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Around Town Paper



STORIES • PEOPLE • COMMUNITY • ENTERTAINMENT

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August 26, 2026



Country music legend Dolly Parton has Died

It's difficult to imagine a world without Dolly in it. For more than six decades, she gave us so much more than music. She gave us Jolene, 9 to 5, Coat of Many Colors and I Will Always Love You. She made us laugh, she made us cry, and somehow, despite becoming one of the most recognizable people on the planet, she never seemed to forget where she came from.

Perhaps one of the most beautiful parts of Dolly's legacy exists beyond the stage. Through her Imagination Library, she put books into the hands of millions of children. She supported communities in crisis, education, medical research and countless people who may never have known that Dolly Parton had quietly helped them.

There will never be another Dolly.

At Dolly's request, a small, private service will be held for immediate family. Dolly's fans and friends from around the world are encouraged to pay tribute to Dolly on social media by tagging @DollyParton or by leaving a message at www.dollyparton.com

In lieu of flowers the family asks for donations to be made to Dolly Parton's Imagination Library at www.imaginationlibrary.com

Rest peacefully, Dolly Parton. January 19, 1946 – August 25, 2026. 🕊️

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Did I ever tell you about
the time I went mushroom foraging?
**It's a story with a
morel at the end.**

What's a five-letter
word for "collision
or wreck"?

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THING ABOUT
BEING A WOMAN..."
CAN YOU NAME THE SONG?

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PROUDLY MANITOBAN



♈ ARIES (March 21–April 19) Your confidence returns just when you need it most. Take the lead, but leave room for someone else's good idea.

♉ TAURUS (April 20–May 20) A small change to your routine could make life feel much easier. Protect your peace without shutting out the people who genuinely support you.

♊ GEMINI (May 21–June 20) An overdue conversation brings clarity and may even make you laugh. Say what you mean—your honesty will be appreciated.

♋ CANCER (June 21–July 22) You've been carrying more than others realize. Let someone help this week, and make time for something that restores your energy.

♌ LEO (July 23–Aug 22) Your natural sparkle is impossible to miss! Use it to encourage others, and an unexpected opportunity may find its way to you.

♍ VIRGO (Aug 23–Sept 22) This is your season to reset, refocus and remember what you want. Progress matters more than perfection, so celebrate every step forward.

♎ LIBRA (Sept 23–Oct 22) A decision becomes easier once you stop trying to please everyone. Choose what feels balanced and honest for you.

♏ SCORPIO (Oct 23–Nov 21) Trust your instincts—they're important. A quiet observation could help you make a powerful move.

♐ SAGITTARIUS (Nov 22–Dec 21) Adventure doesn't mean travelling. Try something different, follow your curiosity and let the week surprise you.

♑ CAPRICORN (Dec 22–Jan 19) Your hard work is beginning to show, even if the reward hasn't arrived yet. Stay steady—recognition is closer than you think.

♒ AQUARIUS (Jan 20–Feb 18) A fresh idea could solve a problem that has been lingering for weeks. Share your thoughts; someone may be eager to help bring them to life.

♓ PISCES (Feb 19–March 20) Your compassionate nature is a gift, but it needs boundaries. Save some of that kindness and care for yourself this week.



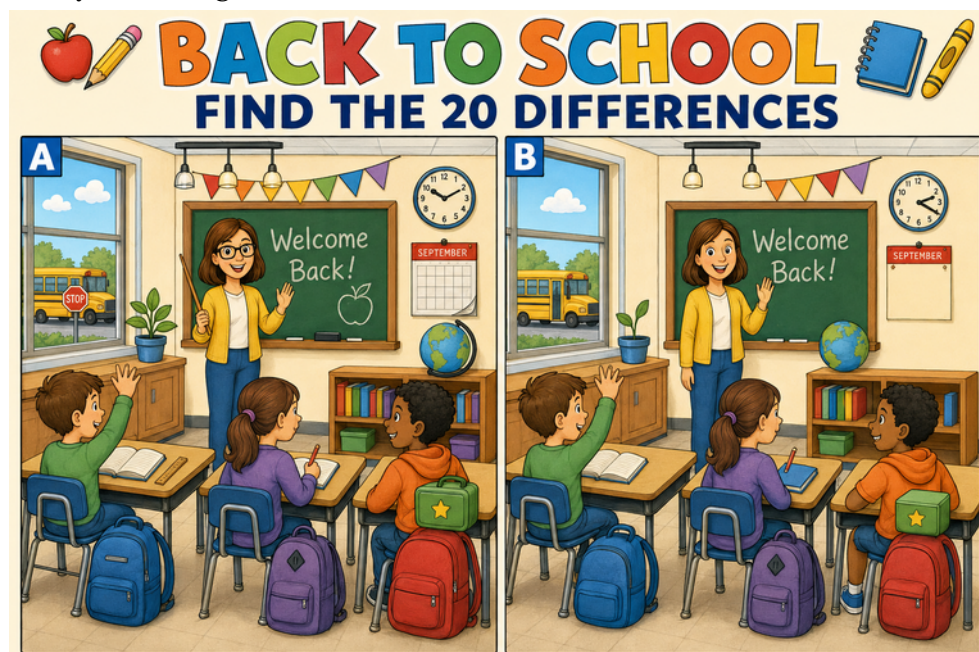
Pushing Away Emotions - Throughout our lives, we may experience emotions that disturb or distress us. Often, our first reaction is to push our feelings away. We may say, "I don't want to think about that right now – I'll think about it later," and we bury our emotions, deny the validity of our feelings, or distract ourselves with other concerns. But the diverse emotions we experience are neither good nor bad – they're simply a part of being human. Choosing not to experience pain, anger, or other

intense feelings could cause those emotions to become buried deep in our physical body. They may linger there, unresolved and unable to emerge, even as they affect the way we experience the world. Allowing ourselves to experience all of our emotions rather than push the more painful ones away can help us come to terms with our feelings so we can experience them and then move on.

It's possible to bring forth the old feelings you've pushed aside and experience them in a safe and enriching way. It may sound silly to set aside time to feel your old wounds that you haven't dealt with, but this can be a very beneficial healing experience. Find a safe place and pick a time when you can be alone. Make sure that you feel secure and comfortable in your surroundings.

Bring to mind the circumstances that originally triggered the emotions you've been pushing away. You may need to revisit these circumstances by reading relevant entries in your journal or using visualization to relive your past. Once you have triggered your long-denied emotions, let yourself feel your feelings, and try not to judge your reactions. Cry or sound your emotions if you need to, and don't block the flow of your feelings. Allow any thoughts that are connected to your emotions to surface. As you release the feelings you have pushed inside of you, you'll find yourself healing from the experience associated with these emotions.

When you deal with your feelings directly, they can move through you rather than staying stopped up in your body as emotional blocks that can sometimes turn into disease. Acknowledging your emotions instead of pushing them away allows you to stay emotionally healthy and in touch with your feelings.



The Country Giant is a legendary classic country radio station playing the music you know and the artists you love.

From Garth, Toby and Willie to Dolly, Reba and Martina, The Country Giant (Brandon) is unlike any other radio station in the area. www.thecountrygiant.ca

GRAMMA'S SUNDAY POT ROAST

Simple, hearty and cooked low and slow until the beef falls apart.

Ingredients

- 3–4 lb (1.4–1.8 kg) blade or chuck roast
- Salt and pepper
- 2 tbsp cooking oil
- 1 large onion, cut into chunks
- 4 carrots, peeled and cut into chunks
- 5–6 potatoes, peeled and quartered
- 2 cups beef broth
- 1 tbsp Worcestershire sauce
- 1 tsp garlic powder
- 1 tsp dried thyme
- 1 bay leaf
- 2 tbsp flour
- ¼ cup cold water



Directions - Preheat oven to 325°F.

Pat the roast dry and season it generously with salt and pepper. Heat the oil in a large Dutch oven or oven-safe roasting pot. Brown the roast for 3–4 minutes on each side.

Place the onion around the roast. Pour in the beef broth and Worcestershire sauce, then sprinkle in the garlic powder and thyme. Add the bay leaf. Cover tightly and bake for 2½ hours.

Add the carrots and potatoes around the roast. Cover and return to the oven for another 1–1½ hours, or until the beef and veg are fork-tender.

Transfer the roast and vegetables to a serving platter. Toss the bay leaf.

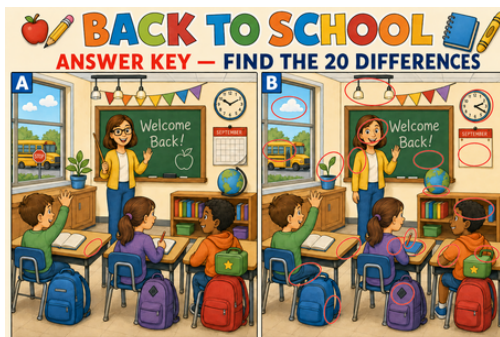
For simple gravy, place the pot with the cooking liquid over medium heat. Stir the flour into the cold water until smooth, then slowly whisk it into the liquid. Simmer for 2–3 minutes, stirring frequently, until thickened.

Serve the pot roast with plenty of gravy and don't forget a slice of bread for cleaning the plate!

I've found a house for me and my bestie:

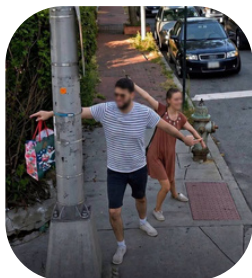


The older I get, no



I got a new pen that can write under water.

It can write other words too.



A year after her close friend passed away, Emily Watlington made an extraordinary discovery: a Google Street View image had captured the two of them dancing together on a sidewalk. It was a beautiful moment neither knew had been photographed.

Emily found the image in 2023 and shared it with the touching caption: "We are dancing together forever on Google Maps."



My sister-in-law has an opinion about everything I do—how I raise my kids, spend my money, keep my house and even what I serve for supper.

Whenever I get upset, she says she is "only trying to help." I now dread family gatherings because I always leave angry. How do I make her stop without causing a family feud? — **Tired of the Commentary**

Dear Tired,

If her "help" leaves you feeling criticized every single time, it isn't help—it's a hobby.

You do not need to defend every parenting decision, grocery purchase or dust bunny in your home. The next time she begins, calmly say, "I know you have an opinion, but I'm not looking for advice. If I want it, I'll ask."

Then stop explaining. People who ignore boundaries often treat explanations like invitations to negotiate. Change the subject, walk away or end the conversation. Repeat as necessary.

She may accuse you of being sensitive, rude or dramatic. Let her. Sometimes the person benefiting most from your silence becomes very uncomfortable when you finally speak.

Setting a boundary does not cause family drama. The behaviour that made the boundary necessary caused it. You are simply refusing to keep absorbing the consequences so everyone else can pretend things are peaceful.

Remember: keeping the peace should not require sacrificing your own. ~Love, Ruby ❤️





HOBBIES

WORD SEARCH



FIND ALL 25 HIDDEN HOBBIES!



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

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|-----------------|-----------------------|--------------------|
| • BASEBALL | • KNITTING | • READING |
| • CANDLE MAKING | • LANGUAGE LEARNING | • SCRAPBOOKING |
| • CHESS | • MACRAME | • SEWING |
| • COOKING | • MEDITATION | • SHOOTING |
| • DANCING | • MODEL CARS | • SHOPPING |
| • GARDENING | • MUSICAL INSTRUMENTS | • SINGING |
| • HIKING | • PAINTING | • STAMP COLLECTING |
| | • PHOTOGRAPHY | • SURFING |
| | • POTTERY | • WOODWORKING |