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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, cooked and drained
2 tablespoons shredded Parmesan cheese

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

1 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.
2 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.
3 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

Locked up: Getting a ring stuck on a finger is scary, but how about having a bicycle lock fastened around one's neck? That is what happened to a young mother from Huai'an, China, whose 4-year-old son slipped the bicycle U-lock around her neck and locked it. He did it in play, and the mom thought it was pretty funny—until she realized that neither of them knew the lock's combination. She went to the police, who didn't know what to do, so they called in the firefighters. With some fussing, they were able to cut the lock with wire cutters, protecting her neck with a towel. Everyone was greatly relieved when that lock came off!

Empty frames: Can two blank canvases be considered a work of art? Danish artist Jens Haaning seems to think so, because that is what he delivered to the Kunsten Museum of Modern Art in Aalborg, Denmark. The museum had loaned him 328,000 kroner and 25,000 Pounds in cash to be displayed in two pieces that would reproduce two of his past works, "An Average Danish Annual Income" and "An Average Austrian Annual Income," both of which displayed cash in a frame. When Haaning sent the empty frames to the museum, he said his new pieces were called "Take the Money and Run." So, Haaning said, he took the money and that was his work of art.

Pressing buttons: Imagine a moment when a parent is not obligated to admonish children to "get your hands off the elevator buttons!" When visiting Shimada Denki Seisakusho, an elevator button factory in Tokyo, Japan, children may press all the buttons they wish. That's because a display called "1,000 Buttons" is a wall that contains elevator buttons of all shapes and sizes. Just like in a real elevator, pressing the buttons causes them to light up. The company has existed for almost 90 years, and the wall displays all the buttons the factory has ever made. The display is so popular that the factory has a waiting list for visits.

Nutty problem: Red squirrels get quite busy in autumn when they start hiding food for the long winter months. One of these rodents in Fargo, North Dakota (U.S.), is busier than most, at least according to Bill Fischer, a pickup truck owner in that city. Over the years, Fischer has come home on many fall days to find his truck serving as the storage container for a red squirrel's stash of walnuts. The squirrel places the nuts around the engine, in the wheel well, and inside the front bumper. Once, after being away for a few days, Fischer collected a whopping 42 gallons of nuts from the crevices of his truck.

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Quoteable Quotes

"Nothing is so fatiguing as the eternal hanging on of an uncompleted task."
William James

"The income tax has made liars out of more Americans than golf."
Will Rogers

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What's Happening

Oct 14 - Outdoor Movie Night Grande Sunset Theatre presents the movies Toy Story Rush Hour. Outdoor 45 foot Movie Screen at Evergreen Park, Grande Prairie.

Nov 4 to 5 - Nitehawk's Annual Ski and Snowboard Swap Equipment Drop Off is Friday November 5th from 4:00-8:00pm. Equipment Sale is Saturday November 5th with four 90-minute viewing times available at 9:00AM, 11:00AM, 1:00PM 3:00PM. Event takes place at Evergreen Park TARA Centre, Grande Prairie.

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

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

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Trivia

- Who is the architect of the Sydney Opera House?
- In what city is the original Shakespeare and Company bookstore?
- When was the Eiffel Tower completed?
- What year was the Pakistan-India Partition?
- Where is Mount Kosciuszko?

(Flip bottom of page for answers)

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Your Weekly Horoscope


ARIES (March 21 - April 20)

Did an old relationship leave you with a significant emotional wound? If you are experiencing issues in your current relationship, you may want to consider how the past is affecting you now. Lucky numbers: 7, 11, 18, 22, 26, 47.




TAURUS (April 21 - May 21)

You may receive an unusual or unexpected opportunity to take on a project that aligns with a passionate interest of yours. To be successful, the project might require some adjustment on your part. Lucky numbers: 15, 16, 32, 37, 39, 46.




GEMINI (May 22 - June 21)

Geminis are known for having a sharp mind with quick insights. At mid-week, these qualities also may allow you to uncover some hidden depths, either in yourself or in others. Lucky numbers: 9, 12, 13, 31, 37, 43.




CANCER (June 22 - July 22)

At the end of the week, you may find yourself diving deeply into your emotional nature. Perhaps this might be a good time for obtaining new insights, rather than taking action. Lucky numbers: 17, 21, 24, 27, 34, 36.




LEO (July 23 - Aug. 23)

Many Leos have a natural inclination toward leadership. Right now, there may be an opportunity for you to incorporate a more nurturing and empathetic element into your leadership style. Lucky numbers: 6, 9, 11, 19, 31, 44.




VIRGO (Aug. 24 - Sept. 23)

Virgos often focus on the practical realities of life. However, if you reflect deeply right now, you might find an opportunity that could help you expand your view of the world. Lucky numbers: 14, 17, 19, 23, 31, 42.



LIBRA (Sept. 24 - Oct. 23)

Relationships are an important theme for Libras. For the next several weeks, deeper communications with those close to you may be your focus. Try to use your natural diplomatic skills in those conversations. Lucky numbers: 18, 21, 29, 34, 42, 48.




SCORPIO (Oct. 24 - Nov. 22)

If you have a normally intuitive nature, you may not feel like yourself right now because astrological energy might be suppressing it. Waiting a few days could help the situation improve. Lucky numbers: 2, 13, 25, 27, 29, 37.



SAGITTARIUS (Nov. 23 - Dec. 21)

Try to take advantage of this period by reviewing successes and failures during the last year. The Sun will return to your birth sign next month, initiating a new cycle. Lucky numbers: 5, 9, 14, 23, 35, 41.




CAPRICORN (Dec. 22 - Jan. 20)

You may find that there are obstacles in your path right now. You might need to work harder or perhaps change your strategy in order to help yourself get back on track. Lucky numbers: 3, 11, 19, 26, 33, 42.




AQUARIUS (Jan. 21 - Feb. 19)

Are you frustrated by a setback in a project that you may have been working hard to bring to a successful conclusion? Any frustration might be reminding you why something is important to you. Lucky numbers: 1, 10, 19, 28, 31, 39.



PISCES (Feb. 20 - March 20)

Pisces have a natural empathy for the plight of others. This quality may be heightened at the end of this week. If your helping nature drains you, consider adjusting this pattern. Lucky numbers: 4, 7, 12, 15, 16, 32.



Lucky numbers this week: This week's odds favour Taurus winners with the luckiest number being 15.

Did You Know...

Helping paws: Service dogs are highly trained to help owners who have disabilities live more independent lives. They are chosen for their temperaments, including focus, affection, gentleness, and willingness to please.

Interesting ecosystem: An estuary is a spot where a freshwater river meets the ocean. The fresh and salt waters mingle, with the fresh water flowing on top because it is lighter. These ecosystems are fertile grounds for plant growth.

Cold facts: When someone is out in cold weather, the body works to keep internal organs warm by lessening the flow of blood to the fingers and toes. That's why these digits quickly feel cold if they're not protected by warm mitts and boots!

Reaching upward: When it opens in late 2022, the world's second tallest building will be a 118-story skyscraper known as Merdeka 118. Located in Kuala Lumpur, Malaysia, it stands 678.8 metres (2,227 feet) high.

Animal lover: When American actress Julia Roberts was a child, she loved animals and wanted to become a veterinarian. However, she followed her brother Eric Roberts to Hollywood. One of her early roles was playing "Daisy" in the 1988 movie, *Mystic Pizza*.

On the Lighter Side

Knock! Knock! Who's there? Omelet. Omelet who? Omelet smarter than I sound.

What part of a keyboard do the astronauts like best? The space bar.

Larry: "I wrote a book about rating basements."
Barry: "What's it called?"
Larry: "The Best Cellar List."

When you cross a rooster with yeast, you get an early riser.

I recently purchased a microwave bed. Eight hours sleep in 10 minutes!


Answers

Trivia answers: 1. Ben Utzon 2. Paris 3. March 31, 1889 4. 1947 5. New South Wales, Australia

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