



The Around Town Paper

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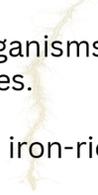
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Cool Facts about our Beautiful Earth

1. There are lakes that explode - Lake Nyos in Cameroon released a huge cloud of carbon dioxide in 1986 that suffocated over 1,700 people and thousands of animals.
2. There are rivers under the ocean in the Gulf of Mexico, dense saltwater forms underwater rivers with waves and banks just like on land.
3. Lightning is hotter than the sun's surface - a lightning bolt can reach temps of about 30,000°C.
4. Some beaches glow blue at night - tiny organisms called bioluminescent plankton light up the waves.
5. Antarctica contains blood-red waterfalls - iron-rich water oxidizes when it hits the air, creating "Blood Falls."
6. Earth has a cave big enough to fit skyscrapers - Vietnam's Son Doong Cave is so massive it has its own jungle and weather system.
7. Trees can communicate with each other - through underground fungal networks, forests share nutrients and warning signals.
8. There are pink lakes on Earth - high salt levels and special algae can turn entire lakes bright pink.
9. Some volcanoes erupt blue flames at night - sulfur gases ignite in Indonesia's Kawah Ijen volcano, creating glowing blue fire.
10. There are giant crystals taller than people - in Mexico's Cave of Crystals, some crystals are over 10 metres long.
11. There are places where the ground burns for decades - a coal fire under Centralia, Pennsylvania has been burning since 1962.
12. Earth once had dragonfly-like insects with wingspans over 70 cm.



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Why don't eggs tell jokes?

Because they'd crack each other up

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how many triangles do you see?

You will get there, but right now you are here. And here is beautiful.

Shaparak Khorsandi @ShappiKhorsandi

My son has been away all week on a school trip. I asked my daughter: 'do you miss your brother?' She looked at me puzzled and said 'isn't he in his room?' ALL week.

MANITOBA AUTHOR

JOHN WARMS

Available on Amazon
www.amazon.ca/author/BOFJYKJ8B4

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♈ Aries (March 21 – April 19) A small win midweek boosts your confidence. Someone around you may be watching quietly and taking notes.

♉ Taurus (April 20 – May 20) Slow down enough to enjoy the little things – good food, good company, and a moment of quiet.

♊ Gemini (May 21 – June 20) Write things down before they disappear. A message or phone call could open an unexpected opportunity. Not every opinion deserves your attention.

♋ Cancer (June 21 – July 22) Someone may turn to you for advice or comfort. Trust your instincts – you usually know more than you think you do.

♌ Leo (July 23 – August 22) Let your confidence lead the way. People are paying attention to what you say and do, so use that influence wisely. A little generosity goes a long way.

♍ Virgo (August 23 – September 22) Don't overthink every decision, at times "good enough" is exactly that.

♎ Libra (September 23 – October 22) If life has been feeling a bit chaotic, this is a good week to reset routines and priorities.

♏ Scorpio (October 23 – November 21) Not everything needs to be shared immediately. Trust builds slowly, and someone around you is proving they deserve it.

♐ Sagittarius (Nov 22 – Dec 21) This week it might just be trying something new or saying yes to a spontaneous plan. Give it a try!

♑ Capricorn (Dec 22 – Jan 19) Someone may ask for your advice – and they'll probably take it.

♒ Aquarius (Jan 20 – Feb 18) Ideas are bubbling up again, and you might find yourself looking at old problems in a completely new way.

♓ Pisces (February 19 – March 20) Your imagination is strong this week, which can be wonderful, just don't drift too far from reality when decisions need to be made.



Weathering the Storms - This is a time for many of us when we are digging deep, as the saying goes, to find a way to meet the challenges of our lives, both personally and collectively. Many of us have been powerfully impacted by each other's emotional struggles, current events, and the feeling of the world shaking with change. The question is: Can we find our way back to a state of grounded, calm, openhearted connection with ourselves and others?

The need to answer this question is great. And although we can't change what we've been through or what we're going through now, we can influence how we respond moving forward. And we can begin by cultivating the inner resources we need – ones that can offer us a glimpse of relief and comfort – when we find ourselves in difficult situations and challenging nervous system states.

When we listen attentively to what our nervous system asks of us, when we allow it to speak through our body and emotions, and when we respond compassionately to its calls with the kindness of a loving friend, healing is naturally evoked.

As we learn to support our well-being through self-regulation, breathing techniques, and movement we can step forward with greater resilience and grounded clarity – better prepared to weather whatever storms may come.

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wrathofthestag
 You know what's wild? Remembering that children hear things for the first time without context and are literally like, "What?"
 I just said "See you later, alligator" to a four-year-old and I think it was the first time they had ever heard that. They froze in their tracks, looked at me completely bewildered then replied, "See you later, chicken" and kept walking.

SUDOKU - LEVEL - MEDIUM

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Italian-Style Lasagna (Restaurant Style Comfort)

This rich, layered lasagna is packed with hearty meat sauce, creamy cheese, and plenty of bubbling mozzarella. It's the kind of meal that tastes even better the next day.



Ingredients

- 1 lb ground beef
- 1 lb Italian sausage
- 1 small onion
- 3 cloves garlic
- 1 large jar marinara sauce
- 1 can crushed tomatoes
- 1 tsp Italian seasoning
- ½ tsp salt
- ½ tsp black pepper
- 2 cups ricotta cheese
- 1 egg
- ½ cup grated parmesan cheese
- 2 cups shredded mozzarella cheese
- 9–12 lasagna noodles, cooked
- 2 cups shredded mozzarella (for topping)



Instructions

1. In a large skillet, cook the ground beef and Italian sausage with the diced onion until browned. Drain excess grease. Add garlic and cook.
2. Stir in marinara, crushed tomatoes, Italian seasoning, salt, and pepper. Let the sauce simmer for about 10–15 minutes to deepen the flavor.
3. In a bowl, combine ricotta, egg, parmesan, and 2 cups mozzarella.
4. In a 9×13 pan, spread a thin layer of meat sauce. Add noodles, then cheese mixture, then sauce. Repeat layers until ingredients are used.
5. Finish with remaining sauce and sprinkle generously with mozzarella.
6. Cover with foil and bake at 375°F (190°C) for 30 minutes. Remove foil and bake another 10–15 minutes until bubbly and golden. Let the lasagna sit for about 10 minutes so it slices nicely.

Serve with garlic bread and a simple Caesar salad for that classic Italian restaurant feel.



Dear Ruby, I love my teens, but they don't listen to a word I say. Every chat turns into eye-rolling, sighing, or a lecture about how I "don't understand." I'm trying to guide them, not control them, but it feels like everything I say goes in one ear and out the other. Am I doing something wrong? — **Tired in Manitoba**

Dear Tired in Manitoba, If your teenagers aren't listening to you, congratulations, you're raising completely normal teenagers.

Teenagers are wired to push away from their parents. It's not because they hate you. It's because their brains are busy figuring out how to become independent humans. Unfortunately, the way they practice that independence often looks like ignoring the people who raised them.

Here's the hard truth most parenting books won't say out loud: teenagers do listen to you, just not in the moment.

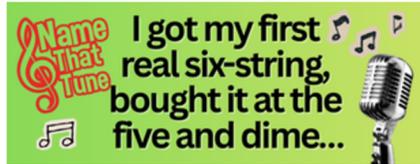
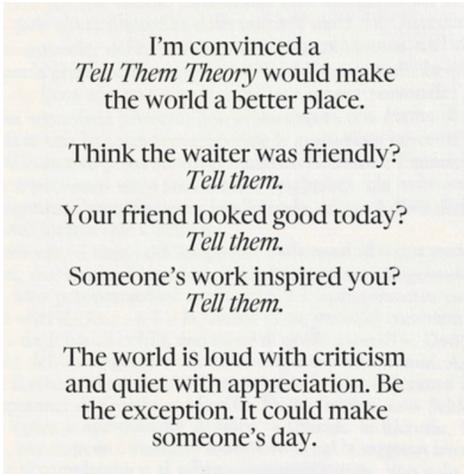
They roll their eyes, sigh and argue like junior lawyers in a courtroom. But later, sometimes years later, those same kids will repeat your words back to you as if they just discovered them on their own.

Your job during the teenage years isn't to win every argument. Your job is to stay steady.

Set the boundaries and keep the door open. Say the important things even if they pretend not to hear them. Teenagers are experts at acting like they know everything while secretly hoping someone older and wiser is still paying attention.

Someday they will grow into adults who call you for advice. They'll tell you about the moment they realized you were right about something. And when that day comes, resist the urge to say "I told you so." Okay...maybe say it a little. — Ruby

Email: writerubyrealtalk@gmail.com



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Culinary Delights



Word list:

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|-----------|----------|---------|----------|
| BARBECUE | ESPRESSO | PASTA | ROSEMARY |
| BASIL | FONDUE | PASTRY | SAUCE |
| CHOCOLATE | FRY | PIZZA | SUSHI |
| CINNAMON | GELATO | QUICHE | THYME |
| CREPE | GRILL | RECIPE | TIRAMISU |
| CURRY | OMELETTE | RISOTTO | TRUFFLE |
| DOUGH | PAELLA | ROAST | VANILLA |

