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Lionhearts Fitness and the Lionhearts Youth OCR Training and Conditioning Program is now a Non-Profit Youth program, serving our varied community of athletes. Lionhearts Fitness branched off the concept of being an OCR team, into a complete fitness program using the no "cut" "audition" "elite" mentality with the "All for one, and one for all" mentality.

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Everybody's Talking!

Loyal pet: A little white dog named Boncuk was so loyal that she waited at a hospital all day, every day, for a week, for her owner to recover. Cemal Senturk was admitted to a health facility in Trabzon, a Turkish city on the Black Sea. A security guard confirmed that Boncuk had chased the ambulance carrying Senturk, and that the dog had waited at the door from morning until the sun set. Senturk's daughter tried to take the loyal pet home, but the dog would escape and run back to the hospital's door, poking her head inside. When Boncuk's owner finally was released after a week, the dog and her human had a happy reunion!

Haunting notes: A centuries-old singing method in Scandinavia called *kulning* involves high-pitched vocalization in minor tones, and is used to call grazing cows to come home. Kulning does not have lyrics and can sound quite haunting and melodic. But don't stand beside someone who is kulning because it is quite loud. The volume is good for the cows, who can hear it from afar. This practice is similar to whistling for a dog – the cows are loyal to the humans who feed them, so they come running when they hear the melancholy notes echoing across the pastures.

Everything chocolate: Chocolate lovers everywhere will have a hard time avoiding a certain attraction in Barcelona, Spain. *Museu de la Xocolata* (Chocolate Museum) is full of amazing sculptures made out of the sweet stuff, from a chariot driver with his horses, to cartoon figures, to a giant white chocolate ape. The museum strives to teach visitors about the history of chocolate in the country, along with how it is produced and the devices used to make it. There is even an area where people can see chocolate being made, as well as a shop that sells yummy chocolate treats.

Urban Eden: A woman named Wendy Whiteley managed to transform a junky, old, abandoned rail yard into a beautiful botanical wonder. Called Wendy's Secret Garden, her creation looks over Sydney Harbour in Sydney, Australia. For over 25 years, Whiteley has worked on the garden, which started as a way to grieve for her late husband and then her daughter. What was once a weedy, garbage-filled patch of unused land is now a lush patch of shrubs, herbs, paths, secret nooks and crannies, and hidden benches. Today, a couple of employees and some local volunteer gardeners help Whiteley with her work.

Quoteable Quotes

"The only reward of virtue is virtue; the only way to have a friend is to be one." —Ralph Waldo Emerson

"And the fruits will outdo what the flowers have promised." —François de Malherbe

What's Happening

- Lookout Valley Market Days,** 3217 Cummings Hwy, Saturday May 29 and every other weekend, 9am – 5pm
 - NoonTunes:** Recurring weekly on Thursdays until Dec. 2nd At Miller Plaza, 850 Market St.
 - Grounded Kids Ministry** @ Middle Cross Baptist Church every Wednesday 6 – 7:30. Call 423-877-5742 for more info.
 - Comedy Open Mic** @ Barley Chattanooga: 231 E. MLK Blvd. Occurring weekly on Wednesdays at 8:30pm
 - Open Mic Night:** Recurring weekly at The Well @ St. Mark's, 701 Mississippi Ave
 - Fridays: NIGHTFALL** – Free concert every Friday at Miller Park
- View Coffee News online now at noogacoffeenews.com
- Send us your community and non-profit events at least 14 days prior to the event. Email information to noogacoffeenews@gmail.com

Trivia

1. What does an hourglass measure?
2. Prince Edward Island is a province of what Western Hemisphere country?
3. What are Egyptian hieroglyphics?
4. Approximately how many chemicals can be found in tobacco smoke?
5. Which singer popularized the dance known as "The Twist"?

(Flip bottom of page for answers)

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Your Weekly Horoscopes

ARIES
(March 21 - April 20)



You may feel inspired by past experiences. Settling things down and taking charge might seem easy, but you could need to be more flexible in order to help others. Lucky Numbers: 23, 25, 28, 33, 35, 38.

TAURUS
(April 21 - May 21)



You may begin to develop deep feelings for someone who needs your guidance. A joyous occasion might have a big influence on your schedule. Try to give yourself more time to plan. Lucky Numbers: 4, 7, 25, 34, 45, 47.

GEMINI
(May 22 - June 21)



A strong love relationship may help you understand yourself better and be happily cooperative in family matters. Barriers to harmony might be removed through compromise. Lucky Numbers: 12, 15, 24, 37, 38, 40.

CANCER
(June 22 - July 22)



You may feel some extra stress at home, as old family secrets may be revealed. Use your sense of humor, rather than any negative tactics, to try to minimize any damage. Lucky Numbers: 5, 16, 21, 37, 44, 48.

LEO
(July 23 - Aug. 23)



You may find new ways that personal ambitions could be successful. You might be able to establish more effective alliances with those who can help your career. Lucky Numbers: 7, 8, 18, 34, 40, 43.

VIRGO
(Aug. 24 - Sept. 23)



To keep your balance, you may have to be stern and loving at the same time. You might discover how to set limits without tearing down your relationship with others. Lucky Numbers: 3, 7, 9, 13, 14, 18.

LIBRA
(Sept. 24 - Oct. 23)



You may not be able to continue to work at your hectic pace. You might enjoy new ways to keep track of details, but recent changes could be a real challenge. Lucky Numbers: 7, 9, 11, 20, 25, 44.

SCORPIO
(Oct. 24 - Nov. 22)



This may be a very good time to make a presentation, go for an interview, or meet with the public in some way. The response you receive could be very positive. Lucky Numbers: 2, 4, 13, 38, 42, 46.

SAGITTARIUS
(Nov. 23 - Dec. 21)



You may gain a unique insight into finding ways to deal with obstacles. Problems you identify could help you move forward with a better perspective. Lucky Numbers: 7, 11, 12, 18, 23, 41.

CAPRICORN
(Dec. 22 - Jan. 20)



You may be attracted to a new love interest, and this might offer a comfortable change from your routine. Your relationships could solidify and strengthen you on a spiritual level. Lucky Numbers: 8, 12, 15, 36, 38, 47.

AQUARIUS
(Jan. 21 - Feb. 19)



Being patient and understanding with others may help you unravel a mystery. You might want to be very discreet and only tell information that you are sure is appropriate. Lucky Numbers: 3, 4, 21, 36, 43, 48.

PISCES
(Feb. 20 - March 20)



A new friendship may be quite enjoyable, and it could really boost your confidence level. Some adjustments in your domestic situation might be necessary. Lucky Numbers: 9, 12, 29, 32, 35, 40.

Lucky numbers this week: This week's odds favor Gemini winners with the luckiest number being 12.

Did You Know...

Movie madness: Born in Leytonstone, in East London, England, film director Sir Alfred Hitchcock (1899-1980) was the son of a greengrocer. His interest in films began around 1915. He eventually made such famous movies as *North by Northwest* (1959), *Psycho* (1960), and *The Birds* (1963).

Tired feet: Some furnishings are made for people to rest their feet. For example, an ottoman is a large footstool with padding and upholstery that has a space for storage. A hassock is also upholstered but has no storage space.

Protective armor: The armadillo, a small mammal that lives in North, Central, and South America, has a tough, bony hide that protects it from predators. Looking a bit like armor, the hide is made up of overlapping scales called "scutes."

Long road: The 2,232-kilometer (1,387-mile) Alaska Highway runs from Dawson Creek, British Columbia (Canada), to Delta Junction, Alaska (U.S.). The original highway was built as a supply route for the United States Army during World War II.

Cook it right: The best way to avoid food poisoning from undercooked meat is to use a food thermometer to check the internal temperature. When grilling, for example, chicken breasts should be cooked to 74°C (165° F), while hamburgers should be 71°C (160° F).

On the Lighter Side

Child: "Mom, Arnold broke a window!"
 Parent: "How did he do it?"
 Child: "I threw a rock at him, and he ducked!"

Why can't a nose be 12 inches long? Because it would be a foot.

Yesterday I saw a guy spill all his Scrabble tiles on the road. I asked him, "What's the word on the street?"

Can February March? No, but April May.

What table doesn't have legs? A multiplication table.

Answers

Trivia answers: 1. Intervals of time 2. Canada 3. Ancient system of writing 4. Over 7,000 5. Chubby Checker

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