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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

GPS groceries: In Australia, a grocery chain called Drakes Supermarkets is taking measures it deems necessary to prevent the theft of expensive items, particularly meat products. To combat this issue, the chain has started embedding GPS trackers in its meat packaging. If the tracker hasn't been deactivated by the cashier at the register, it will trigger an alarm when a customer leaves the store with the item. While shoppers say they understand the need for such measures, many view it as a sad sign of the times. However, the initiative has shown promise in reducing theft and ensuring that products remain available for paying customers.

Super sale: Superman comic books are certainly collectors' items, and a copy featuring Superman for the very first time, 86 years ago, has become the world's most valuable comic edition. It was recently sold at auction for \$6 million (USD). The Texas-based Heritage Auctions, which sold the comic book, said the sale price surpassed the previous record for a comic book sale. The version that broke the sales record came out in 1938 and was part of the Kansas City Pedigree collection. The previous record-holder sold for \$5.3 million in 2022. This recent landmark sale does indeed underscore the enduring legacy and immense value of vintage comic books.

Coffee race: Attention all servers in restaurants and cafes: This race is tailor-made for you. In the heart of Paris, France, participants don their signature attire of crisp white shirts, black trousers, and aprons as they assemble at the starting line near Paris City Hall. Their mission? To partake in a venerable tradition dating back 110 years, known as the Course des Cafés coffee race. With precision and skill, they navigate a 1.2-mile (1.9 km) course while delicately balancing a tray bearing a glass of water, a cup of coffee, and a croissant. The challenge? To complete the race without spilling a drop and without breaking into a run, showcasing both agility and finesse in this unique competition.

One smart girl: By the age of six, she had progressed to grade four, as she demonstrated a remarkable pace of learning. Hailing from Canada's Ottawa Valley, this extraordinary student attained her Honours Bachelor's degree in biomedical science from the University of Ottawa at a mere 12 years old. Anthaea-Grace said she firmly believes that age should never be a barrier to achieving one's rightful place and aspirations. Her journey certainly underscores the power of determination and intellect in defying conventional expectations.

Quoteable Quotes

"There will come a time when you believe everything is finished. That will be the beginning."
 —Louis L'Amour

"If you tell the truth, you don't have to remember anything."
 —Mark Twain

What's Happening

Sep 15: Terry Fox Run for Cancer Research The 44th Terry Fox Run Walk for Cancer Research will take place in Bud Miller Park, Lloydminster. 9 AM registration with a 10 AM start. On paved paths, scooters, wheelchairs, baby strollers and dogs on leashes. Online <https://run.terryfox.ca/Lloydminster>

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. Historic Bridgetown, a UNESCO heritage site, is located in what island nation?
2. A frog in the larval stage of development is called a _____.
3. Who wrote the novel Mary Poppins, published in 1934?
4. She was the first woman to be prime minister of India.
5. The banana is an herb—T/F?

(Flip bottom of page for answers)

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Your Weekly Horoscope

ARIES
(March 20 - April 19)

You may find that your confidence is shaken during the middle of the week. Resolve to seek out the source of this feeling and make any emotional adjustments that are needed. Lucky numbers: 4, 5, 7, 12, 15, 18.

TAURUS
(April 20 - May 20)

Taurus-born usually value a stable and grounded environment in life. This desire may be supported over the next few weeks, particularly in communications with others. Lucky numbers: 1, 14, 27, 29, 32, 48.

GEMINI
(May 21 - June 20)

This week you may find an expanded optimism and that things easily go your way. How might you apply this energy to endeavours that align with your highest values? Lucky numbers: 3, 17, 25, 43, 44, 45.

CANCER
(June 21 - July 22)

At midweek, you may find yourself writing down ideas that suddenly come to you. Whether starting a book or recording random thoughts, don't overlook this opportunity. Lucky numbers: 10, 14, 15, 17, 23, 44.

LEO
(July 23 - Aug. 22)

You may find that your head and your heart are out of sync at week's end. Can you find a way to resolve this stalemate? If not, take a deep breath and wait a few days. Lucky numbers: 9, 10, 13, 28, 30, 34.

VIRGO
(Aug. 23 - Sept. 22)

Many Virgos have a natural attention to details. This skill may be heightened for the next few weeks. Others might seek your help with issues that require this skill set. Lucky numbers: 6, 14, 21, 22, 29, 35.

LIBRA
(Sept. 23 - Oct. 22)

Libra's tact and diplomacy are strengths in relationships with others. For the next few weeks, precise communication and knowing details of situations may be important. Lucky numbers: 13, 22, 27, 29, 41, 42.

SCORPIO
(Oct. 23 - Nov. 21)

Sometimes Scorpios have difficulty in effectively translating their intuitive insights to others. For the next few weeks, communicating this information may be easier for you. Lucky numbers: 2, 3, 8, 28, 42, 47.

SAGITTARIUS
(Nov. 22 - Dec. 21)

If you feel wanderlust early this week, stop for a moment before you pack your bags. Would travel truly provide satisfaction or is this feeling driven by something else? Lucky numbers: 7, 13, 17, 23, 28, 36.

CAPRICORN
(Dec. 22 - Jan. 19)

Is your desire for stability grounded in fear or in a desire to build a positive structure in your life? Answering this question may guide you in making any necessary adjustment. Lucky numbers: 8, 16, 18, 19, 30, 47.

AQUARIUS
(Jan. 20 - Feb. 18)

If tempers have been flying in your world lately, the end of the week may offer an opportunity to cool the situation. Your calm demeanour could aid this process. Lucky numbers: 15, 22, 24, 25, 29, 44.

PISCES
(Feb. 19 - March 20)

Are you running into obstacles in manifesting a dream or vision that is close to your heart? What adjustment in your view of the situation might make achieving it more likely? Lucky numbers: 5, 9, 23, 27, 29, 31.

Lucky numbers this week: This week's odds favour Gemini winners with the luckiest number being 17.

Did You Know...

Tongue tradition: In North American culture, sticking your tongue out at someone is considered rude. But in Tibetan culture, it's a way of greeting others and is a sign of respect or agreement, a tradition since the ninth century.

Beatle's bite: John Lennon's molar sold at auction in 2011 for just over \$31,000 (USD). Lennon, who died in 1980, had given his tooth to his housekeeper after a dentist visit and suggested she give it to her daughter, a Beatles fan.

Big shoes: Spider-Man walked up walls because he could. But scientists at Cambridge University (U.K.) have estimated that he would have needed unbelievably huge, sticky foot pads requiring size 114 shoes (U.S.)

Good sense: In the fourth century B.C.E., Aristotle identified the human senses of sight, hearing, smell, taste, and touch. Today, depending on the classifications, some scientists say we have as many as 33 senses, including the senses of balance and heat.

Handcrafted history: In the early 1500s in Paris, France, the first union of hand-knitters was established. Once the knitting machine was invented in the late 1500s, knitting by hand became more of a hobby than an occupation.

On the Lighter Side

Pat: "Does your teacher talk to herself?"
Matt: "Yes, but she thinks we're listening."

Knock! Knock! Who's there? Hugh. Hugh who? Well, hello there!

What can you hold without ever touching it? A conversation.

How do knights change channels? With a re-moat.

It's a small world, but I wouldn't want to vacuum it.

Answers

Trivia answers: 1. Barbados 2. Tadpole 3. P.L. Travers 4. Indra Gandhi 5. True

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