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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

❶ 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.
❷ 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.
❸ Add scarves and hats by using fresh red pepper strips, or canned pimentos cut into different shapes.

Source: www.allrecipes.com

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Everybody's Talking

Pen art: Most people use a ballpoint pen for taking notes. Not Samia Al Homsi Dagher of Tripoli, Lebanon. This talented artist, who is also a software engineer, uses the ubiquitous writing instrument to create beautiful and realistic portraits. The illustrator has had lots of time to hone her skills; she was only five years old when she started drawing. Now, she is well-known for her work and receives commissions from many individuals, including celebrities, as well as average folk. That's because her work is so precise that the portraits could be mistaken for photographs.

Icky desserts? How would you feel if you were presented with a dessert that looks like a kitchen sponge topped with a sudsy soap bubble? Or beans on toast? However, if the dessert is made by British chef Ben Churchill, you'd be wise to overlook the illusion and take a bite. That's because Churchill's creations are sweet treats. For example, the beans are made of marzipan and sit atop a cake drizzled with a sweet orange-red syrup that appears to be ketchup. The kitchen scrubber is really an olive oil sponge cake topped with green mint crumbs, with sweet milk foam as soapsuds. It's a weird but interesting hobby!

Bottle cap art: A Russian grandmother discovered a unique medium with which to make her art: plastic bottle caps. Nina Krinitsina, of the village of Makarye, designs mosaics using caps of different colours. She displays the mosaics on the walls of her house and in her garden, and passersby have noticed. To get the caps, Krinitsina searches for discarded bottles. She will even go on searches at the town's landfill site to find them. The artist's subject matter leans towards Russian folktale and cartoon characters. She is so prolific that families bring their children to view her works, bringing bottle caps as payment.

Blue man: A Canadian man really likes the colour blue. In fact, Donnie Snider of Scarborough, Ontario, likes a certain hue of blue so much that he decided to tattoo his whole body with the colour. Formerly a forklift driver, Snider now makes and sells jewelry, but he's also spent a lot of time tattooing himself. He started by asking his sister to tattoo some blue onto his leg. After that, he decided to become a complete non-conformist. He slowly, but surely, completed different portions of his body, including his hands and face. Needless to say, Snider attracts attention from friends and strangers alike.

Quoteable Quotes

"The growth of true friendship may be a lifelong affair."
—Sarah Orne Jewett
"Endurance is patience concentrated." *—Thomas Carlyle*

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

Seniors Acting Club Classes online The FLC Seniors Acting Club is offering classes online during COVID-19. If acting is on your bucket list check out www.flcseniors.ca and follow the acting club link. You will not need to leave the comforts of your home!

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

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Trivia

1. In what galaxy is our solar system?
2. What is kleptomania?
3. A campfire treat of graham crackers, marshmallows, and chocolate is called what?
4. The symbol for krypton is Kr, Kp, or Kn?
5. On average how many gallons of milk does a cow produce each day?

(Flip bottom of page for answers)

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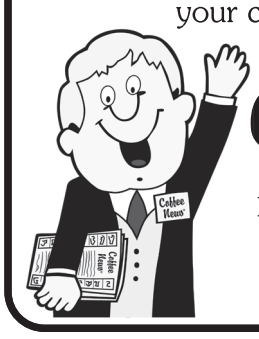

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Pass it on to a friend... or return it to the rack for someone else to enjoy!

Your Weekly Horoscope

ARIES
(March 21 - April 20)

The power within you may be stronger, once you begin trusting yourself enough to use it. You might be able to show your strength in order to overcome major obstacles. Lucky Numbers: 1, 7, 17, 27, 37, 47.

TAURUS
(April 21 - May 21)

You may be seeking love and approval for your new creative project. You might be more than well-equipped to attract others with your magnetic energy. Lucky Numbers: 22, 26, 34, 39, 42, 46.

GEMINI
(May 22 - June 21)

Take the time you need to plan and to more efficiently tackle your projects. Build for the future, but be willing to work hard and have patience while awaiting the results. Lucky Numbers: 10, 13, 18, 40, 43, 48.

CANCER
(June 22 - July 22)

If you want to make an impression, make a strong statement to the world about who you are. Your presence may have an effect upon the people around you. Lucky Numbers: 5, 6, 21, 25, 30, 40.

LEO
(July 23 - Aug. 23)

You might reflect on your deepest desires and be more open in approaching them. Try not to react too intensely if you feel that you are not being appreciated enough. Lucky Numbers: 6, 16, 26, 35, 36, 46.

VIRGO
(Aug. 24 - Sept. 23)

Don't feel resentful if others try to manipulate your words. Heal your wounds by rising above it. Do your best to pay close attention to finish off old business. Lucky Numbers: 11, 32, 36, 39, 40, 45.

LIBRA
(Sept. 24 - Oct. 23)

Find yourself a good place to take advantage of your mental energy. An unplanned discussion may come from expressing yourself or from a simple conversation. Lucky Numbers: 5, 7, 10, 14, 15, 21.

SCORPIO
(Oct. 24 - Nov. 22)

Your business dealings might generate a harmonious atmosphere that fosters very good understanding. Contracts signed now may likely be successful. Lucky Numbers: 10, 16, 32, 38, 44, 49.

SAGITTARIUS
(Nov. 23 - Dec. 21)

Your amorous feelings may be strong and compelling. You might tend to be more demanding of the energy and affection of others. Be patient and understanding. Lucky Numbers: 4, 9, 19, 24, 39, 43.

CAPRICORN
(Dec. 22 - Jan. 20)

Your inventiveness and imagination may help you find answers. You might not want to deal with things in an ordinary way. Bring something new into your life. Lucky Numbers: 2, 6, 21, 25, 30, 34.

AQUARIUS
(Jan. 21 - Feb. 19)

You may feel more confident and have more real faith in yourself. By projecting your imagination, you might receive a warm, welcoming response from important people. Lucky Numbers: 13, 17, 32, 33, 42, 47.

PISCES
(Feb. 20 - March 20)

You may want to spread your wings to seek out new opportunities. With a little care or attention to detail, you might be able to bring yourself closer to your ultimate goals. Lucky Numbers: 8, 17, 25, 34, 41, 47.

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

Did You Know...

Different colours: Very few people have one eye that is a different colour than the other eye. Called heterochromia, this rare condition is usually caused by heredity, but can be acquired due to an eye injury or a medical condition.

Big quake: The Cascadia earthquake, largest known earthquake in Canada, occurred off the southwest coast of the western province of British Columbia. It happened on January 26, 1700, and is estimated to have had a magnitude of nine.

Early sitcoms: Today, situation comedies (sitcoms) are a big part of television programming. They got their start in the 1950s, with such well-known shows as *I Love Lucy*, *The Honeymooners*, and *The George Burns and Gracie Allen Show*.

Good for you: Almonds are good to eat. They are high in monounsaturated fat, which helps to reduce the risk of heart disease. They also contain other nutrients, such as vitamin E, magnesium, and potassium.

Fake title: When making the 1997 movie, *Titanic*, American director James Cameron didn't want other movie studios to know that his project was about the doomed luxury liner. So he used a fake title, *Planet Ice*.

On the Lighter Side

What do you get when you cross a mink with a kangaroo? A fur coat with pockets.

Golfer: "Notice any improvements since last year?"
Caddy: "Yes, you bought a new golf bag."

Trial lawyer to a spouse: "It was a terrible day in court. I exhibited moral outrage when I meant to show righteous indignation."

We have one of those floor lamps with three degrees of brightness: dim, flicker, and out.

Inflation hasn't ruined everything. A dime can still be used as a screwdriver.

Answers

Trivia answers: 1. The Milky Way 2. Obsessive desire to steal 3. S'mores 4. Kr 5. Six to seven

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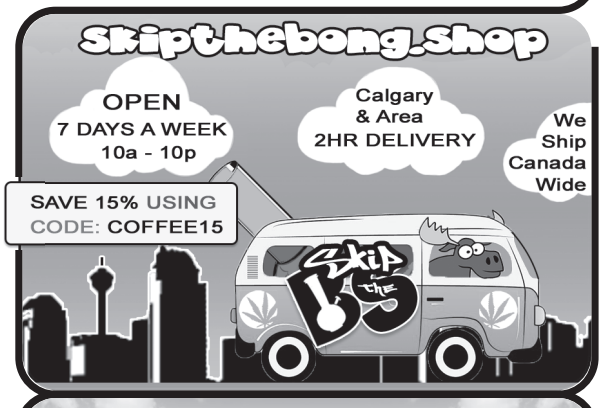

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