

250.329.8116 | www.HealthyBellyCoach.com

Those Who Fail to Plan, Plan to Fail **BUSINESS SYSTEMS** SOLUTIONS www.mjmbss.ca Every 四碗里 successful

business needs sound management systems in place

Check out our Can't get to your PDF editions Coffee News® online! New editions are each week? Sign up here to receive

never have to www.coffee-news.ca/editions miss your weekly dose of good new LIVESTOCK FEED | TOYS | TREATS | FEEDING ACCESSORIES | MINERALS & VITAMINS Feather to fur R Neigh-Barks









CN-Proudly printed by One to One Mailing



"News To Be Enjoyed Over Coffee"

Fort Sask and **Area Edition** 780-220-6397

www.coffee-news.ca

Vol. 21 No. 44 October 28, 2024

Everybody's Talking

Early graduation: Few young people graduate from university at the age of 17, but Dorothy Jean Tillman II is one of them. In 2024, she was part of the graduating class at Arizona State University (ASU), based in Phoenix, Ariz. (U.S.), where she earned her doctoral degree in integrated behavioural health. Homeschooled in her early years in Chicago, Dorothy began taking correspondence college courses at age 10. Over the next seven years, she studied at three different universities before finishing her degree at ASU. The university says Dorothy is the youngest person in school history to earn a doctoral degree in integrated behavioural health. Her remarkable achievement is an inspiration to young scholars everywhere.

Goose guards: While guard dogs are a familiar concept in many places, have you ever heard of guard geese? In Santa Catarina, Brazil, the Sao Pedro de Alcantara Prison has employed geese as a security measure. These feathered sentinels, dubbed "geese agents," patrol the perimeter of the prison, between the inner and outer walls, and provide an additional layer of vigilance alongside electronic and human surveillance. Their remarkable attentiveness has earned them recognition as effective members of the prison's security team. Despite their unorthodox role, the geese have proven themselves to be dedicated and alert guardians, who deter potential intruders with their loud honks and watchful eyes.

Barrow blitz: Dylan Phillips, a mechanic from Pembrokeshire, England, has achieved a new Guinness World Record for the fastest wheelbarrow, reaching speeds up to 52 mph (84 km/h). The idea started in a pub and quickly turned into a reality for the man, who built the wheelbarrow in his shed. During a test, he hit 37 mph (59 km/h), sparking his interest in the world record, which stood at 46 mph (74 km/h). Phillips then took his creation to the Straightliners Speed Week, where he smashed the record. Despite its impressive speed, the wheelbarrow is dangerous, lacking suspension and having only front-wheel brakes. Phillips described the ride as terrifying and uncomfortable.

Campus cat: There's a feline who can now boast the title "Doctor of Litter-ature." Max the Cat received this honourary certificate from Vermont State University in Castleton, Vermont (U.S.), where he is a frequent and cherished visitor. The students adore interacting with him, and the university regards him as a beloved member of its community. Unlike typical academic pursuits, Max's focus is on friendliness. For about four years, Max has made daily visits from his nearby home to spend time with students and faculty, becoming a campus celebrity. Students love taking photos with their four-legged friend. Although Max didn't attend the graduation ceremony, his certificate was delivered to his owner afterward.

Quoteable Quotes

"A quiet conscience makes one strong." —Anne Frank "Real birthdays are not annual affairs. Real birthdays are the days when we have a new birth." —Ralph Parlette

What's Happening

Oct 29 - Fashion Show Fundraiser Sherwood Care's long term care hosts their fabulous Fashion Show 6:30pm at the Agora. Fashions from Thrift Store with models from the community, Sherwood Park Crusader hockey team plus Mayor Frank council. Tickets \$20 Call 780-722-3087

Nov 2 - Apple Fest and Craft Sale at the Morinville Rendez-Vous Centre 9913 - 104 St. on 10 am - 3 pm. Buy unique Christmas gifts Take home some homemade Apple treats - Enjoy lunch with friends Free Admission - Everyone Welcome

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



Enter one of three ways: Scan the QR code
Visit

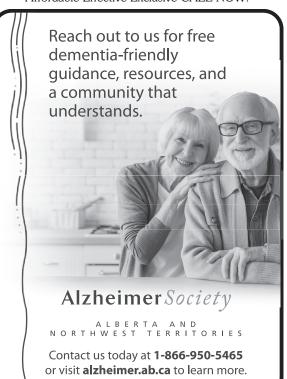
www.coffee-news.ca 3. Mail your entry*

Mail your entry to: CN Guy Contest, 9768-170 Stre Suite 303, Edmonton, AB T5T 514. Be certain to include your full name, complete mailing address (including postal code), phone number, email address that the suit of the suit

Trivia

- 1. The Kermadec Trench is located in this ocean.
- 2. Claude Debussy composed "Clair de Lune" for what instrument?
- 3. Bulls don't see the colour red—T/F?
- 4. Are the triceps on the front or the back of the arm?
- 5. Whist is an early form of this card game.

(Flip bottom of page for answers) © Published with Permission by Capital Marketing Ltd Affordable-Effective-Exclusive-CALL NOW!



THIS SPACE



Call 780-220-6397











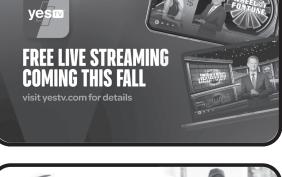


www.smallmiraclesadoption.com











TICKETS: 587-557-7719 | PARCEL: 587-557-7718

SERVING ALBERTA'S BUSINESS COMMUNITY SINCE 2005



Make Your Marketing Work For You!



- Website Development
- · Google Ads
- Facebook Advertising
- Social Media Management SEO & Content Marketing
- Reporting & Analytics

Frontline

780.760.6922



Visit us on Facebook-CoffeeNewsWeekly

Your Weekly Horoscope

(March 20 - April 19)



Are you holding a grudge against someone because of their past actions? Consider that finding a way to forgive them right now might be able to free

you, going forward. Lucky numbers: 4, 7, 16, 27, 34, 35. **TAURUS**

(April 20 - May 20)



At the beginning of the week, you might have a sudden insight about something. How could you use this to break through a situation that

may be in a stalemate right now? Lucky numbers: 9, 16, 24, 34, 35, 45.

GEMINI

(May 21 - June 20)



Are your mind and heart currently in a tug of war about what you should do next? How could you find a compromise now that would move you past this old dynamic? Lucky numbers:

6, 8, 22, 27, 34, 41.

CANCER (June 21 - July 22)



Do you have a project that has been in limbo for a while because there is no concrete plan for how you could achieve it? This week may be a good

time to develop one. Lucky numbers: 3, 8, 9, 11, 15, 29.

LEO (July 23 - Aug. 22)



For the next six weeks, you might have an energy boost to channel into projects that can help achieve your goals. Avoid a temptation to impul-

sively argue with others. Lucky numbers: 5, 13, 15, 19, 26, 31.

VIRGO

(Aug. 23 - Sept. 22)



Virgos often hide the light of their talents and accomplishments from others. For the next few weeks, consider taking advantage of an oppor-

tunity to change this dynamic. Lucky numbers: 2, 7, 12, 19, 24, 46.

(Sept. 23 - Oct. 22)



At midweek, take a deep breath and look at where your life is right now. Do you feel like it is in a good balance or might there be a change that

you need to make? Lucky numbers: 8, 14, 25, 34, 42, 46.

SCORPIO





The new moon in your sign this week may provide a good opportunity for you to set a new intention in your life. What

changes would you like to make right now? Lucky numbers: 1, 11, 13, 17, 30, 44.

SAGITTARIUS

(Nov. 22 - Dec. 21)



You may be very chatty for the next few weeks. But be sure to be careful of speaking impulsively. This may prove to be a good time to pursue a

new topic of study. Lucky numbers: 2, 9, 10, 11, 25, 29.

CAPRICORN (Dec. 22 - Jan. 19)



Important information may emerge from within you. Can you positively address what it presents, rather than ignoring it? Your feelings won't go

away if you ignore them. Lucky numbers: 13, 14, 16, 29, 36, 38.

AQUARIUS (Jan. 20 - Feb. 18)



An emotional leadership style is not usually a hallmark for Aquarius. For the next six weeks, you may have the first of two near-term opportuni-

ties to cultivate these qualities. Lucky numbers: 11, 13, 23, 24, 32, 42.

PISCES

(Feb. 19 - March 20)



You may feel tempted to escape your responsibilities this week. Find a way to work with this feeling, without dropping the ball on tasks that are

an important focus. Lucky numbers: 6, 8, 11, 16, 26, 32.

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

Did You Know...

Vintage pout: Before "cheese" took over, photographers used "prunes" to encourage a tight-lipped look in photos. In photography's early days, wide smiles were thought improper, so a subtle pout was the preferred expression.

Contagious yawns: Yawning is seen in humans and many vertebrates, including sharks. Most people will yawn after seeing someone else yawn, even in a photo. Theories suggest yawning may be linked to empathy and social bonding.

Early talent: Johnny Cash's music passion started young; he began writing songs at 12. Seeing his talent, his mother saved enough for singing lessons. After three lessons, the future star's teacher said his unique voice needed no further training.

Aqua rugby: Underwater rugby is an exhilarating sport played in deep pools. Two teams compete to place a ball into baskets positioned at the pool's bottom. Players need gear like diving masks, snorkels, and fins.

Pineapple magic: Its bromelain content makes pineapple an excellent meat tenderizer. This enzyme effectively breaks down protein chains to make meat more tender. The fruit's unique properties make it a culinary favourite.

On the Lighter Side

Knock! Knock! Who's there? Pastor. Pastor who? Pastor mashed potatoes, please.

Why is it difficult to hold a conversation with a goat? They're always buttin' in!

That race car driver has a very checkered past.

Did you hear about the jester who lost his job? He was nobody's fool.

Ed: "I have a job in a watch factory." Fred: "Oh yeah, what do you do there?" Ed: "I stand around and make faces."

Answers

Trivia answers: 1. Pacific 2. Piano 3. True 4. Back

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

Echoes of the Echoes Red Earth Red Earth Written By Canadian Author Cornelius van Dijk

Available in paperback and digital copy

A Bold and Imaginative Collection of Post-Apocalyptic Tales





Are you or someone you know struggling with drugs? We can help.

Narcotics Anonymous



1.855.421.4429 www.eana.ca



Need transportation? We'll run you to your errands, drive you to

collaborative approach to aging in the comfort of your own home

appointments, and even join you if you required!



Call **780-881-8434**, or email hello@allardgroup.ca to schedule a ride today!

AllardHomeCare.ca

Need to talk? 988 is here for you. 24/7

Suicide & Crisis Helpline Call or text: 9-8-8

Edmonton.CMHA.ca



*** LANDSCAPING LTD.** www.ThreeSeasonsLandscaping.ca







GIFT CERTIFICATES

AVAILABLE!

#126 150 Chippewa (upstairs) Sherwood Park

780.449.3824

info@artfullyyoursschool.ca artfullyyoursschool.ca

26 - Fort Saskatchewan