

**Netflix Pick: Apex**



If you're in the mood for a tense "don't look down" survival thriller, Apex is Netflix's current big movie pick. Starring Charlize Theron and Taron Egerton.

It follows an extreme sports adventurer facing danger, grief, and a very unforgiving wilderness. It has that old-school Cliffhanger energy: dramatic scenery, physical danger, and enough stress to make your couch feel unsafe.

Theron carries the film with the kind of grit that makes her believable even when the story leans a little over-the-top. It may not be an award-season masterpiece, but for a weekend watch with snacks, suspense, and a few "absolutely not" moments, Apex does the job.

Rating: 3.5 out of 5 popcorn buckets!

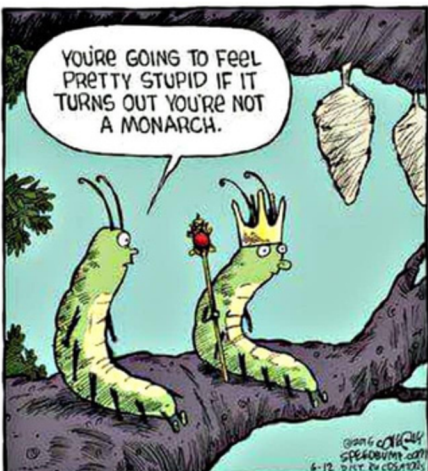


The more you take, the more you leave behind. What am I? **Footsteps**



**I have a lot of hidden talents. Sadly, even I can't find them.**

**Here's a question for the mind readers out there.**



When you can see through people, they stay out of your sight.

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**The Great Thaw** Around here, spring doesn't arrive all at once, it eases in. The snowbanks shrink, the roads start telling their own stories (loudly), and suddenly there's that first morning you step outside without bracing for winter. Puddles form, birds return and life feels like it's slowly waking up again. After months of cold and quiet, even the smallest changes feel big.

But spring in Manitoba is more than melting snow, it's a reset. It's neighbours reappearing, conversations picking back up, and that shared understanding that we made it through another winter. It may not be perfect (hello, potholes), but it brings something we've all been waiting for: longer days, warmer air, and the reminder that no season—no matter how tough—lasts forever.

**I started a new fitness routine: running out of patience.**

A flower does not think of competing with the flower next to it. It just blooms.

Me in my childhood without any reason...

MANITOBA AUTHOR  
**JOHN WARMS**

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**Aries (March 21 – April 19)**

You're ready to charge ahead but slow your roll just enough to avoid a mess.

**Taurus (April 20 – May 20)**

Comfort is calling loudly. Lean into what feels good but don't ignore something that needs your attention. Balance it out.

**Gemini (May 21 – June 20)**

Conversations open doors this week. Say the thing. Text the person. It leads somewhere better than you expect.

**Cancer (June 21 – July 22)**

Emotions run a little deeper right now. Protect your peace, but don't shut people out who genuinely care.

**Leo (July 23 – August 22)**

You're being noticed whether you like it or not. Own your space, but keep the ego in check. Grace wins.

**Virgo (August 23 – September 22)**

You're in fix-it mode. Just make sure you're not fixing things that aren't yours to carry. Choose wisely.

**Libra (September 23 – October 22)**

Decisions, decisions. Trust your gut – not everyone else's opinions. You already know the answer.

**Scorpio (October 23 – Nov 21)**

Something hidden comes to light. Don't panic – it's actually clearing the path forward for you.

**Sagittarius (Nov 22 – December 21)**

Restless energy hits. Change up your routine, even in a small way. It resets more than you think.

**Capricorn (Dec 22 – January 19)**

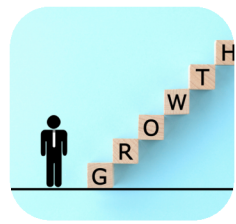
Keep climbing – you're closer than it feels. A small breakthrough reminds you why you started.

**Aquarius (January 20 – February 18)**

Ideas are flowing fast. Write them down one of them has real potential if you follow through.

**Pisces (February 19 – March 20)**

You're picking up on everything around you. Ground yourself before taking on other people's energy.



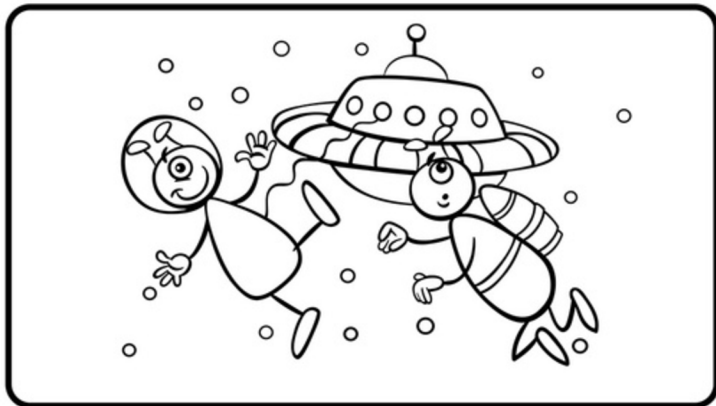
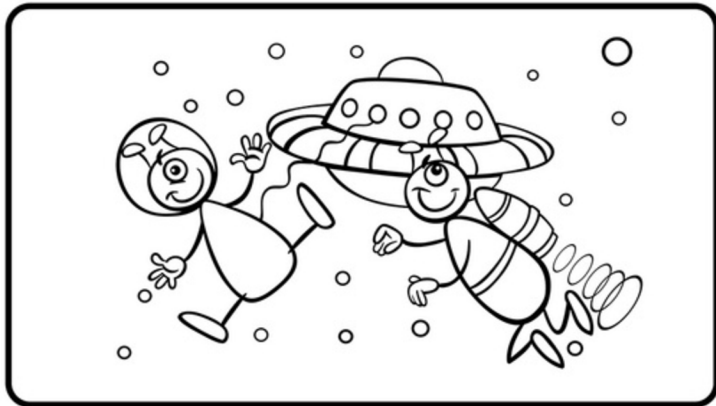
**Acknowledging Your Growth** - Since personal evolution is most often a slow and gradual process, it can be difficult to recognize the scope of the changes taking place in our lives. Yet it is important that we regularly acknowledge our ongoing growth and reward ourselves for the many wonderful feats of self-improvement we have accomplished. When we examine our progress, we don't feel that we are languishing between our past achievements and our future goals. If we look closely at our lives, we may see that much of what brings us pleasure in the present is representative of the ambitions of our past that we worked hard to attain.

At one time, the abundance we now enjoy probably seemed like a far-off dream. Now it is simply reality – a reality we created through our diligence, passion, and unflinching determination. Whether our progress is fast or slow, we deserve to congratulate ourselves for our successes.

To remind yourself of the insights you have gained, look at how your life in the present differs from your past but from someone else's perspective. Creating a written list, in a journal or otherwise, of those strengths, aptitudes, and inner qualities you now have can help you accept that you are not the same person you were 10 years ago, five years ago, or even a year ago. Your attitudes, opinions, and values were likely markedly different, and these differences can be ascribed to your willingness to accept that you still have much to learn. If you have difficulty giving yourself credit for these changes, think about the goals you realized, the lives you touched, the wisdom you acquired, and the level of enlightenment you attained over the past years.

Recognizing growth is neither boastful nor immodest. Evolution is a natural fact of life and becomes a potent motivational force when celebrated. When you accept that you are brighter, stronger, and more grounded than you once were, you can look forward to the changes to come. In acknowledging your growth, you build a sturdy foundation upon which you can continue to blossom well into the future.

**SPOT THE 5 DIFFERENCES**



**Different Types of Candy**

Baby Bottle Pop

Sour Patch Kids

Reese's Pieces

Jolly Ranchers

Butterfinger

Sour Punch

Reese's Cup

Milky Way

Air Heads

Twizzlers

Cow Tales

Starburst

Smarties

Skittles

Snickers

Kit Kat

M&M's

Twix



T	B	A	B	Y	B	O	T	T	L	E	P	O	P	M	J	E
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**FOLKS BORN IN THE LATE '90S OR EARLY 2000S ARE "GENERATION" THIS LETTER**