THIS SPACE FOR RENT 780-220-6397



What's In Your Glass? with R&R

Alberta Has It All

"Flatlands and rollin' plains, clear blue skies, prairie rains; a tapestry of colours in the fall. Snow covered mountain tops, wheat fields, canola crops; Alberta has it all." This is from our Alberta provincial anthem. That's just a smidge of it, because if we wrote the whole thing, well, you would miss our monthly wit and wisdom. Okay, maybe just our wit (haha).

There's no part in the anthem about our liquid assets. We mean of the alcohol type, of course. We make some wicked products in Alberta.

Nutrl Juic'd Blood Orange/ Fruit Punch 6 pk\$13.71*	
Blindman Dry Hopped Kettle Sour 4 pk\$14.85*	deposit.
Strathcona Spirits Seaberry Gin\$49.42*	GST or bottle deposit.
White Owl Coconut Whisky\$36.09*	include GS
Alberta Premium Whisky 1.14L\$35.13*	Price does not in
Rig Hand Double Double\$35.13*	* Price do



 Whisky 114L
 \$3513*

 Rig Hand Double
 \$3513*

 Double
 \$3513*

 Leduc Co-op Liquor

(COOP) 103-100B Deer Valley Dr. • 780.980.5139



Everybody's Talking

Burnt offerings: Crusty on the outside and chewy on the inside sound like a perfect combination for dinner rolls. However, the bread product in question is known as "heavy- fired" or "wellfired" rolls, and they can be as black as extremely burnt toast on the outside. Bakeries in Scotland have made these buns for many decades, and often sell out of their day's supply early in the morning. Some people love the charred offerings, finding them addictive. Others think the buns are a huge joke, wondering how a bakery could possibly get away with burning their wares, and then selling them. There is even some debate about whether the burnt tops are carcinogenic.

Meme mark: Anyone who subscribes to a stock photograph site can obtain an image and use it for their own purposes, such as to accompany a magazine article or illustrate a concept in an advertisement. But a man from Molins de Rei near Barcelona, Spain, was surprised to discover that his face had become a meme for "the worst person you know." It happened because Josep Maria Garcia had submitted his portrait to a photo site, where it was picked up and used to accompany a satirical magazine article. After getting used to the idea, Garcia decided to joke about it, as he knows he is not a bad person

Walking dog: A dog from Ouray, Colorado (U.S.), is a celebrity, but not as part of a circus act. Dexter, a Brittany spaniel and beloved pet of Kentee Pasek, walks on his two hind legs. It's not a trick. As a pup, Dexter was injured in a mishap with a car, leaving him with the use of only his hind legs. Pasek got him a doggy wheelchair, but before long, Dexter had abandoned the chair in favour of walking upright on his hind legs. Today, he is well known through social media and by taking part in parades. His loving human takes good care of him and ensures that Dexter regularly sees the vet for check ups.

Dumpling drink: Lots of people enjoy eating gyoza, which are fried, boiled, or steamed meat dumplings that originated in China, where they are called jiaozi. Usually spiked with a bit of chili, ginger, and garlic, they are served with a vinegary sauce, making the flavour combination quite satisfying. A beverage company in Japan launched a soda they claimed tastes like gyoza, but the feedback has been mixed. Many people find the taste incongruent with a carbonated beverage, and say they prefer to eat their gyoza, not drink it. The bottled soda does attract the curious, who might dare friends and family members to give it a try.

Quoteable Quotes

"Stand for something or you will fall for anything." —*Rosa Parks* "You can make more friends...by becoming interested in other people than you can...by trying to get other people interested in you." —*Dale Carnegie*

What's Happening

Jul 5 - Seniors Concert Join Leduc County Recreation at the Looma Community Hall at 1 p.m. Bring lawn chairs or a blanket to sit on. Snacks will be available! If you have any questions or require some support with registration please call 780-770-9262.

Jul 23 - Summer Market Taking place from 11am-4pm and 50 SHEP ST. SPRUCE GROVE featuring 50 local vendors, handmade goods, specialty vendors, 780 962 1778 jewelry, cosmetics, baked goods and so much more! Food trucks on site! Beaumont Community Centre, 5204 50 Ave. **Start Your** NON profit organizations may submit events for FREE at **Own Business!** www.coffee-news.ca **FREE** government funded Self-Employment Training Hidden Coffee News Guy To enter, visit www.coffee-news.ca NOW ONLINE Submit your birth date and we'll send you a birthday card with valuable offers on your special day! NEW FEATURE! Find the Coffee News Guy hidden ...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 in one of the ads, then enter to win! \$400[°] Prize Package [°] Coffee News Bucks Other 150[°] Coffee News Bucks TRAINING CENTRE INC Suite 203 Energy Square, 10109-106 St., Edmonton AB T5J 3L7 Over 150 participating sponsors! hers (\$100 each) will be drawn on the 15th of each month from all correct end 780.482.4462 | www.microbusiness.ca GENERAC Trivia **Prepare** _ is when a caterpillar transforms into a butterfly. for power FREE 2. A hock, knee, or elbow joint connects a chicken's drumstick and ankle joint? outages today 3. This is a large body of ice that moves over land. WITH A HOME STANDBY GENERATOR 4. The Battle of Waterloo was fought in present-day England, Belgium, or France? **REQUEST A FREE QUOTE** 5. What is a southerly buster? (888) 688-0973 GENERAC (Flip bottom of page for answers) st request a quote, purchase, install and activ ting dealer. Call for a full list of terms and con





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Your Weekly Horoscope

LIBRA

(Sept. 23 - Oct. 22)

numbers: 5, 8, 22, 34, 37, 46.

(Oct. 23 - Nov. 21)

numbers: 14, 16, 17, 26, 35, 40.

(Nov. 22 – Dec. 20)

SAGITTARIUS

26, 28, 29, 34, 37.

CAPRICORN

(Dec. 21 - Jan. 19)

SCORPIO

ARIES

(March 20 – April 19)

Be aware of your mood, especially at the beginning of the week, particularly your temper. If you are feeling aggressive toward



others, look inward rather than starting an argument. Lucky numbers: 8, 19, 22, 28, 35, 43. **TAURUS**

(April 20 - May 20)

This week may present a new opportunity for you to manifest something that advances your personal philosophy or

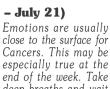
beliefs. If you don't active-ly seek it out, it might pass by. Lucky numbers: 4, 5, 17, 25, 35, 36. **GEMINI**

(May 21 – June 20)

At midweek, you may have an opportunity to set a new intention and develop a plan around it. This may require that you focus and decide

among a group of options. Lucky numbers: 2, 3, 9, 18, 24, 47. CANCER

(June 21 - July 21)



for these feelings to subside. Lucky numbers: 11, 16, 31, 36, 37, 41. LEO

(July 22 - Aug. 22)

Leos have a natural charisma that may be highlighted now in conversations with others. If you are looking for assistance, this may be

the right time to ask for it. Lucky numbers: 9, 12, 18, 39, 40, 43. VIRGO

(Aug. 23 - Sept. 22)

improve your relationships? Lucky numbers: 6, 7, 8, 20, 36, 37.

with the luckiest number being 9.

Did You Know...

Magical place: Parque Francisco Alvarado in Zarcero, Costa Rica, is quite a sight. That's because gardener and artist Evangelisto Blanco shapes hedges and shrubs into all manner of magical and abstract figures, such as animals, people, and archways.

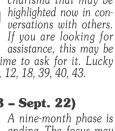
Sweet heat: The datil pepper is grown near St. Augustine, Florida (U.S.). It is quite hot, like a habanero, with a sweet, fruity flavour. Cooks like to use these peppers in hot sauces, pickles, and mustards.

Upright duck: A certain breed of duck actually looks more like a penguin. The Indian Runner duck's posture is upright. Rather than waddling, they can run but they cannot fly. They are raised mostly for their egg production.

Safest shelter: If a tornado is coming your way, the best place to shelter is in a basement or on the lowest level of the house or building. Choose a room without windows, such as a bathroom or closet. **The best:** Only three movies have won all of the five major Academy Awards: Best Picture, Best Director, Best Screenplay, Best Actor, Best Actress. They are It Happened One Night (1934), One Flew Over the Cuckoo's Nest (1975), and Silence of the Lambs (1991).

The World's #1 Restaurant Publication!





ending. The focus may have been on your role as a mother and/or as a child. What have you learned? How can it

Lucky numbers this week: This week's odds favour Leo winners

ment related to it? Lucky numbers: 7, 8, 13, 18, 19, 34.



deep breaths and wait uation from a new angle. Lucky numbers: 1, 5, 7, 14, 24, 28. **AQUARIUS** (Jan. 20 - Feb. 18)



PISCES (Feb. 19 - March 19)



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Adoption Adoption is the ultimate expression of a committed heart

A Small Miracle

On the Lighter Side

Knock! Knock! Who's there? Ooze. Ooze who? Ooze been telling you these terrible jokes?

We hired a doormaker the other day. She really knew how to make an entrance.

Bill: "What do you think of artificial respiration?" Will: "I'd rather have the real one."

A fisherman baits his hooks, but a bad student hates his books.

The chocolate lover moved to Canada. She heard it was full of mousse! Answers

4. Belgium 5. Strong southerly wind I rivia answers: 1. Metamorphosis 2. Hock 3. Glacier

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⁰⁶⁻Leduc/Nisku