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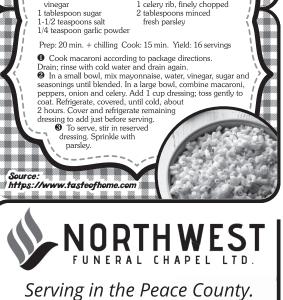


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1/4 teaspoon pepper

1 small sweet yellow, orange

or red pepper, finely chopped 1 small green pepper, finely chopped

1 small onion, finely chopped

package (16 ounces)

3 to 4 tablespoons water

tablespoons red wine

elbow macaroni

1 cup reduced-fat

% mill

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1. Giant sequoia trees can live to be as much as 1,000, 2,000, or 3,000

Trivia

- 2. Which U.S. president publicly shared his dislike of broccoli?
- 3. The capital of Bhutan is what?
- 4. Who invented the first remote-controlled boat?
- 5. What is the name of the dog on the box of Cracker Jacks?

(Flip bottom of page for answers)

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years old?

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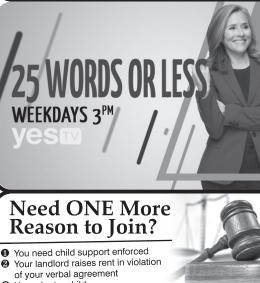


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to June's Coffee News Guy contest winners! Your prizes are in the mail!

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your chance to win at www.coffee-news.ca

Your Weekly Horoscope

(Sept. 24 - Oct. 23)

At the beginning of the

week, you may find that

your thoughts and feel-

ings are not in sync.

Waiting a few days before

acting on your emotions

You may want to care-

fully evaluate any infor-

mation you receive now.

Consider how you might

be able to use it positively

to help you deal with

Sagittarians often hold

might be the best choice. Lucky

your fears, rather than adding to them.

Lucky numbers: 5, 8, 14, 15, 20, 45.

SAGITTARIUS

(Nov. 23 - Dec. 21)

numbers: 9, 10, 21, 30, 33, 35.

(Oct. 24 - Nov. 22)

SCORPIO

ARIES (March 21 - April 20)



also consider whether you have enough shared values to support a long-term relationship. Lucky numbers: 7, 9, 21, 43, 44, 47. **TAURUS**

(April 21 - May 21)

In the midst of recent changes in your life, you may feel that you are existing on constantly shifting sands right now. This week could provide

some much-needed relief. Lucky numbers: 6, 14, 21, 27, 28, 43. **GEMINI**

(May 22 - June 21)

Late this week, your emotions may heighten your quick and intellectual nature. The next several weeks might be fast paced and busy. Try to be sensitive to the feelings of others. Lucky

numbers: 18, 21, 26, 30, 31, 34. CANCER

(June 22 – July 22)



theme for those born under your sign. Perhaps if you focus on this now, a hidden potential or opportunity may surface for you. Lucky numbers: 4, 17, 19, 24, 33, 39.

LEO (July 23 - Aug. 23)

In a world that is often chaotic, you may be feeling a moment of considerable optimism. Try to take advantage of it to add more joy into

your life in the near future. Lucky numbers: 20, 27, 33, 41, 43, 44. VIRGO

(Aug. 24 - Sept. 23)

Virgos often strive for logical, grounded arguments, and this may be particularly true for you this week. Try to remember to have sympathy for

those who don't share your skills. Lucky numbers: 3, 9, 11, 25, 32, 37.

Lucky numbers this week: This week's odds favour Leo winners with the luckiest number being 33.

Did You Know...

House in a barn: On a property near Bay Port, Michigan (U.S.), a couple built a house inside their grandfather's dairy barn, and they run it as a vacation rental. On display in this unique house are many old farm relics.

Real name: He is known as the Wizard of Oz, but in the book by Frank Baum, his legal name is Oscar Zoroaster Phadrig Isaac Norman Henkel Emmannuel Ambroise Diggs. The character says he only uses his first two initials because the rest of them together spell "Pinhead."

Ham and pineapple: Those who like ham and pineapple pizza can thank Sam Panopoulos, a Greek-born, Canadian restaurateur. In the 1960s, he added pineapple to a ham and bacon pizza because he thought the sweet and savoury mix would taste good.

Holding a grudge: Don't do anything to anger a crow! Biologists have figured out that crows are smart enough to recognize human faces, and if someone annoys them, crows can hold a grudge for years. Northern lights: Sleeping through a chance to see aurora borealis, or the northern lights, would be disappointing. That's why some hotels in Iceland offer an optional wake-up service to customers in case the spectacular event appears after they have gone to sleep.







Are you trying to accomplish something that requires a cooperative effort with others? If so, you might want to consider an adjustment in your

approach to those whose help you need. Lucky numbers: 8, 10, 16, 17, 21, 25. **PISCES**

(Feb. 20 - March 20)



Try not to let that disturb you. Lucky numbers: 1, 12, 16, 29, 32, 48



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On the Lighter Side

Knock! Knock! Who's there? Sizzle. Sizzle who? Sizzle hurt you more than it will hurt me.

Someone stole my mood ring. I don't know how I feel about that.

Why do kings have royal seals? Because royal walruses eat too much.

A witch published a book of potion recipes, but it was useless. She forgot to spell-check.

Nit: "Haven't I seen your face before?" Wit: "I don't think so. It's always been between my ears."

Answers

4. Nikola Tesla 5. Bingo Trivia answers: 1. 3,000 2. George H.W. Bush 3. Thimphu

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