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Recipe of the month

Harvest Salad with Cherry Vinaigrette

3 medium fresh beets (about 1 pound)	4 thick-sliced bacon strips, cooked and crumbled
1 package (5 ounces) spring mix salad greens	Cherry Vinaigrette:
2 medium apples, thinly sliced	1/2 cup tart cherry preserves
1 medium carrot, shredded	3 tablespoons olive oil
1/2 cup grape tomatoes, halved	2 tablespoons red wine vinegar
1/2 cup yellow grape tomatoes or pear tomatoes, halved	2 teaspoons Dijon mustard
1/2 cup chickpeas, rinsed and drained	1 garlic clove, minced
1/2 cup coarsely chopped walnuts, toasted	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>

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 Zwier 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

Aug 21 - Weed Warriors Drop-in Event Weed Warriors teaches students and community members of all ages how to identify and safely remove invasive weeds, as well as how to support the growth of native plant species. Taking place from 2-6pm at 2 Meadowview Dr

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 much more!

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Trivia

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

(Flip bottom of page for answers)
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