

Classic 1980s Movies



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Should Energy Drinks Have an Age Limit?

It's a question that's starting to pop up more often across Canada: Should gas stations and grocery stores set a minimum purchase age of 16 for energy drinks? At first glance, it seems simple.



Energy drinks are everywhere, stacked in coolers, lined up at checkout counters, marketed with bold colours and promises of focus, energy, and performance. For many adults, they're just another grab-and-go option on a busy day.

But when it comes to younger teens, the conversation shifts. Health experts have raised concerns about how much caffeine is appropriate for developing bodies, especially when consumed quickly or in large amounts. Energy drinks can also contain high levels of sugar and added stimulants, making them different from more traditional beverages.

At the same time, others point out that caffeine isn't new. Coffee and tea have been around forever, and many contain comparable (or even higher) caffeine levels depending on the size. So where do we draw the line? That's where the debate really begins.

And then there's the bigger picture. Energy drinks are often marketed in a way that appeals to younger audiences; fast, fun, high-energy branding that feels very different from a cup of coffee. For some, that alone raises questions about whether these products should be treated differently.

Right now, there's no nationwide law in Canada setting a minimum age for purchasing energy drinks. But as awareness grows, so does the conversation.

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

Word list:

A Christmas Story
 Airplane
 Aliens
 Back To Future
 Big
 Bladerunner
 Breakfast Club

Die Hard
 Dirty Dancing
 ET
 Field Of Dreams
 Ghostbusters
 Karate Kid
 Moonstruck

Platoon
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YOU PROBABLY THINK IT'S APRIL, BUT ACTUALLY

IT'S THE 106TH OF JANUARY

Some folks are born silver spoon in hand Lord, don't they help themselves, no



Aries (Mar 21 – Apr 19) You're done waiting and it shows. Take the step, send the message, make the move – momentum is on your side.

Taurus (Apr 20 – May 20) Comfort is calling, but growth is louder. Try something slightly out of your routine – it pays off in a surprising way.

Gemini (May 21 – Jun 20) Your words carry weight this week. Speak clearly, mean what you say, and don't backtrack – people are actually listening.

Cancer (Jun 21 – Jul 22) You've been carrying more than you admit. Lighten the load – even a small break resets your whole energy.

Leo (Jul 23 – Aug 22) You're stepping into a spotlight moment. Own it without overthinking – confidence looks good on you right now.

Virgo (Aug 23 – Sep 22) Details matter, but perfection doesn't. Finish what's in front of you and move on – done is better than flawless.

Libra (Sep 23 – Oct 22) Balance isn't about pleasing everyone. Choose what feels right for you and let the rest settle on its own.

Scorpio (Oct 23 – Nov 21) Something hidden comes into focus. Trust your instincts – you already knew, now you just have confirmation.

Sagittarius (Nov 22 – Dec 21) You're craving change. Even a small shift – a drive, a plan, a yes – opens a bigger door than expected.

Capricorn (Dec 22 – Jan 19) Stay steady. Progress is happening behind the scenes, even if it feels slow. Keep building – it's working.

Aquarius (Jan 20 – Feb 18) Ideas are flying – grab the best one and run with it. Don't wait for perfect timing!

Pisces (Feb 19 – Mar 20) Your intuition is loud this week. Listen closely – it's guiding you toward something peaceful and right.



The Importance of Sleep - When life gets busy, sleep is often the first activity that we sacrifice. Considered a luxury by many busy people, sleep is actually as vital to sustaining a balanced life as breathing, eating, and drinking. Getting sufficient sleep can be a potent energizer, just as not getting enough sleep can leave you feeling drained and sluggish. While eight hours is the average amount of sleep most adults should

generally aim for, the right amount of sleep varies for each person. Some people may thrive on just six hours, while others don't feel well rested unless they've slept for 10 hours.

How much we sleep also varies, depending on where we are in life. Young people often need more sleep, while older people may need less. Yet, the benefits of sleep always stay the same. Regular and consistent periods of wakefulness and sleep are key ingredients to fostering a healthy body and a clear mind. During sleep, your body renews itself.

The ability to forgo sleep is considered by some to be an asset. While it may seem that the nighttime hours can be used for more productive activities, sleep in itself is extremely productive. During sleep, your body and psyche are both regaining their strength for the coming day. You may even have the unique opportunity to explore the hidden recesses of your personality while you dream. Meanwhile, your long-term memories are reinforced.

Many cultures engage in an afternoon siesta. Taking a nap is refreshing and can increase both productivity and creativity. Author Lewis Carroll is said to have conceived his idea for Alice in Wonderland while dreaming. A good night's sleep also has been known to bring with it the gifts of clarity, wisdom, and a fresh perspective. Even the ancient Greeks thought of sleep as a gift from the gods. Give yourself the gift of peaceful slumber, and you will likely find yourself feeling alert, refreshed, and ready for life's challenges. You may also find yourself feeling more centered, thoughtful, and aware throughout the day, allowing you to live to your full potential.

SUDOKU - LEVEL: DIFFICULT

	9	7	4	5	2			
6			8					
					7	8		
			8					5
4	5		9					1
7		1				4		
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Fresh Greek Village Salad (Horiatiiki)

Simple and crisp. No lettuce, no nonsense, just real flavour.

Ingredients:

- 3 large ripe tomatoes, cut into chunks
- 1 cucumber, sliced (or chunked)
- 1/2 red onion, thinly sliced
- 1 green bell pepper, sliced (optional but traditional)
- 1/2 cup Kalamata olives, pitted
- 200g block feta cheese (not crumbled)
- 1/4 cup extra virgin olive oil
- 1-2 tbsp red wine vinegar
- 1 tsp dried oregano
- Salt & pepper to taste



The final stage of healing is using what happened to you to help other people.
- Gloria Steinem

Directions:

- In a large bowl, combine tomatoes, cucumber, onion, and pepper.
- Add olives and gently toss.
- Place the block of feta right on top
- Drizzle with olive oil and red wine vinegar.
- Sprinkle oregano over everything, add a pinch of salt & pepper.
- Let sit 5-10 minutes before serving so the flavours mingle.



Break the feta at the table and mix lightly – don't over-stir. This salad is meant to stay chunky and rustic.

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



Manitoba to open menopause clinic in Winnipeg

The Manitoba government is spending \$5.2 million to establish a new menopause clinic in south Winnipeg, with doors expected to open in early fall 2027.



Dear Ruby,
Spring has finally started tapping at the door, and around here, that means more than just puddles, muddy boots, and finally seeing grass again.

For a lot of people in our area, spring is not just a season. It is a shift. Farmers are watching the land, planning the next steps, checking equipment, and getting ready for long days ahead. Yards need cleaning, roads soften, wildlife stirs, and everything begins waking up at once.

There is something hopeful about that.

Spring reminds us that even after the longest, hardest, grayest stretch, life does return.

You do not have to bloom overnight. You do not have to have everything figured out just because the snow is melting.

Spring is not about perfection. It is about beginning again.

So if you have felt stuck, heavy, tired, or like winter settled into more than just the weather, let this be your reminder: small starts still count. Open the window. Take the walk. Make the plan. Clear the corner. Begin where you are.

Around here, spring means work, grit, and getting moving again. But it also means hope.

And after a long Manitoba winter, hope looks pretty good on all of us. **-Ruby**

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