CN-Proudly printed by One to One Mailing MONDAY TO THURSDAY 8PM/7PST Vestv RE/MAX **RE/MAX** Slave Lake Realty Katee Steve Nelson Adams 780-516-9000 780-805-4425 With You Every Step of the Way **COLD SHOT** PASSENGER & PARCEL SERVICES SHIP BY BUS GET YOUR REWARD CARD TO GET A FREE TICKET **?** 🖗 Parcel Website: www.coldshotca.com Passenger Website: www.coldshot.ca TICKETS: 587-557-7719 | PARCEL: 587-557-7718 SERVING ALBERTA'S BUSINESS COMMUNITY SINCE 2005 Helping you rediscover in the kitchen! **Gifts** and **Gadgets** Your one stop kitchen and gift shop. CHECK OUT OUR EXTENSIVE 780.962.5220 ONLINE visit www.giftsandgadgets.ab.ca CATALOG! or visit us in person at 111 First Avenue, Spruce Grove Congratulations to June's Coffee News Guy contest winners! Karen Bobryk Beaulieu Jenalee Hicken Your prizes **Emile Brulotte** are in the mail! **Gladys Kneller** Enter today for your chance to win at www.coffee-news.ca Local Alberta



Everybody's Talking

Lightweight warmth: The eider polar duck, which lives in the 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

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

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

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 Auyuittug 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

life. Many consider the Welwitschia to be a living fossil.

a protected species in Iceland.

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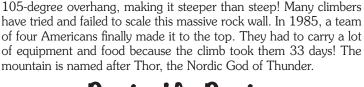
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climb it or take pieces of bark as souvenirs.

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

What's Happening

Aug 2 to Aug 3 - High Prairie Rodeo West Coast Amusements is on location next to the Rodeo Grounds, nightly dancing on location and beer gardens round out the fun. High Prairie Elks Campground, 5211 49 Street. www.hpelks.carodeo for more info.

Sept 7 - Orchard Tour - Dalen Park The City of Grande Prairie is hosting Community Orchard Tours to show residents the benefits of having over 15 orchards in our community. Dalen Park 76A Avenue and 98 Street in North Patterson 6 pm to 7 pm.

Sept 7-Edson Dance Academy used shoe saleopen house Need used shoes or new tights Want to come check out our space



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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. What children's book character is an elephant who heard a sound from a speck of dust?

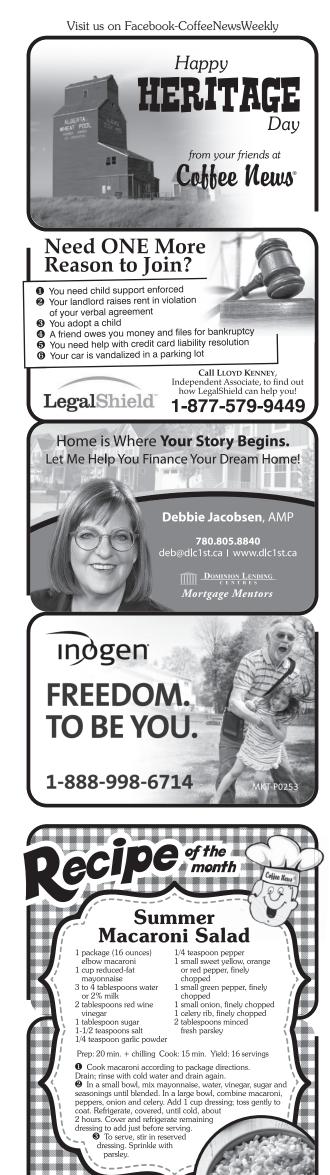
(Flip bottom of page for answers)

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...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





Your Weekly Horoscope

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 attention 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

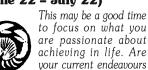
term, positive change. Lucky numbers: 13, 17, 25, 27, 35, 43. **GEMINI**

(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)



are passionate about achieving in life. Are your current endeavours in line with what you

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

initiate in your life, as a result? Lucky numbers: 10, 14, 19, 21, 24, 30. VIRGO

(Aug. 24 - Sept. 23)

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

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







Source.

https://www.tasteofhome

www.scubagearcanada.ca

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. Yiem . S. False,

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