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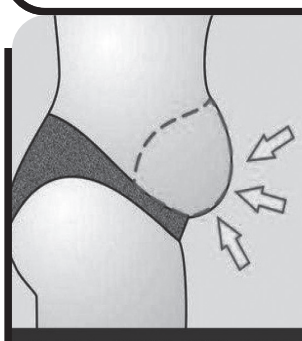
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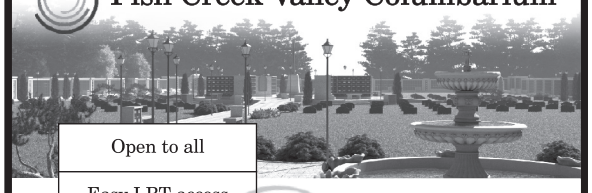
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SERVING ALBERTA'S BUSINESS COMMUNITY SINCE 2005

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

❶ 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.
❷ Melt butter in the skillet with the cooked chicken. Stir cayenne pepper sauce into the chicken mixture and remove from heat.
❸ 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.
❹ Preheat oven to 375 degrees F (190 degrees C). Prepare a 13x9-inch baking dish with cooking spray.
❺ 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.
❻ 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.
❼ 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

Everybody's Talking

Coffee time Move over watercolours. Coffee has become the new medium for an artist in the small town of Ontinyent, Spain. Nuria Salcedo, an architect by training, learned to draw on her own. She loves to draw and do illustrations of famous people, but she didn't think she had much skill. To differentiate herself from other artists, she focused on coffee. She uses diluted coffee of different tones in her work, as well as brown pencils. The result is an interesting sepia look with various shades of brown and tan. She often uses photos as her source material, but is moving towards painting original works of art.

Loyal friends Nurses at a hospital in Rio do Sol, Santa Catarina, Brazil, treated a patient in the emergency department who appeared to be homeless, but certainly wasn't alone. The man, known only as César, had come to the facility to obtain treatment for a medical condition. Nurse Cris Mamprim and her coworkers wondered if he would be okay when he was released a little while later. They needn't have worried. Waiting happily at the door for César were four, tail-wagging dogs, excited to see their master again. The nurses realized that, while César may have been homeless, he was a kind man to have such loyal friends.

Extras Finding chocolates on the pillow is a nice experience when staying at a hotel. Some luxury hotels are known to offer outlandish "extras" which may be part of the room rate or may incur an extra charge. A Fender guitar, for example, is available to Hard Rock Hotel guests around the world who choose the "Sound of Your Stay" program. The Acqualina Resort in Miami, Florida (U.S.), provides a Rolls-Royce Ghost to those renting a certain deluxe suite. And, if you are athletic, you can enjoy a free acrobatic skills program from Cirque du Soleil while staying at Club Med Punta Cana in the Dominican Republic.

Splashy entrance Guests at a wedding in Anglesey, Wales, got a big surprise when the groom arrived at the venue. Wearing his tuxedo, Matt Knight rode a wakeboard behind a boat on the Menai Strait. Accompanying him were his groomsmen—brother Chris and friend Paul—who also wore tuxes. The three did a few tricks for the assembled guests who were waiting outside the hotel where the nuptials would be held. The trio were soaking wet, of course, but all had dry formal wear waiting for them. The bride, Kirsty, loved the show and said the groom made the exciting entrance due to his love of James Bond movies.

Quoteable Quotes

"Literature is my Utopia." —*Helen Keller*
"If everyone minded their own business…the world would go round a deal faster than it does" —*Lewis Carroll*

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

1. A harpoon is a barbed spear or a string on a harp?
2. Which plant is known to devour insects?
3. Alcoholics Anonymous was founded in 1925, 1935, or 1945?
4. Name the firstborn of England's Prince William and Kate Middleton.
5. What is the fruit of the blackthorn bush?

(Flip bottom of page for answers)

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Your Weekly Horoscope

ARIES
(March 21 - April 20)

You might be enormously creative and energetic now. You may come up with a creative solution to achieving both your career and personal goals. Lucky Numbers: 5, 8, 16, 21, 31, 33.

TAURUS
(April 21 - May 21)

Your career may gain momentum. Those in a position to support your goals might be positively inclined towards you. Success is possible to achieve. Lucky Numbers: 9, 13, 18, 19, 22, 24.

GEMINI
(May 22 - June 21)

Try to work energetically to advance your own professional goals. You might enlist support from others for your projects by becoming a leader on key issues. Lucky Numbers: 14, 17, 22, 26, 37, 44.

CANCER
(June 22 - July 22)

Opportunities for enjoyable social interactions may occur. Personal relationships might be harmonious, and financial transactions could go smoothly for you. Lucky Numbers: 6, 16, 26, 32, 36, 46.

LEO
(July 23 - Aug. 23)

You may not want to follow anybody else's lead. Fortunately, you might be able find ways to be yourself and even be a little outlandish without offending others. Lucky Numbers: 8, 10, 16, 18, 32, 34.

VIRGO
(Aug. 24 - Sept. 23)

Your drive for self-expression may be high, and you may pour yourself into competitions or auditions with great energy. You might play hard and play to win. Lucky Numbers: 4, 5, 19, 25, 32, 42.

LIBRA
(Sept. 24 - Oct. 23)

Your artistic efforts may flourish. Giving and receiving appreciation might come into your life. You may also want to be surrounded with beauty and with harmonious people. Lucky Numbers: 12, 16, 24, 25, 28, 32.

SCORPIO
(Oct. 24 - Nov. 22)

A desire to share your good fortune with others may be a theme. You might feel generous and expansive, and be inclined to buy lavish gifts for others. Lucky Numbers: 1, 3, 15, 30, 41, 43.

SAGITTARIUS
(Nov. 23 - Dec. 21)

You may want to be with like-minded people. You might receive a positive response and possibly an opportunity or personal contact which could be quite beneficial. Lucky Numbers: 13, 17, 19, 23, 27, 29.

CAPRICORN
(Dec. 22 - Jan. 20)

Some of your finest creative ideas or works may find a positive outlet. Any imaginative suggestions might be met with great interest and support. Lucky Numbers: 7, 20, 21, 37, 40, 41.

AQUARIUS
(Jan. 21 - Feb. 19)

You may have an abundance of self-confidence and be able to take on new challenges with ease. You could be feeling bolder and less dependent on the approval of others. Lucky Numbers: 2, 11, 14, 24, 26, 39.

PISCES
(Feb. 20 - March 20)

There may be opportunities for meaningful contacts with others, especially those who share a common goal. An opportunity for a leadership role could happen. Lucky Numbers: 8, 14, 27, 32, 37, 43.

Lucky numbers this week: This week's odds favour Aries winners with the luckiest number being 5.

Did You Know...

Earth's layers: Earth's crust is between about five and 100 kilometres (three and 62 miles) thick. The next layer is the mantle, which is approximately 2,900 km (1,800 mi.) deep.

Very venomous: *Deinagkistrodon acutus*, commonly known as the Chinese moccasin, is a venomous snake found in parts of southeast Asia. Its venom has been used for centuries to treat tendon and bone pain.

Peppermint beginnings: The American sitcom *The Brady Bunch* ran for five seasons between 1969 and 1974. A band called The Peppermint Trolley Company originally performed the show's theme song.

Measuring the weather: Anemometers and barometers are both meteorological instruments. The former measures airflow speed while the latter measures atmospheric pressure.

Bone health: Calcium, which can be obtained naturally in such things as dairy products, leafy green veggies, and some fish, is important for bone health in both children and adults. The amount of a person's daily need depends on age.

On the Lighter Side

My cat constantly looks at me like I asked her to give me a ride to the airport.

Q: What type of cloud is so lazy that it never gets up?
A: Fog!

In a recent poll, 78 percent of those polled said they didn't like being polled.

You can break me without touching me, or even seeing me. What am I? A promise.

If you don't like cheese with holes in it, eat around them.

Answers

Trivia answers: 1. Barbed spear 2. Venus fly trap 3. 1935 4. Prince George 5. Sloe berry

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