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Recipe of the month

Chicken Garden Medley

1 pound boneless skinless chicken breasts, cut into strips	1/4 cup thinly sliced onion
1 garlic clove, minced	2 tablespoons all-purpose flour
1/4 cup butter, divided	1/2 teaspoon salt
1 small yellow squash, halved lengthwise and sliced	1/4 teaspoon pepper
1 small zucchini, halved lengthwise and sliced	3/4 cup chicken broth
1/2 cup julienned sweet red pepper	1/2 cup half-and-half cream
1/2 cup julienned green pepper	8 ounces angel hair pasta, cooked and drained
	2 tablespoons shredded Parmesan cheese

Prep Time: 25 min. Bake: 20 min Yield: 4 servings

- In a large skillet, saute chicken and garlic in 2 tablespoons butter for 10-12 minutes or until chicken juices run clear. Add vegetables. Cook until crisp-tender; remove from skillet and set aside.
- In the same skillet, melt remaining butter. Add flour, salt and pepper; stir to form a smooth paste. Gradually add broth. Bring to a boil; cook and stir for 2 minutes or until thickened. Stir in cream and heat through. Add chicken and vegetables; stir until well mixed.
- Place pasta in a greased 2-qt. baking dish. Pour chicken mixture over top. Sprinkle with Parmesan cheese. Cover and bake at 350° for 15 minutes; uncover and bake 5 minutes longer.

Source: <https://www.tasteofhome.com>

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Est. 1988

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Everybody's Talking

Great view: A tall, skinny structure in Brighton, England, looks like a needle rising toward the sky. It is the British Airways i360 observation tower, and it stands 162 metres (531 feet) tall. Only 3.9 metres (12.8 feet) at its widest point, this small diameter is what makes it appear to be a needle. Visitors ride up in a pod that uses technology similar to that of cable cars. Once on top, up to 200 tourists can wander around a moving glass deck that affords 360-degree views of this seaside city and the English Channel. The tower, designed by Marks Barfield Architects, is engineered to withstand the high winds blowing in from the sea.

Lots of food: Anyone who wants to indulge in a plethora of French cuisine should visit Narbonne, France. There, Les Grands Buffets serves a large variety of French-inspired food concocted by experienced chefs, at a reasonable price. The guests can choose to indulge in their favourites or may opt to try something new. There are hors d'oeuvres, seafood choices, meats, cheeses, and more. The menu includes dessert, of course, with delectable cakes and pastries to finish off the meal (or to eat first, if one so desires). The surroundings, which include chandeliers and tapestries, are opulent as well.

Expensive wood: A rare kind of wood from East Asia called "kynam" is a type of agarwood. It has been part of the culture of many Asian countries, such as Vietnam, China, and Japan, for centuries. This precious commodity comes from the heartwood of the aquilaria tree, but only when the tree produces a dark-coloured resin. This happens when the tree is damaged, perhaps by lightning or by insects. The resin causes a strong aroma in the wood, and therefore the wood is used to create items such as high quality perfume and incense. Some farms produce this wood, but if found in the wild, it sells for more than gold.

To the rescue: Dogs may be many a human's best friend, but they'll stand by their canine friends, as well. This was the case with Winston, a dachshund who lives with his human family and his tiny Chihuahua pal, Mijo, in Evergreen, Colorado (U.S.). The four-footed pair got out of their house at the moment that a mountain lion sauntered by. The large feline snatched Mijo, but Winston would not stand for it. He charged and growled until the cat let go of his best buddy. Owner Lindsay Golden took her pets to the vet. While Winston was no worse for wear, Mijo needed tending, but is definitely on the road to recovery, thanks to Winston's quick actions.

Quoteable Quotes

"Spring is nature's way of saying, 'Let's party!'" *Robin Williams*

"If you do not think of the future, you cannot have one." *John Galsworthy*

What's Happening

SEESA Fall Rummage Sale The SEESA FALL Rummage sale is back! This popular sale offers a wide array of fabulous goods at great prices! We'll also have homemade baked goods for sale. Hope to see you there!

Saturday Oct 22 10am - 3pm. Sunday Oct 23 11am - 3pm

www.seesa.ca **Oct 15 - Free Clothing Exchange** Join us on Saturday 10:30 am- 12:30 pm at Sherwood Park Alliance Church gym. Everyone is welcome. It is not necessary to contribute in order to receive. Drop off donations at the gym after 4 pm on October 14. For more information call 780 467-8404.

Oct 22 - Wetaskiwin Business Expo and Job Fair 9 Am to 4 PM, Wetaskiwin Mall, 3725 56 St, Wetaskiwin. Free Face-painting and Free Balloon Twisting

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Trivia

1. Angkor Wat temple complex is near what major Cambodian city?
2. Halley's Comet is named for what English astronomer?
3. Poet Pablo Neruda is from Chile, Uruguay, or Argentina?
4. Tomatoes, potatoes, and eggplants belong to which plant family?
5. The Sun is about 93 million miles (150 million km) from Earth—T/F?

(Flip bottom of page for answers)

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Your Weekly Horoscope


ARIES
(March 21 - April 20)

 Aries usually have a strong ego and confidence. Right now, however, you may be feeling anxious or uncertain. Adapting to the situation might require that you adjust your viewpoint about it. Lucky numbers: 7, 11, 12, 16, 41, 48.


TAURUS
(April 21 - May 21)

 Usually Taurus folks can be described as loyal foot soldiers. However, now may be a time for you to step up to leadership, to seek justice on a matter of importance. Lucky numbers: 12, 14, 22, 32, 42, 45.


GEMINI
(May 22 - June 21)

 The comfort zone of Gemini is often within one's own thoughts. This week may offer a good chance to explore life from the perspective of your feelings and those closest to you. Lucky numbers: 5, 8, 9, 21, 23, 41.


CANCER
(June 22 - July 22)

 Finding your particular pot of gold at the end of the rainbow may be a focus for you at this time. Consider how this desire might be connected to your life purpose. Lucky numbers: 11, 15, 18, 21, 24, 30.


LEO
(July 23 - Aug. 23)

 At the beginning of the week, your heart and mind may be in sync and well balanced. In what ways could you use this time to accomplish something positive in your life? Lucky numbers: 10, 13, 17, 20, 25, 42.


VIRGO
(Aug. 24 - Sept. 23)

 Your thought processes may be particularly well-grounded at the start of the week. This dynamic might be good for any detailed work that you may need to complete right now. Lucky numbers: 9, 17, 21, 31, 42, 43.


LIBRA
(Sept. 24 - Oct. 23)

 You may be feeling extra confidence and optimism toward the end of the week. It might be a good time to repair a relationship or to mediate a conflict between other people. Lucky numbers: 15, 17, 26, 28, 36, 40.


SCORPIO
(Oct. 24 - Nov. 22)

 You may be entering a period of a few weeks where you might want to deeply examine issues with others regarding your relationships. Try to be sure they are open to doing so. Lucky numbers: 4, 7, 10, 13, 14, 21.


SAGITTARIUS
(Nov. 23 - Dec. 21)

 Having a philosophical or spiritual belief system can be more important to Sagittarians than to other signs. A sudden or unexpected event may trigger an adjustment in your world view. Lucky numbers: 8, 11, 23, 29, 30, 44.


CAPRICORN
(Dec. 22 - Jan. 20)

 You may be undergoing a period of transformation that can be frustrating. Try to avoid a clash of egos right now, especially with anyone with more power in the situation than you. Lucky numbers: 3, 12, 13, 27, 40, 47.

AQUARIUS
(Jan. 21 - Feb. 19)

 Have you been feeling like Sisyphus lately, rolling that rock up the mountain with no success? The energy pattern may begin to move things forward for you in the near future. Lucky numbers: 2, 11, 18, 23, 34, 42.

PISCES
(Feb. 20 - March 20)

 Relationships can provide an opportunity to work on our issues as individuals. The potential for doing this may exist now for Pisces. Just be careful of triggering a mirror effect. Lucky numbers: 1, 3, 5, 32, 36, 39.

Lucky numbers this week: This week's odds favour Leo winners with the luckiest number being 17.

Did You Know...

Green space: Little Island, located in the Hudson River in New York City, is a new park built upon a pier. It has trails, many species of plants and flowers, and an amphitheatre.

Same cause: Anyone who's had chickenpox may someday get shingles, with its red rash and blisters. That's because shingles is caused by reactivation of the same varicella-zoster virus that causes chickenpox.

For peat's sake: Canada is home to over one-third of the world's peatlands, a type of wetland where a variety of mosses and sedges grow. Dead Sphagnum moss accumulates under the living layer of vegetation.

Classic literature: English writer Jane Austen (1775-1817) is known for her vivid depictions of middle-class life in England. Two of her famous novels are *Sense and Sensibility* and *Pride and Prejudice*.

Frothy delight: Teh tarik is a popular beverage in Southeast Asian countries, especially Malaysia. This frothy drink, also known as "pulled tea," is made from tea, condensed milk, sugar, and water. It is poured back and forth between two mugs until it froths.

On the Lighter Side

Why do elephants drive Volkswagens? There's room for four and the rest is trunk space.

Customer: "Waiter, this meat is bad."

Waiter: "Who told you?"

Customer: "A little swallow."

What's a father's favourite food? Poppy seeds.

Once again someone has added more soil to my garden. The plot thickens.

Knock! Knock! *Who's there?* Mission. *Mission who?* Mission you a lot. Wish you were here.

Answers

Trivia answers: 1. Siem Reap, Cambodia 2. Edmond Halley 3. Chile 4. Nightshade 5. True

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