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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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Vol. 17 No. 29 July 20, 2020

Everybody's Talking

Mommy's boy Some people will go to great lengths to help their parents in a time of need. In Brazil, a man named Heitor Schiave took it one step too far: he dressed up as his mother so he could take her driver's test on her behalf. His mother hadn't had much luck herself, having failed three times. So Schiave put on women's clothing and a wig, wore lots of makeup, and tried to talk in his mother's voice. However, the disguise did not fool Aline Mendonca, the examiner, who realized that the woman taking the test did not look like the woman pictured on her identification. Schiave was arrested for fraud.

New wave furniture Gavin Munro is a maker of furniture, but he doesn't use carpentry tools to do it. Instead, he trains the trees on his farm to grow into the form of chairs, tables, and other pieces. The result is very artistic. Located near Derby, England, his farm has oak, willow, ash, and sycamore trees. When the trees are just saplings, he uses molds to make them grow a certain way. To attain his final product, he also prunes and grafts the trees' branches. It takes a long time for a piece of furniture to be made in this fashion – between four and eight years.

Stolen goods A woman in St. Paul, Minnesota (U.S.), was miffed when she discovered that a package she ordered had been stolen from her porch. Hilary Smith received a text saying that the package, which contained a phone charger, had been delivered, so she expected to find it upon arriving home from work. In its place was a handwritten note thanking her for leaving the package on her porch so it could be stolen. The thief signed the note, "The new owner of your package." Police in the area are warning residents to have parcels delivered when someone is home to receive them.

Beautiful harvest Some farmers in Bangladesh work in an environment of great beauty—at least during the time of harvest. These farmers collect water lily blossoms in the Canal of Water Lilies in the country's Barisal district. They paddle their long wooden boats through a sea of green leaves and deep pink water lily flowers, collecting the blossoms as they go. Collection is done carefully and by hand. These blossoms are a popular item at local markets, where the farmers go to sell their floral gems.

Quoteable Quotes

"Things are always at their best in the beginning." *Blaise Pascal*
"Life can only be kept by giving it away. But then it will bloom." *Anne Rivers Siddons*

What's Happening

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 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!

May 14 to October 8 -Thursday at the 124 Grand Market The 124 Grand Market is back for its 9th season on 124 St 108 Ave! features essential businesses that include farm-fresh produce, tasty food trucks, beverages, locally crafted beer, wine spirits, and much more.

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Trivia

1. The fastest land animal is the cheetah, the leopard, or the lion?
2. Are cashews nuts or seeds?
3. Which Muppet of The Muppets fame is known for being ticklish?
4. Root and tuber vegetables grow above or below the ground?
5. Who wrote The Cat in the Hat?

(Flip bottom of page for answers)

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(Over)

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Rita Marcial from Spruce Grove

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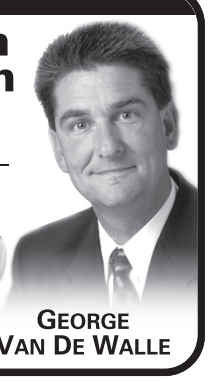

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Your Weekly Horoscope

ARIES
(March 21 - April 20)

Open your horizons to new ways to live your life. Once you decide on the perfect plan, you may accomplish much. Be sure to thoroughly document your research for others to see. Lucky numbers: 16, 18, 22, 24, 31, 46.

TAURUS
(April 21 - May 21)

You may benefit greatly from opportunities that present themselves at this time. An old friend who might be very influential and helpful to you may come back into your life. Lucky numbers: 1, 6, 15, 20, 31, 37.

GEMINI
(May 22 - June 21)

Important family matters may have to take top priority over less important matters. You may have to try to find a happy medium to juggle your usual workload. Lucky numbers: 17, 21, 28, 39, 45, 48.

CANCER
(June 22 - July 22)

Your current success may bring you much satisfaction. Your confidence level could soar once you really start to appreciate the people who are helping you on your journey. Lucky numbers: 2, 13, 24, 37, 41, 43.

LEO
(July 23 - Aug. 23)

You may need to believe in your abilities and talents. The winds suddenly may change, and new policies may help you realize your goals can, indeed, come true. Lucky numbers: 2, 9, 13, 17, 26, 34.

VIRGO
(Aug. 24 - Sept. 23)

You may need to value the instinctive powers that you possess. Sharing your enlightenment with younger people might help you make your own progress. Lucky numbers: 12, 24, 26, 29, 36, 43.

LIBRA
(Sept. 24 - Oct. 23)

Your business may entail travel or engaging in communications with those far away. Clandestine information might be revealed, once you build a good, healthy bond. Lucky numbers: 13, 22, 33, 44, 46, 49.

SCORPIO
(Oct. 24 - Nov. 22)

Good relations with your co-worker and superiors may enable you to spread your influence. Some very interesting employment opportunities might exist for you. Lucky numbers: 11, 16, 19, 21, 23, 33.

SAGITTARIUS
(Nov. 23 - Dec. 21)

You may have to exhibit your true colours to those who doubt your trustworthiness. If your heart is pure, then you might have absolutely nothing to worry about. Lucky numbers: 7, 24, 26, 30, 32, 43.

CAPRICORN
(Dec. 22 - Jan. 20)

You may feel as if life is passing you by far too quickly. That realization might teach you the importance of cherishing the little things in life that we take for granted. Lucky numbers: 2, 6, 12, 26, 32, 46.

AQUARIUS
(Jan. 21 - Feb. 19)

You should be able to focus on important decisions without worrying about the petty details. You may need to take the time you need to clear your head. Lucky numbers: 26, 29, 31, 32, 33, 40.

PISCES
(Feb. 20 - March 20)

Try to allow your strength of character to overcome your fears. Your sensitive mood may brighten greatly once you realize how much happiness you can create. Lucky numbers: 14, 19, 23, 24, 32, 39.

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

Did You Know...

Gone south: The first man to make it to the South Pole was Norwegian Roald Amundsen (1872-1928). A team of men, dogs, and dogsleds journeyed from their base camp in Antarctica, reaching the pole just under two months.

Pick a pear: Anjou pears are mild-flavoured and soft, making them easy to eat. Abate pears are good to eat with cheese because they are fragrant and crisp.

Skin bumps: Moles occur when skin cells called melanocytes grow. Babies can be born with moles that are called congenital nevi, while other moles develop over a person's lifetime.

Expensive painting: A 1941 Pablo Picasso painting from his "Weeping Woman" series sold for $9.1 million (CDN) at an auction house in Toronto, Canada, in 2019. The painting of photographer Dora Maar is called *Femme au chapeau*.

Writer and pilot: Many people are aware of British author Roald Dahl's many famous children's books, such as *Charlie and the Chocolate Factory* and *The Witches*. But they may not know that he was a fighter pilot in World War II.

On the Lighter Side

Why is "abbreviation" such a long word?

Can you name three consecutive days without using the words "Wednesday," "Friday," or "Sunday"? Yesterday, today, and tomorrow.

What do you call a boomerang that doesn't work? A stick.

Customer: "These melons are $1.50. Did you raise them yourself?"
Farmer: "Yes. Yesterday they were $1.25."

Why did the dinosaur cross the road? Because chickens weren't around yet.

Answers

Trivia answers: 1. Cheetah 2. Seeds 3. Elmo 4. Below 5. Dr. Seuss

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