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coffeeneWSCalgary.ca
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2. Nov. 18 - Teams selected 3. Weekly Practice (TBD)
4. Winter Showcase Tournament Feb 10.11.12
5. Game Ready Tournament March
6. Summer 7v7 weekend league play - June & July

FULL DETAILS AT
athleticedgecalgary.ca



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 honorary 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 26 to 26 - Harambee Grandmas 7th annual fabric and yarn sale THE HARAMBEE GRANDMAS welcome you to their 7th Annual Fabric and Yarn Sale at McKillop United Church, 2329 - 15 Ave. S. Lethbridge. Yarn sale - Friday, October 25 from 4:00 pm - 7:00 pm. Fabric sale -Saturday, October 26 from 10:00 am - 4:00 pm.
Woodcreek Community Craft Sale November 2 - 9:00am - 3:00pm. 1991- Woodview Drive SW. Large variety of handmade items. Bargains that are suitable for gifts and personal use. For more info contact 403-238-1611

NON profit organizations may submit events for FREE at www.coffee-news.ca/whats-happening

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Don't forget to include your full name, complete mailing address with postal code, phone number, email and date of birth. Also make sure you include the name of the ad in which you found the Coffee Guy!

4 winners (\$50 each) will be drawn on the 15th of each month from all correct entries

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)
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5 Ingredient Pumpkin Soup


Ingredients

- 2 lbs - pumpkin, peeled and cubed
- 4 cups- chicken broth, divided
- 1 tsp. - sugar, or more to taste
- pinch - salt and freshly ground black pepper to taste
- Greek yogurt (5.3
- 1 tub - ounce)

RECIPE PREPARATION

1. Combine pumpkin and 1/3 of the chicken broth in a deep pan over medium-low heat. Simmer, covered, until pumpkin is soft, about 15 min.
2. Remove from heat and puree with an immersion blender. Add remaining chicken broth, sugar, salt, and pepper. Cook until flavors combine, about 5 minutes.
3. Ladle into bowls and serve with a dollop of Greek yogurt.

allrecipes.com



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Your Weekly Horoscope

ARIES

(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 impulsively
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 opportunity
to change this dynamic. Lucky
numbers: 2, 7, 12, 19, 24, 46.

LIBRA

(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

(Oct. 23 - Nov. 21)



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 opportunities
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
5. Bridge

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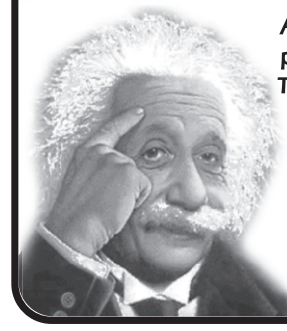


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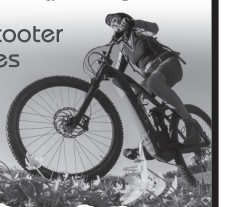


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