

Recipe of the month

Fall Garden Medley

4 large carrots, cut into 1-1/2-inch pieces
 3 fresh beets, peeled and cut into 1-1/2-inch pieces
 2 medium sweet potatoes, peeled and cut into 1-1/2-inch pieces
 2 medium onions, peeled and quartered

1/2 cup water
 2 teaspoons salt
 1/2 teaspoon pepper
 1/4 teaspoon dried thyme
 1 tablespoon olive oil
 Fresh parsley or dried parsley flakes, optional

Prep Time: 20 min Cook: 5 hours Yield: 8 servings

- Place the carrots, beets, sweet potatoes, onions and water in a greased 3-qt. slow cooker. Sprinkle with salt, pepper and thyme. Drizzle with olive oil. Cover and cook on low for 5-6 hours or until tender.
- Stir vegetables and, if desired, sprinkle with parsley.

The perfect Fall side - colourful, tasty and healthy and complements many different meat dishes.

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

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Everybody's Talking

Magic hands: Shogo Yoshida, a hairdresser from Nagoya, Japan, turned a genetic condition that causes swollen fingertips into a unique advantage. Known as Bachi Yubi-san (Mr. Drumstick Fingers) on social media, he gained attention by sharing photos and videos of his distinctive hands. Diagnosed with pachydermoperiostosis, he faced ridicule, but over time embraced his condition. After an inspiring visit to a hair salon, he pursued a career in hairstyling despite the challenges his condition posed. His bulbous fingers became a signature trait, making him memorable and helping him excel, especially with his renowned head massages. He became a sought-after stylist, celebrated for his unique talent.

Furry frenzy: A mall in Shenzhen, China, became what was described as a "husky playground" when over 100 huskies escaped from a dog cafe. Haha Husky Cute Pets is a place where visitors can enjoy tea and play with the dogs, even buying dog treats to feed their new four-legged friends. When a gate was accidentally left open, the dogs took off out of the cafe and into the mall, playing, howling, and snatching snacks from surprised shoppers. They were corralled back into the store after about an hour, leaving behind amused and bemused onlookers. The incident highlighted both the charm and chaos of having so many playful pets in one place.

Towering ride: Two French biking enthusiasts set a Guinness World Record with a 7.77-metre-tall (25.5-ft.) rideable bicycle. Inspired by a casual conversation in 2019, they spent years planning and hundreds of hours constructing the bike using wood from discarded furniture, metal alloy, and steel. The pedals drive the wheels via a 16-metre (52.5-ft.) chain. To maintain balance, the bike must travel about 20 km/h (12 mph). Despite its size, the bike features standard wheels, a handlebar with brakes, and a saddle seven metres above ground. To prove its functionality, one of its designers rode unassisted for 100 metres (328 ft.) during a bicycle festival, securing their place in the record books.

Space junk: Barry Sawchuk, farming with his three sons on land northeast of Regina, Saskatchewan (Canada), is accustomed to occasionally finding stones in his fields. That's why he was so surprised to discover some highly unusual debris while checking moisture content prior to seeding. The debris resembled a burned piece of carbon fibre with aluminum attached. He also found a hydraulic cylinder. One of his sons did some research and concluded it was space debris. An astronomy professor at the University of Regina sent photos of the materials to an astrophysicist at Harvard University, who determined that what the farmer found likely came from a spacecraft during a recent descent back to Earth.

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Quoteable Quotes

"If you avoid conflict to keep the peace, you start a war with yourself."
 —Cheryl Richardson

"I always prefer to believe the best of everybody; it saves so much trouble."
 —Rudyard Kipling

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Trivia

- Where in the body is insulin produced?
- Who wrote the opera The Pirates of Penzance?
- Does candlepin bowling use balls with or without finger holes?
- Where is the city of Batman?
- A doctor uses an otoscope to examine your _____.

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Your Weekly Horoscope

ARIES (March 20 - April 19)

You and those of your opposite sign, Libra, are ending a year-long period in which the theme has been self vs. other. Have you grown beyond prioritizing just your own needs? Lucky numbers: 15, 17, 24, 31, 40, 41.

TAURUS (April 20 - May 20)

Taurus like to maintain stable environments in their lives, which could encourage you to ignore sensitive issues. But early this week, certain truths may be difficult to avoid. Lucky numbers: 7, 18, 19, 28, 39, 48.

GEMINI (May 21 - June 20)

Geminis can tend to live in their heads, avoiding the messy emotions of themselves and others. This week, perhaps try to incorporate more empathy and compassion. Lucky numbers: 6, 13, 22, 32, 39, 45.

CANCER (June 21 - July 22)

Try to keep "Discretion is the better part of valour" as your operative phrase this week. Ask yourself if you really should say what you are thinking right now. Lucky numbers: 14, 18, 32, 36, 41, 46.

LEO (July 23 - Aug. 22)

Do you feel this week that something that used to be central to your identity is slipping away? If so, don't hold on for dear life. Remember, when one door closes... Lucky numbers: 12, 15, 24, 28, 37, 38.

VIRGO (Aug. 23 - Sept. 22)

Have there been moments over the last year when you seemed to be on shifting sands? This may continue intermittently into 2025. The Universe may be encouraging flexibility. Lucky numbers: 2, 7, 22, 26, 40, 41.

LIBRA (Sept. 23 - Oct. 22)

You and those born in your opposite sign, Aries, are ending a year-long period with a theme of self vs. other. Are your needs now balanced with what others need, too? Lucky numbers: 10, 11, 13, 14, 32, 43.

SCORPIO (Oct. 23 - Nov. 21)

Are you looking for a new relationship or ways to improve your current one? Midweek may be a good time to develop a more authentic dialogue with the other person. Lucky numbers: 3, 7, 9, 19, 26, 46.

SAGITTARIUS (Nov. 22 - Dec. 21)

A continuing astrological pattern may enhance your friendly and optimistic nature. Did you take advantage of this energy yet? Try not to let this opportunity pass you by. Lucky numbers: 4, 7, 9, 21, 30, 39.

CAPRICORN (Dec. 22 - Jan. 19)

Your thoughts may be anxious or stressed this week. So carefully consider the impact on others of what you say, including on those who often count on your wise counsel. Lucky numbers: 1, 15, 24, 40, 43, 46.

AQUARIUS (Jan. 20 - Feb. 18)

This week may see a turning point of endings or beginnings for you. If so, understand it is part of your personal transformation, as Pluto shifts from Capricorn to Aquarius. Lucky numbers: 13, 18, 25, 28, 33, 40.

PISCES (Feb. 19 - March 20)

For the last year-plus you have been encouraged to develop more structure in your life. How is that progressing, and where might you need to make an adjustment now? Lucky numbers: 11, 16, 20, 24, 32, 34.

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

Did You Know...

Seasonal song: Although often associated with Christmas, "Frosty the Snowman" isn't technically a Christmas song. Recorded by Gene Autry and the Cass County Boys in 1950, the original lyrics contain no direct reference to Christmas.

Morning ritual: Skinny dipping was the norm for John Quincy Adams, the sixth president of the U.S. In warm weather, he would walk two miles to the Potomac River to swim in the nude, an activity that was more common in those days.

Blindness facts: Worldwide, up to 45 million people are without sight, and 135 million people have poor vision. The World Health Organization and International Agency for the Prevention of Blindness say about 80% of vision loss is preventable.

Durable dollars: Crane and Co. has been producing the paper for United States Federal Reserve currency since 1879. The paper is 25% linen and 75% cotton, which is meant to make the bills more difficult to tear.

Large country: At almost 3 million square miles (7.7 million sq. km) in area, Australia is the sixth largest country on Earth. Its land area represents about 5% of Earth's total land mass.

On the Lighter Side

Why did the chicken cross the road? To show the possum it could be done.

Our town got snow during a heat wave. They said it was a ice-olated incident.

I wrote a book about watchmaking. They said it's about time.

Earl: "Can you keep a secret?"
Pam: "Sure, but I don't know if the people I tell can, too."

Knock! Knock! Who's there? Alec. Alec who? Alec tea but not coffee.

Answers

Trivia answers: 1. Pancreas 2. Gilbert and Sullivan 3. Without 4. Turkey 5. Ear

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3. Depression, anxiety, ADD or ADHD
4. Seasonal allergies or asthma
5. Chronic fatigue or fibromyalgia
6. Hormonal imbalances (PMS, PCOS)
7. Skin issues
8. Food allergies/intolerances

"Death begins in the colon" ~ Mechnikov

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