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Recipe of the month
Stuffed Pizza Bites

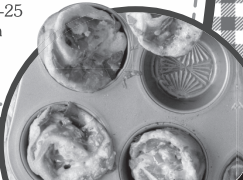
1 tube (13.80 ounces) refrigerated pizza crust	1/4 cup thinly sliced green onions
1/4 cup prepared ranch salad dressing	1/4 cup chopped green pepper
6 ounces pepperoni, finely chopped	4 cooked bacon strips, chopped
1 cup shredded pepper jack cheese	2 teaspoons Italian seasoning
1/4 cup shredded Romano cheese	1 teaspoon garlic powder

Optional: Marinara sauce or Alfredo sauce, warmed cheese

Total Time: 30 min. Yield: 1 dozen

- Preheat oven to 350°. Grease 12 muffin cups; set aside.
- On a lightly floured surface, unroll pizza crust. Spread ranch to within 1/2-in. of edge. Sprinkle with pepperoni, cheeses, green onions, green pepper, bacon and seasonings. Roll up jelly-roll style; pinch the edge closed. Cut crosswise into 12 slices. Place 1 slice in each prepared muffin cup.
- Bake until lightly browned, 20-25 minutes. Serve rolls warm, with marinara or Alfredo sauce if desired.

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



Everybody's Talking
Saved iPhone: An American man thought he'd lost his iPhone forever. Zach Siggelkow of St. Anthony Village, Minnesota (U.S.), was vacationing with family members at Waikiki Beach, Hawaii. One his last day there, he went kayaking. But after a few hours of fun, he was swamped by a large wave. The iPhone vanished, along with his sunglasses, or so Siggelkow thought. More than a month later, he received a message from Dr. Karl Brookins, who had found the phone during a scuba diving expedition and was able to get into the phone and reach Siggelkow by email. The honest diver sent the phone to its original owner, and the phone still worked!

Magical place: In London, England, magic reigns at The Magic Circle, a society of magicians founded in 1905. Its current headquarters opened in 1998 and is open to the public for pre-arranged tours and shows. Magicians must apply to become members of what The Magic Circle calls the world's premier magic society. Members are required to pledge not to reveal the secrets to magic tricks, and the membership list includes professionals like David Copperfield, and others like TV personalities, teachers, and even King Charles III. Visitors can browse the headquarters, officially called The Centre for the Magic Arts, which contains magical artifacts from over the centuries, and they can watch tricks performed by members of The Magic Circle.

Expensive treat: Ice cream is always a yummy treat, but a serving of byakuya ("white night") may be the most decadent ever, not to mention the most expensive. The Japanese company Cellato calls it a gelato, and a serving costs 880,000 Yen. The treat is made from white Italian truffles from a specific region of Italy, along with Parmigiano Reggiano, sake lees (a by-product of sake), egg yolks, milk, and gold leaf. Complex in taste and smooth in texture, a serving can be shipped to consumers and comes with instructions for eating the creation with the accompanying hand-made spoon. Who needs a vacation when you can savour a bowl of something like this?

Living alone: In the name of research, an athletic mountaineer named Beatriz Flamini lived in a cave in Granada, Spain, for 500 days. Although she was alone the whole time, a team of scientists remotely monitored her to investigate how isolation affects people's minds and bodies. She entered the cave November 21, 2021. When she emerged, she had missed all the news of the world. However, she claims to have loved her time alone, during which she read many books, exercised, knitted, and recorded videos. The team delivered food to a collection point, but made no contact with her. She recorded video footage for an eventual documentary about her experience.

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Quoteable Quotes
 "All things must pass." —George Harrison
 "Always do right. It will gratify some and astonish the rest." —Mark Twain

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Aug. 1 Draw Winners Fiona L. from Edmonton Paige H. From Red Deer Ellery T. from Calgary	Sept. 1 Draw Winners Emily J. from Sherwood Park Preston H. from Edson Sandy P. from Calgary	Oct. 1 Draw Winners Cassi S. from Edmonton Walter A. from Calgary Karen P. from Okotoks
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Trivia

- Lamborghini, Sergio, or Giovanni is an Italian car company?
- A proton or a neutron is a positively charged particle in an atom's nucleus?
- The body of water between Florida and Cuba is the Keys Strait—T/F?
- Reconstruction of London's Globe Theatre was completed in 1896, 1950, or 1996?
- A trapezoid, or trapezium, has four sides, and at least two are parallel—T/F?

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Your Weekly Horoscope

ARIES

(March 20 - April 19)



At the end of the week, you may run into a challenge to what you want to achieve. Overcoming this obstacle may require you to confront an old issue. Lucky numbers: 2, 8, 11, 18, 21, 22.

TAURUS

(April 20 - May 20)



Thomas Fuller said, "Seeing is believing but feeling is the truth." Adjusting your viewpoint this week may encourage you to see a new truth about yourself and your life. Lucky numbers: 5, 7, 17, 26, 34, 39.

GEMINI

(May 21 - June 20)



For the past few weeks, you may have been very busy and struggling to keep so many balls in the air. That dynamic could begin to ease this week. Lucky numbers: 10, 11, 22, 25, 43, 46.

CANCER

(June 21 - July 21)



Cancers can sometimes be timid in acting. During January, however, the astrological energy encourages you to come out of your crab shell and go after what you want. Lucky numbers: 1, 6, 16, 27, 39, 40.

LEO

(July 22 - Aug. 22)



Have you had trouble finding enough motivation to complete your endeavours? The energy pattern this month could help you buckle down and do so in a timely manner. Lucky numbers: 6, 9, 17, 29, 36, 41.

VIRGO

(Aug. 23 - Sept. 22)



The astrological aspects for the first week of this new year is gearing up for forward motion over the next month. Use this time to get your ducks in a row. Lucky numbers: 7, 17, 32, 34, 37, 42.

LIBRA

(Sept. 23 - Oct. 22)



Early this week, you may be called upon to use your skills to resolve an issue for yourself or others. Just be sure the agreement is fair to everyone, including you. Lucky numbers: 11, 13, 18, 40, 46, 47.

SCORPIO

(Oct. 23 - Nov. 21)



At midweek, you may receive an important insight to aid you in achieving your goals. Trust your intuition and don't worry about what others have to say about the matter. Lucky numbers: 3, 7, 14, 23, 31, 44.

SAGITTARIUS

(Nov. 22 - Dec. 20)



You may have been very busy over the past few weeks, perhaps including a breakdown in communication, machinery, etc. The situation could start to improve. Lucky numbers: 8, 18, 20, 30, 31, 46.

CAPRICORN

(Dec. 21 - Jan. 19)



Do you have your plans set for 2024? This first week of the year may provide you with an opportunity, if you seek it, to get a jump start on those goals. Lucky numbers: 12, 18, 24, 32, 33, 42.

AQUARIUS

(Jan. 20 - Feb. 18)



Aquarians sometimes are trying to achieve several big goals all at once. For the next month, however, focusing on completing a smaller goal might be best. Lucky numbers: 9, 14, 22, 24, 41, 48.

PISCES

(Feb. 19 - March 19)



On New Year's Day, you may not be feeling social, but instead reserved and distant from others. Consider taking this time to get in touch with your deepest self and purpose. Lucky numbers: 4, 10, 12, 15, 18, 41.

Lucky numbers this week: This week's odds favour Capricorn winners with the luckiest number being 33.

Did You Know...

Butterfly migration: In the winter, the oyamel fir trees about 100 km from Mexico City fill with monarch butterflies. The Monarch Butterfly Biosphere Reserve provides a perfect environment for the beautiful insects from the north.

Peanut treat: Marcellus Gilmore Edson, who hailed from Bedford, Québec (Canada), is credited as the first to make an early type of peanut butter. Patented in 1884, Edson's product was called "peanut-candy."

Needs help: An animal or bird species whose young are born unable to look after themselves is called "altricial," from the Latin for "needing nourishment." They can't get food without help from their parents.

Clean laundry: Many condos and other housing developments have rules against hanging laundry outside. Not so in the state of Vermont (U.S.), where regulations that prohibit this practice are illegal.

Popular fabric: Breathable and wind- and water-proof, GORE-TEX fabric is popular among outdoor lovers. It was developed by W.L. Gore and Associates, established in 1958 by husband and wife Wilbert L. and Genevieve Gore.

On the Lighter Side

Knock! Knock! *Who's there?* Itch. *Itch who?* Itch been a long time!

Why is the sky so high? So the birds don't hit their heads.

Two houses next to each other fell in love. It was a lawn distance relationship.

Children truly do brighten a home—they never turn out the lights!

Teacher: "You promised you'd give 100% effort this week."
Student: "Monday 35%, Tuesday 25%, Wednesday and Thursday 15%, Friday 10%."

Answers

Trivia answers: 1. Lamborghini 2. Proton 3. False 4. 1996 5. True

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