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walkforalzheimers.ca

FREE!

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



ers (\$100 each) will be drawn on the 15th of each



*Mail your entry to: CN Guy Contest, 9768-170 Stree Suite 303, Edmonton, AB T5T 5L4. Be certain to include your full name, complete mailing address (including postal code), phone number, email address and upwr birth data. Also include the name of the ad and your birth date. Also include the name of the ad in which you found the hidden Coffee News Guy.



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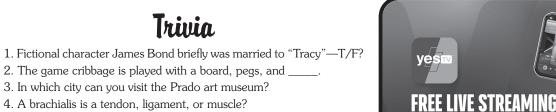


Offices in: Edmonton, Red Deer, and Calgary

IING THIS FAL

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AI BERTA OWNED AND OPERATED FOR OVER 35 YEARS



- 4. A brachialis is a tendon, ligament, or muscle?
- 5. This ancient Greek physician is called the father of western medicine.

Trivia

(Flip bottom of page for answers)

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Your Weekly Horoscope

(Sept. 23 - Oct. 22)

18, 21, 26, 30, 45.

SAGITTARIUS

9, 15, 17, 26, 31, 37

(Dec. 22 - Jan. 19)

CAPRICORN

(Nov. 22 - Dec. 21)

(Oct. 23 - Nov. 21)

SCORPIO

Your feelings may be

particularly intense early

in the week. Is an underlying issue begging for a resolution? How can you

use these emotions to

If you set new goals

during your birthday

month, this may be a

good week to consider

completing projects that

support those objectives.

A few weeks ago, you

may have experienced a

challenge to your belief system. If needed, the

energy at the end of this

week could help you

If you have been working

hard and are running out

of steam, hang on for a

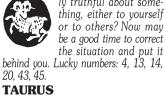
facilitate change? Lucky numbers: 10,

Lucky numbers: 11, 13, 18, 25, 27,

support your beliefs. Lucky numbers:

ARIES (March 20 – April 19)

Have you not been entirely truthful about some-



(April 20 - May 20)

The potential exists, early in the week, for you to uncover an opportunity. This may come to you out of the blue or may require you to take a leap of faith. Lucky numbers: 1, 11, 32, 35,

37, 44. **GEMINI**

(May 21 – June 20)

Are you having trouble making a choice about something important? The answer may become apparent if you use your belief system to examine

the situation. Lucky numbers: 13, 16, 18, 28, 40, 48. CANCER

(June 21 – July 22)



few days. Lucky numbers: 5, 7, 22, 37, 43.46. LEO

(July 23 - Aug. 22)

At the start of the week, your unconscious may reveal information that may be upsetting to your self image. How can you integrate rather than fight this insight? Lucky numbers: 1, 3, 8, 24, 41, 46. VIRGO

(Aug. 23 - Sept. 22)

Your natural work and communication style may be "slow and steady wins the race." But this week, the energy might help you pick up the pace with success. Lucky numbers: 2, 12, 23, 30,

32, 47.

Lucky numbers this week: This week's odds favour Taurus winners with the luckiest number being 11.

Did You Know.

Hawaiian dessert: Anyone visiting Hawaii (U.S.) should try its famous Haupia pie. This decadent, layered dish starts with a pie crust, usually followed by coconut and chocolate pudding, topped with whipped cream.

Peace prize: Agnes Gonxha Bojaxhiu is better known as Mother Theresa. Born in 1910 in what is now North Macedonia, she became a nun at 18 and worked in the slums of India, which earned her the Nobel Peace Prize in 1979.

Waiting for visitors: During Canada's 1967 centennial, the town of St. Paul, Alberta, celebrated by building the world's first UFO landing pad. No extra-terrestrial visitors have been sighted, but thousands of humans have taken a look.

Indoor plant: Indoor gardeners might want to try growing a bamboo plant. These attractive plants like indirect light and don't need much water. Avoid using water with fluoride and







gets you back on track and in alignment. Lucky numbers: 16, 18, 19, 33, 38, 39. PISCES

(Feb. 19 – March 20)

Translating ideals from the ethereal realm onto this plane can be a challenge for Pisces. The energy this week may help you, so try to take advan-

tage of it. Lucky numbers: 3, 10, 12, 13, 21, 33.



GEMCO FIREPLACES

chlorine. Bottled is the best choice.

Crispy snack: A traditional Portuguese dish is bolinhos de bacalhau, also called pastéis de bacalhau. These are fritters made with cod, potatoes, onions, eggs, parsley, and spices, then deep fried.

On the Lighter Side

Knock! Knock! Who's there? Uriah. Uriah who? Keep Uriah on the ball!

Why did the farmer plow the field with a steam roller? He wanted to grow mashed potatoes.

People say I look better without my glasses on. But I just can't see it.

Paul Revere always carried a handkerchief. He was, after all, the town crier.

Customer: "I suppose you call this modern art?" Art Dealer: "No, it's a mirror."

Answers

4. Muscle 5. Hippocrates Trivia answers: 1. True 2. Cards 3. Madrid, Spain

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WALK-IN TUB

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