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epression, anxiety or being overwhelmed, you are not alone. Join us online via Microsoft Teams or Zoom. 780-979-2385 or email frn@leduc-county.com

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



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Trivia



... or send your entry by snail mail to: CN Guy Contest, 9768 170 Street, Suite 303, Edmonton, AB TST SL4. 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 Gu



1. In which part of the human body will you find the anvil, hammer, and stirrup bones?

- 2. What is the second highest mountain in the seven continents?
- 3. What famous canal can be found in Egypt?
- 4. Cats the Musical is based on a collection of poems by which poet?
- 5. What is the currency of India?

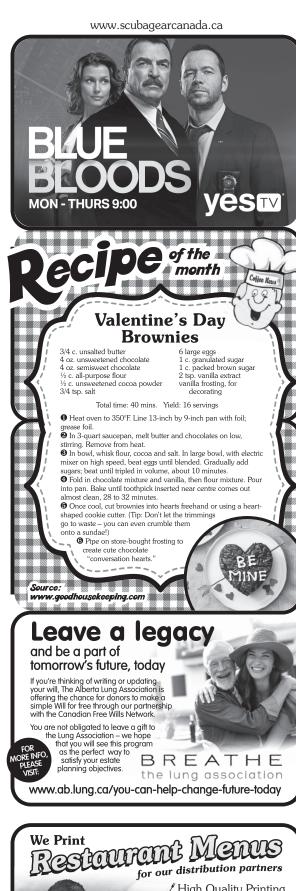
(Flip bottom of page for answers)

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Feel free to take your Coffee News home!

For Expert Help:

1.844.453.5372







Your Weekly Horoscope ARIES LIBRA

(Sept. 24 - Oct. 23)

24, 29, 32, 37, 41.

2, 19, 22, 29, 33, 42

SAGITTARIUS

(Nov. 23 - Dec. 21)

(Oct. 24 - Nov. 22)

SCORPIO

(March 21 - April 20)

Express yourself in writing rather than speaking.

Something important may click. Reading your own thoughts could enable you to understand vourself better. Lucky numbers: 26,

29, 33, 36, 40, 43. TAURUS

(April 21 - May 21)

You may want to open your mind to new areas of communication. It might be time to convert your style by using some new technologies to get

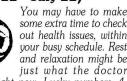
your message across. Lucky numbers: 11, 18, 22, 35, 47, 49. GEMINI

(May 22 - June 21)

Your plans may include assistance from those close to you. Insights into your dreams and the dreams of others could be a good guideline for

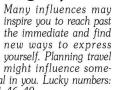
your potential endeavours. Lucky numbers: 25, 33, 35, 38, 41, 49. CANCER

(June 22 - July 22)



orders right now. Lucky numbers: 4 16, 25, 27, 34, 40. LEO

(July 23 - Aug. 23)



thing spiritual in you. Lucky numbers: 1, 12, 23, 44, 46, 49. VIRGO

(Aug. 24 - Sept. 23)

You may need to feel that you are in control of certain aspects of your life. Strive hard to take the reins and make decisions. Your confidence

should flourish as a result. Lucky numbers: 13, 25, 27, 32, 37, 44.

Lucky numbers this week: This week's odds favour Cancer winners with the luckiest number being 4.

Did You Know...

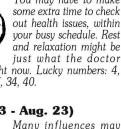
Seed of Australia: Wattleseed is an Australian plant that has been used in food for 40,000 years. Pods contain small, proteinrich seeds that can be ground into powder. Used in desserts and drinks, it tastes similar to coffee, chocolate, and hazelnut.

Cheesy potatoes: In France, a favourite potato dish is called "aligot." It is made by mashing potatoes and adding quite a bit of mild cheese, along with garlic, butter, and cream. The result is a fondue-like comfort food.

Jelly's time: Jelly's Last Jam is a Broadway musical that first appeared in 1992. The music was written by Creole jazz composer Ferdinand Joseph LaMothe, known as "Jelly Roll Morton" (1890-1941). The musical tells his story of being an early jazz musician.

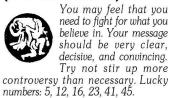
Plant place: The Berlin Botanical Garden started in 1679 as an expansion of the royal kitchen and flower garden. Today, it is one of the largest botanical gardens in the world The World's #1 Restaurant Publication!

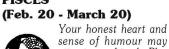
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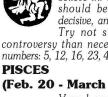


7, 18, 19, 24, 37. **AQUARIUS** (Jan. 21 - Feb. 19)



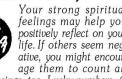


attract new friends. Play hard and work hard to help learn valuable lessons about yourself. Keep

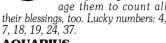


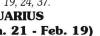
your spirit real. Lucky numbers: 13, 27, 35, 41, 42, 44.





life. If others seem negative, you might encourage them to count all







and has about 20,000 species of plants.

Green treat: People in South Australia like to eat frogs – as long as they are made out of sugar! Called "frog cakes," these regional treats look like frogs, but are made of sponge cake, jam, and buttercream, topped with green fondant icing.

On the Lighter Side

Dan called the tinnitus hotline, but it just kept ringing.... Why is a moon rock tastier than an Earth rock? It's a little meteor.

Remember that you're positively unique. Just like everyone else.

Middle age: When you pick your cereal for the fibre, not for the toy.

Reporter: "How many people work for the government?" Researcher: "About half.

Answers

4. T. S. Eliot 5. Indian Kupee Trivia answers: 1. Middle ear 2. Aconcagua 3. Suez Canal

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Zone 27-Camrose