



The Around Town Paper

Published Weekly by: Blue Raven Design



PO. Box 178, Ashern, MB R0C 0E0
Email: thearoundtown2020@gmail.com

Vol. 34 No. 48

www.blueravendesign.ca

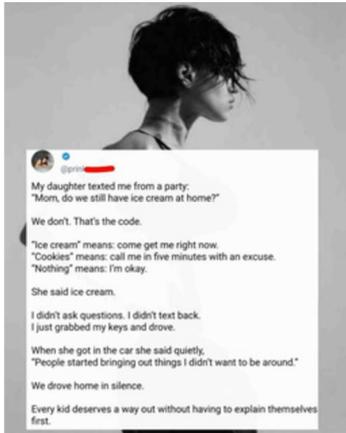
March 25, 2026

Kid Codes: The Secret Language Helping Kids Find Their Way Home

It might look like nothing at all. A quick text, a casual question.

"Do we have ice cream at home?" To anyone else, it's forgettable. But to some parents, that message carries weight. It means something isn't right. It means their child wants out — quietly, safely, and without drawing attention. More families are turning to what's known as kid codes; simple, pre-arranged phrases that allow kids to ask for help without having to say it out loud. No big explanations. No awkward scenes. Just a signal that says, 'I need you.' And in today's world, that kind of safety net matters more than ever.

Kids and teens don't always find themselves in situations they're prepared for. Sometimes it's a party that feels off, sometimes it's nothing dramatic at all — just a gut feeling that says, this isn't where I want to be anymore. The problem is, leaving isn't always easy. Not when friends are watching. Not when there's pressure to stay. Not when they don't want to look like the "buzzkill" or have to explain themselves. That's where kid codes come in.



Instead of trying to navigate all of that in the moment, a child can send a simple, everyday message. Something that won't raise eyebrows if someone glances at their phone, but that instantly tells a parent what's really going on. Because the truth is, most kids don't stay in uncomfortable situations because they want to. They stay because they don't know how to leave without making it worse. A kid code changes that. But here's the part that matters just as much as the code itself: how it's received.

Because sometimes, the difference between staying stuck and getting out is as small as a message that only two people understand and sometimes, that message is the thing that brings them home.



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**GOODBYE WINTER,
HELLO SPRING!**



I once heard someone say that in Heaven moms are rocking babies that aren't theirs, loving them until their own mothers arrive... and I don't think I'll ever forget that. ♡

I almost dropped my phone on my soft carpeted floor but thank god I have lightning fast reflexes and was able to slap it into the wall instead




I hear the ticking of the clock
I'm lying here,
the room's pitch dark

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MINI TOONIE \$1900+



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Aries (March 21 – April 19) This week is about action, not approval. Move how you want. The right people will keep up.

Taurus (April 20 – May 20) This week, pour a little of that steady love back into your own cup. You've earned it.

Gemini (May 21 – June 20) Your mind is running a mile a minute. Slow it down just enough to actually hear yourself.

Cancer (June 21 – July 22) You feel everything – that's your strength, not your weakness. Just don't drown in it. This week is about feeling it... then moving forward anyway.

Leo (July 23 – August 22) You've been dimming your light to keep the peace. Nope. Not this week. Shine anyway – the right people won't need sunglasses.

Virgo (Aug 23 – Sept 22) You can't fix everything – and you're not supposed to. This week is about letting go of what isn't yours to carry. Breathe.

Libra (Sept 23 – Oct 22) You've been keeping the balance for everyone else... but something's tipping inside you. Time to choose yourself for once.

Scorpio (Oct 23 – Nov 21) You see more than you say – and this week, that matters. Trust your instincts. They've been right all along.

Sagittarius (Nov 22 – Dec 21) You're craving freedom again – not to run away, but to realign. Follow that pull. It's pointing you somewhere important.

Capricorn (Dec 22 – Jan 19) You've been pushing hard – but don't forget why you started. This week, reconnect with your purpose, not just the pressure.

Aquarius (Jan 20 – Feb 18) You feel a shift coming – and you're not wrong. Don't overthink it. Step into it. Change is your element.

Pisces (Feb 19 – March 20) Your intuition is loud right now – listen. Not everyone deserves access to your softness. Protect your peace.



Weathering the Storms - Trying to maintain control in this life is a bit like trying to maintain control on a roller coaster. The ride is going to go its own way, regardless of how tightly you grip the bar. There is a thrill and a power in simply surrendering to the ride and fully feeling the ups and downs of it, letting the curves take you rather than fighting them. When you fight the ride, resisting what's happening at every turn, your whole being becomes tense, and anxiety is your close companion. When you go with the ride, accepting what you cannot control, freedom and joy will inevitably arise.

It is not always easy to let go, even of the things we know we can't control. Most of us feel a great discomfort when we realize we have no control over what happens.

Sometimes this awareness comes only when we have a stark reminder, and all our attempts to be in control fail. We can cultivate awareness in ourselves gently, by simply making surrender a daily practice.

At the end of our meditation, we can say, "I surrender to this life." This simple mantra can be repeated throughout the day when we find ourselves gripping the safety bar of our own roller coaster.

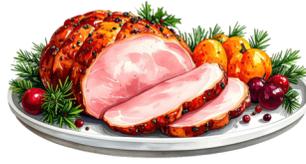
We can give in to our fear and anxiety, or we can surrender to this great mystery with courage. When people ride a roller coaster, some have their faces tight with fear, and others smile broadly, with their hands in the air, riding on a wave of freedom and joy. This powerful image reminds us that often the only control we have is choosing how we are going to respond to the ride.

Wuzzle Puzzles			
CYCLE CYCLE CYCLE	TEMP E R T U R E	LIPS LIPS	R O A D S D S
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SAND	mize	1.Way 2.Whey 3.Weigh	ECNALG
MAN BOARD	ICE ³	_____ it	² LATE LATE
↑CCCCCCC	BUSINES	timetime	READ

Brown Sugar Glazed Ham

Ingredients:

- 1 fully cooked ham (bone-in, about 8–10 lbs)
- 1 cup brown sugar
- ½ cup honey
- ¼ cup Dijon mustard
- ¼ cup pineapple juice (or orange juice)
- 1 tsp ground cloves (optional but VERY Easter vibes)
- Pineapple slices + maraschino cherries (optional garnish)



Instructions:

1. Preheat oven to 325°F (160°C)
2. Prep the ham
3. Place ham cut-side down in a roasting pan. Score the top in a diamond pattern (fancy but easy).

In a saucepan, combine:

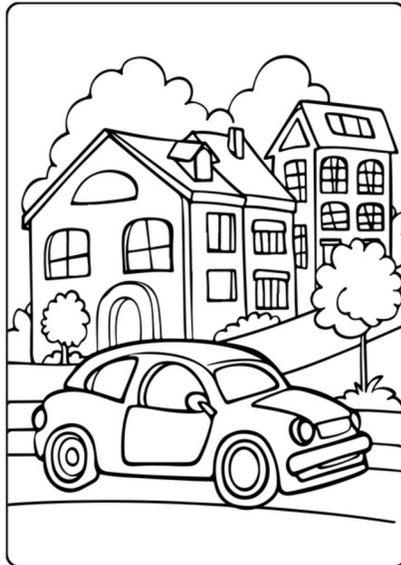
- brown sugar
 - honey
 - mustard
 - juice
 - cloves
- Heat until smooth and slightly thickened.
 - Cover loosely with foil and bake for about 15 minutes per pound
 - During the last 30–40 minutes:
 - Brush glaze generously over ham
 - Repeat every 10–15 minutes for that sticky, caramelized finish
 - Add pineapple slices + cherries on top for that classic Easter look.



Wuzzle Puzzle Answers: 1. Tricycle 2. Falling Temperature 3. Tulips 4. Crossroads 5. Backing Up 6. Right Between the Eyes 7. Spaceship 8. Somewhere Over the Rainbow 9. Sandbox 10. Minimize 11. Count the Ways 12. Backward Glance 13. Man Overboard 14. Ice Cube 15. Blanket 16. Too Little Too Late 17. High Seas 18. Unfinished Business 19. Time After Time 20. Read Between the Lines

SPOT THE DIFFERENCE

Can you spot the 10 differences between these two pictures?



Dear Ruby,
My wife doesn't sit still. Ever. She's always doing something – working, helping someone, fixing something, planning the next thing. Even when she's "relaxing," she's not. Her mind is still going. Lists, worries, what needs to be done next.

I've tried talking to her. I've told her she deserves a break, that she doesn't have to carry everything. She'll smile, maybe slow down for five minutes, then she's right back at it. I'm not mad. I'm worried. She looks tired in a way sleep doesn't fix. How do I help someone who doesn't know how to stop?
– Concerned Husband

Dear Concerned, This one isn't about busyness. It's about permission. Your wife didn't just wake up one day and decide to run herself into the ground. Along the way, she learned that being still feels unsafe or unproductive. And once that belief takes root, 'just relax' sounds less like comfort and more like failure. So when you tell her to slow down, she hears you, she just doesn't know how to do it without feeling like something's about to fall apart.

Here's the part most people miss: You can't talk her into rest. You have to help her feel safe enough to take it.

That might look like:

- Take a task off her plate
- Creating quiet moments
- Be beside her and not try to fix
- Remind her she is valued for who she is not just what she does

This isn't about stopping. It's about learning she doesn't have to earn her worth through exhaustion. And that takes time. But you? You noticing, caring and speaking up the way you are? That matters more than you think. Just don't give up on reminding her:

She's allowed to rest even when nothing is finished. – Ruby

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Pizza Toppings



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

Word list:

BACON

BEEF

BROCCOLI

CHEESE

CHICKEN

HAM

JALAPENOS

MUSHROOMS

OLIVES

ONIONS

PEPPERONI

PEPPERS

PINEAPPLE

SAUSAGE

SPINACH

