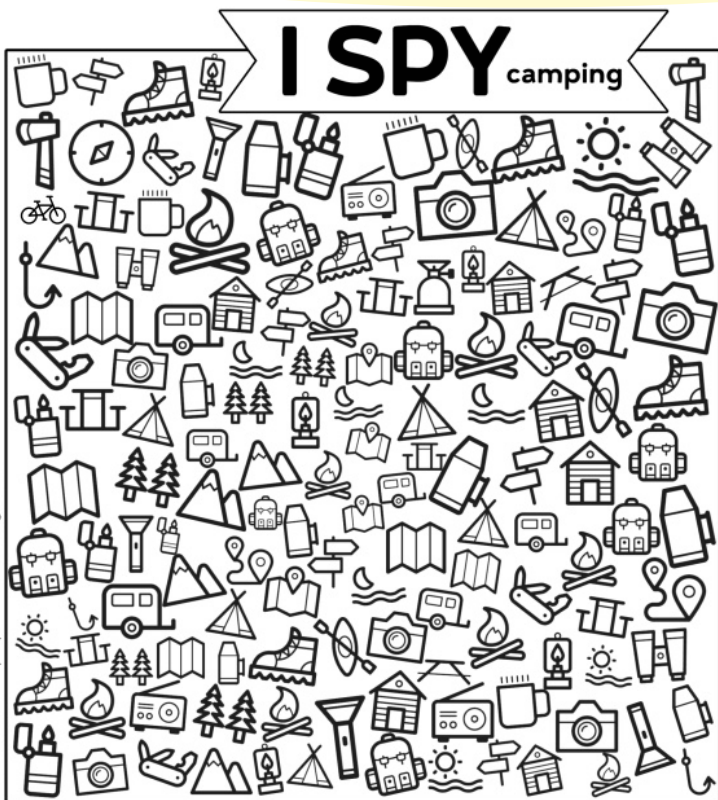
Form the Cookies: Spoon out portions of the cookie mixture onto the prepared baking sheet. You can use a spoon or a cookie scoop to make uniform cookies. Flatten the cookies slightly with the back of the spoon or your hand, as they will not spread much during baking.

Bake the Cookies: Place the baking sheet in the preheated oven and bake the cookies for 15-20 minutes, or until they are firm and lightly golden.

Cool the Cookies: Remove the cookies from the oven and allow them to cool on the baking sheet for a few minutes. Then, transfer them to a wire rack to cool completely.

THE TOUGHEST RIDDLE

What is seen in the middle of March and April that can't be seen at the beginning or end of either month?



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Note: Tax office will close on June 20th.
Please make time February-June to have your taxes completed.



MOOSEHORN HALL - FRIDAY NIGHT BINGO

APRIL 26 - 7 PM



NO BINGO



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The Canadian Highways Network
www.canadianhighwaysnetwork.ca

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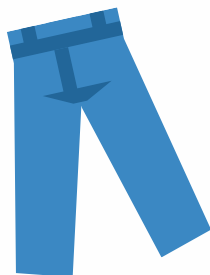
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THE TOUGHEST RIDDLE ANSWER: The letter R