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5. Chronic fatigue or fibromyalgia
6. Hormonal imbalances (PMS, PCOS)
7. Skin issues
8. Food allergies/intolerances

"Death begins in the colon" ~ Mechnikov

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Rebecca McCord
gut health coach

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Vol. 21 No. 32 August 5, 2024

Everybody's Talking

Tokyo's honesty: If you misplace your cash in Tokyo, Japan, there's hope. In 2022, a staggering \$29.6 million (USD) in cash was voluntarily handed over to the police, setting a new record. Japanese law requires people to give back money they find, but there's a reward for the finder, up to 20 percent of the amount if someone claims it. After three months, if nobody claims it, the finder gets it all. Despite Tokyo's hustle and bustle, people turned in an average of \$81,000 every day in 2022. During cherry blossom season, Tokyo police caution about an increased risk of losing belongings, as more people stroll around admiring the beauty of the famous blossoms.

Musical revival: Beethoven's unfinished 10th Symphony remained a mystery long after his passing, and has been sparking curiosity for centuries. In 2019, a diverse team embarked on a mission to honour the famous composer's legacy through using artificial intelligence (AI). The AI decoded Beethoven's musical patterns over his entire career, analyzing every note the composer wrote. Meanwhile, researchers delved into the sketches for this symphony that Beethoven left behind, in order to decipher his intentions behind the piece. The AI seamlessly integrated its compositions with Beethoven's motifs, culminating in a full orchestral piece. The Beethoven Orchestra premiered the completed symphony in Bonn, Germany.

Sealed secrets: In the past, people protected their letters with complex folding methods, a technique called "letterlocking." Now scientists have cracked the code of one such letter without opening it. These letters were sealed with wax and carefully folded to stop anyone from opening them without permission, which would make any tampering quite obvious. The Brienne Collection, which houses thousands of undelivered letters from the year 1706 and earlier, posed an intriguing historical enigma, with hundreds of the letters "locked." The project involved using X-ray scanning and computer algorithms to decode the folding patterns, which could unveil centuries-old messages without damage.

Desert discoveries: In the expansive deserts of southern Peru, ancient drawings have emerged, etched into the earth long ago. Among these remarkable artworks that depict creatures like hummingbirds and monkeys, a colossal cat has been discovered. Designated as a UNESCO World Heritage Site in 1994, the Nazca Lines cover a vast area of about 450 square kilometres (174 sq. mi.). Recent archaeological work has revealed the well-defined lines of the feline figure, dating back to 200-100 B.C.E. and measuring 37 metres (121 ft.) in length. The discovery of these and other new figures sheds light on the ancient cultures that predated the Nazca civilization.

Quoteable Quotes

"Being defeated is often a temporary condition. Giving up is what makes it permanent."
—Marilyn vos Savant

"The achievement of one goal should be the starting point of another."
—Alexander Graham Bell

What's Happening

Aug 17 - Hinton Art Walk Join us for the Hinton Art Walk, where artists gather at the Green Square 309 Gregg Ave at 9:30am to share their creations. You are invited to browse, ask questions, and purchase local art. For more info visit fb.mee4mNylLKpB

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. This rod rotates the wheel of a car.
2. In the movie Citizen Kane, "Rosebud" is a friend, sled, or flower?
3. Rosie the _____ symbolized women's war efforts during WWII.
4. All lakes are freshwater—T/F?
5. The Mausoleum at Halicarnassus is one of the _____ Wonders of the Ancient World.

(Flip bottom of page for answers)

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(Over)

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Recipe of the month

Peach Glazed Ribs

3 to 4 pounds pork baby back ribs, cut into serving-size pieces
1 can (15-1/4 ounces) peach halves, drained
1/3 cup soy sauce
1/4 cup canola oil

1/4 cup honey
2 tablespoons brown sugar
1 teaspoon sesame seeds, toasted
1 garlic clove, peeled
1/4 teaspoon ground ginger

Prep Time: 15 min Grill: 1.25 hrs Yield: 6 servings

- 1 Prepare grill for indirect heat, using a drip pan. Place ribs over drip pan. Grill, covered, over indirect medium heat for 60 minutes, turning occasionally.
- 2 Meanwhile, in a blender, combine the remaining ingredients; cover and process until smooth. Baste ribs.
- 3 Grill until meat is tender and juices run clear, 15-20 minutes longer, basting occasionally with remaining sauce.

A delicious, fruity alternative to the usual barbecue sauce for ribs

Source: https://www.tasteofhome.com

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Your Weekly Horoscope

ARIES
(March 20 - April 19)

Your heart and head may be out of sync at mid-week about a situation in your life. Look for a solution that could help you achieve a balance between the two. Lucky numbers: 15, 18, 20, 21, 40, 42.

TAURUS
(April 20 - May 20)

Are you at a stalemate in something you are trying to achieve? Doing a deep dive into your psyche might help you receive an insight that breaks through the obstacle. Lucky numbers: 2, 6, 8, 17, 25, 33.

GEMINI
(May 21 - June 20)

Is there something you really want to change in your life now? The energy at the middle of the week may give you a kick start to that process of transformation. Lucky numbers: 10, 11, 12, 19, 26, 33.

CANCER
(June 21 - July 22)

You may have an opportunity over the next few weeks to reexamine how you respond to new situations. How might you change any old behaviour patterns holding you back? Lucky numbers: 3, 4, 8, 13, 18, 41.

LEO
(July 23 - Aug. 22)

Leos can tend to focus on the big picture. For the next few weeks, though, you may want to concentrate on the details. Doing so could reveal a new opportunity. Lucky numbers: 6, 9, 16, 18, 31, 42.

VIRGO
(Aug. 23 - Sept. 22)

For the next few weeks, be careful of miscommunications with others, especially in close relationships. Finding a way to speak from your heart may be helpful. Lucky numbers: 5, 11, 29, 31, 41, 42.

LIBRA
(Sept. 23 - Oct. 22)

Are your needs being met, both within yourself and in your relationships? During the middle of the week, you may have a few days to evaluate where things stand. Lucky numbers: 7, 17, 20, 22, 27, 41.

SCORPIO
(Oct. 23 - Nov. 21)

This weekend may be a time for meditation and contemplation that could trigger an important shift. Could you carve out time to take advantage of the opportunity? Lucky numbers: 1, 5, 12, 22, 30, 37.

SAGITTARIUS
(Nov. 22 - Dec. 21)

You may find yourself reevaluating your beliefs over the next several weeks. If you feel conflicted about what you thought to be true, a change may be in order. Lucky numbers: 15, 24, 37, 40, 41, 43.

CAPRICORN
(Dec. 22 - Jan. 19)

A conversation with others may reveal a new opportunity. However, be sure to discuss the particulars in detail to be sure you are truly on the same page. Lucky numbers: 11, 19, 20, 27, 32, 48.

AQUARIUS
(Jan. 20 - Feb. 18)

Pluto, planet of transformation, is entering a long transit through Aquarius. To prepare, now may be a good time to examine any adjustments in values you need to make. Lucky numbers: 4, 20, 32, 33, 34, 41.

PISCES
(Feb. 19 - March 20)

Is there something you need to release in order to be more joyful and enthusiastic? The end of the week may be a good time to make such an adjustment. Lucky numbers: 8, 13, 19, 21, 36, 47.

Lucky numbers this week: This week's odds favour Capricorn winners with the luckiest number being 27.

Did You Know...

Lots of cleaning: Cleaning staff, and lots of them, are definitely needed at Buckingham Palace. The regal residence in the heart of London, England, has 775 rooms, including 52 royal and guest bedrooms and 188 staff bedrooms.

Underground shopping: The world's largest underground shopping complex is PATH in Toronto, Ontario (Canada). This complex is almost 30 kilometres (19 mi.) long, covering 371,600 sq. metres (4 million sq.ft.).

Dance moves: In the 1920s and 1930s in Harlem, New York (U.S.), "Hoofers" was an old pool hall converted to a tap dancing club, where primarily African American folks perfected their jazz and tap dance moves.

Walled city: Québec City, the capital of the Canadian province of Québec, is the only North American walled city north of Mexico. The 17th-century walls are a reminder of early colonial wars. It's now a UNESCO World Heritage site.

First glass windows: The ancient Roman glassmakers were the first to develop the skill of making window panes out of glass. The thicknesses were uneven, and only a limited amount of light got through, but they did the job.

On the Lighter Side

A ventriloquist walked into a bar. The man next to him said, "Ouch!"

Knock! Knock! *Who's there?* Olive me. *Olive me who?* Olive me, why not take all of me?

A Dalmatian eating dinner: "That hit the spots!"

How did the glass know things would be OK? The light at the end of the funnel.

Customer: "Waiter, there is a hair in my turtle soup."
 Waiter: "So the Turtle and the Hare finally got together."

Answers

5. Seven
Trivia answers: 1. Axle 2. Sled 3. Riveter 4. False

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