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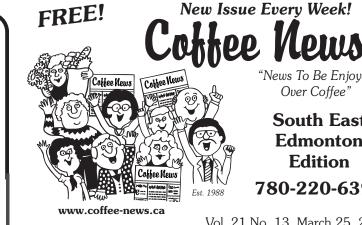
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Over Coffee"

South East

Edmonton

Edition

Everybody's Talking

Belly dance: Massachusetts Institute of Technology has developed a new high-tech diet pill that vibrates after it's swallowed. VIBES (Vibrating Ingestible BioElectronic Stimulator) activates stomach receptors to induce a sense of fullness. Featured in the journal Science Advances, VIBES is hailed as a potential breakthrough in weight loss technology. With human trials pending, initial tests on pigs showed that 30 minutes of VIBES activity resulted in a 40% drop in food consumption. The mechanism works by tricking stomach stretch receptors. This signals the hypothalamus to produce hormones that create the sensation of being full. The innovation holds promise as a novel approach to trimming down, with a dance-worthy twist.

Autumn colours: Many countries take pride in their colourful autumn foliage, but nothing can really beat the gingko biloba tree in the village of Bangye-ri in Gangwon Province, South Korea. The tree is thought to be over 800 years old, and is a designated national monument. It measures 33 metres (108 ft.) high. In the fall, its leaves turn a blazing yellow-gold. As they fall, they leave a yellow carpet on the ground around the tree. In the last few years, visitors have been flocking to the tree, even though no restaurants or convenience stores are nearby. Legend has it that the tree grew from the cane of an ancient Buddhist monk.

Alligator trick: If the temperature drops low enough in Ocean Isle Beach, North Carolina (U.S.), the ponds at Swamp Park Outdoor Adventure Center can freeze. So what are the 12 resident alligators to do? The animals have an ability to go into a state called brumation. They can survive because they protect themselves by sticking their snouts up into the air above the water. That way, they can breathe while the water freezes around them. Visitors to the park can just see the snouts peeking above the ice. The alligators at the park can't be returned to the wild for various reasons, so the park protects and cares for them.

Ugly fountain: Sculptures are often commissioned for special anniversaries. That's what happened in Vienna, Austria, when authorities wanted to mark 150 years of the city's renowned modern water system. The commissioned piece is a fountain, but critics say it is extremely ugly. Costing 1.8 million Euros, the fountain consists of 33 very unusual "humanoid" figures that encircle the spouting water. Gelitin is the Viennese artist group that designed the piece. While the selection jury liked the "togetherness" idea of the design, the public does not like it at all. There has been much backlash, including by opposing political parties, about the installment.

Quoteable Quotes

"Joy is not in things; it is in us." -Richard Wagner "One changes from day to day ... every few years one becomes a new being.' —George Sand

What's Happening

April 27 - Fabulous Fabric Frenzy Sale Sale runs from 9 a.m. to 3:30 p.m. at Strathearn United Church 8510 95 Ave. Edmonton. Huge selection of fabric, yarn, notions, craft supplies at rock bottom prices. All profits support the Grandmothers Campaign of the Stephen Lewis Foundation.

May 2 - Spring Tea and Rug Show Edmonton Rug Hooking Guild. Admission \$5. 11 am - 2 pm





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Trivia

(Flip bottom of page for answers)

(Over)



3. Australia and Antarctica are drifting apart—T/F?

5. Who wrote The Metamorphosis?

in 1873?



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Your Weekly Horoscope

(Sept. 23 - Oct. 22)

(Oct. 23 - Nov. 21)

15, 20, 35, 39.

SCORPIO

. 37, 38.

SAGITTARIUS

3, 4, 10, 15, 29, 31

(Dec. 22 - Jan. 19)

CAPRICORN

(Nov. 22 - Dec. 21)

of them close to com-

refuse to see the truth of

achieve consensus, con-

to make an emotional

at accomplishment. Some-

find a new approach? Lucky numbers:

the finish line. Lucky numbers: 5, 6,

ARIES



Lucky numbers: 12, 13, 15, 17, 29, 33

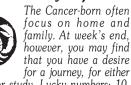
TAURUS

(April 20 - May 20) At midweek, look for an opportunity to accomplish a goal that is close to your heart. This may require you to take a risk outside of your comfort zone. Lucky numbers: 6, 8, 16, 21, 32, 37,

GEMINI (May 21 - June 20)

important decisions. Lucky numbers: 7, 13, 18, 32, 41, 48. CANCER

(June 21 – July 22)



travel or study. Lucky numbers: 10, 11, 13, 17, 23, 41. LEO

(July 23 - Aug. 22)

An event this week may encourage you to reach outside yourself and consider your role in the world. Achieving this may require an adjustment in your viewpoint. Lucky num

bers: 1, 9, 30, 31, 37, 45. VIRGO

(Aug. 23 - Sept. 22)



bring a parachute. Lucky numbers: 4, 10, 12, 26, 40, 47.

Lucky numbers this week: This week's odds favour Capricorn winners with the luckiest number being 31.

Did You Know...

Getting rich: National Basketball Association All-Star Lebron James's 2015 Nike sneakers endorsement deal could earn the U.S. basketball star over \$1 billion before retirement. That's a lucrative business arrangement and a big number!

Saving whales: Mr. Splashy Pants was the name given to a humpback whale by Greenpeace in its 2007 Great Whale Trail Expedition campaign to raise awareness about the threatened whales. The campaign was successful: the whales are no longer hunted.

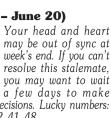
Borrowed words: About 60% of English words have Greek or Latin roots. In science and technology, that figure is over 90%. The direct influence of the classical languages began in the Renaissance and continues today.

Hit the road: Route 66 is one of the most famous highways in the U.S. The 2,448-mile (3,940 km) road was featured in the 1946 hit song "(Get Your Kicks On) Route 66," as well as the *Route* 66 television series. Bath time: Canada has a unique place for people who like to bathe in cold water. Bathtub Island in Lake Superior, in Ontario, is so named because high waves from the lake wash over and fill its basin shape, creating a natural bathtub.









that you have a desire for a journey, for either for that. Lucky numbers: 9, 14, 23, 31, 35.36 **AQUARIUS**

(Jan. 20 - Feb. 18) In 2024, Pluto begins a 20-year journey through your sign, inspiring a humanitarian evolution. How can vou contribute

to this and where should you begin? Lucky numbers: 11, 16, 18, 23, 27, 29.

PISCES (Feb. 19 - March 20)



a strong opportunity for action. Lucky numbers: 2, 8, 16, 29, 32.37.

Time to put down the Coffee News and register for Slo-Pitch... 2024 REGISTRATION IS OPEN! SOCIABLE, AND FUN!

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- = 35+ Co-Ed Division (New!)
- 45+ / 50+ Drafted Co-Ed Division 1 & 2



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On the Lighter Side

Why couldn't Dracula's wife get to sleep? Because of his coffin.

Tom couldn't figure out how to repair the washing machine, so he threw in the towel.

Did the drill finally finish its supper? Every last bit.

Mother: "Can you explain this D and F on your report card?" Child: "Yes, it stands for 'Doing Fine.'

Knock! Knock! Who's there? Gable. Gable who? Gable to leap tall buildings in a single bound!

Answers

4. Electric razor 5. Franz Kafka Trivia answers: 1. Preakness 2. Thomas Edison 3. True

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