

Ste-Anne Winter Carnival
 January 27, 28 and 29th
 School activities
 Outdoor activities
 Tournaments and competitions of all kinds
 Local musicians and bands

CLEANSING STREAM
Thursdays, beginning Jan 12
How to receive abundant life (John 10:10)
Hosted by Seine River Church

EVANGELIST,
EXPLORER,
SCIENTIST
 Come hear Brian Sass relate stories about dinosaurs and creationist theories and facts.
See video clips of

Most families use credit cards for everything. The only

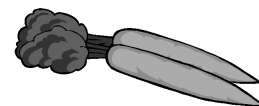
Why is the newspaper ten times more interesting when someone across the table is reading it?

Love to Dance?

The Ile-des-Chenes Old Time Dance Club will be having a dance on January 20th at the Ile-des-Chenes Recreation Centre (414 Main St.) from 8 pm to 11:30 pm, \$9 per person, lunch included. Come and enjoy some music by "Town 'n Country". For more information please call Lucien or Judy at 878-3352.

The Ste-Anne Old Time Dance Club will be having a dance on January 13th at the Ste. Anne Legion Hall (80 Arena Rd) from 8 pm to 11:30 pm, \$5 per person, 50/50 draw, and a door prize. There will be No Alcohol served at this function. There is a canteen available and a light lunch is served. Come and enjoy some Local Live Old Time Music. For more information please call Gerald at 422-5687 or Bernie at 422-5909. Special thank you to the sponsors : Village of Ste-Anne, Richer Local (MB Metis Federation) and the Rural Municipality of Ste-Anne.

Keep Your Carrots Tasting Great



Have you ever bitten into a carrot and experienced a bitter taste, after taste and or a petroleum-like flavour? It could have something to do with how our carrots were stored. Carrots should never be stored with products such as apples, avacados, pears, bananas, peaches, plums, melons or tomatoes. These products produce ethylene which is a normal fruit ripening hormone, but reacts with the chemical compounds in carrots. Carrots taste best if stored in perforated plastic bags at low temperatures.

Source: Stokes Says, Fall 2005

DID YOU KNOW?

- If you can't brush your teeth after a meal, eat a piece of cheese! The combined action of the protein, fat, calcium and phosphorus in cheese helps protect teeth from cavities.



- A 12-ounce (355 ml) can of pop contains eight or more teaspoons of sugar.