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Recipe of the month

Banana Split Icebox Cake

- 1 carton (16 ounces) frozen whipped topping, thawed
- 1 cup sour cream
- 1 package (3.4 ounces) instant vanilla pudding mix
- 1 can (8 ounces) crushed pineapple, drained
- 24 whole graham crackers
- 2 medium bananas, sliced
- Toppings: Chocolate syrup, halved fresh strawberries and additional banana slices

Prep Time: 30 min. + chilling Yield: 10 servings

- In a large bowl, mix whipped topping, sour cream and pudding mix until blended; fold in pineapple. Cut a small hole in the tip of a pastry bag. Transfer pudding mixture to bag.
- On a flat serving plate, arrange 4 crackers in a rectangle. Pipe about 1 cup pudding mixture over crackers; top with about 1/4 cup banana slices. Repeat layers 5 times. Refrigerate, covered, overnight
- Just before serving, top with chocolate syrup, strawberries and additional banana slices.

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



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Everybody's Talking

Handy skill: Having strong hands is convenient, especially when a lid won't come off a jar. But a man from Germany has taken strong hands to a new level. Muhamed Kahrimanovic, who has earned the nickname "Hammer Hands," broke a record when he used his hands to break 68 baseball bats in just one minute. The man is also able to whack open coconuts using only one hand, crush aluminum cans, and smash glass bottles and slabs of concrete. Kahrimanovic gained his strength because he took part in taekwondo classes when he was a child. At first he was a student and later became an instructor.

Tree cutter: A criminal on the loose in the U.S. state of Oregon is going to be in considerable trouble when caught. The culprit is not stealing anything or hurting anyone, but the crime is serious. Since the summer of 2021, someone has been cutting down trees in the forests near the Portland suburb of Gresham. Known as the "Gresham Lumberjack," the person has felled hundreds of trees, and no one knows why anyone would do such a thing. Residents are upset by the destruction, and authorities have increased their efforts to crack the case by using hidden cameras. When the lumberjack is found, heavy fines definitely will be issued.

Rub it out: Those who make a lot of mistakes in their writing might want to consider buying something that will make erasing errors easy: the Radar S10000 eraser. Enormous in comparison to the usual small erasers found in desk drawers, this one measures 276 x 141 x 43 mm (10.9 x 5.5 x 1.7 in.) and weighs over 2.2 kilograms (4.9 lbs.). It's part of the popular Radar product line of a Japanese company called Seed. Originally, they made such a large eraser as a prize giveaway. However, consumers showed such an interest that Seed produced more and made them available for purchase.

Mall skating: Citi Plaza, a mall in London, Ontario (Canada), is the venue for an occasional but unique event: an evening of roller skating. Put on by Retro Rollers, Inc., and MainStreet London, the ticketed event lets about 400 skaters whiz by store outlets to their hearts' content. It's quite an experience for people who love this retro sport. Instead of walking around and shopping, they are allowed to don their skates in a very large venue. The event also includes a family skate so that little kids don't have to worry about speedsters getting too energetic in their presence. For many, the evening provides hope that the sport will become popular again.

Quoteable Quotes

"Don't wait around for other people to be happy for you. Any happiness you get you've got to make yourself." —Alice Walker
 "If I were to wish for anything, I should not wish for wealth and power, but for the passionate sense of the potential." —Søren Kierkegaard

What's Happening

Aug 5-7 - Edmonton Heritage Festival Experience the world in a weekend without leaving Edmonton at the world's largest multicultural festival. Sample culinary treats, shop for artwork, and chat with folks from all over the world. Temporarily relocated to the Edmonton Expo Centre.

Aug 20 - Underwater Rodeo Lake Cleanup Join divers from all over Alberta and Saskatchewan in skills development dives and a lake cleanup. Everyone is welcome, including non-divers snorkelers. Visit www.fortmacscuba.com for more info.

2nd Tuesdays of Month - Stitch n' Btch Stitch 'n Btch is a name that has been used to refer to social knitting groups since at least World War II. The group meets to knit, crochet, cross-stitch and talk. Bring your WIP and join at 4B 4010 50 Ave Lloydminster the 2nd Tuesday of each month.

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

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Trivia

1. One of the Luxor Obelisks is in Istanbul, Paris, or London?
2. Jell-O was invented in 1897, 1927, or 1947?
3. This word for knot-tying craft is from the Arabic migramah.
4. There are 16, 26, or 32 bones in the foot?
5. What number starts with 1 and is followed by 100 zeros?

(Flip bottom of page for answers)
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