





RAPIDS



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Over Coffee"

Edition

Everybody's Talking

Muddy lady: An octogenarian from Sikeston, Missouri (U.S.), doesn't mind getting a bit muddy. In fact, Mildred Wilson has no problem getting really muddy, and she proved it by participating in the Tough Mudder race, not once, but twice. Encouraged by her son, Wilson first checked with her doctor to make sure she was healthy enough to get through the race, which includes wading through muddy pits and crawling under and over obstacles. Then she trained at her local gym to be sure she was fit enough to compete. Wilson completed her first Tough Mudder in 2019, then did it again in 2021, to the admiration of her family and the other competitors. Passion for running: Wang Lang of Liaoning, China, didn't realize how much she would love running when she took it up at age 50. Twenty years later, the sport clearly is a passion for the now 70-something-year-old grandmother. She has run over 100 marathons during that time. She started running simply to keep fit, but soon found herself preparing for these long races. To stay in shape, she trains by running 20 kilometres (12 miles), six days per week. She has run even longer races, including the 168-kilometre (104 mile) Liaoning marathon. Wang Lang has become known as 'Super Grannie." Crop land: A large amount of land in India is considered desert and therefore not available for cultivation. One man, however, found a way to change that. Anand Dhawaj Negi, an ex-government worker and son of a farmer, was able to convert a few acres of desert land in Himachal Pradesh by working patiently to test farming practices and types of crops. Over a 20-year period, Negi (who passed away in early 2021) figured out how to best work the land so it would grow kidney beans, potatoes, green peas, and more. Part of his reason for taking on this project was to inspire others to successfully cultivate their own crops using his scientific practices.

Underground space: A few years ago, when Andres Canto was a young teen, he had a fight with his parents. The youngster from Alicante, Spain, was mad that his mom wouldn't let him go into town wearing a sweatsuit. So, he let his anger out in what turned out to be a productive way: he started digging a hole in his backyard with a pickaxe. Canto enjoyed digging, and a few years later, with the help of a friend he brought to the project, he ended up with a cave. Careful builders, he and his friend figured out how to support the roof. The cave now has many features, including several rooms, stairs, an oven, and a stereo. While Canto doesn't live there full time, he does like to hang out in his cave, and has found a way to bring in electricity and heating.

Quoteable Quotes

"Criticism is easy, art is difficult." "If you keep a thing seven years, you are sure to find a use for it.



Tuesdays-Dementia Care Partner Support Group If you are caring for someone living with Dementia, come join our Dementia Care Partner Support Group, Tuesdays, from 7 to 9 p.m., at BRIDGES 102, 111 Government Road, Hinton, AB. For more information, please call 780-223-8009.

July 29 to 31-The award winning Blueberry Bluegrass Festival back. The biggest bluegrass festival in Canada July 29 - 31 in Stony Plain. Terrific music on an outdoor stage and two

Machining | Welding | Fabrication Ramps Flywheels Farming Equipme • Gear Parts First Time Customers: 10% OFF* 180-962-1112 CALL US TO DISCUSS uww.grovemachinewelding.com | 35 South Ave., Spruce Grove Dec # month Fish Tacos With Guacamole cups angel hair coleslaw mix TACOS: 1 pound tilapia fillets, cut into 1-inch pieces 1/2 teaspoons canola oil 1-1/2 teaspoons lime juice GUACAMOLE: 1/4 teaspoon salt 1 medium ripe avocado 1/8 teaspoon peppe peeled and quartered 2 teaspoons canola oil ablespoons fat-free sour cream 8 corn tortillas (6 inches) l tablespoon finely chopped onior warmed Optional toppings: Hot pepper l tablespoon minced fresh cilantro 1/8 teaspoon salt dash pepper Prep: 25 min. + marinating Cook: 10 min. Yield: 4 servings • In a small bowl, toss coleslaw mix with oil and lime juice; refrigerate until serving. In another bowl, mash avocado with a fork; stir in sour cream, onion, cilantro, salt and pepper. Sprinkle tilapia with salt and pepper. In a large nonstick skillet, heat oil over medium-high heat. Add tilapia; cook until fish just begins to flake easily with a fork, 3-4 minutes on each side. Serve in tortillas with coleslaw, guacamole and desired toppings https://www.tasteofhome Stumbling Blocks Team Building Seminars **Build a Stronger, More Resilient Team Book Barbara Today!** 780-722-3188 BARBARAMAY.COM | STUMBLING-BLOCKS.COM LARGEST baby lock SELECTION of Machines and Notions Your Seu Su Come **CENTRAL SEWING** SOUTH WEST 780.486.0047 780.469.1147 -MACHINES 18514-104 Ave., Edmonton -Philippe Néricault www.centralsewing.com SEWING | EMBROIDERY | QUILTING | INDUSTRIAL | SERVICE -Sir Walter Scott **Online Counselling**

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Trivia

- 1. Which U.S. president was formerly a Hollywood actor?
- 2. Who wrote the songs for the 1930s Broadway musical "Anything Goes"? 3. The 1980 Winter Olympics were held in what upstate New York (U.S.) village?
- 4. What is the highest peak on the African continent?
- 5. Eli Whitney invented what?

(Flip bottom of page for answers)

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Your Weekly Horoscope ARIES

(Sept. 24 - Oct. 23)

Are you experiencing oppo-

sition to your endeavours

from others? Consider

digging deep to find energy

to keep going, while look-

ing at where you might

You may be experienc-

ing greater optimism and

empathy toward others.

How can you use this

potential to create a

positive effect for you

Right now you may find

yourself having conversa-

tions with many people.

Perhaps you should listen

to and consider what they

say, even though you may

Are you finding yourself

feeling obsessive about a

problem? You may be

tempted to argue about

it with others. Perhaps

adjusting your view of

For the next few weeks, you may feel highly ambi-

tious to take action toward

achieving your goals. Hard

work and a patient atti-

tude could allow you to

You may be entering a

period of months in which

you might find yourself examining past issues. If

so, this period could offer

you an opportunity to see

need to change your plan to be successful.

and those close to you? Lucky numbers:

find some of their ideas annoying. Lucky

the situation would be helpful. Lucky

make steady progress. Lucky numbers: 14, 17, 23, 24, 25, 48.

the situation differently. Lucky numbers:

2, 14, 23, 26, 27, 36.

(Feb. 20 - March 20)

numbers: 15, 21, 32, 36, 37, 44.

(Jan. 21 – Feb. 19)

numbers: 12, 14, 17, 23, 40, 46.

(Dec. 22 - Jan. 20)

CAPRICORN

AQUARIUS

PISCES

Lucky numbers: 8, 13, 16, 21, 22, 45.

(Oct. 24 - Nov. 22)

SCORPIO

3, 4, 17, 27, 30, 38

SAGITTARIUS

(Nov. 23 – Dec. 21)

(March 21 – April 20)

A person you have recently met may present you with an opportunity. You might want to wait a bit to be sure it is a good match for both



TAURUS

(April 21 - May 21)

Your mind may be very clear and quick this week, with a good ability to communicate well with others. In those interactions, it might help to

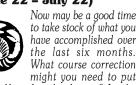
stay alert for unexpected opportunities. Lucky numbers: 7, 13, 18, 24, 39, 41. **GEMINI**

(May 22 - June 21)

This week you may have an opportunity to focus on nurturing your relationships. How well do you and your partner support each other? Per-

haps it is time to initiate a discussion. Lucky numbers: 4, 12, 20, 23, 26, 32. CANCER

(June 22 - July 22)



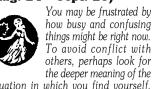
into effect for the future? Lucky numbers: 11, 14, 18, 29, 41, 43. LEO

(July 23 - Aug. 23)

Your mind and feelings may be in sync at the end of the week. It might be a good time to think through any issue that may have been

generating conflict. Lucky numbers: 10, 11, 19, 25, 41, 47. VIRGO

(Aug. 24 - Sept. 23)



the deeper meaning of the situation in which you find yourself. Lucky numbers: 1, 3, 17, 22, 30, 35.

Lucky numbers this week: This week's odds favour Aquarius winners with the luckiest number being 17.

Did You Know...

Hurricane names: In North America, tropical storms and hurricanes have only been given names since 1953. The U.S. National Oceanic and Atmospheric Administration chose short, familiar female names to identify the storms. By the late 1970s, male names were added.

Smallest country: A country that draws the rich and famous, Monaco is also known for another reason: at just 0.77 square miles (2 sq. km), it's the second smallest country in the world. Vatican City in Rome is the smallest country, at 0.27 square miles (0.7 sq. km).

Happy purr: While pet felines often purr, their cat family relative the tiger can't do the same. Instead, tigers blow air through their nostrils and produce a hearty snort sound called a chuff.

Light sleeper: A dolphin is a light sleeper; only half of its brain is asleep at a time. This is called unihemispheric sleep and





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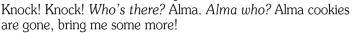
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is believed to be necessary to remind the dolphin to come to the surface to breathe. It also serves as protection against predators. **Strange name:** The food called Bombay Duck is not actually duck-it's fish that is often dried and salted. It may have gotten its name from the mail train, called the Bombay Daak (or Dak), that transported the odiferous fish from the ocean to India's interior cities.

On the Lighter Side



Did you hear about the two boa constrictors who got married? They had a crush on each other.

What do you call a Roman emperor when he catches a cold? Julius Sneezer.

I was going to buy some thin sandals when I went on my trip. But then I flip-flopped.

Matt: "Why are you bringing a ruler to bed?" Pat: "I want to see how long I sleep."

Answers

Placid 4. Mount Kilimanjaro, Tanzania 5. Cotton gin Trivia answers: 1. Ronald Reagan 2. Cole Porter 3. Lake

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