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Agnes Domingo from Edmonton

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## Quoteable Quotes

"And joys and tears alike are sent to give the soul fit nourishment."  
—Sarah Flower Adams

"It is only the cultivation of individuality which produces, or can produce, well-developed human beings."  
—John Stuart Mill

## What's Happening

**Aug 21 - Links fore Literacy Charity Golf Tournament 2024**  
The Links fore Literacy Charity Golf Tournament is the Centre for Family Literacy's annual summer fundraising event. Proceeds from the tournament support the Centre's adult and family literacy programs. For more information, visit [familit.cagolf2024](http://familit.cagolf2024)

NON PROFIT organizations may submit fundraising events for FREE at [www.coffee-news.ca](http://www.coffee-news.ca). Please submit a minimum of 4 weeks in advance.

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\*Mail your entry to: CN Guy Contest, 9768-170 Street, Suite 303, Edmonton, AB T5T 5L4. 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.

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## Trivia

- Physicians' treatise of ethics is called the \_\_\_\_ Oath.
- Fructose is a type of sugar—T/F?
- "She sells seashells by the seashore" is an example of a \_\_\_\_.
- This fruit has a variety called the Winter Banana.
- The Saffir-Simpson scale measures earthquakes, hurricanes, or heart attacks?

(Flip bottom of page for answers)

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# Your Weekly Horoscope

**ARIES**  
(March 20 - April 19)



Early this week, you may find yourself finally willing to openly speak about the effects of an old emotional wound. Who do you trust to help you talk through the process? Lucky numbers: 4, 15, 20, 25, 35, 46.

**TAURUS**  
(April 20 - May 20)




Taurus-born are often cautious about making significant life changes. But this week the planetary energies may present you opportunities to break out of your comfort zone. Lucky numbers: 7, 10, 18, 24, 28, 45.

**GEMINI**  
(May 21 - June 20)




At week's end, you may find yourself in the mood for a fun, spontaneous weekend. Enjoy, but also be aware of any tendency to overindulge in sweets, alcohol, and the like. Lucky numbers: 2, 11, 19, 35, 41, 47.

**CANCER**  
(June 21 - July 22)



Your birthday month is coming to a close. How are you feeling so far in your new solar year? What should you keep and what should you let go of? Lucky numbers: 5, 11, 16, 18, 30, 46.

**LEO**  
(July 23 - Aug. 22)




You may find that your mind and emotions are out of sync at week's end. Can you find a balance of the two? Otherwise, take a deep breath and wait a few days. Lucky numbers: 15, 16, 23, 26, 29, 35.

**VIRGO**  
(Aug. 23 - Sept. 22)




Virgos can hold themselves and others to very high standards. But perfectionism usually is not achievable. This may be a good time to integrate more empathy. Lucky numbers: 11, 22, 33, 37, 39, 41.

**LIBRA**  
(Sept. 23 - Oct. 22)




Do you and your partner struggle to define your relationship roles? Might this be a good time to discuss the conflict? Otherwise, breathe and take a step back for a few days. Lucky numbers: 8, 13, 18, 19, 27, 48.

**SCORPIO**  
(Oct. 23 - Nov. 21)



Is progress halted now on your endeavours? It may be helpful to be open to insights about opportunities for change that could overcome the obstacles. Lucky numbers: 1, 14, 18, 21, 26, 40.

**SAGITTARIUS**  
(Nov. 22 - Dec. 21)




You may be experiencing wanderlust now. Before you lock in a travel itinerary, do you simply need a vacation or is something more substantial motivating you? Lucky numbers: 3, 4, 8, 9, 11, 21.

**CAPRICORN**  
(Dec. 22 - Jan. 19)




You may feel conflicted now. Your focus may be on completing work projects while those around you want to break out and have fun. Is there a way to do both? Lucky numbers: 6, 8, 25, 33, 34, 40.

**AQUARIUS**  
(Jan. 20 - Feb. 18)



You may receive many ideas at week's end about creating positive change for yourself or others. Taking some time to sort through them before acting may be helpful. Lucky numbers: 12, 13, 17, 21, 28, 31.

**PISCES**  
(Feb. 19 - March 20)



Your natural intuitive and creative talents may be heightened this week. Try to channel this into spiritual or artistic endeavors, rather than pushing through on mundane tasks. Lucky numbers: 9, 11, 17, 42, 43, 44.

Lucky numbers this week: This week's odds favour Taurus winners with the luckiest number being 7.

## Did You Know...

**Sleeping giant:** Albert Einstein is one of the world's most famous scientists. Perhaps one secret to his brain power is that he usually slept 10 hours a night. That's nearly one and a half times as much as the average person.

**Noted brother:** Most people recognize actor Tom Hanks, famous for *Forrest Gump*, among other great movies. Hanks' older brother is a noted biology professor at University of Illinois at Urbana-Champaign.

**Unique proposal:** Famous inventor Thomas Edison claims to have taught his future wife, Mina Miller, Morse code so they could talk to each other in secret. She said he even proposed to her using Morse code.

**More than words:** Studies indicate that body language constitutes 93% of a person's first impression of someone. The language of facial expressions, handshakes, eye contact, gestures, and personal space can say more than words.

**Red lipstick:** This concept wouldn't fly today, but during World War II, women were encouraged to wear red lipstick to boost morale, especially of soldiers. With the slogan "Beauty is their Duty," red lipstick was a patriotic symbol.

## On the Lighter Side

Where does Thursday come before Wednesday? In the dictionary.

I call my car flattery. It gets me nowhere.

Rita: "You're always wishing for something you don't have."  
Nita: "Well, what else is there to wish for?"

If you buy a bigger bed, you actually get less bedroom.

Knock! Knock! *Who's there?* Zoom. *Zoom who?* Zoom did you expect?

### Answers

**Trivia answers:** 1. Hippocratic 2. True 3. Tongue twister 4. Apple 5. Hurricanes

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**Recipe of the month**

**Mini BLTs**

28 cherry tomatoes  
7 bacon strips, cooked and crumbled  
1/2 cup mayonnaise  
1/3 cup chopped green onions

3 tablespoons grated Parmesan cheese  
2 tablespoons finely chopped celery  
2 tablespoons minced fresh parsley

Prep Time: 30 min + chilling Yield: 28 appetizers

- 1 Cut a thin slice from the bottoms of tomatoes to allow them to rest flat. Cut a thin slice off the top of each tomato. Scoop out and discard pulp; invert tomatoes onto paper towels to drain.
- 2 In a small bowl, combine the bacon, mayonnaise, onions, cheese, celery and parsley. Spoon into tomatoes. Cover and refrigerate at least two hours.

The perfect addition to any summer appetizer tray!

Source: <https://www.tasteofhome.com>

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