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Recipe of the month

Spicy Cajun Potato Salad

5 pounds medium Yukon Gold potatoes, peeled and cut into 3/4-inch cubes
1 large yellow onion
1/2 medium lemon
1/2 teaspoon salt
8 hard-boiled large eggs, chopped

1-1/2 cups mayonnaise with olive oil and coarsely ground pepper
1 cup dill pickle relish
1/4 cup yellow mustard
1 to 2 tablespoons Cajun seasoning
1/4 cup minced fresh parsley
Paprika

Prep Time: 20 min. Cook Time: 10 min. + chilling Yield: 20 servings

1 Place potatoes in a Dutch oven; add water to cover. Cut onion in half crosswise; add one half to saucepan. Bring to a boil. Add lemon and salt to cooking water. Reduce heat; cook, uncovered, until potatoes tender, 5-6 minutes.
2 Meanwhile, chop remaining onion. Combine with eggs, mayonnaise, dill pickle relish, mustard and Cajun seasoning.
3 Drain potatoes; rinse under cold water. Discard onion and lemon. Add potatoes to egg mixture; gently toss until well mixed (do not overmix, or potatoes will break down). Refrigerate, covered, 1-2 hours. Just before serving, sprinkle with parsley and paprika.

Source: www.tasteofhome.com

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Vol. 18 No. 32 August 9, 2021

Everybody's Talking

Glow in the dark: An American artist with a love of photography and black light found a new canvas to create images: the human body. John Poppleton uses UV body paint in a dark studio to create incredible scenery and imagery on the backs of his models. He paints balmy sunsets, purple clouds, rolling waves, and shimmering waterfalls that glow luminously under black light. Viewers describe the results as magical. He was once a wedding and portrait photographer and uses his extensive photography experience to prepare his surreal pieces.

Fake food: In Japan, restaurant owners often use plastic food to portray the dishes on their menus. Some of this fake food, known as sampuru, appears very realistic. One woman from Chiba Prefecture thinks sampuru is so interesting that she started collecting it. Akiko Obata boasts a collection of about 8,000 pieces. She has a special love for the displays of fake desserts, but she has everything from spaghetti and sushi to French bread, hamburgers, and pizza. She keeps her huge assortment of authentic-looking, fake food in a room in her home.

Lost and found: A three-year-old boy named James O'Reilly wandered away from the home where his family was vacationing in Wyadup, South Australia, one day around 7:30 a.m., and was missing until 7 p.m. His parents were frantic, but the story has a happy ending: he was found by his grandfather and uncle. That was after police were called in and a search party was organized, which included dozens of people from the area who volunteered to help. It also included the police dog squad and helicopter. Despite being out in chilly rain for 12 hours, James was healthy and happy to see his family after his ordeal.

Forehead photos: A Greek man, Georgios Schieich, posts images of himself on social media, but his photos are not the usual smile-at-the-camera selfies. Rather, they are pictures of his forehead, with various environments in the background. Behind his forehead, the photo may show a city street, a building's façade, a harbour, or a blank wall. Schieich says he started posting his forehead in response to a girlfriend asking, "Where are you?" That was over six years ago, and while the girlfriend is long gone, Schieich is enjoying the game of taking the same kind of photo for his social media posts.

Quoteable Quotes

"When you have nothing to say, say nothing." *Charles Caleb Cotton*

"These are all our children. We will profit by, or pay for, whatever they become." *James Baldwin*

What's Happening

Oct 1-Sight Night fun run after dark, in support of visually impaired Albertans! The event raises funds and awareness for the Alberta Sports and Recreation Association for the Blind. The event features distances for all abilities. For more info www.asrab.ab.ca.

Jun 3 to Sep 26-Century Park Market Southside open air public farmers market. Open Thursdays from 3:30pm to 7:30pm. Phone 780-913-2586 for more information or visit www.centuryparkmarket.com

July 14 to Aug 31-Kid Connect Ages 5 - 12 Want to occupy your kids this summer. AT Kid Connect Kids get to create art, play games, and get out some of their extra energy with short exercises. Wednesdays and Saturdays from 11am to 12 pm. For details call 780-428-3041 or kidconnectyeg@outlook.com

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Nancy Preece
Mara De Leon
Carmelle Zurowski
Gloria Barrios

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Your Weekly Horoscope

ARIES (March 21 - April 20)
You may need to take advantage of opportunities to help some neglected people in your community. Your efforts could be met with interest and great support. Lucky Numbers: 6, 9, 24, 37, 42, 48.

LIBRA (Sept. 24 - Oct. 23)
You may feel quite amorous and may want to share your time with someone you love. This may be a good time to make connections and discover emotional fulfillment. Lucky Numbers: 9, 19, 23, 25, 26, 29.

TAURUS (April 21 - May 21)
This might be a good time for you to work on your own. You may really know just what you want to do, and woe to anyone or anything that gets in your way! Lucky Numbers: 2, 16, 17, 32, 36, 37.

SCORPIO (Oct. 24 - Nov. 22)
Competitive energies may run high, so taking a stand on your own could likely work out well. Your deepest motivations may help you reach your goals. Lucky Numbers: 5, 17, 28, 30, 44, 45.

GEMINI (May 22 - June 21)
You may feel creatively inspired and could express your feelings quite openly. You might enjoy artistic, musical, or cultural activities in your community. Lucky Numbers: 5, 16, 42, 43, 44, 45.

SAGITTARIUS (Nov. 23 - Dec. 21)
An inviting atmosphere and appreciation for work well done may be indicated. You could sign new contracts, which could be good for future endeavours. Lucky Numbers: 2, 8, 16, 21, 32, 33.

CANCER (June 22 - July 22)
Your feelings may run hot and you may be more likely to act on instinct, rather than on reason. Your responses to life could be passionate and based on natural impulses. Lucky Numbers: 8, 17, 23, 29, 36, 44.

CAPRICORN (Dec. 22 - Jan. 20)
You may make your influence felt and any efforts to advance your career could be very effective. You could receive a green light to take on a leadership role. Lucky Numbers: 4, 6, 15, 17, 22, 33.

LEO (July 23 - Aug. 23)
You might be interested in the big picture and less in the small details. You could feel quite ready for a vacation. Anything that broadens your world may appeal to you. Lucky Numbers: 1, 19, 34, 35, 46, 49.

AQUARIUS (Jan. 21 - Feb. 19)
Financial security and practical matters may be your focus now. Try not to be too extravagant or generous. You might begin to see the light at the end of the tunnel. Lucky Numbers: 3, 18, 29, 30, 45, 47.

VIRGO (Aug. 24 - Sept. 23)
You may want to avoid social events that distract your focus. You should be able to concentrate on work that requires patience, attention to detail, and precision. Lucky Numbers: 8, 9, 10, 32, 36, 43.

PISCES (Feb. 20 - March 20)
You may be cooperative and more interested in similarities than in differences. You could let people know you care about them. Contact them or send them a letter. Lucky Numbers: 13, 14, 15, 21, 30, 47.

Lucky numbers this week: This week's odds favour Cancer winners with the luckiest number being 8.

Did You Know...

Light the way: The Fisgard Lighthouse, located near Victoria, British Columbia (Canada), started guiding boats into Esquimalt Harbour in 1860. Automated in 1929, the lighthouse is still operating today and is a National Historic Site.

Small island: Barbados is the most easterly of the Caribbean islands and is located in the Atlantic Ocean, northeast of Venezuela. It is small, at only 34 kilometres (21 mi.) long and 23 kilometres (14 mi.) wide.

Save the frogs: The Togo slippery frog lives in lush highland regions along the border of Ghana and Togo in western Africa. This amphibian is endangered because its habitat is being destroyed by human activity.

Early gig: Stevie Nicks, of Fleetwood Mac fame, was once a member of the psychedelic rock band Fritz. Leader Lindsey Buckingham called her to join after the pair met in 1966. Fritz used to open for big acts, such as Santana and Janis Joplin.

Big money: The town of Campbellford, Ontario (Canada), is home to a giant statue of a Toonie, the country's two-dollar coin. Like the real thing, the statue has silver around the edges with a gold disk in the middle. It is 8.2 metres (27 ft.) tall.

On the Lighter Side

Hotel clerk: "Would you like the \$80 room or the \$100 room?"
Guest: "What's the difference?"
Clerk: "The \$100 room comes with free TV."

Show me a good loser, and I'll show you someone playing golf with the boss.

What does the winner of the race lose? Her breath.

Reporter on the campaign trail: "After all is said and done, more is usually said than done."

Worry is the interest you pay on trouble before it's due.

Answers

Trivia answers: 1. High cholesterol 2. Nuts 3. Perjury 4. Ox 5. Puerto Rico

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