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rivervalleycoffeenews@gmail.com

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Everybody's Talking!

Elderly runner: Most octogenarians have reached an age when they slow down a little. Not so for Barbara Humbert, an 80-something-year-old great-grandmother who ran 125 kilometers (78 mi.) in 24 hours. The elderly woman from Val d'Oise, France, competed in the French Championships in Brive-la-Gaillarde, and she broke the record for her age group. Humbert is not new to running. She started when she was in her 40s and has run many races over years, including 54 marathons. She usually runs 45 kilometers (28 mi.) per week Although she has had a few minor injuries over the years, she managed to maintain her training, which gives her much more flexibility than many women of her age.

Lonely tree: A tree in Thailand has been dubbed the country's "loneliest tree." It grows on a tiny rocky islet called Koh Khai Hua Roh, which is just large enough to hold the tree and four or five people. Tourists can view it off the east coast of the country in Trat Province. A taban tree (Xylocarpus ramphii), this unique specimen can survive in the salt water that surrounds it on all sides. Social media has popularized the site, and many tourists visit to sit in the tree's branches and take photos. All of this traffic has caused damage, so the local administration is taking steps to curb visitors.

Name change: A promotion by a sushi restaurant chain in Taiwan convinced some people to legally change their names to include the word "Salmon." If people were willing to make the change, they were given great deals at the restaurant, such as free, all-you-can-eat sushi dinners for five diners. Many of the takers changed their names back to their original monikers, but government officials were not impressed. They said the promotion wasted employees' time and resources. Taiwan allows people to make up to three legal name changes, so the sushi-lovers will need to keep a count of their changes so they don't get stuck with a fishy name.

Contemporary art: "Stained Glass Geek" is the nickname that a Dutch artist has given himself. Arjan Boeve boasts an art degree and dabbled in many forms of artistic expression before landing on stained glass as his main medium. But there is a difference between his work and the traditional type of stained glass pieces that beautify churches and homes. His slant is as modern as it gets because he uses pop art as his muse. For example, video game and cartoon characters find their way into his work, and he has done a series on eggs breaking out of their shells. Boeve hopes his work will inspire other glass artists to create contemporary pieces.

Quoteable Quotes

"Who you are surrounded by often determines who you become." -Vicky Saunders

"For small creatures such as we, the vastness is bearable only through love." —Carl Sagan

What's Happening

July 15th Ralph D Graf Mulberry Library-D&D Pathfinder 11AM July 15th Annual Dumpster Event Keep Van Buren Beautiful-2804 So 28th Van Buren 8AM to Noon July 15th Chester Farmers Market 8AM to 11AM

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Welcome to Coffee News®!

Coffee News[®] is a fun, family friendly, weekly publication provided FREE to restaurants, coffee shops, and waiting areas for customers to enjoy. Each week you can find interesting and unusual stories, trivia, jokes, horoscopes, as well as local happenings around town. Look for us at your fine restaurants everywhere!

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If you are interested in expanding your business, please call me to discuss how "Coffee News[®] can be the Caffeine for your Advertising Blues. Shawna Crofford

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Publisher



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1:30PM

1:30PM July 19th CCLS-Cedarville-Yoga 9AM and Kids SRP-Gardening 1PM July 19th CCLS-Cedarville-Arkansas Air and Military Museum 1PM and Book Club 2PM July 20th CCLS-Conversible-Arkansas Air and Military Museum 1PM and Book Club 2PM July 20th CCLS-Van Buren-Card Class 11:30AM; TNT 3:30PM & American Sign Language 6PM July 21st CCLS-Van Buren-Bingo for Books 10:30AM Scrapbooking at Noon July 21st CCLS- Mountainburg-The Kinders Song Experience with Brian and Terri 1:30 to 3PM July 22nd CCLS-Mountainburg-The Kinders Song Experience with Brian and Terri 1:30 to 3PM July 22nd CCLS-Mountainburg-Teen Game Day 10AM Upcoming-July 29th Mountainburg- Teen Game Day 10AM

We want to know what's happening with you! If you have information about an upcoming event or activity for your club, school, church or non-profit organization, please call us at 713-259-1352 or e-mail us at coffeenewsofrivervalley@proton.me: (Please allow 3-4 weeks prior to the event.)



- 1. A frog is a vertebrate—T/F?
- 2. South Sandwich Trench is in the Atlantic, Pacific, or Indian Ocean?
- 3. Is Ami du Chambertin a type of cheese or wine?
- 4. The village of Muff is in Norway, Germany, or Ireland?
- 5. Is flint corn named for the stone or the city of Flint, Michigan (U.S.)?

(Flip bottom of page for answers)

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Tell our advertisers! After all, they make it possible for your enjoyment.

Your Weekly Horoscopes

LIBRA

SCORPIO

30, 33, 35, 36.

15, 22, 32. CAPRICORN

28, 32, 33, 41, 43.

AOUARIUS

PISCES

SAGITTARIUS

(Nov. 22 - Dec. 20)

(Dec. 21 - Jan. 19)

(Jan. 20 - Feb. 18)

(Sept. 23 - Oct. 22)

(Oct. 23 - Nov. 21)

What makes up your com-

fort zone regarding rela-

tionships, career, or legacy?

Over the next two years,

vou may see and integrate an untapped potential

Your mind may be work-

ing on overdrive but you

might not be getting any-

where, especially with

others. This could last for a couple of weeks, so be

You may find that the

energetic flow is easy for the next two weeks. How-

ever, if you want to accom-

plish something in this

period, you might need to

Are you continuing a

recent process of dealing

with a long-standing issue?

If you are obsessing about

a particular situation, now

may be a good time to

Are you afraid of allowing

yourself to feel so optimistic right now? Perhaps

you might try to figure

out where that feeling

A challenge for Pisces is

harnessing your will power

to manifest things in the

world. The energy right

now encourages you to

take charge of situations

within you that expands who you are. Lucky numbers: 7, 22, 28, 32, 42, 47.

conscious of it. Lucky numbers: 18, 23,

be proactive. Lucky numbers: 3, 6, 12,

break the pattern. Lucky numbers: 10,

comes from, and how to move past it. Lucky numbers: 1, 12, 26, 41, 42, 43.

in your life. Lucky numbers: 13, 19, 26,

(Feb. 19 - March 19)

ARIES (March 20 - April 19)

Each of us has a life purpose, whether large or small. Over the next two years, there may be an opportunity to find

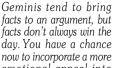
and advance yours. Try not to hold yourself back. Lucky numbers: 6, 8, 10, 11, 14, 33. **TAURUS**

(April 20 - May 20)

Are you in a continued period of obstacles in your path? Unusual events may point you in the right direction. Be careful of distractions that can make

you accident prone. Lucky numbers: 9, 16, 20, 25, 27, 35. GEMINI

(May 21



emotional appeal into your interactions with others. Lucky numbers: 4, 18, 25, 26, 36, 48.

Change can be hard, but is it perhaps necessary in this case? If so, now may be a good time to come up with a plan for what to do next. Lucky numbers: 5, 18, 24, 36, 45, 46.

(July 22 - Aug. 22)

10, 35, 40, 41, 46. VIRGO

(Aug. 23 - Sept. 22)

Each month you have an opportunity to reset your current endeavors. At midweek you may have a few days to do so. How might you want

36 37 39

winners with the luckiest number being 12.

Did You Know..

Mighty museum: Fossils, bones, footprints, and reproductions of many kinds of dinosaurs are on display at the Museo Del Jurásico (Jurassic Museum) of Asturias, Spain. The building is even shaped like a tridactyl footprint.

Tiny snake: The Barbados threadsnake (Tetracheilostoma carlae) is the world's smallest known snake and actually looks more like a worm. They are about as thick as a piece of spaghetti and live in tropical climates in the Caribbean.

Unwanted weed: Check your city's parks and green spaces for a plant called garlic mustard (Alliaria petiolata). Crushing its leaves releases a garlic smell. Young plants are edible, but it is considered an invasive species.

Wrong winner: The 2017 Academy Awards Best Picture was Moonlight. But announcers Faye Dunaway and Warren Beatty were handed the wrong envelope. They told the audience that La La Land had won. The embarrassing error was soon corrected. **Keeping the beat:** A metronome is a device that makes a sound, often a click, to help musicians keep the beat. A musician can set it to a certain number of beats per second, depending on the speed of the music.





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facts to an argument, but facts don't always win the day. You have a chance now to incorporate a more

CANCER

(June 21 – July 21)

LEO

This month the Sun returns to the position where it was when you were born. Look for a new opportunity that could help you manifest something you are passionate about. Lucky numbers: 2,

to use it? Lucky numbers: 15, 25, 30,

Lucky numbers this week: This week's odds favor Aquarius

31, 39, 48.



On the Lighter Side

Knock! Knock! Who's there? Freeze. Freeze who? Freeze a jolly good fellow...

A doctor broke his leg auditioning for a play. Luckily, he still made the cast.

Parent: "Why are you staring at that carton of orange juice?" Kid: "Because it says concentrate."

What did the doorknob say to the door? It's your turn.

Optometrist's office: "If you don't see what you're looking for, you've come to the right place."

Answers

5. Stone Trivia answers: 1. True 2. Atlantic 3. Cheese 4. Ireland For available franchise opportunities - visit www.coffeenewsfranchise.com

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