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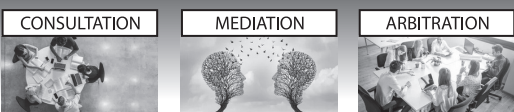
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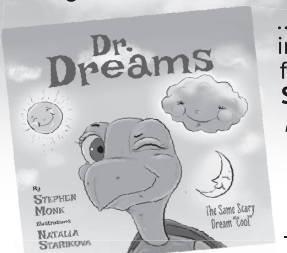


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Recipe of the month

Creamy Ham and Potato Soup

- 4 strips of bacon
- 1/2 cup onion, finely chopped
- 4 medium potatoes, peeled and diced (about 3 cups)
- 3 tablespoons all-purpose flour
- 4 cups chicken broth (or 2 tablespoons chicken bouillon powder + 4 cups water)
- 1 + 1/2 cups cooked ham, cut into 1/2-inch cubes
- 1 cup frozen corn
- 1/2 cup heavy cream
- 1/2 teaspoon ground black pepper salt (to taste)
- 1 teaspoon fresh parsley, finely chopped

Prep Time: 5 mins. Cook Time: 20 mins. Yield: 4-6 servings

- Sauté bacon in a large stockpot or Dutch oven over medium high heat (no cooking oil needed) until crisp, about 3-4 minutes. Set the bacon aside on a plate.
- Add onion and potatoes and sauté for 1-2 minutes until fragrant. Stir in flour and mix well to combine until flour is fully incorporated. Stir in chicken broth and mix until the soup is smooth and uniform. Bring the soup to a boil over medium high heat. Cover and let it continue to boil for 10-15 minutes until potatoes are fork tender.
- Mash half of the potatoes in the pot with a potato masher or blend with a handheld immersion blender.
- Stir in ham, corn, heavy cream and black pepper. Let the soup simmer over medium heat and whisk occasionally until thickened to a desired consistency, about 5 minutes. If the chowder gets too thick, add a little bit more water to dilute it. Add salt to taste.
- Serve warm; top with crispy bacon and fresh parsley.

Source: www.aheadofhyme.com

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Everybody's Talking

Phone fiend: People collect lots of different things, like dolls, hats, and porcelain figurines. Not very many collectors choose old cell phones as their object of interest, but that's what Sahabettin Ozcelik of Van province in eastern Turkey collects. Ozcelik is a cell phone repairman, and during his 20-odd years in business, he has seen a lot of different makes and models come and go. He has about 1,000 phones in his collection, and he used to have more before thieves broke in and stole some of them. He keeps them all in working order.

River zipper: Imagine a zipper being pulled by its tab while the fabric, with zipper teeth on both sides, opens up. Now imagine that the fabric is a sheet of still water and the pull tab is a boat. As the boat moves forward, its wake looks like a zipper opening up. Basically, that was the vision of Japanese designer Yasuhiro Suzuki when he designed a boat to look like a zipper's pull-tab. He got the idea while watching a boat from an airplane window. He named his creation "Zip-Fastener Ship" and presented it at the 2020 Designart Tokyo, calling his installation "Opening the River."

Uninvited visitor: Perhaps the deer was only looking for a quiet place to retire when it jumped through the glass in the door of an assisted living facility in the town of Selkirk, Manitoba (Canada). Once inside, though, the wild animal didn't seem to want to lie down for a rest. Police were called to handle the situation, which occurred in the middle of the night. They were able to steer the skittish buck into a large, empty room, away from the area where residents live. Eventually, the animal found the open door and bounded through it to freedom.

Delicious stew: Those who have visited Brazil may be well aware that this South American country's national dish is a stew called feijoada (feijoada completa). This hearty meal consists of smoked pork and flavourful black beans. Finding exact replicas of the dish throughout the country is difficult because families and dining establishments boast their own homemade recipes for the popular mealtime favourite. Flavourings for the dish may include onion, tomatoes, garlic, and coriander. Accompaniments might be green vegetables, rice, and oranges. It is often served for lunch on Saturdays.

Quoteable Quotes

"The principal ingredient in life is love." —Unknown
"Harmony is pure love, for love is complete agreement." —Lope de Vega

What's Happening

Oct 1 to 31-The Haunted Hike It's scary good time at this one-of-a-kind Haunted House located in a giant warehouse in Vegreville. Do not miss this event, open every weekend in October. This is a tentative date. Exact dates and hours TBA. www.thehauntedhike.ca

Workplace Bullying Awareness Week 2021 Please join us for Workplace Bullying Awareness Week! Follow awarenessendsbullying to participate in the conversation and share what you are doing!

Oct 23-Free Clothing Exchange Join us on Saturday 10:30 am - 12:30 pm at Sherwood Park Alliance Church gym. Everyone is welcome. It is not necessary to contribute in order to receive. Drop off donations at the South gym after 5 p.m. For more information call Penny at 780 416-8339.

Nov 6-Fabulous Fall Market CWL fundraiser: Location: Our Lady of Perpetual Help Church, lower level. Nov 6, 2021. 9:30 to 3pm. Over 40 vendors. Concession. Admission free. Covid protocols in place: mandatory masking, 13 capacity

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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. Lobsters were once called "the poor man's protein"—T/F?
2. What is the capital of Syria?
3. What is geographically the largest country in Africa?
4. Astronauts Neil Armstrong and Buzz Aldrin walked on the moon in 1967, 1968, or 1969?
5. A ziggurat is a type of pyramid or a species of rodent?

(Flip bottom of page for answers)

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Your Weekly Horoscope


ARIES (March 21 - April 20)

 Your drive for self-expression may be high. You may push yourself into a competition with great energy and zeal. If you play hard, you might win in your creative pursuits. Lucky Numbers: 5, 14, 26, 29, 44, 47.


TAURUS (April 21 - May 21)

 Your dreams, wishes, and fantasies about love may be strong. You might be reluctant to share your ideas for fear that others could have very different opinions. Lucky Numbers: 4, 5, 6, 24, 25, 26.


GEMINI (May 22 - June 21)

 Creative hobbies you share with your mate may spark new quests. If single, you might be easily charmed by someone who seems very sophisticated. Lucky Numbers: 33, 37, 39, 42, 43, 47.


CANCER (June 22 - July 22)

 You might need to rely only on yourself and your own resources to succeed. Numerous delays could cause lost time, but you may find better ways to accomplish those tasks. Lucky Numbers: 1, 8, 13, 24, 26, 30.


LEO (July 23 - Aug. 23)

 You may feel much more confident than usual. You might want to take a less direct approach to the creative projects of others and exhibit your knowledge to help them. Lucky Numbers: 2, 11, 23, 34, 43, 44.


VIRGO (Aug. 24 - Sept. 23)

 You may want to communicate in a more sensitive manner. Your mind could be very active, and you might need patience to deal with those who may not follow your directions. Lucky Numbers: 24, 28, 34, 38, 44, 48.


LIBRA (Sept. 24 - Oct. 23)

 You already may know what you need to do to better yourself. Try putting your imagination into everything you do, taking your knowledge to the next level, and reinventing yourself. Lucky Numbers: 6, 23, 28, 33, 38, 47.


SCORPIO (Oct. 24 - Nov. 22)

 You may be worried that saying the wrong thing could cause hurt feelings. In order to find your deepest motivations, you might need to make some changes. Lucky Numbers: 14, 19, 20, 34, 37, 44.


SAGITTARIUS (Nov. 23 - Dec. 21)

 You may be aware of your personal power and might understand when letting others take the lead is appropriate. A new hobby could become a source of pleasure. Lucky Numbers: 9, 10, 26, 27, 29, 30.


CAPRICORN (Dec. 22 - Jan. 20)

 You may want to make a comment, but also need to keep your dealings pleasant. This could be an opportunity to diplomatically bring a better balance to your relationships. Lucky Numbers: 2, 4, 6, 8, 10, 12.

AQUARIUS (Jan. 21 - Feb. 19)

 You may feel sentimental, and your need for love and compassion might be strong. Being open could be great. Be discriminating with your current audience. Lucky Numbers: 5, 7, 13, 15, 21, 45.

PISCES (Feb. 20 - March 20)

 You may feel inclined to discuss your own issues about loyalty in your relationships. Activities you share with loved ones might centre around intellectual interests. Lucky Numbers: 11, 16, 24, 28, 43, 47.

Lucky numbers this week: This week's odds favour Leo winners with the luckiest number being 11.

Did You Know...

Desert and sea: Tunisia, or the Tunisian Republic, is on the North African coast of the Mediterranean Sea. Nearly half of the country is covered by the Sahara Desert. The capital of Tunis is a lively, diverse city of ancient mosques alongside modern office buildings.

Playing tag, eh? Canadians are known for saying "eh" at the end of a sentence. This is known as an "invariant tag" because every use of the word is the same. Other examples of tags include phrases like "isn't it?" and "right?"

Wood pile: When buyers purchase wood for a fireplace, it's usually in "cords." A cord is 128 cubic feet (3.62 cubic metres). In the U.S., this measurement is calculated when the wood is stacked tightly so that it measures 4x4x8 ft. (1.2 x 1.2 x 2.43 m).

Colour codes: Colour is said to have an impact on mood. Designers suggest that decorating a room with shades of cool blues and greens has a peaceful, harmonious effect on people using the room.

Old art: Áisínai'pi (Writing-on-Stone) Provincial Park, is located in the southern part of the province of Alberta, Canada. Sandstone walls in the area contain petroglyphs and pictographs made by Indigenous people over 3,000 years ago.

On the Lighter Side

TV meteorologist: "The forecast for the weekend is clear and warmer with a 70% chance that we're wrong."

Mother: "Why on earth did you swallow the money I just gave you?"
 Child: "Because you said it was lunch money."

My teachers told me I wouldn't amount to anything because I procrastinate. I told them, "Just you wait."

What do you call a fish with no eye? FSH

Helvetica and Times New Roman walk into a bar. "Get out of here," says the bartender. "We don't serve your type."

Answers

Trivia answers: 1. True 2. Damascus 3. Algeria 4. 1969 5. Pyramid

Happy Halloween



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