





## Everybody's Talking

Good driver: A little boy from Turkey is proving to be quite a good driver. Zayn Sofuoglu is under five years of age and isn't even tall enough to see out of the windshield, but that doesn't stop him from driving better than most adults with licences. Zayn comes by his talent honestly: his father is Kenan Sofuoglu, a famous motorcycle racer. Watching and getting lessons from his dad has allowed little Zayn to develop great expertise in manoeuvering vehicles. He uses a special in-car camera that shows him where he's going. The kid is so good that his dad lets him take his Ferrari out for a whirl in the driveway without a worry.

Different dish: A restaurant in Osaka, Japan, has an item on its menu that is raising eyebrows, but gaining fans. The restaurant is called Franken, and it is now serving bowls of spicy miso ramen with a slab of strawberry shortcake on top. A senior chef at Franken is sure that this is a winning combination because the spongy cake soaks up the soup to make its spiciness perfect. Called Ramen x Shortcake, the concoction was not created overnight. Rather, there were many attempts to get it right. And this bowl of soup has a unique look: white shortcake topped with a juicy strawberry, floating in a bowl of delicious red broth.

**Strong man:** A nonagenarian from Venice, California (U.S.) is thought to be the oldest man who is actively bodybuilding. Jim Arrington started to lift weights when he was a teenager, after spotting a bodybuilding magazine in a drug store. Using threepound steel balls that his dad owned, he was able to begin building muscle and has been doing it ever since. Of course, he graduated to proper weights as he got stronger. At one time, he hoped to compete in the Mr. America contest, but soon realized that genetics prevented him from being in that category of bodybuilders. However, he kept it up and has remained healthy and strong well into his later years.

Strange song: Rainforest jungles in South America may sound like relaxing destinations. However, in some spots, they are also quite noisy, especially if capuchinbirds (Perissocephalus tricolour) live there. These unique birds, with their bald little heads and orange plumage, make quite a racket during mating season. The males are the ones who sing the loudest, and they do so by inflating air sacs on their throats, which help to amplify the sounds. That racket has been compared to a buzzing chain saw or even to a mooing cow. The male with the best song attracts the females, who flock around him like rock star fans.

# **Quoteable Quotes**

"The Sun will rise and set regardless. What we choose to do with the light while it's here is up to us." —*Alexandra Elle* "No one is too small to make a difference." —*Greta Thunberg* 

# What's Happening

Ongoing - Seniors Walk in Anzac Every Tuesday Thursday from 11:00am-1:00pm Seniors can walk the track at no charge with complimentary coffee tea service! 237 Stony Mountain Rd, Anzac AB T0P1J0. Call 780-334-2424 for more info

**Dec 12 - Seniors Night** Come out for a meet and greet. Bring a friend, meet a friend, be a friend! Join us for a complimentary drink and pastry. Have a visit and enjoy an evening out. Mini Green Havens, 8520 Manning Ave, Fort McMurray. Call 587 276-1971 for more info



Adoption Adoption is the ultimate expression of a committed heart  $\begin{array}{ccc} {\cal U} & & \\ {\rm Support} \mbox{ and Connection } & {\rm Adoption Information} \\ {\rm Pregnancy Counselling} & {\rm to Resources} & & {\rm and Advice} \end{array}$ www.smallmiraclesadoption.com



NON P{ROFIT organizations may submit fundraising events for FREE at www.coffee-news.ca. Please submit a minimum of 4 weeks in advance.

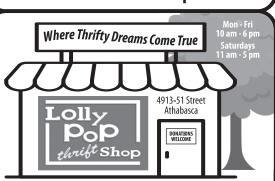


\$4.00° Prize Package \*Coffee News Bucks \* Coffee News Bucks Over 150 participating sponsors! ers (\$100 each) will be drawn on the 15th of each month from all correct e

#### 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!

...or send your entry by snail mail to: CN Guy Contest, 9768 170 Street, Suite 303, Edmonton, AB TST EL4. 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



Supporting Children's Clubs, groups and organizations with their fundraising goals

## Love Coffee News??

Send a selfie of yourself with your weekly edition of the paper, and your picture may appear here!

Send your selfie to contests@coffee-news.ca Please put "Readers" in the subject li

vase include: Your name ④ Your phone number d ❸ Your address four photo is chosen to appear te d

Reader of the Month Jobin Thomas from Veg Coffee News<sup>®</sup> Fun Reading. Serious Advertising

Visit us on Facebook-CoffeeNewsWeekly

## Trivia

- 1. Do a plant's leaves or roots absorb sunlight during photosynthesis? 2. An ancient warship with three banks of oars was the bark, skiff, or trireme?
- 3. The Tasman Sea is located between Australia and \_
- 4. Hesiod or Pan was the Greek god of woods, fields, shepherds, and flocks?
- 5. Vinegar is an acid (acidic) or a base (alkaline)?

#### (Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd (Over)



## We're in your community

#### 780.790.1578

604 Signal Rd, Fort McMurray **BrokerLink** BrokerLink.ca





# Your Weekly Horoscope

(Sept. 23 - Oct. 22)

13, 15, 19, 22, 28.

(Oct. 23 - Nov. 21)

**SCORPIO** 

9. 14. 16. 35. 42.

**SAGITTARIUS** 

12, 19, 23, 33, 41.

**CAPRICORN** 

5, 11, 22, 34, 35, 37.

(Jan. 20 - Feb. 18)

(Feb. 19 - March 19)

**AQUARIUS** 

13, 15, 18, 47, 48.

12, 15, 18, 20, 34, 43.

**PISCES** 

(Dec. 21 - Jan. 19)

(Nov. 22 - Dec. 20)

ARIES

Insurance

(March 20 - April 19) Midweek may bring an opportunity to address an old emotional issue. The energy now might have a jovful optimism that you could use to help heal the

situation, if you reach for it. Lucky numbers: 15, 25, 31, 35, 39, 44. **TAURUS** 

#### (April 20 - May 20)

Are you in a stalemate with a relationship partner? There may be an opportunity this week to improve the situation for both of you, but it could require more open communication.

Lucky numbers: 4, 11, 17, 26, 34, 39. **GEMINI** 

#### (May 21 - June 20)

Gemini's approach to people and situations is often from a rational perspective. However, adjusting your style and adding more heart into

your efforts may be helpful right now. Lucky numbers: 3, 6, 8, 29, 31, 47. CANCER

#### (June 21 – July 21)

Have you been hiding in your shell the last few months, afraid that others will take advantage of your sensitive nature? Now may be the time to

rectify the situation. Lucky numbers: 2, 24, 26, 27, 37, 39. LEO

#### (July 22 - Aug. 22)

The sunny optimism of Leo sometimes cannot see the impact of their actions on other people. You may have an opportunity now to adjust this

### VIRGO

(Aug. 23 - Sept. 22)

44, 46.

Lucky numbers this week: This week's odds favour Libra winners with the luckiest number being 10.

# Did You Know...

**Fast food:** Short-order cooks may get a bad rap because they often work in ordinary restaurants. But their task requires skill. They make simple meals quickly and to order, while endeavouring to maintain quality.

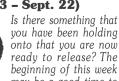
**Long river:** The Mississippi River (U.S.) is North America's second longest, 100 miles shorter than the Missouri River. Starting in Lake Itasca in Minnesota, the Mississippi runs about 2,350 mi. (3782 km) to the Gulf of Mexico.

Rules of the road: Bicyclists in Galesburg, Illinois (U.S.), need to keep both hands on the handlebars and both feet on the pedals. That's because fancy bike riding is outlawed in the city, including any kind of acrobatic actions.

Sticking together: What would the world do without Velcro to keep clothing and other things fastened together? Patented in 1955, Velcro was created by George de Mestral,



pattern. Lucky numbers: 4, 14, 18, 21, 42, 44.



may be a good time to do so. Lucky numbers: 7, 24, 28, 39,

.ps all-purpose flou Oil for deep-fat frving 1/2 cup nonfat dry milk powder Additional sugar

Prep Time: 10 min. Cook: 5 min./batch Yield: 7 dozen

❶ In a large bowl, beat eggs, sugar and shortening until blended. Beat in pumpkin, vinegar and vanilla. In another bowl, whisk together flour, milk powder, baking powder, salt and spices. Add to egg mixture alternately with soda, ating after each addition.

In a deep cast-iron skillet or deep-fat fryer, heat oil to 375°. Drop teaspoonfuls of batter, a few at a time, into hot oil. Fry until golden brown, about 1 minute per side

Drain on paper towels. Roll in additional sugar while warm.

Source. https://www.tasteofhome.com

## We Need Volunteers In Your Area!

Help us to advocate for a quality of life that all Alberta seniors deserve

#### Alberta Council on Aging

Contact us 780.423.7781 | 1.888.423.9666

AN INDEPENDENT NON-PROFIT, CHARITABLE ORGANIZATION SINCE 196

The World's #1 Restaurant Publication!

a Swiss mountaineer and engineer.

**Running mate:** Animals who are well adapted to running, such as a horse or cheetah, are known as "cursorial" animals. The word is usually applied to animals who can run fast or for long distances at a constant speed.

On the Lighter Side

What's the best way to talk to a Viking? Norse code.

Did vou hear about the kid who ran from New York to California? He needed to west.

I've just written a book on penguins. Paper would have been better.

Teacher: "I hope I didn't see you cheating on that test." Student: "I hope you didn't either."

Knock! Knock! Who's there? X. X who? X me no questions, I'll tell you no lies.

## Answers

4. Pan 5. Acid Trivia answers: 1. Leaves 2. Trireme 3. New Zealand

For available franchise opportunities - visit coffeenewscanada.com © Published with Permission by Capital Marketing Ltd

**Injured**? Now What? We Held – A Lot Braithwaite Boyle Injury Law 800-440-8298 It's The Only Law We Do - Since 1986 Free Initial Consultation Offices in: Edmonton, Red Deer, and Calgary one of three \$400 prepaid Visa cards awarded monthly

location – call for details

780.483.0044

Scuba Diving & Snorkeling

11781-156 St., Edmonton



