

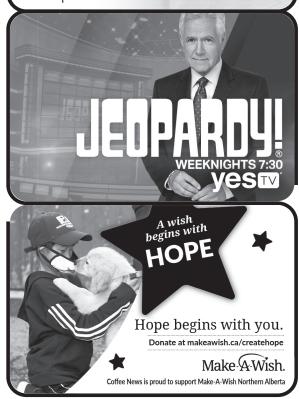




What's Happening

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1. James Watson and Francis Crick are responsible for the structural model of what?

Trivia

2. What does a relief map show using contour lines, shading, and colours?

- 3. The song "Over the Rainbow" was featured in what classic movie?
- 4. The skin, hair, and nails are all part of what system?
- 5. In what hemisphere is the location of the Earth's only subarctic climate?

(Flip bottom of page for answers)

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Balsamic Watermelon

e of the

/ month

are big far

Readers of the Month

Franz Fritzwitz & Wilbur Ram

is through ur daily

Chicken Salad cup balsamic vinegar 1 tablespoons olive oil 4 cups baby spinach or greens 1 lb. boneless skinless 2 cups cubed watermelon 1/2 cup blue cheese crumbles chicken breasts 3 teaspoons all purpose 1/4 cup sliced or crushed seasoning 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.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 6 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.

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and be a part of tomorrow's future, today If you're thinking of writing or updating your will, The Alberta Lung Association is offering the chance for donors to make a simple Will for free through our partnership with the Canadian Free Wills Network. You are not obligated to leave a gift to the Lung Association – we hope

that you will see this program as the perfect way to

satisfy your estate planning objectives.



BREATHE

the lung association



(Sept. 24 - Oct. 23)

3, 30, 38, 40, 45, 48.

18, 26, 39, 40, 47, 48

(Nov. 23 - Dec. 21)

SAGITTARIUS

CAPRICORN

AQUARIUS

32.42.

PISCES

38, 42, 46.

(Dec. 22 - Jan. 20)

(Jan. 21 - Feb. 19)

(Oct. 24 - Nov. 22)

SCORPIO

Your mental processes

may accelerate, and you

could move more quick-

ly. You might understand

what others are telling

vou and also make vour-

Your career goals may start to gain momen-

tum now. Your superiors

could be positively inclined

toward you. An impor-

Your ego-drive and competitiveness may be very

strong. You could feel

more vigorous, bold, assertive, and impatient.

You might feel capable

New ideas and learning

may be emphasized now.

Your mind could be

that might make vou

feel enthusiastic and

You may read something

that causes you to view

life in a very different

light. Your mind could

soar to a broader, more

encompassing perspec

This may be a dynamic

and exciting time for you

to expand your horizons.

You might want to take full advantage of any

self clearly understood. Lucky Numbers:

might be achieved. Lucky Numbers:

of successfully meeting challenges.

Lucky Numbers: 6, 24, 30, 32, 44, 45.

excited by these fresh insights. Lucky Numbers: 22, 25, 33, 39, 41, 45.

tive. Lucky Numbers: 5, 11, 14, 18,

unusual offers or oppor-tunities. Lucky Numbers: 12, 32, 36,

(Feb. 20 - March 20)

(March 21 - April 20)

You may meet interesting new people. This might be a time for

letting yourself relax with friends or doing something fun that is out of the ordinary for you. Lucky Numbers: 11, 14, 24, 26, 28, 45. **TAURUS**

(April 21 - May 21)

This may be a good time to schedule business meetings where tact would be a plus. You might act as a diplomat, bringing together people

with differing viewpoints. Lucky Numbers: 1, 22, 28, 39, 46, 49. GEMINI

(May 22 - June 21)

You might be a peacemaker. since harmony could be very important to you. Loving relationships and attracting people who are good for

you may very likely occur. Lucky Numbers: 13, 15, 16, 21, 22, 39. CANCER

(June 22 - July 22)

You might want to put extra energy into organizing your work and professional life. Decisions you make now may likely work out well, as you

might be more clear and objective. Lucky Numbers: 7, 15, 30, 32, 40, 41. LEO

(July 23 - Aug. 23)

You could feel sharp,

VIRGO

34, 46, 48, 49.

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

Did You Know...

Popular fruit: Tomatoes are part of the fruit family and are considered one of its most popular members, with over 182 million metric tonnes produced each year. Tomatoes originated in South America and were first cultivated around 700 CE by the Aztecs and Incas.

The Joker: Depending on the game, having a Joker card is a good thing. But the Joker wasn't always in a deck. It was introduced in the 1860s when American card players decided to add an extra "Best Bower" card to the game of Euchre.

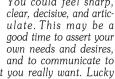
Cactus rules: People in Arizona (U.S.) with a Saguaro cactus on their property can't cut it down without permission from the Arizona Department of Agriculture. If they do so, a 25-year jail sentence could result.

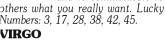
Coffee tester: Gennaro Pelliccia samples products for Costa Coffee, a job that involves declaring a coffee bean or blend good enough to leave the company's roasting plant. His











(Aug. 24 - Sept. 23)

You might want to try to make room for spontaneity and flexibility in your schedule. You may make discoveries and come up with fresh solutions to

old problems. Lucky Numbers: 18, 25,



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tongue is insured for $\pounds 10$ million.

Never expires: If honey is stored in a sealed container away from humidity, it never expires. Archaeologists found honey that hadn't spoiled in 3,000-year-old Egyptian tombs.

On the Lighter Side

What creature has the smallest appetite? A moth; it just eats holes.

College student: "I'm going to major in political science and clean up the mess in the world."

Parent: "You can start with the mess in your room."

How do you confuse a frog? Put it in a round bowl and tell it to take a nap in the corner. How does a frog confuse you? He comes out and says he feels much better after that nap.

Golf caddy: "I wouldn't say you're the worst golfer I've seen on this course, but I've seen places today that I've never seen before.'

Once the game is over, the king and the pawn go back into the same box.

Answers

3. The Wizard of Oz 4. Integumentary 5. Northern Hemisphere Trivia answers: 1. DNA 2. Land configuration

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