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Recipe of the month


Zucchini Bites

2 cups shredded zucchini 1/2 teaspoon garlic powder
1 cup Panko breadcrumbs 1/2 teaspoon paprika
1/2 cup Parmesan cheese 1/2 teaspoon Italian seasoning
1 large egg 1/2 teaspoon salt (or to taste)
1 tablespoon vegetable oil 1/4 teaspoon ground black pepper (or to taste)

Total Time: 25 min. Yield: 20 pieces/4 servings

- 1 Use a box grater or food processor to shred the zucchini.
- 2 In a large mixing bowl, combine shredded zucchini, breadcrumbs, Parmesan, egg, oil, garlic powder, paprika, Italian seasoning, salt, and pepper. Mix well until evenly combined.
- 3 Take 2 spoonfuls of the zucchini mixture at a time and shape into 1.5-inch balls. Set aside on a plate.
- 4 Bake in a 375F preheated oven for 15 minutes until golden brown.
- 5 Serve immediately with your favourite dipping sauce, if desired.

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



Everybody's Talking

Raincoat nabber: For over a decade, women in Osaka, Japan, have had to keep a sharp eye on their raincoats. That is because someone was stealing the hooded, poncho-type garments, known as kappa. Luckily, the culprit was caught. His name is Yoshio Yoda, and he would nab the items out of baskets on bicycles that were left unattended in the parking lots of such places as train stations and shopping malls. And he hadn't stolen just one or two raincoats; after searching the man's home, police discovered that he had snatched more than 360 of the ponchos during his reign of raincoat theft. He has become known as "Raincoat Man."

Fast chair: While sitting in a wobbly wheeled office chair, did you ever try moving it over to a file cabinet to retrieve a document? Not fun. A prototype of a new kind of office chair would put an end to such annoyances. Made by designers at the German carmaker Volkswagen, this new chair has controls so the user can drive it at a speed of up to about 20 km (12.4 mi.) per hour. And driving it is safe, as it offers a seatbelt, horn, and sensors to prevent collisions with desks and other fixtures. Apparently, the chair is not available for purchase because it was meant as a marketing ploy, but maybe that will change!

Shoe art: A Pakistani truck artist named Haider Ali is known for the creative ways he turns trucks into rolling pieces of art. Now, he has turned his attention to another medium: running shoes. Ali's work is quite distinctive, and when applied to a pair of sneakers, the result is a unique and colourful blend of flowers, petals, birds and more. The artist hand paints each shoe, selling them for far more than they would be worth without the designs. He customizes his work to his client's desires, and it can take several days to complete a matching set of runners. Ali has also applied his creative talents to such media as walls, T-shirts, and cars.

Dirty dancing: If you've got a bad back and take paid time off work because of it, it's best not to be caught in activities that are unsuitable for your ailment. A woman from Spain known as Mrs. Piedad learned this the hard way. She had been on leave from her job due to severe back pain, but when her employer discovered videos on social media of her dancing, they fired her, claiming she was taking advantage of the company's benefits package. The woman took the employer to court, but the judge agreed that if she truly had back pain bad enough to be off work, she certainly would not be participating in wild dance moves.

Quoteable Quotes

"You can't have everything. Where would you put it?" —Steven Wright

"Make happy those who are near, and those who are far will come." —Proverb

What's Happening

Aug 30 - Annual General Meeting VegMin Join VegMin Learning Society at our Annual General Meeting. Please let us know if you plan to join us as we are having lunch with our meeting. Call VegMin at 780-632-7920

Sep 12 - First Aid and CPR C This is a blended course. There is an online portion and an in class portion. From 1-5pm registration is required. Please call VegMin at 780-632-7920.

Oct 14 - Vegreville Psychic Fair Market Community event showcasing mediums, intuitive readers, and other healers. Bringing in vendors with a variety of items to sell and showcase. Hours open from 10 am to 4 pm. Please call VegMin at 780-632-7920.

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Hidden Coffee News Guy ADVENTURE

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Trivia

1. Is indigo, saffron, or madder considered the King of Dye?
2. This reflex allows cats to always land on their feet.
3. How many children are in a set of quintuplets?
4. Mozart, Puccini, or Verdi composed the opera Cosi Fan Tutte?
5. The deltoid muscle moves the thigh, shoulder, or wrist?

(Flip bottom of page for answers)
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Your Weekly Horoscope

ARIES (March 20 - April 19)
You may get information this week that can help you deal with an old issue. However, it may require you to adjust your beliefs or attitude about the situation. Lucky numbers: 12, 17, 23, 24, 29, 34.

LIBRA (Sept. 23 - Oct. 22)
Despite their diplomatic talents, Libras sometimes find emotions interfere in their efforts to clearly communicate their needs. You may have the opportunity now to change this paradigm. Lucky numbers: 2, 6, 11, 27, 31, 40.

TAURUS (April 20 - May 20)
Have you experienced sudden or unexpected changes the last few years? You may find yourself going back over that territory again. Consider how you may want to course correct going forward. Lucky numbers: 8, 16, 19, 30, 45, 47.

SCORPIO (Oct. 23 - Nov. 21)
Scorpios have a strong intuition they sometimes hide from others. However, there is a cost to not showing them who you truly are, and now may be the time for change. Lucky numbers: 7, 10, 29, 33, 37, 43.

GEMINI (May 21 - June 20)
Geminis often can easily see all sides of an argument. At the end of the day, though, you need to establish a set of values that works for you. Lucky numbers: 9, 12, 23, 24, 25, 36.

SAGITTARIUS (Nov. 22 - Dec. 20)
Is there something ending in your life? Consider whether you want to fight the process or evaluate what you can learn from it. Take that lesson into your next endeavour. Lucky numbers: 6, 16, 39, 40, 45, 47.

CANCER (June 21 - July 21)
At the end of the week, the energetic pattern may provide a new opportunity for you to strengthen your intuitive abilities. Don't be afraid to reach for this gift. Lucky numbers: 3, 7, 9, 17, 33, 48.

CAPRICORN (Dec. 21 - Jan. 19)
Have you recently run into an obstacle about money or romance? You may have an opportunity now to make an adjustment to your view that will help resolve the issue. Lucky numbers: 16, 28, 40, 42, 45, 48.

LEO (July 22 - Aug. 22)
You may have been focused on your relationship the last few months. Blocks in this area may start to ease now. What lessons from this period can you use going forward? Lucky numbers: 15, 20, 33, 36, 43, 45.

AQUARIUS (Jan. 20 - Feb. 18)
Your intellectual abilities may be even stronger than usual at the beginning of the week. While this has its uses, be careful of being too detached in your interactions with others. Lucky numbers: 1, 3, 6, 9, 12, 17.

VIRGO (Aug. 23 - Sept. 22)
Virgos can sometimes sacrifice their relationships in favor of practical results. Over the next month, you will be given an opportunity to create a better balance in this dynamic. Lucky numbers: 18, 19, 22, 25, 38, 42.

PISCES (Feb. 19 - March 19)
Midweek is favourable to bring current endeavours to an end. As you plan what to do next, it may be more important than usual to establish clear expectations with others. Lucky numbers: 10, 11, 31, 33, 35, 39.

Lucky numbers this week: This week's odds favour Cancer winners with the luckiest number being 7.

Did You Know...

- Bright fruit:** The marble berry (*Pollia condensata*) plant grows in Central Africa. Its fruit looks like shiny blue marbles covered in metallic paint. Scientists say it is the brightest thing found in nature.
- Keyboard shortcuts:** Many keyboard shortcuts make computer work more efficient. "Control (Command on a Mac) + Shift + t" reopens the most recently closed browser tab. "Control + t" opens a new tab.
- Common birthday:** Birthdays are cause for celebration, and September 9 is the most common day for people to have a birthday. Nine of the top 10 birthday dates are in the month of September.
- Webbed digits:** A small, stocky monkey lives in Central African swamp forests. Called Allen's Swamp monkey (*Allenopithecus nigroviridis*), these primates have a small amount of webbing on their fingers and toes.
- Fingers only:** Fried chicken is a traditional favourite food in the state of Georgia (U.S.). However, don't try using a knife and fork to dig in. That's been illegal since 1961. You must eat it with your fingers.

On the Lighter Side

- What planet is like a circus? Saturn—it has three rings!
- The best sermons are lived, not preached.
- Knock! Knock! *Who's there?* Isolate. *Isolate who?* Isolate to the party I almost missed it.
- A washbasin is standing in front of the door. Let that sink in.
- Teacher: "Which two days begin with T?"
Student: "Today and Tomorrow."

Answers

Trivia answers: 1. Indigo 2. Righting reflex 3. Five 4. Mozart 5. Shoulder

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