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We want to thank our advertising sponsors, readers, partners and employees for their continued support. Here's to 20 more years of success together!

Walter Hevingh, Publisher
Coffee News Northern Alberta

Recipe of the month

Macaroni Coleslaw

1 package (7 ounces) ring macaroni or ditalini
1 package (14 ounces) coleslaw mix
2 medium onions, finely chopped
2 celery ribs, finely chopped
1 medium cucumber, finely chopped
1 medium green pepper, finely chopped

1 can (8 ounces) whole water chestnuts, drained and chopped

Dressing:
1-1/2 cups Miracle Whip or mayonnaise
1/3 cup sugar
1/4 cup cider vinegar
1/2 teaspoon salt
1/4 teaspoon pepper

Prep Time: 25 min + chilling Yield: 16 servings

- 1 Cook macaroni according to package directions; drain and rinse in cold water. Transfer to a large bowl; add the coleslaw mix, onions, celery, cucumber, green pepper and water chestnuts.
- 2 In a small bowl, whisk the dressing ingredients. Pour over salad; toss to coat. Cover and refrigerate for at least one hour.

The perfect recipe for June 18, National Picnic Day! (Or anytime you're in the mood for macaroni salad, but craving slow, too!)

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




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Everybody's Talking

Unwanted advice: The British enjoy their tea and don't want outsiders telling them how to drink it. That's what American scientist and author Michelle Franci learned when she published a book that suggested adding a pinch of salt to make a cup of tea less bitter, an amount small enough that it couldn't be tasted. Good Morning Britain, a British breakfast program, said the notion felt like a crime. The controversy drew involvement from no less than the U.S. Embassy in London, which confessed Franci's suggestion had got them "in hot water." They joked that they would continue to make tea the proper way, by microwaving it. No word on how that advice landed.

Unhygienic husband: A court in Ankara, Turkey, approved a woman's request to divorce her husband, but the reason wasn't a typical one. In Turkish civil law, one reason for divorce is if life has become unbearable for one or both parties. The woman said she wanted a divorce because her husband had unbearable personal hygiene. She told a family court that her husband wore the same clothes for at least five days in a row, smelled stinky, and didn't shower often. Witnesses confirmed her claims. The court ordered her husband to pay her 500,000 Lira (TRY) for putting up with his poor personal hygiene.

Fast kid: Many people are familiar with Rubik's cube puzzles, which have six sides and 20 movable pieces. But then there's the 12-sided Megaminx, with 50 moving pieces. Aidan Granger is a 16-year-old student at Royal Wootton Bassett Academy, located in the British town of the same name. The teen cemented his status as a European Megaminx record holder and earned the 2024 title of the world's ninth fastest "speedcuber." Competitively solving puzzles like Rubik's cube or Megaminx is called speedcubing. The teen finished the Megaminx puzzle in only 31.41 seconds. He was competing against 200,000 speedcubers in the official World Cube Association competition.

Urban art: A street artist in Nerviano, a municipality in Milan, Italy, asks permission to apply his paint in public places. And because his art is so fascinating, the authorities usually say "yes" to Cosimo Cheone Caiffa. This self-taught artist makes 3D creations that look real, such as a man crawling out from under a bridge or a little boy leaning out of a window to give a flower to a passerby. His artwork really can transform dismal cityscapes into works of intriguing creativity. The artist initiates his designs on a computer, and when he's ready to hit the streets, he rounds up his paint cans and gets to work.

Quoteable Quotes

"Follow your dreams, transform your life." —Paulo Coelho
"Only in the darkness can you see the stars." —Martin Luther King, Jr.

What's Happening

Thursdays Monthly - Evening Rhyme Storytime Join Lac La Biche County Libraries along with FCSS Young Family Connections for rhyme time. This will be held once a month on Thursdays from 6:30-7:30pm in the Wild Rose Room at Stuart MacPherson Library. Visit laclabichecounty.com for all times

Ongoing - Tuesdays Women's Wellness Slave Lake and Area Womens Wellness workshop. St. Peters Ecumenical Church, Slave Lake. Free and includes child care. Registration is required. For topic and to register, text Rebecca at 780-240-6245

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Trivia

1. A monk lives in a monastery and a nun lives in a ____.
2. In Disney's animated movie, Robin Hood is portrayed as a badger or a fox?
3. Shakespeare's play The Tempest is named for a storm, earthquake, or flood?
4. What is the human body's buccal cavity?
5. The minimum depth of a hole in professional golf is 3, 4, or 6 inches?

(Flip bottom of page for answers)

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Your Weekly Horoscope

ARIES
(March 20 - April 19)

How are your past issues and wounds affecting your relationships now? This may be a good time to take a deep dive into your unconscious. Seek help, if needed. Lucky numbers: 12, 14, 16, 21, 29, 32.

TAURUS
(April 20 - May 20)

Is there something you want to advance that hasn't gotten traction before? If you present it in a new way at week's end, you may find that others are more receptive. Lucky numbers: 2, 4, 8, 16, 31, 37.

GEMINI
(May 21 - June 20)

Many Geminis share the quicksilver nature of Mercury, the sign's ruling planet. But over the next few months, you may be asked to slow down and reexamine your life. Lucky numbers: 11, 15, 19, 30, 44, 46.

CANCER
(June 21 - July 22)

Cancers often prioritize their feelings when making decisions. Over the next few months, you may have a chance to examine where this style does or does not serve you. Lucky numbers: 10, 13, 17, 18, 31, 35.

LEO
(July 23 - Aug. 22)

Your mind and emotions may be out of sync at the beginning of the week. What change could you make to reconcile the difference and achieve more balance in your life? Lucky numbers: 3, 10, 16, 31, 33, 39.

VIRGO
(Aug. 23 - Sept. 22)

During the middle of the week, your energy may feel confused and murky. If it is disrupting your normally disciplined routine, wait a few days for this dynamic to pass. Lucky numbers: 9, 10, 11, 17, 31, 41.

LIBRA
(Sept. 23 - Oct. 22)

Is there an outdated belief or behaviour that is holding you back from having more love in your life? How might you release it? Who could help you figure it out? Lucky numbers: 7, 22, 28, 30, 31, 38.

SCORPIO
(Oct. 23 - Nov. 21)

The intensity of Scorpios interacting with others can be difficult for both parties. At week's end, however, you may have an opportunity for more pleasant social interactions. Lucky numbers: 1, 16, 17, 19, 21, 25.

SAGITTARIUS
(Nov. 22 - Dec. 21)

Sagittarians sometimes closely connect their worldviews to their identities. In the next few months, you may need to reexamine where you are too rigid in this regard. Lucky numbers: 4, 5, 8, 10, 12, 34.

CAPRICORN
(Dec. 22 - Jan. 19)

Hard work and discipline are key words for Capricorn's success but they can be exhausting at times. For a few months, consider how to "work smarter, not harder." Lucky numbers: 5, 9, 16, 19, 33, 36.

AQUARIUS
(Jan. 20 - Feb. 18)

Early this week, you may find yourself in a centered space. How might you want to take advantage of this energy for the next few days, before it passes? Lucky numbers: 6, 30, 32, 33, 43, 44.

PISCES
(Feb. 19 - March 20)

You may find yourself going back over old territory during the next four months. Have you become more disciplined over the last year in creating structure in your life? Lucky numbers: 8, 10, 15, 21, 28, 34.

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

Did You Know...

Green children: Historians remain baffled by tales of two green-skinned children who appeared in Woolpit, Suffolk, England in the 12th century. No one knows exactly where they came from or why their skin was green.

Maple goodness: Anyone wanting the best and purest maple syrup should look to Canada. The country is well known for the quality of this product, which is made by boiling down sap from maple trees.

Busy intersection: Shibuya Crossing, in Tokyo, Japan, is possibly the world's biggest pedestrian crossing. People come from five directions, all crossing at the same time. The "Scramble" repeats every two minutes all day.

What's in a name: In 1946, Baltimore called its National Basketball Association team the Bullets, after a nearby ammunition foundry. In 1996, the current franchise adopted the less violent name of Wizards.

Pole star: *Stella polaris* is Latin for "pole star." Polaris, more commonly known as the North Star, is the brightest in the Ursa Minor constellation. Interestingly, "Polaris" has been used as a baby's name.

On the Lighter Side

Why don't computers eat anything? They don't like what's on their menus.

Eating a clock may seem like a good idea, but it's time-consuming.

I used to run a donut shop, but I got tired of the hole business.

Principal: "This is the fourth time you've been in my office this week."
Student: "Well, I guess I'm glad it's Friday."

Knock! Knock! *Who's there?* Sasha. *Sasha who?* You make Sasha fuss!

Answers

Trivia answers: 1. Convent 2. Fox 3. Storm 4. The mouth 5. 4 inches

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