



### Quoteable Quotes

wasn't going to. After 21 hours, the poor fellow finally gave up.

Hopefully, his heart will heal soon.

"Creativity demands nothing less than all you have. Talent alone is never enough." —Erica Jong "Never confuse movement with action." -Ernest Hemingway

# What's Happening

Ongoing - Lighting the Way This is SASHA's primary annual fundraiser. Buy a bulb for \$10 or sponsor a tree. Bulbs and tree's can be purchased in memory of someone who has died or in honour of someone living with a life-limiting illness. Visit www.sasha-cares. com to donate today!

**Ongoing - Climate Cafe** Chat about climate issues and anxieties in an informal, relaxed setting. Tea coffee are provided; please bring your own mug. 1st Tuesday of the month at the Camrose





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1. In which country can you find the Cape of Good Hope?

2. An opera solo is an aria, duet, or operetta?

3. The 2006 James Bond movie Casino Royale featured this type of poker game.

4. Bats use echolocation to navigate in the dark. Is it similar to sonar or GPS?

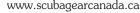
5. Membranes that cover openings in infants' skulls are called metatarsals-T/F?

> (Flip bottom of page for answers) © Published with Permission by Capital Marketing Ltd (Over)



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ARIES

(March 20 - April 19)

Be aware of being too

aggressive or impulsive in

what you say, especially at midweek. Remember

that the holidays can

bring up negative triggers

Things may be somewhat

chaotic and in flux this

week. You may be tempted

to resist this change. Per-

haps instead consider mak-

ing an adjustment to better

for those in your orbit. Lucky numbers:

navigate the waves. Lucky numbers: 4, 9,

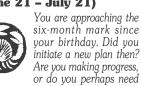
5, 12, 16, 19, 34, 36.

(April 20 - May 20)

**TAURUS** 

tory in ways you might not expect. Lucky numbers: 1, 26, 27, 28, 31, 41. CANCER

#### (June 21 – July 21)



to adjust it now? Lucky numbers: 9, 15, 16, 25, 26, 44. LEO

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

run into challenges to what you are trying to accomplish. Adjusting your view of the situation to look for new options

VIRGO

normal. Lucky numbers: 10, 14, 23, 35, 36, 41.

winners with the luckiest number being 11.

### Did You Know...

**Big bird:** After the ostrich, the emu is the largest living bird, averaging over 1.75 metres (5.7 ft.) tall. Now found only in Australia, this flightless bird travels widely, looking for plants and insects to eat.

**Swimming holes:** Cenotes are large limestone sinkholes filled with ground or rainwater. Mexico's Yucatán Peninsula has several thousand, in open air and in caves. Some are peaceful and intriguing places to hang out.

**Capital cities:** The cities that are U.S. state capitals are sometimes unexpected. For example, the capital of New York is Albany, not New York City. And the capital of California is not Los Angeles, but Sacramento.

**Taking flight:** The sugar glider is a wee possum of Australia and southeast Asia. Named after its favoured food and its ability to glide between trees, the animal uses a membrane, called a patagium,









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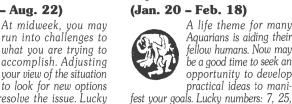






**HIP OR KNEE REPLACEMENT?** 





Your Weekly Horoscope

LIBRA

10, 15, 34, 36, 45.

(Oct. 23 - Nov. 21)

**SCORPIO** 

(Sept. 23 - Oct. 22)

Libras usually go out of

their way to be consid-

erate of others. However, if you find at midweek

that you are angry at someone, then stop and

Scorpios often have an

intensity of personality that

is stressful to maintain.

Regular moments of decom-

pression are helpful. An

opportunity may be avail-

This week may be a good

time to actively seek an

opportunity to put your

unique stamp onto an

endeavour. Just be careful

not to overpromise on

Now may be a good time

to set goals for the next year. But first, work to

release any old beliefs or behaviour patterns that

might no longer work

A life theme for many

Aquarians is aiding their

fellow humans. Now may

be a good time to seek an

opportunity to develop

practical ideas to mani-

A significant aspect con-

tinues that can help

restructure your Pisces nature to be more effec-

tive in the mundane

world. How can you make

progress on such efforts this week?

Lucky numbers: 2, 4, 7, 23, 35, 36.

ask yourself why. Lucky numbers: 8,

able to you for a few days at midweek.

results. Lucky numbers: 15, 17, 18,

for you. Lucky numbers: 6, 10, 11, 12, 28, 30.

Lucky numbers: 3, 6, 13, 19, 29, 31.

(Nov. 22 - Dec. 20)

**SAGITTARIUS** 

27, 35, 43.

**CAPRICORN** 

**AQUARIUS** 

37, 46, 47, 48.

(Feb. 19 - March 19)

**PISCES** 

(Dec. 21 - Jan. 19)

could help resolve the issue. Lucky numbers: 7, 10, 23, 30, 35, 37.

#### (Aug. 23 - Sept. 22)

You may feel confused or out of sorts early this week. Take a deep breath and wait a few days. When this energy passes, you might feel back to

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

that stretches between its wrists and ankles.

Wondrous road: Norway's 8.27 km (5.14 mi.) Atlanterhavsveien (Atlantic Road) connects Averøya Island to the mainland over a series of islets. Drivers encounter eight bridges, including the spectacular Storseisundet Bridge.

# On the Lighter Side

A guy got a universal remote. He said, "This changes everything!'

Son: "Dad can you lend me some money?" Dad: "Yes, but remember a fool and his money are soon parted." Son: "Yes, I just figured that out."

Knock! Knock! Who's there? Pasta. Pasta who? Past the salt and pepper, please.

Where does a power cord go shopping? The outlet mall.

Basketball players are so well-rested because taller people sleep longer.

### Answers

Hold'em 4. Sonar 5. False Trivia answers: 1. South Atrica 2. Aria 3. Texas

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