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6. Hormonal imbalances (PMS, PCOS)
7. Skin issues
8. Food allergies/intolerances

"Death begins in the colon" ~ Mechnikov

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Vol. 21 No. 31 July 29, 2024

Everybody's Talking

Second chance: Loved Before is a U.K. charity on a mission to offer a fresh start to abandoned teddy bears and other stuffed animals. Charlotte Liebling noticed the sad fate of many soft toys and decided to do something to change that. These toys undergo a spa-like treatment before being showcased online for new families to discover. Embracing imperfection, Loved Before recognizes the unique charm each toy brings. Alongside its eco-friendly packaging and charitable donations, the company aims to instill a sense of responsibility in people, especially children, toward reusing items to benefit the environment. While this may seem like a small step, it shows how everyone can make a difference.

Free education: Albert Einstein College of Medicine in New York City, New York (U.S.), is planning to scrap tuition fees, thanks to a very generous donation of \$1 billion. This amazing act of kindness comes from Dr. Ruth Gottesman, a well-respected former teacher at the school. Dr. Gottesman's late husband, who was smart with money, told her to "do whatever you think is right" with their considerable wealth. This inspired her to make medical school education more affordable. She believes that by making such an education easier to obtain, that will mean more doctors with diverse backgrounds who better understand and serve communities.

Age fusion: In Seattle, Washington, (U.S.), a preschool at Providence Mount St. Vincent merges daycare with senior living, uniting 400 older adults with children. Through activities like music and art, they forge connections at this senior care home. "The Growing Season" is a documentary by Evan Briggs that showcases this interplay and captures the transformation that happens among the seniors when the kids arrive. In the presence of the children, the residents light up with vitality, and the children seamlessly adapt to being with the older folks. The success of this model highlights the potential for greater integration of seniors into society, fostering understanding and empathy across generations.

Robot conductor: At the National Theater of Korea, something incredible happened: a robot named EveR 6, created by the Korea Institute of Industrial Technology, led the National Orchestra of Korea in a concert. EveR 6 is about as tall as a person and has a face that looks human. The robot conducted alongside human conductor Soo-Yeoul Choi. The concert, which was titled "Absence," included two pieces directed by EveR 6, along with a special composition called "Sense," in which the robot and Choi worked together. Choi was amazed by EveR 6's moves, but said humans still make the best conductors because they can listen to and guide the orchestra.

Quoteable Quotes

"I attribute my success to this: I never gave or took an excuse."
—Florence Nightingale

"A man's mind, stretched to a new idea or sensation, never shrinks back to its former dimensions."
—Oliver Wendell Holmes, Sr.

What's Happening

Sep 7 - Touch a Truck A family friendly event that will allow your kids and adults to climb into the drivers seat of your favourite trucks. Taking place at the Bonnetts Energy Centre parking lot 10017 99 ave from 10am-2pm. Admission by donation

Aug 21 - Whitecourt Park Party Meet up with neighbours at your local park. Pack your lawn chair and enjoy a BBQ! Percy Baxter Playground - 101 Mink Creed Road, 5:30-7:30pm

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Trivia

1. Multi-celled organisms without backbones are fish, invertebrates, or mammals?
2. In 196 B.C.E., the Rosetta stone was inscribed in this Egyptian city.
3. What is the medical term for the breast bone?
4. Gelatin is a vegetable product—T/F?
5. The red outgrowth on a chicken's head is a comb, hairbrush, or hat?

(Flip bottom of page for answers)

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Your Weekly Horoscope

ARIES
(March 20 - April 19)
Your relationships can be a good vehicle now to help you heal old wounds. Share information about your past with those you are close to and enlist their support. Lucky numbers: 10, 13, 17, 25, 44, 47.

LIBRA
(Sept. 23 - Oct. 22)
You may find yourself micromanaging your relationships with others over the next few weeks. Be conscious of this tendency so you can avoid any unnecessary conflict. Lucky numbers: 7, 9, 14, 39, 42, 46.

TAURUS
(April 20 - May 20)
Are you feeling a strain in your relationships now? Looking for an unusual resolution to the issue may be helpful. Just be sure it truly works for all involved. Lucky numbers: 8, 9, 11, 15, 26, 31.

SCORPIO
(Oct. 23 - Nov. 21)
The astrological energy at the end of the week might have a childlike enthusiasm. Using this dynamic to lighten your interactions with others may be helpful. Lucky numbers: 9, 16, 18, 23, 24, 35.

GEMINI
(May 21 - June 20)
You may find that your mind is on information overload. Documenting the new ideas might be helpful now, but wait until later to act on any that you choose. Lucky numbers: 2, 6, 24, 29, 38, 41.

SAGITTARIUS
(Nov. 22 - Dec. 21)
Are you feeling challenged now about your beliefs? If you're comfortable with them, you have no need to defend them to others. If not, ask yourself what has changed. Lucky numbers: 11, 14, 15, 39, 45, 46.

CANCER
(June 21 - July 22)
Your emotions may be heightened at midweek. Take a step back and wait a few days to see if your feelings on an important matter change in the interim period. Lucky numbers: 5, 9, 25, 30, 38, 44.

CAPRICORN
(Dec. 22 - Jan. 19)
Weighing relationships versus results, Capricorns sometimes gravitate to the latter. An opportunity may emerge at week's end to achieve a greater balance of the two. Lucky numbers: 3, 6, 19, 22, 40, 47.

LEO
(July 23 - Aug. 22)
Your naturally enthusiastic persona may be boosted this week. This could be a good time to use the energy to set a new intention for something to manifest in the next month. Lucky numbers: 4, 16, 20, 23, 35, 45.

AQUARIUS
(Jan. 20 - Feb. 18)
Did you set new goals about six months ago at your birthday? What progress have you made, and do you need to course-correct now to stay on track? Lucky numbers: 1, 3, 5, 24, 26, 32.

VIRGO
(Aug. 23 - Sept. 22)
For the next few weeks, explore and articulate what you truly value and how to manifest it. In formulating a plan, don't overlook the details necessary for success. Lucky numbers: 6, 10, 18, 29, 35, 42.

PISCES
(Feb. 19 - March 20)
Last week's energetic pattern might continue. Did you make an adjustment to activate greater joy in your life? This change may take time to manifest, so keep going. Lucky numbers: 12, 14, 23, 36, 37, 46.

Lucky numbers this week: This week's odds favour Leo winners with the luckiest number being 35.

Did You Know...

No reptiles: Finding insects and birds in frozen Antarctica might be possible, but a life form not found there is the reptile. Those critters do not produce their own heat and wouldn't last long on the coldest continent on earth.

Long walk: Energetic folk who want to walk the entire length of Canada's coastline need to prepare for a long hike. The coastline covers 244,000 kilometres (151,600 mi.) and includes the Arctic, Pacific, and Atlantic oceans.

Single spice: One might assume allspice is a mixture of several spices, but it is actually made from dried berries from the allspice tree, native to Jamaica. Christopher Columbus noted it on his second Atlantic Ocean crossing.

Great word: "Somnambulists" are sleepwalkers. The root words *somn* and *ambulate* relate to sleep and walking. Some folks with somnambulism have even walked around their neighbourhoods without realizing it.

Pablo: The world knows him as famous Spanish artist Pablo Picasso. But his full name is Pablo Diego José Francisco de Paula Juan Nepomuceno María de los Remedios Cipriano de la Santísima Trinidad Mártir Patricio Clito Ruiz y Picasso.

On the Lighter Side

Dancer: "Can you stretch the music out a little longer?"
Orchestra leader: "Sorry, this isn't a rubber band."

An actor fell through a trapdoor. He was going through a stage.

Knock! Knock! *Who's there?* Luke. *Luke who?* Luke out the window and see.

How do you catch a unique rabbit? Unique up on it.

Where did the fake blacksmith work? At the forgery.

Answers

Trivia answers: 1. Invertebrates 2. Memphis 3. Sternum 4. False 5. Comb

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