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Season Schedule (subject to change) 1. Nov. 11 – Tryouts
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

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High River Edition

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Everybody's Talking

Short snoozes: Underneath the chins of chinstrap penguins is a thin black band that gives them their distinctive name. Protecting their nests from predators like brown skua birds is vital, but challenging, for the penguins. To combat the threat, they've adopted a unique sleep strategy. These penguins take thousands of "microsleeps" every day, but each only lasts for about four seconds. By monitoring the penguins' brain activity, researchers have been able to confirm this behaviour. Remarkably, the birds can keep up this sort of sleep schedule for weeks on end. While scientists aren't certain if these brief naps provide any deep rest, the naps do enable the penguins to safeguard their offspring.

Heartfelt gesture: At Providence College in Rhode Island (U.S.), students forged a bond with their dorm's overnight security guard, whom they affectionately know as "Unc." The students recognized his kindness and knew he was longing to see his family in Nigeria after over a decade away from home. So they rallied to fund a trip for him. Their GoFundMe campaign garnered support from thousands within only a day. When they presented the overwhelming \$3,000 (USD) amount to James Mogaji, he shed tears of gratitude. The emotional moment spread through an online video, showcasing the impact of communal kindness. The security guard knelt in prayer, demonstrating the impact of the students' compassion.

School surprise: In a quaint town in Minnesota (U.S.), Catie Zwier is a beloved kindergarten teacher who envisioned her students playing a role in her wedding. As it happened, her wedding day coincided with Catholic Schools Week, a week of themed dress-up days, so she and her fiancé devised a plan. The teacher seized the opportunity to plan a "Fancy Surprise Day" at the school, unbeknownst to the children. That day, amid the eager faces of her students, the couple exchanged vows in the presence of their school family. Initially, the children were shocked, but soon they erupted into excited applause. From flower girls to readers, the students were integral to the ceremony.

Lucky cats: The 19 feral cats that roam the National Palace, which is the presidential home in Mexico City, have been a fixture for years. They even wander into rooms where meetings or television interviews are taking place. The palace is built on the same ground as the former palace of the Indigenous Emperor Moctezuma, whose ancient empire honoured dogs, not cats. The Mexican president recently declared the cats as "living fixed assets," the first animals to receive such an honour. This means that they will receive food and care for life. They are now considered a symbol of the National Palace.

Quoteable Quotes

"Nurture your mind with great thoughts, for you will never go any higher than you think."
—Benjamin Disraeli

"I don't measure a man's success by how high he climbs but how high he bounces when he hits bottom."
—George S. Patton

What's Happening

Calgary International Pin Club 34th Annual Festival of Pins Calgary International Pin Club 34th Annual Festival of Pins

Centennial Legion 9202 Horton Road S.W. August 24th 25th 2024
9am - 5pm Saturday. 9am - 4pm Sunday. Free Admission

Kidney March 3 Days 100 KM Kananaskis to Calgary Sept 6-8 2024

Walk the farthest you have ever walked and raise the most you have ever raised in the fight against kidney disease and for organ donation. Join us for Kidney March www.kidney.ca

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Submit your birth date and we'll send you a birthday card ... or send your your entry by mail to
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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!

Trivia

1. Pruritus is the scientific name for ache, itch, or nosebleed?
2. Who wrote the Miss Marple mysteries?
3. Where is the Flores Sea?
4. Which wedding anniversary is "Golden"?
5. The Amstel River flows through this European capital.

(Flip bottom of page for answers)

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(Over)

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Ingredients

- 4 - (4 ounce) fillets salmon
- 3 tbsp. - prepared Dijon-style mustard
- salt and pepper to taste
- 1/4 cup - Italian-style dry bread crumbs
- 1/4 cup - butter, melted

RECIPE PREPARATION

1. Preheat oven to 400 degrees F (200 degrees C)
2. Line a shallow baking pan with aluminum foil.
3. Place salmon skin-side down on foil. Spread a thin layer of mustard on the top of each fillet, and season with salt and pepper.
4. Top with bread crumbs, then drizzle with melted butter.
5. Bake in a preheated oven for 15 minutes, or until salmon flakes easily with a fork

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Your Weekly Horoscope

ARIES
(March 20 – April 19)

Over the next few weeks, you may have a stalemate in your relationship. This dynamic could recede soon, but consider addressing the issue to strengthen the relationship. Lucky numbers: 15, 20, 31, 36, 39, 42.

TAURUS
(April 20 – May 20)

This weekend's flux of energy may encourage you to have an at-home retreat. Be conscious of temptation to indulge in emotionally satisfying but unhealthy comfort food. Lucky numbers: 13, 17, 22, 27, 35, 39.

GEMINI
(May 21 – June 20)

Geminis can crave rapid change in their environment. For the next few months, perhaps rethink where this dynamic is positive in your life and where it creates issues. Lucky numbers: 11, 13, 29, 38, 47, 48.

CANCER
(June 21 – July 22)

At midweek, you may be stressed from the demands on you. Take time for self-care, even if that means things as simple as a bubble bath or good book and cup of tea. Lucky numbers: 14, 16, 27, 33, 37, 44.

LEO
(July 23 – Aug. 22)

You may be tempted to say out loud whatever you are feeling at midweek. Writing it down may be helpful, and reviewing these thoughts to better understand them. Lucky numbers: 10, 11, 18, 24, 46, 47.

VIRGO
(Aug. 23 – Sept. 22)

Your natural ability to focus on the details of a situation is enhanced at week's end. Might there be a stubborn issue that you can use this skill to help resolve? Lucky numbers: 1, 11, 15, 33, 39, 45.

LIBRA
(Sept. 23 – Oct. 22)

Others may be very attracted to you over the next several weeks. If you are seeking a new partner, this could be a good time to shine, out in the world. Lucky numbers: 9, 12, 16, 17, 25, 40.

SCORPIO
(Oct. 23 – Nov. 21)

When Scorpios operate from their highest vibration, they can be a catalyst for others to grow. For the next few months, you may want to reconsider your role in this regard. Lucky numbers: 4, 6, 10, 18, 27, 33.

SAGITTARIUS
(Nov. 22 – Dec. 21)

An unusual or unexpected event may happen at week's end. If so, consider that this may be a wake-up call to make an adjustment in some aspect of your life. Lucky numbers: 12, 18, 21, 29, 32, 38.

CAPRICORN
(Dec. 22 – Jan. 19)

Pluto's transit through Capricorn, since 2008, will end in a few months. What transformation has it wrought for you? What loose ends might need to be tied up to complete it? Lucky numbers: 5, 8, 9, 11, 19, 42.

AQUARIUS
(Jan. 20 – Feb. 18)

At midweek, you may briefly see a utopia through rose-coloured glasses. Enjoy this vision of the ideal for the few days that it is in effect but recognize that it won't last. Lucky numbers: 16, 21, 27, 31, 35, 42.

PISCES
(Feb. 19 – March 20)

A reality check may be necessary at midweek. Be careful of abusing substances, idealizing your interactions with others, or indulging in unhealthy illusions. Lucky numbers: 2, 4, 11, 14, 30, 43.

Lucky numbers this week: This week's odds favour Virgo winners with the luckiest number being 33.

Did You Know...

Loud heartbeat: If you find yourself near a blue whale, try to listen for its heartbeat. The sound can be heard from over two miles (3.2 km) away. Perhaps that's because its very large heart is about the size of a golf cart.

Lots of tea: Anyone who thinks coffee is the most popular drink in the world would be wrong. More tea is consumed in the world than coffee, soft drinks, and alcohol. However, it doesn't beat water, which remains the most common drink.

Sink or float: Limes may be smaller than lemons, but lime slices will sink to the bottom of a glass of water. That's because limes are slightly more dense than lemons, just enough to cause them to sink in liquid.

Sleeping cats: People who love sleeping might wish they were cats. Adult cats need about 15 hours of sleep per day to recover from activities like hunting and exploring. And kittens need as much as 20 hours per day.

Fast grower: A bamboo plant is one of the fastest-growing species among plants. In ideal conditions, it can grow up to nearly 40 inches (101 cm) per day. It reaches its mature size at about 3 to 4 months old.

On the Lighter Side

I for one like Roman numerals.

Kindergarten teacher: "Can you tie your shoes well?"
 Bobby: "Knot always."

Cinderella was terrible at soccer. She kept running away from the ball.

Knock! Knock! *Who's there?* Gnat. Gnat *who?* Gnats not funny. Open up!

What happens when a frog's car breaks down? He gets toad away.

Answers

Trivia answers: 1. Itoh 2. Agatha Christie 3. Indonesia 4. 50th 5. Amsterdam

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