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Recipe of the month

Peach Glazed Rib

3 to 4 pounds pork baby back ribs, cut into serving-size pieces
1 can (15-1/4 ounces) peach halves, drained
1/3 cup soy sauce
1/4 cup canola oil

1/4 cup honey
2 tablespoons brown sugar
1 teaspoon sesame seeds, toasted
1 garlic clove, peeled
1/4 teaspoon ground ginger

Prep Time: 15 min Grill: 1.25 hrs Yield: 6 servings

- Prepare grill for indirect heat, using a drip pan. Place ribs over drip pan. Grill, covered, over indirect medium heat for 60 minutes, turning occasionally.
- Meanwhile, in a blender, combine the remaining ingredients; cover and process until smooth. Baste ribs.
- Grill until meat is tender and juices run clear, 15-20 minutes longer, basting occasionally with remaining sauce.

A delicious, fruity alternative to the usual barbecue sauce for ribs

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



Vol. 21 No. 33 August 12, 2024

Everybody's Talking

Bridge harmony: The famous Golden Gate Bridge in San Francisco, California (U.S.), is making a sound that's catching everyone's attention. People living nearby, even up to three miles (4.8 km) away, are hearing strange and sometimes musical noises coming from the bridge. This unexpected "singing" is a result of recent work done to make the bridge stronger during windy weather. While some folks find the sound unsettling, others find it strangely calming. As part of the project, some of the bridge's handrails are also being changed to let more air through. Officials say these changes are important for keeping everyone safe.

City quiet: In warm city climates, summer brings a common headache. Open windows mean traffic noise flooding homes. Researchers at Nanyang Technological University in Singapore have a solution: a noise-canceling gadget. This device, resembling a grid of small speakers fixed onto window bars, aims to cut urban traffic noise. It works by emitting counteractive sounds to cancel out specific frequencies of road, train, and plane noise. While it's not perfect for all sounds, particularly higher-pitched ones like voices, it significantly reduces many types of noise. Akin to noise-canceling headphones, this technology seems to offer the potential of bringing a measure of peace and quiet to city dwellers.

Tech shift: The state of California (U.S.) is bidding farewell to traditional metal licence plates in favour of digital ones. Boasting modern features such as automatic registration renewal and customizable displays, these digital plates offer convenience for car owners. The plates have become legal in several other U.S. states. However, some concerns linger regarding privacy because the plate has the ability to track a vehicle's location. Still, many drivers are excited about the new plates, with thousands of people already using them in California. The digital plates also offer the added security of an ability to change their display in the event of vehicle theft.

Galactic dough: In a galaxy not so far away, a bakery in Benicia, California (U.S.), has unveiled an epic creation: a 6-foot (1.8-m) tall bread sculpture of the iconic Han Solo, immortalized in dough. Using a blend of wood and two types of dough, including a special yeastless recipe, the creators at One House Bakery meticulously crafted this Star Wars character's likeness as he appeared encased in carbonite in the film. The dedication to detail is evident in the sculpture, capturing Han's distressed expression and outstretched hands. "Pan Solo" was proudly displayed outside the shop, showcasing these bakers' love for science fiction and fantasy.

Quoteable Quotes

"If you steadfastly refused to quit, you rapidly narrow your options to only winning." —Brad Thor

"No one can be perfectly free till all are free; no one can be perfectly moral till all are moral; no one can be perfectly happy till all are happy." —Herbert Spencer

What's Happening

Ongoing - Good Beginnings Free information sessions for parents/caregivers infants birth-18 months with guest presentations, hosted by AHS. Wednesdays 11:00am-12:00pm at the Wood Buffalo Regional Library. Phone 780-791-6247 for more information.

Ongoing - Seniors Walk in Anzac Every Tuesday and Thursday from 11:00am - 1:00pm seniors can walk the track at no charge with complimentary coffee and tea service. Call 780-334-2424 for more information.

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Trivia

1. The game of volleyball originally was called minuet, mintonette, or mitter?
2. A quintal is equal to how many kilograms?
3. What is the longest river in Asia?
4. Who wrote The Mayor of Casterbridge?
5. Choreography is notated using stepnotation, labanotation, or floor plans?

(Flip bottom of page for answers)

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Your Weekly Horoscope

ARIES (March 20 - April 19)

Is there someone you need to forgive for a past wound? Now may be a good time to do so, which would help both of you move on from the situation. Lucky numbers: 3, 11, 15, 21, 22, 48.

TAURUS (April 20 - May 20)

Taurus-born usually aren't impulsive in thoughts and actions. If you feel that way at week's end, take a step back and try to understand your motivations right now. Lucky numbers: 8, 17, 29, 32, 34, 37.

GEMINI (May 21 - June 20)

You may find yourself in overdrive mode, trying to do everything at once. This might be productive, but don't overdo and cause accidents by rushing. Lucky numbers: 1, 10, 30, 43, 46, 47.

CANCER (June 21 - July 22)

Do you have an idea that you just can't seem to bring into reality on your own? Look for a well-grounded partner to help you bring it to fruition. Lucky numbers: 14, 19, 25, 31, 34, 45.

LEO (July 23 - Aug. 22)

At midweek, others may find your ideas attractive. However, explaining all the details is important, and making sure the deal is a win-win for all concerned. Lucky numbers: 7, 14, 26, 35, 38, 40.

VIRGO (Aug. 23 - Sept. 22)

Virgos can be shy about tooting their own horns. For a few weeks, use communications with others to encourage them to reevaluate how valuable you are to them. Lucky numbers: 5, 9, 14, 33, 38, 39.

LIBRA (Sept. 23 - Oct. 22)

At midweek, you may find the courage to address a situation that isn't working for you any longer. How can you speak up and ask for what you need now? Lucky numbers: 19, 20, 22, 27, 30, 42.

SCORPIO (Oct 23 - Nov. 21)

This is a week when you may want to pause before you speak. The tail of the scorpion can sting in a way you might regret later, so be careful about using angry words. Lucky numbers: 2, 8, 14, 23, 26, 32.

SAGITTARIUS (Nov. 22 - Dec. 21)

Truth, like beauty, can be in the eye of the beholder. Your truth is based on your own experiences. So understand that the same can be true for others. Lucky numbers: 11, 30, 36, 37, 38, 48.

CAPRICORN (Dec. 22 - Jan. 19)

Are you envisioning a new endeavour in your mind's eye? The middle of the week may be a good time to put the idea on paper and to develop a plan for achieving it. Lucky numbers: 4, 14, 18, 29, 46, 48.

AQUARIUS (Jan. 20 - Feb. 18)

Are you overwhelmed by all the details that need to be completed to achieve your objective? Shed the attitude that you need to do it all yourself. Recruit friends to help. Lucky numbers: 6, 8, 17, 19, 22, 30.

PISCES (Feb. 19 - March 20)

You may feel conflicted at week's end about how to proceed with an important decision. Consider which option might best position you for long-term success. Lucky numbers: 16, 26, 28, 29, 32, 42.

Lucky numbers this week: This week's odds favour Leo winners with the luckiest number being 7.

Did You Know...

Pink squirrels: When flying squirrels are illuminated with ultraviolet light, the creatures' fur glows a bright, fluorescent pink. The colouring could help them navigate, communicate, or blend into their environment.

Pen hole: That tiny hole in the top of a plastic pen cap not only reduces air pressure when the cap is put back on, it's also a safety measure. Air flow from the hole reduces the risk of choking if someone accidentally swallows it.

Not nuts: Technically, almonds and cashews aren't actually nuts. While we normally call them nuts, they actually are seeds because they grow inside a hull within a fleshy fruit and must be shelled for eating.

It's a punt: "Punt" isn't just a sports term associated with dropping and kicking a ball before it touches the ground. A punt also is the indentation on the bottom of most wine bottles, which makes the bottle more stable.

Slow smoke: Pipe smokers will be interested in the Danish Championship Pipe Smoking International event. The goal is to take the longest time to smoke three grams of tobacco, using a standard pipe.

On the Lighter Side

Knock! Knock! Who's there? Interrupting pirate. Inerru—Arrrr!!

What was the snail doing on the highway? About a mile a day.

A mountain and a valley had a baby. They named it Cliff.

First lumberjack: "So how's business?"
Second lumberjack: "Come see, come saw."

A cheese sandwich asked for a drink. The bartender said, "Sorry, we don't serve food here."

Answers

Trivia answers: 1. Mintionette 2. 100 3. Yangtze 4. Thomas Hardy 5. Labanotation

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5. Chronic fatigue or fibromyalgia
6. Hormonal imbalances (arthritis, PCOS)
7. Skin issues
8. Food allergies/intolerances

"Death begins in the colon" -- Mechnikov

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