



the around town paper online

Advertising, Design & Marketing in Manitoba by Blue Raven Design

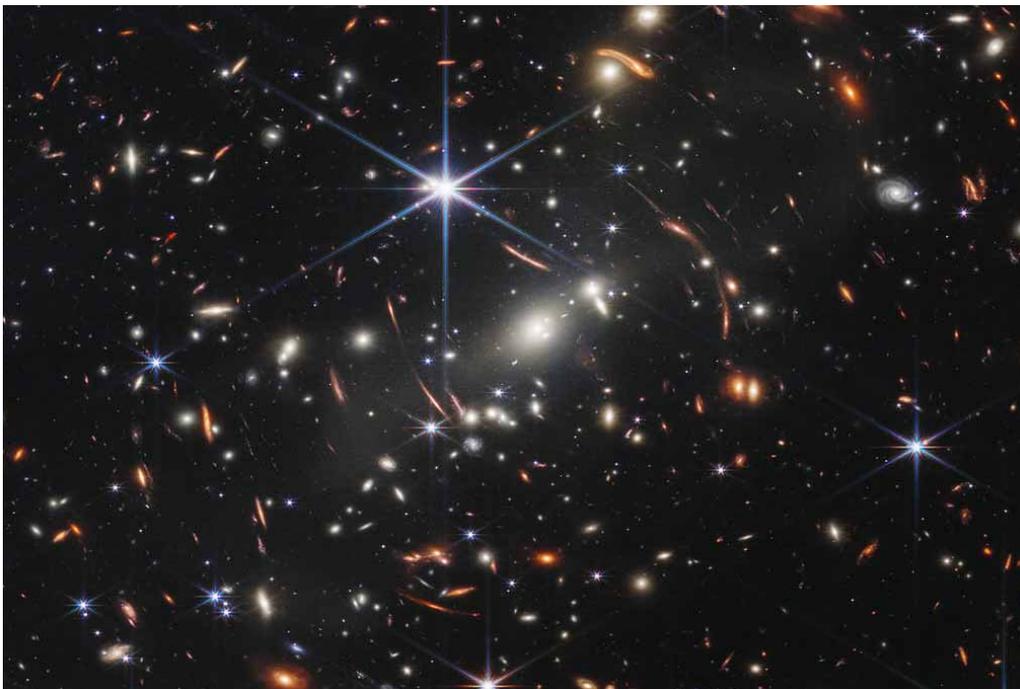
website: www.blueravendesign.ca
email: thearoundtown2020@gmail.com

Vol. 03 No. 15

"Life can be a dream..."

July 13, 2022

The deepest, sharpest infrared view of the universe to date:
Webb's First Deep Field. Galaxy cluster SMACS 0723.
It shows galaxies once invisible to us." -NASA

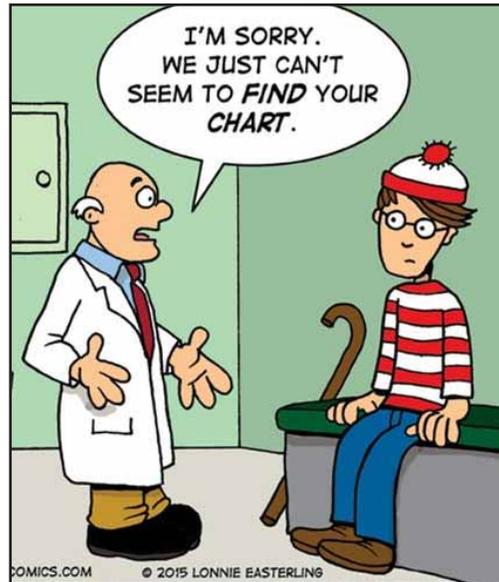
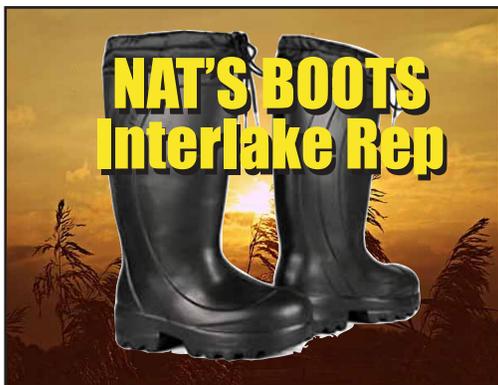



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NAT'S BOOTS
Interlake Rep



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**RV BOARDING
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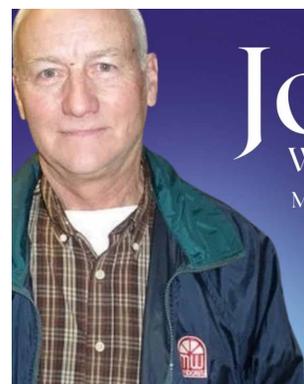
**HIGHWAY #6
& NORTHERN
TRAVEL UPDATES
IN MANITOBA**

EST. 2010
**THE CANADIAN
HIGHWAYS NETWORK**
www.canadianhighwaysnetwork.ca
Drivers updating drivers
24-7-365 days a year



EST. 2010
**THE CANADIAN
HIGHWAYS NETWORK**
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Drivers updating drivers
24-7-365 days a year

**MANITOBA
HIGHWAY
UPDATES**



John
WARMS
MANITOBA
AUTHOR

**You
Tube**

DEADLINE for advertising: Fridays by 12:00 noon



Everyday Teachers

All the situations in our lives teach us exactly what we need to be learning.

Many of us long to find a spiritual teacher or guru. We may feel unsure of how to practice our spirituality without one, or we may long for someone who has attained a higher level of insight to lead the way for us. Some of us have been looking for years to no avail and feel frustrated and even lost. The good news is that the greatest teacher you could ever want is always with you -- that is your life.

The people and situations we encounter every day have much to teach us when we are open to receiving their wisdom. Often we don't recognize our teachers because they may not look or act like our idea of a guru, yet they may embody great wisdom. In addition, some people teach us by showing us what we don't want to do. All the situations in our lives, from the insignificant to the major, conspire to teach us exactly what we need to be learning at any given time. Patience, compassion, perseverance, honesty, letting go -- all these are covered in the classroom of the teacher that is your life.

We can help ourselves to remember this perfect teacher each day with a few simple words. Each morning we might find a moment to say, "I acknowledge and honor the teacher that is my life. May I be wise enough to recognize the teachers and lessons that I encounter today, and may I be open to receiving their wisdom." We might also take some time each day to consider what our lives are trying to teach us at this time. A difficult phase in your relationship with your child may be teaching you to let go. The homeless person you see every day may be showing you the boundaries of your compassion and generosity. A spate of lost items may be asking you to be more present to physical reality. Trust your intuition on the nature of the lesson at hand, work at your own pace, and ask as many questions as you want. Your life has all the answers.

The phones are back online at the **Ashern District Veterinary Clinic** following an outage. We apologize for any inconvenience.
(204)768-9609



B O G G L E

Search for words that can be constructed from the letters of sequentially adjacent cubes; horizontally, vertically, and diagonally. 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?**

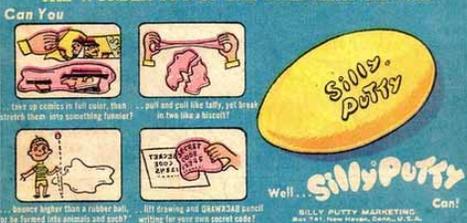
TRIVIA TIME ? **DID YOU KNOW?** ?

Thomas Edison invented an electric pen in 1876 that was later adapted to become the first tattoo machine in 1891.

YOU CAN HAVE HOURS AND HOURS OF FUN
with

Silly PUTTY

THE WONDER TOY OF THE TWENTIETH CENTURY



WHY YOU CAN EVEN PICK UP PICTURES LIKE THESE AND S-T-R-E-T-C-H THEM INTO SOMETHING EVEN FUNNIER

YOUR MOM WILL BE GLAD TO KNOW THAT YOU CAN DO ALL OF THESE THINGS WITH NEW **Silly PUTTY** AND IT WILL NOT STICK OR STAIN

You can buy it where you bought this Comic Magazine

REMEMBER NOTHING ELSE IS **Silly PUTTY**



Alcoholics Anonymous in Manitoba.

Lundar:

(204) 739-8093

Eriksdale:

(204) 739-6454

Toll Free #:

1-(877) 942-0126

Central office:

(204) 943-6051

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THE AROUND TOWN PAPER PRINTED IN MANITOBA FOR 33+ YEARS

Our family owned business has sent the printed paper to 4000+ personal mailboxes in the Interlake, Manitoba area for many, many years.
Then the pandemic hit.

Mailing costs alone for us were \$2000/month with a reach to those 4000 homes. In order to survive, we *had* to adapt. So we worked even harder and expanded to now reach hundreds of thousands online with our weekly editions!

The Around Town Paper Online features business listings, advertising, inspiring stories, positivity, games, puzzles, riddles, recipes, jokes and more.

We've heard there are those who would still love a printed copy to read and we genuinely appreciate that.

We apologize to those who have missed it coming into your homes and being seen in schools, offices, businesses and local restaurants.

We also hear from large and small business owners
- everyone is struggling. Anything helps.

So we asked ourselves,
'How can we get printed copies to those who would like them while supporting Manitoba communities and small businesses like ours?'

WE INVITE YOU TO PRINT & SELL COPIES OF 'THE AROUND TOWN' PAPER AND KEEP 100% OF WHAT YOU MAKE!

HOW DOES THIS WORK?

- we email you a special printable PDF every week on Tuesday evening.
- ANYONE can print and sell wherever they choose in Manitoba.
- You print on 11X17 paper in black and white or colour - your choice.
- set your price and keep 100% of what you sell.
- gain 'subscribers' and weekly customers - grow your profits.
- we'll send you a printable window sign to let your visitors know the paper is available at your location.

Visit our website: www.blueravendesign.ca
Email us: thearoundtown2020@gmail.com

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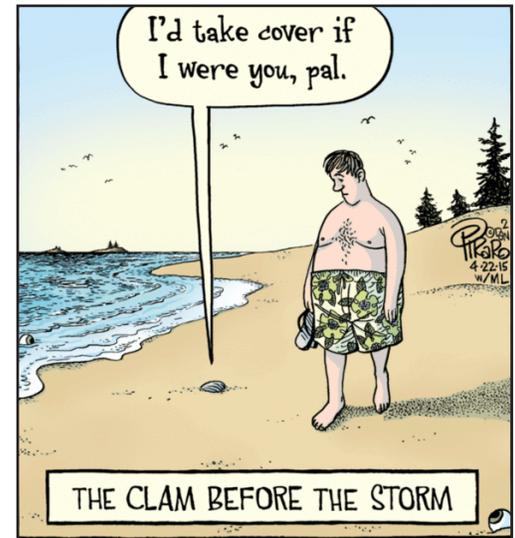
SUMMER SUKODU

Every row, column and mini-grid must contain the letters SUNBATHER. Don't guess - use logic.



NAME THAT TUNE

"Cause there's always gonna be another mountain. I'm always gonna wanna make it move
Always gonna be an uphill battle
Sometimes I'm gonna have to lose"



Broadleaf or Broadleaf Plantain

It grows especially well in poor, rocky soil (such as driveways) and is often seen alongside dandelion. More often than not, you will see plantain growing in gravel pits and construction sites as nature seeks to regenerate the soil. Introduced to North America in the 1600s, it was once called "White Man's Foot" by the Native Americans who witnessed that where the Europeans tread and disrupted the soil, plantain sprung up.

Plantain has often been the go-to remedy for hikers plagued by mosquitos. Because it draws toxins from the body with its astringent nature, plantain may be crushed (or chewed) and placed as a poultice directly over the site of bee stings, bug bites, acne, slivers, glass splinters, or rashes. Bandage the area and allow the plantain to work its magic for 4-12 hours.

Plantain may also be used to create a balm for emergency kits, or an infusion used as a skin or general wash. It is also a notable, soothing remedy for hemorrhoids. Plantain is renowned for its healing effect on the digestive system. This is especially useful for anyone who has been damaged by antibiotics, anti-inflammatory or pain medications, food allergies, or Celiac disease. Both leaves and seeds specifically target the digestive system for healing.

The leaves may be steeped as tea, added to soups, or dried with a sauce similar to kale chips. The seeds – a type of psyllium – can be ground or soaked for bulk mucilage or absorbable fibre, which, consumed before meals, may help with weight loss.

Because plantain is a gentle expectorant and high in silica, an infusion can be helpful for lung problems, coughs, and colds. Plantain is almost a panacea for the human body, treating everything from all menstrual difficulties, all digestive issues, to nearly all skin complaints, and even arthritis.

Add to salads, chew to ease thirst, or enjoy in stir fries. This versatile wild vegetable is incredible!

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Summer Fun

WORD SEARCH FOR KIDS

| | |
|------------|------------|
| Sun | Flip Flops |
| Grass | Swimsuit |
| Water | Barbecue |
| Swimming | Hot |
| Hot | Camping |
| Shorts | Sand |
| Ice Cream | Beach |
| Sunscreen | Vacation |
| Sunglasses | Outside |
| Vacation | Picnic |

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



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THE AROUND TOWN PAPER AVAILABLE ONLINE AND NOW IN PRINT IN MANITOBA!

Business listings, advertising, inspiring stories, positivity,
games, puzzles, riddles, recipes, jokes and more

**SUBSCRIBE & PURCHASE COPIES FROM
FIELDSTONE VENTURES
EDUCATION & TRAINING CENTRE INC.**

Get the paper in the Ashern area and
along highway #6 in Manitoba!

- Support Manitoba businesses by hosting copies of The Around Town Paper at *your* business.
- Advertise in the weekly editions and be seen in print and online!



**The Around
Town Paper**



**Fieldstone
Ventures**

Contact Fieldstone Ventures in Ashern
1-888-777-1059 or 204-768-3797
email: fsv@lakeshoresd.mb.ca

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WHERE YOUR AD IS BEING SEEN

**LINKS BELOW GO DIRECTLY
TO OUR ONLINE SPACES!**



THE AROUND TOWN PAPER ONLINE WEBSITE:

www.blueravendesign.ca

****WE EMAIL TO SUBSCRIBER INBOXES
EVERY WEDNESDAY!****

THE AROUND TOWN PAPER ONLINE FACEBOOK PAGE:

<https://www.facebook.com/thearoundtownonline>

ARBORG & AREA BUY SELL GROUP:

<https://www.facebook.com/groups/arborgandarea>

ASHERN & AREA BUY SELL GROUP:

<https://www.facebook.com/groups/ashernandareabuysell>

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<https://www.facebook.com/groups/dauphinandareabuysell>

OUR AROUND TOWN PAPER ONLINE ARCHIVE PAGE:

<https://www.blueravendesign.ca/archives>

THANK YOU

to all of our advertisers, subscribers, visitors and supporters!

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