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Everybody's Talking

Going home: Dogs are loyal creatures, and Maru the bullmastiff is no exception. Born in a kennel in the Siberian city of Novosibirsk, she moved to Krasnoyarsk, 800 kilometres (500 mi.) to the east, when she was purchased by a woman. Unfortunately, the woman had allergies, and she called the kennel's owner, Alla Morozova, who arranged accompaniment for Maru to come back to the kennel by train. But Maru had other ideas. She jumped from the train when it was 200 kilometres (125 mi.) from her owner's home and tried to walk back. Maru was found in an industrial section of Krasnoyarsk, close to the house where she had lived.

Sea of rock: When sailing a catamaran in the open ocean, sailors expect to see nothing but vast stretches of water. So a couple from Australia, Michael Hault and Larissa Brill, were surprised to find themselves in a sea of rock during their trip to Fiji. The rock was pumice, which most likely had floated up to the surface after an underwater volcano erupted. When they discovered it, the expanse of rock was a few inches thick and covered the ocean as far as they could see. Their catamaran slowed down considerably while navigating through this "island" of porous rock.

Slow but scary: A roller coaster in Japan is not very fast moving, but it gives its riders quite a thrill. It's called the SkyCycle, and it is located in the Washuzan Highland amusement park in the city of Okayama. It's different from most roller coasters in that riders sit on a twin, bicycle-like apparatus and must pedal to move along the track, which has no guardrails. The track doesn't have huge drops, but it is 590 feet above the ground, overlooking islands and cityscapes. The ride only takes about three minutes, but seems much longer because it's so scary.

Cow therapy: When you think about cuddling with an animal, usually a dog or a cat comes to mind. Now there is a place where people can go cuddle with a cow. That place is on a farm in the state of New York (U.S.). Called Mountain House Farm, it is owned by Suzanne Vullers and her husband. For an hourly rate, guests can hug and cuddle with one of the farm's two therapy cows, Bonnie and Bella. Vullers, who is from the Netherlands, also provides horses for cuddling, but she was aware of cow cuddling in Europe. She decided to extend the practice to the farm's bovines, which are gentle and peaceful.

Quoteable Quotes

"Backward, turn backward O Time, in your flight, Make me a child again just for tonight!" —Elizabeth Akers Allen
"There is nothing harder than the softness of indifference." —Juan Montalvo

What's Happening

Events listed here are submitted by Event Organizers. Due to COVID 19, please ensure you contact the organizer to see if the event is still going ahead as planned.

July 31 to Aug 3 - Rotary Rib Fest YYC 2020. Family Food Fun Festival The Rotary Rib Fest is a Fun family Festival, at McMann stadium with food from the BBQ trucks, and many other drink and food treats. Live bands and entertainment all weekend. The event is FREE! with donations for charity requested.

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

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Trivia

- The official flag of France has three vertical stripes. What colours are they?
- How many countries comprise Scandinavia?
- Which insect is known for its "waggle dance"?
- Dermatitis and eczema affect what part of the body?
- Which actor had the leading male role in the movie Saturday Night Fever?

(Flip bottom of page for answers)

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Reader of the Month
Rita Marcial from Spruce Grove

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We are looking for people who are experiencing problems due to their gambling to participate in a research study. This study investigates the effects of taking a drug used to treat alcohol dependence to treat disordered gambling. Participants will also be scanned before and after treatment. Participants will be asked to complete a range of assessments. Compensation is provided for completing these assessments.

This study is approved by the University of Calgary's Conjoint Health Research Ethics Board (Study ID: REB15-2025). Participation is confidential. **Treatment is free.**

If you are interested, please contact The Opioid Dependency Program at 403-297-4001 and ask for the **Gambling Study**, or speak with Drs. Lim, Colohan, or Ayas at the Claresholm facility.

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Your Weekly Horoscope

ARIES
(March 21 - April 20)

This may be an advantageous time for your personal relationship. Your mate might play a significant role in providing you opportunities to honestly express yourself. Lucky Numbers: 22, 26, 32, 36, 42, 46.

TAURUS
(April 21 - May 21)

Your mind may be capable of very clear thinking right now. If you have much to learn, this might be a good time to study and pass along information and ideas. Lucky Numbers: 7, 9, 12, 21, 33, 45.

GEMINI
(May 22 - June 21)

Much productive activity may be likely in your home. Do-it-yourself home improvements or tackling some ambitious projects in the house or yard might be on the agenda. Lucky Numbers: 12, 14, 30, 41, 46, 47.

CANCER
(June 22 - July 22)

This may be a happy and cooperative time for family or career matters. You might develop strong feelings of concern for anyone or anything that needs your support or direction. Lucky Numbers: 11, 19, 25, 29, 39, 44.

LEO
(July 23 - Aug. 23)

Your inventive side may have fun exploring new opportunities that might provide some pleasant returns. You may be able to break rules, or at least go outside of your old limits. Lucky Numbers: 2, 3, 9, 12, 13, 19.

VIRGO
(Aug. 24 - Sept. 23)

You may need to keep yourself surrounded by positive people. Your desire for love and affection might be strong and you could take positive action on feelings and creative impulses. Lucky Numbers: 15, 21, 27, 30, 34, 42.

LIBRA
(Sept. 24 - Oct. 23)

You may be able to be assertive in the most charming manner. You might even be able to push with such grace that no one even understands what you are doing. Lucky Numbers: 3, 13, 15, 30, 40, 41.

SCORPIO
(Oct. 24 - Nov. 22)

You may feel that you lack clarity about your future and your purpose. Try to let go of the old ideals and permit some new, more appropriate ones to be formed. Lucky Numbers: 1, 5, 17, 31, 39, 48.

SAGITTARIUS
(Nov. 23 - Dec. 21)

You may be able to visualize your future prospects. You might be inspired by a reflection of your livelihood that motivates you to move in a whole new direction. Lucky Numbers: 2, 5, 15, 22, 27, 40.

CAPRICORN
(Dec. 22 - Jan. 20)

Discovery and inventiveness may be major themes right now. You might be more adept in understanding information that comes from both internal and external sources. Lucky Numbers: 17, 18, 23, 28, 33, 38.

AQUARIUS
(Jan. 21 - Feb. 19)

You may need to try to do something different. You might enjoy activities shared with family members. Try taking a break from your usual busy schedule. Lucky Numbers: 8, 9, 13, 19, 27, 48.

PISCES
(Feb. 20 - March 20)

Spiritual inspiration may enable you to use your imagination to more creatively communicate. Try to write your own story because reality can be very subjective to those who are present. Lucky Numbers: 3, 11, 16, 24, 25, 41.

Lucky numbers this week: This week's odds favour Aquarius winners with the luckiest number being 9.

Did You Know...

Careful eating: People who have celiac disease must eat a gluten-free diet. That's because their digestive systems overreact to gluten, a protein found in some grains, causing such symptoms as pain, nausea, and heartburn.

Surgery needed: Pain on the right side of the abdomen could mean that someone has appendicitis, an inflammation of the appendix. Sometimes the problem can be treated with antibiotics, but often an operation to remove the organ is required.

Long neck: The Qijianglong was a large, long-necked dinosaur that lived millions of years ago, during the Late Jurassic period. Fossils were found by construction workers in 2006 in the Qijiang District of China.

Big winner: Claude Monet, the famous French painter (1840-1926), had financial struggles. However, the tables turned when he won the national French lottery in 1890. After that, he was able to afford to continue painting.

Feelings: Emoticons use keyboard characters (punctuation marks, letters, and numbers) to make images that convey an emotion. An example is :-). An emoji, however, uses a drawing or cartoon to convey a feeling or idea.

On the Lighter Side

What is the biggest lie in the entire universe? "I have read and agree to the Terms & Conditions."

I finally convinced my mother that it was a good idea for her to learn to text. Her first message to me: "Whereisthespacebar?"

My friend and I often laugh about how competitive we are. But I laugh more.

On a customer service voice mail: "We realize you are still holding. Please do not hang up, as this will further delay your call."

What word in the dictionary is always spelling incorrectly? "Incorrectly."

Answers
4. The skin 5. John Travolta
Trivia answers: 1. Blue, white, red 2. Three 3. Honey bee

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Recipe of the month

Buffalo Chicken Stuffed Shells

1 pound ground chicken
1/4 cup butter
1 cup cayenne pepper sauce
1 (16 ounce) container whipped ricotta cheese

cooking spray
1 (16 ounce) package jumbo pasta shells
1 (8 ounce) package shredded Cheddar-Monterey Jack cheese blend
salt and ground black pepper to taste

Prep: 15 m Cook: 25 m Ready in: 3 h 40 m

- Heat a large skillet over medium-high heat. Cook and stir ground chicken in the hot skillet until browned and crumbly, 5 to 7 minutes; drain and discard grease.
- Melt butter in the skillet with the cooked chicken. Stir cayenne pepper sauce into the chicken mixture and remove from heat.
- Squeeze as much moisture from the ricotta cheese using a cheese cloth or paper towels; put drained cheese in a large bowl. Add chicken mixture to the cheese and stir. Refrigerate until completely chilled, 3 to 4 hours.
- Preheat oven to 375 degrees F (190 degrees C). Prepare a 13x9-inch baking dish with cooking spray.
- Bring a large pot of lightly salted water to a boil. Cook pasta shells in the boiling water until cooked through but firm to the bite, about 10 minutes; drain. Rinse with cold water until no longer hot; drain.
- Spoon chicken mixture into cooked pasta shells and arrange into the prepared baking dish. Sprinkle Cheddar-Monterey Jack cheese blend over the stuffed shells; season with salt and pepper.
- Bake in preheated oven until the cheese is slightly melted and the stuffing is hot in the middle, 15 to 20 minutes.

Source: allrecipes.com

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