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Quoteable Quotes

"Hardships and handicaps can...stimulate our energy to overcome them." *Beatrice Wood*
"Painting is silent poetry, and poetry painting that speaks." *Simonides*

What's Happening

May 14 to October 8 -Thursday at the 124 Grand Market
The 124 Grand Market is back for its 9th season on 124 St 108 Ave! features essential businesses that include farm-fresh produce, tasty food trucks, beverages, locally crafted beer, wine spirits, and much more.

July 9 to August 29-U of A History and Haunted Walking Tour
A historical and haunted walk throughout the UofA campus to hear all the stories of ghosts, hauntings, murders and mysteries. Tour is 1 hour 15 minutes, more info at www.todocanada.ca

September 11- Make Friends in Edmonton
Hard to meet people in your city This event is for you!

Come discover new people in a friendly and relaxed atmosphere. More info on Facebook!
September 12 - Fall Harvest Market
Alberta Council for the Ukrainian Arts and Strathearn Community are hosting a Fall Harvest Market! There will be food trucks, art vendors, food vendors, live music, and more. It's fun for the whole family! More info at festivals@acuarts.ca

NON profit organizations may submit events for FREE at www.coffee-news.ca/whats-happening

Hidden Coffee News Guy ADVENTURE

To enter, visit www.coffee-news.ca

Submit your birth date and we'll send you a birthday card with valuable offers on your special day!

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Find the Coffee News Guy hidden in one of the ads, then enter to win!

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Be certain to include your full name, complete mailing address (including postal code), phone number, email address and your birth date. Also include the name of the ad in which you found the hidden Coffee News Guy.

Trivia

1. Does a typical ploughman's lunch include cheese?—Y/N
2. Name the person who said, "Try to be a rainbow in someone's cloud."
3. What is the smooth space between your eyebrows called?
4. What does the E stand for in the term "Generation E"?
5. In what sport might you witness a salchow jump?

(Flip bottom of page for answers)

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Your Weekly Horoscope

ARIES (March 21 - April 20)



You may need to take more time to imagine all that you can be. Your intuition might successfully lead you to improve areas of your life that really lacking. Lucky numbers: 11, 18, 22, 35, 47, 49.

have been

TAURUS (April 21 - May 21)



Your current ideas on how to succeed may need a little more discussion time. Don't allow the distractions of others to deter you from reaching your ultimate goals. Lucky numbers: 17, 28, 29, 37, 46, 49.

GEMINI (May 22 - June 21)



You may need to push your ideas a little harder. Don't allow others to flounder and waste your time. Get yourself ready and equipped for any future possibilities. Lucky numbers: 3, 4, 23, 24, 33, 44.

CANCER (June 22 - July 22)



You may find that you need to do more planning in order to attain your personal goals. Many new aspects of your life might shine brightly if you do. Lucky numbers: 12, 24, 26, 29, 36, 43.

LEO (July 23 - Aug. 23)



You may find yourself involved in interesting topics of conversation. This might allow you to ponder new ways to flow positively. Try hard to keep your options open. Lucky numbers: 24, 31, 39, 43, 44, 47.

VIRGO (Aug. 24 - Sept. 23)



Former colleagues or superiors may be able to help you open doors. Your creativity might flourish as a result and give you some extra, newfound energy. Lucky numbers: 11, 18, 22, 35, 47, 49.

Lucky numbers this week: This week's odds favour Capricorn winners with the luckiest number being 5.

LIBRA (Sept. 24 - Oct. 23)



The change in your positive flow may affect the attitudes of others. Some mysteries might be solved, if you continue to follow up on your hunches. Lucky numbers: 2, 5, 12, 25, 37, 46.

SCORPIO (Oct. 24 - Nov. 22)



Your emotions may be running very high. You might need to try harder to keep your temper under control. Once you understand the facts, cooler heads could prevail. Lucky numbers: 15, 25, 27, 29, 37, 39.

SAGITTARIUS (Nov. 23 - Dec. 21)



Your professional expertise may be recognized where it really counts. Try to envision your life and continue to immerse yourself in your career. Lucky numbers: 1, 10, 17, 27, 28, 38.

CAPRICORN (Dec. 22 - Jan. 20)



You may have challenges before you that you will have to address sooner or later. You might need to dig deeper in order to surpass current expectations. Lucky numbers: 5, 18, 20, 27, 36, 44.

AQUARIUS (Jan. 21 - Feb. 19)



You may be very clear and very perceptive right now. This might be a good time to come to an agreement. Ideas could flow and you may be able to express your thoughts well. Lucky numbers: 12, 19, 21, 23, 25, 38.

PISCES (Feb. 20 - March 20)



Making a decision regarding your home or your family life may be favoured. You might be very likely to reflect on your personal life and the overall direction you are headed in right now. Lucky numbers: 13, 25, 38, 39, 45, 47.

Did You Know...

Lots of languages: The official language of Sweden is Swedish. Official minority languages are Finnish, Meänkieli, Sami, Yiddish, and Romani. Many people also speak English and German.

Creamy fruit: Cherimoya, nicknamed "custard apple," grows in South America. Looking like a big artichoke, this fruit has flesh with a creamy texture. The sweet flavour tastes like a blend of other fruits, such as strawberry, pear, and banana.

Don't touch! A fruit that grows on coasts in the Caribbean is called the manchineel. It looks something like a small, green apple, but don't be tempted! All parts of the plant are toxic, including its sap, which causes blisters if touched.

Island life: The Turks and Caicos Islands, located in the Atlantic Ocean southeast of the Bahamas, is made up of eight large cays, or keys, and many smaller ones. Tourism contributes substantially to the economy. Traditional industries include boatbuilding and fishing.

Avoiding ticks: As many people know, ticks can spread Lyme disease. To help prevent tick bites, it's best to tuck long pants into socks when walking through an area where ticks might be living, such as long grass.

On the Lighter Side

Customer: "Do you honour any credit cards?"
Clerk: "Oh, we honour them all, but we only take cash."

Why is it that your nose runs, but your feet smell?

What happens once in a minute and twice in a moment but never in a decade? The letter "m."

First fisherman: "Is this lake any good for fish?"
Second fisherman: "Must be. I can't get any of them to come out."

How can you drop a raw egg onto a concrete floor without cracking it? Any way you want, concrete floors are very hard to crack.

Answers

Trivia answers: 1. Yes 2. Maya Angelou 3. Glabela 4. Entitlement 5. Ice skating

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Recipe of the month

Apple Ladybug Treats

2 red apples 1 tablespoon peanut butter
1/4 cup raisins 8 thin pretzel sticks

Prep: 10 mins. Ready In: 10 mins Level: Easy

- 1 Slice apples in half from top to bottom and scoop out the cores using a knife or melon baller. If you have an apple corer, core them first, then slice. Place each apple half flat side down on a small plate.
- 2 Dab peanut butter on to the back of the "lady bug," then stick raisins onto the dabs for spots. Use this method to make eyes, too. Stick one end of each pretzel stick into a raisin, then press the other end into the apples to make antennae.

Source: www.allrecipes.com

Need ONE More Reason to Join?

- 1 You need child support enforced
- 2 Your landlord raises rent in violation of your verbal agreement
- 3 You adopt a child
- 4 A friend owes you money and files for bankruptcy
- 5 You need help with credit card liability resolution
- 6 Your car is vandalized in a parking lot

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