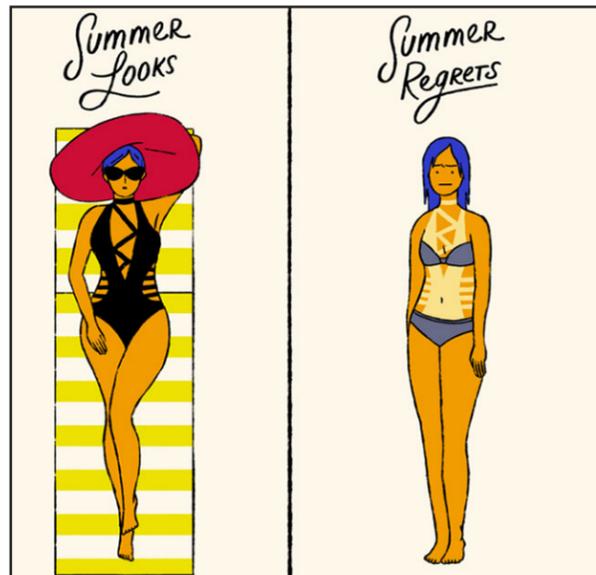


1.	2.
3. PENNIES	4. back
5.	6.



Brain Teasers

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

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



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|-----------|------------|
| ACROBAT | MAGIC |
| BIG TOP | MONKEYS |
| CLOWN | PEANUTS |
| DAREDEVIL | RINGMASTER |
| ELEPHANT | STRONGMAN |
| HIGHWIRE | TIGHTROPE |
| JUGGLER | TRAPEZE |
| LIONS | |



Family, friends mourn Roseau River teens killed in Sunday highway crash

Family members and a Manitoba bible camp community are reeling after two teenage girls were killed in a vehicle collision on the way to their sister's wedding shower on Sunday.

Sophie and Acacia Goertzen, 17 and 15, died after the vehicle they were in and a semi-trailer truck collided near the community of Ste. Agathe on Sunday afternoon.

Those who want to help out where they can with the costs incurred with funeral expenses and loss can give to this family as we try to lighten the load where we can. You can donate via this [GOFUNDME LINK](#).

Sole beneficiary of this fund is Duane and Sylvia Goertzen.

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Coping with People you Dislike



Your aversion to some people may actually be your response to fear that specific qualities you see in them also exist within you.

As much as most of us wish we could exist in harmony with the people we encounter throughout our lives, there will always be individuals we dislike. Some simply rub us the wrong way while others strike us as deliberately unaware. We may judge others as too mean or abrasive for us to interact with them comfortably. Yet no person should be deemed a villain because their

beliefs, opinions, mannerisms, and mode of being are not compatible with your own. You need not embrace the rough traits they have chosen to embody. There may be times in which the best course of action involves distancing yourself from someone you dislike. But circumstances may require that you spend time in the company of individuals who awaken your aversion. In such cases, you can ease your discomfort by showing your foe loving compassion while examining your feelings carefully.

The reasons we dislike some individuals are often complex and, at first, indecipherable. Often, we are automatically averse to people who are different because they compel us to question our values, spirituality, culture, and ideologies, threatening to undermine our self-assurance. Realistically, however, those you dislike have no power to weaken your life's foundations. In fact, your aversion to specific individuals may actually be your response to your fear that specific qualities you see in them also exist within you. Their presence may force you to face internal issues you would rather not confront. If you meet someone who inspired an intense, largely negative response in you, ask yourself why your reaction is so laden with powerful emotions. Remember that you control your feelings and, if necessary, you can minimize this individual's impact on your well-being by choosing how you will respond to them.

Though you may not have an immediate breakthrough, your willingness to consider your dislike rationally can help you better understand the root of your feelings. Your aversion to certain individuals may not wane over time, yet the comprehension you gain through reflection can help you interact with them sympathetically, benevolently, and with a greater degree of kindness. There is nothing wrong with recognizing that you are incompatible with some people. You may never achieve a shared harmony with those you dislike, but you can nonetheless learn to modulate your reactions to these individuals and, ultimately, to coexist peacefully with them.

Brain Teaser Answers:

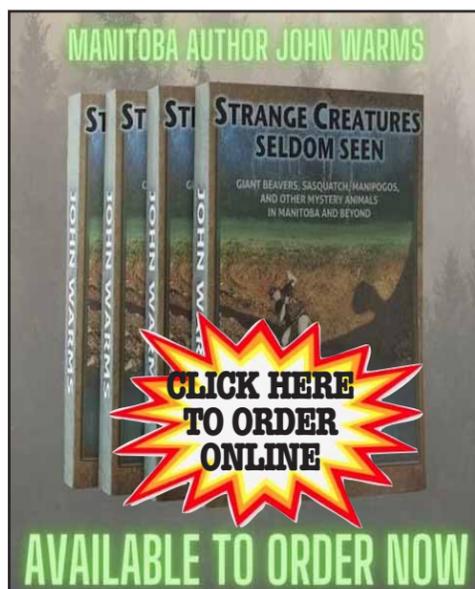
1. misunderstood
2. walkin the park
3. one in a million
4. looking back
5. you're under arrest
6. stand by me
7. walking on thin ice
8. I see you understand
9. belong

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Zucchini Lasagna



INGREDIENTS

- | | |
|-------------------------------------|--|
| 1 pound lean ground beef (90% lean) | 1 can (15 ounces) tomato sauce |
| 1/4 cup chopped onion | 1 large egg, lightly beaten |
| 1/2 teaspoon dried oregano | 1 cup 2% cottage cheese |
| 1/2 teaspoon dried basil | 4 medium zucchini (about 1-3/4 pounds) |
| 1/4 teaspoon salt | 3 tablespoons all-purpose flour |
| 1/4 teaspoon pepper | 1 cup shredded part-skim mozzarella cheese |

DIRECTIONS

Preheat oven to 375°. In large skillet, cook and crumble beef with onion over medium-high heat until no longer pink, 5-7 minutes. Stir in seasonings and tomato sauce. Bring to a boil; simmer, uncovered, 5 minutes. In a bowl, mix egg and cottage cheese.

Trim ends of zucchini; cut lengthwise into 1/4-in.-thick slices. Layer half the slices in a 13x9-in. baking dish coated with cooking spray; dust with half the flour. Top with cottage cheese mixture and half the meat sauce. Add remaining zucchini; dust with remaining flour. Spread with remaining meat sauce; sprinkle with 1 cup mozzarella cheese.

Bake, uncovered, until heated through, about 40 minutes. If desired, sprinkle with additional cheese. Let stand 10 minutes before serving.

Nutrition Facts

1 serving: 273 calories, 13g fat (5g saturated fat), 92mg cholesterol, 725mg sodium, 14g carbohydrate (6g sugars, 3g fiber), 27g protein. Diabetic Exchanges: 3 lean meat, 1 starch, 1 fat.

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