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Ingredients

- 1 - red apple, cored and chopped
- 1 - Granny Smith apple, cored & chopped
- 1 - nectarine, pitted & sliced
- 2 - stalks celery, chopped
- 1/2 cup - dried cranberries
- 1/2 cup - chopped walnuts
- 1 (8 oz) - container nonfat lemon yogurt

RECIPE PREPARATION

- In a large bowl, combine red apple, Granny Smith apple, nectarine, celery, dried cranberries, and walnuts.
- Mix in yogurt. Chill until ready to serve.

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Everybody's Talking!

Colourful castle: A homeless man in Tournefeuille, France, wasn't going to let his situation get him down. Known as David, the man once worked as an animator and had an eye for design. He decided to ensure that his makeshift home was something special. Using painted foam blocks and other discarded materials, David made what some call a castle in the woods. People in the area accepted the structure, and it became a bit of an attraction. However, authorities decided it was not a safe dwelling, and they insisted that David tear it down. The locals came to his rescue, and the deadline for the tear down was extended, hopefully until a solution could be found.

Two-team league: For over 50 years, teams in a football club in England have vied for the championship in their league. But the league has only two teams: the Woolpack Wanderers and the Garrison Gunners. Called the Isles of Scilly Football League, it's thought to be the smallest club of its type in the world. The Isles of Scilly are located off the coast of Cornwall, and both teams call the island of St. Mary's home. They play each other about 17 times per season, battling it out to be the winner. They also vie to be winner of a charity game and a couple of cup competitions over the course of the football season.

Cat psychic: A cat named Tito went missing from the cargo hold of a Bolivian airline, leading to extraordinary measures to find him. Tito's owner was flying the feline to a pet therapy certification centre, and was quite upset to see the empty cage upon arrival. First, authorities put out plates of tuna to lure Tito out of hiding. Then they hired an "interspecies communicator" to attempt a connection with Tito via psychic skills. Predictably, some jokes are floating around about this somewhat farcical move. The gray-and-white tabby may still be hiding at the airport, or perhaps someone lured him home with a dish of tuna.

Fake sports car: Most people think of money or artwork as items subject to forgery. But a man in Asti, Italy, was charged with the crime for using an ordinary vehicle, a Toyota MR2 Coupe, to construct a Ferrari F430 sports car. The fake was made using many original Ferrari parts, including the rims and hoods. Also, he placed logos of the company not only on the inside, but also on the outside of the fake car. The vehicle boasted headlights that looked just like those on the real deal. The country's Guardia di Finanza (Finance Police) asked car experts to check the vehicle and, when they found it was a Toyota, they confronted the owner.

Quoteable Quotes

"When one's mind is made up, this diminishes fear; knowing what must be done does away with fear." —Rosa Parks

"You miss 100 percent of the shots you don't take." —Wayne Gretzky

What's Happening

- The Harambee Grandmas 6th annual Fabric and Yarn Sale is on Fri. Oct. 20 & Sat. Oct. 21** at McKillop United Church. DONATIONS of unused fabric, yarn, and notions will be gratefully ACCEPTED UNTIL OCTOBER 1. Call 403-331-0504 or email us at harambee_grandmas@telus.net to arrange for pickup or delivery. Check Facebook for more info.
- Lethbridge Christian Women's Choir is welcoming newcomers** to join on Monday nights, 7:30 p.m. at St. Andrews Church 1818 - 5 Ave S. Lethbridge. Come for the singing, fellowship and love of music. No auditions required.
- Explore the diversity of our urban forest!** Download the Lethbridge Tree Passport and discover 36 remarkable tree species that thrive in our region. Use the passport to select the right tree to plant in your yard - you can register your new or existing tree(s) with the City of Lethbridge's Tree Registry. Learn more at nature.lethbridge/1000trees.
- Read On at Lethbridge Public Library** offers small classes and tutoring to help adults improve skills for work, higher learning, and everyday life. Register now for fall classes, or any time for one-on-one tutoring. For more information, visit www.lethlib.ca/readon or contact us at readon@lethlib.ca or 403-320

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Trivia

- Tennis was introduced as an Olympic sport in 1896, 1924, or 1968?
- The mouth of the Yukon River is in the Bering Sea—T/F?
- The United Nations was officially created before or after World War II?
- This word first meant a printed poster announcing a theatre performance.
- The holiday Yule coincides with the start of what season?

(Flip bottom of page for answers)

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Your Weekly Horoscopes

ARIES (March 20 - April 19)

For the next few weeks, you may experience conflict in your interactions with others. This may provide an opportunity for you to cultivate a more diplomatic demeanour. Lucky numbers: 5, 12, 28, 29, 31, 41.

TAURUS (April 20 - May 20)

Taurus often are overly cautious regarding taking risks. This week you may be tempted to swing in the opposite direction. Perhaps you should strive for a healthy balance. Lucky numbers: 3, 4, 9, 20, 39, 40.

GEMINI (May 21 - June 20)

At the beginning of the week, you may find your mind is quicker and sharper than usual. Just be careful that you aren't cold when communicating with others. Lucky numbers: 10, 15, 26, 35, 38, 39.

CANCER (June 21 - July 21)

You may find that you are more emotional than normal at midweek. If so, you may want to wait a couple of days to act, and avoid conflicts in the meantime. Lucky numbers: 16, 18, 22, 23, 26, 31.

LEO (July 22 - Aug. 22)

Your natural charm and optimism may be highlighted at the end of the week. This might be a good time to seek help, but be sure you treat others fairly. Lucky numbers: 13, 15, 33, 35, 36, 43.

VIRGO (Aug. 23 - Sept. 22)

The planet Venus relates to love and what you value. It will enter Virgo at the week's end. For the next several weeks, love and values may be your focus. Lucky numbers: 9, 16, 22, 28, 44, 47.

Lucky numbers this week: This week's odds favour Leo winners with the luckiest number being 33.

LIBRA (Sept. 23 - Oct. 22)

Mercury, the planet that concerns communications, is entering Libra midweek for several weeks. Give yourself a few days to adjust, but then you may want to address any problem situations. Lucky numbers: 3, 25, 28, 31, 38, 41.

SCORPIO (Oct. 23 - Nov. 21)

Scorpios can have difficulty communicating their perceptions in a helpful way. For the next few weeks, see how your communications could be more diplomatic. Lucky numbers: 10, 11, 15, 17, 22, 25.

SAGITTARIUS (Nov. 22 - Dec. 20)

Are you feeling conflicted between your thoughts and feelings? If so, see if you can find a creative compromise. Otherwise, you may want to delay action until this dynamic passes. Lucky numbers: 4, 9, 12, 14, 29, 39.

CAPRICORN (Dec. 21 - Jan. 19)

A recent potential that encouraged you to see more deeply into people and situations is ending. Is that a relief for you, or do you want to hold onto this intuitive opportunity? Lucky numbers: 5, 10, 17, 19, 22, 39.

AQUARIUS (Jan. 20 - Feb. 18)

Aquarians often express humanitarianism on an esoteric level; translating it to a personal level can be difficult. For the next few weeks, opportunity may exist to address this pattern. Lucky numbers: 2, 10, 12, 16, 41, 48.

PISCES (Feb. 19 - March 19)

You may feel pushed in two different directions about something you value, and are confused on how to proceed. Can you adjust your viewpoint to achieve a resolution? Lucky numbers: 11, 12, 14, 16, 30, 37.

Did You Know...

Fun for all: The famous Disneyland theme park opened in Anaheim, California (U.S.), on July 17, 1955. Disney World, in Orlando, Florida, opened October 1, 1971. Other locations have included Paris, Tokyo, Hong Kong, and Shanghai.

Classic song: Musician Woody Guthrie (1912-1967) influenced many musicians, including Bob Dylan, with his folk songs about American life. He wrote the famous tune, "This Land Is Your Land."

First of a kind: About 270 people attended the first Academy Awards ceremony, held in May 1929 in the Blossom Ballroom of the Roosevelt Hotel, in Hollywood. It honoured films made in 1927-28.

Root veggies: Rutabagas and turnips are often interchanged. However, rutabagas are larger with a yellowish skin, while the smaller turnip is white with a more distinct purplish tinge at the top. Rutabagas have a sweeter flavour.

Recall trick: People can better remember bits of information by using mnemonics. In music, notes on the treble clef lines are E, G, B, D, and F. Recalling them is easier by saying "Every Good Bird Does Fly."

On the Lighter Side

Knock! Knock! Who's there? Conrad. Conrad who? Conradulations, that's a great joke!

I want to buy one of those reversible jackets to see how it turns out.

Did you hear about the psychic with four heads? A real four-chin teller.

The local wig shop has been burgled. Police are combing the area.

Teacher: "Name five animals found in Australia."
Student: "A koala, a crocodile, and three kangaroos."

Answers

Trivia answers: 1. 1896 2. True 3. After 4. Playbill 5. Winter

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Stick 'em up: The Romans were the first to produce glue, by boiling down mistletoe juice, then spreading it out on trees to catch birds. Glue has also been produced from blood, milk, potatoes, and bones. In 1978, the U.S. used more than e-lbs. of glue per person - a total of five million tons, worth \$1.5 billion.

Week of Jun 3, 1991

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