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1. Does spinach contain iron?

Lincoln

–John Milton

FREE!

2. What phylum do insects, crabs, and arachnids belong to?

3. A baby whale is called a calf, a pup, or a cub?

4. What does the Japanese word karaoke literally mean?

5. Is a gaffe a social blunder or a metal hook?

#### (Flip bottom of page for answers)

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#### **De** of the month ec **Asian-Style** Salmon Packets slices sweet onion 1 teaspoon mustard seed 1 teaspoon minced fresh salmon fillets gingerroot ½ teaspoon black (6 ounces each) tablespoons chili sauce

1 tablespoon lime juice sesame seeds tablespoon sesame oil Chopped fresh mint 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

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### Your Weekly Horoscope

LIBRA

(Sept. 24 - Oct. 23)

9, 14, 21, 29, 30, 43.

(Oct. 24 - Nov. 22)

**SCORPIO** 

36, 39.

**SAGITTARIUS** 

CAPRICORN

**AQUARIUS** 

**PISCES** 

(Nov. 23 - Dec. 21)

Perhaps you are feeling

discouraged right now,

with little energy for

moving forward. Your

vision for your life may

need adjustment to help

This week may be frus-

trating if you are trying

to start something new.

It may be best to wait

so that you can get a

good start in the near

You may have a feeling of

opposing viewpoints, either

within yourself or with

others. In communicating

with others, present your

ideas from a position of

Old traumas have been

compared to layers of an

onion. Peeling back one

layer invariably leads you

to the next one. Unearth-

ing buried information may

Your opportunities may

not be obvious at this

time. For what or whom

are you willing to sacrifice? When you can

answer that question,

Pisces are naturally empa-

thetic. This week you may

also be feeling sociable

and diplomatic, which

attracts others to you.

This may initiate a new

get you back on track. Lucky numbers:

future. Lucky numbers: 2, 4, 10, 20,

strength, without being argumentative.

help you continue your healing process. Lucky numbers: 6, 16, 17, 18, 30, 36.

your path may become clear. Lucky numbers: 4, 12, 13, 34, 42, 44.

romance or strengthen an existing one.

Lucky numbers: 1, 12, 13, 41, 42, 43.

(Feb. 20 - March 20)

Lucky numbers: 10, 22, 28, 35, 41, 47.

(Dec. 22 - Jan. 20)

(Jan. 21 - Feb. 19)

ARIES

**TAURUS** 

(March 21 - April 20) This may be a quiet week for you, with your mind and emotions well



balanced. If so, use this time to recharge and get ready for the next challenge. Lucky numbers: 3, 4, 26,

# (April 21 - May 21)

This week offers the potential to start a new phase of activities. If you are unsure of what to focus on next, explore how you can be of service to others. Lucky numbers: 5, 6,

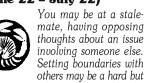
12, 15, 27, 38. GEMINI

#### (May 22 - June 21)

The natural quickness of your Gemini mind may be enhanced for the next two months. You sometimes may feel nervous

or twitchy. Avoid gossip; it may come back to haunt you. Lucky numbers: 7, 8, 13, 14, 25, 39. CANCER

#### (June 22 – July 22)



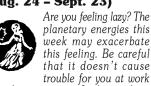
others may be a hard but necessary truth at this time. Lucky numbers: 11, 13, 25, 28, 29, 41. LEO

#### (July 23 - Aug. 23)

You may have experienced a rough period recently. As that dynamic recedes, look for a hidden opportunity and gear your efforts toward the project

that best aligns with your values. Lucky numbers: 1, 9, 15, 27, 38, 48. VIRGO

#### (Aug. 24 - Sept. 23)



or with your partner. Lucky numbers: 8, 9, 17, 29, 34, 35.

Lucky numbers this week: This week's odds favour Pisces winners with the luckiest number being 42.

### Did You Know...

Rare sauce: People who live in the province of Manitoba (Canada) are very familiar with a delicious dipping sauce for chicken fingers that was invented by a local diner chef. Honey dill sauce is hard to find outside of this Canadian province.

**Salt rinse:** If the toothpaste tube is empty, an alternative way to have clean teeth and fresh breath is by rinsing with saltwater, which works as a disinfectant. One teaspoon dissolved in a cup of water will suffice.

**Cute marsupial:** Australia may be home to kangaroos and koalas, but another marsupial unique to the country is the quokka. These cute little animals live in Western Australia, as well as on Rottnest Island near Perth, and on Bald Island near Albany.

Movie site: A Moroccan desert landform has been used in movies like Spectre, the 2015 James Bond flick. Called Gara Medouar, this erosional crater of limestone rises 50 metres above the sand, with a collapsed interior valley and a ravine that provides natural access to the interior. Love those spuds: The province of Prince Edward Island, off the east coast of Canada, is home to a huge potato industry. The island's potato farms provide the entire country with an estimated one-quarter to one-third of its potatoes.



Reader of the Month Stephen Pearce, St. Albert Coffee News<sup>®</sup> Fun Reading. Serious Advertising.







- You need child support enforced
- 2 Your landlord raises rent in violation of your verbal agreement
- You adopt a child
- A friend owes you money and files for bankruptcy
  You need help with credit card liability resolution
- Your car is vandalized in a parking lot



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# On the Lighter Side

What goes bonk, bonk, bonk, bonk, bonk, bonk? A rubbernosed clown falling down a flight of stairs.

Knock! Knock! Who's there? Poodle. Poodle who? Poodle a little mustard on my hot dog.

Patient: "I think I am a dog." Doctor: "How long has this been going on?" Patient: "Since I was a puppy."

What do you call a group of mice in disguise? A mousequerade party.

Did you read the book about how to put a boat together? It was riveting. Answers

orchestra 5. Social blunder Trivia answers: 1. Yes 2. Arthropoda 3. Call 4. Empty

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<sup>35-</sup>Slave Lake