



May 1-7 - Mental Health Week Mental Health Week is an annual national event that takes place the first week in May to encourage people from all walks of life to learn, talk, reflect, and engage with others on all issues relating to mental health. Visit fortsask.ca for

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more info

moving.

Watts

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Trivia

1. Blue, red, and yellow are primary or secondary colours?

2. Are termites known for eating plastic, wood, or carpet?

3. This U.S. singer had sisters named Rebbie, Janet, and LaToya.

4. What mountain range runs through France, Italy, Switzerland, Austria, and Germany?

5. The Golden Ratio (1.618) is associated with the Avogadro, Dali, or Fibonacci sequence?

> (Flip bottom of page for answers) © Published with Permission by Capital Marketing Ltd (Over)



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Your Weekly Horoscope

(Sept. 23 - Oct. 22)

(Oct. 23 - Nov. 21)

12, 40, 41, 46.

SCORPIO

Are you feeling burned out right now? The begin-

ning of the week may be a

good time to focus on

yourself. You can't suc-

cessfully help others if you

Your ability to clearly

communicate your deeply

intuitive insights contin-

ues this week. Have you

figured out yet how to

continue doing so, once

Your heart and mind may

be out of sync at the end

of the week. You might

want to wait a few days

before making any impor-

tant decisions or taking

A significant insight may

emerge from your uncon-

scious at the end of the

week. It might be helpful

to talk about it to some-

one who you know you

If you seek them, hidden

opportunities may emerge

early this week for you to

achieve a desired goal. Use

discernment and common

sense to decide which ones

This week may be a good

time to create practical

ways to manifest your "castles in the air." If you

encounter naysayers along

the way, you can choose

are tapped out. Lucky numbers: 2, 8,

this astrological aspect passes? Lucky

action. Lucky numbers: 11, 12, 17, 18,

can trust. Lucky numbers: 8, 11, 17,

to pursue. Lucky numbers: 4, 7, 9, 11,

(Feb. 19 - March 19)

numbers: 10, 14, 22, 35, 43, 45.

(Nov. 22 - Dec. 20)

SAGITTARIUS

32.34

19, 33, 37.

18, 30.

PISCES

AQUARIUS

CAPRICORN

(Dec. 21 - Jan. 19)

(Jan. 20 – Feb. 18)

ARIES

(March 20 – April 19) Early this week, you may be very ambitious to achieve your goals. But be cautious about being too impulsive or getting angry with others, as

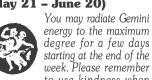
either could jeopardize your success. Lucky numbers: 5, 7, 10, 20, 40, 47. **TAURUS**

(April 20 - May 20)

This may be a good week to look for a new opportunity for success. Talking to others that you trust about what you are seeking may help manifest it. Lucky numbers: 6, 10, 12,

21, 37, 48. **GEMINI**

(May 21 - June 20)



degree for a few days starting at the end of the week. Please remember to use kindness when

speaking with others. Lucky numbers: 7, 14, 25, 43, 45, 48. CANCER

(June 21 – July 21)



communication style. Lucky numbers: 1, 14, 36, 37, 42, 46. LEO

(July 22 - Aug. 22)

Would others say that you are acting immaturely right now about a particular situation? How can you make an adjustment to your view or style to help resolve the matter? Lucky numbers:

4, 10, 23, 31, 33, 44. VIRGO

(Aug. 23 - Sept. 22)

Discussions with others may help move things forward over the next few weeks. You might be able to guide others in understanding what needs to be

accomplished. Lucky numbers: 9, 11, 15, 16, 41, 42.

Lucky numbers this week: This week's odds favour Aquarius winners with the luckiest number being 7.

Did You Know...

Crowd of pink: One island in the Bahamas, called Great Inagua, is home to more than 80,000 West Indian flamingos and fewer than 1,000 people. Inagua National Land and Sea Park covers nearly half of the land mass.

Fun for baby: Parents of fussy babies can thank Olivia Poole for making their lives easier. The Ojibwe woman from North Dakota (U.S.) invented the Jolly Jumper, patented in 1957 in Canada, where she had moved.

Sweet smell: A perennial wildflower known as the chocolate daisy (Berlandiera lyrata) grows in Mexico and the southwestern United States. Its yellow petals bloom at night, releasing a chocolate-like aroma.

Versatile spice: Unripe green mangoes that are dried and crushed results in a spice called amchoor powder. This citrusy flavouring is used in meat and vegetable dishes of North India.



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to ignore them. Lucky numbers: 3, 4, 10, 11, 17, 41.



addiction in your family.

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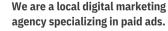


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Be careful: A stretch of beach in Oaxaca, Mexico, is beautiful, but dangerous. Playa Zipolite, which means "Beach of Death," has strong undercurrents that can be very hazardous to swimmers.

On the Lighter Side

Have you ever met a funny sewing machine? It keeps everyone in stitches.

I saw a ball in the sky, wondered why it was getting bigger, then it hit me.

Son: "Dad, there's a man at the door with a bald head." Dad: "Tell him I already have one!"

Knock! Knock! Who's there? Pudding? Pudding who? Pudding on shoes before pants is a bad idea.

It's time to sell the vacuum cleaner. It's just gathering dust.

Answers

4. Alps 5. Fibonacci Irivia answers: J. Primary 2. Wood 3. Michael Jackson

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⁸⁻ South East Edmonton