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**Recipe of the month**

**Banana Split Icebox Cake**

1 carton (16 ounces) frozen whipped topping, thawed  
1 cup sour cream  
1 package (3.4 ounces) instant vanilla pudding mix

1 can (8 ounces) crushed pineapple, drained  
24 whole graham crackers  
2 medium bananas, sliced  
Toppings: Chocolate syrup, halved fresh strawberries and additional banana slices

Prep Time: 30 min. + chilling Yield: 10 servings

1 In a large bowl, mix whipped topping, sour cream and pudding mix until blended; fold in pineapple. Cut a small hole in the tip of a pastry bag. Transfer pudding mixture to bag.

2 On a flat serving plate, arrange 4 crackers in a rectangle. Pipe about 1 cup pudding mixture over crackers; top with about 1/4 cup banana slices. Repeat layers 5 times. Refrigerate, covered, overnight

3 Just before serving, top with chocolate syrup, strawberries and additional banana slices.

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

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Vol. 20 No. 31 July 31, 2023

**Everybody's Talking**

**Bee crazy:** Travelers to Provincia di Matera in the southern part of Italy can now get up close and personal with bees. Airbnb owner Rocco Filomeno has found a way to incorporate bees into his accommodation. Calling his place an "air bee and bee," the host offers a one-room house that sits amid nine apiaries. The high ceiling of the wooden structure has a glass hive through which guests can watch a colony of bees hard at work. They can go to sleep at night hearing the soft buzzing and smelling the gentle scent of the bees and their honey. The accommodation is situated on Filomeno's olive farm near the village of Grottole.

**Look-alike:** Arthid Duangsri of Chiang Rai, Thailand, sported long hair and a beard in his younger years. Now, the bulked-up, bald man is well known as the Thai Vin Diesel, the Hollywood star from the Fast and Furious movie franchise. The fan started to transform himself into that movie's Dominic Toretto character almost a decade ago when a friend suggested he could pull it off. So he shaved his head and began working out in a gym. Today, he looks so much like Vin Diesel that people stop him in the street and ask for photographs. His brother even helped him to soup up a car to resemble the one that Dominic Toretto drives in the movies.

**Dog business:** A pair of animal lovers in Skagway, Alaska (U.S.), has found a way to bring the dog community together in this small mountain town. The married couple, Mo and Lee Thompson, are available to pet sit, train, and walk people's pooches. They use an intriguing way to make their rounds, picking up the dogs at their residences on a small bus. The dogs are so well trained that, after waiting patiently in their yards, they hop on the bus, greet their dog pals, and then jump up on their assigned seat to be harnessed in for the ride to the dog park. The business grew quickly for the Thompsons, who are thrilled to be involved with such a rewarding undertaking.

**Keep running:** Running a marathon or completing an Iron Man triathlon is a tough feat, even for someone who is in topnotch health. But an Australian man named Russell Winwood has proven that, with effort, a difficult diagnosis can be overcome to live a dream. Winwood has chronic obstructive pulmonary disease (COPD), which makes breathing difficult because it negatively affects his lung capacity. However, the Brisbane man worked on improving his respiratory fitness by training, eating well, and consistently taking his prescribed medication. Today, he runs full marathons around the world. He wears an oxygen tank on his back and runs with a partner.

**Quoteable Quotes**

"Nothing haunts us like the things we don't say." —Mitch Albom  
"When someone shows you who they are, believe them the first time." —Maya Angelou

**What's Happening**

**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!

**Aug 20 - Underwater Rodeo Lake Cleanup** Join divers from all over Alberta and Saskatchewan in skills development dives and a lake cleanup. Everyone is welcome, including non-divers snorkelers. Visit [www.fortmacscuba.com](http://www.fortmacscuba.com) for more info.

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**Trivia**

1. Construction of the Cathedral of Notre Dame began in 1099, 1163, or 1812?
2. An arcade, arch, or balustrade is a series of arches supported by columns?
3. Obsidian is an igneous, metamorphic, or sedimentary rock?
4. What is a piece of land almost completely surrounded by water?
5. A niddy nody is a tool to wind yarn into skeins—T/F?

(Flip bottom of page for answers)

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Chelsey M. from Edmonton Cindy C. from Sylvan Lake Jay Z. from Edmonton	Frank H. from Sylvan Lake Sandy P. from Calgary Steven R. from Lethbridge	Rodney B. from Lethbridge Brian P. from Edmonton Natasha W. from Red Deer

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# Your Weekly Horoscope

**ARIES**  
(March 20 - April 19)



At midweek, you may be particularly ambitious about achieving your objectives. However, be careful of being overly aggressive with others in the process.

Instead, try to work toward a win-win. Lucky numbers: 11, 17, 19, 21, 29, 47.

**TAURUS**  
(April 20 - May 20)



The Taurus-born are usually conservative in risk taking. But now you may have a strong desire to do something big and bold. Before acting, consider the potential risks and rewards. Lucky numbers: 13, 17, 24, 31, 34, 40.

**GEMINI**  
(May 21 - June 20)



Your ambition level might be high right now, supported by an easy energetic flow. This might be a good time to start new creative endeavours outside of your comfort zone. Lucky numbers: 2, 7, 25, 28, 34, 37.

**CANCER**  
(June 21 - July 21)



Cancers don't usually bring attention to themselves and their accomplishments. Now may be a good time to find a hidden opportunity that could encourage you to do so. Lucky numbers: 12, 18, 22, 23, 42, 43.

**LEO**  
(July 22 - Aug. 22)



Are you of two minds right now about an important decision? Developing a list of the pros and cons may clarify your choice. Otherwise, perhaps wait a few days to decide. Lucky numbers: 4, 6, 10, 23, 42, 45.

**VIRGO**  
(Aug. 23 - Sept. 22)



Virgos like to focus on achieving concrete results. Midweek, you may have the opportunity to expand your endeavours into developing deeper relationships. Accepting this challenge is your choice. Lucky numbers: 5, 9, 12, 16, 17, 41.

**LIBRA**  
(Sept. 23 - Oct. 22)



Is there something you want to do but haven't, maybe for fear of upsetting someone? At the end of the week, you might find the courage to do so anyway. Lucky numbers: 6, 17, 21, 26, 37, 43.

**SCORPIO**  
(Oct. 23 - Nov. 21)



Do you feel that others are putting obstacles in your path right now? Is there a resolution that you could offer that does not compromise your values and sense of self? Lucky numbers: 14, 17, 28, 33, 46, 48.

**SAGITTARIUS**  
(Nov. 22 - Dec. 20)



Things may be flowing easily for you right now. If so, are you giving your maximum effort to achieve your objectives? If not, are those goals truly what you want? Lucky numbers: 1, 12, 14, 22, 23, 35.

**CAPRICORN**  
(Dec. 21 - Jan. 19)



Capricorns often vigorously defend tradition and stability, even to their detriment. Consider asking yourself where you can make an adjustment in viewpoint without abandoning your values or authentic self. Lucky numbers: 15, 18, 24, 25, 31, 47.

**AQUARIUS**  
(Jan. 20 - Feb. 18)



This may be a good time to review your efforts over the last six months. Complete anything that needs to be wrapped up, but consider holding off on starting new projects. Lucky numbers: 7, 12, 15, 24, 34, 41.

**PISCES**  
(Feb. 19 - March 19)



Your Pisces connection to the ethereal realm may be particularly strong now. If you feel discouraged at the end of the week, seek out allies who can help lighten your mood. Lucky numbers: 3, 4, 14, 25, 31, 42.

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

## Did You Know...

**Heightened status:** The Grand Canyon in Arizona (U.S.) became a National Park in 1919, while an original, smaller version of today's Grand Teton National Park in Wyoming received that status in 1929.

**Long horns:** A spider that looks scary but won't hurt humans is the long horned orb-weaver (*Macracantha arcuata*). Its distinguishing feature is the presence of two spiny "horns" that grow from its sides.

**Moon time:** The planet Mars has two moons, Phobos and Deimos. Phobos is close to the planet's surface and completes three orbits in each Martian day, which is about 17 minutes longer than an Earth day.

**Ear movement:** Not many people can move their outer ears back and forth, like a cat. However, humans have three auricular muscles that some folks are able to voluntarily engage, making for an interesting trick.

**On TV:** The first, full National Hockey League game on TV was on February 25, 1940, on New York's W2XBS, an experimental station. The station's 300 subscribers watched the New York Rangers beat the Montréal Canadiens, 6-2.

## On the Lighter Side

Customer: Do you have a camouflage jacket?  
Clerk: We have dozens but I can't find them.

How does a clock put on its gloves? One hand at a time

Electric company sign: "We'd be delighted if you pay on time. If not, YOU will be de-lighted."

Knock! Knock! Who's there? Byte. Byte who? Byte you're happy to see me again!

The ship's captain had to dock in a very tiny space. He was under a lot of pier pressure.

## Answers

Trivia answers: 1. 1163 2. Arcade 3. Igneous 4. Peninsula 5. True

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- 5 You receive a speeding ticket
- 6 You need a lawyer's advice on any matter

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