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—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

**Aug 24 to 25 - Agra Fair** Join us for a weekend of family-friendly fun, celebrating our agricultural roots and vibrant community spirit in the center of Spruce Grove, at the Agra and Central Park. Come on down for our parade, bench show, pancake breakfast, and much more!

**Sep 8 - Perogy Supper** We will be holding a Perogy supper at peace Lutheran church, 303 church road in Spruce Grove from 5:00 pm-6:30 pm. Suggested cost is \$15.00 for adults, and \$5.00 for children under 12. Call Diane at 587-599-7412 for more information.

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## Trivia

1. Pruritus is the scientific name for ache, itch, or nosebleed?
2. Who wrote the Miss Marple mysteries?
3. Where is the Flores Sea?
4. Which wedding anniversary is "Golden"?
5. The Amstel River flows through this European capital.

(Flip bottom of page for answers)

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(Over)

## Join us for Coffee Group!

Hosted by Yellowhead Emergency Shelter

Facilitator: Tannis Arsenault R.S.W

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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

• 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.

• 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>



# 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. Itoh 2. Agatha Christie 3. Indonesia 4. 50th 5. Amsterdam

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