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Vol. 2 No. 20 May 18, 2026

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## Everybody's Talking

**Bush rescue:** A backpacker from Germany was rescued after spending nearly two weeks lost in the remote wilderness of Western Australia. Her van got stuck on an isolated track, and after leaving it, she lost her bearings and couldn't find her way back. With little to eat and only rainwater to drink, she endured cold nights and harsh, unforgiving terrain while trying to reach help. Eventually, a local driver spotted her walking nearby and brought her to safety before she was flown to a hospital for care. Authorities called her recovery extraordinary given the extreme conditions. The ordeal has renewed attention on the dangers of the Outback and the need to remain with a vehicle if stranded.

**Painted heritage:** In the southern hills of Chios, Greece, the village of Pyrgi draws visitors with its maze of homes covered in bold black-and-white designs. Each wall is decorated through xysta, an old plaster-carving technique where layers of lime are scraped away to form geometric motifs. The method may have roots in both Genoese and Ottoman influences, blending centuries of history into a single art form. Once built as a fortified settlement to guard the island's valuable mastic trade, Pyrgi's compact streets and stone towers still reflect its defensive past. Only a few artisans now keep the xysta tradition alive, working carefully to preserve this symbol of community pride and island history.

**Walking giants:** Researchers believe they now understand how the famous stones were moved into place on Rapa Nui, better known as Easter Island. Using 3D models, field trials, and physics-based simulations, scientists from Binghamton University and the University of Arizona found that the statues' forward-leaning shape and curved bases allowed them to rock side to side as they advanced. In experiments, a small group "walked" a full-scale replica using ropes, supporting long-standing local traditions about how the moai were transported. The study suggests the islanders engineered both the statues and roads for this motion, revealing a resourceful approach to one of archaeology's oldest mysteries.

**Tiny fighter:** In Ankeny, Iowa (U.S.), a baby born 133 days early and recognized as the world's most premature defied every prediction to survive after birth. Arriving far sooner than expected, he weighed less than a can of soda and required immediate intensive care. Doctors used advanced equipment and careful monitoring to support his heart and lungs, and his parents spent long months beside him in the hospital. Over time, the baby's condition improved enough for him to go home after a lengthy recovery. His story reminds families and doctors everywhere that medical care and persistence can help even the most fragile lives survive and grow.

## Quoteable Quotes

"A good half of the art of living is resilience." —Alain de Botton

"Health is the first muse, and sleep is the condition to produce it." —Ralph Waldo Emerson

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Actual Size

## Trivia

1. To win this pen-and-paper game, a player must fill three squares in a row.
2. What is the longest river in Europe?
3. Gustav \_\_\_\_ built his 1,000-ft. (305-meter) tower in Paris for the 1889 World's Fair.
4. "Neither a borrower nor lender be" appears in which play?
5. The trade winds generally travel in this direction.

(Flip bottom of page for answers)

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# Recipe of the month




## Pina Colada Zucchini Bread

4 cups all-purpose flour	1 teaspoon each coconut, rum and vanilla extracts
3 cups sugar	3 cups shredded zucchini
2 teaspoons baking powder	1 cup canned crushed pineapple, drained
1-1/2 teaspoons salt	1/2 cup chopped walnuts or chopped pecans
1 teaspoon baking soda	
4 large eggs, room temperature	
1-1/2 cups canola oil	

Prep Time: 25 min Cook Time: 45 min Yield: 3 loaves

- Preheat oven to 350°. Line 3 greased 8x4-in. loaf pans with parchment; grease paper.
- In a large bowl, combine flour, sugar, baking powder, salt and baking soda. In another bowl, whisk eggs, oil and extracts. Stir into dry ingredients just until moistened. Fold in zucchini, pineapple and walnuts.
- Transfer to prepared pans. Bake until a toothpick inserted in centre comes out clean, 45-55 minutes. Cool for 10 minutes before removing from pans to wire racks. Gently remove paper.

*The perfect way to celebrate National Zucchini Bread Day on April 25 – or any time you want a delicious loaf!*



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

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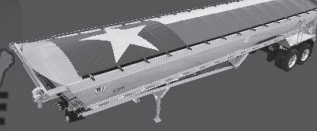
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# Your Weekly Horoscope

### ARIES (March 20 - April 19)




This week everything may be in flux and you may be confused about what to do. Try to be flexible and look for ways to integrate conflicting motivations. Lucky numbers: 18, 24, 35, 37, 39, 45.

### TAURUS (April 20 - May 20)




Taurus is known for hard work and endurance. Your ambition might get a boost for the next few weeks. What endeavour could you direct it toward to achieve a goal? Lucky numbers: 6, 19, 21, 37, 42, 47.

### GEMINI (May 21 - June 20)




Your birthday month may be a good time to set new goals for the upcoming year. Be open to sudden and possibly unusual options that you might otherwise reject. Lucky numbers: 1, 3, 6, 12, 26, 36.

### CANCER (June 21 - July 22)



You may find that you are focused on your relationships for the next few weeks. It may be helpful to examine your need for long-term commitment from others. Lucky numbers: 2, 18, 22, 37, 38, 41.

### LEO (July 23 - Aug. 22)




At midweek, the spotlight may be yours to enjoy. If you're being recognized for an accomplishment, be sure to acknowledge those who helped it succeed. Lucky numbers: 10, 17, 22, 31, 42, 44.

### VIRGO (Aug. 23 - Sept. 22)




Your practical and detail-oriented nature may be heightened at week's end. Use this energy productively, but be careful of any temptation toward perfectionism. Lucky numbers: 3, 4, 5, 25, 43, 48.

### LIBRA (Sept. 23 - Oct. 22)




At midweek, you may find that you have too many options to choose from regarding your next steps. Center into your heart and you might find the best answer. Lucky numbers: 13, 14, 20, 25, 36, 41.

### SCORPIO (Oct. 23 - Nov. 21)



If you find yourself in opposition to others, it may help to take a step back. Consider whether or not you might be picking a fight and if so, why now? Lucky numbers: 17, 20, 22, 28, 40, 43.

### SAGITTARIUS (Nov. 22 - Dec. 21)




It has been about six months since your birthday. Did you set new goals then? What progress have you made? What changes to your plans do you need to make now? Lucky numbers: 15, 18, 19, 27, 34, 44.

### CAPRICORN (Dec. 22 - Jan. 19)




Your heart may pull you in one direction and your head in another. If you can't find a satisfactory compromise, try postponing important decisions for a few days. Lucky numbers: 5, 6, 14, 17, 25, 45.

### AQUARIUS (Jan. 20 - Feb. 18)



This week may be a good time to kickstart a project that is close to your heart. Making an adjustment to your plan may now attract support from others. Lucky numbers: 9, 16, 20, 25, 32, 37.

### PISCES (Feb. 19 - March 20)



If you encounter an obstacle at week's end, perhaps review your plans. Being open to changing some details may help you get the project over the goal line. Lucky numbers: 11, 12, 23, 28, 30, 41.

Lucky numbers this week: This week's odds favour Gemini winners with the luckiest number being 3.

## Did You Know...

**Mercury mystery:** Unlike most metals that stay solid until heated, mercury is liquid even at room temperature. Scientists traced this unusual trait to its unique electron structure, giving the element its puzzling behaviour.

**Parrot vandals:** High in the mountains of New Zealand lives the Kea, a parrot quite unlike others. Known for their sharp minds and bold nature, these birds often rip pieces off parked cars, turning ordinary objects into their playground.

**Sneeze speed:** A sneeze can blast out of your body at roughly 100 miles per hour (161 km/h). That burst of air carries countless tiny particles, which is why sneezing into a tissue or elbow helps keep others safe.

**Story struggle:** Before becoming a famous children's author, Dr. Seuss nearly gave up on his first book after 27 rejections. Then a lucky meeting with a friend in publishing finally brought to print *And to Think That I Saw It on Mulberry Street*.

**Pasta legacy:** U.S. president Thomas Jefferson came back from Europe with a pasta press, eager to enjoy the dish at home. But it was his enslaved chef James Hemings who refined the recipe, making mac and cheese a true American favourite.

## On the Lighter Side

How is a heart like a musician? They both have a beat. There was no reason why my glasses fogged up. I was mystified!

My doctor said jogging can add years to my life. He's right. I feel 10 years older already.

Actor: "Have you seen me on TV?"  
 Fan: "On and off."  
 Actor: "How did you like me?"  
 Fan: "Off."

Knock! Knock! *Who's there?* Toast. *Toast who?* Toast were the days!

## Answers

**Trivia answers:** 1. The Tac-Toe 2. Volga 3. Eiffel 4. Hamlet 5. East to west

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