

Around Town Paper



STORIES • PEOPLE • COMMUNITY • ENTERTAINMENT

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July 8, 2026

What Day Is That Happening?

- July 6 – Canadian Injury Prevention Day
- July 11 – World Population Day
- July 15 – World Youth Skills Day
- July 18 – Nelson Mandela International Day
- July 19–25 – National Drowning Prevention Week
- July 24 – International Self-Care Day
- July 28 – World Hepatitis Day
- July 28 – Day of Commemoration of the Great Upheaval



Month-long:

- National Ice Cream Month
- National Picnic Month
- National Grilling Month
- National Blueberry Month
- National Watermelon Month
- Parks and Recreation Month
- Disability Pride Month



Some of you don't even realize how you light up rooms, shift atmospheres and carry inspiration, just by being you. A walking love letter and don't know it.

WHEN DOES A JOKE BECOME A DAD JOKE?

WHEN THE PUNCHLINE becomes apparent.

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MOOSEHORN HALL BINGO!

THURSDAY JULY 9TH JACKPOT IS \$1500 IN 52#S OR LESS

B 12 | I 25 | N 37 | G 46 | O 72

AT 7 PM

THERAPIST: YOU NEED TO STOP DOING WEIRD THINGS.

ME: I WENT TO THE PARK TODAY.

THERAPIST: GOOD! I HOPE YOU GOT SOMETHING FROM THAT.

ME: *OPENS JACKET* THIS DUCK

NAT'S BOOTS
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♈ Aries (March 21 – April 19) A conversation you've been putting off could bring unexpected relief. Trust yourself, but leave room for someone else's perspective.

♉ Taurus (April 20 – May 20) A home or family project starts coming together, and you'll feel more settled.

♊ Gemini (May 21 – June 20) An interesting opportunity or invitation may appear where you least expect it. Listen carefully before making a decision.

♋ Cancer (June 21 – July 22) If something feels off, pay attention. At the same time, don't forget to YAY! the people who consistently show up for you.

♌ Leo (July 23 – Aug 22) Whether it's work, a hobby, or a personal goal, confidence grows as you stop waiting for the "perfect" moment.

♍ Virgo (Aug 23 – Sept 22) A little planning now saves you a lot of stress later in the week. Someone may come to you for advice—your practical wisdom is appreciated.

♎ Libra (Sept 23 – Oct 22) You'll find yourself helping others while remembering not to neglect your own needs.

♏ Scorpio (Oct 23 – Nov 21) Stay patient and avoid sharing every plan too early. Not every seed needs an audience to grow.

♐ Sagittarius (Nov 22 – Dec 21) Adventure doesn't always require a suitcase. Try a new restaurant, take a different road, or learn something new. A change of scenery sparks fresh ideas.

♑ Capricorn (Dec 22 – Jan 19) Hard work continues to pay dividends. This week is a reminder that consistency often beats speed. Someone notices your efforts, even if they haven't said so yet.

♒ Aquarius (Jan 20 – Feb 18) Your originality shines, especially when you trust your instincts instead of following the crowd.

♓ Pisces (Feb 19 – Mar 20) Rest isn't wasting time; it's preparing for what's next. A conversation or quiet moment could give you the clarity you've been seeking.



Setting Healthy Boundaries - As relationships evolve, lives gradually become entwined. We tend to have a great deal in common with the people who attract us, and our regard for them compels us to trust their judgment. While our lives may seem to run together so smoothly that the line dividing them cannot be seen, we remain separate beings. To disregard these barriers is to sacrifice independence. It is our respect for the fact that our lives exist independently of the lives of others that

allows us to set emotional and physical boundaries, to agree to disagree, and to explore our interests and capabilities even when people close to us do not understand. Maintaining healthy barriers is a matter of recognizing the point at which our principles, and those of our loved ones and peers, no longer overlap.

Human beings must relentlessly fight the temptation to follow the crowd. Naturally, we want to be liked, accepted, and admired, and it often seems that the easiest way to win approval is to ally ourselves with others. When we assume that our standards are the same as those of the people close to us without first examining our own intentions, we do ourselves a disservice. The barriers that exist between us are a reminder that our paths in life will be unique, and we must each accept that "I" and "we" can coexist peacefully. Our reactions, our likes and dislikes, our loves, our goals, and our dreams may or may not align with others, but we should neither ask others to embrace what we hold dear nor feel compelled to embrace what they hold dear.

As you learn to define yourself as an emotionally and intellectually distinct individual, you will grow to appreciate your autonomy. However much you enjoy the associations that bind you to others and provide you with a sense of identity, your concept of self will ultimately originate in your own soul. The healthy barriers that tell you where you end and the people around you begin will give you the freedom to pursue your development apart from those whose approval you might otherwise be tempted to seek out. Others will continue to play a role in your existence, but their values will not direct its course, and the relationships you share will remain marvelously balanced and harmonious as a result.

SUDOKU

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Summer Garden Chicken Pasta Salad

A light, refreshing dinner that's perfect for a warm July on the patio.

Ingredients

- 3 cups cooked rotini or bowtie pasta, cooled
- 2 cups cooked chicken breast, diced (roisserie works great!)
- 1 cup cucumber, chopped
- 1 cup cherry tomatoes, halved
- ½ cup red bell pepper, diced
- ¼ cup red onion, finely diced
- ½ cup shredded cheddar or crumbled feta
- 2 tbsp fresh parsley or dill, chopped



Lemon Herb Dressing

- ¼ cup olive oil
- 2 tbsp fresh lemon juice
- 1 tbsp Dijon mustard
- 1 tsp honey
- 1 clove garlic, minced
- Salt and pepper to taste



Directions

- Cook pasta according to package directions. Drain, rinse with cold water, and let cool.
- In a large bowl, combine the pasta, chicken, cucumber, tomatoes, bell pepper, onion, cheese, and fresh herbs.
- Whisk together all dressing ingredients until smooth.
- Pour dressing over the salad and toss until everything is evenly coated.
- Chill for 15–30 minutes before serving, or enjoy immediately.

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



Canada has lost a true country music legend. Tommy Hunter, affectionately known as “Canada’s Country Gentleman,” passed away on July 2, 2026, at the age of 89. For generations of Canadians, his music and television show were a familiar and beloved part of family life. His warmth, talent and remarkable legacy will be deeply missed.



Dear Ruby,

Every year I look forward to summer. I make plans, think of all the things I want to do, and then somehow I spend half of it working, doing chores, cutting grass and saying, “We should do that sometime.”

Then suddenly it’s August. How do I actually slow down and enjoy summer before it’s gone?
– *Watching Summer Fly By*

Dear Watching, Here’s the problem with summer: we treat it like it’s going to last forever. We wait for the perfect weekend, the perfect weather, the perfect time when everyone is available and there’s nothing else that needs doing. That time rarely comes.

Meanwhile, summer is happening anyway. It’s happening on Tuesday evening when the sun is still shining at 9:30. It’s happening when someone suggests ice cream and you almost say no because you’re tired. It’s happening in the smell of freshly cut grass, the sound of a screen door slamming, bare feet on the deck, thunderstorms rolling in and mosquitoes apparently organizing a full-scale attack on your ankles.

Enjoying summer doesn’t require a cottage, an expensive vacation or a perfectly planned adventure. It means leaving the dishes until later and sitting outside, taking the long way home, eating supper on the deck, going for ice cream at 8 p.m. for absolutely no reason.

We spend so much of our lives waiting - until the work is finished, we have more money, waiting until the house is clean. And while we’re waiting, life keeps happening.

So here’s my advice: Stop trying to create the perfect summer. Go live the one that’s already here. The grass can wait, the laundry will still be there tomorrow. Go for the ice cream.

Just like that, another summer will be gone so enjoy it now. – *Ruby* ❤️

Canadian Wildlife



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Blue Jay

Red Fox

Bison

Mountain Lion

Deer

Canadian Goose



Wolverine

Marmot

Lynx

Grizzly Bear

Loon

Whale



Chickadee

Caribou

Beaver

Bat

Grey Wolf

Moose

