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Contact us by phone at 780.945.4643 or email michael@employabilities.ab.ca

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Send a selfie of yourself with your weekly edition of the paper, and your picture may appear here!

Send your selfie to contests@coffee-news.ca
Please put "Readers" in the subject line.

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Reader of the Month
Thomas Acheson • Calgary, AB

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BREAKTHROUGH IN CANCER NUTRITIONAL SUPPORT

Recipe of the month

Bacon Wrapped Stuffed Mushrooms

1/2 cup chopped green onions
2 (8 ounce) packages cream cheese, softened

20 fresh mushrooms, stems removed
1 pound sliced bacon, cut in half

Level: Easy Total: 30 mins Yield: 20 appetizers
Prep: 10 mins Cook: 20 mins

1. Preheat the oven to 350 degrees F (175 degrees C).
2. In a medium bowl, mix together the green onions and cream cheese. Stuff mushroom caps with the cheese mixture. Wrap each mushroom with a half-slice of bacon, and secure with toothpicks. Place on a baking sheet.
3. Bake for 20 minutes in the preheated oven, until the bacon is cooked through.

An ideal addition to a party tray or a wonderful appetizer for a romantic Valentine Day meal.

Source: www.allrecipes.com

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Everybody's Talking

Underwater art: A young Bahamian girl sits beneath the sea off the coast of New Providence, an island in the Bahamas. Actually, the girl is a statue, made of sustainable materials designed to encourage the growth of coral. Named "Ocean Atlas," this statue was made by Jason deCaires Taylor, an artist and photographer. "Ocean Atlas" was installed in 2014 under the water near the city of Nassau. It is 5.5 metres (18 ft.) tall and weighs over 60 tonnes. It is possible to go snorkeling in the area to see this interesting art installment up close.

Tiny tree: Fairy Lake near the town of Port Renfrew on Vancouver Island, Canada, draws people to its shores so they can view a little fir tree. This small conifer is special because it is growing out of a log that is submerged in the lake. The tree is thought to be between 30 and 40 years old, and no one is quite sure how it survives on the log, which is the source of its nutrients. The tree is the subject of many photographs, and no two are alike. In times of high water, it may be almost submerged, while on still summer mornings, it sits peacefully in the mist.

Twice lucky: His last name has not been released, but "Joe B." is one lucky fellow. From Pueblo, Colorado (U.S.), Joe bought two lottery tickets on the same day at different stores located a few blocks apart. He purchased one in the morning and one in the afternoon. Both tickets turned out to be \$1 million winners! Joe used the same numbers (his lucky ones) each time. It took him a month to claim his prizes, and when he did, it was via a drive-thru window set up during the COVID-19 pandemic.

Animal hospital: The Nairobi National Park in Kenya has a special centre for injured animals. Called the Nairobi Animal Orphanage, this centre takes in and treats animals and birds of many different species. On any one day, there may be lions, hyenas, cheetahs, parrots, ostriches, and more. While the animals are ill or injured, they are nursed back to health by the orphanage's staff. The centre's goal is for the animals to be rehabilitated and returned to their natural habitats. Often, park rangers are the ones who find and bring in animals and birds that need medical treatment. The public can visit the orphanage for educational tours.

Quoteable Quotes

"Whatever is—is best." —Ella Wheeler Wilcox
"It will never rain roses: when we want To have more roses we must plant more trees." —George Eliot

What's Happening

Nov 19 to Jan 18-Mom to Mom Online Group Online group where Moms can get together to talk about successes and difficulties of being a mom and sharing stories, each week working on a different topic. Thursdays 1-2 pm. Register at jasperplace-CFC.com

Jan 16 to 17-Deep Freeze: A Byzantine Winter Adventure This two-day festival brings together diverse cultures and revels in the magic and beauty of winter. Alberta Avenue - 118 Avenue NW and 91 Street, Edmonton.

Feb 1 to 28-Hypothermic Half Marathon 10K Virtual event - participate from any location you choose! Run in support of Justsocks.ca - a volunteer operated charity providing new socks to those in need across Canada. www.hypothermichalf.com

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

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...or send your entry by snail mail to: CN Guy Contest, 9768 170 Street, Suite 303, Edmonton, AB T5T 5L4. Be certain to include your full name, complete mailing address (including postal code), phone number, email address and your birth date. Also include the name of the ad in which you found the hidden Coffee News Guy.

Trivia

1. A xylophone is a member of what class of musical instruments?
2. Where is Tasmania?
3. Lou Ferrigno is best known for his portrayal of what TV character?
4. In the periodic table of elements, what is the symbol for platinum—P, Pl, or Pt?
5. What is a snaffle?

(Flip bottom of page for answers)
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(Over)

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Your Weekly Horoscope

ARIES (March 21 - April 20)



This may be a busy and active time in your personal life. Appointments to keep and a hectic schedule might leave you little time for close, personal contact with your loved ones. Lucky Numbers: 1, 5, 7, 9, 11, 13.

TAURUS (April 21 - May 21)



Take a break from your rigid schedule. This may be a favourable time to take a short vacation or pleasure trip, especially to visit people whose company you really enjoy. Lucky Numbers: 9, 11, 34, 41, 42, 48.

GEMINI (May 22 - June 21)



Think big - the basics of your life may be shifted. You might be more willing to take risks and speculate. This could spur you to discover ways to improve your career. Lucky Numbers: 10, 19, 22, 32, 38, 41.

CANCER (June 22 - July 22)



Your relationships may be very harmonious and positive. Humour those who need to tell you how to live your life. Shower loved ones with affection and pampering. Lucky Numbers: 11, 30, 37, 39, 42, 44.

LEO (July 23 - Aug. 23)



You might discover that the ethics you hold can radically change through some new experiences. You may find new and exciting ways to begin a high-tech adventure. Lucky Numbers: 17, 28, 33, 42, 45, 47

VIRGO (Aug. 24 - Sept. 23)



Try to focus on maintaining a healthy lifestyle. You might need to concentrate on complex concepts that can be very demanding, both mentally and physically. Lucky Numbers: 2, 15, 19, 29, 35, 48.

LIBRA (Sept. 24 - Oct. 23)



You may have a clear goal in mind and intend to succeed. You might need to use your sense of creativity to help you to appreciate and recognize each person's unique part. Lucky Numbers: 5, 7, 13, 17, 23, 34.

SCORPIO (Oct. 24 - Nov. 22)



Disputes can cause great sorrow. Uncertainties could distract you from straightening out your personal issues. Ask direct questions and insist on pertinent answers. Lucky Numbers: 6, 8, 10, 12, 14, 16.

SAGITTARIUS (Nov. 23 - Dec. 21)



You may feel optimistic, hopeful, and eager to interact with others. You might see connections and possibilities that you previously could have overlooked. Lucky Numbers: 3, 12, 40, 42, 44, 47.

CAPRICORN (Dec. 22 - Jan. 20)



You may be able to discover new methods to accomplish your own personal tasks. If you deal with words, ideas, or communication, your efforts might be very productive. Lucky Numbers: 27, 28, 32, 35, 45, 48.

AQUARIUS (Jan. 21 - Feb. 19)



Your search for a creative outlet may be realized. Express yourself about the things that are important to you. In doing this, you might become clearer about your own ideals. Lucky Numbers: 2, 6, 34, 43, 44, 49.

PISCES (Feb. 20 - March 20)



This may be the time to prove your commitment to your loved ones. Put your emotional needs into perspective. Put aside work ambitions and focus on personal issues. Lucky Numbers: 4, 16, 20, 28, 32, 41.

Lucky numbers this week: This week's odds favour Sagittarius winners with the luckiest number being 3.

Did You Know...

Snack time: Everybody loves popcorn, especially at the movies! Popcorn is a specific type of corn with a hard outside and an inside that consists of dense starch. When heated, the starch pops and turns the kernel into the familiar snack.

Mountain ranges: The country of Colombia, in the northwest corner of South America, is home to the Colombian Andes. There are three branches: Cordillera Central, Cordillera Oriental, and Cordillera Occidental.

Famous works: Composer Wolfgang Amadeus Mozart (1756-1791) was a famous Austrian composer whose works are still admired today. He wrote operas, including *The Marriage of Figaro*, as well as symphonies, such as the *Jupiter Symphony*.

Fast running bird: Ostriches are found in the wild in Africa and are also raised around the world as a farm animal. Although they can't fly, they can run faster than any other running bird.

Cotton swabs: A Polish American named Leo Gerstenzang is credited with inventing the Q-tip in the early 1920s after watching his wife use a cotton-covered toothpick as a makeshift version. That spurred him to come up with something better.

On the Lighter Side

My friend and I often laugh about how competitive we are. But I laugh more.

What has feathers but no wings? A pillow.

Man on one river bank: "I need you to help me get to the other side!"

Man on the other river bank: "You are on the other side!"

Don't you hate it when someone answers their own questions? I do.

What do Alexander the Great and Winnie the Pooh have in common? Same middle name.

Answers

Trivia answers: 1. Percussion 2. SE Australia 3. The Hulk 4. Pt 5. A bit for a horse

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