



# The **Around Town Paper**



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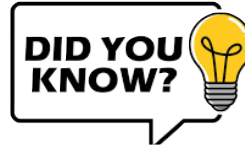
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July 10, 2024

## COOL RANDOM FACTS ABOUT STUFF

- A mile is 5,280 feet long.
- Platypuses sweat milk.
- Bananas glow blue under black lights.
- A woman in the United Kingdom once called the police when her ice cream didn't have enough sprinkles.
- Russia has 11 time zones.
- Giraffes are 30 times more likely to get hit by lightning than people.
- Identical twins don't have the same fingerprints.
- The Eiffel Tower can be 15 cm taller during the summer, due to thermal expansion meaning the iron heats up, the particles gain kinetic energy and take up more space.
- Allodoxophobia is the fear of other people's opinions. It's a rare social phobia that's characterised by an irrational and overwhelming fear of what other people think.
- Australia is wider than the moon. The moon sits at 3400km in diameter, while Australia's diameter from east to west is almost 4000km.
- Human teeth are the only part of the body that cannot heal themselves. Teeth are coated in enamel which is not a living tissue.
- The Ancient Romans used to drop a piece of toast into their wine for good health - hence why we 'raise a toast'.
- People are more creative in the shower. When we take a warm shower, we experience an increased dopamine flow that makes us more creative.



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What does a nosey pepper do?  
 It gets jalapeño business.

Worry about your character, not your reputation.  
 Your character is who you are.  
 Your reputation is who people think you are.

-John Wooden

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## THIS WEEK'S HOROSCOPES

### Aries (March 21 - April 19)

Messages, synchronicities and dreams could be echoing like you're deep in a cavern but can see the distant light at the end of the tunnel. Now is a perfect time to unlock your intuitive 'X-ray vision' and let it guide you.

### Taurus (April 20 - May 20)

You could hear from someone from the past or are particularly reflective about specific lessons someone significantly taught you. Do some soul-searching about all of it now.

### Gemini (May 21 - June 20)

Now is a period to do some deep inner reflection and work on how you can not only reach higher in your career but leave a meaningful impact on people and the world. If you do so, you could find even deeper levels of joy and fulfillment.

### Cancer (June 21 - July 22)

Understand that you must be a sojourner and hunger for new perspectives and seeds of truth about the meaning of life and your purpose here on Earth. If you do so, you could truly be more inspired, happy and aligned with the universe.

### Leo (July 23 - August 22)

This week, reflect on how your needs have or have not been fulfilled. If you have a significant partner, consider having a heart-to-heart about what you've realized and further open communication between you both.

### Virgo (August 23 - September 22)

Truly reflect on what you've learned and find ways of communicating your truth in sensitive and direct ways. You've experienced some very unique and important life lessons around your partnerships in love or business.

### Libra (September 23 - October 23)

When it comes to your routines, employment or even physical health, something has been a bit confusing in recent years. Review your habits, plans and decisions and trace patterns over the past few years. The solution you seek is out there!

### Scorpio (October 23 - November 21)

As much as you crave passion and like to stir the pot here or there, you've been feeling a deep need to unlock even more profound levels of romance in recent years. Know what you want — but also, what you deserve.

### Sagittarius (November 22 - December 21)

Now is a crucial period to really do some soul-searching when it comes to your emotions, intuition, needs and past. Spend some time meditating in solitude.

### Capricorn (December 22 - January 19)

Your daily affairs and routines have been shifting and spinning for quite some time, as if you're a tropical lily and being pulled suddenly down the current.

### Aquarius (January 20 - February 18)

Now is a time to seek a more spiritual connection to what you have, own or make. You may even be in the process of downsizing or giving things away if you've grown out of them or don't connect with them anymore. Charity work will bring you a surplus of good karma.

### Pisces (February 19 - March 20)

Pay attention to your thoughts and desires and you could manifest many hopes and dreams as if out of thin air — but be conscious of still being realistic, rather than just building castles in the sky.



**Being Aware of Your Thoughts** - We seldom accept negative comments from others; however, we so often accept our own inner negative chatter. Few people enjoy the company of individuals whose attitudes are persistently negative. Yet, many of us tolerate the critical chatter that originates in our own minds. Since we are so used to the stream of self-limiting, critical consciousness that winds its way through our thoughts, we are often unaware of the impact these musings have on our lives.

It is only when we become aware of the power of such thoughts that we can divest ourselves of them and fill the emptiness they leave with loving, peaceful affirmations.

Many people, upon paying careful attention to their thought patterns, are surprised at the negativity they find there. But when we take notice of involuntary thoughts in a nonjudgmental way, we initiate a healing process that will eventually allow us to replace intimidating and upsetting self-talk with positive, empowering thoughts. While the occasional downbeat or judgmental thought may have little impact on your contentment, the ongoing negativity that passes unnoticed can have a dampening effect on your mood and your outlook. When you are aware of the tone of your thoughts, you can challenge them.

Try to be conscious of your feelings, opinions, and judgments for a single day. From sunup to sundown, scrutinize the messages you are feeding into your subconscious mind. Consider your thoughts from the perspective of a detached observer and try not to judge yourself based on the notions that come unbidden into your mind.

Simply watch the flow of your consciousness and make a note of the number of times you find yourself focusing on gloomy notions or indulging in self-directed criticism. As you become increasingly aware of your patterns of thought, whether positive and negative, you will gradually learn to control the character of your stream of consciousness.

Always endeavor to remember that the images and ideas that pass through your mind are transient and not a true representation of who you are. In training yourself to be cognizant of your thoughts, you gain the ability to actively modulate your mood. The awareness you cultivate within yourself will eventually enable you to create a foundation of positivity from which you can build a more authentic existence.

## SUDOKU GAME RULES

The rules for sudoku are simple. A 9x9 square must be filled in with numbers from 1-9 with no repeated numbers in each line, horizontally or vertically. To challenge you more, there are 3x3 squares marked out in the grid, and each of these squares can't have any repeat numbers either.

				9	2		5	
		5	4					
1	2	8		5				
	1		6	4	7	3		
4	6						9	1
		2	1	8	9		7	
				2		5	3	4
					4	9		
	8		9	1				



**NAME THAT TUNE!**

We're leaving together,  
but still, it's farewell  
And maybe we'll come back  
to Earth, who can tell?  
I guess there is no one to blame  
We're leaving ground  
Will things ever be  
the same again?

**Saskatoon Galette** - cut a generous slice of galette and top it with a scoop of the best vanilla ice cream. When you eat the two together, you might hear the angels sing.

**Ingredients**

*For the dough:*

- ¾ cup all-purpose flour
- ½ cup spelt flour
- 1 tablespoon cane sugar
- a pinch of fine sea salt
- 1 stick (113 g) unsalted butter
- 4 tablespoons ice-cold water



*For the filling:*

- ¼ cup organic cane sugar
- 1 Tbsp cornstarch
- ½ lemon, juice and zest
- 1 Tbsp fresh thyme

- 350 g Saskatoon berries
- 1 peach, sliced
- 1 egg yolk + 1 tsp water, lightly beaten
- organic cane sugar, for sprinkling

**Instructions**

In the bowl of a food processor, add the flours, sugar, and salt. Scatter the butter pieces over the flour and pulse until you get a crumb-like consistency.

Add the ice water over, 1 tablespoon at a time, pulsing after each addition, until the dough will hold together when you pinch it together.

Dump the dough out onto a work surface, divide it roughly into 6 portions, and stretch each piece using the heel of your hand. Scrape up the dough and gently shape it into a ball. Wrap it with plastic wrap, and chill for 30 minutes.

Remove the ball of dough from the fridge, cut into 4 pieces, stack them one on top of the other, gently press down and gather into a flat disc. Wrap again in plastic and chill for 30 more minutes.

**Assemble:**

Take the dough out of the refrigerator. Dust a large piece of parchment paper with flour. Using a rolling pin, roll out the dough in a circular shape to about ¼-inch (6 mm) thickness.

Gently place the parchment with the stretched dough onto a baking sheet. In the meantime, preheat the oven to 400° F (200°C).

Pour the Saskatoon mixture onto the center of the crust, leaving some border around the edges.

Arrange the sliced peach in a circular manner over the Saskatoons and a couple of thyme sprigs on top. Fold the edges of the crust over the berries toward the center.

In a little bowl whisk the egg yolk and water. Brush the egg mixture over the crust edges and sprinkle organic cane sugar over the edges and on top.

Bake the galette for 20-25 minutes, or until the crust is golden and the fruit is bubbling. Remove from the oven and let cool on a rack.

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7	4	6	8	9	2	1	5	3
9	3	5	4	7	1	6	8	2
1	2	8	3	5	6	7	4	9
8	1	9	6	4	7	3	2	5
4	6	7	2	3	5	8	9	1
3	5	2	1	8	9	4	7	6
6	9	1	7	2	8	5	3	4
2	7	3	5	6	4	9	1	8
5	8	4	9	1	3	2	6	7

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# Summer

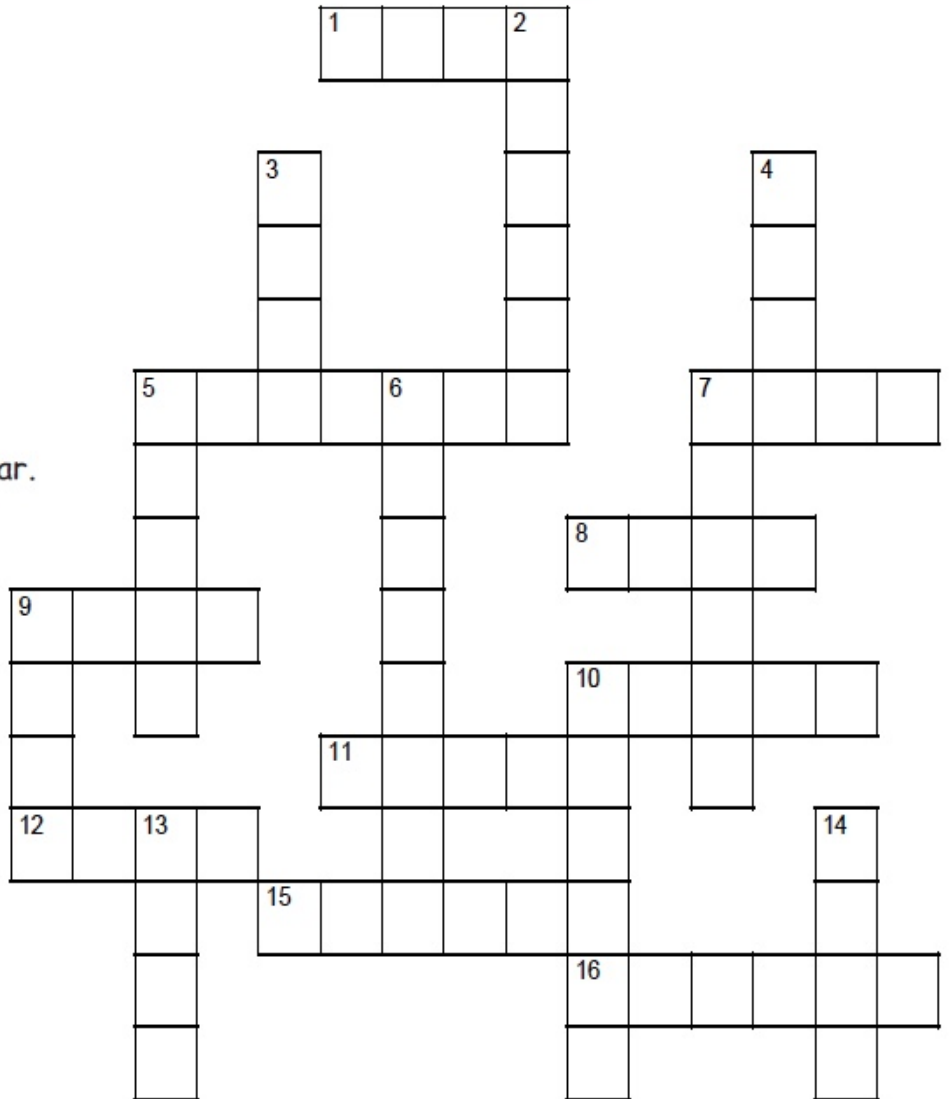


## Across

1. Grains on the beach.
5. Living in a tent.
7. It warms you up.
8. Two wheeled transportation.
9. Comes with a shovel.
10. Full of daylight.
11. A sandy shore.
12. Area of inland water.
15. Warmest 3 months of the year.
16. Top for warm weather.

## Down

2. Plunging into the water.
3. Move through the water.
4. Summer hazard.
5. House in the woods.
6. Frozen treat.
7. Trail walking.
9. A place to swim
10. Pants for hot weather.
13. Toy for a windy day.
14. Mildly hot.



## Word Bank

BEACH, BIKE, CABIN, CAMPING, DIVING, FIRE,  
 LAKE, PAIL, POOL, SAND, SHORTS, SUMMER,  
 HEAT, HIKING, ICE CREAM, KITE,  
 SUNNY, SWIM, T-SHIRT, WARM

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