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Recipe of the month

Summer Macaroni Salad

1 package (16 ounces) elbow macaroni	1/4 teaspoon pepper
1 cup reduced-fat mayonnaise	1 small sweet yellow, orange or red pepper, finely chopped
3 to 4 tablespoons water or 2% milk	1 small green pepper, finely chopped
2 tablespoons red wine vinegar	1 small onion, finely chopped
1 tablespoon sugar	1 celery rib, finely chopped
1-1/2 teaspoons salt	2 tablespoons minced fresh parsley
1/4 teaspoon garlic powder	

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

- Cook macaroni according to package directions. Drain; rinse with cold water and drain again.
- 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.
- To serve, stir in reserved dressing. Sprinkle with parsley.

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



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Congratulations to June's **Coffee News Guy** contest winners!

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Everybody's Talking

Running reds: If your ex-partner is mad at you, be sure they have no way to rent your car. A man from Shaoxing in Zhejiang Province, China, learned that the hard way. The man, known as Qian, had broken up with his girlfriend Lou. Not happy with the situation, Lou enlisted a friend of hers named Chen to rent Qian's car, through the car-sharing app that she knew he used. She and another buddy took off in the vehicle, blasting through 49 red lights in the hopes she'd get Qian in trouble with the law. Unfortunately for her, the police caught up with Lou through the car rental agreement, and she had to face charges.

Abandoned project: Turkey is home to a ghost town like no other. The town of Burj al Babas, located between Istanbul and Ankara, is an odd sight: hundreds of "castles" sit in the hilly and forested region, but no one lives in any of them. The dwellings were supposed to become luxury vacation accommodations for rich tourists, but the developers ran out of money before the buildings were all completed. Today, the ornate facades, complete with turrets and balconies, hide many unfinished interiors. Hopefully the economy will turn, and enough of the homes will be sold to pay off the debt, which could bring some life back to this ghostly place.

Weird TV show: Everyone has a favourite television program, whether it is a sitcom, a crime drama series, or a nature documentary. For many living in Japan, that never-to-be-missed TV show lasts only six minutes, comes on well after midnight, and features one thing: a woman running up a steep hill. It's a different woman every night, and she could be someone famous. The show is called Zenryoku Zaka, which has been airing from Mondays to Thursdays on TV Asahi for 15 years. It's filmed in or around Tokyo, using various streets as the backdrop for the running woman. The show may soon start to feature men running up steep hills.

Small suite: Put a bed in a bathroom and—voila!—it's a micro studio apartment! A landlord in the city of Vancouver, British Columbia (Canada), tried to do just that. The "suite" was advertised to attract a single renter looking to live in the downtown area of the city. However, the listing didn't work out well because the floor space is only 15 square metres (about 160 sq. ft.), less than the requirement set out in the city's micro dwelling development guidelines. The guidelines also say that the bathroom must be separate from the living area. The landlord had hoped to get \$680 (CAD) per month for the unit, an indicator of the expensive housing market in this coastal city.

Quoteable Quotes

"Often continuity is visible only in retrospect." —Mary Catherine Bateson

"Our greatest glory is not in never failing, but in rising every time we fail." —Confucius

What's Happening

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.

Aug 11 to 14 - Extreme Mudfest Extreme Mudfest is a 4-day mud and music festival located in Cold Lake Alberta, Canada. In addition to nightly performers, we bring you a beer fest, Slow-pitch soft ball tournament, Extreme MudRun, and of course lots of Mud! 825 459-7645

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Trivia

1. Giant sequoia trees can live to be as much as 1,000, 2,000, or 3,000 years old?
2. Which U.S. president publicly shared his dislike of broccoli?
3. The capital of Bhutan is what?
4. Who invented the first remote-controlled boat?
5. What is the name of the dog on the box of Cracker Jacks?

(Flip bottom of page for answers)

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Your Weekly Horoscope

ARIES (March 21 - April 20)

You may want to impulsively jump into a new love connection. Feel free to enjoy the moment, but also consider whether you have enough shared values to support a long-term relationship. Lucky numbers: 7, 9, 21, 43, 44, 47.

TAURUS (April 21 - May 21)

In the midst of recent changes in your life, you may feel that you are existing on constantly shifting sands right now. This week could provide some much-needed relief. Lucky numbers: 6, 14, 21, 27, 28, 43.

GEMINI (May 22 - June 21)

Late this week, your emotions may heighten your quick and intellectual nature. The next several weeks might be fast paced and busy. Try to be sensitive to the feelings of others. Lucky numbers: 18, 21, 26, 30, 31, 34.

CANCER (June 22 - July 22)

Nurturing yourself and others can be a major life theme for those born under your sign. Perhaps if you focus on this now, a hidden potential or opportunity may surface for you. Lucky numbers: 4, 17, 19, 24, 33, 39.

LEO (July 23 - Aug. 23)

In a world that is often chaotic, you may be feeling a moment of considerable optimism. Try to take advantage of it to add more joy into your life in the near future. Lucky numbers: 20, 27, 33, 41, 43, 44.

VIRGO (Aug. 24 - Sept. 23)

Virgos often strive for logical, grounded arguments, and this may be particularly true for you this week. Try to remember to have sympathy for those who don't share your skills. Lucky numbers: 3, 9, 11, 25, 32, 37.

LIBRA (Sept. 24 - Oct. 23)

At the beginning of the week, you may find that your thoughts and feelings are not in sync. Waiting a few days before acting on your emotions might be the best choice. Lucky numbers: 9, 10, 21, 30, 33, 35.

SCORPIO (Oct. 24 - Nov. 22)

You may want to carefully evaluate any information you receive now. Consider how you might be able to use it positively to help you deal with your fears, rather than adding to them. Lucky numbers: 5, 8, 14, 15, 20, 45.

SAGITTARIUS (Nov. 23 - Dec. 21)

Sagittarians often hold strong beliefs about philosophical questions of how the world operates. Perhaps now is a good time to avoid arguing with others whose world views conflict with yours. Lucky numbers: 2, 13, 21, 23, 31, 42.

CAPRICORN (Dec. 22 - Jan. 20)

You still may be in a period of transformation, tearing down and rebuilding your sense of who you are. This week could provide a moment of strong encouragement about your progress. Lucky numbers: 10, 12, 22, 35, 38, 40.

AQUARIUS (Jan. 21 - Feb. 19)

Are you trying to accomplish something that requires a cooperative effort with others? If so, you might want to consider an adjustment in your approach to those whose help you need. Lucky numbers: 8, 10, 16, 17, 21, 25.

PISCES (Feb. 20 - March 20)

You may find your interactions with others are confused this week. Your intuitive qualities might be out of sync with their more grounded nature. Try not to let that disturb you. Lucky numbers: 1, 12, 16, 29, 32, 48.

Lucky numbers this week: This week's odds favour Leo winners with the luckiest number being 33.

Did You Know...

House in a barn: On a property near Bay Port, Michigan (U.S.), a couple built a house inside their grandfather's dairy barn, and they run it as a vacation rental. On display in this unique house are many old farm relics.

Real name: He is known as the Wizard of Oz, but in the book by Frank Baum, his legal name is Oscar Zoroaster Phadrig Isaac Norman Henkel Emmannuel Ambrose Diggs. The character says he only uses his first two initials because the rest of them together spell "Pinhead."

Ham and pineapple: Those who like ham and pineapple pizza can thank Sam Panopoulos, a Greek-born, Canadian restaurateur. In the 1960s, he added pineapple to a ham and bacon pizza because he thought the sweet and savoury mix would taste good.

Holding a grudge: Don't do anything to anger a crow! Biologists have figured out that crows are smart enough to recognize human faces, and if someone annoys them, crows can hold a grudge for years.

Northern lights: Sleeping through a chance to see aurora borealis, or the northern lights, would be disappointing. That's why some hotels in Iceland offer an optional wake-up service to customers in case the spectacular event appears after they have gone to sleep.

On the Lighter Side

Knock! Knock! Who's there? Sizzle. Sizzle who? Sizzle hurt you more than it will hurt me.

Someone stole my mood ring. I don't know how I feel about that.

Why do kings have royal seals? Because royal walrus eat too much.

A witch published a book of potion recipes, but it was useless. She forgot to spell-check.

Nit: "Haven't I seen your face before?"
Wit: "I don't think so. It's always been between my ears."

Answers

Trivia answers: 1. 3,000 2. George H.W. Bush 3. Thimphu 4. Nikola Tesla 5. Bingo

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