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Recipe of the month

Harvest Salad with Cherry Vinaigrette

3 medium fresh beets (about 1 pound)
1 package (5 ounces) spring mix salad greens
2 medium apples, thinly sliced
1 medium carrot, shredded
1/2 cup grape tomatoes, halved
1/2 cup yellow grape tomatoes or pear tomatoes, halved
1/2 cup chickpeas, rinsed and drained
1/2 cup coarsely chopped walnuts, toasted

4 thick-sliced bacon strips, cooked and crumbled

Cherry Vinaigrette:
1/2 cup tart cherry preserves
3 tablespoons olive oil
2 tablespoons red wine vinegar
2 teaspoons Dijon mustard
1 garlic clove, minced
1/4 teaspoon salt
1/8 teaspoon pepper

Prep Time: 10 min Bake: 50 min. + cooling Yield: 10 servings

1 Preheat oven to 400°. Scrub beets and trim tops to 1 in. Wrap in foil; place on a baking sheet. Bake 50-60 minutes or until tender. Remove foil; cool completely. Peel beets and cut into 1/2-in. pieces.

2 In a large bowl, combine salad greens, apples, carrot, tomatoes, chickpeas, walnuts, bacon and cooled beets. In small bowl, whisk vinaigrette ingredients until blended. Serve with salad.

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

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"Death begins in the colon" ~ Mechnikov

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Everybody's Talking

Short snoozes: Underneath the chins of chinstrap penguins is a thin black band that gives them their distinctive name. Protecting their nests from predators like brown skua birds is vital, but challenging, for the penguins. To combat the threat, they've adopted a unique sleep strategy. These penguins take thousands of "microsleeps" every day, but each only lasts for about four seconds. By monitoring the penguins' brain activity, researchers have been able to confirm this behaviour. Remarkably, the birds can keep up this sort of sleep schedule for weeks on end. While scientists aren't certain if these brief naps provide any deep rest, the naps do enable the penguins to safeguard their offspring.

Heartfelt gesture: At Providence College in Rhode Island (U.S.), students forged a bond with their dorm's overnight security guard, whom they affectionately know as "Unc." The students recognized his kindness and knew he was longing to see his family in Nigeria after over a decade away from home. So they rallied to fund a trip for him. Their GoFundMe campaign garnered support from thousands within only a day. When they presented the overwhelming \$3,000 (USD) amount to James Mogaji, he shed tears of gratitude. The emotional moment spread through an online video, showcasing the impact of communal kindness. The security guard knelt in prayer, demonstrating the impact of the students' compassion.

School surprise: In a quaint town in Minnesota (U.S.), Catie Zvier is a beloved kindergarten teacher who envisioned her students playing a role in her wedding. As it happened, her wedding day coincided with Catholic Schools Week, a week of themed dress-up days, so she and her fiancé devised a plan. The teacher seized the opportunity to plan a "Fancy Surprise Day" at the school, unbeknownst to the children. That day, amid the eager faces of her students, the couple exchanged vows in the presence of their school family. Initially, the children were shocked, but soon they erupted into excited applause. From flower girls to readers, the students were integral to the ceremony.

Lucky cats: The 19 feral cats that roam the National Palace, which is the presidential home in Mexico City, have been a fixture for years. They even wander into rooms where meetings or television interviews are taking place. The palace is built on the same ground as the former palace of the Indigenous Emperor Moctezuma, whose ancient empire honoured dogs, not cats. The Mexican president recently declared the cats as "living fixed assets," the first animals to receive such an honour. This means that they will receive food and care for life. They are now considered a symbol of the National Palace.

Quoteable Quotes

"Nurture your mind with great thoughts, for you will never go any higher than you think."
—Benjamin Disraeli

"I don't measure a man's success by how high he climbs but how high he bounces when he hits bottom."
—George S. Patton

What's Happening

Ongoing - Good Beginnings Free information sessions for parents/caregivers infants birth-18 months with guest presentations, hosted by AHS. Wednesdays 11:00am-12:00pm at the Wood Buffalo Regional Library. Phone 780-791-6247 for more information.

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Your Weekly Horoscope


ARIES (March 20 - April 19)

 Over the next few weeks, you may have a stalemate in your relationship. This dynamic could recede soon, but consider addressing the issue to strengthen the relationship. Lucky numbers: 15, 20, 31, 36, 39, 42.


TAURUS (April 20 - May 20)

 This weekend's flux of energy may encourage you to have an at-home retreat. Be conscious of temptation to indulge in emotionally satisfying but unhealthy comfort food. Lucky numbers: 13, 17, 22, 27, 35, 39.


GEMINI (May 21 - June 20)

 Geminis can crave rapid change in their environment. For the next few months, perhaps rethink where this dynamic is positive in your life and where it creates issues. Lucky numbers: 11, 13, 29, 38, 47, 48.


CANCER (June 21 - July 22)

 At midweek, you may be stressed from the demands on you. Take time for self-care, even if that means things as simple as a bubble bath or good book and cup of tea. Lucky numbers: 14, 16, 27, 33, 37, 44.


LEO (July 23 - Aug. 22)

 You may be tempted to say out loud whatever you are feeling at midweek. Writing it down may be helpful, and reviewing these thoughts to better understand them. Lucky numbers: 10, 11, 18, 24, 46, 47.


VIRGO (Aug. 23 - Sept. 22)

 Your natural ability to focus on the details of a situation is enhanced at week's end. Might there be a stubborn issue that you can use this skill to help resolve? Lucky numbers: 1, 11, 15, 33, 39, 45.


LIBRA (Sept. 23 - Oct. 22)

 Others may be very attracted to you over the next several weeks. If you are seeking a new partner, this could be a good time to shine, out in the world. Lucky numbers: 9, 12, 16, 17, 25, 40.


SCORPIO (Oct. 23 - Nov. 21)

 When Scorpios operate from their highest vibration, they can be a catalyst for others to grow. For the next few months, you may want to reconsider your role in this regard. Lucky numbers: 4, 6, 10, 18, 27, 33.


SAGITTARIUS (Nov. 22 - Dec. 21)

 An unusual or unexpected event may happen at week's end. If so, consider that this may be a wake-up call to make an adjustment in some aspect of your life. Lucky numbers: 12, 18, 21, 29, 32, 38.


CAPRICORN (Dec. 22 - Jan. 19)

 Pluto's transit through Capricorn, since 2008, will end in a few months. What transformation has it wrought for you? What loose ends might need to be tied up to complete it? Lucky numbers: 5, 8, 9, 11, 19, 42.

AQUARIUS (Jan. 20 - Feb. 18)

 At midweek, you may briefly see a utopia through rose-coloured glasses. Enjoy this vision of the ideal for the few days that it is in effect but recognize that it won't last. Lucky numbers: 16, 21, 27, 31, 35, 42.

PISCES (Feb. 19 - March 20)

 A reality check may be necessary at midweek. Be careful of abusing substances, idealizing your interactions with others, or indulging in unhealthy illusions. Lucky numbers: 2, 4, 11, 14, 30, 43.

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

Did You Know...

Loud heartbeat: If you find yourself near a blue whale, try to listen for its heartbeat. The sound can be heard from over two miles (3.2 km) away. Perhaps that's because its very large heart is about the size of a golf cart.

Lots of tea: Anyone who thinks coffee is the most popular drink in the world would be wrong. More tea is consumed in the world than coffee, soft drinks, and alcohol. However, it doesn't beat water, which remains the most common drink.

Sink or float: Limes may be smaller than lemons, but lime slices will sink to the bottom of a glass of water. That's because limes are slightly more dense than lemons, just enough to cause them to sink in liquid.

Sleeping cats: People who love sleeping might wish they were cats. Adult cats need about 15 hours of sleep per day to recover from activities like hunting and exploring. And kittens need as much as 20 hours per day.

Fast grower: A bamboo plant is one of the fastest-growing species among plants. In ideal conditions, it can grow up to nearly 40 inches (101 cm) per day. It reaches its mature size at about 3 to 4 months old.

On the Lighter Side

I for one like Roman numerals.

Kindergarten teacher: "Can you tie your shoes well?"
Bobby: "Knot always."

Cinderella was terrible at soccer. She kept running away from the ball.

Knock! Knock! *Who's there?* Gnat. *Gnat who?* Gnats not funny. Open up!

What happens when a frog's car breaks down? He gets toad away.

Answers

Trivia answers: 1. Ithc 2. Agatha Christie 3. Indonesia 4. 50th 5. Amsterdam

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