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Reader of the Month
Kaleb Garratt from Wabamun

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June I Draw Winners
Frank H. from Sylvan Lake
Sandy P. from Calgary
Steven R. from Lethbridge

July I Draw Winners
Rodney B. from Lethbridge
Brian P. from Edmonton
Natasha W. from Red Deer

August I Draw Winners
Fiona L. from Edmonton
Paige H. From Red Deer
Ellery T. from Calgary

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Aquatic rainfall: Usually the phrase "raining cats and dogs" is likely a story from someone's imagination. However, people living in the town of Lajamanu in the Australian outback report that it has rained fish in their community four times since 1974. The interesting thing is that Lajamanu, located in the Northern Territory on the edge of the Tanami Desert, is quite dry and is many miles from a lake or the sea. Weather experts think a strong storm, such as a tornado, picked up the fish from a body of water, and then dropped them a long distance away. A fish expert identified the creatures as spangled perch, a freshwater species that is common in Australia.

Cracked glass: Everyone has heard of art made of stained glass, but what about creations made by cracking the glass? That is the skill of Natnael Mekuria, an Ethiopia-born artist from Addis Ababa who lives in the U.S. It took a while for this patient fellow to find success. At first, he tended to break his laminated glass canvas instead of simply cracking it. He makes his images, which include portraits of celebrities, by using a hammer to tap a chisel into the glass and by applying different degrees of force. Mekuria has a huge following on social media and lots of interest in his unique style of art.

Clean streets: Nobody likes to see garbage on the streets. In Japan, litter collection has even become a contest. Spogomi (which means "sport" and "rubbish") entails teams of three to five people picking up as much garbage as they can within a set time frame. After collecting the garbage, team members must sort it into types, including plastic that can be recycled, metal cans, and items that can be burned. The winner is the team that not only picks up the most trash, but also correctly sorts it. Safety is a priority during the competitions; participants are required to wear gloves and stay away from busy roads. Over 88,000 people have participated since 2008.

Purple honey: The colour of honey usually ranges from dark amber to light gold, depending on the kind of flowers bees access to get nectar. But what about purple? In North Carolina (U.S.), bees are known to produce such a thing, but scientists have not been able to decipher exactly what causes the interesting hue. Purple honey, which is also called blue honey, tends to be found in the Sandhills region, but not all beekeepers or all hives produce it. This treat costs more than the typical colours, and tastes fruity. Some say it even tastes "purple," as though it was made with grapes or some kind of purple berry.

Quoteable Quotes

"Life well spent is long." —Leonardo Da Vinci
"The awareness of our own strength makes us modest." —Paul Cezanne

What's Happening

Ongoing - Tuesday Yoga Join Tuesday Yoga at Cherry Grove Hall. Every Tuesday starting at 7pm, 5011 50A Ave, Cherry Grove. \$10/class Contact Sarah 780-201-2479 for more info

Oct 26 - Sound Healing Meditation Bring your yoga mat, a blanket, and discover how the body can be relieved of stress through gentle movement and sound healing. Taking place at the Cold Lake Energy Centre, 1759 - 7825 51 St, for more info contact Lidiia at 780-453-5053

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Trivia

1. Marzipan is made from almonds, Brazil nuts, or hazelnuts?
2. The brisket cut of beef is from the front of the cow—T/F?
3. This tree faced extinction a century ago but is coming back.
4. The Japanese holiday Omisoka is the first or last day of the year?
5. Dean Kamen is known for inventing what two-wheeled, motorized device?

(Flip bottom of page for answers)

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Your Weekly Horoscope

ARIES

(March 20 - April 19)



For the last couple of weeks, you may have found yourself in situations where you had to cultivate a more diplomatic communication style.

How is this working out for you? Lucky numbers: 3, 5, 17, 18, 20, 28.

TAURUS

(April 20 - May 20)



What are you passionate about? How can you communicate this to others so you can find an opportunity to achieve something that is in line with the values of everyone involved? Lucky numbers: 14, 15, 20, 23, 25, 33.

GEMINI

(May 21 - June 20)



At the beginning of the week, there may be an opportunity for you to express more enthusiasm. How can you use this energy to smooth over any issues with others? Lucky numbers: 3, 7, 10, 15, 27, 34.

CANCER

(June 21 - July 21)



During the middle of the week, you may feel the stress of too much going on at once. For a few days, consider retreating to whatever calms you.

Lucky numbers: 1, 11, 19, 30, 42, 46.

LEO

(July 22 - Aug. 22)



Your heart and mind may be out of sync for a few days at week's end. If you have a decision to make, perhaps consider postponing it for a bit.

Lucky numbers: 4, 11, 32, 44, 45, 48.

VIRGO

(Aug. 23 - Sept. 22)



Your role as a partner may be in focus for the next three months. The universe is providing you an opportunity and encouraging you to change and grow in this area. Lucky numbers: 2, 6, 24, 28, 31, 45.

LIBRA

(Sept. 23 - Oct. 22)



At midweek, you may find others turning to you to help resolve a situation. Your tact and diplomacy might come in handy, so don't hesitate to call on these skills. Lucky numbers: 13, 14, 15, 19, 31, 46.

SCORPIO

(Oct. 23 - Nov. 21)



Others are sometimes not receptive to Scorpio's ability to see deeply into people and situations. However, for the next three weeks, they may be more receptive than usual to your insights. Lucky numbers: 5, 19, 26, 27, 42, 47.

SAGITTARIUS

(Nov. 22 - Dec. 20)



You may find that your thoughts and feelings are well balanced early in the week. How do you want to take advantage of it to achieve your heart's desire? Lucky numbers: 9, 27, 31, 33, 42, 46.

CAPRICORN

(Dec. 21 - Jan. 19)



At midweek, you may be feeling conflicted about something. Try to resolve the issue within yourself. Be careful not to project your emotional state onto others. Retreat, if needed. Lucky numbers: 6, 14, 19, 22, 39, 40.

AQUARIUS

(Jan. 20 - Feb. 18)



For a couple days in the middle of the week, you may have an opportunity to do a reset for the next month. How do you want to use this energy? Lucky numbers: 2, 4, 12, 18, 20, 43.

PISCES

(Feb. 19 - March 19)



Is there an issue in your relationships that you haven't realistically evaluated in the past? You might have an opportunity now to adjust your view and communicate it to others. Lucky numbers: 9, 19, 26, 37, 43, 47.

Lucky numbers this week: This week's odds favour Taurus winners with the luckiest number being 33.

Did You Know...

Bachelor brothers: Wright brothers Wilbur and Orville were so involved in their work of inventing airplanes in the first part of the 20th century that neither of the brothers ever married.

Carrying device: Toboggans, used by children and adults alike, were invented by the Indigenous Anishinaabe to carry supplies and game over snow. The name is from the Chippewa *nobugidaban*, meaning "flat" and "drag."

Newsworthy channel: To news hounds, the 24-hour channel CNN (Cable News Network) seems to have been around forever. In reality, CNN first broadcast on June 1, 1980, from Atlanta, Georgia (U.S.).

Big boss on board: The captain was the boss of pirate ships that sailed on the high seas over the centuries. Next in line was the quartermaster, who made sure all orders issued by the captain were carried out.

Sweet bar: Chocolate candy was a treat for the rich before Milton Hershey first marketed his milk chocolate bar in the U.S. in 1900. Before Hershey Chocolate, he owned a company that made caramels.

On the Lighter Side

I call my alarm Jim, so I can tell people I hit the Jim every morning.

Did you hear about the man who bought a paper shop? It blew away.

Patient: "Doctor, I think I'm a moth."

Doctor: "You really need to see a psychiatrist."

Patient: "I know, but I was passing by and saw your light on."

Knock! Knock! *Who's there?* Bean. *Bean who?* Bean here ages. What took you so long?

Want to check out my mind reading machine? I'd love to hear your thoughts.

Answers

Trivia answers: 1. Almonds 2. True 3. American chestnut 4. Last 5. Segway

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Sarah Zebak
Marion Coderre
Ning Guo
Brian Murphy

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Recipe of the month

Apple Cider Pork Chops

2 tablespoons olive oil
6 boneless pork loin chops (6 to 8 ounces each), about 3/4 inch thick
1 garlic clove, minced
1 tablespoon Dijon mustard
1 teaspoon honey
1/2 teaspoon apple pie spice

1/2 teaspoon coarsely ground pepper
1/4 teaspoon dried thyme
1/4 teaspoon salt
1 cup apple cider
1 tablespoon plus 1 teaspoon cornstarch
2 tablespoons water
Minced fresh parsley

Prep/Total Time: 25 min. Yield: 6 servings

- 1 In a large skillet, heat olive oil over medium heat. Brown pork chops on both sides.
- 2 Meanwhile, in a small bowl, combine next 7 ingredients; stir in apple cider. Pour over pork chops. Reduce heat to medium-low; cook, covered, until a thermometer inserted into chops reads 145°, 4-5 minutes. Remove chops from skillet; let stand for 5 minutes.
- 3 In a small bowl, mix cornstarch and water until smooth; stir into cider mixture in skillet. Return to a boil, stirring constantly; cook and stir until thickened, 1-2 minutes. Pour over chops; sprinkle with fresh parsley.

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

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