

Recipe of the month

Chicken Garden Medley

1 pound boneless skinless chicken breasts, cut into strips
1 garlic clove, minced
1/4 cup butter, divided
1 small yellow squash, halved lengthwise and sliced
1 small zucchini, halved lengthwise and sliced
1/2 cup julienned sweet red pepper
1/2 cup julienned green pepper

1/4 cup thinly sliced onion
2 tablespoons all-purpose flour
1/2 teaspoon salt
1/4 teaspoon pepper
3/4 cup chicken broth
1/2 cup half-and-half cream
8 ounces angel hair pasta, cooked and drained
2 tablespoons shredded Parmesan cheese

Prep Time: 25 min. Bake: 20 min Yield: 4 servings

- In a large skillet, saute chicken and garlic in 2 tablespoons butter for 10-12 minutes or until chicken juices run clear. Add vegetables. Cook until crisp-tender; remove from skillet and set aside.
- In the same skillet, melt remaining butter. Add flour, salt and pepper; stir to form a smooth paste. Gradually add broth. Bring to a boil; cook and stir for 2 minutes or until thickened. Stir in cream and heat through. Add chicken and vegetables; stir until well mixed.
- Place pasta in a greased 2-qt. baking dish. Pour chicken mixture over top. Sprinkle with Parmesan cheese. Cover and bake at 350° for 15 minutes; uncover and bake 5 minutes longer.

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

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Everybody's Talking

Lip balm: Two young sisters from Hong Kong have a unique collection. When they were toddlers, Scarlett Ashley Cheng and Kaylyn Cheng began accumulating lip balms of all shapes, sizes, and flavours. They now own 3,388 different balms from all over the world and from numerous makers. Their interest in lip balms began when the girls were suffering with dry lips and their parents and grandmother would apply balms. At first, they used unflavoured ones, but soon the sisters discovered the large variety of lip moisteners available on the market. Friends and relatives started giving them lip balms as gifts, and soon they needed several shelves to hold them all.

Iguana tale: When taking a dog out for a walk in England, the last thing anyone expects to find is an iguana sitting on a fence. That happened near the town of Morpeth, Northumberland, when a dog walker noticed the lizard, which is definitely not native to the country. An animal rescue organization took the creature into its care. The iguana's owner may not have known how to take care of this "pet," and so they left it with a box of vegetables, hoping someone would find it and take it to safety. The animal rescue group wants to locate the owner in case other exotic pets are still in that person's care.

Cycle power: Kenneth Judd may be nearly 100, but he loves to cycle. He loves it so much, in fact, that he trained for and won second place in the Road Worlds for Seniors competition by cycling 3,779 kilometres (2,348 mi.) over 26 days. He did it all on an innovative exercise bike at his senior care home in Southam, Warwickshire, England. The annual event encourages elderly people around the world to ride specialized stationary bikes made by a Norwegian firm. A monitor linked to the bike shows customized road scenes. Judd could view Yorkshire, where he grew up. The novel idea allows older folks to get exercise, both physical and mental.

Traveling pooch: Boji the dog may occasionally sleep at the Istanbul Metropolitan Municipality animal shelter, but this Turkish canine likes to go his own way most of the time. He does so by riding around on public transit, whether that is bus, subway, or ferry. Officials know where Boji goes because they track him with a microchip, and they have discovered that this traveling animal gets on and off at various stops along his commute. Human riders have become quite accustomed to seeing Boji patiently waiting to board or curled up on a seat. Boji is a calm and friendly Sivas Kangal-Shepherd crossbreed, and he receives care and grooming at the shelter.

Quoteable Quotes

"Don't let the fear of striking out hold you back." —Babe Ruth
"Have faith and pursue the unknown end." —Oliver Wendell Holmes, Jr.

What's Happening

Oct 25 - Howl Masquerade The Howl Masquerade concert is where singers, costumes and Halloween all come together in an awesome event for youth and families. Horizon Stage Theatre. 1001 Calahoo Rd. Spruce Grove. \$15 per ticket. All ages event.

Oct 1 - Support to Ride for Refuge 3 PM. Cold Lake Food Bank, 5216 55A Street.

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

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Trivia

1. New Year's Eve in Scotland is called ____.
2. Hwange National Park is in what country?
3. This bird can migrate from the Arctic to the Antarctic.
4. What is the standard distance of a marathon?
5. The first song captured as recorded sound waves was ____.

(Flip bottom of page for answers)

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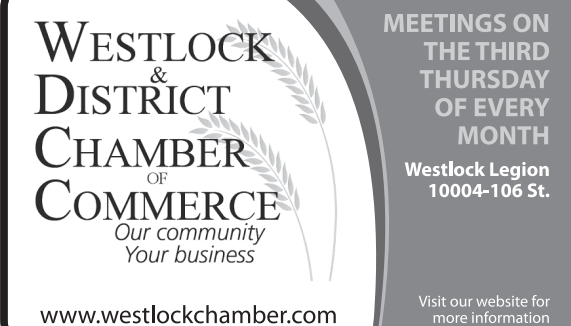
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Your Weekly Horoscope

ARIES (March 21 - April 20)

This might be a good time to complete projects from the last six months. For the next six, try to incorporate whatever skills and techniques may have been successful to your goals. Lucky numbers: 2, 8, 10, 18, 21, 39.

TAURUS (April 21 - May 21)

Your focus right now may be on finding and manifesting your life purpose. If you act with the highest integrity, others could respond with offers to help you with that endeavour. Lucky numbers: 13, 24, 31, 35, 36, 45.

GEMINI (May 22 - June 21)

You may find that you have increased energy and confidence at this time. If you ask, you might be able to find others who are willing to help you accomplish your goals. Lucky numbers: 6, 7, 11, 16, 18, 20.

CANCER (June 22 - July 22)

You may have been taking a painful, deep dive into your unconscious for a while now. This experience might have helped your understanding of a situation become less murky. Lucky numbers: 4, 6, 10, 12, 20, 38.

LEO (July 23 - Aug. 23)

A fortunate event may happen to you now. Try to be grateful to the universe and put any potential from the event to good use. Remember that such things are a rare gift. Lucky numbers: 3, 14, 16, 22, 31, 41.

VIRGO (Aug. 24 - Sept. 23)

At the end of the week, your thought processes may seem confused or not grounded. If you wait a few days before making any important decisions, the situation might improve. Lucky numbers: 7, 12, 17, 27, 34, 39.

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

LIBRA (Sept. 24 - Oct. 23)

An old emotional wound may resurface at this time. In order to heal, you might need to see and understand how that wound has affected your deepest sense of who you are. Lucky numbers: 8, 9, 23, 26, 33, 44.

SCORPIO (Oct. 24 - Nov. 22)

Are you feeling frustrated right now, perhaps because of an old challenge? Reflecting on the original cause of the issue, and working to finally resolve it, may be helpful. Lucky numbers: 13, 23, 28, 31, 38, 39.

SAGITTARIUS (Nov. 23 - Dec. 21)

Conversations with others could reveal a new potential for you, but you might need to be proactive to initiate them. Perhaps this opportunity may come to you via a romantic partner. Lucky numbers: 10, 14, 18, 29, 37, 40.

CAPRICORN (Dec. 22 - Jan. 20)

You may have been feeling stuck in an old pattern for a while now, but that could be about to change. Perhaps this moment might help you glean any remaining insights about the dynamic. Lucky numbers: 14, 23, 26, 27, 37, 42.

AQUARIUS (Jan. 21 - Feb. 19)

Service to others can be an important theme for an Aquarian. The potential to explore possible opportunities in this area might be starting now. Are there ways you could take advantage of it? Lucky numbers: 9, 15, 27, 32, 34, 47.

PISCES (Feb. 20 - March 20)

Pisces often are naturally skilled at intuition. This and a connection to the ethereal plane may be heightened at the end of the week, offering an opportunity for new insights and plans. Lucky numbers: 11, 18, 29, 37, 41, 48.

Did You Know...

Famous poet: In 1917, American-English poet T.S. Eliot published *Prufrock and Other Observations*, his first volume of poetry. Among his famous works is *The Waste Land*, published in 1922. He won the 1948 Nobel Prize in Literature.

Silver shoes: In the movie *The Wizard of Oz*, Dorothy wears red shoes. However, in the original novel, Dorothy's shoes were silver. The filmmakers made them red to emphasize the advances in filmmaking from black-and-white to colour.

Sweet and crisp: Caramel apples have been around for a long time. The idea for this treat came from the Kastrup family of Chicago, Illinois (U.S.), in 1948. Edna, the matriarch, developed the first recipe, which is still used by the Affy Tapple company today.

Flying creature: *Quetzalcoatlus* was a dinosaur in the pterosaur family, which is made up of flying reptiles. This creature was the size of a giraffe, with skinny limbs and a 40-foot wingspan. It is likely the largest creature ever to have been able to fly.

Viking history: L'Anse aux Meadows, in the Canadian province of Newfoundland, is what remains of an 11th-century Viking village. In 1978, the archaeological area became a UNESCO World Heritage Site.

On the Lighter Side

Pencils could have erasers on both ends, but what would be the point?

Knock! Knock! *Who's there?* Thor. *Thor who?* Thor-y wrong door.

When a chicken stumbles while crossing the street, that's a road trip.

Music student: "What are those papers the orchestra leader is looking at?"

Music teacher: "That's the score."
Music student: "Oh. Who won?"

What has four wheels and flies? A garbage truck.

Answers

Trivia answers: 1. Hogmanay 2. Zimbbabwe 3. Arctic tern 4. 26.2 mi. (42.2 km) 5. "Au Clair de la Lune"

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