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Recipe of the month

Balsamic Watermelon Chicken Salad

1 cup balsamic vinegar
1 lb. boneless skinless chicken breasts
3 teaspoons all purpose seasoning

1 tablespoons olive oil
4 cups baby spinach or greens
2 cups cubed watermelon
1/2 cup blue cheese crumbles
1/4 cup sliced or crushed almonds

Prep Time: 10 mins. Cook time: 30 mins. Yield: 4 servings

- 1 Pour the balsamic vinegar into a small saucepan and bring to a boil. Reduce heat and simmer for 15-20 minutes until the balsamic vinegar is significantly reduced and starting to become syrupy.
- 2 Meanwhile, turn a grill or nonstick skillet to high heat. Sprinkle the chicken with the seasoning on both sides and drizzle with the olive oil. Transfer to the hot grill and cook until no longer pink on the inside and nicely browned on the outside. Let rest for 5 minutes; cut into small cubes.
- 3 Layer the spinach with the chicken, watermelon, blue cheese, almonds, and drizzle with the balsamic reduction to taste. Top with additional olive oil if desired.

Source: <https://pinchofyum.com>

Everybody's Talking

Paring pumpkins: When people think of carving pumpkins, scary or funny faces that frighten or amuse Halloween celebrants are what usually comes to mind. Angel Boraliev of Varna, Bulgaria, has different ideas. This pumpkin carver is an artist who sculpts amazingly realistic images and designs out of the lowly fruit. A pumpkin might be turned into a regal owl, a majestic eagle, a slithering snake, or a placid pelican. Along with pumpkins, Boraliev also enjoys using watermelons and soap as a medium.

White deer: The northern part of the state of New York (U.S.) is home to a rare white-tailed deer called the Seneca white deer. The animals of this type carry a recessive gene that makes their coats white instead of the usual brown. The herd was protected for many years by the Seneca Army Depot. When it closed in the 1990s, volunteers took over the care of the animals. No hunting is allowed in what is now a sanctuary for the deer, but their stark white fur makes the animals an easy target for predators. Today, the private owner of the property plans to continue to protect the herd.

Chalky art: Chalk is something very familiar to teachers and students. That was true for Sachin Sanghe, who came from the village of Mudugere in Karnataka, India. He took a liking to the material and started to carve things in it, starting with simple letters. Later, he carved intricate creations, such as hands, deities, and buildings. He took a break from his art to attend engineering school, but after graduating, he started carving again. His tiny sculptures can take many hours to complete, depending on the complexity. The artist admits that getting the job done requires a lot of concentration.

Dish decorations: Collectors of porcelain might have a cabinet or two filled with interesting finds, but a couple of cabinets would not nearly be enough to hold the collection of Nguen Van Truong of Kieu Son, Vietnam. He started collecting porcelain dishes back in the 1980s, and he became so obsessed that he soon had nowhere to put all of his acquisitions. He took some mortar, applied it to the walls of his home, and began the process of embedding the dishes into his house. Now, the inside and outside of his house are covered in about 10,000 pieces of colourful dishware.

Quoteable Quotes

"Our deeds still travel with us from afar, and what we have been makes us who we are."
—George Eliot

"Not everything that is faced can be changed, but nothing can be changed until it is faced."
—James Baldwin

What's Happening

Online event posting During the Pandemic, we are happy to post your online event in the What's Happening section of Coffee News. Please visit our website at www.coffee-news.ca to submit your event.

May 29-Fundraising Golf Tournament 8:00 AM at The Ranch Golf and Country Club \$150 per player, \$550 for a foursome includes 18 holes of golf, cart and a full steak lunch silent auction. Search Eventbrite with Prescott and click current location. president@plcff.com

June 8-3rd 2021 Marda Loop Justice Film Festival justREEL film screening MLJFF invites you to our FREE social justice themed double feature, followed by a prerecorded QA segment with a subject matter expert. Available across Alberta from 5:30 pm to 11:59 pm. Learn more and register today at: justicefilmfestival.ca

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NEW FEATURE!

Trivia

1. Baby swans are called cygnets, ducklings, or goslings?
2. Bluefin tuna is the largest of the tuna species—T/F?
3. In what women's sport does Megan Rapinoe excel?
4. What type of fastener did icon "Rosie" of the WWII era use?
5. The California condor has a wingspan of how many feet?

(Flip bottom of page for answers)
(Over)

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Zone 4 Updated 02.22.21

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Your Weekly Horoscope

ARIES (March 21 - April 20)

Joining your efforts with others may work out very much to your advantage. You could reap rewards later for the generosity you extend at this time. Lucky Numbers: 5, 9, 12, 31, 39, 49.

TAURUS (April 21 - May 21)

Communicating with neighbours, friends, and family may be accentuated. This might be a good time to establish friendly, professional relationships, as well. Lucky Numbers: 16, 24, 31, 39, 44, 48.

GEMINI (May 22 - June 21)

Your intuition or gut feelings may be right on the mark. Positive feelings and inner harmony could engender smooth and comfortable relations with others. Lucky Numbers: 6, 7, 14, 22, 26, 42.

CANCER (June 22 - July 22)

Light, pleasant interactions may be emphasized. You could gain what you want through diplomacy. You might be willing to make concessions to maintain harmony. Lucky Numbers: 4, 18, 25, 37, 41, 48.

LEO (July 23 - Aug. 23)

You may care passionately and respond instinctively to current events. You might be energized and eager to be involved in projects that benefit your family life. Lucky Numbers: 1, 7, 17, 27, 37, 47.

VIRGO (Aug. 24 - Sept. 23)

An interest in people and psychology may come to the fore. You might be fascinated by the mysterious and could delve and probe until you discover the truth. Lucky Numbers: 2, 12, 14, 16, 18, 20.

Lucky numbers this week: This week's odds favour Libra winners with the luckiest number being 8.

Did You Know...

Hearing feet: African elephants have the unique ability to "hear" with their feet. Far-off rumbles in the ground create vibrations that travel from their feet to their middle ear. The timing of the signals can indicate the direction of the sound's origin.

Chef's trick: When we sprinkle salt on our food, we usually do it close to the target. Chefs sprinkle seasonings from a height of as much as 12 inches (30 cm). This results in much more even distribution.

No rabbits: In the state of Queensland, Australia, owning a rabbit is illegal. That's because the critters have become a severe ecological threat. The government erected a rabbit-proof fence and has taken other measures to keep the population under control.

Alarm system: Royals in ancient Japan were ahead of their time. They purposely built squeaky floors as an anti-theft alarm system. These "nightingale floors" or *uguisu-bari*, are named after the Japanese nightingale, also known as the Japanese bush warbler.

Unique banking: When visiting Vatican City in Rome, people can practice Latin while doing their banking. An ATM in Vatican City has an option to do transactions in Latin, possibly the only machine in the world to offer such a service.

On the Lighter Side

What has two hands, a big round face, always runs but stays in place? A clock.

Carry a feather duster with you wherever you go. If you can't find someone to tickle, at least you'll be able to do their dusting.

Don't resent growing old—many are denied the privilege.

Fred: "How do you know that peanuts are fattening?"
Ed: "Have you ever seen a skinny elephant?"

Improvising is a great adventure—a class act needs no cue cards.

Answers
1. Cygnets 2. True 3. Soccer 4. The rivet 5. 9-10 ft.

LIBRA (Sept. 24 - Oct. 23)

This may be a good time to begin a new business enterprise or a new venture. You could have the drive and courage to make your vision a reality. Lucky Numbers: 8, 10, 17, 28, 30, 44.

SCORPIO (Oct. 24 - Nov. 22)

You may make your influence felt, and your efforts to advance your career could be very effective. Taking on a leadership position might be favoured now. Lucky Numbers: 21, 24, 29, 31, 44, 49.

SAGITTARIUS (Nov. 23 - Dec. 21)

Music or art may move you very much now. Your imagination might be activated, and you could be inclined to feel rather passive and dreamy, or creatively inspired. Lucky Numbers: 2, 12, 13, 22, 23, 33.

CAPRICORN (Dec. 22 - Jan. 20)

This may be a perfect time to socialize, as the positive feelings that you generate may be to your advantage. Your willingness to meet people halfway could benefit you, as well. Lucky Numbers: 3, 5, 16, 22, 26, 40.

AQUARIUS (Jan. 21 - Feb. 19)

A desire to share your good fortune and joy with others may be your theme. Beautifying your home or changing your physical appearance might appeal to you. Lucky Numbers: 1, 15, 21, 35, 41, 42.

PISCES (Feb. 20 - March 20)

You may be craving emotional excitement, and your inhibitions might be loosened. It could be a time for music, dancing, and being joyfully spontaneous. Lucky Numbers: 12, 16, 32, 36, 42, 46.

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