

DIRECTIONS:
Find and circle the
vocabulary words
in the grid. Look
for them in all
directions including
backwards and
diagonally.

SUMMER FUN

AUGUST
BASEBALL
BEACH
CAMPING
FRISBEE
GAMES
GARDEN
GRASS
ICE CREAM
JULY

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

JUNE
OCEAN
OUTDOORS
PARK
PICNIC
PLAY
SANDALS
SHORTS
SNORKEL
SUNSHINE
SWIM
THUNDER
VACATION
WATERMELON



? Riddle Answers: A keyboard, A towel, A clock, A postage stamp, A comb, A needle, Your age, A bottle, A cold, A table, Your name, A mushroom, Light, A book, Water, A glove, A sponge, Footsteps, A promise, A map, A teapot, A rubber band, The letter M, A mailbox, A candle



The

PUBLISHED ONLINE WEEKLY ACROSS MANITOBA
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Around Town Paper



STORIES • PEOPLE • COMMUNITY • ENTERTAINMENT

Vol. 35 No. 12

www.blueravendesign.ca

July 15, 2026

IT'S RIDDLE TIME!

- What has keys but can't open locks?
- What gets wetter the more it dries?
- What has a face and two hands but no arms or legs?
- What can travel around the world while staying in one corner?
- What has many teeth but cannot bite?
- What has one eye but cannot see?
- What goes up but never comes down?
- What has a neck but no head?
- What can you catch but not throw?
- What has legs but cannot walk?
- What belongs to you but other people use it more than you do?
- What kind of room has no doors or windows?
- What can fill a room but takes up no space?
- What has words but never speaks?
- What runs but never walks?
- What has a thumb and four fingers but is not alive?
- What is full of holes but still holds water?
- The more you take, the more you leave behind. What are they?
- What can be broken without being touched?
- What has cities but no houses, forests, no trees, and water but no fish?
- What begins with T, ends with T, and has T inside it?
- What kind of band never plays music?
- What comes once in a minute, twice in a moment, but never in a thousand years?
- What has an endless supply of letters but starts empty?
- I'm tall when I'm young and short when I'm old. What am I?



MOOSEHORN HALL BINGO!

COME FOR THE FUN! WIN BIG!

THURSDAY, JULY 16TH AT 7 PM

JACKPOT is **\$1600** IN 52 #S OR LESS!

JOHN WARMS

MANITOBA AUTHOR

Stories rooted in history. Inspired by Manitoba.

WINNER 2026 LITERARY GLOBAL CHILDREN'S BOOK AWARD MULTICULTURAL CATEGORY

FINALIST HISTORICAL FICTION CATEGORY Literary Global Children's Book Award

Stories that inspire imagination. Adventure that stays with you.

— John Warms

AVAILABLE ON amazon

Why don't bears wear shoes?

Because they prefer bear feet!

SATURDAY YARD SALE!

ASHERN MANITOBA #13 1ST STREET NORTH

FROM 9 AM TO 3 PM

- TOOLS
- BOOKS
- CLOTHING

KIDS STUFF CHAMPION JUICER HOUSEHOLD

GREAT FINDS! SOMETHING FOR EVERYONE!

NAME THAT TUNE!

“So when you feel like hope is gone
Look inside you and be strong
And you'll finally see the truth”

? CAN YOU NAME THE SONG?

BE THANKFUL IT'S NOT SNOWING OUTSIDE. IMAGINE SHOVELLING SNOW IN THIS HEAT.

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PROUDLY MANITOBAN



♈ Aries (Mar 21 – Apr 19) A little patience will go a long way this week. Not everything needs to happen at once—enjoy the progress you’re making.

♉ Taurus (Apr 20 – May 20) Something simple may bring you more happiness than expected. Make time for the people and moments that feel good.

♊ Gemini (May 21 – Jun 20) Your energy is contagious this week! A conversation or unexpected connection could lead to something interesting.

♋ Cancer (Jun 21 – Jul 22) Give yourself permission to slow down and enjoy summer. You don’t have to be productive every minute of the day.

♌ Leo (Jul 23 – Aug 22) You’re shining a little brighter this week. Say yes to fun, laughter and anything that reminds you how good life can be.

♍ Virgo (Aug 23 – Sep 22) Stop worrying about every little detail. Things may work out beautifully without you having to control every step.

♎ Libra (Sep 23 – Oct 22) A little change of scenery could do wonders for you. Take the drive, visit the friend or simply try something different.

♏ Scorpio (Oct 23 – Nov 21) Trust what your instincts are telling you. You already know more about a situation than you’re giving yourself credit for.

♐ Sagittarius (Nov 22 – Dec 21) Adventure doesn’t have to mean travelling far. Try something new, change your routine and make your own fun this week.

♑ Capricorn (Dec 22 – Jan 19) You’ve been carrying more than people realize. Put something down this week and make a little more room for yourself.

♒ Aquarius (Jan 20 – Feb 18) An unexpected idea could turn into something worthwhile. Follow your curiosity and see where it takes you.

♓ Pisces (Feb 19 – Mar 20) Pay attention to the little things that make you happy. This week is about appreciating what’s already good in your life.



Setting Healthy Boundaries - Often, life can feel like it’s zipping by. And as a result, we feel obliged to accelerate our own speed along with it, turning our productivity into frenzied accomplishment. We find ourselves cramming as much activity as possible into the shortest periods of time. We disregard our natural rhythms because we think we have to keep up. In truth, rushing never gets you anywhere but on to the next activity or goal.

Slowing down allows you to not only savor your experiences, but also to fully focus your attention and energy on the task at hand. Moving at a slower pace lets you get things done with greater accuracy, while rushing can diminish the quality of your work and your relationships. When we slow down, we are giving ourselves the opportunity to reacquaint ourselves to our natural rhythms.

We let go of the “fast forward” stress, and allow our bodies to remain centered and grounded. Slowing down is inherent to fully savoring anything in life. Rushing to take a bath can feel like an uncomfortable dunk in hot water, while taking a slow hot bath can be luxuriant and relaxing. A student cramming for a test will often feel tired and unsure, whereas someone who really absorbs the information will be more confident and relaxed. Slowing down lets you become more absorbed in whatever it is you are doing.

Learning to step away from the rush in our fast-moving world can take practice, but if you slow down long enough to try it, you may surprise yourself with how natural and organic living at this pace can be.



🥒🌞 CREAMY CUCUMBER PASTA SALAD

When it’s too hot to cook, nobody wants to stand over a stove for an hour! This cool, creamy pasta salad is fresh, easy and perfect for supper on the deck.

Ingredients

3 cups cooked pasta, cooled
1 large cucumber, diced
1 cup cherry tomatoes, halved
½ red onion, finely chopped
1 cup cubed cheddar cheese
½ cup mayonnaise
½ cup sour cream
1 tbsp lemon juice
1 tsp dried dill
Salt and pepper to taste

Directions

Cook the pasta according to package directions, drain and rinse under cold water. In a large bowl, combine the pasta, cucumber, tomatoes, onion and cheese.

In a separate bowl, mix the mayonnaise, sour cream, lemon juice and dill. Pour over the pasta mixture and toss until everything is well coated. Refrigerate for at least one hour before serving.

🌞 HOT WEATHER TIP: Add leftover chicken or ham to turn it into a complete no-fuss summer supper!



Dear Ruby,

My parents are getting older and starting to need more help from us kids. There are six of us, and while we all love Mom and Dad, we have different jobs, families, schedules.

One sibling seems to do most of the helping and is becoming resentful. Another lives farther away. A couple of us help when we’re asked, but sometimes we don’t even know what needs to be done.

Mom and Dad don’t want to be a burden, so they don’t always tell us when they need help, but they do.

How do six adult children share the responsibility of helping aging parents without fighting, keeping score or leaving everything to one person? — *We Wanna be Good Kids*

Dear Kids, Stop waiting for a crisis to force the six of you to have a conversation. When parents begin needing more help, families often fall into an accidental system. One child becomes the appointment maker, another handles emergencies, and before long, one exhausted sibling is carrying most of the load.

Fair does not always mean equal. You have six children with different lives and abilities. One might drive Mom and Dad to appointments, another can handle paperwork and phone calls, while someone else takes care of groceries, yard work or home repairs.

Start with a family meeting. Talk honestly about what your parents need now, what they may need in the future, and what each sibling can contribute. Most importantly, don’t forget the sibling doing the most. Don’t wait for them to beg for help or assume they “have it handled.” Offer something specific and take a turn. You won’t always agree or get everything right. But communicate, contribute what you genuinely can, and remember: you are all on the same team. You got this. — *Ruby* ❤️