











Jun 10 to Aug 12 - Lac La Biche Biking Group Thursdays from 6.30-7.30 Explore the trails of Lac La Biche County 8702 91 Avenue Bold Centre

> NON profit organizations may submit events for FREE at www.coffee-news.ca/whats-happening



Over 150

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end your entry by snail mail to: CN Guy Contest 170 Street, Suite 303, Edmonton, AB T5T 5L4. Prove the study in the study cumotified and the study is the study of the study is the study of the study is the study is the study of the study is the study of the study of

Balsamic Watermelon Chicken Salad cup balsamic vinegar

1 tablespoons olive oil 4 cups baby spinach or green 2 cups cubed watermelon 1 lb. boneless skinless chicken breasts 3 teaspoons all purpose 1/2 cup blue cheese crumble 1/4 cup sliced or crushed almonds

prairiescentedcandles@gmail.com

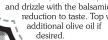
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month

Prep Time: 10 mins. Cook time: 30 mins.

Pour the balsamic vinegar into a small saucepart 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.
Layer the spinach with the chicken, watermelon, blue cheese, almonds and drizzle with the balsamic reduction to taste. Top with



https://pinchofyum.com

seasoning

Debbie Jacobsen, AMP **780.805.8840** deb@dlc1st.ca I www.dlc1st.ca

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Trivia

1. What is theatrical makeup often called?

2. A fez and a fedora are what types of apparel?

3. In the children's game, what is pinned on the donkey?

4. Singer Cass Elliott was a member of what popular musical group?

5. What is a vicissitude?

(Flip bottom of page for answers)

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SERVING ALBERTA'S BUSINESS COMMUNITY SINCE 2005



Your Weekly Horoscope LIBRA

ARIES (March 21 - April 20)

Opportunities for friendship, pleasant associations, and enjoyable

social interactions may

occur now. Personal rela-

tionships could feel har-

Your friendly manner

and willingness to meet

people halfway may ben-

efit your public image. It

could be favourable to

socialize with those with

You could become so

excited about the things

you are learning that

you can hardly stop

thinking and talking

about them. Try not to

Community social events

could be very rewarding

for you. You might be in

monious and rewarding, as well. Lucky Numbers: 2, 9, 12, 22, 23, 33.

whom you have professional ties.

Lucky Numbers: 6, 14, 25, 28, 36, 37.

be fanatical about their importance.

Lucky Numbers: 1, 2, 9, 11, 15, 23.

(June 22 - July 22)

(April 21 - May 21)

(May 22 - June 21)

TAURUS

GEMINI

CANCER

LEO



You could be pulled in many different directions and might tend to scatter your forces. Lucky Numbers: 6, 11, 14, 19, 30, 44.

SCORPIO (Oct. 24 - Nov. 22)

(Sept. 24 - Oct. 23)

The need to share, to give and receive love,

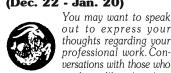
and to be accepted and wanted could be very strong. Your emotional responses to life may be deeper and more intense. Lucky Numbers: 4, 25, 28, 30, 37, 47.

SAGITTARIUS (Nov. 23 - Dec. 21)

You might feel especially friendly and sociable. The warmth and goodwill that you generate now may likely be of great benefit to you, both now

and later. Lucky Numbers: 6, 13, 14, 22, 31, 48. **CAPRICORN**

(Dec. 22 - Jan. 20)



thoughts regarding your professional work. Conversations with those who are in positions to act on

your ideas could come to the fore now. Lucky Numbers: 1, 13, 27, 30, 38, 47. **AQUARIUS**

(Jan. 21 - Feb. 19)



ness may arise, which might help you break away from your usual routine. You could be in the mood to learn something new. Lucky Numbers: 11, 12, 25, 28, 29, 35.

PISCES (Feb. 20 - March 20)



and spontaneity could be major themes now. Lucky Numbers: 13, 26, 27, 28, 29, 30.

Did You Know...

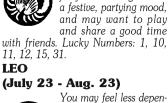
New name: Times Square, the famous intersection in New York City (U.S.), was originally called Long Acre Square. Its name changed in 1904 when The New York Times moved its headquarters to that location.

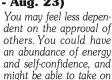
Colour blind: Waving a red flag in front of a bull is not productive because bulls, like other animals with hooves, are colour blind to the colour red. They are probably just irritated by the movement of the cape.

Apollo 13: American astronauts Fred Haise, Jim Lovell, and Jack Swigert traveled to the far side of the moon on Apollo 13 in 1970. They didn't intend to circle the moon and only did so because of an emergency situation.

Healing honey: Manuka honey from Australia and New Zealand comes from bees that pollinate the manuka bush. This honey has a higher degree of natural antibacterial qualities than other types of honey.







new challenges more easily. Lucky Numbers: 2, 7, 10, 25, 29, 46. VIRGO

(Aug. 24 - Sept. 23)

Improvising and using your intuition, rather than following the usual way of doing things, could be required. Your life may accelerate toward an unusu-

al, but interesting, segment of time. Lucky Numbers: 3, 19, 20, 38, 41, 47.

Lucky numbers this week: This week's odds favour Scorpio winners with the luckiest number being 4.



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Unsinkable: In the movie Titanic, American actress Kathy Bates played Margaret Brown. The real-life Margaret Brown became known as the Unsinkable Molly Brown because she did so much to help other passengers when the boat went down.



Name six animals that inhabit the Arctic region. Three seals and three polar bears.

If you had only one match and entered a room in which there were a kerosene lamp, a fireplace, and a wood-burning stove, which should you light first? The match.

Parent calling home: "I'm just checking on you." Child: "Shh, not so loud. The babysitter's asleep."

Exaggeration is a hundred, million, billion times worse than understatement.

How much honey can a bee make in a day? Enough to fill one jam jar, with a little bit left over to stick on the label.

Answers

4. The Mamas and the Papas 5. A change or variation Trivia answers: 1. Grease paint 2. Hats 3. The tail

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