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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 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>



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Vol. 20 No. 29 July 17, 2023

Everybody's Talking

Elderly runner: Most octogenarians have reached an age when they slow down a little. Not so for Barbara Humbert, an 80-something-year-old great-grandmother who ran 125 kilometres (78 mi.) in 24 hours. The elderly woman from Val d'Oise, France, competed in the French Championships in Brive-la-Gaillarde, and she broke the record for her age group. Humbert is not new to running. She started when she was in her 40s and has run many races over years, including 54 marathons. She usually runs 45 kilometres (28 mi.) per week. Although she has had a few minor injuries over the years, she managed to maintain her training, which gives her much more flexibility than many women of her age.

Lonely tree: A tree in Thailand has been dubbed the country's "loneliest tree." It grows on a tiny rocky islet called Koh Khai Hua Roh, which is just large enough to hold the tree and four or five people. Tourists can view it off the east coast of the country in Trat Province. A taban tree (*Xylocarpus ramphii*), this unique specimen can survive in the salt water that surrounds it on all sides. Social media has popularized the site, and many tourists visit to sit in the tree's branches and take photos. All of this traffic has caused damage, so the local administration is taking steps to curb visitors.

Name change: A promotion by a sushi restaurant chain in Taiwan convinced some people to legally change their names to include the word "Salmon." If people were willing to make the change, they were given great deals at the restaurant, such as free, all-you-can-eat sushi dinners for five diners. Many of the takers changed their names back to their original monikers, but government officials were not impressed. They said the promotion wasted employees' time and resources. Taiwan allows people to make up to three legal name changes, so the sushi-lovers will need to keep a count of their changes so they don't get stuck with a fishy name.

Contemporary art: "Stained Glass Geek" is the nickname that a Dutch artist has given himself. Arjan Boeve boasts an art degree and dabbled in many forms of artistic expression before landing on stained glass as his main medium. But there is a difference between his work and the traditional type of stained glass pieces that beautify churches and homes. His slant is as modern as it gets because he uses pop art as his muse. For example, video game and cartoon characters find their way into his work, and he has done a series on eggs breaking out of their shells. Boeve hopes his work will inspire other glass artists to create contemporary pieces.

Quoteable Quotes

"Who you are surrounded by often determines who you become."
—Vicky Saunders

"For small creatures such as we, the vastness is bearable only through love."
—Carl Sagan

What's Happening

Jul 15 - Athabasca County 11th Annual BBQ Join Athabasca County for a Free BBQ, Airshow by Brent Hardy, Car Show much more! Located at the Athabasca Airport from 11am - 2pm

May - Sep23 - Athabasca Farmers Market From May to September, the Athabasca Farmers Market is set up at the Athabasca Riverfront Park every Saturday. The market runs from 10 am to 2 pm. A variety of vendors and food trucks provide a diverse market experience that you won't want to miss!

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Trivia

1. A frog is a vertebrate—T/F?
2. South Sandwich Trench is in the Atlantic, Pacific, or Indian Ocean?
3. Is Ami du Chambertin a type of cheese or wine?
4. The village of Muff is in Norway, Germany, or Ireland?
5. Is flint corn named for the stone or the city of Flint, Michigan (U.S.)?

(Flip bottom of page for answers)

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Reader of the Month
Alishia Raymond from Fort Sask.

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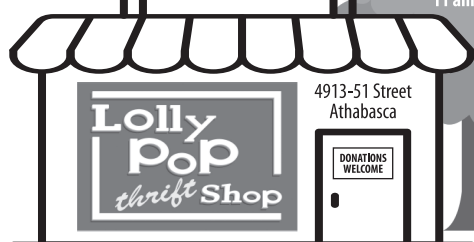
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Your Weekly Horoscope

ARIES

(March 20 - April 19)



Each of us has a life purpose, whether large or small. Over the next two years, there may be an opportunity to find and advance yours. Try not to hold yourself back. Lucky numbers: 6, 8, 10, 11, 14, 33.

TAURUS

(April 20 - May 20)



Are you in a continued period of obstacles in your path? Unusual events may point you in the right direction. Be careful of distractions that can make you accident prone. Lucky numbers: 9, 16, 20, 25, 27, 35.

GEMINI

(May 21 - June 20)



Geminis tend to bring facts to an argument, but facts don't always win the day. You have a chance now to incorporate a more emotional appeal into your interactions with others. Lucky numbers: 4, 18, 25, 26, 36, 48.

CANCER

(June 21 - July 21)



Change can be hard, but is it perhaps necessary in this case? If so, now may be a good time to come up with a plan for what to do next. Lucky numbers: 5, 18, 24, 36, 45, 46.

LEO

(July 22 - Aug. 22)



This month the Sun returns to the position where it was when you were born. Look for a new opportunity that could help you manifest something you are passionate about. Lucky numbers: 2, 10, 35, 40, 41, 46.

VIRGO

(Aug. 23 - Sept. 22)



Each month you have an opportunity to reset your current endeavors. At midweek you may have a few days to do so. How might you want to use it? Lucky numbers: 15, 25, 30, 36, 37, 39.

LIBRA

(Sept. 23 - Oct. 22)



What makes up your comfort zone regarding relationships, career, or legacy? Over the next two years, you may see and integrate an untapped potential within you that expands who you are. Lucky numbers: 7, 22, 28, 32, 42, 47.

SCORPIO

(Oct. 23 - Nov. 21)



Your mind may be working on overdrive but you might not be getting anywhere, especially with others. This could last for a couple of weeks, so be conscious of it. Lucky numbers: 18, 23, 30, 33, 35, 36.

SAGITTARIUS

(Nov. 22 - Dec. 20)



You may find that the energetic flow is easy for the next two weeks. However, if you want to accomplish something in this period, you might need to be proactive. Lucky numbers: 3, 6, 12, 15, 22, 32.

CAPRICORN

(Dec. 21 - Jan. 19)



Are you continuing a recent process of dealing with a long-standing issue? If you are obsessing about a particular situation, now may be a good time to break the pattern. Lucky numbers: 10, 28, 32, 33, 41, 43.

AQUARIUS

(Jan. 20 - Feb. 18)



Are you afraid of allowing yourself to feel so optimistic right now? Perhaps you might try to figure out where that feeling comes from, and how to move past it. Lucky numbers: 1, 12, 26, 41, 42, 43.

PISCES

(Feb. 19 - March 19)



A challenge for Pisces is harnessing your will power to manifest things in the world. The energy right now encourages you to take charge of situations in your life. Lucky numbers: 13, 19, 26, 31, 39, 48.

Lucky numbers this week: This week's odds favour Aquarius winners with the luckiest number being 12.

Did You Know...

Mighty museum: Fossils, bones, footprints, and reproductions of many kinds of dinosaurs are on display at the Museo Del Jurásico (Jurassic Museum) of Asturias, Spain. The building is even shaped like a tridactyl footprint.

Tiny snake: The Barbados threadsnake (*Tetracheilostoma carlae*) is the world's smallest known snake and actually looks more like a worm. They are about as thick as a piece of spaghetti and live in tropical climates in the Caribbean.

Unwanted weed: Check your city's parks and green spaces for a plant called garlic mustard (*Alliaria petiolata*). Crushing its leaves releases a garlic smell. Young plants are edible, but it is considered an invasive species.

Wrong winner: The 2017 Academy Awards Best Picture was *Moonlight*. But announcers Faye Dunaway and Warren Beatty were handed the wrong envelope. They told the audience that *La La Land* had won. The embarrassing error was soon corrected.

Keeping the beat: A metronome is a device that makes a sound, often a click, to help musicians keep the beat. A musician can set it to a certain number of beats per second, depending on the speed of the music.

On the Lighter Side

Knock! Knock! Who's there? Freeze. Freeze who? Freeze a jolly good fellow...

A doctor broke his leg auditioning for a play. Luckily, he still made the cast.

Parent: "Why are you staring at that carton of orange juice?"
 Kid: "Because it says concentrate."

What did the doorknob say to the door? It's your turn.

Optometrist's office: "If you don't see what you're looking for, you've come to the right place."

Answers

5. Stone
Trivia answers: 1. True 2. Atlantic 3. Cheese 4. Ireland

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