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(Over)



1 garlic clove, minced Grated lime zest Prep/Total Time: 25 min. Yield: 4 servings • Preheat oven to 400°. Place each onion slice on a double thickness of heavy-duty foil (about 12 in. square). Top with salmon. Combine next seven

ingredients; spoon over fillets. Fold foil around mixture; crimp edges to seal. Place on a baking sheet. Bake until fish flakes easily with a fork, 15-20 minutes. Be careful of escaping steam when opening packets. Serve

with mint and lime zest

Source

Your Weekly Horoscope

(Sept. 24 - Oct. 23)

11, 16, 18, 30, 36, 42.

4, 10, 20, 25, 38, 42.

SAGITTARIUS

(Nov. 23 - Dec. 21)

numbers: 7, 8, 17, 18, 34, 42.

(Dec. 22 - Jan. 20)

CAPRICORN

(Oct. 24 - Nov. 22)

SCORPIO

This week your mind and

emotions could be in sync. Perhaps use this

opportunity to evaluate

and wrap up your current

endeavours and then

During the middle of the

week, an old emotional

issue may resurface. This may be an opportunity

to seek the underlying

cause, but you may want

Are you passionate about

manifesting a particular

cause? There may be an

opportunity now for you to

lead progress toward this

endeavour. Join your efforts

Is your work providing meaning in your life? If

not, perhaps you should look for hidden opportu-

nities. These may help

you shift into a more

plan your next steps. Lucky numbers:

to wait to take action. Lucky numbers:

with others in this common cause. Lucky

positive situation. Lucky numbers: 1,

ARIES



Don't allow small annoyances to stop your progress. Lucky numbers: 13, 14, 18, 24, 36, 37. **TAURUS**

(April 21 - May 21)

Do you feel that your life is in a holding pattern right now? Perhaps this dissatisfaction can guide you to a path that is in alignment with who you truly are. Lucky numbers: 8, 16, 19,

30, 39, 45. **GEMINI**

(May 22 – June 21)

Geminis sometimes have difficulty settling on a goal and plans to achieve it. There may be an opportunity now for you to make a positive

adjustment in your approach. Lucky numbers: 2, 4, 24, 32, 33, 36. CANCER

(June 22 – July 22)

vides a new perspective on it. Lucky numbers: 10, 16, 25, 28, 35, 45. LEO

(July 23 - Aug. 23)

Certain planetary energies now may be acting as an opposing force to your plans. It would be helpful to make sure your actions are in line with your highest values. Lucky numbers: 6, 14, 18, 32, 37, 43.

VIRGO

(Aug. 24 – Sept. 23) Risk taking can be scary for many Virgos. There may be a potential for an unusual but positive change, if you are willing to reach for it. Think

carefully, then act. Lucky numbers: 3, 19, 26, 27, 29, 36.

Lucky numbers this week: This week's odds favour Aries winners with the luckiest number being 24.

Did You Know..

Trick or treat: Dressing in costume and going door-to-door soliciting treats has been a part of various rituals since the Middle Ages. But the phrase "trick or treat" is thought to have been first used in the town of Blackie, Alberta (Canada), in 1927.

Invented name: Awkwafina is an American rapper and actress who has starred in such movies as Ocean's 8 and Crazy Rich Asians. Born Nora Lum, she made up the stage name "Awkwafina" when she was a teenager.

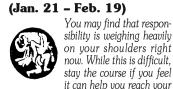
Green soap: The term "green soap" refers to an environmentally friendly soap made from vegetable oil rather than animal fat. Other plant-sourced oils can also be used, such as coconut or olive oil. Green soap is often used by tattoo artists to soften the skin.

New pasta: Many pasta shapes are available, from spaghetti to macaroni to rigatoni. A new one on the market is cascatelli. Its name comes from the Italian word for waterfall; curved half-tubes with ruffles help hold sauce and provide texture. It was invented by Dan Pashman of New York City. **Chocolate alternative:** Fans of having a little chocolate with their fruit might want to try eating black sapote, also known as the chocolate pudding fruit. Common in Central and South America, when ripe its flesh has a texture. Some think the taste is similar to chocolate pudding.

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12, 16, 22, 29, 31. **AQUARIUS**

stay the course if you feel it can help you reach your long-term goals. Lucky numbers: 9, 17, 19.23.30.46.

PISCES

(Feb. 20 - March 20)



on getting tasks accomplished. Lucky numbers: 5, 14, 15, 31, 32, 33.



On the Lighter Side

Knock! Knock! Who's there? Toby. Toby who? Toby, or not Toby, that is the question.

When should you bring your father to class? When you have a pop quiz!

Nurse: "Doctor, there is an invisible man in the waiting room." Doctor: "Tell him I can't see him."

Why did the turtle cross the road? To get to the Shell station.

Wrinkled clothing certainly is a pressing issue. It's necessary to iron out a solution.

Answers

4. Ron Howard 5. Yolk Trivia answers: I. 1899 2. True 3. Anemia

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