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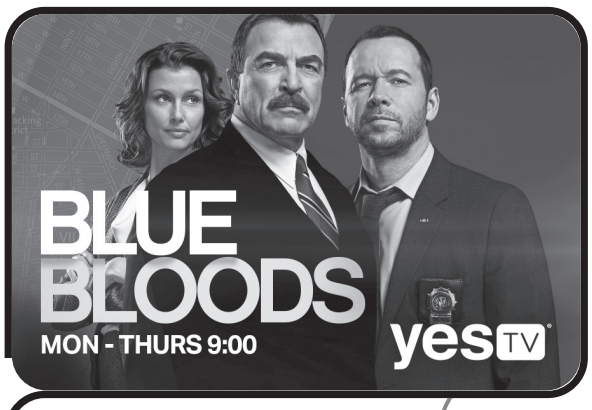

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Everybody's Talking

Uphill ride A grandmother of six from Bolivia isn't afraid of a challenge. Mirtha Munoz is the oldest person to ever participate in her country's Skyrace. This race is entirely uphill and takes place on the "Death Road," so named for its dangerous 60-kilometre (37-mile) route from lowland to mountain peak. Munoz has been biking for many years, so did not think the race was a big deal. However, it's very different from the leisurely rides she and her grandchildren enjoy together.

Cash give-away Some people living in a low-income district of Istanbul, Turkey, recently had something to cheer about. A mysterious man came into the neighbourhood and paid off their debts. The man went into a grocery store wanting to know who owed money to the store. After asking to meet some of these folks, he came back to the store and paid their debts. The unknown man also placed cash in envelopes and put them on the steps of the homes of families in need. When the grocery store owner asked who he was, the man would not say, but suggested they could consider him Robin Hood.

Luxurious water house Anyone wanting to live in a luxurious home, which is also a boat, can fork over $5.5 million (USD) to buy a floating home called the Arkup. It is set up like a real home, complete with living room, lounge, four bedrooms, a kitchen, and lots of windows through which to enjoy ocean views. Available in Miami, Florida (U.S.), it is a perfect vessel for touring coastal waters, although it's not built to travel in rough seas. It has a rainwater purification system and solar energy, as well as hydraulic stilts, should the owner choose to raise it out of the water.

Clean water In a city in Japan, colourful koi fish swim in the drain channels that border the streets. The city of Shimabara is located on Kyushu Island. The water is exceptionally clean in these drain channels because of an earthquake that happened over two centuries ago. The quake caused freshwater springs to gush. In more recent years, city officials decided to stock the channels with the fish, which today are a tourist attraction. Shimabara is known as the City of Swimming Carp. There are only a few other towns in Japan with fish swimming in their drain gutters.

Quoteable Quotes

"Nothing endures but change." *Heraclitus*
"…there is a luxury in being quiet in the heart of chaos." *Virginia Woolf*

What's Happening

Aug 8-Camrose Area Animal Shelter Scavenger Hunt The Camrose Area Animal Shelter is holding a City Wide Scavenger Hunt on August 8! $20 per team to register. Teams of up to 4! Prizes for everyone! Check out our Facebook page or text 780-679-8792 for more information or to register.

May 14 to October 8 -Thursday at the 124 Grand Market The 124 Grand Market is back for its 9th season on 124 St 108 Ave! features essential businesses that include farm-fresh produce, tasty food trucks, beverages, locally crafted beer, wine spirits, and much more.

July 9 to August 29-U of A History and Haunted Walking Tour A historical and haunted walk throughout the UofA campus to hear all the stories of ghosts, hauntings, murders and mysteries. Tour is 1 hour 15 minutes, more info at www.todocanada.ca

August 10 - Family Yoga in the Park Created for families of all sizes, abilities, and budgets as they are by donation, our family yoga in the park's are one hour packed with laughter, joy and of course: FUN! To register, please email us at info@glowyogakids.com

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

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Trivia

1. An entertainer who performs in silence is known as what?
2. If you are disingenuous, are you quiet or insincere?
3. What is the largest island of the Inner Hebrides, off the coast of Scotland?
4. In children's nursery rhymes, who "could eat no fat"?
5. Does honey ever go bad—Y/N?

(Flip bottom of page for answers)

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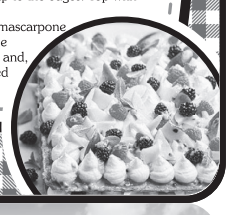
Recipe of the month

Summer Fruit and Marscapone Tart

2 x 320g ready-rolled all-butter puff pastry
100g icing sugar
750g tub marscapone
600ml double cream
2 tsp vanilla extract
200g raspberries, a few halved
200g blackberries, a few halved
1 large mango, peeled and thinly sliced
6 nectarines or peaches, a mixture, sliced
4 passion fruits (look for ones with crinkly skins - they're ripe), halved, seeds and pulp scooped out
handful small mint leaves

Prep: 30 mins. Cook: 30 mins Level: Easy Serves: 15-18

❶ Heat oven to 200C/180C fan/gas 6. Unroll 1 pastry sheet, but leave it on the parchment. Place it on a baking tray, dust with 2 tbsp icing sugar, then cover with another sheet of parchment and another baking tray. Pour baking beans into the tray to weigh it down, or use empty cans. Bake for 30 mins, then check if the pastry is golden all over. If not, return for another 5 mins or so. Repeat with the other pastry sheet (or cook both together if you have enough trays). Once out of the oven, trim the edges with a large, sharp knife. Leave to cool.
❷ Softly whip the mascarpone, cream, vanilla and remaining icing sugar, then transfer half to a disposable piping bag fitted with a 1.5cm round nozzle (or just snip off the corner). Pipe blobs of the mascarpone cream over the surface of one piece of pastry, right up to the edges. Top with half the fruit and dust with a little icing sugar.
❸ Top with the second piece of pastry, more mascarpone cream (refilling the bag when you need to), the remaining fruit, a dusting of icing sugar and, finally, some mint leaves. Use a serrated knife to cut through the layers.



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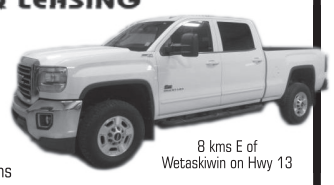

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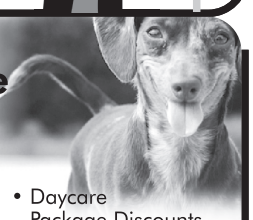

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Your Weekly Horoscope

ARIES
(March 21 - April 20)

The only way to really please yourself is by being true to your heart. Try not to let the expectations of others be part of your goal. This may be a time to revise your plans. Lucky numbers: 14, 24, 28, 29, 32, 44.

TAURUS
(April 21 - May 21)

Put extra energy into thinking about and organizing your professional life. Decisions you make now may very likely work out well, as you are clear and objective. Lucky numbers: 16, 19, 23, 32, 43, 49.

GEMINI
(May 22 - June 21)

Your positive energy may enable you to meet some tight deadlines. You might be astonished by how much work you can accomplish, once you get yourself going. Lucky numbers: 1, 8, 12, 25, 37, 41.

CANCER
(June 22 - July 22)

Communication! Your positive energy may let you reach higher places. Expressing your viewpoint might help you continue to bring others together for a purpose. Lucky numbers: 1, 2, 27, 37, 48, 49.

LEO
(July 23 - Aug. 23)

Friends may try to reveal themselves in the most mysterious ways. You might know them very well and be able to stimulate their imaginations and draw them in. Lucky numbers: 2, 11, 19, 32, 37, 39.

VIRGO
(Aug. 24 - Sept. 23)

There may be many choices for you to try to make. You might need to listen to your own heart and not allow others to interfere with your important decisions. Lucky numbers: 10, 15, 20, 25, 30, 45.

LIBRA
(Sept. 24 - Oct. 23)

You may need to try your best to keep pace with everyone else. You might need to rejuvenate your present physical state and get yourself on a regimen to keep yourself fit. Lucky numbers: 12, 24, 26, 29, 36, 43.

SCORPIO
(Oct. 24 - Nov. 22)

Many new adventures may start in your life. Your loyalties might be tested, and you may make the right decision to prove that your heart is in the right place. Lucky numbers: 6, 16, 21, 28, 33, 44.

SAGITTARIUS
(Nov. 23 - Dec. 21)

You may feel a very spiritual connection with those who think like you do. Engage in the feeling and express your thoughts. This might give you a positive sense of belonging. Lucky numbers: 13, 14, 20, 24, 33, 42.

CAPRICORN
(Dec. 22 - Jan. 20)

Addressing the challenges before you may be better if done sooner, rather than later. You might need to dig deeper in order to surpass the current expectations of others. Lucky numbers: 7, 18, 20, 27, 36, 44.

AQUARIUS
(Jan. 21 - Feb. 19)

You may want to keep your commitments to an absolute minimum. This might be a good time for a little rest, relaxation, and time to recharge your batteries. Lucky numbers: 4, 13, 29, 31, 36, 48.

PISCES
(Feb. 20 - March 20)

Your health issues may influence your attitude. Try to dwell on what you can do, rather than on what you can't. Focus on striving hard to get past old restrictions. Lucky numbers: 1, 4, 7, 32, 37, 41.

Lucky numbers this week: This week's odds favour Gemini winners with the luckiest number being 8.

Did You Know...

Big cities: India is the largest of the South Asian countries. It is also the most populous, with numerous big cities, such as Delhi, Mumbai, and Bengaluru.

Play ball: The United States has a number of large football stadiums. These include the Los Angeles Memorial Coliseum in Los Angeles, California; MetLife Stadium in East Rutherford, New Jersey; and FedExField Stadium in Landover, Maryland.

Big box: People from the Philippines who live abroad send *balikbayan* boxes home to their families. These boxes, which are inexpensively shipped by ocean cargo, are filled with such things as toys, clothing, books, and food.

The far north: The Earth's most northern region is the Arctic, the border of which is the Arctic Circle (66°30' N). It includes Greenland, Baffin Island, and the far northern parts of Canada, Europe, and Alaska (U.S.).

Smelly fruit: Like blue cheese, durian fruit is smelly. This large, oval fruit has a shell that is covered with spikes, but the fruit inside is rich in vitamins and minerals. However, many people can't get past its disagreeable odor.

On the Lighter Side

An economist is an expert who will know tomorrow why the things he predicted yesterday did not happen today.

Patient: "I keep seeing spots in front of my eyes."
Nurse: "Have you seen a doctor?"
Patient: "No, just spots."

What type of book has only characters and no story? A telephone book.

He doesn't get lost; he discovers alterative destinations.

What starts with E, ends with E, and has only 1 letter in it? Envelope.

Answers

Trivia answers: 1. A mime 2. Insincere 3. Isle of Skye 4. Jack Sprat 5. No

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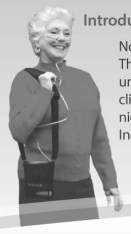

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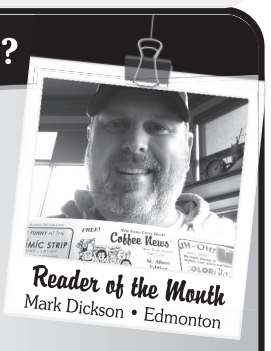

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