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Congratulations to our latest contest winner for finding "Beans, the Coffee News Guy."

Mia Beltrame found "Beans" at **Chez François** in Canmore

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Everybody's Talking

Weird weather forecast: Watch out! It might rain iguanas! Weather forecasters in the state of Florida (U.S.) aren't kidding when they make this prediction. A cold snap in the area that usually is warm can stun these reptiles. If they are in a tree when that happens, the creatures could fall out. But locals know not to worry about the health of the iguanas that lie on the ground after falling from their perches. Once the temperature warms up, they are able to move again, and they get up and walk away.

Going squirrely: Those who live in neighbourhoods frequented by squirrels know that the little critters like to gather nuts. But a couple from Allegheny Country, Pennsylvania (U.S.), were shocked to discover that the rodents near their home were stashing nuts under the hood of their SUV. They could smell something burning when they started the car. Upon further investigation, they found over 200 walnuts and wads of grass under the hood. Luckily, the grass was damp, so it didn't catch fire. The pair cleaned up the mess and took the vehicle to their mechanic, who gave them the "all clear."

Cucumber holdup: Staff members in a shop in Glasgow, Scotland, needn't have been frightened of a robber who came into the premises. He was armed only with a cucumber, which he had covered with a black sock. The would-be thief was Gary Rough, and he tried to get the staff to give him cash. But before his demand was granted, an off-duty police officer who was in the store noticed that something was going on and came to the rescue. Rough ended up being arrested. The judge was not impressed and gave the thief jail time for his crime.

Good Peruvian eats: People in London, England, who crave a bit of Peruvian cuisine would be wise to try out the bottomless brunch at Coya Mayfair, a restaurant in the city's West End. First, guests are greeted with colourful decor and the music of Peru, and then they are served the wonderful food. Dishes include crocantes and guacamole, which is freshly made right at the table, ceviche, and vegan options like grilled corn with lime and chili butter. People who attend this brunch need lots of free time, as it takes all afternoon to get through the many courses.

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Quoteable Quotes

"A courteous person will always make everyone around him feel at his best and most alive." —Helen M. Luke

"My body and mind are going in the same direction but not at the same speed." —Margaret Randall

Assist In Our Recovery!

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What's Happening

Banff Legion 5050 Fall Fundraiser. The Legion needs your help! Raising funds to repair their aging building is your chance to WIN up to 10K! Ticket sales end Oct 20, draw is Oct 24. Get your ticket and spread the word. <https://rafflebox.carafflebanfflegion>

Banff Community Cleanup Oct 23. Every little clean up counts! Meet at the Banff Rec Grounds by the basketball courts on Oct 23rd from 3-4PM and lend a hand.

Hatha Yoga For SPCA. Oct 25. Help the SPCA replace Helga the van and join up for this puppy yoga fundraiser! Date moved to Oct 25 at 1 PM at the SPCA. Outdoor event, tickets required. Visit SPCA or Positive Healing FB page to register.

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Trivia

1. What was the name of Don Quixote's horse?
2. The Temple of the Sun can be found in what country?
3. Forage crops are grown primarily for what?
4. A tamale is traditionally cooked encased in what?
5. In the world of finance, what is an IPO?

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Find the hidden Coffee News guy...
 Hint: He's about this big in one of the ads

Then send your name and full address via email to amy@bvcoffeeneews.ca or enter online at www.bvcoffeeneews.ca

Tell us the ad in which you found the CN guy hidden, the edition name and date and the location where you picked up Coffee News for a chance to win a great prize!

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Your Weekly Horoscope

ARIES (March 21 - April 20)

Your quick reaction to a situation may help bring others together. You might be able to look past the immediate to find much-needed solutions to current problems. Lucky numbers: 2, 4, 7, 12, 17, 33.

TAURUS (April 21 - May 21)

This may be a good time to get away from your usual daily activities. Getting away might help you evaluate your life, in general, and its overall course. Lucky numbers: 4, 13, 29, 31, 36, 48.

GEMINI (May 22 - June 21)

Others may try to reveal themselves in very mysterious ways. You might know quite well who you are dealing with and may be able to manage their requirements. Lucky numbers: 9, 11, 19, 32, 37, 39.

CANCER (June 22 - July 22)

Small details may change a little, but your plan still might be good. Empower others to look past immediate problems and find a better way for everyone to communicate. Lucky numbers: 3, 19, 23, 32, 34, 42.

LEO (July 23 - Aug. 23)

Communicate your message loud and clear! If you express your point of view, you may continue to bring others together. Your positive energy might help you to reach higher. Lucky numbers: 1, 2, 27, 37, 48, 49.

VIRGO (Aug. 24 - Sept. 23)

Strong emotional ties may need to be nurtured for you to continue on your current path. You might need to find a more positive approach to pursue these goals. Lucky numbers: 16, 19, 23, 32, 41, 48.

LIBRA (Sept. 24 - Oct. 23)

Try to put your positive influence in everything you do. Expand your plans to enjoy some amazing fun. You might find yourself surrounded by a buzz. Lucky numbers: 12, 24, 26, 29, 36, 43.

SCORPIO (Oct. 24 - Nov. 22)

You may be capable of forceful, decisive action and have the will to carry through on your intentions. Physically, you might feel good and your energy might be flowing smoothly. Lucky numbers: 17, 28, 29, 37, 46, 49.

SAGITTARIUS (Nov. 23 - Dec. 21)

You may hear some good news that makes you feel more empowered. Friends and family might want to get together to help celebrate your new venture. Lucky numbers: 13, 25, 38, 39, 41, 42.

CAPRICORN (Dec. 22 - Jan. 20)

Try not to analyze every situation, as some things in life make no sense. You might need to fortify yourself with positive energy from within. Lucky numbers: 6, 9, 19, 20, 23, 40.

AQUARIUS (Jan. 21 - Feb. 19)

Your well-thought-out ideas may help others deal with a sad situation. Your personal touch might be noticed. Expect to receive much honest appreciation for your sentiments. Lucky numbers: 1, 13, 20, 21, 26, 38.

PISCES (Feb. 20 - March 20)

Some new creative ventures may emerge in your life. Your loyalties might be tested, but making all the right decisions could prove that your heart is in the right place. Lucky numbers: 6, 16, 21, 28, 33, 44.

Lucky numbers this week: This week's odds favour Gemini winners with the luckiest number being 9.

Did You Know...

Monkey business: The only wild monkey found in Europe is the macaque of Gibraltar, off the southern coast of Spain. Macaques are thought to originally have come from Morocco. They can be a bit of a nuisance to the residents because they can be aggressive.

Mineral man: A test that measures the hardness of minerals is the Mohs Hardness Test. On the Mohs Hardness Scale, talc is a one, quartz is a seven, and diamond is a 10. The test is named after its German inventor, Friedrich Mohs.

Currencies: There are many currencies around the world, including the Mexican peso, the Japanese yen, the lek in Albania, and the ruble in Belarus. In Canada, it's the Canadian dollar, and in the United States people use the U.S. dollar.

Space travelers: In 1961, Russian cosmonaut Yuri Gagarin was the first person to travel to outer space. He rode the spacecraft Vostok 1. His countrywoman, Valentina Tereshkova, was the first woman to do so in 1963, aboard Vostok 6.

Which fat? Saturated fat in food isn't healthy. It's solid at room temperature and can raise blood cholesterol. Unsaturated fat is liquid at room temperature. This type of fat can help lower cholesterol levels in the blood.

On the Lighter Side

Three states of age: youth, middle age, and "you're looking fine!"

What did the CD player say to the band leader? "Put me in, coach. I'm ready to play."

Parent: "I've got to teach you the value of a dollar!"
 Child: "You have! That's why I asked you to loan me 10."

What did Paul Revere say when he finished his famous ride? "Whoa!"

Judge: "Are you guilty or not guilty?"
 Defendant: "That's for me to know and you to find out."

Answers

Trivia answers: 1. Roccante 2. Peru 3. Livestock 4. Corn husk 5. Initial public offering

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- Wash hands frequently
- Maintain social distancing
- Cough into your elbow
- Seek medical attention early
- Limit travel; stay home if sick
- Avoid touching eyes, nose and mouth

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who.int/emergencies/diseases/novel-coronavirus-2019

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Coffee News

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Recipe of the month

Mini Halloween Cheeseball Pumpkins

2½ teaspoons butter
 3 tablespoons chopped garlic
 1½ teaspoons white sugar
 2 cups shredded aged Cheddar cheese
 1 (8 ounce) package cream cheese, softened

¼ cup chopped green onions
 ¼ teaspoon garlic salt
 1 cup finely crushed cheese-flavoured crackers
 12 pretzel sticks
 1 small bunch fresh parsley, or to taste

Prep: 30 mins. Total: 1 hr 5 mins Yield: 24

- Melt butter in a small saucepan over medium-high heat until sizzling, about 30 seconds. Add garlic and sugar. Cook, stirring constantly, until garlic just starts to brown, 3 to 5 minutes. Immediately remove from heat. Transfer garlic mixture to a bowl. Add Cheddar cheese, cream cheese, green onions, and garlic salt. Beat using an electric mixer on medium speed until creamy. Cover and refrigerate until firm enough to handle, about 30 minutes.
- Shape chilled cheese mixture into golf ball-sized balls. Roll each ball in crushed crackers and slightly flatten the bottom. Press 1/2 a pretzel stick into the top. Repeat with remaining cheese mixture.
- Spread parsley out on a serving plate and place mini cheeseball pumpkins on top.

Source: www.allrecipes.com

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