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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

1 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.
2 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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Readers of the Month
Todd & Julia Lewis from Ponoka

Coffee News Fun Reading. Serious Advertising.



LEAKY GUT?

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- Autoimmune disease (arthritis, lupus, psoriasis, celiac disease)
- Depression, anxiety, ADD or ADHD
- Seasonal allergies or asthma
- Chronic fatigue or fibromyalgia
- Hormonal imbalances, PMS, PCOS
- Skin issues
- Food allergies/intolerances

"Death begins in the colon" ~ Mechnikov

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Everybody's Talking

Early graduation: Few young people graduate from university at the age of 17, but Dorothy Jean Tillman II is one of them. In 2024, she was part of the graduating class at Arizona State University (ASU), based in Phoenix, Ariz. (U.S.), where she earned her doctoral degree in integrated behavioural health. Homeschooled in her early years in Chicago, Dorothy began taking correspondence college courses at age 10. Over the next seven years, she studied at three different universities before finishing her degree at ASU. The university says Dorothy is the youngest person in school history to earn a doctoral degree in integrated behavioural health. Her remarkable achievement is an inspiration to young scholars everywhere.

Goose guards: While guard dogs are a familiar concept in many places, have you ever heard of guard geese? In Santa Catarina, Brazil, the Sao Pedro de Alcantara Prison has employed geese as a security measure. These feathered sentinels, dubbed "geese agents," patrol the perimeter of the prison, between the inner and outer walls, and provide an additional layer of vigilance alongside electronic and human surveillance. Their remarkable attentiveness has earned them recognition as effective members of the prison's security team. Despite their unorthodox role, the geese have proven themselves to be dedicated and alert guardians, who deter potential intruders with their loud honks and watchful eyes.

Barrow blitz: Dylan Phillips, a mechanic from Pembrokeshire, England, has achieved a new Guinness World Record for the fastest wheelbarrow, reaching speeds up to 52 mph (84 km/h). The idea started in a pub and quickly turned into a reality for the man, who built the wheelbarrow in his shed. During a test, he hit 37 mph (59 km/h), sparking his interest in the world record, which stood at 46 mph (74 km/h). Phillips then took his creation to the Straightliners Speed Week, where he smashed the record. Despite its impressive speed, the wheelbarrow is dangerous, lacking suspension and having only front-wheel brakes. Phillips described the ride as terrifying and uncomfortable.

Campus cat: There's a feline who can now boast the title "Doctor of Litter-ature." Max the Cat received this honorary certificate from Vermont State University in Castleton, Vermont (U.S.), where he is a frequent and cherished visitor. The students adore interacting with him, and the university regards him as a beloved member of its community. Unlike typical academic pursuits, Max's focus is on friendliness. For about four years, Max has made daily visits from his nearby home to spend time with students and faculty, becoming a campus celebrity. Students love taking photos with their four-legged friend. Although Max didn't attend the graduation ceremony, his certificate was delivered to his owner afterward.

Quoteable Quotes

"A quiet conscience makes one strong." —Anne Frank
"Real birthdays are not annual affairs. Real birthdays are the days when we have a new birth." —Ralph Parlette

What's Happening

Nov 1 - Shine A Light 6pm: Residents are asked to turn on an outdoor light, hang a glowstick in a window or plug in holiday lights for the duration of the night to shed light on the issue of family violence in our community.

Nov 16 - Santa Claus Parade Starting at 5:30pm, the Whitecourt and District Chamber of Commerce is hosting the Annual Santa Claus Parade! The lineup starts at Festival Park and will make its way through the downtown core. Join us for a night of fun, candy, fires and Christmas cheer!

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Trivia

- The Kermadec Trench is located in this ocean.
- Claude Debussy composed "Clair de Lune" for what instrument?
- Bulls don't see the colour red—T/F?
- Are the triceps on the front or the back of the arm?
- Whist is an early form of this card game.

(Flip bottom of page for answers)
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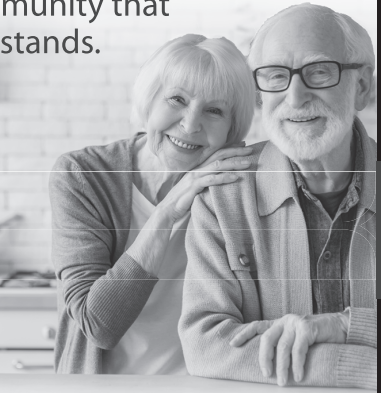


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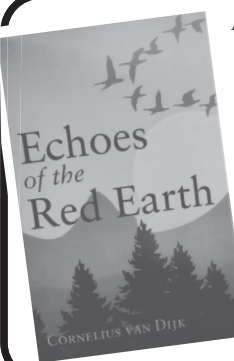



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Your Weekly Horoscope

ARIES
(March 20 - April 19)




Are you holding a grudge against someone because of their past actions? Consider that finding a way to forgive them right now might be able to free you, going forward. Lucky numbers: 4, 7, 16, 27, 34, 35.

TAURUS
(April 20 - May 20)




At the beginning of the week, you might have a sudden insight about something. How could you use this to break through a situation that may be in a stalemate right now? Lucky numbers: 9, 16, 24, 34, 35, 45.

GEMINI
(May 21 - June 20)




Are your mind and heart currently in a tug of war about what you should do next? How could you find a compromise now that would move you past this old dynamic? Lucky numbers: 6, 8, 22, 27, 34, 41.

CANCER
(June 21 - July 22)



Do you have a project that has been in limbo for a while because there is no concrete plan for how you could achieve it? This week may be a good time to develop one. Lucky numbers: 3, 8, 9, 11, 15, 29.

LEO
(July 23 - Aug. 22)




For the next six weeks, you might have an energy boost to channel into projects that can help achieve your goals. Avoid a temptation to impulsively argue with others. Lucky numbers: 5, 13, 15, 19, 26, 31.

VIRGO
(Aug. 23 - Sept. 22)



Virgos often hide the light of their talents and accomplishments from others. For the next few weeks, consider taking advantage of an opportunity to change this dynamic. Lucky numbers: 2, 7, 12, 19, 24, 46.

LIBRA
(Sept. 23 - Oct. 22)




At midweek, take a deep breath and look at where your life is right now. Do you feel like it is in a good balance or might there be a change that you need to make? Lucky numbers: 8, 14, 25, 34, 42, 46.

SCORPIO
(Oct. 23 - Nov. 21)




The new moon in your sign this week may provide a good opportunity for you to set a new intention in your life. What changes would you like to make right now? Lucky numbers: 1, 11, 13, 17, 30, 44.

SAGITTARIUS
(Nov. 22 - Dec. 21)




You may be very chatty for the next few weeks. But be sure to be careful of speaking impulsively. This may prove to be a good time to pursue a new topic of study. Lucky numbers: 2, 9, 10, 11, 25, 29.

CAPRICORN
(Dec. 22 - Jan. 19)




Important information may emerge from within you. Can you positively address what it presents, rather than ignoring it? Your feelings won't go away if you ignore them. Lucky numbers: 13, 14, 16, 29, 36, 38.

AQUARIUS
(Jan. 20 - Feb. 18)



An emotional leadership style is not usually a hallmark for Aquarius. For the next six weeks, you may have the first of two near-term opportunities to cultivate these qualities. Lucky numbers: 11, 13, 23, 24, 32, 42.

PISCES
(Feb. 19 - March 20)



You may feel tempted to escape your responsibilities this week. Find a way to work with this feeling, without dropping the ball on tasks that are an important focus. Lucky numbers: 6, 8, 11, 16, 26, 32.

Lucky numbers this week: This week's odds favour Leo winners with the luckiest number being 31.

Did You Know...

Vintage pout: Before "cheese" took over, photographers used "prunes" to encourage a tight-lipped look in photos. In photography's early days, wide smiles were thought improper, so a subtle pout was the preferred expression.

Contagious yawns: Yawning is seen in humans and many vertebrates, including sharks. Most people will yawn after seeing someone else yawn, even in a photo. Theories suggest yawning may be linked to empathy and social bonding.

Early talent: Johnny Cash's music passion started young; he began writing songs at 12. Seeing his talent, his mother saved enough for singing lessons. After three lessons, the future star's teacher said his unique voice needed no further training.

Aqua rugby: Underwater rugby is an exhilarating sport played in deep pools. Two teams compete to place a ball into baskets positioned at the pool's bottom. Players need gear like diving masks, snorkels, and fins.

Pineapple magic: Its bromelain content makes pineapple an excellent meat tenderizer. This enzyme effectively breaks down protein chains to make meat more tender. The fruit's unique properties make it a culinary favourite.

On the Lighter Side

Knock! Knock! *Who's there? Pastor. Pastor who? Pastor mashed potatoes, please.*

Why is it difficult to hold a conversation with a goat? They're always buttin' in!

That race car driver has a very checkered past.

Did you hear about the jester who lost his job? He was nobody's fool.

Ed: "I have a job in a watch factory."
Fred: "Oh yeah, what do you do there?"
Ed: "I stand around and make faces."

Answers

Trivia answers: 1. Pacific 2. Piano 3. True 4. Back 5. Bridge

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