



Fruit



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apples	cucumber	mango	plum
apricot	grapes	nectarine	raspberry
banana	grapefruit	orange	strawberry
blueberries	kiwi	peaches	tangerine
cherry	lemon	pear	tomato
citrus	lime	pineapple	watermelon



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Things Only Manitoba People Understand

There are some things you just don't question when you live in Manitoba. They don't make sense to outsiders, and honestly, they don't always make sense to us either – but they're part of daily life.

Like how +5°C feels like summer, and you'll see people in hoodies, shorts, and sunglasses the second the snow starts to melt. Or how we all suddenly become weather experts, analyzing wind direction, cloud cover, and "that smell in the air" like it's a science. And let's not forget the roads – where dodging potholes becomes a full-body driving experience, and "construction season" feels suspiciously like a second winter.

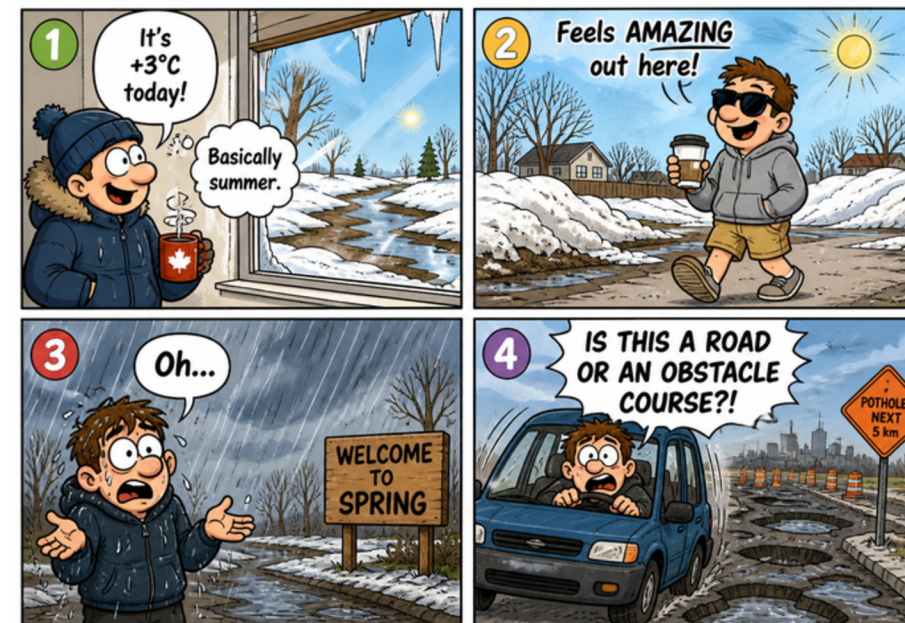
Then there's the wildlife. You don't just see deer, you anticipate them. You slow down at dusk, scan the ditches and just know when something's about to move. It's a sixth sense. Same goes for highway driving. A quick flash of headlights from an oncoming vehicle isn't random, it's a full warning system. We look out for each other out here.

And somehow, no matter how long the winter feels, the second the sun comes out, Manitoba comes alive. Yard sales pop up, people are outside again and there's this unspoken understanding that you soak it up while you can – because we all know what's coming again eventually.

It's not always easy living here, but there's a rhythm to it, a toughness, and a quiet kind of community that you don't fully appreciate until you've experienced it. *And if you know, you know.*



≡ SPRING IN MANITOBA ≡



— Around Town Paper ❤️ If you know, you know. —

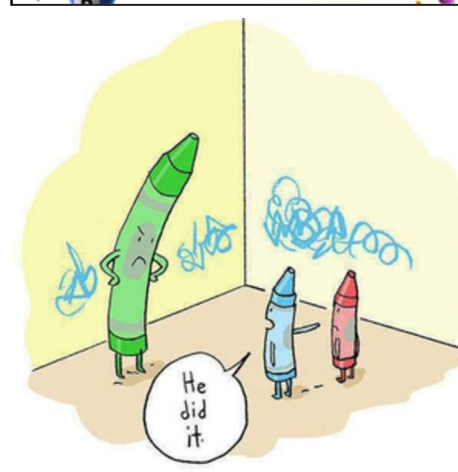
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♈ ARIES (Mar 21 – Apr 19) You're feeling fired up, but not everything needs a reaction. Choose where your energy goes wisely.

♉ TAURUS (Apr 20 – May 20) Comfort is calling, but growth is knocking louder. A decision you've been avoiding won't wait much longer. Trust your instincts—they've been right all along.

♊ GEMINI (May 21 – Jun 20) Your words carry weight this week, so use them carefully. A conversation could open a door or close one. Stay curious, not defensive.

♋ CANCER (Jun 21 – Jul 22) You're craving peace, but something unresolved needs attention first. Handle it gently and honestly. By the weekend, things feel lighter—like you can finally exhale.

♌ LEO (Jul 23 – Aug 22) You're back in your glow, and people notice. Keep it real, and the right kind of attention follows.

♍ VIRGO (Aug 23 – Sep 22) Not everything needs fixing, especially people. Focus on what's actually yours to carry.

♎ LIBRA (Sep 23 – Oct 22) Balance feels a little off, and that's your cue to reset. Say no where you need to. Protecting your peace isn't selfish—it's necessary.

♏ SCORPIO (Oct 23 – Nov 21) Things beneath the surface is ready to come out. Don't ignore it. Facing it now saves you from a bigger mess later.

♐ SAGITTARIUS (Nov 22 – Dec 21) You're itching for change or movement. Even a small adventure will do. Break the routine—your mood depends on it.

♑ CAPRICORN (Dec 22 – Jan 19) You've been carrying a lot, quietly. This week asks you to lighten the load, even just a little. You don't have to do everything alone.

♒ AQUARIUS (Jan 20 – Feb 18) Your ideas are solid, but not everyone will get them right away. That's okay. Stay true to your vision—clarity comes with time.

♓ PISCES (Feb 19 – Mar 20) Your intuition is strong right now, listen to it. If something feels off, it probably is. Protect your energy and choose calm over chaos.



The Art of De-Stress - We know more about stress now than at any other time in history – how it lives in the body, how deeply it can affect our health, and the many ways it can influence the nervous system. The question now is: How do we begin to gently work with – and heal from – whatever stress we might be carrying?

While it's true that we can't change what's out of our control, we can begin to change the way we meet ourselves from this moment on. Healing often starts with something simple, yet profound like turning back toward our own needs.

So often, our first instinct is to push them aside. We work through lunch. We keep going when we're running on empty. And we override our body's desire for rest and rejuvenation. However, when we stop and listen, new possibilities exist.

Thank goodness we have the support of each other and inspiring teachers who have devoted their lives to inner work and the discovery of wisdom. They bring with them holistic resources and timeless practices – each benefiting us in different ways. And when we turn to them, we can begin to tend to the places within us that feel weary, guarded, or stretched too thin. And little by little, we create more space for ease and a steadier sense of emotional harmony.

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Spring Roasted Potato & Asparagus Skillet with Lemon Butter

Light, bright, and perfect when you're not quite in full summer mode yet.

Ingredients

- 1.5 lbs baby potatoes (halved)
- 1 bunch asparagus (trimmed, cut in thirds)
- 3 tbsp olive oil
- 3 cloves garlic (minced)
- 2 tsp butter
- Juice of 1 lemon
- 1 tsp dried thyme (or Italian seasoning)
- Salt & pepper
- Optional: grated parmesan or feta



Instructions

1. Preheat oven to 425°F (220°C)
2. Toss potatoes with olive oil, salt, pepper, and thyme. Spread on a baking sheet and roast for 25–30 minutes until golden.
3. Pull the pan out, add asparagus and garlic, toss everything together. Return to oven for 10–12 minutes until asparagus is tender.
4. Melt butter and mix with fresh lemon juice. Drizzle over the hot veggies right out of the oven.

I only know 25 letters of the alphabet. I don't know y



Dear Ruby, We moved to a new town a few months ago, and I didn't expect it to feel this lonely. I see people out living their lives, chatting, laughing,

belonging—and I feel like I'm on the outside looking in. It's not like school where friendships just happen. How do you even make friends as an adult without it feeling awkward or forced?

– *New Here, Not Settled*

Dear New Here, Oh, this is one of those quiet struggles no one prepares you for. Making friends as an adult is awkward. There's no sugarcoating it. There's no built-in structure, no easy "sit beside someone and suddenly you're friends" moment. It takes intention—and a little courage that feels oddly vulnerable for something that used to be so natural.

But here's the shift: don't focus on "finding friends." Focus on finding places where connection can happen. Familiar faces turn into conversations, and conversations turn into friendships. It's slower, but it's real.

Start small. Go to the same coffee shop. Join something low-pressure—a class, a group, even an online local page where people share the same interests. Say hi. Comment. Show up again. It's not about instant connection—it's about becoming recognizable.

And yes, sometimes you'll be the one who has to go first. The first smile. The first "hey." The first "want to grab a coffee sometime?" It feels exposing, but it's also how doors open.

You're not behind. You're just at the beginning of something that takes a little more time to grow. Keep showing up. Your people are closer than they look. ~Ruby

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ADULTING: LEVEL HARD

I should probably do all these things today.

TODAY'S PLAN:

- GROCERY SHOP
- LAUNDRY
- CLEAN THE HOUSE
- PAY BILLS
- MEAL PREP
- SURVIVE UNTIL BEDTIME

Some days, that last one is the biggest win. ♥

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