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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. Beer... lots of lutrl Juic'd Blood Orange/ ruit Punch 6 pk.....\$13.71* fabulous beer of every size and type. We're in the spirit ndman Dry Hopped ttle Sour 4 pk of things too with vodka, gin, whisky. \$14.85* Liqueurs, too. How about mead, thcona Spirits \$49.42 coolers, fruit wines and pre-mixed cocktails... Albertans make those, too. hite Owl Coconut \$36.09 Come on everybody. Let's celebrate \$35.13 Alberta made products. We've got a ton to salute. Cheers! Rig Hand Double Double ...\$35.13* www.leduccoopliquor.com Leduc Co-op Liquor • 780.980.5139 103-100B Deer Valley Dr. • 780.980.5139 GENERAC Prepare for power FREE outages today Warranty WITH A HOME STANDBY GENERATOR **REQUEST A FREE QUOTE** (888) 688-0973 GENERAC FROM ONKAR MONTH **DRUG AND DENTAL PLANS** LIFE | SUPERVISA | DISABILITY ravel insurance RESP PLANS (up to \$9200 grants + 15% bonus) Vikram Saggu 780-999-3000





Watery mirror: The denizens of the city of Mitoyo, on Japan's Shikoku Island, wanted to attract tourists, so they held a photo competition in 2016. One of the submitted photos, taken at the Chichibugahama Beach, was so amazing that the city used it as a marketing ploy. The gorgeous photo showed colourful clouds and sky, shoreline, and people appearing as double images, one that is the real thing and the other a reflection in the calm, clear water. The city's website contains information about the best time to visit and provides tips on composing photographs at the location. Now many tourists come to the once-unknown beach to see its beauty.

Game stopper: This story has a happy ending, but at first a soccer player in Paraguay worried that his prank had turned out badly. In 1957, Roberto Gabriel Trigo, who was a teenager at the time, jokingly told his pilot friend Alfredo Lird to stop buzzing the soccer field during practices and games, or else he'd kick a ball at the plane. Trigo did kick a ball at the plane, never dreaming that it would hit its target. When it did, the plane crashed in a nearby field. By some miracle, no one was hurt and the game continued. The pilot and the soccer player remained friends after the incident, which is still famous in the country's soccer circles.

Double duty images: Veks Van Hillik is a tattoo artist from France who provides a little bit of extra creativity to his clients: they end up with two-in-one tattoos. That's because Hillik designs his inked images on people's legs or arms, but when they unbend their knees or elbows, the image expands into something different. The artist uses black and white inks to create surreal and gothic works of art. A fish's head on a bent knee turns into a butterfly when the client stands up, while a close-mouthed frog tattooed on an arm turns into an open-mouth reptile as the elbow is unbent. When he is not creating images on skin, Hillik paints fascinating images on canvas.

Recovered phone: Things can get lost when people are boating on the River Wye near Cinderford, Gloucestershire, England, 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 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 featuring 50 local vendors, handmade goods, specialty vendors, jewelry, cosmetics, baked goods and so much more! Food trucks





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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

(Nov. 22 - Dec. 20)

Your natural diplomatic talents are highlighted

at the beginning of the

week. For the next few

days, if you step forward,

you may be able to help

At midweek, your ability

to pick up on the emo-tional vibes of others may

be heightened. This could

become intense, so find a

way to retreat if that is

Your natural optimism

may increase at the week's

end. This could be good

for accomplishing your

goals, but be aware if you

are overreaching on risk

resolve a conflict. Lucky numbers: 3,

available to you. Lucky numbers: 8, 10,

taking. Strive for a reasonable balance. Lucky numbers: 4, 9, 13, 23, 28, 32.

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 restriction. 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,

the way of your usual

mental process. This should

pass soon, but you may

want to see if you can

25.44 **GEMINI**

(May 21 – June 20) Emotion may be getting in

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

(June 21 – July 21)

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)

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

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!

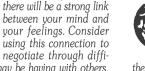
tradition in Spain and some Spanish-speaking countries. Eating 12 grapes at exactly midnight brings good luck in the new year. Some make a wish on each grape.

Train trip: In the late 1800s, Le Petit Train de La Mure (Little Train of La Mure) in France hauled coal from mines









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

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

Grape tradition: Uvas de la suerte is a New Year's Eve

from the French Alps. Today, tourists take it for a scenic route

CAPRICORN (Dec. 21 - Jan. 19)

them. This could help get you to a win-win. Lucky numbers: 1, 2, 10, 19, 27, 41. **AQUARIUS**

(Jan. 20 - Feb. 18)

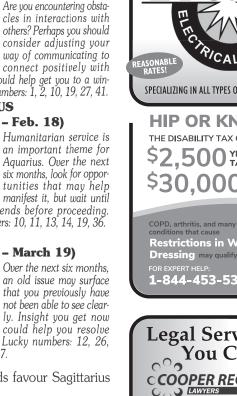
an important theme for Aquarius. Over the next six months, look for opportunities that may help manifest it, but wait until

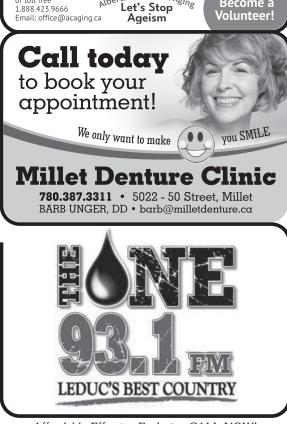
this period ends before proceeding. Lucky numbers: 10, 11, 13, 14, 19, 36. **PISCES**

(Feb. 19 - March 19)

Over the next six months, an old issue may surface that you previously have not been able to see clearly. Insight you get now could help you resolve

this matter. Lucky numbers: 12, 26, 30, 35, 36, 47.





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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.

On the Lighter Side

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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