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-Eleanor Roosevelt

FREE!

Coffee New

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4 winners (\$100 each) will be drawn on the 15th of each month from all correct end

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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SERVING ALBERTA'S BUSINESS COMMUNITY SINCE 2005



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Contact Dr. Daniel Giterman at 825.461.1525 itermanhca.ca or visit ww

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 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

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

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.

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



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

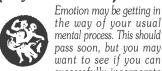
bring your life into alignment with it. Lucky numbers: 9, 10, 11, 19, 20, 32. **TAURUS**

(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,

25.44. **GEMINI**

(May 21 – June 20)



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 personality. 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.

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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^{19 -} Ellerslie West