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BLUE BLOODS

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Recipe of the month

Chicken Garden Medley

1 pound boneless skinless chicken breasts, cut into strips	1/4 cup thinly sliced onion
1 garlic clove, minced	2 tablespoons all-purpose flour
1/4 cup butter, divided	1/2 teaspoon salt
1 small yellow squash, halved lengthwise and sliced	1/4 teaspoon pepper
1 small zucchini, halved lengthwise and sliced	3/4 cup chicken broth
1/2 cup julienned sweet red pepper	1/2 cup half-and-half cream
1/2 cup julienned green pepper	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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Reader of the Month
Bibian Lloren from Edmonton

Coffee News Fun Reading. Serious Advertising.

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 1 - Support to Ride for Refuge** 3 PM. Cold Lake Food Bank, 5216 55A Street.
 - Thursdays - Rhyme Time Sessions** are held on Thursdays from 10:30-11:30am in the Wild Rose Room at the Lac La Biche Library. Designed for ages 0 to 5 and they must be accompanied by a caregiver. Call 780-623-7467 for more details. No registration required.
 - Oct 14 - Kid's Night Out Camp** Friday, October 14 Crazy Colours Are you ready for a fun night of crazy colours 6:15-8:30 pm at Servus Sports Centre 5202 12 Street. 780-875-4529 for more info
- NON profit organizations may submit events for FREE at www.coffee-news.ca/whats-happening

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Trivia

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

(Flip bottom of page for answers)

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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.

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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Andrew Ong
Joyce Wieler
Brenda Moore
Lacie Beck

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