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Sept. 1 Draw Winners: Emily J. from Sherwood Park, Preston H. from Edson, Sandy P. from Calgary
 Oct. 1 Draw Winners: Cassi S. from Edmonton, Walter A. from Calgary, Karen P. from Okotoks
 Nov. 1 Draw Winners: Yolanda P. from Edmonton, Bob P. from Calgary, Sarah H. from Okotoks

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Everybody's Talking

Good driver: A little boy from Turkey is proving to be quite a good driver. Zayn Sofuoglu is under five years of age and isn't even tall enough to see out of the windshield, but that doesn't stop him from driving better than most adults with licences. Zayn comes by his talent honestly: his father is Kenan Sofuoglu, a famous motorcycle racer. Watching and getting lessons from his dad has allowed little Zayn to develop great expertise in manoeuvring vehicles. He uses a special in-car camera that shows him where he's going. The kid is so good that his dad lets him take his Ferrari out for a whirl in the driveway without a worry.

Different dish: A restaurant in Osaka, Japan, has an item on its menu that is raising eyebrows, but gaining fans. The restaurant is called Franken, and it is now serving bowls of spicy miso ramen with a slab of strawberry shortcake on top. A senior chef at Franken is sure that this is a winning combination because the spongy cake soaks up the soup to make its spiciness perfect. Called Ramen x Shortcake, the concoction was not created overnight. Rather, there were many attempts to get it right. And this bowl of soup has a unique look: white shortcake topped with a juicy strawberry, floating in a bowl of delicious red broth.

Strong man: A nonagenarian from Venice, California (U.S.) is thought to be the oldest man who is actively bodybuilding. Jim Arrington started to lift weights when he was a teenager, after spotting a bodybuilding magazine in a drug store. Using three-pound steel balls that his dad owned, he was able to begin building muscle and has been doing it ever since. Of course, he graduated to proper weights as he got stronger. At one time, he hoped to compete in the Mr. America contest, but soon realized that genetics prevented him from being in that category of bodybuilders. However, he kept it up and has remained healthy and strong well into his later years.

Strange song: Rainforest jungles in South America may sound like relaxing destinations. However, in some spots, they are also quite noisy, especially if capuchinbirds (Perissocephalus tricolour) live there. These unique birds, with their bald little heads and orange plumage, make quite a racket during mating season. The males are the ones who sing the loudest, and they do so by inflating air sacs on their throats, which help to amplify the sounds. That racket has been compared to a buzzing chain saw or even to a mooing cow. The male with the best song attracts the females, who flock around him like rock star fans.

Quoteable Quotes

"The Sun will rise and set regardless. What we choose to do with the light while it's here is up to us." —Alexandra Elle
 "No one is too small to make a difference." —Greta Thunberg

What's Happening

Ongoing - Seniors Walk in Anzac Every Tuesday Thursday from 11:00am-1:00pm Seniors can walk the track at no charge with complimentary coffee tea service! 237 Stony Mountain Rd, Anzac AB TOP1J0. Call 780-334-2424 for more info

Dec 12 - Seniors Night Come out for a meet and greet. Bring a friend, meet a friend, be a friend! Join us for a complimentary drink and pastry. Have a visit and enjoy an evening out. Mini Green Havens, 8520 Manning Ave, Fort McMurray. Call 587-276-1971 for more info

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Trivia

1. Do a plant's leaves or roots absorb sunlight during photosynthesis?
2. An ancient warship with three banks of oars was the bark, skiff, or trireme?
3. The Tasman Sea is located between Australia and ____?
4. Hesiod or Pan was the Greek god of woods, fields, shepherds, and flocks?
5. Vinegar is an acid (acidic) or a base (alkaline)?

(Flip bottom of page for answers)

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Recipe of the month

Pumpkin Doughnut Drops

2 large eggs	3 teaspoons baking powder
1-1/4 cups sugar	1/2 teaspoon salt
2 tablespoons shortening	1/2 teaspoon ground cinnamon
1 cup canned pumpkin	1/2 teaspoon ground nutmeg
2 teaspoons white vinegar	1/2 cup lemon-lime soda
1 teaspoon vanilla extract	Oil for deep-fat frying
3 cups all-purpose flour	Additional sugar
1/2 cup nonfat dry milk powder	

Prep Time: 10 min. Cook: 5 min./batch Yield: 7 dozen

- In a large bowl, beat eggs, sugar and shortening until blended. Beat in pumpkin, vinegar and vanilla. In another bowl, whisk together flour, milk powder, baking powder, salt and spices. Add to egg mixture alternately with soda, beating after each addition.
- In a deep cast-iron skillet or deep-fat fryer, heat oil to 375°. Drop teaspoonfuls of batter, a few at a time, into hot oil. Fry until golden brown, about 1 minute per side. Drain on paper towels. Roll in additional sugar while warm.

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

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Your Weekly Horoscope

ARIES
(March 20 - April 19)

Midweek may bring an opportunity to address an old emotional issue. The energy now might have a joyful optimism that you could use to help heal the situation, if you reach for it. Lucky numbers: 15, 25, 31, 35, 39, 44.

TAURUS
(April 20 - May 20)

Are you in a stalemate with a relationship partner? There may be an opportunity this week to improve the situation for both of you, but it could require more open communication. Lucky numbers: 4, 11, 17, 26, 34, 39.

GEMINI
(May 21 - June 20)

Gemini's approach to people and situations is often from a rational perspective. However, adjusting your heart and adding more heat into your efforts may be helpful right now. Lucky numbers: 3, 6, 8, 29, 31, 47.

CANCER
(June 21 - July 21)

Have you been hiding in your shell the last few months, afraid that others will take advantage of your sensitive nature? Now may be the time to rectify the situation. Lucky numbers: 2, 24, 26, 27, 37, 39.

LEO
(July 22 - Aug. 22)

The sunny optimism of Leo sometimes cannot see the impact of their actions on other people. You may have an opportunity now to adjust this pattern. Lucky numbers: 4, 14, 18, 21, 42, 44.

VIRGO
(Aug. 23 - Sept. 22)

Is there something that you have been holding onto that you are now ready to release? The beginning of this week may be a good time to do so. Lucky numbers: 7, 24, 28, 39, 44, 46.

LIBRA
(Sept. 23 - Oct. 22)

Your natural grace and charm may shine at week's end. It might be a good time to try to resolve any thorny issues with others, to the satisfaction of all. Lucky numbers: 10, 13, 15, 19, 22, 28.

SCORPIO
(Oct. 23 - Nov. 21)

This may be a week when you are going to want answers. But be sure that you are emotionally ready for them, especially those regarding partners and close relationships. Lucky numbers: 1, 9, 14, 16, 35, 42.

SAGITTARIUS
(Nov. 22 - Dec. 20)

In recent months, you may have felt unsure about who you are and what you believe. That dynamic could start to ease, but it may take some time to do so. Lucky numbers: 9, 12, 19, 23, 33, 41.

CAPRICORN
(Dec. 21 - Jan. 19)

Capricorns are often seriously focused on successful accomplishments and legacy. However, you may have an opportunity now for some downtime with loved ones. Don't overlook it. Lucky numbers: 5, 11, 22, 34, 35, 37.

AQUARIUS
(Jan. 20 - Feb. 18)

You may experience an issue in your relationship now. If so, resist any temptation to ignore it. Consider how to resolve the conflict now in a way that works for everyone. Lucky numbers: 8, 13, 15, 18, 47, 48.

PISCES
(Feb. 19 - March 19)

Any confusion you have been experiencing could end, but it might take a while. Once things settle, consider investing your energy into something in line with your values. Lucky numbers: 12, 15, 18, 20, 34, 43.

Lucky numbers this week: This week's odds favour Libra winners with the luckiest number being 10.

Did You Know...

Fast food: Short-order cooks may get a bad rap because they often work in ordinary restaurants. But their task requires skill. They make simple meals quickly and to order, while endeavouring to maintain quality.

Long river: The Mississippi River (U.S.) is North America's second longest, 100 miles shorter than the Missouri River. Starting in Lake Itasca in Minnesota, the Mississippi runs about 2,350 mi. (3782 km) to the Gulf of Mexico.

Rules of the road: Bicyclists in Galesburg, Illinois (U.S.), need to keep both hands on the handlebars and both feet on the pedals. That's because fancy bike riding is outlawed in the city, including any kind of acrobatic actions.

Sticking together: What would the world do without Velcro to keep clothing and other things fastened together? Patented in 1955, Velcro was created by George de Mestral, a Swiss mountaineer and engineer.

Running mate: Animals who are well adapted to running, such as a horse or cheetah, are known as "cursorial" animals. The word is usually applied to animals who can run fast or for long distances at a constant speed.

On the Lighter Side

What's the best way to talk to a Viking? Norse code.

Did you hear about the kid who ran from New York to California? He needed to west.

I've just written a book on penguins. Paper would have been better.

Teacher: "I hope I didn't see you cheating on that test."
Student: "I hope you didn't either."

Knock! Knock! *Who's there?* X. *X who?* X me no questions, I'll tell you no lies.

Answers

Trivia answers: 1. Leaves 2. Treme 3. New Zealand 4. Pan 5. Acid

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