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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

1 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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 Chelsey M. from Edmonton
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 Jay Z. from Edmonton

June 1 Draw Winners
 Frank H. from Sylvan Lake
 Sandy P. from Calgary
 Steven R. from Lethbridge

July 1 Draw Winners
 Rodney B. from Lethbridge
 Brian P. from Edmonton
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Vol. 20 No. 30 July 24, 2023

Everybody's Talking

Edible art? A New Zealand art gallery in Auckland was brave enough to display a piece of art that many may not consider to be art. The piece in question is a pickle from a fast food cheeseburger, smudged with a bit of sauce. Australian artist Matthew Griffin flung the pickle up to the ceiling of the Michael Lett Gallery, where it stuck. According to experts in the art field, an art installation such as this serves to get people talking about what is art, what isn't art, and why. The piece is called "Pickle." Needless to say, the online response revealed a mixture of lovers and haters of the whole thing.

Expensive date: A man from Shanghai, China, wasn't pleased when he and his girlfriend broke up. So he requested payback for things he helped finance during their relationship, to the tune of approximately \$9,000 (USD). Astonishingly, he presented her with a detailed log of expenditures, requesting payback in part or in full for the items listed. For example, he demanded half the cost of a dinner bill for food they had shared, and the entire amount of a bill for a snack, which his girlfriend reportedly had eaten herself. The man had also helped care for his girlfriend's mother, and he wanted to be paid back for expenses related to that, too.

Open road: An ice road open during the winter months connects mainland Estonia to Hiiumaa, an island in the Baltic Sea. The longest ice road in Europe, it is approximately 25 kilometres (15.5 mi.) long. Ice roads have some unusual rules. No one is allowed to wear a seatbelt because if the car breaks through the ice, people have to be able to get out of the vehicle. No vehicles are allowed on an ice road after the sun sets. At all times, drivers must maintain a distance of 250 metres (820 ft.) between their vehicle and the one ahead to minimize the load on one part of the ice. And speed limits are strict.

Sloped field: People who play soccer can get worn out from running around the large field, but that's nothing compared to what the participants of extreme alpine soccer must endure. This game has the same rules as normal soccer, but is played on steep mountain slopes in Austria. In 2014, some soccer-loving locals in the Montafon valley decided to come up with a game that would be more challenging than playing on a flat field. Co-inventors Franz Mair and Peppi Knünz knew that players would be able to keep up with the pace in this physically demanding game. Needed attributes? Strong legs and stamina that are common in the Alps.

Quoteable Quotes

"Let go of who you think you're supposed to be; embrace who you are."
 —Brené Brown

"Happiness lies not in finding what is missing, but in finding what is present."
 —Tara Brach

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. Is the curled top of violins and cellos a scroll, curlicue, or bow?
2. Mafadi Mountain is the highest peak in South Africa—T/F?
3. A cubit, chain, or rod spans from elbow to the middle finger's tip?
4. Waiting for Godot author was Samuel Beckett, Arthur Miller, or Shakespeare?
5. Are fluffy, cotton ball-shaped clouds cumulus, stratus, or cirrus?

(Flip bottom of page for answers)

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Your Weekly Horoscope

ARIES
(March 20 - April 19)



Aries are often big thinkers who don't worry much about the details. However, over the next two months, you may have an opportunity to expand your skills in this regard. Lucky numbers: 5, 11, 18, 28, 35, 44.

TAURUS
(April 20 - May 20)



Your grounded demeanour may be shaken up at mid-week. If you pay attention, you could receive important insights. Otherwise you might have to just wait it out for a few days. Lucky numbers: 3, 4, 17, 29, 31, 34.

GEMINI
(May 21 - June 20)



Your mind and emotions may be out of sync in the middle of the week. Take some deep breaths. You might find that the situation will pass in a couple of days. Lucky numbers: 1, 2, 15, 16, 17, 45.

CANCER
(June 21 - July 21)



Cancers sometimes fear the world outside of their shell. At week's end, you may have energy available for a few days that could add a calming element for you. Lucky numbers: 11, 14, 25, 30, 40, 44.

LEO
(July 22 - Aug. 22)



We are in a brief period of strong Leo energy. How do you want to take advantage of it to accomplish what is important to you, while not alienating others? Lucky numbers: 9, 18, 28, 36, 37, 41.

VIRGO
(Aug. 23 - Sept. 22)



Your attention to detail may be strengthened over the next two months. You could use this to help others who don't have this skill, thereby raising your profile with them. Lucky numbers: 6, 9, 12, 15, 27, 30.

LIBRA
(Sept. 23 - Oct. 22)



Listen carefully in your conversations over the next two months. You may pick up details about your current situation that you could have easily missed, but these can aid you. Lucky numbers: 15, 18, 19, 23, 26, 27.

SCORPIO
(Oct. 23 - Nov. 21)



At midweek your Scorpio energy may be resonating strongly with others. Be aware of this and consider side-stepping those who may be uncomfortable with your ability to read them. Lucky numbers: 13, 29, 33, 40, 41, 43.

SAGITTARIUS
(Nov. 22 - Dec. 20)



Have you felt discouraged lately? The end of the week may provide an opportunity that allows you to bounce back from this feeling and encourages you to do a reset. Lucky numbers: 2, 4, 5, 10, 42, 48.

CAPRICORN
(Dec. 21 - Jan. 19)



Have you recently gone through a difficult stretch? You may want to shuffle through these events to see the pattern. Where could an adjustment in your viewpoint help you move forward? Lucky numbers: 4, 7, 20, 26, 44, 47.

AQUARIUS
(Jan. 20 - Feb. 18)



Over the next month, there is the potential to incorporate more enthusiasm and optimism into your life. How might you want to take advantage of this opportunity before it passes? Lucky numbers: 12, 22, 24, 25, 34, 38.

PISCES
(Feb. 19 - March 19)



You may find yourself going back over old territory one more time. While this might be hard work, it could allow you to unearth the key to a new opportunity. Lucky numbers: 10, 14, 19, 25, 26, 31.

Lucky numbers this week: This week's odds favour Leo winners with the luckiest number being 37.

Did You Know...

Big bear: In Dunbar, Scotland, which is on the coast of the North Sea not far from Edinburgh, is DunBear, a steel statue made by sculptor Andy Scott. In the shape of a bear, it honours Dunbar-born naturalist John Muir.

Crazy cake: Flying Monkey Bakery in Philadelphia, Pennsylvania (U.S.), invented the two-layer pumpkin cake. On bottom is a chocolate cake with a pumpkin pie inside, and on top, a vanilla cake hides an apple pie.

Furious winds: A storm is considered a hurricane when its sustained winds reach 74 miles (119 km) per hour or more. The Saffir-Simpson Wind Scales rates them Category 1 through Category 5. Category 5 is the most dangerous.

Colourful eggs: A chicken egg's colour depends on two main pigments deposited on the shell as it forms: protoporphyrin (brown) and oocyanin (blue). Various coloured eggs, like green, have combined pigments.

Weird curiosities: Ripley's Believe It or Not Odditorium in Niagara Falls, Ontario (Canada), holds a host of bizarre curiosities, artifacts, and memorabilia. Examples include wax figures, dinosaur eggs, and holograms.

On the Lighter Side

We hired a tree trimmer who did a great job. He should take a bough!

Teacher: "What does it mean when the smoke alarm goes off?"

Student: "In my house, it means dinner is ready."

What is a computer's favourite part of art class? The cutting and pasting.

Two mind readers met in the street. One said, "Hello, you're fine. How am I?"

Knock! Knock! Who's there? Weirdo. Weirdo who? Weirdo deer and antelope play?

Answers

Trivia answers: 1. Scroll 2. True 3. Cubit 4. Samuel Beckett 5. Cumulus

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