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Recipe of the month

Summer Macaroni Salad

1 package (16 ounces) elbow macaroni
1 cup reduced-fat mayonnaise
3 to 4 tablespoons water or 2% milk
2 tablespoons red wine vinegar
1 tablespoon sugar
1-1/2 teaspoons salt
1/4 teaspoon garlic powder

1/4 teaspoon pepper
1 small sweet yellow, orange or red pepper, finely chopped
1 small green pepper, finely chopped
1 small onion, finely chopped
1 celery rib, finely chopped
2 tablespoons minced fresh parsley

Prep: 20 min. + chilling Cook: 15 min. Yield: 16 servings

- 1 Cook macaroni according to package directions. Drain; rinse with cold water and drain again.
- 2 In a small bowl, mix mayonnaise, water, vinegar, sugar and seasonings until blended. In a large bowl, combine macaroni, peppers, onion and celery. Add 1 cup dressing; toss gently to coat. Refrigerate, covered, until cold, about 2 hours. Cover and refrigerate remaining dressing to add just before serving.
- 3 To serve, stir in reserved dressing. Sprinkle with parsley.

Source: https://www.tasteofhome.com

Everybody's Talking

Pebbly pictures: Combing the beach for colourful, oddly shaped stones is always fun. For Justin Bateman, an English artist, the stones come in handy for his creations: mosaic pictures that he puts together right on the beach. He uses stones of all shapes, sizes, and colours to reproduce such masterpieces as "Mona Lisa" and "Girl With a Pearl Earring." His work is eye-catching, but viewers have to be quick because the pieces don't last long in their rugged, natural environment. Bateman can spend from one or two days to several weeks completing one of his stone works of art. He currently resides in Thailand; his artwork can be seen on beaches and surrounding areas.

Tunnel road: Guoliang is a remote village located high in the Taihang Mountains in China's Henan Province. People in the village had been quite isolated until the 1970s, when they decided to hand-dig a tunnel so cars could come and go from the scenic location. Using hammers and chisels, they succeeded in building a tunnel that is 1.2 kilometres (0.75 mi.) in length. The task took five years to accomplish and was completed in 1977. Before the tunnel's construction, the only way in and out of Guoliang was via the "Sky Ladder," a difficult climb up the mountain. Today, the tunnel is a tourist attraction, and the villagers are enjoying a more robust economy.

Unique pizza oven: Those wanting to enjoy a unique pizza might want to head to the Pacaya Volcano in Guatemala, where Chef Mario David García Mansilla uses lava from the active volcano to cook his gourmet pizzas. His restaurant is called Pizza Pacaya, and it moves according to where cooling lava can be found. The lava forms a kind of cave as it cools, creating a sort of oven where the chef can bake his pies. He also cooks the pizza directly on top of molten rocks. In either case, he wears protective gear while at work. Patrons can make a reservation for their slice of volcano-cooked pizza. Mansilla got the idea for his restaurant when he saw tourists roasting marshmallows over lava.

Two heads: The diamondback terrapin turtle is a threatened species in the United States, so researchers were excited when a two-headed specimen was born. Now in the care of the Birdsey Cape Wildlife Center in Massachusetts, the turtle is doing well. It has six legs instead of the usual four, along with two heads that move in and out of the shell independently. A barium test revealed that each head has its own gastrointestinal system, and scientists are looking for ways to learn more about this interesting creature. The turtle is growing well, with the heads seeming to work together to swim and find food.

Quoteable Quotes

"Resolve never to quit, never to give up, no matter what the situation." —Jack Nicklaus
"Long after an experience...it is seen quite differently." —Doris Lessing

What's Happening

Aug 2 to 6 - Rock N August Rock'n August, one of the largest celebrations of classic cars and music in Western Canada. www.rocknaugust.com for more info

Aug 14 - Spruce Grove Public Market Come join us at the Spruce Grove Public Market taking place on August 14th at the Pioneer Centre on Jespersen Avenue from 11am - 4pm. We will have free activities for the kids, food trucks, music and entertainment...and of course vendors galore.

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Trivia

1. What is the only even prime number?
2. The Argentine flag has these two colours and this celestial body.
3. Who wrote the novel Breakfast at Tiffany's?
4. What shape depicts psychologist Abraham Maslow's hierarchy of needs?
5. What Mexican holiday originally celebrated the Battle of Puebla in 1862?

(Flip bottom of page for answers)

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Your Weekly Horoscope

ARIES
(March 21 - April 20)

You may want to consider making an adjustment in your style of communicating with others. This could change the way that people see you, and eventually might lead to new opportunities. Lucky numbers: 4, 5, 14, 15, 26, 33.

TAURUS
(April 21 - May 21)

An unusual or unexpected event in your life may be frustrating to you right now. Taking a deep breath and reflecting on your next steps before acting may be helpful. Lucky numbers: 14, 17, 24, 25, 33, 37.

GEMINI
(May 22 - June 21)

Are you willing to fight for some specific issue? Gemini's ability to integrate information that may be conflicting can be useful in presenting a convincing argument on the matter. Lucky numbers: 17, 21, 22, 31, 37, 46.

CANCER
(June 22 - July 22)

This week your heart may be in one place and your head in a different one. Waiting to act on anything until this dynamic passes by may be helpful. Lucky numbers: 3, 15, 19, 20, 41, 42.

LEO
(July 23 - Aug. 23)

During the next month, the potential exists to reassess your values. What type of legacy do you want to leave for others, and what can you do to manifest it? Lucky numbers: 5, 7, 12, 25, 27, 48.

VIRGO
(Aug. 24 - Sept. 23)

Are you having difficulty clearly communicating with your partner right now? If so, initiating a discussion about it between the two of you may be helpful in moving forward. Lucky numbers: 8, 17, 19, 33, 37, 43.

LIBRA
(Sept. 24 - Oct. 23)

Libras often prefer for others to be in the limelight, rather than themselves. Right now, though, stepping into the spotlight yourself may be more comfortable than standing in the wings for others. Lucky numbers: 7, 10, 12, 14, 23, 40.

SCORPIO
(Oct. 24 - Nov. 22)

An old, karmic issue may be resurfacing in your life right now. What might be helpful would be to resolve the prior consequences of this matter before trying to move forward. Lucky numbers: 12, 16, 18, 28, 29, 41.

SAGITTARIUS
(Nov. 23 - Dec. 21)

Right now, there may be an opportunity to light a fire under the plans to achieve your life's dreams and wishes. However, you may need to proactively reach for it. Lucky numbers: 1, 4, 6, 16, 20, 27.

CAPRICORN
(Dec. 22 - Jan. 20)

A trait of many Capricorns is to just keep putting one foot in front of the other until they get where they are going. Events this week may reinforce that pattern. Lucky numbers: 2, 4, 8, 17, 21, 31.

AQUARIUS
(Jan. 21 - Feb. 19)

The full moon in your sign may provide a strong potential for you to bring a project to completion. Then you might be able to begin planning for the next six months. Lucky numbers: 22, 25, 36, 39, 40, 44.

PISCES
(Feb. 20 - March 20)

Have you been in a pattern of having a difficult time getting out of your own way? You may find more endurance now to break through the obstacles that have impeded your progress. Lucky numbers: 15, 16, 19, 28, 29, 38.

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

Did You Know...

Couples only: Switzerland has many laws in place to protect animals, even guinea pigs. It's illegal to own only one. These mammals are highly social, so having only one lone(ly) guinea pig is considered animal abuse.

Waiting until the end: Going to the movies means sitting through lots of movie previews, so why are they called "trailers"? In the early days of showing movies, these film clips were shown after the main show, therefore they trailed it.

Living on air: Air plants come in many shapes and sizes, but the common denominator is that they don't need soil to grow. Just submerge and soak them for a while to water them, and mist them between soaks.

Spectacular falls: The Zambezi River flows between the borders of Zambia and Zimbabwe, and its claim to fame is the magnificent Victoria Falls. The water cascades down a ledge that is 1,708 metres (5,640 ft.) wide, into a gorge 108 metres (354 ft.) below.

Fastest man: A rare genetic disorder caused Zion Clark to be born without legs. In February 2021, he broke the Guinness World Record for the fastest 20 meter (65 ft.) walk on hands alone, finishing in under 4.8 seconds. His triumph took place at his former high school gym in Massillon, Ohio (U.S.).

On the Lighter Side

Did you hear that the fire-eater got engaged? He ran into an old flame.

I was accused of being a plagiarist. Their words, not mine.

Waiter: "What's the matter with the soup?"
Customer: "I asked for barley soup, not barely soup!"

What goes trot-dash-trot-dash-dash? Horse code.

Knock! Knock! Who's there? Decay. Decay who? Decay is after the J in the alphabet!

Answers

Trivia answers: 1. Two 2. Blue, white, sun 3. Truman Capote 4. Pyramid 5. Cinco de Mayo

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