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Alberta Council on Aging **Let's Stop Ageism**

Everybody's Talking

Watery mirror: The denizens of the city of Mitoyo, on Japan's Shikoku Island, wanted to attract tourists, so they held a photo competition in 2016. One of the submitted photos, taken at the Chichibugahama Beach, was so amazing that the city used it as a marketing ploy. The gorgeous photo showed colourful clouds and sky, shoreline, and people appearing as double images, one that is the real thing and the other a reflection in the calm, clear water. The city's website contains information about the best time to visit and provides tips on composing photographs at the location. Now many tourists come to the once-unknown beach to see its beauty.

Game stopper: This story has a happy ending, but at first a soccer player in Paraguay worried that his prank had turned out badly. In 1957, Roberto Gabriel Trigo, who was a teenager at the time, jokingly told his pilot friend Alfredo Lird to stop buzzing the soccer field during practices and games, or else he'd kick a ball at the plane. Trigo did kick a ball at the plane, never dreaming that it would hit its target. When it did, the plane crashed in a nearby field. By some miracle, no one was hurt and the game continued. The pilot and the soccer player remained friends after the incident, which is still famous in the country's soccer circles.

Double duty images: Veks Van Hillik is a tattoo artist from France who provides a little bit of extra creativity to his clients: they end up with two-in-one tattoos. That's because Hillik designs his inked images on people's legs or arms, but when they unbend their knees or elbows, the image expands into something different. The artist uses black and white inks to create surreal and gothic works of art. A fish's head on a bent knee turns into a butterfly when the client stands up, while a close-mouthed frog tattooed on an arm turns into an open-mouthed reptile as the elbow is unbent. When he is not creating images on skin, Hillik paints fascinating images on canvas.

Recovered phone: Things can get lost when people are boating on the River Wye near Cinderford, Gloucestershire, England, as Owain Davis learned. While canoeing on the body of water with his fiancée, Davis's phone fell out of his pocket, never to be seen again, or so he thought. Imagine his surprise when he discovered, through a friend who had seen a notice on social media, that his phone had been found 10 months after he'd lost it. A man named Miguel Pacheco saw it in the mud, dried it out, and charged it up. Pacheco shared photos on social media of the phone he'd found, and the responses led him to Davis.

Quoteable Quotes

"No one can make you feel inferior without your consent."
—Eleanor Roosevelt

"Don't explain your philosophy. Embody it."
—Epictetus

What's Happening

2nd Tuesdays of Month - Stitch n' Btch Stitch 'n Btch is a name that has been used to refer to social knitting groups since at least World War II. The group meets to knit, crochet, cross-stitch and talk. Bring your WIP and join at 4B 4010 50 Ave Lloydminster the 2nd Tuesday of each month.

July 7-9 - 50th Annual Pysanka Festival You're invited to enjoy a weekend of Ukrainian music, dance, food and culture during our 3-day showcase of Ukrainian Culture. On site camping available. For more details visit pysankafestival.com

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Trivia

1. Nigeria's official language is Igbo, English, or Yoruba?
2. Does a dragon, unicorn, or centaur adorn the Welsh flag?
3. A variety of rhythms played together is syncopation, staccato, or downbeats?
4. Antarctica or Asia is the highest, driest, windiest continent?
5. The Trek to Petra is a hike in Jordan, Egypt, or Israel?

(Flip bottom of page for answers)

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Your Weekly Horoscope

ARIES
(March 20 - April 19)



You may be experiencing a continuing period of addressing old karmic wounds. One element of doing so is to understand what you value and to bring your life into alignment with it. Lucky numbers: 9, 10, 11, 19, 20, 32.

TAURUS
(April 20 - May 20)



You may feel the desire to break free of a restriction. An open and honest conversation may clarify how to change the situation or if you need to move on. Lucky numbers: 7, 8, 10, 18, 25, 44.

GEMINI
(May 21 - June 20)



Emotion may be getting in the way of your usual mental process. This should pass soon, but you may want to see if you can successfully incorporate these feelings instead. Lucky numbers: 5, 14, 16, 21, 30, 48.

CANCER
(June 21 - July 21)



For the next few weeks, there will be a strong link between your mind and your feelings. Consider using this connection to negotiate through difficulties you may be having with others. Lucky numbers: 2, 4, 13, 41, 44, 45.

LEO
(July 22 - Aug. 22)



Leo's goals are often personally oriented. Over the next six months, you may be presented an opportunity that asks you to expand your efforts to a bigger horizon. Consider it carefully. Lucky numbers: 6, 12, 22, 25, 32, 35.

VIRGO
(Aug. 23 - Sept. 22)



You are entering a period where you may feel out of sorts from your normally grounded personality. How can you positively use this dynamic to expand beyond your comfort zone? Lucky numbers: 11, 16, 22, 43, 46, 47.

LIBRA
(Sept. 23 - Oct. 22)



Your natural diplomatic talents are highlighted at the beginning of the week. For the next few days, if you step forward, you may be able to help resolve a conflict. Lucky numbers: 3, 8, 18, 26, 28, 38.

SCORPIO
(Oct. 23 - Nov. 21)



At midweek, your ability to pick up on the emotional vibes of others may be heightened. This could become intense, so find a way to retreat if that is available to you. Lucky numbers: 8, 10, 15, 24, 40, 41.

SAGITTARIUS
(Nov. 22 - Dec. 20)



Your natural optimism may increase at the week's end. This could be good for accomplishing your goals, but be aware if you are overreaching on risk taking. Strive for a reasonable balance. Lucky numbers: 4, 9, 13, 23, 28, 32.

CAPRICORN
(Dec. 21 - Jan. 19)



Are you encountering obstacles in interactions with others? Perhaps you should consider adjusting your way of communicating to connect positively with them. This could help get you to a win-win. Lucky numbers: 1, 2, 10, 19, 27, 41.

AQUARIUS
(Jan. 20 - Feb. 18)



Humanitarian service is an important theme for Aquarius. Over the next six months, look for opportunities that may help manifest it, but wait until this period ends before proceeding. Lucky numbers: 10, 11, 13, 14, 19, 36.

PISCES
(Feb. 19 - March 19)



Over the next six months, an old issue may surface that you previously have not been able to see clearly. Insight you get now could help you resolve this matter. Lucky numbers: 12, 26, 30, 35, 36, 47.

Lucky numbers this week: This week's odds favour Sagittarius winners with the luckiest number being 23.

Did You Know...

Rough estimate: The frequency of a cricket's chirping can estimate the temperature, a principle called Dolbear's law. Count the number chirps from one cricket in 15 seconds, and then add 40 to that number to get a Fahrenheit temperature.

Laughing name: Towns have all sorts of names, but one in the province of Québec (Canada) is called Saint-Louis-du-Ha! Ha! It is the only town anywhere in the world with two exclamation marks in its name. Very funny!

Grape tradition: *Uvas de la suerte* is a New Year's Eve tradition in Spain and some Spanish-speaking countries. Eating 12 grapes at exactly midnight brings good luck in the new year. Some make a wish on each grape.

Train trip: In the late 1800s, Le Petit Train de La Mure (Little Train of La Mure) in France hauled coal from mines from the French Alps. Today, tourists take it for a scenic route through the mountains.

Cookbook haven: The Notting Hill district of London, England, is the home of Books for Cooks, a store that sells cookbooks of all kinds. It also offers a café featuring dishes made from recipes from the store's books.

On the Lighter Side

Diner: "Waiter, this lobster only has one claw."
Waiter: "It must have been in a fight."
Diner: "Well then, bring me the winner."

How do archers get in shape? They do arrowbics.

Two men walked into a bar. You'd think one of them might have seen it!

Knock! Knock! *Who's there? Dots. Dots who? Dots for me to know, and you to find out!*

A scientist wanted to clone a deer. So he bought a doe-it-yourself kit.

Answers

Trivia answers: 1. English 2. Dragon 3. Syncope 4. Antarctica 5. Jordan

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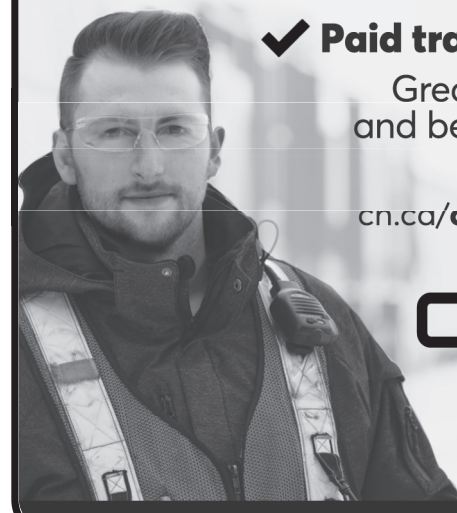
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