Affordable-Effective-Exclusive-CALL NOW!











- ✓ Fast Results Brain/ Body Balance ✓ Increased Strength,
- Energy, Vitality ✓ Joint Health, Flexibility



www.americandream4me.com/myway



Great big worm: Most people have seen a robin plucking an earthworm from the ground. Those worms are not usually very long. But there is a region in Australia where the earthworms are so big that a robin would have difficulty catching one for dinner. Called Giant Gippsland Earthworms, these squiggly creatures are now found only around south and west Gippsland, in the state of Victoria. They can grow to be as long as two meters (6.6 ft.) in length. They are elusive, living in underground burrows, only appearing on the surface during times of heavy rain. It is thought that these worms live to be 10 to even 20 years old.

Narrow city: Yanjin, in China's Yunnan Province, sits along both sides of the Nanxi River. What's spectacular about this city is its narrowness. On both sides of the Nanxi are rocky cliffs that drop to the water, with steep mountains behind, leaving very little land upon which to build. However, structures have been erected; many are numerous stories high. These buildings commonly have stilts at their bases to protect them from rising river waters. The city is only 30 meters (98 ft.) at its narrowest point, and about 300 meters (985 ft.) at the widest part. Only one main road goes along the river on either side; the city stretches alongside for many kilometers, but with few bridges.

Real-life hermit: A Serbian man named Panta Petrovic got tired of living a normal life in the city, where money was king and material possessions were important. So, over 15 years ago, he retreated from city life and started living as a hermit. For part of the year, he lives in a hidden cave, and for the other part, he stays in a tree house. Petrovic lives simply, sleeping on the ground and bathing in the river. He shares his life with many pets, including dogs, cats, and ducks, and he even has a wild boar named Mara whom he acquired as a piglet. He is well known in the area, and local folk occasionally come to visit, bringing food for the animals.

Spidermania: People who love tattoos have lots of options for designs: flowers, birds, celebrity faces, skulls, and crossbones. The choices are endless. But Jesse Garcia, a tattoo artist in Los Angeles, California (U.S.), specializes in inking black widow spiders onto his clients' skin. These tattoo spiders are extremely realistic, have a 3D element to them, and look like they are actually sitting on the person's arm, shoulder, or leg. On many of his designs, Garcia will add a web as well. It may not be for everyone, especially those who are afraid of spiders. But for those who want an attention-getting tattoo, Garcia's studio may be the place to consider.

Quoteable Quotes

'Step by step the ladder is ascended." "Oh, it's nice to get up in the mornin', But it's nicer to lie in bed."

—Sir Harry Lauder

What's Happening

Aug 24-Open House, 10 AM to 3 PM Enjoy demos for pickleball, fitness, art, music, and more! Free BBQ lunch, play Bingo, Spin-the-wheel, and win prizes! Learn about our quality programming for adults 55 at www.centrallions.org. 11113 113 Street. 780-496-7369.

Sept 11- 38th Annual Doll, Toy and Teddy Bear Sale Over 50 vendors featuring antique, collectible and modern dolls and toys including accessories, clothing, patterns, supplies, furnishings,



4920-50 Avenue, Beaumont • 780-737-7117



miniatures and so much more. Door prizes provided by Mastermind Toys. 10 am - 4 pm. 14230 133 Avenue.

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



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!

...or send your entry by snail mail to: CN Guy Contest, 9768 170 Street, Suite 303, Edmonton, AB TST EL4. 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





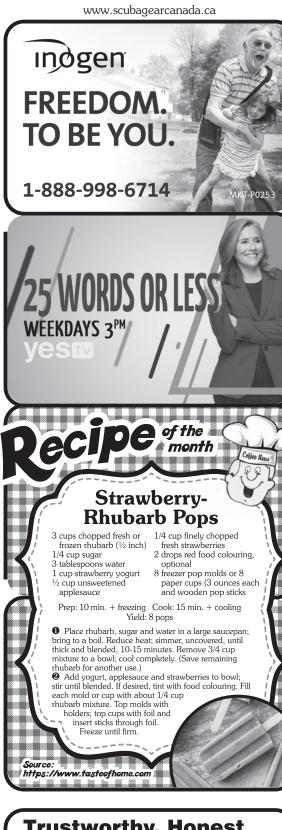
Trivia

- 1. In military lingo, what does the acronym MASH stand for?
- 2. The hottest planet in our solar system is Venus, Jupiter, or Neptune?
- 3. May Day is celebrated on what day?
- 4. This is the longest golf club in a golf set.
- 5. The state flower of Wisconsin (U.S.) is the wood violet, daisy, or buttercup?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

(Over)



Trustworthy, Honest Just and Reliable House Cleaning... For

✓ Flat and Hourly Rates Available ✓ Over 15 Years Experience

Thorough, Considerate, Friendly

C: 780.239.3553 | almescape@gmail.com

ou



Your Weekly Horoscope

LIBRA

SCORPIO

(Sept. 24 - Oct. 23)

Issues may arise in your

relationships right now. Try to take a deep breath

and step back. How could you create a dialogue,

rather than digging in

You may experience unex-

pected or unusual events

that could cause you to

rethink your direction in

life. This might help to

release your perspective

Right now you may find

yourself going over old

ground again. Try to be

aware of allowing your reaction to grow out of

proportion to the reality

At the beginning of the

week, you may find that

your mind and emotions

are out of sync. Perhaps

you could wait a few

days before making any

Are you discouraged about

a particular situation in

your life right now? If so,

reaching out to others may

help provide you with a

more positive perspective

Service to others is often

an important considera-

tion for Pisces. At this time, finding a form of

service that you feel you

can personally identify

your heels about your viewpoint? Lucky

and seek to understand the message.

of the situation. Lucky numbers: 4, 11,

significant decisions. Lucky numbers:

about things. Lucky numbers: 12, 22,

with may be important for you. Lucky

numbers: 21, 29, 31, 32, 40, 43.

(Feb. 20 - March 20)

Lucky numbers: 10, 18, 22, 26, 30, 48.

SAGITTARIUS

16, 20, 34, 36.

CAPRICORN

1, 21, 26, 37, 38, 39.

(Jan. 21 - Feb. 19)

AQUARIUS

26, 34, 37, 38.

PISCES

(Dec. 22 - Jan. 20)

(Nov. 23 - Dec. 21)

numbers: 7, 10, 19, 37, 44, 45.

(Oct. 24 - Nov. 22)

ARIES



now, before striking out into new territory. Lucky numbers: 2, 31, 36, 40, 41, 47, **TAURUS**

(April 21 - May 21)

This week you may find that the pace of activity in your day-to-day routine significantly increases. If you dig in, you might find the energy to successfully

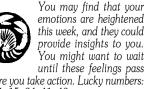
work through this period. Lucky numbers: 3, 8, 13, 22, 26, 28. **GEMINI**

(May 22 – June 21)

Try looking for an opportunity to express yourself in a new way. This may allow you to show others your ability to create progress on an

issue of great importance to you. Lucky numbers: 5, 10, 17, 40, 41, 46. CANCER

(June 22 – July 22)



before you take action. Lucky numbers: 9, 11, 15, 24, 41, 42. LEO

(July 23 - Aug. 23)

This week holds the potential for you to enter a new phase of your life. Try to look for an opportunity to do so, but be careful not to overreach in risk taking. Lucky numbers: 6, 8, 9, 25, 30, 35.

VIRGO

(Aug. 24 - Sept. 23)

Are you encountering opposition from your partner? If you look to a past issue, you might find the source of the problem. This informa-

Lucky numbers: 8, 11, 15, 20, 36, 41.

Lucky numbers this week: This week's odds favour Gemini winners with the luckiest number being 17.

Did You Know...

Nose print: Humans leave fingerprints on everything they touch, and because these are unique, fingerprints can be used to identify people. A dog's nose print is the same: its lines and patterns can be used to prove the canine's identity.

Tasty stamps: In 2013, Belgium issued a half million stamps with glue that smelled and tasted like chocolate. This was not a surprising move, since Belgium is known for producing some of the world's most delicious chocolate.

Soothing gel: The houseplant aloe vera can be used to heal scrapes and burns. A gel found inside the fleshy leaves of this succulent can be used as an ointment. Aloe vera plants are easy to care for.

Ticklish situation: Humans can have many types of phobias. One type is pteronophobia, which is the fear of feathers or of being tickled by feathers. Merely thinking of the possibility of such a thing can cause someone with the phobia to teel anxious. **Skinny house:** A one-time hat shop is now billed as the skinniest house in London, England. Its 96 square metres (1,034 sq. ft.) have three bedrooms and one bathroom. The catch is that most of the five-story house is only 1.8 metres (6 ft.) wide.

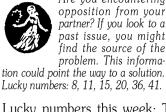


Call 780.482.6561 or visit us online at gef.org

Friendly, professional staff

Recreation activities





Transport our SOUTHLAND future. <u>safely</u> home **Become a school** bus driver.



Need ONE More Reason to Join?

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



Call LLOYD KENNEY, Independent Associate, to find out how LegalShield can help you! 1-877-579-9449

CN-Proudly printed by One to One Mailing

On the Lighter Side

Why couldn't the Tin Man join in the card game? They were playing Hearts.

Knock! Knock! Who's there? Butter. Butter who? Butter late than never.

Why couldn't the sailors play cards? Because they were standing on the deck.

Veterinarian: "Has your dog ever had fleas?" Child: "No, only puppies."

Being kissed by a vampire is a real pain in the neck.

Answers

3. May 1 4. Driver 5. Wood violet Trivia answers: 1. Mobile Army Surgical Unit 2. Venus

For available franchise opportunities – visit coffeenewscanada.com © Published with Permission by Capital Marketing Ltd



⁸⁻ South East Edmonton