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Rising star

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Jaclynn Knight, (middle), a Grade 11 student at Carman Collegiate, played Ed in Manitoba Theatre for Young People's Evil Dead the Musical, a comedic horror show staged in April.

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Carman student shines on stage with MTCO

By Becca Myskiw

A Carman Collegiate student recently took her acting skills to the Manitoba Theatre for Young People stage.

Jaclynn Knight moved to Carman from Ontario just two years ago, and she's been making a name for herself in the local theatre scene ever since. The Grade 11 student said she has always loved performing and music, and after playing Annie in her elementary school's production of Annie, she became enthralled by the world of musical theatre.

When preparing to move to Carman with her family, one of the first things Knight researched was local theatre companies she could join. Manitoba Theatre for Young People's Musical Theatre Company (MTCO) was at the top of her list, but she missed auditions last year—much to her dismay.

This year, she made sure not to miss out. After emailing MTCO, she

learned the company wouldn't be announcing this year's musical until after auditions, which were fast approaching—something she wouldn't have known without reaching out.

MTCO's production this year was *Evil Dead the Musical*, a comedic horror musical loosely based on the *Evil Dead* film series. The show follows five college students who travel to a remote cabin and accidentally unleash an evil force that turns them into demons.

Knight was cast as Ed, the boyfriend of Annie, whose father owns the cabin. Annie repeatedly interrupts Ed any time he tries to speak, leaving

him few chances to talk—except through song. Knight said Ed's solo was one of her favourite parts of the show.

"I had to hold myself back from dancing while I sang it," she said.

Knight said the experience was rewarding.

**"I THINK THIS IS
A GREAT OUTLET
FOR STUDENTS
WHO ARE
INTERESTED IN
ACTING—BUT NOT
JUST ACTING."**



STANDARD PHOTO SUBMITTED

Jaclynn Knight, (middle), a Grade 11 student at Carman Collegiate, has taken on lead roles both locally and provincially, including a standout performance in Manitoba Theatre for Young People's production of *Evil Dead the Musical*.

"It was really nice working with people just as passionate about the arts as I am," she said. "Everyone was putting their all into everything, and it was honestly so refreshing."

She rehearsed with MTCO twice a week from October through April. *Evil Dead the Musical* was staged four times throughout the month, starting with an invitational dress rehearsal.

While preparing for that show, Knight was also cast in the lead role of Carman Collegiate's spring play. The one-act comedy follows a frantic casting director with one day to cast a production of *Romeo and Juliet*—and a less-than-ideal group of actors to choose from. Knight played Carol, the casting director, a passionate, awkward and frenzied character desperate not to fail. The stakes are even higher when she learns the theatre's fate depends on her success.

Knight said she especially enjoyed the scenes where she got to lose her cool on other characters.

Jaylyn Sigurdson, a teacher at Carman Collegiate and long-time contributor to the spring play, said Knight helped choose this year's production with "great heart." Knight has played a lead role in the school's play every year since arriving in Carman. She also contributes behind the scenes with costumes, direction, props and anything else that needs doing.

The spring play is an extracurricular activity open to students who choose

to participate. This year's production had a cast of 15, with another six students working behind the scenes on lighting, sound, stage management and more.

Typically, the program is offered only to students in Grades 9 and 10, but this year it was expanded to include students from all grades—starting at Grade 6. Sigurdson said the older students acted as mentors to the younger ones, which helped the production come together smoothly.

Due to a Canada Post strike, the students didn't receive their scripts until just before Christmas break, so the usual March performance was postponed until late April and early May. Rehearsals began in January, with students practising during lunch and after school ahead of the April 29, May 1 and May 3 shows. Sigurdson praised the cast and backstage crew for their commitment.

"We have so many great actors and actresses, and so many other students in the building who are interested in theatre and want to do something other than sports," she said. "I think this is a great outlet for students who are interested in acting—but not just acting."

She added that one student, who regularly ran lighting and sound for local productions, is graduating this year, leaving behind a big role to fill.

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Roland vegetable stand returns to support community

By E Antonio

Roland's community produce stand is open for the season, offering residents free access to fresh, homegrown fruits and vegetables while encouraging neighbours to share their garden bounty.

The stand, located behind Roland General Store, is a place where individuals can donate or grab produce. The Roland Wellness Committee founded the stand in 2022 after they had leftover funds from a Southern Health-Santé Sud grant. Beth Bartley, committee member, was inspired by Carman Wellness Connection's vegetable stand, and suggested it to other members. Later, Roland's stand was built by a local father and son duo.

"There is nothing better than home grown, fresh garden veggies," said Jodi-Laine Gaultier, Roland Wellness Committee member.

She said although the stand is small, it has been influential on the community. She added the goals of the stand are to unite others and promote healthy eating.

"We are in the middle of a food desert," she said, suggesting that there is a lack of affordable and healthy food stores in Roland. "With this stand, we

can reach people of all walks of life. Whether it's for preparing a healthy meal for your family, or picking up a new vegetable to try for free... It's wonderful to be able to share with people in your community."

The Roland vegetable stand is always open, but Gaultier noted it might not always be stocked. She said produce comes and goes in waves depending on growing conditions, and donated produce is quickly picked up. Gaultier added several gardeners post on the Roland Facebook group when they have made a donation—informing others of what is available.

Only fruit, vegetable and seed donations are permitted at the stand and the stand does not promote political or religious views. Gaultier said she hopes to add a permanent seed library in the future for gardeners to share their leftover seeds.

The stand is expected to close in early October, once the fall harvest is complete.

"We encourage anyone to plant an extra row in their garden just to donate to the stand," Gaultier said. "We are excited that it is here and we hope to continue its tradition for many years."



STANDARD PHOTO SUBMITTED

The Roland vegetable stand, located behind Roland General Store is ready to have its shelves filled with homegrown produce. The stand, as part of a Roland Wellness Committee initiative is a community resource to collect and donate fruit, vegetables and seeds.

Eight children injured after school bus collides with tractor in RM of Grey

By Becca Myskiw

Eight children were taken to hospital with minor injuries after a school bus collided with a tractor in the Rural Municipality of Grey on Tuesday morning.

Treherne RCMP say officers responded around 9 a.m. on May 13 to the crash near the intersection of Road 37 West and Road 43 North. Emergency Medical Services were already on scene attending to bus occupants when police arrived.

According to the initial investigation, a grader had been pushing debris along Road 37 West, with a tractor and mulcher following behind to collect it. The school bus, carrying 31 students from the Prairie Spirit School Division, rear-ended the tractor. The grader, which was operating in the ditch, was not involved in the collision.

"An RCMP spokesperson said ditch maintenance was being done on the road and due to the dust cloud that accumulated from that, the bus driver was unable to see the tractor pulling the mulcher that was following the grader, ultimately leading to the rear-end. The tractor and mulcher were on



STANDARD PHOTO SUBMITTED

Emergency crews responded Tuesday morning after a school bus carrying 31 students collided with a tractor in the RM of Grey. Eight children were taken to hospital with minor injuries.

the road, and the grader was in the ditch, leaving it out of the collision."

Eight students were transported to nearby hospitals with minor injuries. Both the bus and tractor drivers were also taken to hospital as a precaution.

RCMP say alcohol is not believed to be a factor. The investigation is ongoing, with support from the Manitoba RCMP Criminal Collision Investigation Team.



Public Notice is hereby given that Enbridge Pipelines Inc. (Enbridge) intends to conduct the following Pesticide Program from June 1, 2025 – November 15, 2025, to control noxious weeds on Enbridge ROW's, temporary workspaces, stations, and various facilities along the Enbridge Mainline and Bakken corridors.

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Environmental Approvals Branch
14 Fultz Boulevard (Box 35)
Winnipeg, Manitoba
R3Y 0L6

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Our commitment to you: we want to help build stronger communities through articles that both inform and entertain you about what's going on throughout the Pembina Valley. This is your community newspaper—let us know what you want to see in it.

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EDITORIAL > VIEWPOINTS > LETTERS

• GUEST COMMENTARY

It's time to get to work

I want to thank the people of Portage-Lisgar for once again placing their trust in me to serve as your MP in Ottawa. I am incredibly humbled and honoured to have received such strong support.

Over the course of the campaign, I had the chance to visit every municipality in our vast riding. I knocked on thousands of doors and had countless conversations with folks about what matters most to them. The message was consistent: families, seniors, and our youth are struggling, and Ottawa needs to change course.

Now, with the government preparing to deliver its first Throne Speech at the end of May, we will get a glimpse of how they intend to govern. As your MP, my focus remains firmly on the priorities you shared with me during the campaign.

The number one concern I heard is the cost of living. Families are making impossible choices. Seniors are skipping meals. Young people feel defeated before they even begin their adult life. The prices of food, rent, fuel, and basic necessities are climbing beyond reach. Inflation is more than a statistic; it is a daily hardship. While government spending spirals out of con-



By Branden Leslie

trol, its impact on inflation is real and everyday people are forced to pay for it through increased prices.

The current level of federal spending is unsustainable. The new Liberal government is on track to spend even more than the previous Trudeau government. Incredibly, we are now spending more servicing our national debt than we send to the provinces for health care. That should be a national alarm bell, not a footnote.

I also heard from young people who feel left behind. Many are working hard, doing everything right, yet home ownership is still out of reach. Those building our homes can no longer afford to buy one. Families are stuck renting or living with parents, not by choice but because the system has failed them.

Despite the challenges, I remain optimistic. Canada is a land of opportunity. We have abundant natural resources, a skilled and educated workforce, and some of the world's most fertile land. But instead of moving forward with confidence, we are stuck. Endless red tape, broken infrastructure, and government delays are holding us back. It is time to fix what is broken and get this country building again.

Public safety is also top of mind. Many of our communities are seeing a rise in crime. Drug use is rampant, and violent offenders are too often released back into the community, only to reoffend. We need to restore consequences for repeat offenders. That does not mean abandoning compassion, but the status quo is not acceptable. We must also support those facing addiction and mental health struggles, but law-abiding citizens

should not have to live in fear while criminals walk free.

In our region, agriculture is more than an industry, it is a way of life. Our farmers are the backbone of our economy, yet they are being hindered by both tariff and non-tariff trade barriers, such as what is happening with China and the United States. We need to support value-added processing at home rather than sending raw goods abroad. This would create jobs, strengthen supply chains, and boost our rural communities.

Speaking of rural life, it is something I will always defend. Too often, policies are written with cities in mind while forgetting the realities of those who live in the smaller communities. Whether it is restrictions that target responsible firearms owners or federal programs that ignore the needs of rural infrastructure, the result is the same — rural Canadians are left behind.

Basic infrastructure like expanded water systems and better roads should not be out of reach simply because a community is small. Ottawa must do better.

It has now been over five months since Parliament has sat due to former Prime Minister Trudeau's prorogation. That is five months without legislation. Without accountability. Five months without action on the issues that matter. That is far too long. I am ready to get back to work. The challenges we face are real, but so are the opportunities. I am more motivated than ever to work on your behalf and to get results for our region.

Branden Leslie is the MP for Portage-Lisgar

MPI offering faster driver training for teens this summer

By Annaliese Meier

Manitoba Public Insurance is offering a condensed summer version of its Driver Z program to help more teens get road-ready faster.

The five-week course—available in select Manitoba communities in July and August—will deliver the full curriculum in less than half the time of the regular 12-week program.

The program includes two weeks

of virtual classes followed by three weeks of in-car instruction. Attendance at all sessions is mandatory.

Campos said students must be committed: "They'll need to complete all lessons, study for the Knowledge Test and practice with their co-pilots."

Courses will be offered in:

July: Arborg, Beausejour, Brandon, Portage la Prairie, Steinbach, Winkler,

Winnipeg

August: Brandon, Steinbach, The Pas, Winkler, Winnipeg

Registration opens May 28 at 8 a.m., with course listings online May 23. Students are encouraged to visit an Autopac agent or MPI Service Centre in advance to set up their customer profile and buy the Driver Z service.

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Flashback: When VLTs rolled into Carman

By Dennis Young

It was November 1991 when the first six Video Lottery Terminals (VLTs) were installed at the Ryall Hotel in Carman. Part of a Manitoba government initiative called the Rural Entrepreneur Assistance (REA) program, the goal was to provide an economic boost to rural areas.

More than 170 eligible sites with seating capacities of 50 or more were expected to receive about 800 machines by year's end.

The terminals were projected to generate \$5.3 million in revenue, with all funds earmarked for rural development projects. Of the net profits, 20 per cent went to the host hotels, while the Manitoba Lotteries Foundation retained the remaining 80 per cent.

Although initially skeptical, Ryall Hotel owner Don Crossman agreed to give the machines a chance.

"I don't expect a lot of money," Crossman said at the time. "We'll just have to wait and see until after all the bugs in the system are worked out. It's a step in the right direction, though."

By mid-1992, however, revenue allocations to the Town of Carman and the RM of Dufferin fell short of expectations. According to estimates from local hotel owners, the region contributed over \$500,000 in VLT revenue during an 18-month span — yet received just \$19,000, or about four per cent.

The province's payment formula offered a flat \$5,000 per municipality, plus \$5.70 per capita. Dissatisfied with the return, the Town later joined members of the Manitoba Association of Urban Municipalities (MAUM) in demanding a 25 per cent municipal share, with the remainder allocated to rural development grants.

Coun. Ron Stanger noted that provincial funding to municipalities had declined over the previous decade, reducing revenue for critical infrastructure projects.

"These monies would go a long way for towns like ours to catch up," he said.

In 1994, funding jumped significantly, with the Town receiving \$36,000 and the RM \$27,000. The per capita formula was adjusted to \$9.14 due to the success of VLTs across the province.

Meanwhile, Manitoba's 140 Royal Canadian Legions had not been granted VLTs, causing concern as many patrons shifted their business to hotels. Nevada ticket sales also declined. Legion president Carm Colvin remarked, "I don't think we really want them, but we have to survive."

In response to financial struggles and mounting pressure, the incoming provincial government in 1993 allowed Legions to apply for VLT licences. Mick Fraser, then-president of the Carman Legion, reflected on the change after five machines were installed.

"I personally wish we could carry on without them, as I think they affect the livelihoods of some people," Fraser said. "But now we are on a level playing field with our competition."

The change came at a cost. The province reduced the commission rate on breakopen ticket sales for Legions, bringing them in line with hotels.

In October 1997, the Manitoba Gaming Control Commission (MGCC) was established to oversee gambling activities and ensure they were conducted fairly, transparently, and in the public interest.

With gambling on the rise, the province began reducing VLT numbers. In 1998, 650 machines were removed from hotels and lounges across Manitoba, including Carman.

In 1999, the province passed the Gaming Control Local Option Act — also known as the "VLT Act" — giving municipalities the right to hold binding plebiscites to ban VLTs. The MGCC also launched a broader public consultation process to gauge support.

One of the key questions raised was whether municipalities that banned VLTs should still receive revenue from them. The Commission concluded that they should not.



STANDARD PHOTO SUBMITTED

By 1992, Video Lottery machines in Carman generated over \$500,000 in revenues since introduced to the public 18 months earlier.

With no major complaints or reported harm related to VLT use in the Town or RM, the plebiscite option was rejected locally.

Notable milestones in VLT and gaming history:

1999 – The Problem Gambling Assistance Program launches to train site holders in awareness and support.

2001 – Manitoba Lotteries introduces Canada's first Responsible Gaming Policy and Strategy.

2006 – Responsible Gaming Awareness Training for lottery retailers rolls out provincially.

2011 – Manitoba Gambling Research Program launches with \$1 million in annual funding.

2013 – The NDP government lifts a 19-year moratorium on new VLTs, increasing the maximum number per venue from 35 to 40.

According to Canadian Gaming Digest, Manitoba has the highest rate of electronic gaming machines per capita in Canada — about 945 machines for every 100,000 people.

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Expectations in life change

Spring is finally here.... I think... Maybe.

Spring this year didn't seem to arrive on time. We waited and waited through the cooler weather for warm and sunny days. Then someone reminded me that the weather for the May long weekend is often cooler and rainy.

Yes, we have had days in our yards, mowing the grass, planting flowers, seeding in the fields. The temperatures have gone up and down within days.

I guess what I am trying to say is that our lives do not go as planned either. Actually, I think it is better if we expect the unexpected. Our ability to adapt to the unexpected is an important for our daily life.

For the liturgical church we are still in the Easter season. One of the key elements for the followers of Jesus, in his resurrection is the ability to adapt to changing circumstances. Jesus tried again and again to explain to his disciples that he was going to die and rise from the dead but they did not understand what he was talking about. They were surprised on Easter Sunday.

Even the apostle Paul when he went off to Damascus thought he would continue to persecute the church, but along the way Jesus appeared to him and he became an apostle of Jesus.

The surprises in life happen no matter what our expectations are. In our life, most days we find ourselves having to adapt to a change in our plans. What would happen if we looked at those changes not as a burden but an opportunity to take advantage of the situation and see them as something God may calling us to.

May we adapt knowing that Jesus is there to empower and lead us through the expected and unexpected in our lives.

Pastor Trudy Thorarinson
Grace-St. John's Anglican / Lutheran Church

This week, the way it was through the years

By Dennis Young

100 Years Ago — May 22, 1925: Crow and gopher hunting competition attracts 50 sharpshooters; the fire department gets a truck to haul hoses, etc.; bees arrive from Louisiana to be distributed to Carman Beekeeper Association; Manitoba Shorthorn Association holds annual picnic here.

75 years ago, 1950: Over 90 guests from flood areas stay in Carman homes; a province-wide campaign to interest women in nursing careers begins; McCabe Grain Co. installs liquid seed treatment equipment; Safeway sells ground beef for 48¢/lb and white potatoes for 8¢/lb.

50 years ago, 1975: Shirley Ruitter

goes the distance to beat Roland in fastball; Jack Murta seeks national PC leadership; land is donated for potential new hospital; Charlie Red Star sightings are daily; Blazing Saddles shows at Boyne Theatre; Monty Garwood's cocker spaniel wins Best in Breed at kennel show; RCMP invite public to a meet and greet.

Gretna fundraising BBQ May 26 for Prairie Centre and fire department

By E Antonio

The smell of sizzling sausages and the spirit of community will fill the air once again as the Gretna Prairie Centre and Gretna Fire Department host their annual joint barbecue fundraiser on Sunday, May 26.

Starting at 6 p.m. outside the Prairie Centre, volunteer firefighters will fire up the grills to serve hot dogs and mini sausages for a cash donation. The event is family-friendly, with a full picnic-style spread prepared by volunteers from both organizations, including baked beans, coleslaw, desserts, drinks, and chips. Guests are encouraged to bring lawn chairs, and in case of rain, the event will move to May 30.

The two organizations first merged their fundraising efforts in 2012. Proceeds from the barbecue are split be-

tween the Prairie Centre and the fire department, helping support projects that directly benefit the local community.

"We rely on the generosity of the community," said Tim Penner, president of the Prairie Centre. "We are grateful for all the support the community shows us and the fire department. It shows we are having an impact on the community and make an influence on others."

Local businesses including Pioneer Meats, Altona IGA, Altona Co-op, and West Park Motors have contributed to this year's fundraiser.

The Prairie Centre will use its share of the funds to cover costs from a recent renovation of its dining room, which had not been updated since the centre opened in 1991.

"We want to be more inviting to

people," said Penner. "The room now has a newer, more open and friendlier feel."

The fire department plans to use its portion to repair or replace critical equipment, such as radios, pagers, or potentially a thermal imaging camera.

"We are here for the community in any way needed, so it makes us proud to serve them in this capacity," said Fire Chief Jack Driedger.

As part of the event, the fire department will also host a live safety demonstration and display their fire truck and rescue gear. In previous years, demonstrations have included water projection from the fire truck and the dangers of grease fires.

"We might not be in your face all the time, but when the need arises we aim to be there to help," said Penner.



STANDARD PHOTO SUBMITTED

Gretna Prairie Centre and Gretna Fire Department are hosting their annual BBQ fundraiser on May 26 at the Gretna Prairie Centre with a live fire demonstration.

Carman Chamber discusses summer plans, crowns Burger Week winner

By Emma McGill

There was plenty on the agenda at the Carman and Community Chamber of Commerce meeting on May 13,

but attendees made sure to name the winner of Burger Week.

After a week of extra effort from local restaurants and enthusiastic burger sampling by residents, Chicken Chef was crowned winner of Carman's Burger of the Year and received an engraved trophy.

IN OTHER CHAMBER NEWS:

The Carman Chamber membership committee is exploring ways to provide affordable — and in some cases, free — marketing opportunities for local businesses. For example, entries are now open for the Carman Country Fair Parade on July 12, offering excellent exposure for participating businesses.

A provincewide Chamber AGM and the Chamber Executives of Manitoba meetings were held recently in Winkler. Jodi Winkler, executive director of the Carman and Community Chamber of Commerce, attended and took part in several valuable networking opportunities.

Habitat for Humanity, which has completed several projects in Manitoba, is preparing to fundraise for its second build in Carman. The organization praised the community's warm welcome to the family who moved into the previous home, and noted the positive effect on the town's infrastructure and schools. The next build is scheduled for July and August 2026, with a projected cost of \$250,000. Volunteers are always needed.

There's still space for teams to register for the Chamber Golf Tournament on June 12. As the Chamber's sole fundraiser, the tournament welcomes hole sponsors, prize donations and raffle ticket purchases.


Registration is now open — or opening soon — for several Carman Dufferin Parks and Recreation summer programs, including:

Carman Dufferin Summer Day Camp (register starting May 28)

Folklorama bus tour to the Irish, Greek and Indian pavilions (August 11)

Hockey Camp with the Rink Training Centre

Carman Dufferin Recreation Slo-Pitch League (register by May 21)



Good Grief

You are invited to an informal gathering to talk and support one another in your journey of grief

Place: Boyne River Bistro Family Room

Time: 10:00am - 11:00am

Dates: Thursday, March 13, 2025
Thursday, March 27, 2025
Thursday, April 10, 2025
Thursday, April 24, 2025
Thursday, May 8, 2025
Thursday, May 22, 2025

For more information contact Sandy Cameron
scameron@southernhealth.ca
T 204-745-2021 ext 2258 or Cel 204-750-1597

Extreme weather watch

STANDARD PHOTO SUBMITTED

Manitoba experienced a record-breaking heat wave last week, with 13 communities setting new records on Tuesday, May 13. Carman was among the record setters, reaching 35.8 C. The previous record was 28.9 C set in 1960. The heat led to days of rain and brought favourable conditions for a small tornado to spawn near Sperling on Thursday. Kat Gyoerick witnessed the tornado touch down on her acreage, and she said felt a mixture of nervousness and excitement at first glance. She noted the tornado was moving away from her property, helping her feel at ease. "It is always an amazing experience to witness Mother Nature at work," Gyoerick added. The week ended with near freezing conditions on May 16 with a high of 7.8 C, and a low was 2.1 C. These temperatures were notably below the historical May average for Carman, which typically sees highs around 17 C and lows near 7 C.





MORRIS • CARMAN
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Private well owners urged to test water, take preventive steps

By Lana Meier

Private well owners are being reminded of the importance of regular water testing and maintenance to ensure their drinking water is safe.

Groundwater, which supplies most private wells, originates from surface water and precipitation such as rain and melting snow. Over time — from days to thousands of years — this water seeps through the earth and collects in underground layers known as aquifers.

While it's difficult to predict the direction of groundwater flow from surface features, water near a pumping well is generally drawn toward it. That makes wells particularly vulnerable to nearby contaminants, some of which can travel several kilometres underground.

"Regular well water testing is important to ensure that the drinking water of rural residents is free of contaminants and harmful bacteria," said Justin Reid, district manager of the Redboine Watershed District.

Surface spills, such as fuel leaks, can infiltrate the soil and contaminate groundwater. The risk is higher in areas with coarse soils or fractured bedrock, which allow easier movement of water and pollutants. Leaking fuel tanks or failing septic systems also pose serious contamination threats.

"One of the most common misconceptions is that a test from years ago is still valid because nothing has changed above ground at the well location," Reid said. "Underground changes to groundwater patterns can affect the quality of well water. Con-

tamination can occur from sources that are far away from the actual well site."

Routine testing helps detect contaminants such as bacteria, heavy metals, and chemicals before they pose health risks. Regular checks are especially important for vulnerable groups such as infants, pregnant women, and people with weakened immune systems.

"It's recommended to test your well water at least once per year," Reid added. "Shifting groundwater flows can affect well water quality, so regular testing is important."

In addition to testing, there are simple steps well owners can take to prevent contamination.

"Two very simple steps well owners can take are regular inspections of their wellhead to check for damage to the cribbing or well cap, and removing sources of contamination from around the well head," said Reid. "Things like grass clippings, leaves and other debris can find their way down wells and cause issues, as well as attract insects or small animals that may fall into the well."

To support landowners, the Pembina Valley Watershed District (PVWD), Redboine Watershed District (RBWD), and Central Assiniboine Watershed District (CAWD) are jointly offering a well water testing program.

Testing kits will be available for pickup, and water samples can be dropped off Tuesday, June 10, and Wednesday, June 25 at designated locations in each district. While landowners are responsible for the cost of

Well Water Testing Program

Sample Drop-Off Time
10:00 a.m.

Tuesday, June 10th
Wednesday, June 25th

Testing Options

Test	Price	Includes
BI Bacteria	\$20.00	Total Coliform and E. coli *Testing Days Only *\$10.00 if also getting Mi2HL or Mi2HL+
N	\$45.00	Nitrates, Nitrites
Mi2	\$195.00	Calcium, Magnesium, Hardness, Sodium, Potassium, Manganese, Iron, Zinc, Nitrates and Nitrites, Chloride, Sulphate, pH, and Conductivity
Mi2HL	\$200.00	Includes all tests in Mi2 tests plus Arsenic, Boron, Barium, Fluoride and Uranium
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- Samples must be taken the morning of testing and dropped off by 10am.
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- Cheques or Credit Cards made payable to Horizon Labs Ltd.
- Questions regarding testing - call the lab directly (204) 488-2035



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the lab test, the districts will transport samples to a Winnipeg lab at no additional charge.

Miami Agricultural Society kicking off summer with tractor pull and mud bog

By Becca Myskiw

The Miami Agricultural Society is gearing up for a jam-packed summer of events.

The Miami fairgrounds will be busy all season long, starting the weekend of May 24 with the return of the popular Mud Bog and Tractor Pull.

The two-day event is expected to draw visitors from across the region, offering a weekend of horsepower, mud-slinging, and family fun.

Kicking things off at 1:30 p.m. on Saturday, May 24, the tractor pull will feature multiple classes—from antiques to modern machines—competing to see which one can pull a heavy sled the farthest down the track.

On Sunday, May 25, the mud bog begins at 1 p.m., challenging drivers to push their vehicles through a deep mud pit. The winner will be the one

who goes the farthest—or the fastest, if multiple participants make it the full distance.

Also on Sunday is the Cars and Coffee show, starting at 11 a.m. at the fairgrounds. Classic and modern vehicles will be on display for spectators to admire over a cup of coffee. Participants in the show will receive a free coffee with their entry.

Admission to the fairgrounds is \$15 per day for adults. Children 12 and under get in free. Activities for all ages will be available throughout the weekend, including a candy toss, bouncy castle, beer gardens and a dash-for-cash mud run, where competitors race through muck to grab a flag and win a cash prize.

Next up on the society's calendar is the Miami Fair and Rodeo, taking place June 28-29. Admission for that

weekend is \$15 for adults, \$10 for youth aged 12 to 17, and free for children under 12.

The fair and rodeo will feature a bouncy castle, children's fair, an open beef show, local 4-H competitions, and all the usual Heartland Rodeo events.

One event missing from this year's schedule is the miniature horse show. Jan Moody of the Miami Agricultural Society said the group was unable to attend due to a scheduling conflict with another show. In its place, organizers will celebrate the 50th anniversary of the Miami Mule Derby, with plans for a display honouring some of the original competitors.

Harness racing returns to Miami on July 19 and 26, with both race days starting at 1 p.m. Admission is free.

The society will wrap up its sea-

son with the high school rodeo, set for Sept. 20-21. The event will bring in student athletes from across the province to compete in events such as roping, goat tying, saddle bronc, bull riding, and more. Winners will be determined based on the best combined times across both days.

Moody said the Miami Agricultural Society aims to keep all of its events family friendly to ensure everyone feels welcome.

"These things bring people in from all over the province to compete, partake, and observe," she said. "That's good for Miami as a whole, not just the ag society."

To stay up to date on events, follow the group on Facebook at "Miami Agricultural Society."

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**Miami
Agricultural Society**

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Camping Available**

**Candy Toss
Dash for Cash
Bouncy Castle
Beer Gardens
Food Booth**

**Engines r
days of m**

By Annaliese Meier

The Miami Power Club and Miami Agricultural Society are gearing up for the end of high-octane entertainment with their annual Tractor Pull and Mud Bog at the M grounds.

The two-day event starts on Saturday, May 24 with the popular Tractor Pull starting at 1 p.m. The mud-slinging continues Sunday, May 25 with the Mud Bog, also at 1 p.m.

Admission is \$15, with free entry for children under 12. Camping is available on-site, and the weekend promises a variety of activities including a dash-for-cash competition, bounce castle, food and beer gardens.

New this year, "Coffee" rolls in Sunday at 11 a.m., inviting coffee enthusiasts to show off their skills. Participants will enjoy a prize and full access to the grounds.

"The Mud Bog and Tractor Pull is a huge annual event for the Miami Agricultural Society in conjunction with Miami Motorsports," said organizer Jan Mc

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Elm Creek celebrates new daycare 25 years in the making

By Lana Meier

After more than two decades of planning and perseverance, the Elm Creek Stay N Play (ECSP) child care centre is finally a reality.

Community members gathered Thursday evening to mark the milestone with a celebration ahead of the new centre's official opening. Guests were invited to tour the facility, enjoy refreshments and snacks, and enter to win door prizes.

Karla Last, board chair of the ECSP Build Committee, addressed the crowd and spoke about the long journey to bring the project to life.

"It is with immense gratitude and pride that I stand before you today to celebrate a milestone that means so much to our families, our children, and the future of our community — the opening of this brand new daycare," said Last.

The expanded facility features three rooms and a full kitchen, increasing capacity to a potential 40 spaces, replacing the former 16-spot daycare that operated out of a small classroom. The new centre also includes state-of-the-art safety systems to support children's well-being.

Last thanked the project's many supporters, from local volunteers and community advocates to key financial contributors.

"This dream would not have been possible without the incredible support of many hands, hearts and minds," she said, giving special recognition to sponsors, volunteers and those who helped guide the project through years of planning and fundraising.

A vision for the centre was first shared around 25 years ago in response to the needs of local working families. Last credited longtime advocates such as Jack Foote, Blaine Pedersen, Barb Lepp, Rod Savage and Rob Bryson for using their voices and



Karla Last, board chair of the Elm Creek Stay N Play Build Committee, addresses the crowd during the centre's grand opening celebration.

expertise to move the project forward.

The daycare was constructed by Glenberg Design Builders, whom Last described as "an absolute dream to work with," especially as the project was led by volunteers without formal construction experience.

She also thanked the Prairie Rose School Division for providing space on school property and acknowledged the Government of Manitoba's Early Learning and Child Care Division for covering some of the project's cost through a major grant.

"This daycare is not just a service—it is a symbol of what we can achieve when we come together with a shared purpose," Last said. "Thank you all for making this dream a reality."

The Elm Creek Stay N Play child care centre is expected to officially open its doors to families in the coming weeks after the last inspections have been completed and approved.



STANDARD PHOTOS BY LANA MEIER

Elm Creek Stay N Play board chair Karla Last, along with community members and supporters, celebrates the completion of the new child care centre during a ribbon-cutting event held May 8. The long-awaited facility has been 25 years in the making.



get inspired

> MEAL IDEAS



Broccoli Salad

Dressing:
1 cup mayonnaise
1/3 cup milk
1/3 cup apple cider vinegar
2/3 cup sugar
2 tablespoons poppy seeds

Coarsely chop broccoli and place in large bowl. Coarsely chop apples and brush with lemon juice to prevent browning; add to bowl. Shred carrot and add to bowl with blueberries, cranberries, sunflower seeds, pecans and bacon.

To make dressing: Mix mayonnaise, milk, apple cider vinegar, sugar and poppy seeds. Pour over broccoli salad and mix well.

Recipe courtesy of "Cookin' Savvy"
Servings: 4-6
2 medium heads broccoli
2 apples
lemon juice
1 carrot
1 cup blueberries
1 cup dried cranberries
1 cup sunflower seeds
1 cup pecans
1 package (2 1/2 ounces) real bacon pieces



Watermelon Ice Pops

Recipe courtesy of National Watermelon Promotion Board

1 watermelon
chunks of fresh fruit (such as grapes, strawberries or kiwi)

Puree watermelon and pour into ice pop molds.

Drop in chunks of fresh fruit, insert caps and place in freezer.

Serve when frozen.



Watermelon Salad with Feta and Mint

Cover tightly with lid and shake to combine. Keep refrigerated until ready to serve.

Substitution: Use Greek dressing in place of lemon vinaigrette.

Recipe courtesy of National Watermelon Promotion Board
1/4 cup lemon vinaigrette
4 cups cubed watermelon
1/2 English cucumber, cut into 1/4-inch half moons
1/2 small red onion, thinly sliced
1/4 cup crumbled feta cheese
2 tablespoons fresh mint, roughly chopped

Drizzle vinaigrette in bottom of large canning jar. Layer with watermelon, cucumber, red onion, feta and mint.



Ask the money lady

Dear Money Lady Readers: Let's talk about longevity – it's a real thing.....you should be living to 100 !

In 2006 there were 492,000 Canadians over 85 and today there's over 1.5 million. But wait, that's not all. In the next 30 years, that number is expected to almost triple to 4.3 million Canadians over 85. And this is not just a Canadian phenomenon, it's happening all around the world. In only 25 years from now we will have approximately 1.5 billion people around the world over 85, that's one out of every 5 people on the planet. So, buckle up and get ready to live longer. Make yourself healthy to enjoy your retirement. You know you want it – and you absolutely deserve it too.

Let's explore the common traits of today's super seniors and see if you can fit this into your lifestyle. First up, super seniors are not sedentary, but most Canadians are. We come from the laptop class and are used to sitting all the time. We don't walk to the grocery store every other day; we drive there. However, being sedentary is fast becoming the Westernized World's number one killer. It increases your risk of cardiovascular disease, osteoporosis, and it makes you fatter (because it increases hunger). So, here are the top five traits of the world's super seniors making it to 85+ and beyond.

1. They ate the Mediterranean Diet, avoided alcohol, refined sugars and no Tobacco. They also only ate until they were 80% full and tried to stay slender as they aged.

2. They socialized with people every day – family, friends, leisure clubs, hobbies, etc.

3. Exercised for a minimum of 1 hour every day.

4. Reduced stress through meditation and exercise. Many actively de-toxified their lives removing the people and things that caused them continuous pain and suffering.

5. Slept a minimum of 10 hours a day (within a 24-hour day).

I got to say, that when I researched this topic, I was surprised at how



simple these long-life-secrets are, but then when I tried to do them all, I couldn't. I know that consistency is the key for everything you do to ensure success, but doing all these things every day is not so easy when you have a busy life.

According to the research, number 5 is the most important, yet this is the most difficult for Canadians unless you're a 17-year-old teenager. Millennials and seniors must try to get close to the 10-hour sleep target. Sleep is considered a vital anti-aging tool. While you sleep you generate melatonin in your brain that strengthens your immunity, is an anti-inflammatory and helps to reduce tissue and organ damage. It also helps you be more optimistic toward everything you do, removing the uncertainties many of us worry about.

We all know that we must plan and save for retirement, but make sure you also plan to be healthy when you get there. You want to ensure you work at paying off all your debt, reduce your time on the internet and the time you spend with toxic people. Most of all – live every day to enjoy the journey, with the anticipation of being a healthy and wealthy (or at least very comfortable) centenarian too.

Good Luck and Best Wishes,
Money Lady

Written by Christine Ibbotson, Author, Finance Writer and Syndicated Money Coach on BNN Bloomberg. Christine is also part of the everyday lineup on CTV Your Morning in every province. No AI. If you have a money question you want answered FREE – send it to: info@askthemoneylady.ca

Creamy Asparagus Soup

Recipe courtesy of "Cookin' Savvy"
Servings: 4-6

2 asparagus bundles
3 tablespoons butter
1 tablespoon onion powder
1 tablespoon garlic powder
3 cups broth of choice, divided
4 ounces cream cheese
1 cup Parmesan cheese
2 teaspoons celery salt
2 teaspoons Italian seasoning
1/2 cup heavy cream
salt, to taste
pepper, to taste

chicken salad croissants, for serving
Chop asparagus into bite-size pieces. In large pot, place asparagus, butter, onion powder, garlic powder and 1 cup broth. Cook over medium heat until asparagus gets tender.

Transfer to blender with 1 cup broth and blend until smooth. Transfer back to pot and, over medium heat, mix in cream cheese, remaining broth and Parmesan cheese. Add celery salt and Italian seasoning. Cook while stirring, blending seasonings in well, then add heavy cream.

Season with salt and pepper, to taste. Serve with chicken salad croissants.

Roseisle Community Grocery Co-op celebrates 20 years of success

By Becca Myskiw

Roseisle's community spirit saved the town's only store 20 years ago — and two decades later, the volunteer-run Roseisle Community Grocery Co-op is still thriving.

Two decades ago, Roseisle's only store was preparing to shut down, leaving the community without a grocery store, post office or gas station. Faced with the loss of vital services, a group of local volunteers stepped up to build a new general store.

They fundraised tirelessly, raising enough to pay half the mortgage on the new building — enough to get the project off the ground. The Roseisle Community Grocery Co-op officially opened the same day the former store closed, marking the beginning of a grassroots success story.

"The store was pretty much built by volunteers out of a desire to continue to have groceries and gas and the post office still in Roseisle," said Cindy McDonald, manager of the store.

McDonald's father was one of the original volunteers and served on the first board of directors. She has witnessed the store's journey from the beginning and said the original focus was on providing groceries. They offered fuel, built a deli section and stocked the shelves to serve as a full-service grocery store.

"Over the years, we've realized we can't compete with Walmart and Superstore and the big chains," said McDonald. "So, we've evolved over time."

The store has since shifted to operate more as a convenience store. While it still carries a selection of groceries, many of the products are locally sourced — beef, bison and pork from area producers, local honey, and more. McDonald makes a point to support local suppliers whenever possible.

"That's where we can really sell," she said. "Because I can be better than Walmart and Superstore at that."



Cakes at the Roseisle Community Grocery Co-op's 20th anniversary barbecue featured photos of the store — one taken shortly after it opened in 2004, and the other showing it today.

One of the biggest changes over the years was the removal of an aisle of groceries to make room for sit-down dining. The co-op now offers home-made lunches Monday to Friday and breakfasts on weekends. Each lunch features a soup and main dish, with recent soups including red cabbage borscht, beer and cheese, gnocchi sausage, Philly cheesesteak, and classic chicken noodle. Mains have included smokies and pasta salad, bison burgers and potato salad, egg salad wraps, mozza burgers and chicken Kiev with mashed potatoes. McDonald also prepares desserts when she can, such as apple coffee cake, gingerbread cheesecake and raspberry lemon cupcakes.

On a typical day, the store serves eight to 20 lunch customers, and up to 30 breakfasts on weekends.

"Soup is incredibly popular," she said. "We're really happy with that change. We change as we need to."

In recent years, the store has also added a liquor section — a decision driven by customer demand. Roseisle is in a recreational area frequented by campers, ATVers, snowmobilers and skiers, and many visitors requested the addition.

"They said, 'You have everything we need here — propane, fuel, groceries. All we need is liquor,'" said McDon-



STANDARD PHOTOS SUBMITTED

Roseisle Community Grocery Co-op celebrated 20 years of community service with a barbecue on May 10, drawing more than 100 people for food, cake and memories.

ald. "Campers are a massive support of the store."

The store also sells soft and hard ice cream in a wide range of flavours, which draws regular summer crowds. In addition, McDonald began offering bulk food options, giving customers better deals on essentials without having to travel far.

"We're always trying to evolve to where we see a need," she said. "As we see needs, we try to fill them. That's really the goal. We don't have everything — we can't — but we likely have what you need when you need it."

Not every idea has been a success. McDonald said trying to stock every kind of grocery led to excess waste as products spoiled. When something doesn't work, they pivot and try something new.

The current board of directors includes six volunteers. For the past 20 years, the co-op has relied entirely on volunteer board hours to stay afloat — and that's not expected to change.

"There's a lot of work and dedication involved to keep it going," said McDonald. "We have a very dedicated local staff."

To celebrate the milestone, the co-op held a community barbecue on Saturday, May 10. It's tradition to mark big anniversaries this way, and McDonald said she wanted to keep that tradition alive.

DMM Energy, the co-op's fuel supplier, sponsored the barbecue in part with JMS Enterprises. DMM gave away branded sunglasses and frisbees to attendees. More than 100 people came out to enjoy hot dogs, beverages, chips and two cakes — one featuring a photo of the store shortly after opening, and the other showing it today. Inside, historic photos of the co-op's construction were also on display.

"People came and reminisced, and many who started the store have sadly passed on," said McDonald. "But those people have given the community a gift."

RM of Thompson holding property improvement contest this summer

By Becca Myskiw

Miami residents have a chance to spruce up their yards for a cash prize.

The Rural Municipality of Thompson is launching a property improvement contest this summer, with \$100 awards going to the two most improved yards in the Town of Miami.

Melissa Brunel, chief administrative officer (CAO) for the RM, said the initiative is meant to encourage curb appeal through general yard clean-up.

"We are hoping to encourage yard clean-up and curb appeal," said Brunel. "We have an unsightly property

bylaw, and we are hoping to avoid bylaw enforcement and complaints as it pertains to unsightly properties."

She said the contest is a positive way to promote pride of ownership and keep the town looking good. The idea was inspired by a similar initiative recently held in the RM of Roland.

To help residents get started, the RM is offering a free yard waste collection day on Thursday, May 29. Municipal staff will pick up yard waste left at the curb by 8 a.m.

That will be the only yard waste collection day in the RM this spring.

Accepted items include small bundled branches, grass trimmings, and bagged leaves or other yard waste in compostable or biodegradable bags. The RM reminds residents that household garbage and non-organic items such as soil bags, rocks, bricks, plastic pots, and fencing will not be collected.

To enter the contest, residents must:

- Take a photo of their property before making improvements
- Make visible improvements to their curb appeal
- Take a photo of the property

after improvements

• Submit both photos to the RM by Wednesday, Aug. 20, by emailing info@rmofthompson.com

"Our LUD committee, along with public works, council and volunteers, work hard to keep public areas in Miami looking good for all," said Brunel. "We want to encourage residents to actively participate in their community. We hope to enhance community engagement, beautification and local pride."

sports&recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Top talent clashes at Selkirk's Royal Rumble track meet



St. Claude's Angelus Simard threw 34.80m in varsity men's javelin.



St. Claude's Cailyn Laing ran the junior women's 400m in 1:15.49



STANDARD PHOTOS BY BRETT MITCHELL
Pilot Mound's Piet Mierau placed second in the long jump portion of the varsity men's outdoor pentathlon with a jump of 5.88m and a score of 561 points at the Royal Rumble on the Rubber track meet in Selkirk on May 13.

Top talent clashes at Selkirk's Royal Rumble track meet



STANDARD PHOTO BY JO-ANNE PROCTER
Left to right: Central Energy first baseman Ella Conrad stretches for the out in Game 2 of a doubleheader in Stonewall on May 19; pitcher Shyanne Goertzen closes out a 13-1 win in Game 1; Bree Pearce connects at the plate during a 10-3 victory in Game 2 against the Interlake Phillies.

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Carman Legion Branch #18

CLUBROOM MANAGER - Carman Legion Branch #18 is looking for a **full time Clubroom Manager**. Looking for an energetic individual to manage the clubroom and staff. Applicant needs to have customer service skills to serve the members, guests and friends.

Responsibilities include but are not limited to:

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- Financial knowledge and integrity to handle daily deposits of all monetary transactions.
- Comply with all food, beverage/liquor and VLT regulations including a Smart Choice certification and Food Handler Certification.
- Experience is an asset
- Able to work evenings with flexibility in hours.
- Oversee staff including scheduling
- Order and maintain bar inventory using a point of sales system.
- Network with suppliers and community groups
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- Ability to work in a team environment.

CLUBROOM SERVER - Carman Legion Branch #18 is looking for a **part-time Clubroom Server**. Looking for an energetic individual with customer service skill to serve the members, guests and friends.

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- Financial knowledge and integrity to handle daily monetary transactions.
- Comply with all food, beverage/liquor and VLT regulations including a Smart Choice certification and Food Handler Certification.
- Experience is an asset
- Able to work evenings with flexibility in hours.
- Ability to work in a team environment.

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UPCOMING EVENTS

JOIN THE FIGHT AGAINST PROSTATE CANCER! The Motorcycle Ride for Dad is Saturday, May 31 2025, 10 AM, Polo Park, Winnipeg. Visit ridefordad.ca/Manitoba to register or make a pledge.

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Please direct questions to the Executive Director at (204) 745-6568.

Notice of Golden Prairie Arts Council's Annual General Meeting
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OBITUARY



Gerald Coleman

It is with great sadness that we share the passing of Gerald Fredrick Coleman Wednesday, May 14, 2025 at Notre Dame Hospital in the early hours of the morning. He died peacefully, at the age of 86 and is now with his Lord and Saviour who he faithfully served all of his years.

He is survived by his sister Lorraine Boon and her family, his brother Alwyn Coleman and his family, brother-in-law Bob Purves and family, Marvyn Coleman's children and family, and the extended family of the Shapansky brothers.

He was predeceased by his parents Glenn and Annie Coleman, siblings Ronald, Marvyn and Muriel and the Schapansky brothers as well as his sister-in-law Jean Coleman and brother-in-law Art Boon, and many extended family and friends.

Gerald lived and farmed in the Roseisle area all of his life. He attended the Pentecostal Church and served there in many capacities over the years. He was a quiet man but his neighbours, community and church family knew he could be counted on in whatever way was needed.

A celebration of life will take place at 2:00 p.m. on Wednesday, May 21, 2025 at the Roseisle Pentecostal Church. Following the service a reception will be held in the church basement.

Family and Friends that wish to, can send memorial donations to Roseisle Pentecostal Church, 75 Main Street, Roseisle MB R0C1V0.

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The Carman Legion Br. #18 is offering a Bursary and a Scholarship of \$500.00 each to a child, grandchild, or great grandchild of a Veteran or a Legion member entering post-secondary education. The Bursary and Scholarship must be used within one year from the date it is awarded. Application forms are available at Carman Collegiate, Dufferin Christian School, Elm Creek School, and Miami School or by calling the Carman Legion at 745-2454.

The applications must be received no later than Friday, June 6, 2025. Applications may be mailed to: Carman Legion Br. #18 Box 98, Carman, MB R0G 0J0 Attention: Karen Maxwell

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> GAME

CLUES ACROSS

- Yearly tonnage (abbr.)
- British thermal unit
- Afflict
- Refrain from harming
- Galls
- Leg bone
- Rhine tributary
- Recipe measurement
- Chap
- Useful book
- Mountain Time
- Snakelike fishes
- Places where people live
- US, Latin America, Canada belong to
- Periodical
- A type of sense
- A way to get possession of
- Everyone has one
- Body art
- Mr. October
- Abba __, Israeli politician
- Head movement

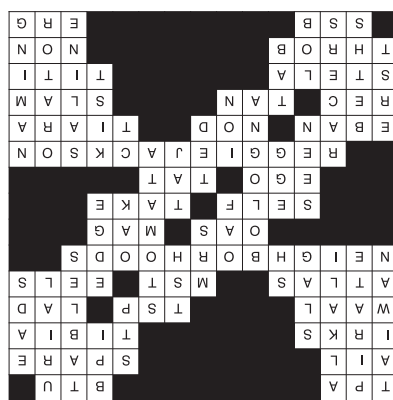
CLUES DOWN

- Jeweled headdress
- VCR button
- A way to change color
- Basketball move
- Upright stone slab
- Forest-dwelling monkey
- Pulsate steadily
- Negative
- Sino-Soviet bloc (abbr.)
- Unit of work
- Island
- Pittsburgh ballplayer
- Chemical compound
- Indicates density of data (abbr.)
- Mesas
- Wild, long-legged sheep
- Engine additive
- "CSI" actor George
- Stony waste matter
- Thyroid-stimulating hormone

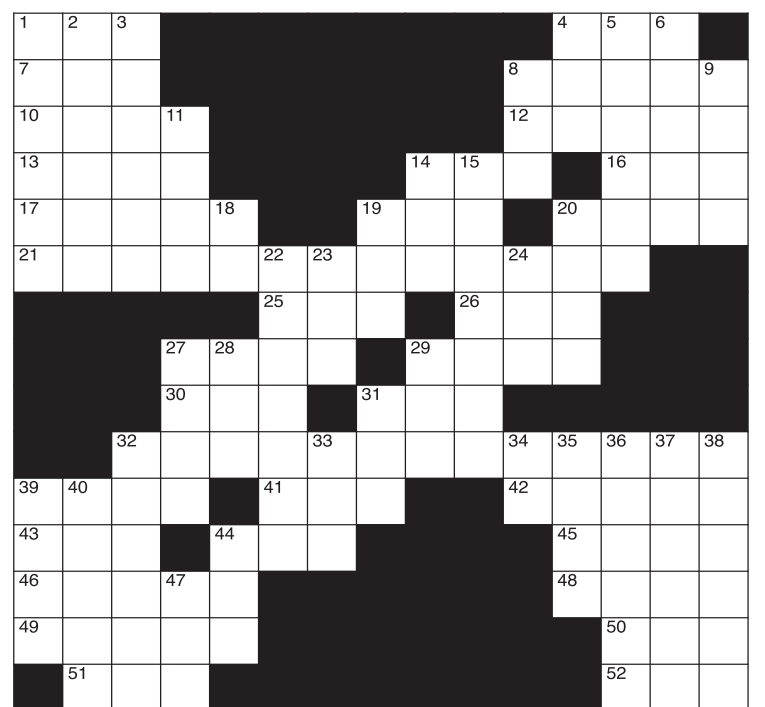
- Pores in a leaf's epidermis
- Digraph
- Married woman
- Peripheral
- Northern Italy city
- Klut
- Type of tree
- Witnessed
- Popular breakfast food
- ___ Mahal
- BoSox legend Williams
- Professional drivers

- Atom or molecule type
- The Constitution State
- Chest to store clothes (Scottish)
- Type of solution
- Speaker
- Specifying
- Formerly (archaic)
- Wiseman and Krom are two
- The bill in a restaurant
- Tennis shot

Crossword Answer



CROSSWORD



Cheers to the newlyweds!



Choosing your wedding dress: 5 mistakes to avoid

Have you set the date for the big day? If you're the blushing bride-to-be, you now have a list of exciting tasks to complete, including choosing a dress. Whether you decide to buy or rent, you don't want to take your choice of dress lightly. Avoid these five mistakes:

- 1. Procrastinating. Experts recommend choosing your dress six months to a year before the wedding. This will allow time for fittings and alterations or ordering a specific style. Remember, delivery times can be quite long.
- 2. Overspending. Setting a budget is essential to avoid overspending on a dress. Without a budget, you might

- end up with a gown that strains your finances for months or even years after the wedding celebration is over. Avoid regrets by thinking ahead.
- 3. Asking too many people for advice. It's great to have input from loved ones, but limit the number of people you bring along dress shopping to avoid feeling overwhelmed. For example, asking your mom, sister and best friend for feedback is plenty. Ultimately, it's YOUR opinion that matters most.
- 4. Sacrificing comfort for style. Does the dress look great in the mirror but feel stiff and hard to move in? Is the style beautiful, but the fabric irritat-

- ing to your skin? Make sure that the dress not only looks incredible but also feels comfortable. After all, you'll be wearing it for hours on your special day.
- 5. Choosing the wrong size. Did you fall in love with a dress that's too small with the hope of losing weight before your big day? Don't bet on that happening. Instead, opt

for a dress that's your size or a bit larger so it can be tailored to perfection.
Happy shopping!

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