

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

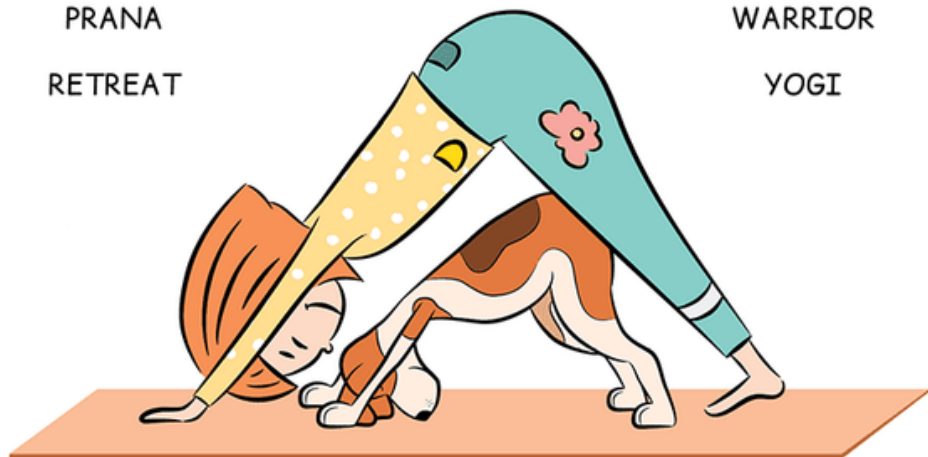
Yoga Time

Word Search

ASANA
ASHTANGA
BAREFOOT
BOAT
BOLSTER
BOW
BREATH
BRIDGE
CAT
CLASS
COBRA
DOG
FOCUS
HATHA
HEADSTAND
IYENGAR
MAT
MEDITATION
MUDRA
NAMASTE



OM
POSE
PRANA
RETREAT
SANSKRIT
SAVASANA
TEACHER
TRIANGLE
WARRIOR
YOGI



CELEBRITY TRIVIA ANSWERS: Hayden Panettiere, Stefani, Drake, Tom Hanks, Harrison Ford, Peter Gene Hernandez, Scarlett Johansson, Ed Sheeran, Leonardo DiCaprio, Ryan Reynolds, Elton John

The

PUBLISHED ONLINE WEEKLY ACROSS MANITOBA
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Around Town Paper



STORIES • PEOPLE • COMMUNITY • ENTERTAINMENT

Vol. 35 No. 17

www.blueravendesign.ca

August 19, 2026

CELEBRITY TRIVIA CHALLENGE - How Well Do You Know the Stars?

No Googling! Test your celebrity knowledge with these 11 questions

1. Who played cheerleader Claire Bennet on the television series Heroes?
2. What is Lady Gaga's real first name?
3. Which Canadian first became famous as Jimmy Brooks on Degrassi: The Next Generation?
4. Who provided the voice of Woody in the Toy Story movies?
5. Who worked as a carpenter before landing his role in Star Wars?
6. What is Bruno Mars' real name?
7. Which actress has a twin brother named Hunter?
8. Which British singer has a tattoo of a Heinz ketchup bottle?
9. Who played Jack Dawson in Titanic?
10. Which Canadian actor portrays the superhero Deadpool?
11. Which singer was born Reginald Kenneth Dwight?



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then the next you're falling asleep
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LYRIC CLUE:
"You can dance,
you can jive..."
WHAT SONG IS IT?

MOOSEHORN HALL
BINGO
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JACKPOT is
\$2000
in 53 #s or less
MINI TOONIE \$1100+



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PROUDLY MANITOBAN



♈ ARIES (March 21–April 19)
Your motivation returns this week, helping you finish something you’ve been putting off. Trust your first instinct.

♉ TAURUS (April 20–May 20)
A calmer week gives you space to focus on what truly matters. An unexpected conversation could bring reassurance.

♊ GEMINI (May 21–June 20)
Your ideas are flowing, and people are finally ready to listen. Speak confidently, but leave room for someone else to surprise you.

♋ CANCER (June 21–July 22)
Protect your peace, it doesn’t require a reason. Step back from unnecessary drama and spend time with the people who matter.

♌ LEO (July 23–August 22)
The spotlight finds you naturally this week. Celebrate your progress and stop downplaying everything you’ve accomplished.

♍ VIRGO (Aug 23–Sept 22)
A small adjustment could make your life easier. Progress matters more than perfection, so don’t overthink your next move.

♎ LIBRA (Sept 23–Oct 22)
Balance returns after a confusing or demanding period. A decision becomes easier once you stop trying to keep everyone else happy.

♏ SCORPIO (Oct 23–Nov 21)
Pay attention to what isn’t being said, but gather the facts before reaching a conclusion.

♐ SAGITTARIUS (Nov 22–Dec 21)
Say yes to something fun, even if it wasn’t part of the original schedule.

♑ CAPRICORN (Dec 22–Jan 19)
Keep moving steadily and don’t let someone else’s impatience rush an important decision.

♒ AQUARIUS (Jan 20–Feb 18)
A fresh idea may solve a problem that has frustrated you for weeks. Take one practical step before the excitement fades.

♓ PISCES (February 19–March 20)
You may feel more emotional or reflective than usual, but clarity is hiding within those feelings.



Cultivating Assertiveness with Care - For many of us, asserting ourselves can feel surprisingly complicated. We may fear that speaking honestly will disappoint someone, create distance, or cost us a relationship we deeply value. So we stay quiet, minimize what we need, or just try to keep the peace. Others may protect themselves by putting up emotional armour; becoming defensive, shutting down, or speaking more sharply than intended. Beneath each response is often the same longing: to be understood without losing connection.

Healthy communication offers us another path, one that allows us to be honest without abandoning either ourselves or the person in front of us.

It asks us to speak from vulnerability rather than blame, perhaps saying, “This is hard for me to share, but I want to be truthful” or “I care about you, and I need something to change.” When we let our honesty be held by warmth, curiosity, and respect, even difficult conversations can become an opening rather than a rupture.

This is the heart of assertiveness: learning to stand up for yourself without standing against someone else. Not every conversation will unfold perfectly, but each time we express ourselves with greater clarity and compassion, we strengthen our capacity for genuine connection.

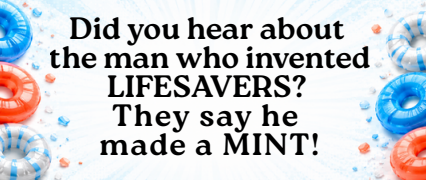
We begin to discover that boundaries don’t have to become walls. They can become the soil from which learning, growth, and healing can bloom.



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



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



JACKASS: BEST AND LAST: THE BOYS ARE OLDER. THE STUPIDITY ISN'T. 2026 | Comedy | 1 hr 32 min

Most movie franchises conclude with one final battle. Jackass apparently decided a robotic prostate examination would be more appropriate.

Jackass: Best and Last brings Johnny Knoxville, Steve-O, Wee Man, Chris Pontius, Dave England, Danger Ehren and the rest of the gang together for what is being promoted as their final ride. The result is part new movie, part greatest-hits collection and part surprisingly emotional farewell to 25 years of friendship, injuries and spectacularly terrible decisions.

The important thing to know is that this isn’t 92 minutes of completely new material. Much of the movie revisits classic moments or pulls previously unseen footage from the Jackass vault.

Longtime fans, however, may find that the retrospective format works. Watching these men age from reckless young idiots into slightly more cautious middle-aged idiots gives the movie an unexpected emotional weight. Beneath all the nudity, bodily fluids, explosions and deliberate physical suffering is a group of friends who created something uniquely ridiculous together and somehow survived it.

It is crude, repetitive (and disgusting) but criticizing Jackass for being disgusting is a little like criticizing water for being wet. Nobody arrives accidentally. Best and Last may not be the franchise’s wildest or most original movie, but it understands that the real attraction was never simply watching people get hurt. It was watching this particular group of people make one another laugh.

If this truly is the end, it is an imperfect but affectionate goodbye to one of entertainment’s strangest and most enduring friendships.

POPCORN BUCKET RATING: 3½ OUT OF 5 🍿🍿🍿



Apparently, we are all supposed to be in full back-to-school panic mode already.

The stores are packed with backpacks, lunch kits, notebooks, indoor shoes and enough tiny containers to make packing one sandwich feel like a major engineering project.

Everyone is scrambling, and school is still half a month away!

Parents are checking supply lists, children are changing their minds about backpacks and somebody is already wondering where last year’s perfectly good pencil case disappeared to.

Meanwhile, the kids are still trying to enjoy the final weeks of summer. They are sleeping late, losing track of what day it is and pretending they have completely forgotten how to read.

Take a breath. The pencils will be purchased. The shoes will be found. The lunch kits will come home smelling suspicious by the second week of school, no matter how much you paid for them.

We still have over half a month. Let the children enjoy it, and let the parents pretend for just a little longer that September is not already standing at the door with a backpack and a school-supply list.

We got this, everyone!! ~Love, Ruby ❤️

