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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

- 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.
- 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

Tough love: A woman's urge to be motherly has its limits for one matriarch in Mexico. The mother of Christian Uriel, a full-grown adult over the age 30, was happy to let her son come home to live free-of-charge when he lost his job due to the COVID-19 epidemic. However, months later, after Uriel had done little in the house except play video games, his mom had had enough. With the help of her sister, she ordered him out. The two women threw water on him and threatened him with brooms. Uriel filed a complaint to the authorities, but whose side they will take on the matter is unknown.

Tattooed teacher: A schoolteacher in Essonne, France, may lose his job, but not because of a lack of teaching ability. Actually, Sylvian Helaine is very good at his job. The problem is that he has tattoos from head to toe, including on his face, and his superiors at his school have received complaints from parents. Apparently, some kindergarten children are afraid of him. In response, Helaine was moved from the kindergarten room to a class with older children. Known as Freaky Hoody on social media, he has a passion for getting tattoos, which he adamantly claims have no bearing on his ability to teach.

Smelly fish: There is a fish dish in South Korea that most people hate, but lovers of the delicacy can't get enough of it. The dish is called hongoe (or hongoe-hoe) and it is well-known in Korea. The fish used is naturally fermented skate, a bottom-dwelling species. Its smell resembles ammonia. The odor even permeates clothing, so some restaurants offer sealed bags to store guests' jackets during the meal. First-time eaters are coached to breathe in through their mouths and out through their noses when eating it. After a few times, some get hooked on this dish.

Canine protection: Unbeknownst to his parents, a little boy from St. Louis, Missouri (U.S.), wandered away from home one morning. In bare feet and wearing only his pyjamas, Kh'amorion Taylor quickly became lost. However, a stray dog came to his rescue, staying by him as he toddled through unfamiliar streets. An anonymous woman noticed the duo, and started knocking on doors to see if anyone knew the boy. Eventually, after seeing a post on social media, the boy's father was alerted, and a joyful reunion resulted. The story shows how protective a dog can be towards a human who is in trouble.

Quoteable Quotes

"It's easier to build strong children than to repair broken men."
—Frederick Douglass

"Great works are performed not by strength, but by perseverance."
—Samuel Johnson

What's Happening

Join us in combatting human trafficking. Join the JOY IN ACTION TEAM in a virtual fundraising event to help the survivors of human trafficking and their families.

Registration is free! Go to joysmithfoundation.com to register today!**The 37th ANNUAL Grand North American Old Time FIDDLE CHAMPIONSHIP - Online WATCH** online on Facebook on July 17-18. Check the Facebook page <https://www.facebook.com/groups/311518953189067> or www.wildrosefiddlers.org for more event details.

God's Gift - The Creative Imagination Members of all faiths are invited to an ECK Light and Sound Service via Zoom. Sun. July 25, 10:00 AM. For more info call 204-253-2499 or email beckmanitoba@gmail.com.

Zoom link: <https://meetu.pseK2PVYd54Z2a>**Sound of Soul Event** Presented by Eckankar via Zoom. Experience HU a love song to God and discover more divine love in your life. Thurs. Aug. 5 from 7 - 8PM. For details call 204-253-2499 or email beckmanitoba@gmail.com for Zoom link.

South Osborne Farmers Market The 2021 South Osborne Farmers Market will be running on Wednesdays from 4-8pm at the Lord Roberts Community Centre, 725 Kylemore, from June 23rd-September 29th. Learn more at <https://www.fireweedfoodcoop.ca>

NON profit organizations may submit events for FREE at <https://coffeenewswinnipeg.com/whats-happening>

Trivia

1. What type of tree produces the acai berry—mulberry or palm?
2. The Golf, Jetta, and Passat are models of which auto manufacturer?
3. What treasure might be found in an oyster?
4. Actors River Phoenix (deceased) and Joaquin Phoenix are brothers—T/F?
5. What are wontons?

(Flip bottom of page for answers)
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Your Weekly Horoscope

ARIES

(March 21 - April 20)



You may easily become emotionally fired up about causes to which you have a strong attachment. You might care and instinctively respond to whatever happens to you. Lucky Numbers: 1, 10, 31, 34, 44, 47.

TAURUS

(April 21 - May 21)



Your feelings for friends and your emotional responses to life may be more intense. The need to give and receive love, and to be accepted and wanted, could be very strong. Lucky Numbers: 3, 5, 30, 32, 36, 41.

GEMINI

(May 22 - June 21)



The craving for comfort in the form of affection or food may be strong. This might be a good time to spend time with the people who love and appreciate you the most. Lucky Numbers: 6, 9, 18, 23, 29, 36.

CANCER

(June 22 - July 22)



You may come across in a very charming manner, which might likely win over new friends and admirers. You could certainly make an excellent first impression. Lucky Numbers: 4, 11, 15, 36, 41, 45.

LEO

(July 23 - Aug. 23)



Happiness and a desire to share your joy with others may be your theme now. You could feel generous, and may be inclined to buy something lovely for yourself. Lucky Numbers: 7, 29, 31, 35, 39, 43.

VIRGO

(Aug. 24 - Sept. 23)



This may be a positive time for you. Ideas could flow, and it might be easier than usual to express your thoughts. It also may be a good time for negotiations and communications. Lucky Numbers: 4, 13, 20, 28, 30, 32.

LIBRA

(Sept. 24 - Oct. 23)



Feeling good about yourself could result in a happy attitude. You might feel so comfortable that you might do little to take full advantage of current opportunities. Lucky Numbers: 2, 4, 7, 10, 27, 30.

SCORPIO

(Oct. 24 - Nov. 22)



You may be craving emotional excitement and something new and stimulating. Your social inhibitions could be loosened. It might be a time for music, dancing, and being joyful. Lucky Numbers: 9, 10, 18, 21, 33, 41.

SAGITTARIUS

(Nov. 23 - Dec. 21)



You may be more perceptive than usual. You might be able to see other people's true colours, and you could even discover a secret that had been hidden for some time. Lucky Numbers: 2, 8, 14, 18, 30, 36.

CAPRICORN

(Dec. 22 - Jan. 20)



Your ability to concentrate and focus on your work may be very good now. It might be time to attend to details and to make your life more stable and secure. Lucky Numbers: 8, 17, 22, 23, 28, 42.

AQUARIUS

(Jan. 21 - Feb. 19)



Your long-range goals or career aims could come into focus. You may gain a stronger sense of purpose which might energize your efforts to move toward your goals. Lucky Numbers: 3, 12, 14, 31, 34, 49.

PISCES

(Feb. 20 - March 20)



Your popularity may soar and many may vie for your attention. Enjoy the limelight. You could feel very dedicated and loyal towards your friends and family. Lucky Numbers: 12, 21, 26, 34, 35, 45.

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

Did You Know...

Early single: Famous British musician Elton John was once in a band called Bluesology. A song he wrote while with that band, "Come Back Baby," was released as a single in 1965.

Licking wounds: A person's saliva does a lot more than just lubricate the mouth and help start the food digestion process. It also contains antimicrobial compounds that help prevent infections in the mouth and gums.

Tall trees: Japan is home to forests of Kitaymama cedar, a tree that grows straight and tall. Foresters prune the lower branches so the trunk will grow exceptionally straight. The timber is used for wooden roofs and beams.

Sewing skills: A small bird that lives in the tropics of Asia has a unique way of making its nest. The female common tailorbird (*Orthotomus sutorius*) punches holes in leaves with its beak, then "sews" them together using cobwebs and plant fibres.

Famous place: The Cliff House is a famous restaurant in San Francisco, California (U.S.). Located on cliffs with a view of the Pacific Ocean, it was first built in the 1860s. There have been several rebuilds and renovations over the years.

On the Lighter Side

How do you know carrots are good for your eyes? Because you never see rabbits wearing glasses.

Scientists recently located the gene for military aptitude. They would have found it earlier, but it was camouflaged.

Boss: "You've got to find a way to make fewer mistakes on the job."
Worker: "OK. How about if I come in later in the morning?"

What's the difference between an African elephant and an Indian elephant? About 3,000 miles.

We're not supposed to be perfect. If we were, pencils wouldn't have erasers.

Answers

Trivia answers: 1. Palm 2. Volkswagen 3. A pearl 4. True 5. Chinese dumplings

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