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Readers of the Month
Todd & Julia Lewis from Ponoka

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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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Everybody's Talking

Clean beaches: In New Jersey (U.S.), one can never predict what someone might discover on the state's beaches, which is why the nonprofit Clean Ocean Action hosts a biannual event to document some of the unusual items that are either left behind or wash up on the shores. Every spring and fall, thousands of participants gather to comb more than 70 beaches. Among the more unusual discoveries are an adult-size Elmo costume, a rubber brain, rosary beads, and even a whoopee cushion, just to name a few. The organization publishes an annual "Roster of the Ridiculous," showcasing the strangest finds.

Gaming grandma: Affectionately dubbed "Gamer Grandma," a Japanese woman has claimed the title of the world's oldest YouTube gamer. Since launching her channel in 2015, Hamako Mori has amassed a huge following, garnering hundreds of thousands of subscribers. Her videos range from the process of unboxing new consoles to showing off her gaming skills. Recognized by Guinness World Records, Mori's videos capture her joy and humour, and offer glimpses into her life and gaming adventures. Her gaming journey began with the Cassette Vision console in the early 1980s and hasn't stopped since. She is proving that age is no barrier in the gaming world.

Miracle dog: She's being hailed as the miracle dog. Mishka, a 3-year-old street dog from Mexico, adopted by the Houman Family in San Diego, California (U.S.), went missing. Eight months later, the lost dog reappeared 2,000 miles (3,218 km) away in Detroit, Michigan. The family never lost hope that their beloved pet would be found. When Mishka was picked up by police in response to a report about a stray dog, an implanted identity chip helped trace her owners to San Diego. The animal welfare group that facilitated the return speculates that the dog had been stolen, sold, and ended up in Michigan.

Noisy highway: Guangzhou, China, has several examples of roads being built around "hold-out" individuals who refuse to sell their buildings. One of them, known as "Number 28 on Yongxing Jie," is an eight-story building located right in the middle of a multi-lane traffic overpass. Back in 2008, authorities wanted to build the new traffic infrastructure, and marked several area buildings for demolition. While most owners agreed to sell, the owners of Number 28 did not. When the two sides could not reach an agreement, the authorities went ahead and built the overpass, leaving the yellow apartment building in the middle of the swirling traffic lanes.

Quoteable Quotes

"Be practical as well as generous in your ideals. Keep your eyes on the stars but remember to keep your feet on the ground." —Theodore Roosevelt

"Those who know do not speak. Those who speak do not know." —Lao Tzu

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.

Ongoing - Seniors Walk in Anzac Every Tuesday and Thursday from 11:00am - 1:00pm seniors can walk the track at no charge with complimentary coffee and tea service. Call 780-334-2424 for more information.

Ongoing - Tuesdays Women's Wellness Slave Lake and Area Womens Wellness workshop. St. Peters Ecumenical Church, Slave Lake. Free and includes child care. Registration is required. For topic and to register, text Rebecca at 780-240-6245

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Trivia

1. The extinct language Omurano was spoken in this present-day country.
2. The Olympics eliminated what rope-pulling sport after 1920?
3. Napoleon Bonaparte was the king of France—T/F?
4. What is a geoduck?
5. This American abstract expressionist painter was known for his drip technique.

(Flip bottom of page for answers)

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(Over)

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Your Weekly Horoscope

ARIES
(March 20 - April 19)

Is it time to finally shed that old pattern that is holding you back? There may be an opportunity this week to listen for a solution or find a helpful guide. Lucky numbers: 1, 6, 8, 20, 28, 44.

TAURUS
(April 20 - May 20)

At week's end, you may want to be cautious in your endeavours. This includes activities involving vehicles, electronics, and communications with others. Think before you act. Lucky numbers: 10, 11, 18, 20, 29, 36.

GEMINI
(May 21 - June 20)

Gemini's often respond from the head, rather than the heart. Seek new opportunities over the next couple of months that will encourage more balance between the two. Lucky numbers: 5, 8, 22, 28, 39, 41.

CANCER
(June 21 - July 22)

For the next two months, consider closely monitoring your interactions with others for any passive aggressive responses. Look for underlying causes of any such reactions. Lucky numbers: 3, 10, 29, 30, 32, 47.

LEO
(July 23 - Aug. 22)

Those born under Leo may struggle with reaching maturity. An opportunity could present itself over the next couple of months to help that process. Don't let it pass by. Lucky numbers: 2, 9, 13, 18, 19, 39.

VIRGO
(Aug. 23 - Sept. 22)

Service often can be an important theme for Virgos. Early in the coming week may be a good time to ask what new intention you want to set in this regard. Lucky numbers: 11, 12, 22, 36, 42, 43.

LIBRA
(Sept. 23 - Oct. 22)

The middle of the week may present you with an opportunity to make a reset in your life, starting during the next month. What change does your heart most desire? Lucky numbers: 7, 10, 13, 21, 32, 34.

SCORPIO
(Oct. 23 - Nov. 21)

Do you understand what is motivating your actions right now? If not, the weekend may be a good time to stop and explore the hidden feelings that are driving you. Lucky numbers: 9, 10, 22, 42, 44, 48.

SAGITTARIUS
(Nov. 22 - Dec. 21)

Sagittarius often strives to climb the next mountain and examine the view from its summit. For the next two months, what could inner exploration show you about yourself? Lucky numbers: 18, 23, 29, 32, 33, 34.

CAPRICORN
(Dec. 22 - Jan. 19)

Pluto is about to finally end a long-term transit through your sign. You may feel an urgency to complete something before this aspect ends. Carefully consider actions to take. Lucky numbers: 4, 10, 13, 18, 19, 22.

AQUARIUS
(Jan. 20 - Feb. 18)

Aquarius sometimes is accused of loving humanity, but disliking individual humans. For the next two months, cultivating a more personal level of empathy may be possible. Lucky numbers: 6, 12, 13, 21, 35, 40.

PISCES
(Feb. 19 - March 20)

This week may be difficult, with a stalemate or active conflict. Reach for a positive adjustment in the situation. Resist the temptation to escape, especially with substances. Lucky numbers: 15, 16, 17, 18, 21, 29.

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

Did You Know...

Speeding ticket: The first speeding ticket in the world was issued in 1896 in Kent, England. Walter Arnold was the driver and he was ticketed for going an outrageous 8 miles (12 km) per hour. That was four times the legal speed limit.

Lucky guy: Teddy Roosevelt, president of the United States from 1901 to 1909, could thank his eyeglass case and a thick roll of speech notes, both in his vest pocket, for stopping an assassin's bullet to the chest in 1912.

Woolly pig: The Mangalista pig is unlike most breeds of pig. It has a thick, sheep-like wool coat rather than the bristly hairs of most pigs. This native of Hungary is said to be the "Kobe beef of pork."

Beaver tails: Hand-stretched wheat dough, deep fried and sprinkled with sugar, is a popular Canadian sweet treat known as Beaver Tails. In 1978, Grant Hooker trademarked a recipe from his German-Canadian grandmother.

Scent loss: After age 80, it's reported that over 75% of people may experience significant olfactory impairment, losing both their sense of smell and their ability to differentiate between scents.

On the Lighter Side

Knock! Knock! Who's there? Dewey. Dewey who? Dewey have to go to the dentist?

What bird is always short of breath? A puffin.

Groups of intelligent trees grow next to each other. It's called a brainforest.

A chess champion at lunch will take 20 minutes to pass the salt.

Patient: "Doctor! Please help me. I think I am invisible!"
Doctor: "Who said that?"

Answers

Trivia answers: 1. Peru 2. Tug of war 3. False 4. Large clam 5. Jackson Pollock

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