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Recipe of the month

Summer Chicken Parmesan

1 ounce white whole-wheat flour (about 1/4 cup)
1 large egg, lightly beaten
2/3 cup plain whole-wheat breadcrumbs
4 (4-oz.) chicken breast cutlets
5/8 teaspoon kosher salt, divided
1/2 teaspoon freshly ground black pepper
2 tablespoons olive oil, divided
Cooking spray
3 ounces part-skim mozzarella cheese, shredded (about 3/4 cup)
1 1/2 cups chopped zucchini (about 1 medium)
1 1/2 cups cherry tomatoes, halved
2 garlic cloves, thinly sliced
1/4 cup chopped fresh basil

Active Time: 20 min Total Time: 20 min Yield: Serves 4

❶ Preheat broiler with oven rack in middle position. Place flour, egg, and breadcrumbs in separate shallow dishes. Sprinkle chicken with 1/2 teaspoon salt and pepper. Dredge chicken in flour; dip in egg, and dredge in breadcrumbs.
❷ Heat 1 1/2 teaspoons oil in a large skillet over medium-high. Add 2 cutlets; cook 1 minute on each side. Place on a baking sheet coated with cooking spray. Repeat procedure with 1 1/2 teaspoons oil and remaining cutlets.
❸ Top cutlets with cheese; broil 1 1/2 minutes. Heat remaining oil in skillet. Add zucchini; sauté 1 minute. Add remaining 1/8 teaspoon salt, tomatoes, and garlic; sauté 4 minutes. Serve with chicken, and top with basil.

Source: www.cookinglight.com

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Everybody's Talking

Ice queen It's not all that unusual for young teenagers to drift away from their parents. After all, that is the time of life when young people want to start doing their own thing. But mother Rhian Hughes of Clayton-le-Moors, Lancashire, England, found a way to stay close to her son Harry. She secretly took up figure skating, something Harry loves to do. While training with an instructor was grueling, Rhian soon was able to perform a routine, which she tricked Harry into seeing. He was very impressed, and now Harry, Rhian, and the rest of the family go skating together regularly, cementing the parent-child bond.

Say "Yes" to the dress A woman from Adelaide, Australia, is tired of consumerism. After visiting India, Tammy Hall came home and decided stop buying new clothes and to be happy with what she had for at least a year. She didn't have any trouble doing that, but she did have trouble with the thought of spending a large sum of money for her wedding dress, which she would wear for only a day. To avoid this wasteful practice, she started wearing the dress everywhere after her wedding day. That includes hiking trails, basketball courts, the gym, and even the voting station. She plans to continue saying "Yes" to the dress!

Garden solution If you want to get rid of a nest of bugs in your backyard, don't use gasoline and a match. That's what Cesar Schmitz discovered. His wife didn't want the bugs to eat her lovely garden on their property in Enéas Marques, in southern Brazil. So, with an audience of two pet dogs, Schmitz poured gas into the bug nest and tried unsuccessfully to light it with a match. Finally, on the third try, the gas ignited. Sod flew everywhere and the dogs took off on a run. Luckily, Schmitz was in a safe place, but he had to replant the garden!

Nose for golf balls The elderly Barry Gell of Dunfermline, Fife, Scotland, loves playing golf, and he never has to buy golf balls. That's because he trained his collie, Jess, to sniff out lost balls on the golf courses in the area. Over a 12-year period, Jess has found more than 50,000 balls, some even buried in mud. The smart pooch never nabs one that's in play, only lost ones. Gell uses some of the balls and gives some away, but he still has so many that he doesn't know what to do with them all. Jess has even discovered antique golf balls lost decades ago by golfers.

Quoteable Quotes

"And we find at the end of a perfect day, the soul
of a friend we've made." —*Carrie Jacobs Bond*
"Becoming a father is easy enough,
But being one can be rough." —*Wilhelm Busch*

What's Happening

July 18 to 19-36th Grand North American Old Time FIDDLE CHAMPIONSHIP WATCH on Facebook Live on Saturday July 18 and Sunday July 19 - Start Time: 11:00am MDT each day. More info: Wild Rose Old Tyme Fiddlers website: www.wildrosefiddlers.org. Join in!

July 12 to 19-Free 48-hour Film Challenge! Pre-Register Now! Create an epic 2-minute film using your mobile device in just 48 hours on July 17-18, 2020. This is a free opportunity a free opportunity with the chance to win prizes! Register now: https:esff.ca2020-free-48-hour-mobile-film-challenge

July 18 - Cold Lake Air Show Come join in on the fun! tickets available, and more information at coldlakeairshow.com

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Trivia

1. What are the top universities in the U.S. called?
2. Which fruit has more Vitamin C, an orange or a kiwi?
3. In the world of basketball, who was known as "Houdini of the Hardwood"?
4. Bats are categorized as mammals—T/F?
5. What are geodes?

(Flip bottom of page for answers)

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Your Weekly Horoscope

ARIES
(March 21 - April 20)

Your judgment may be very sound. Making worthwhile professional contacts and taking care of business in an orderly way might be to your advantage. Lucky Numbers: 3, 12, 23, 33, 42, 43.

TAURUS
(April 21 - May 21)

This may be a dynamic and exciting period. Try to take advantage of any unusual offers or opportunities. You might be able to break away from your usual routine. Lucky Numbers: 6, 15, 26, 35, 36, 45.

GEMINI
(May 22 - June 21)

This may be a time when you can express yourself more clearly. Conversations, negotiations, and communications could be cordial and quite successful. Lucky Numbers: 4, 14, 22, 28, 32, 34.

CANCER
(June 22 - July 22)

A strong sense of adventure may make this a very interesting time. You might crave stimulation. Your inventive streak could help you make a startling discovery. Lucky Numbers: 11, 15, 28, 31, 35, 48.

LEO
(July 23 - Aug. 23)

You may be more emotionally sensitive and tender now. You might find yourself crying at movies, even if you normally are not inclined to do so. Lucky Numbers: 16, 24, 32, 42, 47, 49.

VIRGO
(Aug. 24 - Sept. 23)

You may be wildly enthusiastic! Your luck might be very good, too, and this could further stimulate your optimism. Life might seem less restrictive and limiting. Lucky Numbers: 5, 13, 25, 28, 34, 39.

LIBRA
(Sept. 24 - Oct. 23)

Expressing yourself in a bold and confident manner may be easier. You might seem not to care as much about the approval of others. This could free you to act on your own. Lucky Numbers: 16, 19, 23, 32, 41, 48.

SCORPIO
(Oct. 24 - Nov. 22)

Your determination may be strong, and you might have the courage to go to the source of any problem. You could want to address problems by fixing what's at their roots. Lucky Numbers: 12, 18, 22, 27, 30, 34.

SAGITTARIUS
(Nov. 23 - Dec. 21)

Now may be an ideal time for meditation and reflection. Your home might be very important to you. This could be a good time to give it a little extra attention. Lucky Numbers: 2, 4, 11, 13, 15, 30.

CAPRICORN
(Dec. 22 - Jan. 20)

You may experience more activity now. A significant conversation might occur. Successfully getting your own ideas and perceptions across to others could happen, too. Lucky Numbers: 8, 19, 22, 28, 32, 38.

AQUARIUS
(Jan. 21 - Feb. 19)

You may be keen and alert and express yourself well. This might be an excellent time to initiate discussions and communication. Try to be sure to listen to others. Lucky Numbers: 10, 13, 20, 23, 34, 39.

PISCES
(Feb. 20 - March 20)

Confidence and inner harmony may prevail. You might be able to move forward with creative projects and express yourself more easily and comfortably now. Lucky Numbers: 2, 14, 16, 22, 31, 40.

Lucky numbers this week: This week's odds favour Pisces winners with the luckiest number being 2.

Did You Know...

Good mood: Studies have linked low levels of the B vitamin folate to depression. Asparagus is a good source of folate, so eating it could help put you in a better mood.

Magical places: A coral reef is a marine biome that exists in warm, shallow water. Often located near the equator, they can be found around the world. Examples are the Great Barrier Reef in Australia and Devil's Reef in Jamaica.

Big lizard: Komodo dragons of Indonesia are predators that eat large prey, such as deer, water buffalo, and smaller lizards. They can run quickly for short periods, reaching speeds of about 20 kilometres per hour (13 mph).

Hot air: Dust devils are swirling columns of air that move across the ground. They pick up debris and dust, which makes them visible. They form when one area of ground, such as asphalt, heats up faster than a nearby area, such as grass.

Spectacular range: The Italian Alps have a mountain range called the Dolomites. They are beautiful, geologically diverse, and offer world-class ski resorts and hiking. The Dolomites are a UNESCO World Heritage site.

On the Lighter Side

Pat: "I'm sure I've seen your face somewhere else."
Matt: "No, it's always been right here on front of my head."

What goes up when the rain comes down? An umbrella.

Q: A girl fell off a 30-foot ladder, but she didn't get hurt at all. How is this possible?
A. She fell off the bottom step!

Sign outside a middle school: "You are unique—just like everyone else."

What do you break before you use it? An egg!

Answers

Trivia answers: 1. Ivy League 2. Kiwi 3. Bob Cousy 4. True 5. Crystal-filled rocks

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