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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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Everybody's Talking

Swinging crane: Coming and going from Minami-daitojima Island (also known as Daito Island) is an experience like no other. This island in Japan's Okinawa archipelago has raised coral reefs on all sides, so docking a boat is not possible. Boats can moor about four to six metres (13-20 ft.) from the shore, and then a crane's cage swings people to land. Some travelers think this is fun, while others think it's scary. On nice days, the crane company loads people into a roofless cage, and an enclosed cage is used in the rain. There is one other way to get there, people can hop aboard one of two daily flights that land on the island.

Up, up, and away: It's a bird, it's a plane, it's neither of these things! Rather, it is a sky full of hundreds of balloons! That is what locals and visitors alike get to see in Albuquerque, New Mexico (U.S.), during the Albuquerque International Balloon Fiesta each October. In a single launch, over 500 balloons of all shapes, colours, and sizes adorn the sky, which is breathtaking for those watching from below. The event lasts for nine days. In addition to balloon launches, spectators can see chainsaw carving contests, skydiving performances, fireworks, and lots of musical entertainment.

Emerald green: At the mouth of China's Yangtze River, on the island of Gouqi in the Shengsi archipelago, is a fishing village that looks beautiful but is actually deserted. Lush, green vegetation grows over the buildings. Tourists can now visit abandoned hamlets on Gouqi, such as Houtou Wan Village, a stunningly preserved, moss-covered ghost town. While other islands in the archipelago boast a thriving and diversified industry, this village has been left in nature's care. With vines blanketing the structures, streets, and steps, Houtou Wan Village is a beautiful green, just like the surrounding hillside.

Prized burger: What a list of ingredients! A Dom Perignon champagne bun with gold leaf, Japanese A5 Wagyu beef, smoked duck egg mayo, white truffle, king crab, and beluga caviar are just a few of the delicacies found in what has been dubbed the world's most expensive burger. Called the Golden Boy and made by Robbert Jan de Veen of the Dutch restaurant De Daltons, this decadent burger sold for almost 5,000 Euro. Jan de Veen wasn't greedy in his quest: he donated the proceeds to charity. His restaurant, located in the town of Voorthuizen, Netherlands, is ready and willing to make more burgers in the hopes of attracting wealthy burger connoisseurs.

Quoteable Quotes

"Character is the architecture of the being." —*Louise Nevelson*
"In the confrontation between the stream and the rock, the stream always wins—not through strength but by perseverance." —*H. Jackson Brown*

What's Happening

Aug 24-Open House, 10 AM to 3 PM Enjoy demos for pickleball, fitness, art, music, and more! Free BBQ lunch, play Bingo, Spin-the-wheel, and win prizes! Learn about our quality programming for adults 55 at www.centrellions.org. 11113 113 Street. 780-496-7369.

Sept 17-Ride for Kids in Crisis The ride is a fund raiser to support children in Ukraine, Myanmar, Congo, Yemen, Turkey and Afghanistan. You can bike, skate, run or walk to make a difference. To register go to www.glorychurch.ca or call 780-428-3041

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4 winners (\$100 each) will be drawn on the 15th of each month from all correct entries

Trivia

1. Mount St. Helens' most destructive, 20th-century eruption was when?
2. "Cannonball" Adderley is best known for playing what instrument?
3. Who led China during the Cultural Revolution?
4. In science, what does LED stand for?
5. Which U.S. Constitutional Amendment includes the right to a speedy, public trial?

(Flip bottom of page for answers)

Your Weekly Horoscope

ARIES (March 21 - April 20)

Are you withholding forgiveness to someone who hurt you in the past? If so, now may be a good time to consider letting the matter go, as much for yourself as for them. Lucky numbers: 16, 17, 21, 34, 38, 47.

TAURUS (April 21 - May 21)

Are you experiencing an unusual difficulty in a relationship? If so, thinking about whether you are going over old territory, repeating an earlier event in a different guise, might be helpful. Lucky numbers: 6, 18, 27, 37, 42, 45.

GEMINI (May 22 - June 21)

For the next few weeks, you may find that people or situations might be obstacles to your goals. Try to avoid arguments that may have effects that linger after this period passes. Lucky numbers: 13, 14, 21, 22, 24, 28.

CANCER (June 22 - July 22)

You may find yourself immersed in deep, emotional waters at the start of the week. Not making any rash decisions and instead waiting for things to improve might be best. Lucky numbers: 21, 25, 35, 37, 44, 47.

LEO (July 23 - Aug. 23)

The highest expression of sunny Leo is an innate joy. A period of Leo energy is coming to a close. Try to remember its pattern, and hold onto it in the days ahead. Lucky numbers: 1, 14, 18, 22, 36, 46.

VIRGO (Aug. 24 - Sept. 23)

Your birthday month could start a new cycle for you. What do you want to accomplish? At the end of the week, you may discover a jumpstart to this process. Lucky numbers: 7, 12, 10, 39, 42, 47.

LIBRA (Sept. 24 - Oct. 23)

Libras usually have a natural charm and grace, and they often use these qualities to diffuse conflict between other people. Your ability to communicate in this way may be heightened now. Lucky numbers: 12, 14, 15, 23, 33, 34.

SCORPIO (Oct. 24 - Nov. 22)

Scorpios often have the ability to see hidden truths in others. The energy right now may give you an opportunity to approach communicating with others in a diplomatic manner. Lucky numbers: 5, 7, 24, 27, 31, 39.

SAGITTARIUS (Nov. 23 - Dec. 21)

Do you have any loose ends in your personal or work life that have been dangling for a while? Now might be a wise time to try to wrap up the situation. Lucky numbers: 2, 6, 13, 17, 34, 46.

CAPRICORN (Dec. 22 - Jan. 20)

You may find some important information at the beginning of the week. This could provide insight, and perhaps opportunity, in your current life situation. How to use it is up to you. Lucky numbers: 10, 13, 23, 28, 32, 46.

AQUARIUS (Jan. 21 - Feb. 19)

Some Aquarians may have an emotionally detached nature that can be at odds with their humanitarian instincts. This dynamic may be heightened now, giving you a chance to address it. Lucky numbers: 3, 18, 21, 24, 26, 30.

PISCES (Feb. 20 - March 20)

At the end of the week, you may find yourself having difficulty navigating through mundane, everyday situations. If possible, you might want to consider retreating from the world for a few days. Lucky numbers: 4, 15, 32, 37, 42, 48.

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

Did You Know...

Public art: The word "graffiti" comes from the Italian *graffio* meaning "scratch." In this form of art, groups or individuals mark public spaces with messages. It is often, but not always, an illegal activity.

Rich man: Not surprisingly, American actor Michael Douglas, who is famous for such movies as *Wall Street* and *Basic Instinct*, is a millionaire many times over. His estimated net worth is between \$300 and \$350 million (USD).

Hurting hips: People who sleep on their sides might have pain in their hips due to the pressure exerted during a long slumber. One solution: investigate different mattresses or mattress pads to find one that is neither too hard nor too firm for your body.

Spidey sense: Lots of people have spider plants (*Chlorophytum comosum*) in their homes because their care is easy for the amateur green thumb. Many people place them in plant hangers, but they also can adorn a tabletop.

Harmless bug: Although it looks like it might be ready to take a bite, the European hornet moth (*Sesia apiformis*) is actually quite harmless. Its yellow and black, wasp-like features are meant to scare away predators, and it does not have a stinger.

On the Lighter Side

Ned: "My pet kangaroo can't wait until 2024."
Ted: "Why is that?"
Ned: "It's a leap year!"

Why did the upholsterer quit her job? She was worn out.

Knock! Knock! *Who's there?* Omega. *Omega who?* Omega your mind!

What kind of books do skunks read? Best smellers.

Pirates have a hard time getting through the alphabet. They always get lost at C.

Answers

Trivia answers: 1. 1980 2. Saxophone 3. Mao Zedong 4. Light-emitting diode 5. Sixth

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