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Recipe of the month

S'mores Bars

3 tbsp. butter, plus more for pan
1 package mini marshmallows

7 c. Golden Grahams cereal
3 Hershey's milk chocolate bars, broken into pieces

Prep: 10 m Total Time: 45 m Yield: 20

- Grease a 9"-x-13" pan with butter. In a large pot over medium-low heat, melt 3 tablespoons butter. Add all but 1 cup of mini marshmallows and stir until melted and smooth.
- Turn the heat off and quickly stir in Golden Grahams until evenly coated. Press into pan and top with chocolate pieces and remaining cup mini marshmallows.
- Heat broiler, and cook until marshmallows are toasted, about 2 minutes. Let set at least 30 minutes, then slice and serve.

Source: www.delish.com

Highly Visible

The paper's colour was chosen especially for its soothing and relaxing effect and makes readers reach out for *Coffee News*... week after week!

In addition, your ad is rotated every week to a new position in the paper... This gives a fresh look to your ad and garners more attention with repeated viewings! And, if you wish to change your ad, it's FREE! (Limit one change per month.)

Recipe of the month

Cream Cheese Penguins

18 jumbo black olives, pitted
1 (8 oz.) package cream cheese, softened

18 small black olives
1 carrot

Prep: 30 mins. Total: 35 mins Yield: 18 penguins

- Cut a slit from top to bottom, lengthwise, into the side of each jumbo olive. Carefully insert about 1 teaspoon of cream cheese into each olive. Slice the carrot into eighteen 1/4 inch thick rounds; cut a small notch out of each carrot slice to form feet. Save the cut out piece and press into centre of small olive to form the beak. If necessary cut a small slit into each olive before inserting the beak.
- Set a big olive, large hole side down, onto a carrot slice. Then, set a small olive onto the large olive, adjusting so that the beak, cream cheese chest and notch in the carrot slice line up. Secure with a toothpick.
- Add scarves and hats by using fresh red pepper strips, or canned pimientos cut into different shapes.

Source: www.allrecipes.com

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Everybody's Talking

Alien pods: A farmer in Japan had an overabundance of Chinese cabbages last year, so he decided to leave some in the field to become natural fertilizer. The farmer didn't realize that by spring, his field would resemble a scene from the 1979 sci-fi movie, *Alien*. The cabbages ended up looking like rows and rows of alien eggs ready to hatch. This occurred because the cabbages have an outer layer of water that froze. The resulting gray-brown, oblong "pods" might scare someone who has seen the movie, but they are really just heads of rotten cabbage!

Cuddly, but not cute: The sphynx is a breed of cats with hairless bodies and lots of wrinkles. One of these felines, Xherdan of Rütli, Switzerland, is becoming known due to social media. His owner, Sandra Filippi, realizes that not all people would find Xherdan to be a cute cat; they may even call him ugly! But she doesn't care because she loves her unique pet. Xherdan has long ears and skin with so many folds that it looks like a brain. But his skin is silky to the touch and he's as cuddly as a longhaired kitten. He's also smart and extroverted, which are personality traits of this breed.

Big complainer: Bernie Carroll of Liverpool, England, is in the habit of sending angry letters to his local newspaper, and he's been doing it daily since 1978. The Liverpool Echo is the recipient of all the mail. Carroll started doing this many years ago to rant about the politics of the time, and today he gives his opinions on anything and everything. For example, he writes about the thoughtless behaviour of dog owners who don't pick up after their pets and about people who make too much noise setting off fireworks. For Carroll, writing letters is cathartic because it lets him express his irritation in a creative way.

Garden mania: A unique gardening competition in Japan is known as the Kei Truck Garden Contest. In it, competitors use the bed of a Kei Truck (or kei-tora) as the canvas for their creations. These small trucks are well-known in Asia for use in construction and agriculture. Once a year, competitors meet at the designated location with an empty truck. Then, they begin their creative projects and soon the truck beds are filled with soil, greenery, flowers, pebble paths, waterfalls, benches, and even aquariums. The mini-garden creations are ranked by a panel of judges who name a winner.

Quoteable Quotes

"A journey of a thousand miles must begin with a single step."
—Lao-tzu

"Blessed is the man who, having nothing to say, abstains from giving in words evidence of the fact."
—George Eliot

What's Happening

Veterans Association Food Bank - Remembrance Food Drive We will be starting our largest food drive of the year at the end of October and running through to the end of November. Donations can be dropped off at our offices in Calgary and Edmonton. Call us for details 403-FOR367-VETS8387

Christmas Farmers Market. Get out to the Sundre Community Centre on these two weekends to get your Christmas gifts early! Two weekends, Nov 7 and 8 and Dec 5 and 6 from 11AM to 4PM.

Bergen's Farmers Market-Nov 28. Bergen's special Thanksgiving Farmers Market will run from 10AM - 1PM at Bergen Hall on Nov 28th.

GET IN WHAT'S HAPPENING - Submit your event to www.bvcoffeeneews.ca and be seen here by thousands of readers each week.

Please take me home!

Coffee News[®] wants all of our readers to stay safe, so please take this copy with you.

Trivia

- Which creature can rotate its head 270 degrees?
- What tools are used in the sport of crew?
- What is the title for a Japanese emperor?
- Orecchiette, pappardelle, and tagliatelle are types of what?
- In what sport does Simone Biles excel?

(Flip bottom of page for answers)
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Your Weekly Horoscope

ARIES
(March 21 - April 20)

You may need some excitement. You might be able to look at relationships from a totally new perspective. You could attract people whose ideas stimulate and entertain you. Lucky Numbers: 15, 17, 19, 35, 37, 39.

TAURUS
(April 21 - May 21)

You may have confidence to meet your obligations with great optimism. This might help you find solutions to current challenges. Use your good judgment. Lucky Numbers: 2, 8, 14, 24, 34, 44.

GEMINI
(May 22 - June 21)

Your vitality and self-confidence may seem very high. You might achieve your goals with more ease than usual. Physical activities could help you to meet challenges. Lucky Numbers: 5, 9, 15, 19, 25, 29.

CANCER
(June 22 - July 22)

You may find creative, inventive new ways to solve some old problems. You might have very little patience for continuing to do things in the old ways. Lucky Numbers: 7, 11, 29, 31, 37, 41.

LEO
(July 23 - Aug. 23)

High energy, enthusiasm, and an enterprising spirit may be prominent in a creative setting. Adventures might be favoured that would expand your perspective and your stature. Lucky Numbers: 6, 9, 12, 18, 24, 36.

VIRGO
(Aug. 24 - Sept. 23)

You may have a reforming spirit. Patience and willingness to compromise might be your best bet. Try to ignore the personal ambitions of others that would distort your goals. Lucky Numbers: 5, 9, 12, 31, 39, 49.

LIBRA
(Sept. 24 - Oct. 23)

You may be able to establish some fresh, new methods. The best approach might be to maintain your mental discipline. This could allow you to focus and to redirect your energies. Lucky Numbers: 6, 7, 14, 22, 26, 42.

SCORPIO
(Oct. 24 - Nov. 22)

You may be very quick, inventive, and creative. Try not to waste any of your energy. You might be excited and enthused, and could resist opposition to your success. Lucky Numbers: 4, 18, 25, 37, 41, 48.

SAGITTARIUS
(Nov. 23 - Dec. 21)

You may really be able to exert incredible effort right now. Compromising may not be easy, but try to keep some sense of humour about what you are trying to do. Lucky Numbers: 1, 2, 22, 23, 33, 34.

CAPRICORN
(Dec. 22 - Jan. 20)

You may be enthusiastic and able to fit the details into the bigger picture. You might be able to explain complicated concepts and to engage with the minds of others. Lucky Numbers: 2, 4, 22, 24, 42, 44.

AQUARIUS
(Jan. 21 - Feb. 19)

Your originality may be tremendous, but doing things in an orderly way is not easy. Life has surprises. You may succeed better by staying flexible and ready for change. Lucky Numbers: 9, 29, 36, 37, 46, 49.

PISCES
(Feb. 20 - March 20)

Very positive things may happen in your career. You might change professions or receive additional training that could help you to reach your goals. Lucky Numbers: 6, 17, 27, 32, 37, 47.

Lucky numbers this week: This week's odds favour Taurus winners with the luckiest number being 2.

Did You Know...

Light for sailors: Located in the Canadian province of Newfoundland, Cape Spear is the easternmost point in North America. It is home to the Cape Spear Lighthouse, which was built in 1836.

Marriage proposal: American children's entertainer Fred Rogers (better known as Mister Rogers) proposed to Joanne Byrd by letter. When she received the letter, she phoned him to accept his proposal. They were married in 1952. He passed away in 2003.

Furry fisher: A member of the weasel family, fishers are like large martens. They live across Canada and in some bordering states in the United States. Fishers are among the few animals that prey on porcupine.

Big rock: The largest rough diamond of gem quality ever found is known as the Cullinan Diamond. It was found in 1905 and was named after Sir Thomas Cullinan, who founded the South Africa mine where the diamond was discovered.

Orbiting Earth: The International Space Station orbits the earth nearly 16 times per day. Up to 10 astronauts can be aboard conducting research. Space agencies from five principal countries are involved with the Space Station.

On the Lighter Side

Bus driver to passenger: "Don't you want to sit down?"
Passenger: "No, I am in a hurry."

Elephants can't be absentminded. An elephant never forgets, but what does he have to remember?

My brother read that most accidents happen within two miles of home. So he moved.

Bathmats: small, dry rugs that children like to stand next to.

How many assistant managers does it take to change a lightbulb? Three. Two to find out if it needs changing, and one to tell an employee to change it.

Answers

Trivia answers: 1. An owl 2. Cars 3. Milkado 4. Pasta 5. Gymnastics

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