



as Owain Davis learned. While canoeing on the body of water body with his fiancée, Davis's phone fell out of his pocket, never to be seen again, or so he thought. Imagine his surprise when he discovered, through a friend who had seen a notice on social media, that his phone had been found 10 months after he'd lost it. A man named Miguel Pacheco saw it in the mud, dried it out, and charged it up. Pacheco shared photos on social media of the phone he'd found, and the responses led him to Davis.

Quoteable Quotes

"No one can make you feel inferior without your consent." —Eleanor Roosevelt

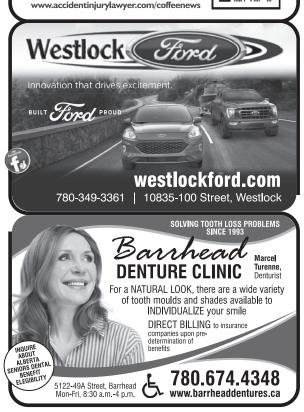
"Don't explain your philosophy. Embody it." —Epictetus

What's Happening

Onoway District Quilt Show In celebration of Onoways 100th Birthday the Guild is having a guilt show honoring guilts both old and new. Onoway Heritage Centre. 4708 Lac St Anne Trail N, Onoway from 10am to 5pm

\$5 admissionJul 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





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local producers, live 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



Prize Package \$400 Over 150 pa

ners (\$100 each) will be drawn on the 15th of each r

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! NEW FEATURE

...or send your entry by snail mail to: CN Guy Contest, 9768 170 Street, Suite 303, Edmonton, AB TST 5L4. 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



11 a.m. -3 p.m.

Westlock Memorial Hall

AN INDEPENDENT NON-PROFIT, CHARITABLE ORGANIZATION SINCE 1967 Alberta Council on Aging

An aging demographic is changing the face of Alberta. Alberta Council on Aging, with regional representation across the province, addresses many of the challenges our older population faces. We engage in conversation with various organizations addressing relevant research-based matters, communications, and programs. ACA is committee providing support and resources to all Alberta communit

For a presentation in your community contact us or visit our website: www.acaging.ca 780-423-7781 herta Council on Aging or toll free Let's Stop All 1 888 423 9666 Email: office@acaging.ca Ageism

Become a <u>Volunteer</u>!

Trivia

- 1. Nigeria's official language is Igbo, English, or Yoruba?
- 2. Does a dragon, unicorn, or centaur adorn the Welsh flag?

3. A variety of rhythms played together is syncopation, staccato, or downbeats?

4. Antarctica or Asia is the highest, driest, windiest continent?

5. The Trek to Petra is a hike in Jordan, Egypt, or Israel?

(Flip bottom of page for answers)

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Your Weekly Horoscope

(Sept. 23 - Oct. 22)

(Oct. 23 - Nov. 21)

8, 18, 26, 28, 38.

SCORPIO

15, 24, 40, 41.

SAGITTARIUS

CAPRICORN

AQUARIUS

PISCES

(Dec. 21 - Jan. 19)

(Jan. 20 - Feb. 18)

(Feb. 19 - March 19)

(Nov. 22 - Dec. 20)

ARIES

(March 20 – April 19)

You may be experiencing a continuing period of addressing old karmic wounds. One element of doing so is to understand what you value and to

bring your life into alignment with it. Lucky numbers: 9, 10, 11, 19, 20, 32. **TAURUS**

(April 20 - May 20)

You may feel the desire to break free of a restric-tion. An open and honest conversation may clarify how to change the situation or if you need to move on. Lucky numbers: 7, 8, 10, 18,

25.44 **GEMINI**

(May 21 – June 20)

Emotion may be getting in the way of your usual mental process. This should pass soon, but you may want to see if you can

successfully incorporate these feelings instead. Lucky numbers: 5, 14, 16, 21, 30, 48. CANCER

(June 21 – July 21)

For the next few weeks, there will be a strong link between your mind and your feelings. Consider using this connection to negotiate through diffi-

culties you may be having with others. Lucky numbers: 2, 4, 13, 41, 44, 45. LEO

(July 22 - Aug. 22)

Leo's goals are often personally oriented. Over the next six months, you may be presented an opportunity that asks you to expand your efforts to

a bigger horizon. Consider it carefully. Lucky numbers: 6, 12, 22, 25, 32, 35. VIRGO

(Aug. 23 - Sept. 22)

You are entering a period where you may feel out of sorts from your normally grounded personal ity. How can you positively use this dynamic to

expand beyond your comfort zone? Lucky numbers: 11, 16, 22, 43, 46, 47.

Lucky numbers this week: This week's odds favour Sagittarius winners with the luckiest number being 23.

Did You Know...

Rough estimate: The frequency of a cricket's chirping can estimate the temperature, a principle called Dolbear's law. Count the number chirps from one cricket in 15 seconds, and then add 40 to that number to get a Fahrenheit temperature.

Laughing name: Towns have all sorts of names, but one in the province of Québec (Canada) is called Saint-Louis-du-Ha! Ha! It is the only town anywhere in the world with two exclamation marks in its name. Very funny!

Grape tradition: Uvas de la suerte is a New Year's Eve tradition in Spain and some Spanish-speaking countries. Eating 12 grapes at exactly midnight brings good luck in the new year. Some make a wish on each grape.

Train trip: In the late 1800s, Le Petit Train de La Mure (Little Train of La Mure) in France hauled coal from mines from the French Alps. Today, tourists take it for a scenic route







through the mountains.

Cookbook haven: The Notting Hill district of London, England, is the home of Books for Cooks, a store that sells cookbooks of all kinds. It also offers a café featuring dishes made from recipes from the store's books.



Diner: "Waiter, this lobster only has one claw." Waiter: "It must have been in a fight." Diner: "Well then, bring me the winner."

How do archers get in shape? They do arrowbics.

Two men walked into a bar. You'd think one of them might have seen it!

Knock! Knock! Who's there? Dots. Dots who? Dots for me to know, and you to find out!

A scientist wanted to clone a deer. So he bought a doe-ityourself kit.

Answers

4. Antarctica 5. Jordan Trivia answers: 1. English 2. Dragon 3. Syncopation

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