



# THE DAILY CHRONICLE

TUESDAY, JULY 7, 2020

**Today is** Tell the Truth Day. Lying is a common human behavior, but it has negative physiological consequences, activating the limbic system in the brain and prompting our stressful “fight or flight” response. Honesty is much more relaxing.

## Golden Memories

On this day 40 years ago, Jim King set a new world record for riding a roller coaster when he rode the Starliner at the Miracle Strip Amusement Park at Panama City Beach, Florida, for 368 hours, or 15 days and eight hours. King was a little-known radio DJ. His boss, in an effort to drum up publicity, came up with the idea of setting a new Guinness World Record as a promotion for the radio station. King first set a record in 1978, but when others tried to break it, he returned to the Starliner in 1980 for his epic ride.

## Word Wise

Which word is not like the others?

gleam      coruscate

lour      scintillate

ANSWER: Lour means “dark and gloomy”; the others mean “to twinkle brightly.”

## You Are What You Eat

*Aguachile*, a dish from Mazatlán in the Sinaloa state of Mexico, translates literally to “chile water.” The dish is like *ceviche*, where cold shrimp or fish are cooked in an acidic bath of lime juice. This bath, however, has a local twist. Originally, *aguachile* was made by adding local *chiltepines*—small round peppers unique to Sinaloa—to boiling water. Today, however, on many menus, you’ll find serrano chilies, red onion, cucumbers, cilantro, and salt muddled into the lime juice, creating a chilled, aromatic, and spicy broth for the raw shrimp to soak in. The mix is served on tostadas with mashed avocado.



## What’s in a Name?

This *West Side Story* actress was born Natalia Nikolaevna Zakharenko.

ANSWER: Natalie Wood