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East Memorial
Calgary Edition
587-392-8086

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Everybody's Talking

Race to rent When a vacant suite in an apartment building in Berlin, Germany, went on the market, the response was an indication of the housing shortage in that city: almost 1,800 hopeful renters lined up at the building to view the flat. People were interested because of the reasonable price of the two-room accommodation. Rolf Harms, the property manager, had to use a megaphone to dole out instructions, and then 20 to 30 people were allowed in at the same time. In that country, similar apartment shortages are common in other large cities, such as Hamburg, Munich, and Frankfurt.

Urban park Xixi National Wetland Park is in Hangzhou, in China's Zhejiang Province. The unique park combines farming, culture, and urban life and is an area of tranquility, with waterways to explore, as well as trails and boardwalks. Visitors can book a tour via the land route or the water route. Interesting sites in the park include plum trees and reed flowers, as well as the port of the Dragon Boat Festival. As the paths are unmarked and complex, visitors are advised to be careful not to get lost.

Rustic ramblings Travelers to South America who want to go somewhere off the beaten track could try visiting Cabo Polonio, Uruguay. Located on the Atlantic coast and only a few hours from luxurious beach resorts, this isolated village attracts those who don't care about the comforts of a modern home. There is no electricity or running water in the rustic cottages, and only a few people with generators have Wi-Fi. But the people who live there like it that way. Villagers use well or rainwater, and they cook by candlelight. The land is a designated national park and is a beloved destination of backpackers.

New friend A man on a hike to raise money for men's health found a new friend along the way. Max Adams was on a long trek in an area near High Prairie, Alberta, Canada. When on a side road, he could hear a loud meowing, which turned out to be a half-grown kitten sitting in the snowy branches of a tree. Adams took the desperate little feline with him because he couldn't imagine leaving it such a long distance away from any homes. He tried to find the owner, to no avail. After the kitten was tended by a vet, Adams took it home as his own pet.

Quoteable Quotes

"Once harm has been done, even a fool understands it."
Homer

"He harms himself who does harm to another, and the evil plan is most harmful to the planner." —*Hesiod*

What's Happening

July 31 to Aug 3 - Rotary Rib Fest YYC 2020. Family Food Fun Festival The Rotary Rib Fest is a Fun family Festival, at McMann stadium with food from the BBQ trucks, and many other drink and food treats. Live bands and entertainment all weekend. The event is FREE! with donations for charity requested.

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Trivia

1. What is meant by curb weight in a vehicle?
2. What is a type of Japanese drama where actors wear masks?
3. Bubble wrap was invented in the 1940s or 1950s?
4. Christian Dior rose to fame in what area of expertise?
5. What is another name for the Northern Lights?

(Flip bottom of page for answers)

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(Over)

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Your Weekly Horoscope

ARIES
(March 21 - April 20)

Maintain a strong stance on your strategy, even if others do not appreciate your ability to visualize their ideas. The end result might prove that you have a magical touch. Lucky numbers: 12, 24, 26, 29, 36, 43.

TAURUS
(April 21 - May 21)

Invite friends into your home. Relationships may be very harmonious and positive right now. Feelings of love, especially for family and children, might be very strong at this time. Lucky numbers: 6, 8, 12, 22, 23, 24.

GEMINI
(May 22 - June 21)

You may receive some very good news that makes you feel more empowered. Friends, neighbours, and family might want to help celebrate your new venture. Lucky numbers: 13, 25, 38, 39, 41, 42.

CANCER
(June 22 - July 22)

You may be more interested in similarities than in differences. By taking a different direction, your strong ties to your roots might help you deal with a situation. Lucky numbers: 3, 16, 26, 28, 35, 45.

LEO
(July 23 - Aug. 23)

You may be able to find new ways to exhibit your leadership abilities to a larger audience. Your current research and knowledge in your field could help you to shine. Lucky numbers: 12, 24, 26, 29, 36, 43.

VIRGO
(Aug. 24 - Sept. 23)

You may need to look past the current situation to find much-needed solutions to existing problems. Your quick reaction and explanation might help you bring people together. Lucky numbers: 2, 4, 7, 12, 17, 33.

LIBRA
(Sept. 24 - Oct. 23)

All roads you take this week may lead you to a sort of spiritual or compassionate awakening. Use the time that you have to refresh and rejuvenate your positive energy. Lucky numbers: 5, 15, 17, 27, 36, 44.

SCORPIO
(Oct. 24 - Nov. 22)

Even if your schedule is full, you may need to find time to enjoy your loved ones. They might appreciate your time and your company much more than you think. Lucky numbers: 7, 20, 38, 40, 41, 42.

SAGITTARIUS
(Nov. 23 - Dec. 21)

Don't let your pride come between you and the ones you love. Try to listen with an open heart, and something inside you may change direction to be more positive. Lucky numbers: 7, 11, 14, 17, 21, 24.

CAPRICORN
(Dec. 22 - Jan. 20)

Your immediate plans may not turn out to be as simple as you thought. You might need to look much deeper to be able to see a clearer vision of your future. Lucky numbers: 5, 17, 19, 23, 26, 46.

AQUARIUS
(Jan. 21 - Feb. 19)

When life throws you some real curves, try to remember that everyone has burdens. Friends and family may help remind you to count your blessings each day. Lucky numbers: 17, 21, 22, 37, 39, 41.

PISCES
(Feb. 20 - March 20)

Your goals may be solid. All eyes might be on your recent accomplishments. You even may be able to take advantage of this opportunity to blow your own horn a bit. Lucky numbers: 12, 24, 26, 29, 36, 43.

Lucky numbers this week: This week's odds favour Virgo winners with the luckiest number being 2.

Did You Know...

Swirling water: When two currents meet in a body of water, an area of swirling water called a whirlpool can form. The Corryvreckan whirlpool, between Jura and Scarba islands off the west coast of Scotland, is large and very dangerous to navigators.

Green versus black: Black tea and green tea come from the same plant. The difference is in the processing: black tea is fermented, and green tea is not.

One tongue: Australia does not have an official language. However, over three quarters of Australians are unilingual English speakers. Among the 160 languages spoken in Australia are Mandarin, Punjabi, and Filipino/Tagalog.

Beary good plant: The bearberry shrub, also known as kinnickinnick, grows on sandy or gravel ground throughout Canada. It is a good ground cover that helps prevent soil erosion.

Seven times: The fifth James Bond film, *You Only Live Twice* (1968), starred Sean Connery, supposedly in his last appearance as Bond. However, he came back for *Diamonds are Forever* (1971) and the unofficial *Never Say Never Again* (1983).

On the Lighter Side

How many cats can you put in an empty box? One. After that, the box isn't empty anymore.

I'm reading a terrifically interesting book about anti-gravity—I just can't put it down.

Census taker: "How many employees work in your factory?"
Business owner: "Oh, I'd say about half of them."

Why do they report power outages on TV?

How do you create light by using water? Clean the windows!

Answers

Trivia answers: 1. Without cargo or occupants 2. Noh 3. 1950s 4. Fashion 5. Aurora Borealis

Recipe of the month

Summer Chicken Parmesan

1 ounce white whole-wheat flour (about 1/4 cup)
1 large egg, lightly beaten
2/3 cup plain whole-wheat breadcrumbs
4 (4-oz.) chicken breast cutlets
5/8 teaspoon kosher salt, divided
1/2 teaspoon freshly ground black pepper
2 tablespoons olive oil, divided
Cooking spray
3 ounces part-skim mozzarella cheese, shredded (about 3/4 cup)
1 1/2 cups chopped zucchini (about 1 medium)
1 1/2 cups cherry tomatoes, halved
2 garlic cloves, thinly sliced
1/4 cup chopped fresh basil

Active Time: 20 min Total Time: 20 min Yield: Serves 4

❶ Preheat broiler with oven rack in middle position. Place flour, egg, and breadcrumbs in separate shallow dishes. Sprinkle chicken with 1/2 teaspoon salt and pepper. Dredge chicken in flour; dip in egg, and dredge in breadcrumbs.
❷ Heat 1 1/2 teaspoons oil in a large skillet over medium-high. Add 2 cutlets; cook 1 minute on each side. Place on a baking sheet coated with cooking spray. Repeat procedure with 1 1/2 teaspoons oil and remaining cutlets.
❸ Top cutlets with cheese; broil 1 1/2 minutes. Heat remaining oil in skillet. Add zucchini; sauté 1 minute. Add remaining 1/8 teaspoon salt, tomatoes, and garlic; sauté 4 minutes. Serve with chicken, and top with basil.

Source: www.cookinglight.com

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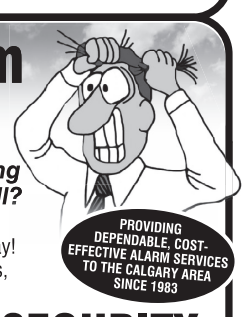

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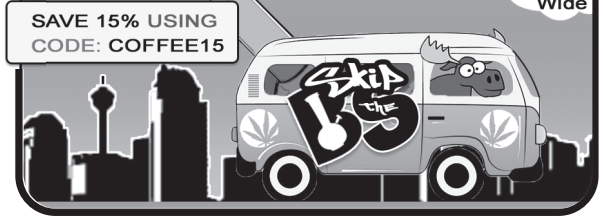

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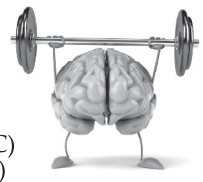

For support and education:

- Stroke Recovery Association of Calgary (SRAC)
- Calgary Aphasia Centre (CAC)
- Young Survivors Group (YSS)

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