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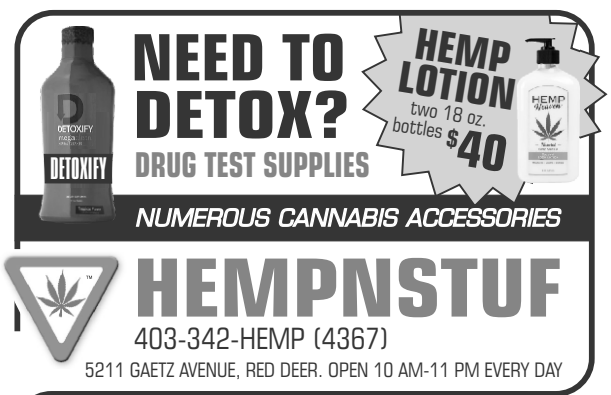

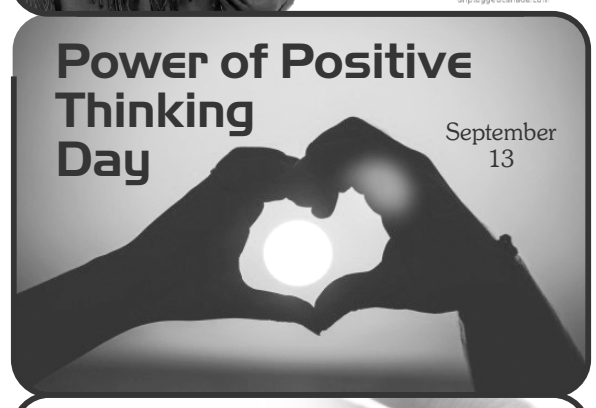

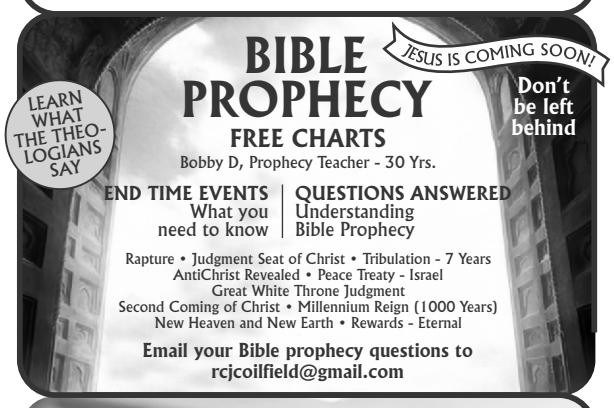

Everybody's Talking

Crab crossing: On Christmas Island, Australia, millions of red crabs pour out of the forest and move toward the coast in a seasonal shift that briefly reshapes daily life. Roads, schoolyards, and driveways fill with moving shells as residents slow traffic or work from home to give the animals space. The journey ends at the shoreline, where the crabs release eggs into the sea before the next generation begins its return inland. Park staff and locals step in with simple tools to guide crabs away from danger points. Recent seasons have seen especially heavy movement as conditions improved for the species. For many islanders, the migration remains a shared pause that's as practical as it is unforgettable.

Storybook stay: In Boston, Massachusetts (U.S.), a hotel suite has been reimagined as a walk-through version of the familiar bedtime book *Goodnight Moon*, turning illustrated pages into a space you can sleep inside. The room mirrors the book's calm setting, with green walls, warm colours, and objects placed to match scenes many people remember from childhood. Instead of reading before bed, guests move through the room and recognize details as part of the setting itself. The design leans on soft lighting and simple textures to keep the space restful rather than busy. Small touches welcome families and encourage slow evenings indoors. It's meant to offer a pause from travel by placing visitors inside a story they already know well.

Writer haven: In Bangor, Maine (U.S.), author Stephen King and his wife are turning their well-known home into a space focused on writing and preservation. The gated property will be reorganized so one building holds King's personal papers, while another becomes a quiet place where writers can stay and work. Instead of serving mainly as a photo stop for fans, the site is being reshaped for everyday use and long-term care. The house where the family once lived will be used as an archive, keeping the material tied to its original setting. King's stories have long drawn sources from the local area, giving the location added meaning. The project shifts the house from a landmark into a work space built for creative work.

Fitness fare: In Cluj-Napoca, Romania, a public transit idea links light exercise with a free bus ride. At a specially set-up bus stop, riders can earn a one-way ticket by doing a short set of bodyweight movements that are counted by a built-in sensor. Once the system confirms the task is complete, it prints a ticket that works like a normal fare on city buses. The goal is to make daily movement easy to fit into everyday travel routines. There's no sign-up, gym, or app involved, just a quick activity at the stop itself. Supporters say keeping it simple helps more people take part comfortably. The project shows how small changes can gently nudge people toward healthier routines without much effort.

Quoteable Quotes

"The world is full of magic things, patiently waiting for our senses to grow sharper." ~ *W.B. Yeats*

"Do not wait for leaders; do it alone, person to person." ~ *Mother Teresa*

What's Happening

Non profit organizations and charities – promote your upcoming event here free of charge! Complete our event submission page at coffeenewspaper.com.
Please provide three to four weeks' notice.

☛ Mary C. Moore Public Library is pleased to announce the following programs are set to return in September: **Nailed It! Paint Night** (September 11) and **Cardmaking Saturday** (September 19). Registration opens for both programs August 20. For full details, please visit library website.

☛ **Council in the Community**: Engage with your community representatives on September 9 from 4:30 to 7:30 p.m. at the Fall Active Living Fair, inside the Lacombe Memorial Centre. Members of Council and Admin staff from the City of Lacombe are taking your compliments, ideas, questions, and concerns so feel free to stop in for a chat and share your ideas.

Trivia

1. Which actor portrays Iron Man in the Marvel Cinematic Universe?
2. Mount Everest is located on the border of Nepal and this country.
3. What is a group of flamingos called?
4. The Major League Baseball baseball team from Toronto, Canada is called the _____.
5. Who was the youngest person elected president of the United States?

(Flip bottom of page for answers)

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Recipe of the month

Barbecue Chicken Sandwich

1/2 cup chopped onion
1/2 cup diced celery
1 garlic clove, minced
1 tablespoon butter
1/2 cup salsa
1/2 cup ketchup
2 tablespoons brown sugar
2 tablespoons cider vinegar
1 tablespoon Worcestershire sauce
1/2 teaspoon chili powder
1/4 teaspoon salt
1/8 teaspoon pepper
2 cups shredded cooked chicken
6 hamburger buns, split and toasted
Dill pickle slices, optional

Prep Time: 20 min Cook: 15 min Yield: 6 servings

❶ In a large saucepan, sauté the onion, celery and garlic in butter until tender. Stir in the salsa, ketchup, brown sugar, vinegar, Worcestershire sauce, chili powder, salt and pepper.

❷ Stir in chicken. Bring to a boil. Reduce heat; cover and simmer for 15 minutes. Serve about 1/3 cup chicken mixture on each bun.

There's no need to go to a restaurant for a tasty barbecue chicken sandwich when it's really simple to make one at home!

Source: https://www.tasteofhome.com

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Your Weekly Horoscope

ARIES
(March 20 – April 19)

Everything may feel very confused right now and you may be having difficulty communicating how you feel to others. Adjusting your perspective could be helpful in resolving the situation. Lucky numbers: 3, 5, 12, 35, 38, 39.

TAURUS
(April 20 – May 20)

Chiron is gradually moving into Taurus for a few years. The Universe will likely ask you to examine the wounds that we all try to hide, from ourselves and everyone else. Lucky numbers: 5, 11, 19, 21, 29, 45.

GEMINI
(May 21 – June 20)

At week's end, your mind may suddenly pick up a lot of insights. However, review them carefully, as this may not be the time to make any major changes. Lucky numbers: 1, 12, 13, 37, 45, 48.

CANCER
(June 21 – July 22)

Is there an idea that has been swimming in the waters of your unconscious for a while? The energy at mid-week may give you the grounding to finally pursue it. Lucky numbers: 7, 11, 18, 31, 43, 47.

LEO
(July 23 – Aug. 22)

Early this week, you may want to just break out of the routine and play. However, the Universe may ask you to dig deep and find a more satisfying opportunity for joy. Lucky numbers: 9, 10, 12, 22, 30, 37.

VIRGO
(Aug. 23 – Sept. 22)

Mid-week is a good time to set new intentions into place. If you developed new goals at your birthday, now is the time to consider how to advance them. Lucky numbers: 10,12, 17, 24, 36, 40.

LIBRA
(Sept. 23 – Oct. 22)

Your Libra tact and diplomacy hit a peak at week's end. If you have been purposely avoiding a difficult conversation, this may be the time to successfully initiate it. Lucky numbers: 2, 4, 10, 17, 33, 48.

SCORPIO
(Oct. 23 – Nov. 21)

The intensity of your Scorpio energy is on full display now. Conversations may create a romantic attraction. The connection you feel may not last when this period ends. Lucky numbers: 8, 9, 14, 35, 36, 46.

SAGITTARIUS
(Nov. 22 – Dec. 21)

A conversation this week may lay the seeds of an idea. However, it may not be time to initiate it now. Let it simmer on the back burner for a bit. Lucky numbers: 6, 11, 12, 20, 34, 45.

CAPRICORN
(Dec. 22 – Jan. 19)

Capricorns are never short on ambition to build something solid in their lives. At mid-week, you may have an energy boost to achieve something that has been challenging. Lucky numbers: 11, 16, 25, 29, 32, 47.

AQUARIUS
(Jan. 20 – Feb. 18)

Do you have a karmic purpose to fulfill in the world? Present it this week to someone who may be in a position to help you manifest this transformative vision. Lucky numbers: 12, 13, 14, 21, 26, 31.

PISCES
(Feb. 19 – March 20)

For the next few months, what you value and feel passionate about may be changing. Allow this process to unfold and resist any urge to act before it is complete. Lucky numbers: 4, 7, 23, 29, 30, 43.

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

Did You Know...

Bark spice: Cinnamon starts as the inner bark of select tropical trees, trimmed away in thin sheets that dry and roll into the sticks we recognize. This simple preparation keeps the bark usable, allowing its natural warm aroma to shine when added to food.

Luck tap: People often knock on wood after saying something optimistic, using it as a ritual to keep misfortune away. One theory links the habit to early beliefs that trees held protective spirits, so tapping the wood was seen as a way to ask for support.

Hidden stripes: Tigers look bright orange to us, but many of the animals they hunt see only limited colour. To those prey species, a tiger's coat appears greenish instead, letting the big cats blend into forest cover far more easily than people might expect.

Ancient ache: Egypt's early dentists faced constantly worn down teeth from gritty foods, so they turned to remedies like crushed minerals and natural rinses. Their simple mixtures aimed to ease discomfort and keep mouths healthier despite a harsh diet.

Dusty drizzle: So-called "blood rain" isn't mysterious at all. It happens when desert dust mixes with passing rain clouds, tinting the drops and leaving a thin reddish film behind. The effect is rare, but it can travel far on the wind.

On the Lighter Side

Where do wasps go on vacation? Singapore.

We couldn't get the tent up, too many missed stakes!

Knock! Knock! *Who's there?* Wood. *Wood who?* Wood you laugh at my jokes?

Remember: Models of dragons are not to scale.

Patient: Doctor, I am nervous this is my first operation.
Doctor: I know how you feel, you are my first patient.

Answers

Trivia answers: 1. Robert Downey Jr. 2. China 3. A Flamboyance 4. Blue Jays 5. John F. Kennedy

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