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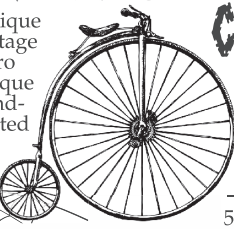
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Recipe of the month

Island Mango Slaw


1/2 medium head Savoy cabbage, thinly sliced into 3-inch strips (about 8 cups)
1/2 small head red cabbage, thinly sliced into 3-inch strips (about 6 cups)
2 medium carrots, cut into thin 2-inch strips
1 small sweet yellow pepper, cut into thin 2-inch strips
1 small sweet red pepper, cut into thin 2-inch strips
1 small red onion, halved and thinly sliced
1/2 medium mango, peeled, cut into thin 2-inch strips

1/2 jalapeno pepper, seeded and finely chopped
Dressing:
1/2 cup plain Greek yogurt
1/4 cup thawed orange juice concentrate
4 teaspoons lime juice
1/2 teaspoon olive oil
1/2 medium mango, peeled and coarsely chopped
2 teaspoons minced fresh gingerroot
1 teaspoon kosher salt
1/2 jalapeno pepper, seeded and coarsely chopped
1/4 teaspoon pepper

Prep Time: 25 min. + chilling Yield: 12 servings

In a serving bowl, combine first 8 ingredients. Process dressing ingredients in a blender until smooth. Toss dressing with slaw at least 30 minutes before serving. Refrigerate.

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



Vol. 20 No. 28 July 10, 2023

Everybody's Talking

Long nails: A nail technician and makeup artist from Gary, Indiana (U.S.), has been growing her fingernails since 1989. Today, Cordelia Adams boasts nails that are over 12 inches (30.5 cm) long. With such long nails in the way, taking care of daily duties like brushing your teeth or writing a note may seem impossible, but Adams has managed to work around things. Covered with acrylic overlays, her nails are works of art, and she paints new designs on a regular basis. Adams got her love of long fingernails from her mother, who always sported long, painted nails. She loves the attention her nails bring, and says she'd never give them up.

Money problem: If someone receives an obviously erroneous paycheque that is worth many times more than expected, most people would be honest and let the employer know about the mistake. Not so for a Chilean employee, who quit work and disappeared after being paid many times more than his usual wage. The meat products company accidentally paid out \$165,398,851 (CLP) instead of \$500,000 (CLP). At first, the person agreed to repay the money, but must have had second thoughts because the money never reappeared. When the company repeatedly tried to make contact, it could not. The company planned to take legal action to be repaid for its expensive mistake.

Whistling for the players: At a stadium in Cierny Balog, Slovakia, soccer enthusiasts often have more to watch than just the game. That's because the stadium has a railway track running through it, and it's active. The railway was defunct when the stadium was built in the 1980s. However, locals wanted to reactivate the historic tracks, and they did so. Now, during the summers, a steam-powered engine pulls train cars full of tourists who are determined to view the area's scenery. While it seems odd, the sight of a train chugging past the grandstand in the middle of a game has become a highlight for both spectators and the train's passengers.

Wedding ring: When someone loses a wedding ring, it's often gone forever. However, an elderly widow from Looe in Cornwall, England, got the surprise of her long life when she discovered her late husband's wedding ring in the garden after it had been lost for 35 years. Ann Kendrick was cleaning up a garden in her yard when she noticed what she thought was a metal object in the ground under an apple tree. It turned out to be husband Peter's wedding ring, which they hadn't seen since 1987. Kendrick thinks he lost it while working in the yard. She plans to clean up the ring and wear it on a necklace in memory of him.

Quoteable Quotes

"Whether you think you can or you think you can't, you're right."
—Henry Ford

"Rivers know this: there is no hurry. We shall get there someday."
—A.A. Milne

What's Happening

Aug 5-7 - Edmonton Heritage Festival Experience the world in a weekend without leaving Edmonton at the world's largest multicultural festival. Sample culinary treats, shop for artwork, and chat with folks from all over the world. Temporarily relocated to the Edmonton Expo Centre.

Jul 23 - Summer Market Taking place from 11am-4pm and featuring 50 local vendors, handmade goods, specialty vendors, jewelry, cosmetics, baked goods and so much more! Food trucks on site! Beaumont Community Centre, 5204 50 Ave.

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Trivia

1. What animal pulls Norse Goddess Freya's chariot—oxen, horses, cats?
2. Vermeer, Van Gogh, or Bosch painted "The Girl With the Pearl Earring"?
3. Is Guatemala's capital San Jose, Guatemala City, or El Esposa?
4. Today's principle secular calendar is Julian or Gregorian?
5. T/F—The hyoid bone is found in the neck?

(Flip bottom of page for answers)
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Your Weekly Horoscope

ARIES

(March 20 - April 19)



There's a well-known saying that goes, "When the student is ready, the teacher appears." Does this apply to you now? Are you the student, the teacher, or perhaps both? Lucky numbers: 11, 21, 24, 28, 31, 44.

teacher, or perhaps both? Lucky numbers: 11, 21, 24, 28, 31, 44.

TAURUS

(April 20 - May 20)



What would bring more pleasure into your life? Consider whether you might need to make a large-scale shift or if something smaller would suffice for now. Perhaps a vacation? Lucky numbers: 3, 10, 14, 22, 31, 42.

GEMINI

(May 21 - June 20)



At midweek, your mind may be especially sharp. However, if you experience information overload, find a means of stress reduction. Once this phase passes, you can integrate the insights. Lucky numbers: 5, 6, 8, 13, 17, 36.

CANCER

(June 21 - July 21)



Letting go can be difficult, but this week try to focus on wrapping up any situations that may have reached their end. Next week you might be glad that you did. Lucky numbers: 11, 17, 29, 36, 37, 39.

LEO

(July 22 - Aug. 22)



Over the next several weeks, you may be able to fully express your enthusiasm in your interactions with others. If you share this, you might see its positive impact on them. Lucky numbers: 8, 15, 27, 29, 39, 45.

VIRGO

(Aug. 23 - Sept. 22)



You are entering a two-month period where you can become what may be called a "scholar-warrior." Using facts and data, you might achieve a victory that protects and serves others. Lucky numbers: 2, 6, 17, 19, 34, 35.

Lucky numbers this week: This week's odds favour Taurus winners with the luckiest number being 3.

LIBRA

(Sept. 23 - Oct. 22)



You may feel a desire to improve your health and well-being over the next couple of months. This might be a good process for Libras, who tend to focus on others. Lucky numbers: 4, 10, 23, 30, 43, 47.

SCORPIO

(Oct. 23 - Nov. 21)



Your ability to pick up on the emotions of others may be disrupted. Do you find this disconcerting or a relief? Try to integrate the discordant energy or perhaps wait it out. Lucky numbers: 10, 17, 19, 26, 33, 35.

SAGITTARIUS

(Nov. 22 - Dec. 20)



Your heart and mind may be out of sync at midweek. See if you can find a balance between the two, or perhaps wait out the situation for a few days. Lucky numbers: 7, 8, 15, 23, 33, 44.

CAPRICORN

(Dec. 21 - Jan. 19)



Early in the week, a flash of insight may arise from your unconscious. This might be a bit frightening, so sit quietly with it before acting. Seek help if you need it. Lucky numbers: 9, 10, 12, 23, 40, 48.

AQUARIUS

(Jan. 20 - Feb. 18)



There are many challenges in the world, but your response doesn't have to always be serious. The next several weeks could have an optimistic dynamic. Can you integrate it? Lucky numbers: 1, 3, 4, 9, 21, 47.

PISCES

(Feb. 19 - March 19)



Are you clear on what you are passionate about? This week you might receive information that may require you to make some adjustments in order to achieve what you value. Lucky numbers: 6, 16, 20, 22, 28, 36.

Did You Know...

Lightning tips: In a situation where lightning may strike, move quickly inside a building or hardtop car. If that is not possible, move to low ground, away from tall objects and water, and crouch in a ball position with head tucked.

Spicy mix: The spice blend *merquén*, or *merkén*, is important in Chile's Indigenous Mapuche cuisine. *Aji cacho de cabra* (goat's horn peppers) are harvested, dried, smoked, and blended with ground coriander, cumin, and salt. Mmmm!

Wish on a bone: A turkey's wishbone is considered a good luck charm in the U.S. After Thanksgiving dinner, two people each pull one end, and whoever snaps off the larger piece can make a wish.

Caterpillar capers: Someone wanting a snack in Costa Rica's La Amistad National Park might want to visit La Orunga Restaurante in Altamira de Biolley. Looking like a caterpillar from a children's storybook, the restaurant includes a craft shop.

Trek town: The town of Vulcan, Alberta (Canada), was named for the Roman god of fire. Because "Vulcan" is also an alien species in the *Star Trek* movies, the town is known as the Official *Star Trek* Capital of Canada.

On the Lighter Side

How did the fairy tale end? It was kinda Grimm.

Did you hear about the magic tractor? It turned into a field.

Knock! Knock! *Who's there?* Sonata. *Sonata who?* Sonata big deal.

In a restaurant window: "Don't stand there and be hungry; come on in and get fed up."

Bob: "I don't think these passport photos do me justice."

Bill: "You don't want justice, you want mercy."

Answers

Trivia answers: 1. Cats 2. Vermeer 3. Guatemala 4. Gregorian 5. True

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