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Baked Salmon Fillets Dijon



Ingredients

- 4 (4 ounce) fillets salmon 3 tbsp. - prepared Dijon-style mustard
- salt and pepper to taste 1/4 cup - Italian-style dry bread
- crumbs
- 1/4 cup butter, melted

RECIPE PREPARATION

- 1. Preheat oven to 400 degrees F (200 degrees C)
- 2. Line a shallow baking pan with aluminum foil.
- 3. Place salmon skin-side down on foil. Spread a thin layer of mustard on the top of each fillet, and season with salt and pepper.
- 4. Top with bread crumbs, then drizzle with melted
- 5. Bake in a preheated oven for 15 minutes, or until salmon flakes easily with a fork



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Everybody's Talking!

On eggshells: A man in Turkey loves to carve eggshells. For Hamit Hayran, of the capital of Ankara, it is his way of expressing himself. He starts by removing the contents of the egg with a syringe. Then he carefully carves elaborate designs and figures into the delicate shells. Hayran's newest challenge was puncturing thousands of holes into a chicken egg to break the world record. He already won the title a few years ago by putting 8,708 holes into an eggshell. More recently, he beat his own record with 11,827 holes. All this without breaking the shell!

Crazy contortion: A young girl from the small village of Gaulapar in Uttarakhand State, India, can do a difficult yoga pose – the Niralamba Poorna Chakrasana contortion – 21 times in a minute. The girl's name is Riya Paladia. She seemed to need barely any effort to bend over backwards at the waist, lower her head down to the mat, slide to a horizontal position on her back, and then do the reverse to stand up again, all without using her hands. And she did it 21 times in a row! Paladia has always loved participating in gymnastic activities and yoga, and she trains to get better. She has dreams of becoming an Olympian.

Calm down, kitty! Most people who own cats spend their time cuddling and petting them. Not so for a woman in the city of Arjánguelsk, Russia. Her cat may have been a good kitty, but something came over it one day and it started to act strangely. When the woman tried to get out of the kitchen of her apartment, the cat would start hissing and go into attack mode. After being trapped for quite some time and unable to get to her phone, she called out the window to a passerby on the street, who called the local rescue service. Everything turned out all right, with no injuries, and the kitty was taken to the vet for an assessment.

Croc problem: Anyone interested in getting up close and personal with a crocodile could get their chance in Palu, Central Sulawesi, Indonesia. However, only wildlife rescue specialists can take on the job. It seems that a crocodile managed to get a motorcycle tire wrapped around its body, which could endanger the reptile's life. It's not possible to tranquilize the beast because it might swim away before it becomes sedated. A few attempts have been made to remove the tire, but to no avail. Authorities are offering a reward to a qualified person who is able to succeed with the job.

Quoteable Quotes

"When friends ask for a second cup, they are open

"Never walk away from failure. On the contrary, study it carefully—and imaginatively—for its hidden assets.

–Michael Korda

What's Happening

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North Shore Bank Zoo Boo 2020, Every Thursday and Friday in October, Location: NEW Zoo, 4378 Reforestration Rd, Green Bay, WI. Time: 3:00 pm to 8:00 pm. The Zoo will be filled with festive, family-friendly Halloween decorations. Ride the carousel and walk through the Happy, Haunted Maze in the Children's Zoo. Participate in the Zoo Scavenger Hunt and win a prize. Details: www.newzoo.org/events

Flippin' Fridays at District 82 Pinball, Friday, October 9, 2020. Location: District 82 Pinball, 800 O'keefe Rd, DePere, Wi. Time: 5:00 pm to 10:00 pm. Play over 90 Pinball Machines in One Location all on Free Play. \$20 per person Fridays from 5PM to 10 PM. Details: www.greenbay.

Jenny's Memory Fundraiser, Saturday, October 10, 2020. Location: Duke's Red Lantern, 1642 Velp Ave, Green Bay, Wl. Time: 11 am to 4 pm. Join us for an afternoon of fun including a DJ, drawings, and food. We are collecting diapers, wipes, blankets and personal body hygiene oducts to be donated to Freedom House. Details: contact Kathy at either 920-562-1124 or products to be donated kdemmith@yahoo.com The Great Pumpkin Train, Saturday October 10th and Saturday October 17, 2020.

45.00 Location: National Railroad Museum, 2285 South Broadway, Green Bay, WI. Time: 9:00 am to pm. Join us for a fun-filled day of music, games, activities and pumpkin selecting! Rain or shine, each admission to the Great Pumpkin Train includes entertainment, crafts, and games for children of all ages - in addition to a ride on the train to the pumpkin patch, where you can find your own pumpkin to take home with you. Details: info@nationalrrmuseum.org

Pop Up Beer Garden, Thursday, October 15, 2020. Location: Thornberry Creek at Oneida, 4470 N. Pine Tree Rd, Oneida, Wl. Time: 5:00 PM to 9:00 PM. Join us for live music, the best local beer, fresh food from area food trucks, and a specialty menu from the culinary team at Thornberry. Beer Garden is free for the public to attend and offers family-friendly lawn games and live entertainment from 5 PM-8 PM. Details: www.greenbay.com/eve

Trivia

- 1. Which animal is known for its "laugh"?
- 2. Napa cabbage is often called what?
- 3. What is a multicolored horse called?
- 4. What is the correct name for the collarbone? 5. A bulwark is a defensive wall—T/F?

(Flip bottom of page for answers)

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Thanks for reading, and don't forget to play!



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Your Weekly Horoscopes

(March 21 - April 20)



Your professional expertise may be acknowledged by those who really count. Envision your future life and continue to immerse your-

self in your career. Lucky numbers: 1,

TAURUS (April 21 - May 21)



You may feel a very special connection with others who think the way you do. Engage the positive feeling. It might give you a real, optimistic

sense of belonging. Lucky numbers: 13, 14, 20, 24, 33, 42.

GEMINI (May 22 - June 21)



Your newly earned success may bring you much satisfaction. Your confidence level might increase once you start to appreciate the people who helped you on your way. Lucky numbers: 2, 13, 24, 37, 41, 43.

CANCER

(June 22 - July 22)



You may feel a little emotionally under the weather. Push past those negative feelings. Petty issues might tend to become larger unless you take some positive action. Lucky

numbers: 7, 12, 19, 23, 24, 30. (July 23 - Aug. 23)



Unique career or travel opportunities may present themselves. Touch on your intuitive feelings to help your self-confidence. Think big and

good things might happen. Lucky numbers: 13, 25, 38, 39, 45, 47.

VIRGO

(Aug. 24 - Sept. 23)



Stop worrying about the petty details that may fall into place on their own. Once you are more objective in your plans, you might be able to

focus on important decisions. Lucky numbers: 26, 29, 31, 32, 33, 40.

(Sept. 24 - Oct. 23)



32, 37, 41.

Your current health issues may influence your attitude. Try to dwell on what you can do, not on what you can't. Strive hard to get past these old restrictions. Lucky numbers: 1, 4, 7,

SCORPIO

(Oct. 24 - Nov. 22)



Interesting meetings or get-togethers may send you on an exciting journey. Disregard what others expect of you, and let vour dreams pave a

path to the future. Lucky numbers: 1, 5, 12, 15, 20, 25.

SAGITTARIUS (Nov. 23 - Dec. 21)



Some fine tuning and last-minute touches may make you want to resist change. Take a deep breath and embrace the change. Look at the situ-

ation from a different angle. Lucky numbers: 5, 12, 18, 25, 32, 45. **CAPRICORN**

(Dec. 22 - Jan. 20)



Try to keep all of your options open. You may find yourself involved in interesting topics of conversation. These ideas may allow you to ponder new ways to flow. Lucky numbers: 24,

31, 39, 43, 44, 47. **AQUARIUS**

(Jan. 21 - Feb. 19)



Your creative talents may provide you with new career opportunities. You also might want to expand your horizons to include an interesting

lifestyle change. Lucky numbers: 4, 14, 18, 20, 27, 38.

PISCES (Feb. 20 - March 20)



Your creative imagination may help you conduct research. Your interest in vintage and antique items might lead you to some interesting histor-

ical findings. Lucky numbers: 16, 18, 22, 35, 47, 48.

Lucky numbers this week: This week's odds favor Aquarius winners with the luckiest number being 4.

Did You Know...

Almost treeless: At only 42 kilometers (26 mi.) long, Sable Island is home to wild horses, a gray seal colony, and rare plant and bird species. It has one tree. Essentially, it's a large sandbar in the North Atlantic, off the coast of Canada.

Outer space: When rockets reach 100 kilometers (62 mi.) above sea level, they have reached the Karman line, the point at which outer space begins. However, not everyone agrees on this exact measurement.

Fast runners: Pronghorns are deer-like mammals with curved horns on their heads. They live on the grasslands of North America and Mexico. They can run up to nearly 100 kilometers (60 mi.) per hour, enabling them to escape from predators like coyotes.

Acting princess: Before marrying Prince Rainier III of Monaco in 1956, American actress Grace Kelly starred in three Alfred Hitchcock movies: Dial M for Murder (1954), Rear Window (1954), and To Catch a Thief (1955).

Tall tree: Coconuts come from the coconut palm tree. These trees can grow very tall, up to 30 meters (98 ft.). They can be found in more than 80 tropical and subtropical countries around the world.

On the Lighter Side

Is there another word for "synonym"?

Barber: "A haircut is \$10. A shave is \$5." Customer: "OK, shave my head!"

Why should you sit in a corner when you get cold? Because most corners are 90 degrees.

"Does your dog bite?"

"Nope."

"Oh, so how do you feed him?"

Two clairvoyants meet. One says to the other: "You are fine, and how am I?"

Auswers

3. A roan 4. Clavicle 5. True Trivia answers: 1. The hyena 2. Chinese cabbage

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