



Quoteable Quotes

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

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

What's Happening

Ongoing - Abbottsfield Rec Centre The Youth Gym is for kids 12-17 years old to play their favorite sports, get physically active, and make friends! This event takes place every Tuesday, Thursday and Friday from 4-7pm. For more info please contact 780-239-8523 or visit beverlytown.com

Jun 24 - Belmead Community Parade of Garage Sales The community of Belmead West of West Edmonton Mall is hosting a Parade of Garage Sales on Saturday June 24 10:00am to 5:00pm. Come check out the multiple garages sales, you might find some



1-Hour Lesson

Snorkeling Sets for the Family

at the Pool!

www.thediveoutfitters.ca

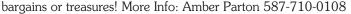
Scuba Diving & Snorkeling

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



Over 150 pc

To enter, visit www.coffee-news.ca

-Epictetus

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

... or send your entry by snall mail to: CN Guy Contest, 9768 170 Street, Suite 303, Edmonton, AB TST ELA. Be certain to include your full name, complete mailing address (including postal code), phone number, email address and your birth date. ABso include the name of the ad in which you found the hidden Coffee News Guy

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

30, 35, 36, 47.

(Dec. 21 - Jan. 19)

(Jan. 20 – Feb. 18)

(Nov. 22 - Dec. 20)

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

Are you encountering obsta-

cles in interactions with

others? Perhaps you should

consider adjusting your

way of communicating to

connect positively with

Humanitarian service is

an important theme for

Aquarius. Over the next

six months, look for oppor-

tunities that may help

manifest it, but wait until

Over the next six months,

an old issue may surface

that you previously have not been able to see clear-

ly. Insight you get now

could help you resolve

Sale

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

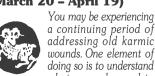
them. This could help get you to a win-win. Lucky numbers: 1, 2, 10, 19, 27, 41.

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

this matter. Lucky numbers: 12, 26,

(Feb. 19 - March 19)

ARIES (March 20 – April 19)



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

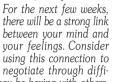
move on. Lucky numbers: 7, 8, 10, 18, 25.44 **GEMINI**

(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)



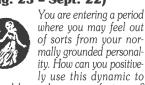
culties you may be having with others. Lucky numbers: 2, 4, 13, 41, 44, 45. LEO

(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)



ly 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.

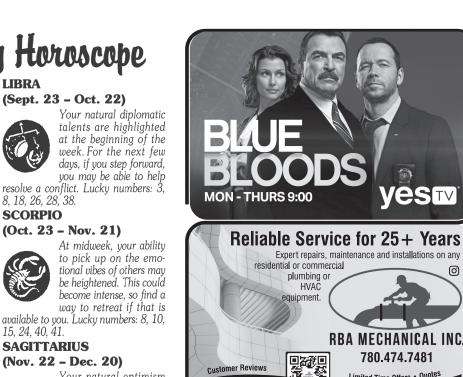
Did You Know...

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.

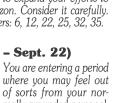
Train trip: In the late 1800s, Le Petit Train de La Mure (Little Train of La Mure) in France hauled coal from mines from the French Alps. Today, tourists take it for a scenic route



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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.

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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⁷⁷⁻Northeast Edmonton