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# Everybody's Talking

**Fishing prescription:** In England, some health workers can now point patients toward a fishing session as part of care for anxiety or low mood. The option comes through Tackling Minds, a program started by Dave Lyons after fishing helped steady his own life. Instead of a clinic visit, people join small groups by the water with volunteer coaches who bring gear and show the basics. The focus is simple: get outside, slow down, and have something to do with your hands. The group works with the National Health Service under social prescribing, alongside other supports. It recently received the King's Award for Voluntary Service, a national honour. Organizers say they want more communities to have the same kind of access.

**Language revival:** In a remote part of northwest Australia, a small Aboriginal community is using a phone game to bring its traditional language back into daily life. Instead of classroom lessons, young players explore a digital landscape based on local landscapes while hearing words spoken by elders. Language is folded into simple tasks, letting learning happen through play. Community leaders chose this format knowing screens already hold kids' attention. Repeated interactions help rebuild familiarity with sounds and meanings that were fading. By tying words to places and everyday actions, the game keeps learning grounded. Organizers see it as an entry point for broader cultural learning using modern tools.

**Hidden whales:** Near Baja California, Mexico, scientists spotted two living ginkgo-toothed beaked whales, a species that had never been confirmed alive before. Researchers had recorded a strange underwater sound in the area for years but didn't know which animal made it. This sighting finally linked that sound to these whales, giving scientists a new way to track them. The team couldn't get a clear photo, so they used a very small skin sample to confirm the species. Beaked whales are hard to study because they surface briefly and avoid boats. Until now, most information came from whales found washed up on beaches after dying at sea. The discovery shows they regularly live off the coast of Mexico, not just far-off oceans.

**Silent scores:** In Germany, two short organ works believed to be early pieces by Johann Sebastian Bach have finally been performed after about 320 years in storage. The music surfaced in an archive as handwritten pages without names or dates, leaving their origin uncertain for years. Close study of the writing style later linked them to Bach's early training period. Once experts felt confident, the pieces were prepared for performance at a church closely tied to Bach's working life. Hearing them added fresh detail to a composer thought to be fully documented. The moment showed that archives can still hold surprises. For listeners, it offered new sounds from a familiar name.

# Quoteable Quotes

"If you tell the truth, you don't have to remember anything."
*~ Mark Twain*

"Almost everything will work again if you unplug it for a few minutes… including you." *~ Anne Lamott*

# 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.**

☛ Sylvan Lake Municipal Library hosts a **Halloween Costume Exchange** Saturday, October 3 from 10 a.m. to 5 p.m. Donate your old, good-condition Halloween costumes to the Library in advance, then return for a costume swap. Donations can be dropped off through October 2.Free, no registration required. Visit library website for full details.

☛ **Sylvan Lake Neighborhood Welcome** connects new qualified shoppers to local businesses, saving money on everything from groceries, auto needs, to leisure activities. Please feel free to email Colin at nwsylvanlake@gmail.com for more information.

# Trivia

1. Which singer is known as "The Boss"?
2. What is the smallest state in the United States by area?
3. The human nose can detect more than one trillion different scents – T/F?
4. The Titanic began its maiden voyage from this English port in 1912.
5. This video-sharing website was acquired by Google in 2006.

*(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)**

*You may be feeling pulled in different directions now. Instead of immediately acting, consider what is churning below the surface for you. An old wound may emerge to be addressed. Lucky numbers: 6, 8, 27, 30, 31, 38.*

**TAURUS**
**(April 20 – May 20)**

*At the beginning of the week, your energy level will likely be very high. Give some thought as to how you want to direct it for the few days this potential is in effect. Lucky numbers: 12, 30, 38, 41, 43, 48.*

**GEMINI**
**(May 21 – June 20)**

*You may find things are shifting in sudden and unexpected ways this week. Finding solid ground again may require that you adjust your viewpoint to match this new dynamic. Lucky numbers: 10, 11, 16, 26, 38, 41.*

**CANCER**
**(June 21 – July 22)**

*At week's end, you may feel like hiding in your shell, imitating the crab image that symbolizes your sign. Quiet retreat and self-care are never a bad choice. Lucky numbers: 1, 6, 24, 28, 36, 44.*

**LEO**
**(July 23 – Aug. 22)**

*Leos usually prefer charm to confrontation. At week's end, however, you may be spoiling for a fight. Take a deep breath and consider whether the issue is really worth it. Lucky numbers: 3, 11, 17, 23, 31, 42.*

**VIRGO**
**(Aug. 23 – Sept. 22)**

*Virgos are admired for their analytical skill and attention to detail. Perhaps you have been fully satisfied with this before but the next few weeks may leave you craving more. Lucky numbers: 2, 9, 21, 31, 34, 41.*

**LIBRA**
**(Sept. 23 – Oct. 22)**

*At week's end, look for a subtle opportunity to deepen your romantic relationship. It may feel a bit uncomfortable at first but may be worth it if you can stay flexible. Lucky numbers: 9, 16, 17, 20, 31, 39.*

**SCORPIO**
**(Oct. 23 – Nov. 21)**

*There may be a lot of intensity in your romantic relationship this week. If you sense it could be close to a breaking point, focus on finding a gentler balance point. Lucky numbers: 4, 5, 6, 24, 26, 40.*

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

*You may experience the classic head versus heart dilemma at mid-week. If you can't find a way to break the stalemate, wait until this dynamic fades in a few days. Lucky numbers: 5, 6, 21, 31, 41, 45.*

**CAPRICORN**
**(Dec. 22 – Jan. 19)**

*You may find your ambition flagging at week's end. While you may resist, taking care of what you need is important. You don't have to always be the strong one. Lucky numbers: 18, 23, 25, 33, 41, 48.*

**AQUARIUS**
**(Jan. 20 – Feb. 18)**

*You may feel an urgency now to initiate and communicate about a project on behalf of the larger community. Be sure you are confident about the details or wait to act. Lucky numbers: 8, 14, 17, 18, 41, 47.*

**PISCES**
**(Feb. 19 – March 20)**

*Pisces can have a dreamy, other world quality that makes it difficult to manifest goals. What have you let slip away in the past and what would do differently? Lucky numbers: 11, 13, 19, 23, 36, 47.*

Lucky numbers this week: This week's odds favour Taurus winners, with the luckiest number being 30.

## Did You Know...

**Lucy legacy:** St. Lucia stands alone as the only sovereign nation named for an actual woman, St. Lucy of Syracuse. Its earlier Indigenous title was later replaced as European sailors followed the custom of giving islands the names of saints.

**Border pull:** About 90 per cent of Canadians live within roughly 160 kilometres (100 mi.) of the U.S. border. This broad stretch offers gentler weather and easier connections, which is why most of the country's largest cities grew there rather than farther north.

**Shifting stone:** In India, the Taj Mahal's marble can look different as the light changes, giving the building soft tints from morning to evening. Its reflective Makrana stone is the reason for this shift, creating a subtle colour change throughout the day.

**Granite glow:** Grand Central Terminal in New York City (U.S.) gives off a tiny bit of radiation from the granite used in its construction. The stone holds small amounts of uranium, yet the levels remain low enough that visitors and staff stay within normal yearly exposure.

**Ancient champion:** Egypt's Great Pyramid of Giza kept the title of tallest human-made structure for over 3,800 years. Its height stayed unmatched until a cathedral in Europe eventually rose past it, ending its long architectural streak.

## On the Lighter Side

What kind of shoes do ninjas wear? Sneakers.

Knock! Knock! *Who's there?* Leslie. *Leslie who?* Leslie town and take the train.

A nickel and a penny jumped off a moving train together. But not the quarter. It had more cents.

Harry: What would you get if you crossed a baseball player with a Boy Scout?
Larry: I don't know, but I bet he could pitch a tent!

## Answers

**Trivia answers:** 1. Bruce Springsteen 2. Rhode Island 3. True 4. Southampton 5. YouTube


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