



Lying down: Everyone knows about ski competitions, bicycle races, and running marathons, but the village of Brezna. Montenegro. has a unique one. During their "lying down competition," people lie down for as long as they can. The competition has taken place annually for over a decade; in 2022, the winner was Zarko Pejanovic. With the exception of allowable washroom breaks, this winner stayed prone for 60 hours, beating out his nine competitors. The unusual event started because organizers wanted to make fun of the stereotype that people from Montenegro are lazy. Pejanovic was happy to take first prize, which included 350 Euros in cash, plus other rewards.

"News To Be Enjoyed

St. Albert

Edition

Over Coffee"

Balancing act: Wang Yekun of Hong Kong really knows how to keep things in balance, quite literally! He puts various items on top of each other and figures out how to make them stay there. For example, he placed two bottles on the ground, positioned a third bottle on top of the first two, and then balanced a bicycle on top of the bottles. Other items he's used in his precarious arrangements include sewing machines, wrenches, gas cylinders, bricks, and cell phones. The skill started as a hobby, and now his patience has paid off. He has guite a following on social media by people who are amazed at his clever ability.

Salty wall: Although the action is not condoned by public health authorities, patrons of The Mission restaurant in Scottsdale, Arizona (U.S.), sometimes lick the establishment's walls. That's because the walls in question are made of Himalayan salt blocks. Owner Matt Carter got the idea to build pink salt walls after he visited a Chicago restaurant that boasted a room lined with salt rocks. He claims that he does not encourage his customers to stick out their tongues for a taste in his own restaurant, unless, of course, it is to lick the salt block that comes with the tortillas. Or patrons can buy a small block of Himalayan salt to take home with them.

Screamer: Ashley Peldon has a gift for screaming, and she is using it to make a living. Born in New York, N.Y. (U.S.), in 1984, Peldon has worked as a child actor in such shows as Guiding Light, That 70s Show, and Ghost World. Her ability to scream well has landed her voice roles in movies, television shows, and video games. In real life, people may scream for many reasons, including feeling emotions such as fear, rage, happiness, and grief. But an actor may not be able to scream on cue, regardless of their acting ability. That's where Peldon steps in, providing the exact feeling needed to make the scene come to life.

Quoteable Quotes

"Between what is said and not meant, and meant and not said, most of love is lost." —Kahlil Gibran When you don't slow down by choice, your body can make you slow down by force.' -Katrina Leggins

What's Happening

Jun 16 - Morinville Festival Days Save the date for three days of fun! Enjoy a pancake breakfast with Mayor and Council, Napa Morinville Show N Shine, a variety of family friendly events hosted by the Town of Morinville and local community groups. 780-939-4361 for more info

Jul 13-14 - Sturgeon County Bounty Join us for a two-day family-friendly event celebrating the Sturgeon County community. Well have food trucks serving up food from local producers, live





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music and entertainment, kids activities, and a vendor village with local products. Cardiff Park 4-9pm

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



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Submit your birth date and we'll send you a birthday card with valuable offers on your special day!

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Trivia

1. A triangle with at least two equal sides is equilateral, isosceles, or obtuse?

2. Backgammon originated near the Mediterranean Sea about 5,000 vears ago-T/F?

3. A desert is one of the five kinds of biomes or climates?

4. Perseus, Heracles, or Apollo-who was the son of Zeus and Alcmene?

5. A grandfather clock is an analog or digital timepiece?

(Flip bottom of page for answers)

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Your Weekly Horoscope

LIBRA

(Sept. 23 - Oct. 22)

11, 12, 19, 27, 34, 47.

SAGITTARIUS

30, 31.

CAPRICORN

20, 30, 38, 46.

AQUARIUS

(Dec. 21 - Jan. 19)

(Jan. 20 - Feb. 18)

(Nov. 22 - Dec. 20)

(Oct. 23 - Nov. 21)

SCORPIO

You are entering an

extended period where

your focus may be on

your role as a mother and/or as a child. This is

an opportunity to address

Have you experienced

communication difficulties

the last two weeks? Per-

haps consider making an

adjustment to your style. Remember that others

You are entering a period

where your confidence

may be challenged. Are

there ways to adjust your

behavior that could allow

you to expand your sense

Capricorns like to feel in

control, but right now

that may not be the

case. You may find ways

to adjust things that

might allow you to be

You may be very busy for the next few weeks.

issues in this area. Lucky numbers:

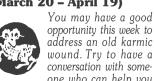
aren't always ready to see the truth.

of self? Lucky numbers: 10, 13, 23, 26,

more flexible. Lucky numbers: 3, 13,

Lucky numbers: 9, 10, 15, 19, 26, 36.

ARIES (March 20 - April 19)



one who can help you find a resolution for this issue. Lucky numbers: 1, 7, 12, 14, 24, 37. TAURUS

(April 20 - May 20)

At midweek, keep your eyes open for a sudden or unexpected opportunity that may surface. Don't immediately reject it because it's unusual, but

carefully examine the pros and cons. Lucky numbers: 2, 6, 16, 18, 39, 43. **GEMINI**

(May 21 – June 20)

Geminis can see many possibilities and can connect individual pieces into a cohesive whole. You are entering a period where you may be able to

offer these skills in service to others. Lucky numbers: 6, 8, 17, 38, 41, 46. CANCER

(June 21 – July 21)



set new goals and plans to achieve them. Lucky numbers: 8, 20, 30, 31, 35, 47. LEO

(July 22 - Aug. 22)

Your ambition level and ability to communicate your ideas effectively to others may be heightened right now. How do you want to use this dynamic

to achieve your objectives? Lucky numbers: 12, 18, 38, 40, 42, 44. VIRGO

(Aug. 23 – Sept. 22)

Virgo has the ability to complete hard, detailed, and precise work that would be more difficult for other signs. This skill may be strengthened for

you at the week's end. Lucky numbers: 5, 20, 31, 34, 40, 43.

Lucky numbers this week: This week's odds favour Cancer winners with the luckiest number being 30.

Did You Know...

Old tree: The Alerce Costero National Park in Chile is the home of a very old tree, possibly the world's oldest. It's a Patagonian cypress known as Gran Abuelo ("great-grandfather") and is estimated to be almost 5,500 years old.

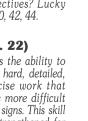
Scenic road: Only one road goes to a village called Cuevas del Agua in northern Spain. Travelers must drive on a narrow roadway that goes through a 300-metre (984-ft.) natural cave, complete with stalagmites and stalactites.

Hear the sound: When movie viewers hear raindrops pattering on a window or piano keys tinkling under someone's fingers, this is "diegetic" sound. The sound happens while the action takes place in the film; it is not added later.

Multi-talented: American musician Prince (1958-2016) played at least 27 instruments, including guitar, bass, piano, drums, and orchestral bells. He also wrote many hit songs performed by others, such as "Manic Monday" by The Bangles. **Delightful sandwich:** A restaurant in Brookings, South Dakota (U.S.), serves a specialty of the state: pheasant sandwich. Made from the meat of this wild fowl, the restaurant's version also includes apples, cranberries, and pecans.

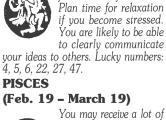


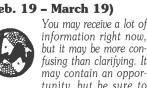




but it may be more confusing than clarifying. It may contain an oppor-

tunity, but be sure to review it carefully before deciding. Lucky numbers: 7, 14, 23, 26, 31, 40.





On the Lighter Side

My brother got a job making telescopes. Things are really looking up.

Son: "Why did you buy this TV? It's stuck on full volume." Dad: "I know. It was so cheap, I couldn't turn it down."

Why are fish such terrible basketball players? They're afraid of the net.

The sheep all went into the barn together. They were tightly knit.

Knock! Knock! Who's there? Thermos. Thermos who? Thermos be a better joke than this one!

Answers

4. Heracles 5. Analog Trivia answers: 1. Isosceles 2. True 3. Biomes

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