

Back to School

WORD SEARCH

Playground
Lockers
Crayons
Recess
Desk
Principal
Assembly
School
Study
Bus
Classroom
Teachers
Pencil
Test
Music
Students
Hallway
Lunch
Gym
Art

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



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Labour Day falls on **Monday, September 7** this year. The holiday recognizes the contributions and achievements of workers and the labour movement, while also giving many Canadians one last long weekend to enjoy before fall routines fully kick in.



IN LOVING MEMORY OF

'Bill'

**WILLIAM 'WILLIE'
MICHAL JAMES SCOTT**

1959 – 2026



LIVING INDEPENDENCE FOR ELDERLY (L.I.F.E.) INC.

ANNUAL GENERAL MEETING

Monday, September 28, 2026
10:00 a.m.
LIFE Office

We are looking for new Board Members to join the Group.
Meetings every second month.
Come down and see what the programs have to offer and how you can help the Seniors in our area.

YOUR SUPPORT MAKES A DIFFERENCE!

LAKESHORE HANDIVAN ASSOCIATION INC.

ANNUAL GENERAL MEETING

Monday, September 28, 2026
1:30 p.m.
LIFE Office

Interested in becoming a Board Member?
We are also looking for part time drivers – check out what we have been up to this year and where we are headed.

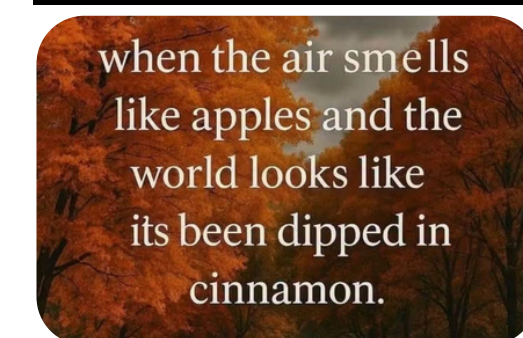
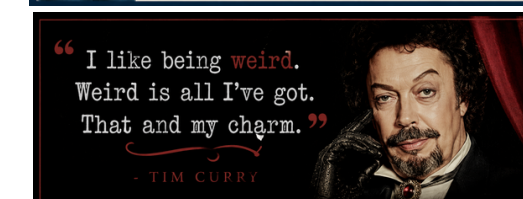
GET INVOLVED. MAKE AN IMPACT.

MOOSEHORN HALL

THURSDAY NIGHT BINGO

SEPTEMBER 3
7 P.M.

\$2,000 in 55 Numbers
Mini Toonie \$1,300+



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PROUDLY MANITOBAN



♈ ARIES — Mar 21–Apr 19
You’ve got extra fire this week, but not every battle deserves your energy. Put that drive toward something you actually want instead of proving a point.

♉ TAURUS — Apr 20–May 20
Comfort is calling, but so is change. Give one new idea a chance before dismissing it.

♊ GEMINI — May 21–Jun 20
Your phone could be busier than usual this week. Messages, invitations and random conversations may lead somewhere interesting.

♋ CANCER — Jun 21–Jul 22
Your instincts are especially sharp right now. If something feels off, pay attention without letting your imagination fill in the blanks.

♌ LEO — Jul 23–Aug 22
You’re walking into September with your confidence returning. Something you’ve been second-guessing may finally start making sense.

♍ VIRGO — Aug 23–Sep 22
Happy birthday season, Virgo! This week is about clearing out what has become more work than it’s worth.

♎ LIBRA — Sep 23–Oct 22
Someone may come looking to you to settle an argument this week. Resist becoming everybody’s unpaid referee.

♏ SCORPIO — Oct 23–Nov 21
You may finally learn something that explains another person’s recent behaviour. Clarity helps, even if it doesn’t excuse everything.

♐ SAGITTARIUS — Nov 22–Dec 21
Your restless side is waking up. Follow that curiosity and do something that breaks up the routine.

♑ CAPRICORN — Dec 22–Jan 19 You’ve been carrying more than people realize. This week, something finally becomes easier because help arrives or you decide enough is enough.

♒ AQUARIUS — Jan 20–Feb 18 An unusual idea may actually be your best one this week. Don’t let somebody else’s raised eyebrow stop you.

♓ PISCES — Feb 19–Mar 20 You’re more sensitive to other people’s moods this week. Protect your peace without disappearing completely.



Emotional Hunger – Our bodies are like living temples and deserve all the love and care we can give them. Amazingly flexible and strong, they allow us to experience the world. If we notice that we’re not feeling our best, that we’ve put on extra weight, or that our favorite clothes don’t fit, we can make the choice to be good to ourselves in a new way today.

There are times when we become conscious of a deeper hunger that won’t be satisfied physically. Often, this is a signal that our emotional needs are asking to be met — perhaps we are carrying the weight of past experiences, chronic stress, or unmet needs. Instead of viewing this as a battle to be won with restriction, we can approach these moments with healing and self-compassion.

By gently acknowledging the emotional root causes of our cravings, we can make healthier choices from a place of love, nurturing our inner well-being rather than just managing what is on our plates.

When we treat ourselves and our bodies as we would a trusted and loyal companion, we keep our energy free from negative thoughts that would complicate our journey.

Our bodies are not our enemies, and we are not fighting a battle. Instead, we’re investing our attention into the care and support of a beautiful creation: our own selves. With this shift of perspective, we can create a more sustainable path where health becomes a natural byproduct of self-love.

BACK TO SCHOOL

WORD SCRAMBLE

Unscramble the school words!

- HLOOSC _____
- PNICLE _____
- KOObTONE _____
- HcRETAe _____
- SSERCER _____
- OOMRCLSSA _____
- KABCPACK _____
- ESRARE _____
- WEMHOKRO _____
- CHLUN _____

How many can you solve?



NETFLIX: DEATH OF THE PASTOR’S WIFE
This three-part documentary tells the disturbing story of Mica Miller, the South Carolina pastor’s wife whose 2024 death was ruled a suicide.

Through interviews, messages, police calls and video, the series explores Mica’s marriage to pastor John-Paul Miller and the allegations of control, abuse and harassment that surrounded her attempts to leave.

What makes this documentary powerful is that it keeps Mica herself at the centre of the story instead of turning her death into another sensational true-crime mystery.

It’s upsetting, frustrating and at times difficult to watch, but it moves quickly and leaves you thinking long after it ends. Worth watching? Absolutely. **POPCORN BUCKET RATING: 4.5/5**

MANITOBA SCHOOL ZONES

SEPT 1 **30 km/h**

Weekdays • 8:00 a.m. to 5:00 p.m.
Weekdays • 8:00 a.m. to 5:00 p.m.
In effect until June

Slow down. Watch for kids.

Q. Which bird has the worst manners?

A. Mocking birds

Q. Why are teddy bears never hungry?

A. Because they’re always stuffed.

A little sparkle, a lot of heart,
and love big enough for everybody.

Why do seagulls fly over the sea?

Because if they flew over the bay, they’d be bagels!

NAT’S BOOTS
Interlake Rep
(204) 768-0543

FIND THE 10 DIFFERENCES
Can you spot all 10 changes?



Back to School:
Well, here we go again. The backpacks are coming out, the lunch kits are being found in places nobody wants to discuss, and parents everywhere are realizing that “back to school soon” somehow arrived approximately six minutes after summer started.

Kids are pretending they can’t hear us when we mention bedtime. Parents are pretending they remember how morning routines work.

Back-to-school season is exciting, but it can also be a LOT.

New teachers. New classrooms. New routines. New worries. For some kids, walking through those school doors feels like an adventure. For others, it feels terrifying.

Parents — give yourselves a break. You do not need Pinterest-perfect lunches shaped like woodland creatures. A sandwich is still food.

The beginning of a new school year doesn’t have to be perfect. It just needs a little patience, a little kindness and probably several alarms.

To the students heading back: be brave, be kind, ask questions and remember that almost everybody else is figuring it out too.

To the teachers and school staff: thank you in advance.

And to the parents standing in the doorway on that first morning thinking, “How did they get this big already?”

Yeah. We know. Don’t blink.
~Love, Ruby

