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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

- 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.
- 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 slaw, too!)

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



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Everybody's Talking

Skyward rent: The steep rental market in Vancouver, British Columbia, Canada, pushed Tim Chen to a creative solution in his living arrangements. Instead of shelling out hefty rent in the city, this arts student from Calgary opted for a unique commute: flying to his classes. After an increase in his rent, Chen found the cost of flights surprisingly more affordable. Juggling just two weekly classes while living with his parents, he manages to save over half the cost of a Vancouver apartment. As housing prices rise, unconventional solutions like Chen's highlight how far people will go to make ends meet in one of Canada's priciest cities.

Cargo canine: In a surprising twist in Houston, Texas (U.S.), Coast Guard inspectors found unexpected cargo among towering shipping containers. Amidst the maze, they heard a barking and a scratching sound, unstacked and opened the container, and discovered a dog who had endured eight days without sustenance in a cramped, dark crate. Despite her ordeal, "Connie the Container Dog," as they nicknamed her, greeted her rescuers with a weary smile and wagging tail. The team took her to Forever Changed Animal Rescue, a shelter in nearby Pasadena, Texas, where her story touched the hearts of staff and visitors. Connie is under their care until a permanent home can be found.

Martian immersion: Who has fancied a taste of life on Mars? NASA is offering just that with their immersive CHAPEA program, which stands for Crew Health and Performance Exploration Analog. Volunteers will spend a year in a simulated Martian habitat, which aids the U.S. space agency's preparation for future manned missions to the Red Planet. Participants will face simulated spacewalks, resource limitations, and equipment malfunctions, replicating potential challenges of life on Mars. Applicants must be U.S. citizens with backgrounds in science, technology, engineering, or math. NASA is offering compensation for this unique opportunity to anyone seeking an out-of-this-world adventure, while simultaneously helping to advance human exploration of Mars.

Stellar support: In a social media video, a teenage girl shared how her little brother got picked on at school for wearing space-themed shirts. The video caught the attention of Vanessa Hernandez, whose father is an astronaut. She responded with a video message from her dad to the boy, encouraging him to embrace his love for space, despite the teasing. In the video, Astronaut Jose Hernandez shared his own journey to space, recounting how he faced rejection from NASA multiple times before achieving his dream. Hernandez's message concluded with a touching note to the young boy, urging him to proudly wear his space-themed clothes and aspire to join NASA one day.

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—Samuel Pepys

"You can't knock on opportunity's door and not be ready."
—Bruno Mars

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Walter Heuvigh, Publisher
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Your Weekly Horoscope

ARIES
(March 20 - April 19)



For the next two weeks, you may find you have more determination to tackle an old issue. What adjustment in your viewpoint or behaviour could help address the issue? Lucky numbers: 4, 10, 23, 30, 34, 45.

TAURUS
(April 20 - May 20)



This week what you want may cross paths with what is possible. How might you bridge the gap and find an option that works? Identify those who can help. Lucky numbers: 1, 4, 6, 10, 23, 42.

GEMINI
(May 21 - June 20)



An opportunity may be in play to present your plans this week in a way that garners the support of others. Just be careful not to oversell your ideas. Lucky numbers: 7, 10, 27, 29, 33, 34.

CANCER
(June 21 - July 22)



Cancer folks sometimes mirror their sign of the crab and its protective shell. The energy of the next few weeks may provide an opportunity for you to be more openhearted. Lucky numbers: 5, 8, 9, 21, 31, 33.

LEO
(July 23 - Aug. 22)



Is now the moment to step into a leadership role? Having an open heart when interacting with others puts to good use your naturally joyful and enthusiastic skill set. Lucky numbers: 9, 11, 13, 14, 30, 37.

VIRGO
(Aug. 23 - Sept. 22)



Are you overthinking a decision you need to make now? If so, focus on the option that is in alignment with your values and with being of service to others. Lucky numbers: 8, 17, 19, 23, 27, 28.

LIBRA
(Sept. 23 - Oct. 22)



Your ability to be tactful and diplomatic may be highlighted for a few days at midweek. Does a situation let you use these talents to help achieve balance and justice? Lucky numbers: 10, 12, 16, 18, 30, 45.

SCORPIO
(Oct. 23 - Nov. 21)



Your emotions may be heightened at week's end. Finding a solution to a difficult situation may emerge, if you can understand the motivation that drives your feelings about it. Lucky numbers: 7, 13, 18, 21, 22, 32.

SAGITTARIUS
(Nov. 22 - Dec. 21)



For the next few weeks, your natural optimism may get a boost of joyful and heartfelt energy. What do you want to accomplish while this dynamic is in effect? Lucky numbers: 3, 9, 12, 21, 25, 31.

CAPRICORN
(Dec. 22 - Jan. 19)



Capricorns often have a serious demeanour, focused on building structure and accomplishment. For the next few weeks, you may have an opportunity to radiate more joy. Lucky numbers: 11, 15, 16, 26, 30, 39.

AQUARIUS
(Jan. 20 - Feb. 18)



At week's end, you may find yourself in an emotional stalemate with a loved one. Step back and take a deep breath. Is there a way to reconcile the opposing views? Lucky numbers: 6, 14, 17, 20, 27, 33.

PISCES
(Feb. 19 - March 20)



You may be in a day-dreaming mood this week, particularly about romance. Taking a time-out might be helpful. Just be careful of acting while wearing rose-coloured glasses. Lucky numbers: 2, 16, 24, 25, 42, 48.

Lucky numbers this week: This week's odds favour Leo winners with the luckiest number being 30.

Did You Know...

Prolific author: Many children are familiar with the numerous books by Dr. Seuss, including *Green Eggs and Ham*, *The Cat in the Hat*, and *Horton Hears a Who*. The American author's real name was Theodor Seuss Geisel. He died in 1991.

Beloved auto: Car lovers often still clamour to own a Ford Mustang. First made by Ford Motor Company in 1964, one million of the coveted vehicles were produced by 1966 in the Dearborn, Michigan (U.S.), plant.

Indoor game: Hockey rinks abound today. But the game used to be played only on outdoor rinks. The first indoor hockey game took place on March 3, 1875, at the Victoria Skating Rink in Montréal, Québec, Canada.

Bottled up: The popular soft drink Coca-Cola was invented in 1866. However, at that time, it was served as a fountain drink. Coke first appeared in bottles in 1894, and those bottles were different from the ones used today.

Winning record: The RIAA (Recording Industry Association of America) has handed out lots of Gold Records over the years, but the first was to American easy-listening artist Perry Como. The song that won the honour in 1958 was "Catch A Falling Star."

On the Lighter Side

Knock! Knock! Who's there? Fido. Fido who? Fido knew you were coming, I'd have baked a cake.

What is the best advice you can give a worm? Sleep late.

"Boy," said one shelf to another, "you sure look board."

Flip: "What do termites do to relax?"
Flop: "They take a coffee table break."

I've never seen a fossil so opposed to working. Talk about lazy bones!

Answers

Trivia answers: 1. Decoration Day 2. Spree 3. Kelly Clarkson 4. Iowa 5. Cones

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