





July 13, 2023 Everybody's Talking!

over Coffee'

Rocky Mountain

House/Nordegg

Caroline/Eckville/ **Leslieville Edition**

Elderly runner: Most octogenarians have reached an age when they slow down a little. Not so for Barbara Humbert, an 80-something-year-old great-grandmother who ran 125 kilometres (78 mi.) in 24 hours. The elderly woman from Val d'Oise, France, competed in the French Championships in Brive-la-Gaillarde, and she broke the record for her age group. Humbert is not new to running. She started when she was in her 40s and has run many races over years, including 54 marathons. She usually runs 45 kilometres (28 mi.) per week Although she has had a few minor injuries over the years, she managed to maintain her training, which gives her much more flexibility than many women of her age.

Lonely tree: A tree in Thailand has been dubbed the country's "loneliest tree." It grows on a tiny rocky islet called Koh Khai Hua Roh, which is just large enough to hold the tree and four or five people. Tourists can view it off the east coast of the country in Trat Province. A taban tree (Xylocarpus ramphii), this unique specimen can survive in the salt water that surrounds it on all sides. Social media has popularized the site, and many tourists visit to sit in the tree's branches and take photos. All of this traffic has caused damage, so the local administration is taking steps to curb visitors.

Name change: A promotion by a sushi restaurant chain in Taiwan convinced some people to legally change their names to include the word "Salmon." If people were willing to make the change, they were given great deals at the restaurant, such as free, all-youcan-eat sushi dinners for five diners. Many of the takers changed their names back to their original monikers, but government officials were not impressed. They said the promotion wasted employees' time and resources. Taiwan allows people to make up to three legal name changes, so the sushi-lovers will need to keep a count of their changes so they don't get stuck with a fishy name.

Contemporary art: "Stained Glass Geek" is the nickname that a Dutch artist has given himself. Arjan Boeve boasts an art degree and dabbled in many forms of artistic expression before landing on stained glass as his main medium. But there is a difference between his work and the traditional type of stained glass pieces that beautify churches and homes. His slant is as modern as it gets because he uses pop art as his muse. For example, video game and cartoon characters find their way into his work, and he has done a series on eggs breaking out of their shells. Boeve hopes his work will inspire other glass artists to create contemporary pieces.

Quoteable Quotes

"Who you are surrounded by often determines who you become." ~ Vicky Saunders

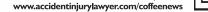
"For small creatures such as we, the vastness is bearable ~ Carl Sagan only through love."

What's Happening

Do you want an event, major attraction or sport publicized? E-mail countrycoffeenews@shaw.ca, Fax: 403-864-4459 or phone 403-304-4767 to have it printed here at NO CHARGE!

• Eckville Manor House: Now accepting Items for their garage sale Aug 25th. Call 403-846-2661 to coordinate a drop off. All proceeds go towards special events for the residents.

- ← Farmers Markets: Caroline Campground every Fri. 11-2p & Town & Country every Sat. 10-1p Rocky Museum, lower level at rear.
- Rocky Museum Day Camp: Space day, Mystery day, Art day, Nature day & more. Tues & Thurs thru July & Aug. 9:30-4p. Ages 6-10
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Enter to Win \$40 gift certificate to be awarded each mont **Identify** the **ad** where the Coffee News Guy is hidden for your chance to win! **Enter** your name, address and hone number, along with where you read *Coffee News* to 37 Forest Dr. Sylvan Lake, AB T<u>4S 1H4</u>

June's contest winner was Kyle Park.Kyle will receive a \$40.00 Gift Certificate from Fas Gas after spotting the hidden Coffee News Guy while reading the publication at Baron Family Restaurant. Congratulations!



Country Coffee News

or e-mail countrycoffee

news@shaw.ca

- 1. A frog is a vertebrate—T/F?
- 2. South Sandwich Trench is in the Atlantic, Pacific, or Indian Ocean?
- 3. Is Ami du Chambertin a type of cheese or wine?
- 4. The village of Muff is in Norway, Germany, or Ireland?
- 5. Is flint corn named for the stone or the city of Flint, Michigan (U.S.)?

(Flip bottom of page for answers) © Published with permission by Country Coffee News



K-12 Tutoring, Camps and kids' technolo



Your Weekly Horoscope

LIBRA

SCORPIO

30, 33, 35, 36.

SAGITTARIUS

3, 6, 12, 15, 22, 32.

(Dec. 22 - Jan. 20)

(Jan. 21 - Feb. 19)

CAPRICORN

AQUARIUS

42.43.

PISCES

(Nov. 23 - Dec. 21)

(Sept. 24 - Oct. 23)

(Oct. 24 - Nov. 22)

within you that expands who you are. Lucky numbers: 7, 22, 28, 32, 42, 47.

conscious of it. Lucky numbers: 18, 23,

What makes up your com-

fort zone regarding rela-

Over the next two years,

Your mind may be work-

ing on overdrive but you

might not be getting any-where, especially with oth-

couple of weeks, so be

good time to break the pat-

yourself to feel so opti-

tern. Lucky numbers: 10, 28, 32, 33, 41,

past it. Lucky numbers: 1, 12, 26, 41,

your life. Lucky numbers: 13, 19, 26, 31, 39, 48.

(Feb. 20 - March 20)

ARIES (March 21 - April 20)

> Each of us has a life purpose, whether large or small. Over the next two years, there may be an opportunity to find and advance yours. Try not to

hold vourself back. Lucky numbers: 6, 8. 10. 11. 14. 33. **TAURUS**

(April 21 - May 21)

Are you in a continued period of obstacles in your path? Unusual events may point you in the right direction. Be careful of distractions that can make you

accident prone. Lucky numbers: 9, 16, 20, 25. 27. 35.

GEMINI

(May 22 - June 21)

Geminis tend to bring facts to an argument, but facts don't always win the day. You have a chance now to incorporate a more emo-

tional appeal into your interactions with others. Lucky numbers: 4, 18. 25. 26. 36. 48. CANCER

(June 22 – July 22)

Change can be hard, but is it perhaps nec-essary in this case? If so, now may be a good time to come up with a plan for what to do next. Lucky numbers: 5, 18, 24, 36, 45, 46.

LEO (July 23 - Aug. 23)

This month the Sun returns to the position where it was when you were born. Look for a new opportunity that could help you manifest something you are passionate

about. Lucky numbers: 2, 10, 35, 40, 41.46. VIRGO

(Aug. 24 - Sept. 23)

Each month you have an opportunity to reset your current endeav-ours. At midweek you may have a few days to do so. How might you want to use it? Lucky numbers: 15, 25, 30, 36, 37,

39.

Lucky numbers this week: This week's odds favour Aquarius winners with the luckiest number being 12.

Did You Know...

Mighty museum: Fossils, bones, footprints, and reproductions of many kinds of dinosaurs are on display at the Museo Del Jurásico (Jurassic Museum) of Asturias, Spain. The building is even shaped like a tridactyl footprint.

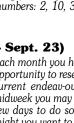
Tiny snake: The Barbados threadsnake (Tetracheilostoma carlae) is the world's smallest known snake and actually looks more like a worm. They are about as thick as a piece of spaghetti and live in tropical climates in the Caribbean.

Unwanted weed: Check your city's parks and green spaces for a plant called garlic mustard (Alliaria petiolata). Crushing its leaves releases a garlic smell. Young plants are edible, but it is considered an invasive species.

Wrong winner: The 2017 Academy Awards Best Picture was Moonlight. But announcers Faye Dunaway and Warren Beatty were handed the wrong envelope. They told the audience that La La Land had won. The embarrassing error was soon corrected.

Keeping the beat: A metronome is a device that makes a sound, often a click, to help musicians keep the beat. A musician can set it to a certain number of beats per second, depending on the speed of the music.





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On the Lighter Side

- Knock! Knock! Who's there? Freeze. Freeze who? Freeze a jolly good fellow...
- A doctor broke his leg auditioning for a play. Luckily, he still made the cast.
- Parent: "Why are you staring at that carton of orange juice?" Kid: "Because it says concentrate."
- What did the doorknob say to the door? It's your turn.
- Optometrist's office: "If you don't see what you're looking for, you've come to the right place."

Answers

4. Ireland 5. Stone Trivia answers: J. True Z. Atlantic 3. Cheese

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