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See contest ad for details on your chance to enter and win.

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Recipe of the Week

Spaghetti Cacio e Pepe

1 pound spaghetti
6 tablespoons olive oil
2 cloves garlic, minced

2 teaspoons ground black pepper
1 3/4 cups grated Pecorino Romano cheese

Bring a large pot of lightly salted water to a boil. Cook spaghetti in the boiling water, stirring occasionally until tender yet firm to the bite, about 10 minutes. Scoop out some of the cooking water and reserve. Drain spaghetti.

Heat oil in a large skillet over medium heat. Add garlic and pepper; cook and stir until fragrant, 1 to 2 minutes. Add spaghetti and Pecorino Romano cheese. Ladle in 1/2 cup of reserved cooking water; stir until cheese is melted, about 1 minute. Add more cooking water until sauce coats spaghetti; about 1 minute more.

source: allrecipes.com

FREE!

Coffee News®

"News To Be Enjoyed Over Coffee"

Leawood Edition

816-547-3032

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Everybody's Talking!

Happy landings: Saint Barthélemy, nicknamed St. Bart's, in the Leeward Islands of the northeastern Caribbean Sea, is home to a challenging airport. Pilots intending to land at the Gustaf III Airport require special training and certification. That's because there is a big hill at one end of the short runway and a beach at the other, along with considerable air turbulence. Big jets don't land on the 650-meter (2,133-ft.) runway, but the airport is heavily used by smaller planes. Pilots do not receive takeoff and landing clearance from air traffic controllers. Rather, they use the Automatic Flight Information Service to obtain information.

Long ride: Canadian Chris Bruckner took on a huge challenge. He cycled all the way across Canada. Starting on the west coast in the city of Vancouver, he made it to the city of Halifax on the east coast, a distance of over 5,700 kilometers (3,500 mi.). A paramedic who trained hard for the trek, Bruckner made the distance in 13 days, three hours and 49 minutes, possibly breaking the record. The race was a time trial in which a cyclist tries to cover the distance as quickly as possible. Bruckner, who had a team keeping track of his time, used the race to raise money for the Canadian Mental Health Association.

Doll crazy: A couple from Krasnoyarsk, Russia, are known worldwide for their ability to create realistic dolls. Anastasiya and Sergey Lutsenko are trained artists who use their talents to give their dolls amazingly realistic details, such as freckles and elaborate hairstyles. Each unique, handmade creation can take weeks or even months to complete. Both trained in classical art, the couple researched to find the best materials to use. Doll collectors love the results of the Lutsenkos' work so much that they pay thousands to acquire one of their masterpieces.

Sitting sport: An unusual sport is played in the Netherlands called Paalzitten, or pole sitting. It is as it sounds: competitors sit on top of poles to see who will last the longest before getting bored, tired, or numb. The long poles are outfitted with a seat and a backrest, and they are placed in water, which reduces injury if someone accidentally falls off. Competitors are allowed to take bathroom breaks every now and then. The history of Paalzitten is unknown, but it is thought to have started in the Dutch province of Friesland. Today, it is more of a tourist attraction than a sport.

Quoteable Quotes

"No snowflake in an avalanche ever feels responsible."
—Stanislaw Jerzy Lee

"The traveler who has once been from home is wiser than he who has never left his own doorstep."
—Margaret Mead

What's Happening

Covid-19 Information Resources. www.cdc.gov; Missouri Dept. of Health & Senior Services Hotline 877-435-8411 or www.health.mo.gov; Kansas Dept. of Health & Environment (KDHE) 866-534-3463 or www.kdheks.gov

United Way 2-1-1. Call 2-1-1 or go to www.211kc.org to get info and local community resources to help with bills, rent, food, and other assistance.

NAMI Basics OnDemand is a free, six-session online education program for parents, caregivers and other family who provide care for youth aged 22 or younger who are experiencing mental health symptoms. NAMI Basics OnDemand is an adaptation of the in-person course offered in 43 states by National Alliance on Mental Illness affiliates. For more info contact NAMI Johnson County, 913-210-0630, namijoco@gmail.com, www.namijoco.org

TELL US ABOUT YOUR EVENT

Free publicity for non-profit & community events, fill out online form at www.CoffeeNewsKCMetro.com or mail press release to P.O. Box 68, Belton, MO 64012. Allow 6-8 weeks notice prior to publication.

Trivia

1. What type of grated cheese is traditionally sprinkled over spaghetti?
2. Acrophobia is the fear of what?
3. An eagle has claws or talons?
4. The penholder grip is used in which sport?
5. One of several dances performed in grass skirts is what?

(Flip bottom of page for answers)

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who.int/emergencies/diseases/novel-coronavirus-2019

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