



the around town paper

Advertising, Design & Marketing in Manitoba by Blue Raven

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email: thearoundtown2020@gmail.com



Vol. 31 No.33

Life is meant to be lived.

November 23, 2022



Heavenly Mac & Cheese

Ingredients

- ? 2 1/2 cups of elbow macaroni uncooked
- ? 3 1/3 cups of water
- ? 1 cup of heavy cream
- ? 3 cups of sharp old cheddar cheese, divided
- ? 2 tablespoons Parmesan Reggiano chese grated
- ? 1/2 cup Velveeta chese cubed

Instructions

• In a large oven-safe skillet, bring the water to a boil. Add in the macaroni and cook over medium heat on a low simmer until al dente, around 8-9 minutes, making sure to stir it often so the macaroni doesn't stick to the pan.

•When the macaroni is done (the water should be gone as well except for perhaps a couple tablespoons) turn the heat down to low and stir in the cream. Mix through the macaroni.

•Add in 2 cups of the sharp cheese, the Velveeta and the Parm/Reg cheese. Stir in gently then remove from the heat and let sit for 1-2 minutes to melt so you don't overwork the noodles. Stir again gently, mixing it throughout the pasta.

•Turn your oven on broil. Top the skillet with the remaining sharp cheese. Broil in the oven until it reaches your desired cheese doneness - we like ours slightly browned with crispy bits of cheese!



•Remove and let cool for 5 minutes, then serve.

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Ad Sizes & Pricing

- Half Ad - 2.6" x 1" = \$23.80 + GST = \$25
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- Single & Half - 2.6" x 3" = \$52.38 + GST = \$55
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- Double & Half - 2.6" X 5" = \$89.04+ GST = \$93.50
- Triple Ad - 2.6" X 6" = \$104.76 + GST = \$110
- Triple & Half - 2.6" X 7" = \$130 + GST = \$136.50
- Quad Ad - 5.2" X 4" = \$141.42 + GST = \$148.50
- Tall Quad - 5.2" X 5" = \$162.38 + GST = \$170.50
- XTall Quad - 5.2" X 6" = \$188.57 + GST = \$198
- Half Page Ad - 8" X 5" = \$225.23 + GST = \$236.50
- Full Page Ad - 8" X 10" = \$288.09 + GST = \$302.50
- Centre Spread - 11" X 17" = \$523.01 + GST = \$550
- Dbl Center Spread - 11" X 17" = \$952.38 + GST = \$1000

Where Your Ad is Seen - IN PRINT!

1. Email Subscribers
2. Our Website
3. Our Facebook Page
4. Our 4 Buy & Sell groups

AVAILABLE IN PRINT!

CALL: 204-768-3797



Advertising
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www.blueravendesign.ca

NEC NAPIER

EMERGENCY CONSULTING

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RV BOARDING KENNEL & PET FOOD SALES (204)-739-3445



Only 32 days
until Christmas!!!



NAT'S BOOTS



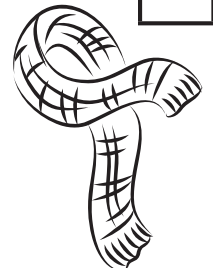
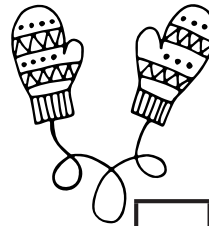
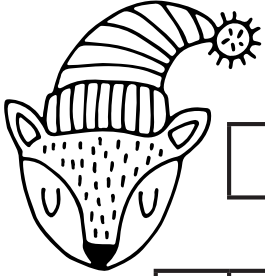
CANADIAN?
MADE

5 STARS!

Interlake Rep (204) 768-0543

DEADLINE for advertising: Fridays by 12:00 noon

WINTER



3 letters

hat
ice

4 letters

coat
cold
melt
snow

5 letters

boots
nippy
scarf
sleet
slush
snowy

6 letters

chilly
frigid
gloves
heater
jacket
shiver

7 letters

flannel
mittens
sweater
wintery

8 letters

blizzard
flurries
hot cocoa
slippery
snowsuit
solstice

9 letters

fireplace
Jack Frost
longjohns
snowstorm

12 letters

freezing rain





Trying to Please Others

Our lives can sometimes become status quo and that is ok as long as we aren't keeping it that way on purpose. When our lives are going well, and sometimes even when they aren't, we may find ourselves feeling very attached to the status quo of our existence -- life as we know it. It is a very human tendency to resist change as though it were possible to simply decide not to do it, or have it in our lives. But change will come and the status quo will go, sooner or later, with our consent or without it. We may find at the end of the day that we feel considerably more empowered when we find the courage to ally ourselves with the universal force of change, rather than working against it.

Of course, the answer is not to go about changing things at random, without regard to whether they are working or not. There is a time and place for stability and the preservation of what has been gained over time. In fact, the ability to stabilize and preserve what is serving us is part of what helps us to survive and thrive. The problem comes when we become more attached to preserving the status quo than to honoring the universal givens of growth and change. For example, if we allow a situation we are in to remain stagnant simply because we are comfortable, it may be time for us to summon up the courage to challenge the status quo.

This may be painful at times, or surprisingly liberating, and it will most likely be a little of both. Underneath the discomfort, we will probably find excitement and energy as we take the risk of unblocking the natural flow of energy in our lives. It is like dismantling a dam inside ourselves, because most of the work involves clearing our own inner obstacles so that the river of our life can flow unobstructed. Once we remove the obstacles, we can simply go with the flow, trusting the changes that follow.



FRIDAY BINGO - Nov 25
MOOSEHORN HALL - 7 PM
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\$1800 in 52 #'s
Mini Toonie Pot: \$1800+

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Kris Michaluk
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2022 GREY CUP CHAMPIONS!
 COUPE GREY CUP SASKATCHEWAN
TORONTO ARGONAUTS
 NOVEMBER 20, 2022

JOIN US FOR A
Craft Sale
Saturday, December 10
 10:00 - 3:00

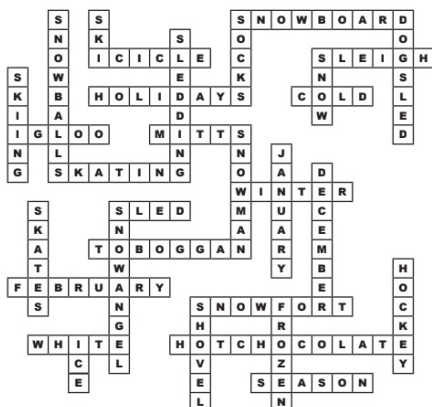
- \$1.00 entry fee goes towards Christmas Hamper and a ticket for a door prize!

Lunch Specials
 served in the lounge

Stay tuned for Specials

NARROWS SUNSET LODGE
 Is excited to open The Restaurant for you to enjoy festive dinner specials with your family & friends on the following dates

December 2nd, 3rd
December 9th, 10th
December 16th, 17th
 Reservations appreciated
 Call 768-2749



Types of Food

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

- CEREAL
- MACARONI
- TV DINNER
- CASSEROLE
- BREAD
- PORK
- NOODLES
- FAST FOOD
- LETTUCE
- ROLLS
- STEAK
- SPAGHETTI
- BURGERS
- ONION
- BUTTER
- HOTDOGS
- TUNA
- RADISH
- SALAD
- FRUIT
- HAM
- GRAVY



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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WWW.BLUERAVENDESIGN.CA



NAME THAT TUNE

Some day somebody's gonna make you want to turn around and say goodbye
Until then, baby, are you going to let 'em hold you down and make you cry?



Q: Who is Frosty's favorite Aunt? A: Aunt Artica!
Q. What do they sing at a snowman's birthday party? A. Freeze a jolly good fellow.

HINK PINK ANSWERS: 1. book crook
2. long song 3. broom room 4. pink drink
5. dry fly 6. loud crowd 7. free bee 8. sad dad 9. funny bunny 10. swift lift

		7	4	9	1	6		5
2				6		3		9
					7		1	
	5	8	6					4
		3					9	
		6	2			1	8	7
9		4		7				2
6	7		8	3				
8	1			4	5			

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MANITOBA HIGHWAY UPDATES



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