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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

- Use a box grater or food processor to shred the zucchini.
- 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.
- Take 2 spoonfuls of the zucchini mixture at a time and shape into 1.5-inch balls. Set aside on a plate.
- Bake in a 375F preheated oven for 15 minutes until golden brown.
- Serve immediately with your favourite dipping sauce, if desired.



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

Everybody's Talking

Expensive house: A house in Rome is so excessively expensive that no one wants to buy it. The Villa Aurora is located near Via Veneto, one of the most famous streets in the city, which has hotels that cater to the rich. Once a hunting lodge, it has been owned by a noble family for 400 years. But after an inheritance battle, the courts directed that it be sold at auction and the proceeds split between the involved parties. But no one bid during multiple auctions, which started at 471 million Euros, because the villa's features are driving the price sky high. These include a ceiling mural painted in the late 1500s by Baroque master Caravaggio.

Doctor in the house? A young Turkish woman wanted to please her parents by becoming a doctor. However, Ays e Ozkiraz did not manage to pass the higher education entrance exam. Instead of confessing to her parents, she pretended that she'd been accepted and told friends and acquaintances, as well. Things got out of hand when she accompanied her mother to a hospital for treatment, where she told staff she was a doctor. Staff believed her and offered her a job. She lasted in the job for over a year, but other doctors eventually became suspicious when they noticed that she was often unsure of simple medical issues. They called police, and her gig was up.

Sick of the song: The next time the holiday season rolls around, listen for that ubiquitous song, "Last Christmas," made famous by the rock group Wham. If Tomas and Hannah Mazzetti have their way, the song will no longer be played on the airwaves. The Swedish couple are so sick of the song that they are trying to raise enough money to buy the rights to it. Using crowdfunding, they are hoping to coax other folks who feel the same way to donate to the cause. They have a long way to go. To own the tune, they need \$15 to \$25 million, but then they could decide whether it gets played or not.

Pet fish: Pet fish: Some people have a few pet dogs or several cats, but a man in Vietnam's An Giang province looks after a whole school of fish. A few years ago, Muoi Phuc started feeding a type of fish called pangasius, which live in the river by his home on the Mekong Delta. At first, he just attracted a few fish, but eventually, the number increased to many thousands. After he started doing this, other folks who live along the riverbank tried to attract fish, but they would only go to Muoi Phuc's house. Because of this, the fish lover has become famous in the area. Many locals and tourists alike come by to watch him feed his "pets."

Quoteable Quotes

"I am my own muse, the subject I know best." —Frida Kahlo
"Jump, and you will find out how to unfold your wings as you fall." —Ray Bradbury

What's Happening

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.

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.

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

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Trivia

1. What is the Academy of St. Martin in the Fields?
2. Nepal is a federal parliamentary republic—T/F?
3. Who was the male lead in the movie The Quiet Man?
4. Did prize-maker Alfred Nobel invent gunpowder?
5. Which French leader was called the Sun King?

(Flip bottom of page for answers)
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(Over)

Congratulations

to July's **Coffee News Guy** contest winners!

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Brenda Lee Kissel
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Leslie Hamilton
Vera Russel

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Sawyer Schmidt from Edmonton



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Your Weekly Horoscope

ARIES
 (March 20 - April 19)



At midweek, you may be eager and ambitious to make progress on an endeavour, but something is holding you back. Consider the pros and cons, but wait a few days to proceed. Lucky numbers: 1, 7, 13, 14, 22, 34.

TAURUS
 (April 20 - May 20)



A sudden or unexpected opportunity may come your way. You may be ambitious to manifest it, but be careful of how it could conflict with your values or relationships. Lucky numbers: 7, 11, 18, 20, 41, 46.

GEMINI
 (May 21 - June 20)



Gemini often easily extract information from the ethereal realm. If that quality has been interrupted the last few weeks, this dynamic should begin to return to normal now. Lucky numbers: 2, 4, 18, 19, 21, 27.

CANCER
 (June 21 - July 21)



Have you been struggling the past few weeks to translate your feelings into clear thoughts and then communicate your ideas to others? This obstacle could ease at midweek. Lucky numbers: 9, 11, 17, 25, 35, 40.

LEO
 (July 22 - Aug. 22)



For the next few months, your role as a mother or child may be a focus for you to explore. Maybe you should concentrate on what you can learn going forward. Lucky numbers: 3, 16, 28, 37, 46, 48.

VIRGO
 (Aug. 23 - Sept. 22)



Perhaps a situation in your life has seemed stuck for the past few weeks. The energy is shifting now, and that may allow you to develop a new plan. Lucky numbers: 10, 19, 20, 26, 28, 48.

LIBRA
 (Sept. 23 - Oct. 22)



Your innate grace and diplomacy is highlighted at midweek. Consider how you can use this skill to help yourself or others to navigate a tense situation you may be experiencing. Lucky numbers: 5, 6, 10, 15, 16, 34.

SCORPIO
 (Oct. 23 - Nov. 21)



How well do you nurture yourself and others? This concept may be a focus of awareness, as well as an area of change for you over the next few months. Lucky numbers: 4, 17, 27, 30, 40, 46.

SAGITTARIUS
 (Nov. 22 - Dec. 20)



At midweek you may encounter someone who is concerned with small details. It may be helpful to avoid conflict with them, or respond with well-researched details about the situation. Lucky numbers: 13, 15, 32, 36, 38, 43.

CAPRICORN
 (Dec. 21 - Jan. 19)



While we all may have recently experienced issues with technology and communications, well-prepared Capricorns may have gotten through this better than others. Take heart; relief may be coming. Lucky numbers: 6, 7, 13, 17, 29, 34.

AQUARIUS
 (Jan. 20 - Feb. 18)



Aquarians often focus on advancing humanity's evolution, but it can be from a detached demerour. The next few months may encourage you to incorporate a more nurturing element. Lucky numbers: 11, 12, 37, 38, 42, 44.

PISCES
 (Feb. 19 - March 19)



You may feel that your intuition is in a stalemate now with the requirements of reality. What changes can you make to develop a more balanced view going forward? Lucky numbers: 8, 18, 28, 31, 32, 39.

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

Did You Know...

Bird of prey: The American kestrel (*Falco sparverius*) soars the skies from Canada to Panama. Sometimes called the sparrow hawk, this small falcon catches insects, lizards, rodents, and even small birds.

Deep breath: The Bajau people in Southeast Asia dive underwater to fish. A sea culture for over 1,000 years, some in the community are able to hold their breath for up to 13 minutes as they dive deep in the water.

Spewing fire: Volcanoes that are potentially active may not erupt regularly or often, but more than 1,350 of them are found around the world. On average, between 50 and 70 volcanoes erupt every year.

Doll namesake: Barbie, the doll that has fascinated little girls since 1959, was introduced by Mattel, Inc., cofounder Ruth Handler. The name, "Barbie," comes from Handler's daughter's name, which was "Barbara."

Rap on: American rapper Lil Nas X came into the spotlight with the 2018 song "Old Town Road." and worked with country star Billy Ray Cyrus on a remix of the song. It hit the *Billboard* Hot 100 in 2019.

On the Lighter Side

Knock! Knock! Who's there? Argue. Argue who? Argue going to let me in?

Kitchen remodelers are very counterproductive.

Patient: "Doctor, I've swallowed some holiday decorations."
 Doctor: "Ah, you've got tinselitis."

I was supposed to do a list of odd jobs. I finished numbers 1, 3, 5, 7, and 9.

Don't judge folks by their relatives.

Answers

Trivia answers: 1. London chamber orchestra. 2. True. 3. John Wayne. 4. Yes. 5. Louis XIV.

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June 1 Draw Winners: Frank H. from Sylvan Lake, Sandy P. from Calgary, Steven R. from Lethbridge
 July 1 Draw Winners: Rodney B. from Lethbridge, Brian P. from Edmonton, Natasha W. from Red Deer
 August 1 Draw Winners: Fiona L. from Edmonton, Paige H. from Red Deer, Ellery T. from Calgary

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