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Recipe of the month

Balsamic Watermelon Chicken Salad


1 cup balsamic vinegar | 1 tablespoons olive oil
 1 lb. boneless skinless chicken breasts | 4 cups baby spinach or greens
 3 teaspoons all purpose seasoning | 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>

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Everybody's Talking

White cukes: Most vegetable gardeners are familiar with green cucumbers, but not many may be aware that there is such a thing as a white cucumber. This variety is known by many names, including White Wonder, White Albino, Ivory King, and Jack Frost. This cucumber was first developed by a seed company in the United States in the late 1800s. It took the company several years to test and evaluate the fruit before commercializing the seed. While their foliage is green, these cucumbers have white skin, and the fruit is crisp and delicious.

Treasure hunt: A jeweller and his wife from Macomb County, Michigan (U.S.), were having a hard time making ends meet during the COVID-19 shut down. So Johnny and Amy Perri decided to close their shop and bury (or otherwise hide) all their merchandise in dozens of places around the state. The couple is holding a series of treasure hunts; contestants must buy tickets to obtain clues, riddles, and maps leading to the locations. Treasure that could be found includes diamond rings, silver bars, necklaces, and prospector coins. The couple is calling their adventure Johnny's Treasure Quest.

Some like it hot: When the temperature is hot, people like to jump in a lake or find an air-conditioned place to escape from it. But some tourists visiting Death Valley National Park in the southwestern United States get out of their cars to snap selfies beside the Furnace Creek Visitor Center's digital thermometer. The numbers might read as high as 132° F (56° C). These tourists often post photos on social media about surviving such severe heat, even if their air-conditioned cars are only a few paces away! Death Valley is one of the hottest places on Earth and the driest in North America.

Face painting fanatic: Hannah Chilton, known as "Hannah Grace" on social media, is a makeup artist with great skill, and she uses that skill to turn herself into different things. Chilton, who lives in the UK, applies body paint and makeup to her face. When complete, she may look like a dinosaur, a skull, or a mummy, to name just a few. When she finishes a creation, she takes pictures of herself to post and then washes the paint off. She has quite a following and hopes to one day make her living using her craft, which she began just for fun in 2018 during time off from her job as a chef.

Quoteable Quotes

"Truth is ever to be found in the simplicity, and not the multiplicity and confusion of things." —Isaac Newton
 "What a desolate place would be a world without a flower." —Clara Lucas Balfour

What's Happening

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

July 7-Healthy Waters Lac La Biche, Plamondon Area Open House Join us for an exciting evening learning about and discussing the health of our lakes and watersheds! Starting at 6:00 pm at the Plamondon Festival Centre and featuring displays, educational resources, and guest speakers!

Aug 4-Healthy Waters Lac La Biche, Owl River Open House Join us for an exciting evening learning about and discussing the health of our lakes and watersheds! Starting at 6:00 pm at the Owl River Rec. Centre and featuring displays, educational resources, and guest speakers!

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

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Trivia

1. How many litres are in a hectolitre?
2. What does OPEC stand for?
3. The Summer Olympics of 2019 were held in what city?
4. What is a crepe?
5. Gems of emerald, jade, and peridot are predominantly what color?

(Flip bottom of page for answers)

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Your Weekly Horoscope


ARIES (March 21 - April 20)

You may have the discipline to apply yourself to some tasks that you might have been avoiding. You may want to put your affairs in order and tackle those mundane chores. Lucky Numbers: 2, 4, 29, 36, 38, 49.




TAURUS (April 21 - May 21)

You may feel a need to fight for what you believe in. Your genuine story could be very compelling, without stirring up more controversy than might be necessary. Lucky Numbers: 3, 5, 6, 11, 24, 27.




GEMINI (May 22 - June 21)

You may question major commitments and decisions that you have made in the past. This could be a great time of self-analysis about the direction you have taken. Lucky Numbers: 12, 28, 35, 36, 46, 47.




CANCER (June 22 - July 22)

You may experience a real positive flow of warmth and friendliness from a new group of people. You could be stimulated and energized by interactions with them. Lucky Numbers: 6, 10, 17, 28, 39, 44.




LEO (July 23 - Aug. 23)

Your judgment and sense of timing could feel very on-target. A stroke of good luck may not just fall in your lap, as you might need to seek out the opportunity. Lucky Numbers: 2, 22, 27, 36, 42, 44.




VIRGO (Aug. 24 - Sept. 23)

This may be an excellent time to eliminate things that are outworn. Clutter and disorder, or even a long-held attitude, might keep you from attaining your immediate goals. Lucky Numbers: 5, 21, 26, 36, 46, 48.




LIBRA (Sept. 24 - Oct. 23)

Your mood may feel jovial, and social relations may feel very good. Try not to overcommit yourself or promise too much, as you may be apt to feel overextended later. Lucky Numbers: 3, 16, 23, 24, 31, 38.




SCORPIO (Oct. 24 - Nov. 22)

This may be a very positive time. Your friends could be just as helpful to you as you are to them. They might really appreciate you and have an interest in your feelings. Lucky Numbers: 12, 13, 19, 32, 33, 40.




SAGITTARIUS (Nov. 23 - Dec. 21)

You might be able to be very clear and above-board, bringing out the diversity among yourself and others in a way that is not likely to offend or stir up any hostility. Lucky Numbers: 1, 6, 16, 35, 45, 47.




CAPRICORN (Dec. 22 - Jan. 20)

A large group of people may express a great deal of interest in your area of expertise. You might need to jump on this opportunity quickly, before it passes you by. Lucky Numbers: 2, 9, 18, 28, 29, 46.




AQUARIUS (Jan. 21 - Feb. 19)

You may want a break from your usual routine and be a little more spontaneous. A refreshing change of pace could help you begin to reinvigorate your creative interests. Lucky Numbers: 15, 26, 34, 37, 39, 46.



PISCES (Feb. 20 - March 20)

You may be forced to deal with an arrangement or situation that no longer works well. Old, outworn procedures could very well be a big part of the problem. Lucky Numbers: 3, 17, 18, 28, 31, 42.



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

Did You Know...

Band history: American rock and roll musician Bruce Springsteen, who fronts The E Street Band, was in numerous other bands when he first started performing. The first of these was The Rogues in the mid-1960s.

Blue eyes: People with Waardenburg syndrome, a genetic condition, may have some degree of hearing loss as well as pale blue eyes or different coloured eyes, such as one blue eye and one brown eye.

Soaring bird: The Andean condor has a great ability to soar. With a wingspan of about 3.3 metres (over 10 ft.), it has been known to soar for five hours over a distance of 160 kilometres (100 mi.) without flapping its wings.

From outer space: The Meteorite Museum at the University of New Mexico, in the city of Albuquerque (U.S.), is a fascinating place. It displays many different kinds of meteorites that have hit earth over the decades, including one that weighs one tonne.

Great spread: Tapenade is a pâté made from green or black olives. It is often made with garlic, lemon juice and olive oil, but other ingredients can be added. This dip is great on crackers and baguettes or served with meat dishes.

On the Lighter Side

Which month has 28 days? They all do.

How do you torture an engineer? Tie him to a chair, stand in front of him, and fold up a road map the wrong way.

I hate to always eat and run, but the way I tip, it's the only safe procedure.

First cowboy: "Why are you wearing only one spur?"
Second cowboy: "I figure when one side of the horse starts running, the other side will, too."

One day the bass player hid one of the drummer's sticks. The drummer said, "Finally! After all these years, I'm a conductor!"

Answers

Trivia answers: 1. 100 2. Organization of Petroleum Exporting Countries 3. Rio de Janeiro 4. Thin pancake 5. Green

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