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Everybody's Talking

Farmyard inspiration A young woman who grew up on a farm in Northern Ireland is enjoying newfound celebrity for her fashion design. To create her clothing, Rachel Irwin uses material that most people would throw out. For example, old mats, holiday wreaths, and bird feathers wind up in her designs. She's even used fertilizer bags and the fluff from a cow's tail, all of which are cleaned and sterilized by her mom. She named one of her designs "Farmyard Fashion." Irwin has won prizes for her work and is looking forward to a career in the fashion industry.

Protective dog A stray dog named Serenity has become a celebrity in the town of Chatham, Ontario, Canada. The pooch was found by a passerby, who stopped to see why she was sitting in a ditch in the cold. Serenity turned out to be protecting five tiny kittens. The passerby called a pet shelter, and the dog and kittens were taken in. Serenity continued to care for the kittens until they were placed in a foster home. Shelter staff intend to place Serenity for adoption, and many families expressed interest after they heard the heart-warming story of Serenity and her parental instincts.

High design A city high in the mountains of Bolivia is getting a facelift. El Alto, close to the administrative city of La Paz, is enjoying attention because of the building designs of architect Freddy Mamani. He calls his style New Andean architecture. His modern buildings, called cholets, are usually several stories high with shops at street level, party and gallery space in the next levels, and living space on the top floor. The designs combine vibrant colours and geometric shapes reminiscent of indigenous textile patterns. For Mamani, the architecture of his buildings is a way of promoting his culture's pre-Columbian roots.

Tree tuggers A group of friends who like to run took part in the Cape Town, South Africa, marathon, but they were doing more than just running. The group ran the race with tree saplings tied to their backs. Their purpose was to raise awareness about the country's problem with invasive species, which are taking over indigenous plants. One of the runners, Siyabulela Sokomani, ran with a wild olive sapling, and he sports tattoos of his favourite trees. He and his fellow runners support the nationwide effort to plant trees and rid the country of the damaging species.

Quoteable Quotes

"Ascend above the restrictions and conventions of the world, but not so high as to lose sight of them." *Richard Garnett*
"Nothing is so inexorable as a promise to your pride." *Beryl Markham*

What's Happening

July 18 to 19-36th Grand North American Old Time FIDDLE CHAMPIONSHIP WATCH on Facebook Live on Saturday July 18 and Sunday July 19 - Start Time: 11:00am MDT each day. More info: Wild Rose Old Tyme Fiddlers website: www.wildrosefiddlers.org. Join in!

July 12 to 19-Free 48-hour Film Challenge! Pre-Register Now! Create an epic 2-minute film using your mobile device in just 48 hours on July 17-18, 2020. This is a free opportunity a free opportunity with the chance to win prizes! Register now: https:esff.ca2020-free-48-hour-mobile-film-challenge

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Trivia

1. The Cliffs of Moher are located in Ireland, Scotland, or Wales?
2. The colourful part of the human eye is the iris—T/F?
3. Is the Tropic of Cancer the most northern or most southern latitude where the sun can be directly overhead at noon?
4. Switzerland is divided into counties or cantons?
5. Actresses Eva and Zsa Zsa were known as what?

(Flip bottom of page for answers)

TEST YOUR MEMORY
After reading Coffee News®, put it aside for a moment. Then challenge yourself or a friend to remember as many ads as you can.
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7-10 – Getting better
11-15 – Excellent
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Recipe of the month

Summer Chicken Parmesan

1 ounce white whole-wheat flour (about 1/4 cup)
1 large egg, lightly beaten
2/3 cup plain whole-wheat breadcrumbs
4 (4-oz.) chicken breast cutlets
5/8 teaspoon kosher salt, divided
1/2 teaspoon freshly ground black pepper
2 tablespoons olive oil, divided
Cooking spray
3 ounces part-skim mozzarella cheese, shredded (about 3/4 cup)
1 1/2 cups chopped zucchini (about 1 medium)
1 1/2 cups cherry tomatoes, halved
2 garlic cloves, thinly sliced
1/4 cup chopped fresh basil

Active Time: 20 min Total Time: 20 min Yield: Serves 4

❶ Preheat broiler with oven rack in middle position. Place flour, egg, and breadcrumbs in separate shallow dishes. Sprinkle chicken with 1/2 teaspoon salt and pepper. Dredge chicken in flour; dip in egg, and dredge in breadcrumbs.
❷ Heat 1 1/2 teaspoons oil in a large skillet over medium-high. Add 2 cutlets; cook 1 minute on each side. Place on a baking sheet coated with cooking spray. Repeat procedure with 1 1/2 teaspoons oil and remaining cutlets.
❸ Top cutlets with cheese; broil 1 1/2 minutes. Heat remaining oil in skillet. Add zucchini; sauté 1 minute. Add remaining 1/8 teaspoon salt, tomatoes, and garlic; sauté 4 minutes. Serve with chicken, and top with basil.

Source: www.cookinglight.com

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Your Weekly Horoscope

ARIES
(March 21 - April 20)

You may need to think outside the box and stop turning your wheels for nothing. Putting a little more thought into your plan might help you find a better solution. Lucky numbers: 13, 15, 33, 44, 46, 49.

TAURUS
(April 21 - May 21)

You may be particularly rebellious against any form of social repression or abusive authority. You also may likely become involved in some form of social activism. Lucky numbers: 4, 8, 12, 16, 24, 32.

GEMINI
(May 22 - June 21)

Positive aspects of your character may shine this week. Allow others to see that, even if you do not always fit the normal mold, you definitely have great style. Lucky numbers: 8, 11, 28, 39, 45, 48.

CANCER
(June 22 - July 22)

Others may not share your vision for the future. As they look for fault, you might appreciate the strong aspects of your plan that may help unite all of you. Lucky numbers: 5, 11, 18, 23, 45, 46.

LEO
(July 23 - Aug. 23)

You may feel the weight of all of your current responsibilities. Once you take the time to solidify your routine, you might have more flexibility with demands on your schedule. Lucky numbers: 1, 5, 18, 25, 36, 48.

VIRGO
(Aug. 24 - Sept. 23)

Take time to relax and regenerate. You may feel a little emotionally rundown, so petty issues may tend to become larger unless you take some positive action. Lucky numbers: 7, 12, 19, 23, 24, 30.

LIBRA
(Sept. 24 - Oct. 23)

Even though times have changed, you still may need to hold onto the best of your past. You might begin to feel better if you start showing your fun-loving self. Lucky numbers: 2, 4, 7, 22, 24, 27.

SCORPIO
(Oct. 24 - Nov. 22)

Your intuitive talents need to mesh strongly with those of your partner or mate. Without strong teamwork, you may find yourself alone and without any real direction. Lucky numbers: 5, 8, 10, 11, 27, 30.

SAGITTARIUS
(Nov. 23 - Dec. 21)

Try not to allow others to discourage you from the potential you have. Take a deep breath and allow yourself to heal from an emotional loss. Lucky numbers: 4, 24, 28, 30, 42, 44.

CAPRICORN
(Dec. 22 - Jan. 20)

You may feel as if you're in a rut. You might benefit greatly if you reach out to others who will share their positive energy. They could help you to see past the immediate. Lucky numbers: 11, 12, 23, 34, 36, 48.

AQUARIUS
(Jan. 21 - Feb. 19)

You may need to appreciate your talents. Helping others has great benefit for your own soul. Making small sacrifices for others might give you much enjoyment. Lucky numbers: 4, 6, 10, 15, 21, 37.

PISCES
(Feb. 20 - March 20)

Your understanding of events could give you some honest answers. History may repeat itself. Your research opportunities might reveal a whole new perspective. Lucky numbers: 9, 22, 26, 29, 35, 38.

Lucky numbers this week: This week's odds favour Taurus winners with the luckiest number being 4.

Did You Know...

Major award: The Order of the Companions of Honour is a British award given to people who have contributed in a major way and over a long period of time to the arts, science, medicine, or government. Recipients include Stephen Hawking and Desmond Tutu.

Allergic reaction: Most people who come into contact with poison ivy will get an itchy rash called "allergic contact dermatitis" because they're allergic to the plant's oil. A small number of people aren't allergic to the oil and don't get a rash.

Sleeping horse: If a horse wants to take a quick nap, it will doze while standing up. If it wants to get a good sleep, it lies down. Horses need about two or three hours of deep sleep per day, usually taken at different intervals.

Famous park: Yellowstone National Park is located in the U.S. states of Wyoming, Montana, and Idaho. In 1872, it became the first national park in the country.

More than orange: Not all pumpkin varieties are orange. The decorative jarrahdale has skin with a blue-green hue, while peanut pumpkins have lumpy, light orange skin and sweet flesh.

On the Lighter Side

There are three apples on a table, and you take away two of them. How many apples do you have now? Two, of course!

Teacher: "Mira went to the library at 5:15 and left at 6:45. How long was Mira at the library?"
Student: "Not long."

I went to buy some camouflage clothing, but I couldn't find it.

How many pessimists does it take to change a lightbulb? Never mind. Nobody would get the joke anyway.

Why did the lollipop cross the road? It was stuck to the chicken.

Answers

Trivia answers: 1. Ireland 2. True 3. Northern 4. Cantons 5. The Gabor sisters

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