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Vol. 19 No. 31 August 1, 2022

Everybody's Talking

Lightweight warmth: The eider polar duck, which lives in the far north, is the source of eiderdown. This down is very expensive because it is extremely light but has amazing insulation qualities. Therefore, it is no surprise that people "farm" for eiderdown in Iceland. The ducks congregate in sanctuaries built by the farmers, who work hard to keep natural predators away. In return, the farmers collect the eiderdown from the birds' nests, once they have been abandoned. Iceland produces a large percentage of the world's eiderdown, which is used to line quilts and coats that go for high prices. These birds are a protected species in Iceland.

Desert plant: The Namib Desert, located in Namibia and Angola on the southwestern coast of Africa, is home to a very durable plant called the Welwitschia, or in Afrikaans, the tweekblaarkanniedood. Named after Friedrich Welwitschia, a 19th-century botanist who studied it, its Afrikaans name means "two leaves that cannot die." This plant can live for hundreds of years in a seemingly barren environment with little moisture. It looks like it has many leaves, but there are only two, which become ragged and split over the plant's life. Many consider the Welwitschia to be a living fossil.

Gigantic tree: A Montezuma cypress tree on the grounds of a church in the town of Santa Maria del Tule, Mexico, is said to have the thickest trunk in the world. Called the Tule Tree, or Árbol del Tule, this specimen is likely at least 1,400 years old, possibly much older. Its trunk has a circumference of 42 meters (138 ft.). That would take about 30 people holding hands with their arms outstretched to encircle the tree. The tree is located not far from the tourist town of Oaxaca, so lots of visitors come to see it. However, a tree of this stature has to be protected: it has a fence around it so no one can climb it or take pieces of bark as souvenirs.

Steep cliff: While not the tallest mountain in the world, one mountain's claim to fame is that it has the tallest vertical cliff. The north face of Mount Thor, located in Auyuittuq National Park on Baffin Island, in Canada's far north, has the longest vertical drop in the world at 1,250 meters (4,101 ft.). Not only that, but the cliff is a 105-degree overhang, making it steeper than steep! Many climbers have tried and failed to scale this massive rock wall. In 1985, a team of four Americans finally made it to the top. They had to carry a lot of equipment and food because the climb took them 33 days! The mountain is named after Thor, the Nordic God of Thunder.

Quoteable Quotes

"Leave a log in the water as long as you like: it will never be a crocodile." —Proverb

"Feeling gratitude isn't born in us—it's something we are taught, and in turn, we teach our children." —Joyce Brothers

What's Happening

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Sept 11- 38th Annual Doll, Toy and Teddy Bear Sale Over 50 vendors featuring antique, collectible and modern dolls and toys including accessories, clothing, patterns, supplies, furnishings, miniatures and so much more. Door prizes provided by Mastermind Toys. 10 am - 4 pm. 14230 133 Avenue.

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address (including postal code), phone number, email
address and your birth date. Also include the name of
the ad in which you found the hidden Coffee News Guy.

Trivia

1. What was the pen name of writer Samuel Clemens?
2. This is the highest mountain in Canada.
3. Taurus is the astrological sign of the goat—T/F?
4. The ancient pilgrim trail in Spain is called
5. What children's book character is an elephant who heard a sound from a speck of dust?

(Flip bottom of page for answers)

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Your Weekly Horoscope

ARIES
(March 21 - April 20)

Have you found yourself
being argumentative with
others recently? You may
want to step back, under-
stand how your ego is
tied up in the issue, and
find a compromise with others. Lucky
numbers: 4, 9, 11, 18, 33, 36.

TAURUS
(April 21 - May 21)

You may find yourself in
an unusually good mood
and looking to relax. Try
to enjoy this time, but
you might also want to
use it to manifest longer
term, positive change. Lucky numbers:
13, 17, 25, 27, 35, 43.

GEMINI
(May 22 - June 21)

Right now you might find
that your ability to per-
suade others to your view-
point could be heightened.
Be careful to ensure that
any endeavours that result
are a win-win for all involved. Lucky
numbers: 14, 16, 17, 18, 38, 44.

CANCER
(June 22 - July 22)

This may be a good time
to focus on what you
are passionate about
achieving in life. Are
your current endeavours
in line with what you
want and need? Lucky numbers: 2, 3,
15, 24, 32, 34.

LEO
(July 23 - Aug. 23)

Some information you
receive now could provide
insight about yourself,
both your positive and
negative qualities. What
changes do you want to
initiate in your life, as a result? Lucky
numbers: 10, 14, 19, 21, 24, 30.

VIRGO
(Aug. 24 - Sept. 23)

Many Virgos have a per-
fectionist streak. This week
you may be wanting your
communications with
others to be very precise.
But try not to pressure
yourself to choose perfect wording.
Lucky numbers: 5, 8, 15, 19, 25, 38.

LIBRA
(Sept. 24 - Oct. 23)

At the beginning of this
week, you may find that
your heart and mind
are in sync. This might
be a good time to assess
what you want to do
next. Lucky numbers: 1, 3, 5, 24,
31, 42.

SCORPIO
(Oct. 24 - Nov. 22)

Are you feeling submerged
in watery, emotional depths
right now? If you can
throw a life raft to some-
one else, that action may
help you to reach shore,
as well. Lucky numbers: 7, 18, 21, 27,
32, 40.

SAGITTARIUS
(Nov. 23 - Dec. 21)

Your natural optimism
may get a good boost at
the end of this week. It
might provide energy for
you to complete a project
that recently has been
behind schedule. Lucky numbers: 6,
11, 15, 20, 23, 26.

CAPRICORN
(Dec. 22 - Jan. 20)

Early this week, you may
be given information that
encourages you to change
your perception of your
skills and talents. Pay atten-
tion to the message. It
might pertain to your leadership abilities.
Lucky numbers: 15, 17, 24, 38, 41, 45.

AQUARIUS
(Jan. 21 - Feb. 19)

Are you encountering
obstacles to your plans?
If so, thinking about what
you value and how you
can live more in align-
ment with who you truly
are may be helpful. Lucky numbers: 3,
11, 17, 27, 40, 41.

PISCES
(Feb. 20 - March 20)

Right now you may be
tempted to view the world
through rose-coloured
glasses. If so, you might
want to consider how to
balance your optimism
with a touch of realism. Lucky numbers:
16, 24, 25, 31, 35, 37.

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

Did You Know...

Wigged out: If King Louis XIV of France hadn't begun to lose his hair at age 17, the wig-making business might have been slow. But the king popularized the custom of wearing a wig, and almost 50 wigmakers created a wide array of hairpieces for him.

Love letters: In the Louvre Museum in Paris, Leonardo Da Vinci's famous painting, "Mona Lisa," has her own mailbox for all the love letters she receives. Millions of people go see her every year, though not everyone leaves behind a declaration of affection.

Going bananas: Bananas are curved because of a plant hormone called auxin, which triggers how they respond to sunlight. Initially, the fruit grows down in response to gravity, but then the hormone kicks in and the weighty clusters turn and curve toward the sun.

Goldfish group: Fish traveling in a group are often called a "school" of fish, but a school of goldfish alternatively might be called a "glint" or a "troubling" of goldfish.

Good for your health: People who own pets can derive health benefits from their non-human friends. Dogs and cats can reduce stress, anxiety, and depression, ease loneliness, encourage exercise, and even improve cardiovascular health in their human companions.

On the Lighter Side

How does a mouse feel after it takes a bath? Squeaky clean.

Jack: "Your dog just bit my ankle!"

Mack: "What did you expect? He's small and can't reach any higher!"

What kind of hat does Sir Lancelot wear? A knight cap.

Knock! Knock! Who's there? Xavier. Xavier who? Xavier money for a rainy day.

If you cross a hyena and a parrot, you'll have an animal that laughs and then asks itself what's so funny!

Answers

Trivia answers: 1. Mark Twain 2. Mount Logan 3. False, the Bull 4. Camino de Santiago 5. Horton

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Recipe of the month

Strawberry-Rhubarb Pops

3 cups chopped fresh or frozen rhubarb (½ inch)
1/4 cup sugar
3 tablespoons water
1 cup strawberry yogurt
½ cup unsweetened applesauce

1/4 cup finely chopped fresh strawberries
2 drops red food colouring, optional
8 freezer pop molds or 8 paper cups (3 ounces each and wooden pop sticks)

Prep: 10 min. + freezing Cook: 15 min. + cooling
Yield: 8 pops

- Place rhubarb, sugar and water in a large saucepan; bring to a boil. Reduce heat; simmer, uncovered, until thick and blended, 10-15 minutes. Remove 3/4 cup mixture to a bowl; cool completely. (Save remaining rhubarb for another use.)
- Add yogurt, applesauce and strawberries to bowl; stir until blended. If desired, tint with food colouring. Fill each mold or cup with about 1/4 cup rhubarb mixture. Top molds with holders; top cups with foil and insert sticks through foil. Freeze until firm.

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

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