

WEDNESDAY

MAKE THE MOST OF IT

TAKE A TOUR

Be a space cadet

Take a walk through the history of manned space flight at Challenger Space Center, 21170 N. 83rd Ave., Peoria. Exhibits include a memorial to the Columbia space shuttle, meteorites, a 10-foot model of the Atlantis space shuttle and items related to the study of Mars from Lowell Observatory in Flagstaff. Guided tours start on the hour 10 a.m.-3 p.m. Mondays through Saturdays (except noon weekdays). Admission is \$4 to \$6, free for kids 5 and younger. Details: 623-322-2001 or www.azchallenger.org.

READ IT

Get a prize - maybe

Perry Branch Library, part of the Maricopa County Library District, is offering a summer reading program for adults through July 27. Just as with the kids' programs, adults read books or listen to them online for a chance to win weekly prizes. A read to consider: *Twenty Wishes* (Mira, 2008, \$24.95 hardcover), the latest in Debbie Macomber's best-selling Blossom Street series, this one about four widows who meet at a Seattle bookstore. You can register by phone or drop by the library (on the grounds of Perry High School), 1965 E. Queen Creek Road, Gilbert. Free.

Details: 602-652-3000 or www.mclidaz.org.

TRY THIS RECIPE

Cactus salad

This recipe for Mexican Cactus Salad is from *Everybody Eats Lunch*, by Cricket Azima (Glitterati, 2008, \$16 hardcover), a cookbook for kids. In a medium bowl, mix a 15-ounce jar of nopalitos (cactus), drained; 3 diced Roma tomatoes; half a green pepper, diced; $\frac{1}{4}$ cup diced red onion; $\frac{1}{3}$ cup chopped cilantro; and $\frac{1}{4}$ cup queso cotija or feta cheese, crumbled. Dress with 1 tablespoon lime juice, 2 tablespoons olive oil, 2 teaspoons red-wine vinegar; salt and pepper to taste. Makes 4 servings.

GET CONNECTED

Be well - talk to friends

People with close relationships are less likely to develop depression, according to Mental Health America (formerly known as the National Mental Health Association). As Mental Health Month draws to a close, the non-profit organization suggests forging better connections with family, friends, co-workers, community members, mental health professionals — and yourself. Devote an hour or so to a hobby, for example, or invite a co-worker to walk at lunchtime. Steps such as these can reduce stress and promote overall health, the group says. Details: www.mentalhealthamerica.net.

