



the around town paper online

Advertising, Design & Marketing by Blue Raven

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"We live but for a moment."

March 9, 2022



Easy DONUT Recipe

Really quick and easy donuts made from ingredients you probably already have. There's hardly any waiting time. Use any topping you want. Our favorite is powdered sugar! Yields 18 servings.

INGREDIENTS

2 tablespoons white vinegar
3/8 cup milk
2 tablespoons shortening
1/2 cup white sugar
1 egg

1/2 teaspoon vanilla extract
2 cups sifted all-purpose flour
1/2 teaspoon baking soda
1/4 teaspoon salt
1 quart oil for deep frying
1/2 cup confectioners' sugar for dusting



STEP 1

Stir the vinegar into the milk, and let stand for a few minutes until thick.

STEP 2

In a medium bowl, cream together the shortening and sugar until smooth. Beat in the egg and vanilla until well blended. Sift together the flour, baking soda, and salt; stir into the sugar mixture alternating with the vinegar and milk. Roll dough out on a floured surface to 1/3 inch thickness. Cut into doughnuts using a donut cutter. Let stand for about 10 minutes.

STEP 3

Heat the oil in a large deep skillet to 375 degrees F (190 degrees C). Fry doughnuts in the hot oil until golden, turning over once. Drain on paper towels. Dust with confectioners' sugar while they are still warm, and serve immediately.

Kris' Custom Renos

Kris Michaluk

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SPECIALIST**

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did u take care of urself today?
eat something? drink water? do
something that makes u happy?
allowed urself to feel whatever ur
feeling?? huh?? do it



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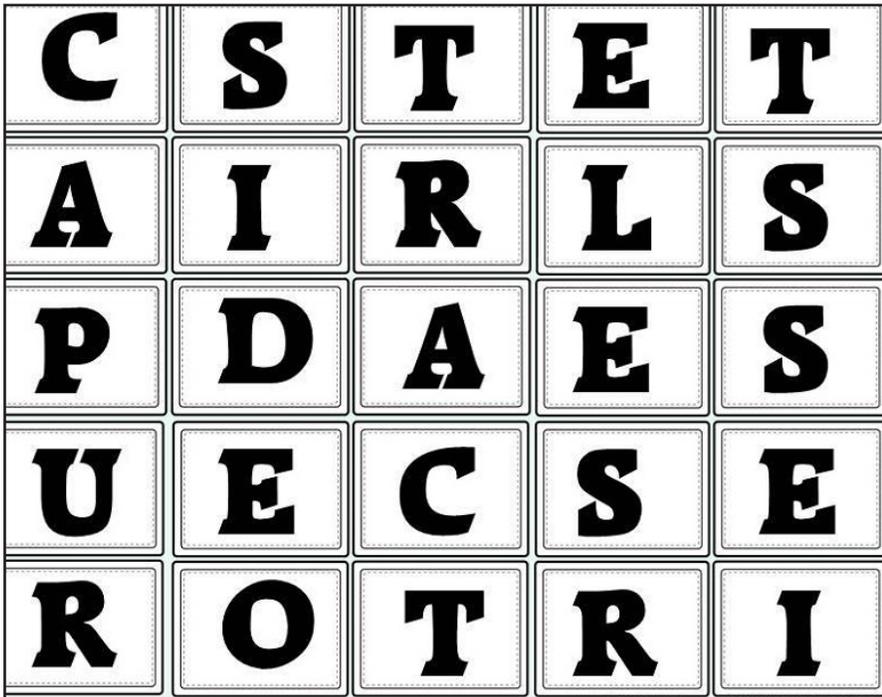
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DEADLINE for advertising: Fridays by 12:00 noon

BOGGLE

Search for words that can be constructed from the letters of sequentially adjacent cubes; horizontally, vertically, and diagonally neighboring. When forming your word, you can select letters from any position. Words must be at least three letters long, may include singular and plural (or other derived forms) separately, but may not use the same letter cube more than once per word. How many words can you find?



Alcoholics Anonymous Contact #s

Lundar:

(204) 739-8093

Eriksdale:

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Toll Free #:

1-(877) 942-0126

Central office:

(204) 943-6051



WHEN LIFE SHUTS A DOOR....

Open it again.
It's a door.

That's how they work.



MAKE
yourself
A PRIORITY



- bear horse rat
- bird koala rooster
- buffalo lion shark
- camel monkey sheep
- cat moose snake
- chickadee mouse squirrel
- cow otter tiger
- deer panda turtle
- dog pig wolf
- donkey rabbit zebra

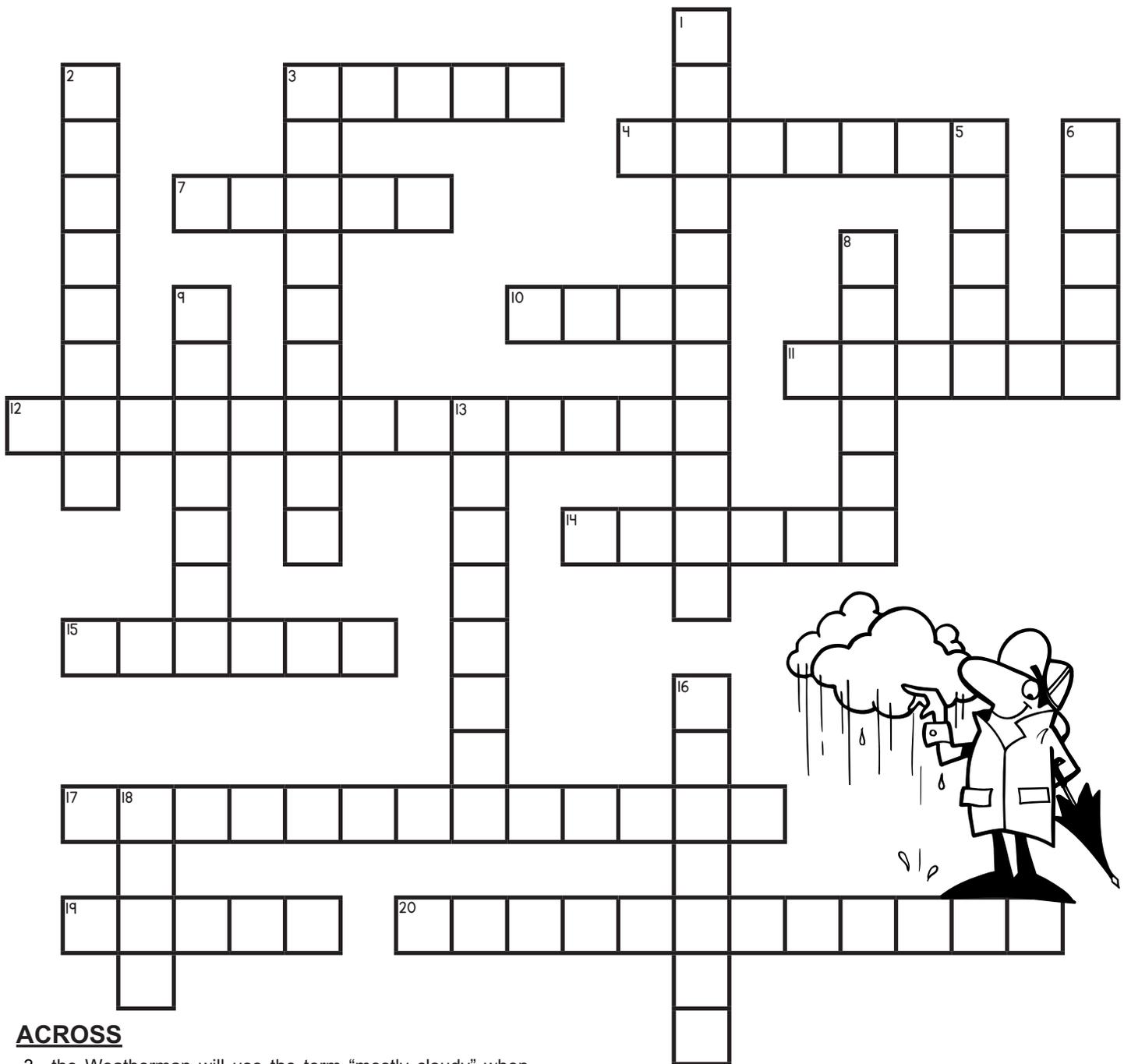


J
E D O
V S O F
D L U E
T E O S

- duck
- elephant
- ferret
- fox
- frog
- giraffe
- goat
- gorilla
- hedgehog
- hippopotamus

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

U C H I C K E N W W
M O N K E Y C O W L X
G O A T I G E Y
K J M N



ACROSS

3. the Weatherman will use the term "mostly cloudy" when there are ___ eighths of cloud cover
4. smaller than normal drops of rain
7. ___ rain; the adjective the Weatherman will use when there's a lot of rain in a time period
10. a unit of measurement used to describe the amount of cloud cover at any given location
11. when there is 1/8 - 2/8 of the sky covered by clouds, a Weatherman will say it is ___ sunny
12. another word for a Weatherman
14. the Weatherman says it's cloudy when there's at least ___ percent of the sky covered with clouds
15. when 3/8 to 5/8 of the sky is covered by clouds, we say it is ___ sunny or ___ cloudy
17. water that falls from the clouds as rain, snow, sleet, or hail
19. snow and rain at the same time or place is called ___ precipitation
20. a storm that has lightning and thunder

DOWN

1. predicting or guessing future weather
2. an adjective that is used when only 30 - 50% of an area will be affected
3. an adjective that is used when only 10 - 20% of an area is likely to be affected
5. When trying to measure how much of the sky the clouds cover, how many equal parts does the Weatherman divide the visible sky into?
6. when there are no clouds in the sky
8. when all or almost all of the sky is covered with clouds
9. the Weatherman will use different adjectives to describe how much rain falls in this period of time (2 words)
13. the term used when clouds cover at least 95% of the sky
16. shorter duration than rain, suddenly starts or stops
18. the word the Weatherman will use when the amount of time it rains is steady and for a long time



Looking At What We Don't Want To See

The feelings that make us want to run away are buried treasure, full of energy and inspiration if we are willing to look.

It is one of life's great paradoxes that the things we don't want to look at in ourselves are the very things we need to look at in order to know ourselves better and to become more fully who we are. The feelings that make us want to run away are buried treasure full of energy and inspiration if we are willing to look. These feelings come in many forms, from strange images or snippets of information to recurring dreams and feelings that rise up seemingly without a reason. Whatever shape they come in, and no matter how scary they seem, these messengers bring the information we need in order to grow.

When we are tired of pushing something down, or trying to run away from it, a good first step is to write down what we think we are avoiding. Often this turns out to be only the surface of the issue or a symbol of something else. Expressing ourselves fully on paper is a safe way to begin exploring the murky territory of the unconscious. The coolness of the intellect can give us the distance we need to read what we have written and feel less afraid of it. It helps if we remember that no matter how dark or negative our thoughts or feelings may be, these are energies shared by all humanity. We are not alone in the dark, and all the gurus and teachers we admire had to go through their own unprocessed emotional territory in order to come out the other side brighter and wiser. This can give us the courage we need to open the treasure chest of what we have been avoiding.

Within the parts of ourselves that we don't want to look at, there are emotions that need to be felt. Unfelt emotions are stuck energy, and when we leave emotions unprocessed, we deprive ourselves of access to that energy. When we feel strong enough, we can begin the process of feeling those emotions, on our own or with guidance from a spiritual counselor. It is through this work that the buried treasure of energy and inspiration will pour forth from our hearts, giving us the courage to look at all the parts of ourselves with insight and compassion.

HELP WANTED

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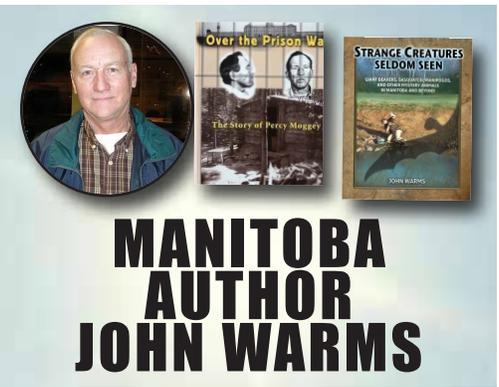
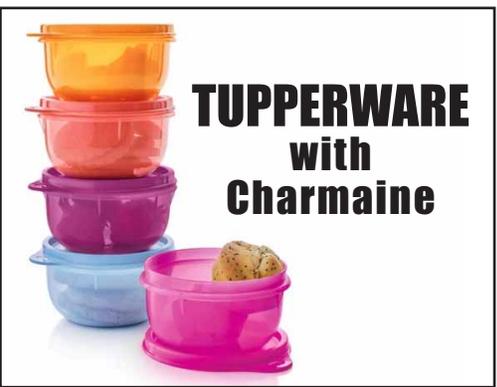
best advice from my dad: "you believed in Santa for 8 years, you can believe in yourself for 10 seconds"

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