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Congratulations to July's **Coffee News Guy** contest winners!

Your prizes are in the mail!

Michael MacKinnon
Shawna Zaychuk
Sandra Werner
Elizabeth Ashley

Enter today for your chance to win at www.coffee-news.ca



Recipe of the month


Fresh Corn and Tomato Fettucine

8 ounces uncooked whole wheat fettucine	4 green onions, chopped
2 medium ears sweet corn, husked	2 medium tomatoes, chopped
2 teaspoons plus 2 table-spoons olive oil, divided	1/2 teaspoon salt
1/2 cup chopped sweet red pepper	1/2 teaspoon pepper
	1 cup crumbled feta cheese
	2 tablepoons minced fresh parsley

Prep/Total Time: 30 min. Yield: 4 servings

- In a Dutch oven, cook fettucine according to package directions, adding corn during the last 8 minutes of cooking.
- Meanwhile, in a small skillet, heat 2 teaspoons oil over medium-high heat. Add red pepper and green onions; cook and stir until tender.
- Drain pasta and corn; transfer pasta to a large bowl. Cool corn slightly; cut corn from cob and add to pasta. Add tomatoes, salt, pepper, remaining oil and the pepper mixture; toss to combine. Sprinkle with cheese and parsley.

Source: <https://www.tasteofhome.com>



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Everybody's Talking

Star-shaped sand: A particular beach in Japan looks like any other beach in the country, but this one is special to those who look closely at the sand. The beach is called Hoshizuna-no-Hama, which means "Sand in the Shape of a Star." That is exactly the situation in this little slice of paradise, located on Iriomote, an island in Okinawa prefecture. The five- or six-point grains are not really sand; they are the exoskeletons of a small organism that once lived on the ocean floor. Ocean currents bring these tiny bits of shell ashore, mixing them with the "normal" sand on the beach.

Leaning tree: A tall tree native to New Caledonia in the South Pacific is called the Cook pine (Araucaria columnaris). Due to cultivation, these trees grow in other temperate areas of the world. An interesting phenomenon is associated with them: the trees north of the equator lean south, and those south of the equator lean north. Not only that, but the farther away from the equator they are, the more acute the angle. Trees that lean usually do so because of environmental factors, such as wind or light availability. But this is not the case with Cook pines. Scientists have not been able to explain why Cook pines exhibit this distinctive peculiarity.

Mountain lake: The deepest lake in the United States is Crater Lake, located in Crater Lake National Park in the state of Oregon. This body of water is interesting because at one time, it was the top of the volcanic Mount Mazama. About 7,700 years ago, the volcano erupted and the mountain collapsed inward, forming a lake that is 1,943 feet (592 metres) deep. The clear and deep blue water has accumulated through centuries of snow and rain, attracting visitors to view its beauty during all seasons. Crater Lake rarely freezes over, even during the cold and snowy Oregon winters. In the lake sits Wizard Island, which grew from numerous volcanic eruptions over the centuries.

Grassy hill: Icelandic artist Olof Nordal had a unique vision for a work of art. He designed and built a dome-shaped hill known as Thufa. The grass-covered hill has been sitting near the old harbour in Iceland's capital city of Reykjavik since 2013. Thufa is made of over 4,000 tonnes of gravel and stands about eight metres (26 feet) high. The artist paid tribute to the history of the country by placing an Icelandic fishing hut on top. This type of hut is important to the country's tradition of hanging salted fish to dry. Visitors can walk a spiral path to the top, and from there they can admire views of both the city and fjords.

Quoteable Quotes

"Honesty... makes me feel powerful in a difficult world." —Cher
"Do you know what my favourite part of the game is? The opportunity to play." —Mike Singletary

What's Happening

Sep 10 - DV100 Race or Ride The DV100 Race or Ride is an event unlike any other! The route is for both racers and riders. Not only does the route take you along beautiful scenery, you get to complete the route with like minded riders. Visit www.dv100.ca for more info

Oct 14 - Amy Bishop and the Hopeless Sinners Hailing from Calgary, Amy began her music career around campfires, at block parties and in church choir. www.amybishop.ca. Pembina Stage. Tickets available at www.ticketpro.ca

Sep 21 - Modern square dance Friendship, Fitness, Fun. Free open house - come and give it a try - but plan to have fun. 6:45 - 9:00 pm, Telford House, 4907 46 Street, Leduc

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

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Trivia

1. In the TV show All in the Family, what is Archie Bunker's daughter's name?
2. Baby bats are called _____.
3. How many watts are in a kilowatt?
4. Does the warp or the weft run lengthwise (vertically) in a loom?
5. Who composed the 1962 piano tune "Alley Cat"?

(Flip bottom of page for answers)

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Steph Seidel from Fort McMurray

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Your Weekly Horoscope

ARIES (March 21 - April 20)

Are you feeling conflicted about what is best for you, versus what is best for someone else in your orbit? Perhaps having a discussion about it would help you find a compromise. Lucky numbers: 15, 21, 25, 31, 35, 46.

TAURUS (April 21 - May 21)

Your thoughts and feelings may be out of sync for a few days this week. This might not be the time to stubbornly push through. Consider waiting for the situation to improve. Lucky numbers: 9, 13, 18, 28, 32, 47.

GEMINI (May 22 - June 21)

You might have a close, personal association with a current project, and you may be proud of your efforts. But try not to let your ego get in the way. Lucky numbers: 6, 16, 22, 36, 38, 40.

CANCER (June 22 - July 22)

At times, you may feel that you are peering out from the safety of your crab's shell. This situation could provide an opportunity to explore outside your comfort zone. Lucky numbers: 2, 12, 19, 31, 32, 34.

LEO (July 23 - Aug. 23)

Any issues regarding nurturing, whether of yourself or others, may come to the surface right now. This might be a good time to examine how those issues impact your life and relationships. Lucky numbers: 23, 27, 31, 39, 43, 48.

VIRGO (Aug. 24 - Sept. 23)

On the scale of results versus relationships, do you tend to focus on results? If so, an opportunity may be presented for you to forge a more empathetic connection to others. Lucky numbers: 3, 16, 20, 30, 37, 41.

Lucky numbers this week: This week's odds favour Sagittarius winners with the luckiest number being 7.

LIBRA (Sept. 24 - Oct. 23)

At the beginning of the week, you may find an emotional balance between your heart and your mind. Use this calming energy to decide what to do next. Lucky numbers: 5, 16, 18, 24, 44, 47.

SCORPIO (Oct. 24 - Nov. 22)

Your usual ability to see the hidden truths in people and situations may be particularly strong during midweek. Consider how to be judicious and compassionate in what you say to others. Lucky numbers: 1, 3, 9, 24, 25, 42.

SAGITTARIUS (Nov. 23 - Dec. 21)

Your innate enthusiasm may be stronger than usual at the end of the week. Try to use this energy to push past obstacles and to complete goals that may have gotten stuck. Lucky numbers: 7, 10, 12, 14, 45, 48.

CAPRICORN (Dec. 22 - Jan. 20)

Capricorns often have a serious attitude, both toward themselves and toward life in general. If this describes you, the energy now may help you lighten up and have some fun. Lucky numbers: 4, 16, 28, 30, 34, 44.

AQUARIUS (Jan. 21 - Feb. 19)

Perhaps you recently have felt that the world has been asking too much of you. If so, this phase may be nearing its end, but consider what you have learned during it. Lucky numbers: 11, 16, 23, 27, 29, 43.

PISCES (Feb. 20 - March 20)

The deeply intuitive nature of Pisces also can be easily discouraged sometimes. Right now, though, you may have an opportunity to make an adjustment in your view, to encourage optimism. Lucky numbers: 8, 11, 13, 17, 22, 24.

Did You Know...

Tree rings: The rings on a tree's trunk can indicate more than the age of the tree. They also provide information about the weather. Wide rings usually mean a year was warm and wet, while thin rings indicate a colder, drier year.

Wear your helmet! Wearing a helmet is important for bicyclists. Studies have shown that by taking this safety measure, riders can reduce their risk of head injury by about 50 percent.

Long beak: Anyone fishing should steer clear of slender fish with a beak. It could be a needlefish, with elongated, narrow jaws full of sharp teeth. These fast fish jump from water to avoid boats and other activity, and can accidentally stab humans who may be in the way.

Don't cry! The type of onion called Sunion does not make cooks cry when cutting them. Developed in the United States through cross-breeding, Sunions get sweeter and milder the longer they are stored.

Corn cobs: Popcorn is one of many types of corn. Others are field or dent corn (often used for livestock), sweet corn, flint corn (very colourful and often used for decorative purposes), flour corn, and pod corn.

On the Lighter Side

Worms make good detectives because they know how to get to the bottom of things.

Does a roller coaster like its work? It has its ups and downs.

Lou: "I've got a cat who can say his own name."
Joe: "That's great! What's your cat's name?"
Lou: "Meow!"

What did the spider bride wear when she got married? A webbing dress.

Knock! Knock! Who's there? Catch! Catch who? Bless you!

Answers

Trivia answers: 1. Gloria Stevie 2. Pups or bittens 3. 1,000 4. Warp 5. Bent Fabric

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