FRIDAY, JUNE 18, 2021

On This Date

1815 – Forces commanded by England's Duke of Wellington and Prussia's General von Blücher defeated Napoleon Bonaparte's troops at the Battle of Waterloo.

1908 – The first Japanese immigrants arrived in Brazil to work on coffee plantations. Today, Brazil has the largest Japanese population outside of Japan.

1940 – Winston Churchill made his famous "This was their finest



hour" speech. It was the third of three speeches that he gave during the period of the Battle of France.

1980 – *The Blues Brothers* film, featuring Ottawa native Dan Aykroyd and John Belushi, debuted in New York City.

Daily Trivia

In 4000 BC, Egyptian men and women wore glitter eye shadow made from the crushed shells of beetles.

Quote of the Day

"Nothing pleases me more than to go into a room and come out with a piece of music."

~ Paul McCartney

Happy Birthday!

Paul McCartney, born in 1942, is an English rock star. The man who wrote "When I'm Sixty-Four" turns 79 today. McCartney, a member of the Beatles, is one of the most influential musical icons of the 20th century. He is also an advocate for animal rights, vegetarianism, and music education. McCartney has many hobbies as well, including painting,

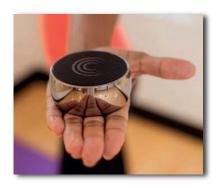


writing, and poetry. He is a devotee of meditation and an avid soccer fan. He has five children and has been married to Nancy Shevell since 2011.

FRIDAY, JUNE 18, 2021

Today is Splurge Day. It might not be raining today, but that doesn't mean you can't break into your rainy day fund and do something special for yourself. Even a small treat can lift your spirits and make you feel good.

Gadgets & Gizmos



The n.o.w. tone therapy system is a pair of speakers that emit sequences of bell-like tones specially calibrated to drive the mind to a place of calm and focus. Listening for three minutes is supposed to recreate a 30-minute meditation. The tones and pings are different each session, allowing the mind to stay engaged.

Word Scramble

LOUPRAP

Liked or enjoyed by many people

VNZMEK: bOb0**TVK**

You Are What You Eat

Japan has its Kobe beef. Scotland is famous for its black Angus. In Canada, Alberta beef reigns supreme. Alberta is Canada's cattle country, sometimes called the "Texas of Canada." While the U.S. depends on corn to feed cattle, the climate of Alberta does not support growing feed corn. Instead, the unique environment of southern Alberta is perfect for the year-round pasturing of cattle, with the later addition of grains like barley and rye to their diet. The result is a world-class steak with rich taste, consistent quality, and perfectly marbled fat.

Trivial Matter

Shopping malls, like casinos, are designed to intentionally disorient shoppers so they spend more money. What is this effect called?

ANSWER: The Gruen effect