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your chance to win at



far north, is the source of eiderdown. This down is very expensive because it is extremely light but has amazing insulation qualities. Therefore, it is no surprise that people "farm" for eiderdown in Iceland. The ducks congregate in sanctuaries built by the farmers, who work hard to keep natural predators away. In return, the farmers collect the eiderdown from the birds' nests, once they have been abandoned. Iceland produces a large percentage of the world's eiderdown, which is used to line quilts and coats that go for high prices. These birds are a protected species in Iceland.

Desert plant: The Namib Desert, located in Namibia and Angola on the southwestern coast of Africa, is home to a very durable plant called the Welwitschia, or in Afrikaans, the tweeblaarkanniedood. Named after Friedrich Welwitschia, a 19th-century botanist who studied it, its Afrikaans name means "two leaves that cannot die." This plant can live for hundreds of years in a seemingly barren environment with little moisture. It looks like it has many leaves, but there are only two, which become ragged and split over the plant's life. Many consider the Welwitschia to be a living fossil.

Gigantic tree: A Montezuma cypress tree on the grounds of a church in the town of Santa Maria del Tule, Mexico, is said to have the thickest trunk in the world. Called the Tule Tree, or Árbol del Tule, this specimen is likely at least 1,400 years old, possibly much older. Its trunk has a circumference of 42 meters (138 ft.). That would take about 30 people holding hands with their arms outstretched to encircle the tree. The tree is located not far from the tourist town of Oaxaca, so lots of visitors come to see it. However, a tree of this stature has to be protected: it has a fence around it so no one can climb it or take pieces of bark as souvenirs.

Steep cliff: While not the tallest mountain in the world, one mountain's claim to fame is that it has the tallest vertical cliff. The north face of Mount Thor, located in Auyuittuq National Park on Baffin Island, in Canada's far north, has the longest vertical drop in the world at 1,250 meters (4,101 ft.). Not only that, but the cliff is a 105-degree overhang, making it steeper than steep! Many climbers have tried and failed to scale this massive rock wall. In 1985, a team of four Americans finally made it to the top. They had to carry a lot of equipment and food because the climb took them 33 days! The mountain is named after Thor, the Nordic God of Thunder.

Quoteable Quotes

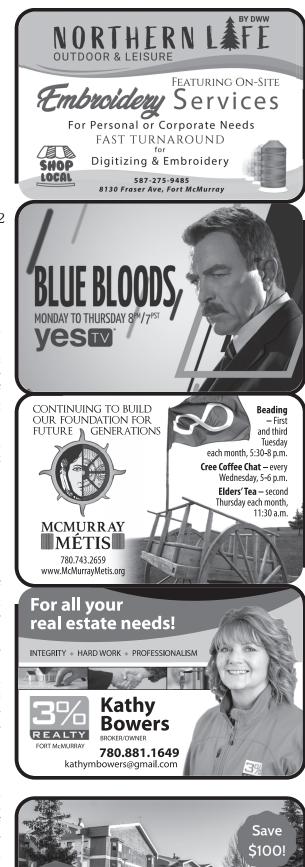
"Leave a log in the water as long as you like: it will never be a crocodile." —Proverb

"Feeling gratitude isn't born in us—it's something we are taught, and in turn, we teach our children." —Joyce Brothers



Aug 3 to 7 - Vegreville Country Fair With tons to see and do make sure you don't miss the Vegreville Country Fair this summer. www.vegag.ca for more info. Vegreville Fair Grounds

Aug 11 to 14 - Extreme Mudfest Extreme Mudfest is a 4-day mud and music festival located in Cold Lake Alberta, Canada. In addition to nightly performers, we bring you a beer fest, Slow-







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pitch soft ball tournament, Extreme MudRun, and of course lots of Mud! 825 459-7645

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

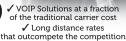


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Trivia

- 1. What was the pen name of writer Samuel Clemens?
- 2. This is the highest mountain in Canada.
- 3. Taurus is the astrological sign of the goat—T/F?
- 4. The ancient pilgrim trail in Spain is called

 $5.\ \mbox{What}\ \mbox{children's}\ \mbox{book}\ \mbox{character}\ \mbox{is}\ \mbox{an elephant}\ \mbox{who}\ \mbox{heard}\ \mbox{a sound}\ \mbox{from a speck}\ \mbox{of}\ \mbox{dust}?$

(Flip bottom of page for answers)

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31, 42.

32, 40,

SAGITTARIUS

11. 15. 20. 23. 26.

CAPRICORN

AQUARIUS

11, 17, 27, 40, 41.

16, 24, 25, 31, 35, 37.

PISCES

(Dec. 22 - Jan. 20)

(Jan. 21 - Feb. 19)

(Nov. 23 - Dec. 21)

SCORPIO

(Sept. 24 - Oct. 23)

(Oct. 24 - Nov. 22)

At the beginning of this week, you may find that

your heart and mind

are in sync. This might

be a good time to assess

what you want to do

Are you feeling submerged

in watery, emotional depths right now? If you can

throw a life raft to some-

one else, that action may

Your natural optimism

may get a good boost at the end of this week. It

might provide energy for

you to complete a project

that recently has been

Early this week, you may

be given information that

encourages you to change

your perception of your

skills and talents. Pay atten-

tion to the message. It

Are you encountering

obstacles to your plans?

If so, thinking about what

you value and how you

can live more in align-

ment with who you truly

Right now you may be

tempted to view the world

through rose-coloured

glasses. If so, you might

want to consider how to

balance your optimism

next. Lucky numbers: 1, 3, 5, 24,

help you to reach shore, as well. Lucky numbers: 7, 18, 21, 27,

behind schedule. Lucky numbers: 6,

might pertain to your leadership abilities. Lucky numbers: 15, 17, 24, 38, 41, 45.

are may be helpful. Lucky numbers: 3.

with a touch of realism. Lucky numbers:

(Feb. 20 - March 20)

ARIES

(March 21 - April 20) Have you found yourself being argumentative with others recently? You may want to step back, understand how your ego is

tied up in the issue, and find a compromise with others. Lucky numbers: 4, 9, 11, 18, 33, 36. **TAURUS**

(April 21 – May 21)

You may find yourself in an unusually good mood and looking to relax. Try to enjoy this time, but you might also want to use it to manifest longer

term, positive change. Lucky numbers: 13, 17, 25, 27, 35, 43. **GEMINI**

(May 22 – June 21)

Right now you might find that your ability to persuade others to your viewpoint could be heightened. Be careful to ensure that any endeavours that result are a win-win for all involved. Lucky

numbers: 14, 16, 17, 18, 38, 44. CANCER

(June 22 – July 22)



want and need? Lucky numbers: 2, 3, 15, 24, 32, 34. LEO

(July 23 - Aug. 23)

Some information you receive now could provide insight about yourself, both your positive and negative qualities. What changes do you want to

numbers: 10, 14, 19, 21, 24, 30. VIRGO

(Aug. 24 - Sept. 23)

Lucky numbers: 5, 8, 15, 19, 25, 38.

winners with the luckiest number being 17.

Did You Know...

Wigged out: If King Louis XIV of France hadn't begun to lose his hair at age 17, the wig-making business might have been slow. But the king popularized the custom of wearing a wig, and almost 50 wigmakers created a wide array of hairpieces for him.

Love letters: In the Louvre Museum in Paris, Leonardo Da Vinci's famous painting, "Mona Lisa," has her own mailbox for all the love letters she receives. Millions of people go see her every year, though not everyone leaves behind a declaration of affection.

Going bananas: Bananas are curved because of a plant hormone called auxin, which triggers how they respond to sunlight. Initially, the fruit grows down in response to gravity, but then the hormone kicks in and the weighty clusters turn and curve toward the sun.

Goldfish group: Fish traveling in a group are often called a "school" of fish, but a school of goldfish alternatively might be







initiate in your life, as a result? Lucky

Many Virgos have a perfectionist streak. This week you may be wanting your communications with others to be very precise. But try not to pressure

yourself to choose perfect wording.

Lucky numbers this week: This week's odds favour Taurus



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called a "glint" or a "troubling" of goldfish.

Good for your health: People who own pets can derive health benefits from their non-human friends. Dogs and cats can reduce stress, anxiety, and depression, ease loneliness, encourage exercise, and even improve cardiovascular health in their human companions.

On the Lighter Side

How does a mouse feel after it takes a bath? Squeaky clean.

Jack: "Your dog just bit my ankle!"

Mack: "What did you expect? He's small and can't reach any higher!'

What kind of hat does Sir Lancelot wear? A knight cap.

Knock! Knock! Who's there? Xavier. Xavier who? Xavier money for a rainy day.

If you cross a hyena and a parrot, you'll have an animal that laughs and then asks itself what's so funny!

Answers

the Bull 4. Camino de Santiago 5. Horton , Pale J. S. negol thuom . S. niew T. Yashi J. False,

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Zone 81-Fort McMurray