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**Everybody's Talking**

**Great view:** A tall, skinny structure in Brighton, England, looks like a needle rising toward the sky. It is the British Airways i360 observation tower, and it stands 162 metres (531 feet) tall. Only 3.9 metres (12.8 feet) at its widest point, this small diameter is what makes it appear to be a needle. Visitors ride up in a pod that uses technology similar to that of cable cars. Once on top, up to 200 tourists can wander around a moving glass deck that affords 360-degree views of this seaside city and the English Channel. The tower, designed by Marks Barfield Architects, is engineered to withstand the high winds blowing in from the sea.

**Lots of food:** Anyone who wants to indulge in a plethora of French cuisine should visit Narbonne, France. There, Les Grands Buffets serves a large variety of French-inspired food concocted by experienced chefs, at a reasonable price. The guests can choose to indulge in their favourites or may opt to try something new. There are hors d'oeuvres, seafood choices, meats, cheeses, and more. The menu includes dessert, of course, with delectable cakes and pastries to finish off the meal (or to eat first, if one so desires). The surroundings, which include chandeliers and tapestries, are opulent as well.

**Expensive wood:** A rare kind of wood from East Asia called "kynam" is a type of agarwood. It has been part of the culture of many Asian countries, such as Vietnam, China, and Japan, for centuries. This precious commodity comes from the heartwood of the aquilaria tree, but only when the tree produces a dark-coloured resin. This happens when the tree is damaged, perhaps by lightning or by insects. The resin causes a strong aroma in the wood, and therefore the wood is used to create items such as high quality perfume and incense. Some farms produce this wood, but if found in the wild, it sells for more than gold.

**To the rescue:** Dogs may be many a human's best friend, but they'll stand by their canine friends, as well. This was the case with Winston, a dachshund who lives with his human family and his tiny Chihuahua pal, Mijo, in Evergreen, Colorado (U.S.). The four-footed pair got out of their house at the moment that a mountain lion sauntered by. The large feline snatched Mijo, but Winston would not stand for it. He charged and growled until the cat let go of his best buddy. Owner Lindsay Golden took her pets to the vet. While Winston was no worse for wear, Mijo needed tending, but is definitely on the road to recovery, thanks to Winston's quick actions.

**Quoteable Quotes**

"Spring is nature's way of saying, 'Let's party!'" *Robin Williams*

"If you do not think of the future, you cannot have one." *John Galsworthy*

**What's Happening**

**SEESA Fall Rummage Sale** The SEESA FALL Rummage sale is back! This popular sale offers a wide array of fabulous goods at great prices! We'll also have homemade baked goods for sale. Hope to see you there!

Saturday Oct 22 10am - 3pm. Sunday Oct 23 11am - 3pm

www.seesa.ca NON profit organizations may submit events for FREE at www.coffee-news.ca

**Hidden Coffee News Guy ADVENTURE**

Find the Coffee News Guy hidden in one of the ads, then enter to win!

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...or send your entry by snail mail to: CN Guy Contest, 9768 170 Street, Suite 303, Edmonton, AB T5T 5L4. Be certain to include your full name, complete mailing address (including postal code), phone number, email address and your birth date. Also include the name of the ad in which you found the hidden Coffee News Guy.

**Trivia**

1. Angkor Wat temple complex is near what major Cambodian city?
2. Halley's Comet is named for what English astronomer?
3. Poet Pablo Neruda is from Chile, Uruguay, or Argentina?
4. Tomatoes, potatoes, and eggplants belong to which plant family?
5. The Sun is about 93 million miles (150 million km) from Earth—T/F?

(Flip bottom of page for answers)

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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  
8 ounces angel hair pasta, 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

