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Recipe of the month

Peppermint Meltaways

| | |
|---------------------------------|---|
| 1 cup butter, softened | 1/4 teaspoon peppermint extract |
| 1/2 cup confectioners' sugar | 2 to 3 drops red food colouring, optional |
| 1/2 teaspoon peppermint extract | 1-1/2 cups confectioners' sugar |
| 1-1/4 cups all-purpose flour | 1/2 cup crushed peppermint candies |
| 1/2 cup cornstarch | |
| 2 tablespoons butter, softened | |
| 2 tablespoons 2% milk | |

Prep Time: 20 min. + chilling Bake: 10 min./batch
Yield: approx. 2.5 dozen

- In a small bowl, cream butter and confectioners' sugar until light and fluffy. Beat in extract. In another bowl, whisk flour and cornstarch; gradually beat into creamed mixture. Refrigerate, covered, 30 minutes or until firm enough to handle.
- Preheat oven to 350°. Shape dough into 1-in. balls; place 2 in. apart on ungreased baking sheets. Bake 9-11 minutes or until bottoms are light brown. Remove from pans to wire racks to cool completely.
- In a small bowl, beat butter until creamy. Beat in milk, extract and, if desired, food colouring. Gradually beat in confectioners' sugar until smooth. Spread over cookies; sprinkle with crushed candies. Store in an airtight container.

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

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Everybody's Talking

Abandoned hotel: Imagine heading to the beach but, instead of finding luxury hotels lining the shore, a derelict old mansion is sitting right in the water. That is what greets visitors to Playa La Puntilla in Costa del Sol, El Salvador, when they saunter down to the water's edge. There are theories about why the pillared, but wrecked, building is there. Some say that it once was a villa called Hotel Puerto Ventura. However, about three decades ago, a hurricane, or perhaps simply poor design, caused the building to shift from its foundation and drift toward the sea. Whatever the reason, the structure sits there as a testament to the past.

Feel good story: A coffee shop in Staten Island, New York (U.S.), knows how to go above and beyond the call of duty, without regard to the social status of their patrons. A customer, Janessa Rubino, reported standing in line at the counter when a homeless man came in with a half-gallon jug. He asked the server for water, and the server said to help himself from the cooler. The man then asked if he could also have a meal, as he was hungry. The server obliged and took his order. Amazed by the generosity, Rubino offered to pay, but the server said not to worry: they give him a meal whenever he comes in hungry.

Living with little: Who needs all the stuff that's available for purchase in today's society? A woman from Nanjing, Jiangsu, China, doesn't need much at all, and she's proved it by being extremely frugal. Wang Shenai, a married mother of two, was able to save about 90 percent of her salary each month by watching her spending. The family eats in and doesn't dine at expensive restaurants, and the mom only wears second-hand clothing. By saving, she was able to buy two houses. She is a member of a group called Frugal Women's Federation. Growing up poor, she learned to do with less, and continues that lifestyle today.

Baby bird: Alesh and Janja of Koper, Slovenia, are the proud parents of...a sparrow! A friend of theirs found the baby bird on the ground and called them for help. The young couple decided to care for the tiny chick, feeding it frequently and providing it with a comfortable cage. They named the little bird "Chibi." As it grew and learned how to fly, they let it take flight around their apartment. When the couple tried to release Chibi, the sparrow took off for a while, then came back to rest on their shoulders. So they let it stay, but they always check to be sure the door to its cage stays open.

Quoteable Quotes

"What nature delivers to us is never stale. Because what nature creates has eternity in it." —Isaac Bashevis Singer

"You're either part of the solution or part of the problem." —Eldridge Cleaver

What's Happening

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Trivia

1. Suriname is on what continent?
2. Lexiko was an early name for this popular board game.
3. What is the official language in Mozambique?
4. Who wrote "The Birds," on which the Alfred Hitchcock film was based?
5. What does the TORRO scale measure?

(Flip bottom of page for answers)

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Your Weekly Horoscope

ARIES
(March 21 - April 20)

At this time, consciously using your will might help assure a successful outcome for you. Nothing can be achieved if you merely sit on the sidelines and wait. Lucky numbers: 12, 16, 31, 41, 43, 45.

TAURUS
(April 21 - May 21)

An old issue may resurface that brings you in conflict with others. View the problem through the lens of how it is now, not how it was then, and adjust accordingly. Lucky numbers: 3, 17, 18, 26, 32, 48.

GEMINI
(May 22 - June 21)

Now may be the time to complete an endeavour and begin planning your next one. However, if you are running into obstacles, figure out how to salvage the project and move on. Lucky numbers: 4, 5, 7, 15, 28, 38.

CANCER
(June 22 - July 22)

Have you been feeling low or discouraged in recent days? At the end of the week, you may see a potential opportunity to hit the reset button and improve your mood. Lucky numbers: 16, 19, 23, 24, 36, 40.

LEO
(July 23 - Aug. 23)

At the beginning of the week, your natural optimism may be dampened. Rather than being discouraged, try applying your serious mood to completing a task that could benefit from this type of energy. Lucky numbers: 11, 14, 15, 17, 19, 34.

VIRGO
(Aug. 24 - Sept. 23)

Virgos often pride themselves on keeping everything under control. This week you may have to accept that some events are just beyond your control, and wait for things to change. Lucky numbers: 10, 17, 20, 24, 29, 32.

LIBRA
(Sept. 24 - Oct. 23)

Your focus may be on your career or, more broadly, your role in the world. If you are looking for guidance, look to the Libra strengths of diplomacy and consideration of others. Lucky numbers: 6, 11, 15, 27, 31, 42.

SCORPIO
(Oct. 24 - Nov. 22)

Have you recently experienced a sudden or unexpected change in your life? Looking for a hidden opportunity may be helpful to you in mitigating any negative effects. Lucky numbers: 5, 8, 18, 39, 42, 47.

SAGITTARIUS
(Nov. 23 - Dec. 21)

You may be experiencing a conflict between what you feel you want versus what you need. Perhaps it is time for some inner dialogue to reflect on the most important considerations. Lucky numbers: 9, 14, 17, 23, 28, 29.

CAPRICORN
(Dec. 22 - Jan. 20)

Capricorns often prefer to let their achievements speak for them. Adjusting your style may provide a chance to successfully communicate about something that passionately interests you. Lucky numbers: 7, 15, 21, 23, 26, 28.

AQUARIUS
(Jan. 21 - Feb. 19)

Have things been flowing smoothly for you? This moment probably won't last forever, so take advantage of it right now to achieve a positive outcome for something you desire. Lucky numbers: 2, 6, 21, 31, 32, 45.

PISCES
(Feb. 20 - March 20)

You may be feeling stressed now because you are juggling too many things at once. This situation could pass in a few days. Work to communicate clearly, in the meantime. Lucky numbers: 13, 16, 31, 41, 43, 44.

Lucky numbers this week: This week's odds favour Aquarius winners with the luckiest number being 31.

Did You Know...

Zip it up: It's hard to imagine life without zippers. The person credited with coming up with this invention is American Elias Howe, who patented the item in 1851. He called it the "automatic continuous clothing closure."

Light the way: Norah Head, in New South Wales, Australia, is home to a lighthouse of the same name. It was built in 1903 and was one of the last lighthouses in the country to be staffed; in 1995, it was outfitted with a fully automated light.

Old bands: Singer Robert Plant and late drummer John Bonham of the famous British rock band Led Zeppelin, met in 1965. They played together in a band called the Crawling King Snakes and, later, Band of Joy.

Canadian game: In the team game of lacrosse, players use sticks with nets on one end to throw and catch a ball, trying to get it into their opponent's net. Indigenous peoples invented the game. It is the official summer sport in Canada.

Potato problem: The Irish Potato Famine started in 1845 and lasted for several years. A fungus called blight spoiled the country's potato crop. The era was also known as the Great Hunger because potatoes were a food staple at the time.

On the Lighter Side

Knock! Knock! Who's there? Yah. Yah who? Yah who, let's party!

I went to a fancy English hotel. Or, rather, a great Brit-inn.

Kid: "How do you like your job?"
Garbage collector: "It's picking up."

Why did the mandolin go to the psychiatrist? It was tired of being high-strung.

There's nothing like a meteor shower to rock your world.

Answers

Trivia answers: 1. South America 2. Scrabble 3. Portuguese 4. Daphne du Maurier 5. Tornado intensity

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