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Recipe of the month

Zucchini Bites

2 cups shredded zucchini
1 cup Panko breadcrumbs
1/2 cup Parmesan cheese
1 large egg
1 tablespoon vegetable oil

1/2 teaspoon garlic powder
1/2 teaspoon paprika
1/2 teaspoon Italian seasoning
1/2 teaspoon salt (or to taste)
1/2 teaspoon ground black pepper (or to taste)

Total Time: 25 min. Yield: 20 pieces/4 servings

- Use a box grater or food processor to shred the zucchini.
- In a large mixing bowl, combine shredded zucchini, breadcrumbs, Parmesan, egg, oil, garlic powder, paprika, Italian seasoning, salt, and pepper. Mix well until evenly combined.
- Take 2 spoonfuls of the zucchini mixture at a time and shape into 1.5-inch balls. Set aside on a plate.
- Bake in a 375F preheated oven for 15 minutes until golden brown.
- Serve immediately with your favourite dipping sauce, if desired.

Source: <https://www.aheadofthyme.com>

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Everybody's Talking

Goat story: A pesky little bylaw that prevents farm animals from being kept in town isn't stopping Albert and Yoka Hoogendoorn from housing a goat on their property in Ingersoll, Ontario (Canada). The goat, named Bob, is getting elderly and is part of the Hoogendoorn family. When the couple moved into town from their farm, they brought Bob with them. Albert wanted to give their horned pet a nice home, so he built Bob a shed in the backyard, complete with heat and a salt lick. The neighbours get a kick out of seeing Albert and Yoka take Bob for walks. So far no one has complained to the authorities, so the bylaw has not been an issue.

Small town: There are small towns, and then there are really small towns. One such place is Hum, Istria, Croatia, a tiny, hilltop collection of medieval residences that is thought to be the smallest town in the world. At least that's what locals are using as a claim to fame. The population of Hum is somewhere between 20 and 30. It has two streets, a bell tower, a church, and a restaurant. The view is fantastic and the serenity palatable. Brick housing sits along cobblestone streets decorated with colourful flower pots. Busy in the tourist season, Hum is a tranquil place for townfolk to live when things quiet down for the winter.

Bugging the police: A Japanese man had a few things he wanted to say to staff members at the Saitama Prefectural Police department. In fact, when someone answered the phone, the 67-year-old man yelled that they should all be fired, amongst other things. He did so 2,060 times in a nine-day period. The calls, which averaged about one every six minutes, were taking up so much of the police department's time that something had to be done. Police went to his home and arrested him for preventing them from doing their jobs. His persistent phoning could have interfered with emergency calls to which police needed to respond.

Two owners: An uninhabited island in the Bidasoa River, which flows between Irun, Spain, and Hendaye, France, is quite small. Only about 200 metres (656 ft.) long, it's a sliver in the river, a few metres from the mainland of each country. Called Pheasant Island, it has a unique ownership: for six months a year, it is ruled by Spain, and for the other six months, it is ruled by France. Centuries ago, the countries struck the deal to end a long war. To honour the agreement, a monument was built in the middle of the island. Today, only a few visitors are allowed there and only for rare occasions, such as the change-of-ownership ceremony twice a year.

Quoteable Quotes

"Knowledge rests not upon truth alone, but upon error also."
—Carl Jung

"If I waited for perfection, I would never write a word."
—Margaret Atwood

What's Happening

May - Sep23 - Athabasca Farmers Market From May to September, the Athabasca Farmers Market is set up at the Athabasca Riverfront Park every Saturday. The market runs from 10 am to 2 pm. A variety of vendors and food trucks provide a diverse market experience that you wont want to miss!

Ongoing - Fresh Community Market Whitecourt District Chamber of Commerce Presents: The Fresh Community Market. Held each Saturday from 9:00 am to 1:00 pm until September 23, 2023. For more information, please visit the Whitecourt Chamber of Commerce's website.

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Trivia

- "A ring around the Sun or Moon" means what is coming soon?
- Did Betty Crocker or Ruth Wakefield invent the chocolate chip cookie?
- What is considered the national sport of China?
- The English Horn is a brass or woodwind instrument?
- Who is considered the "father" of the helicopter?

(Flip bottom of page for answers)
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Your Weekly Horoscope

ARIES
(March 20 - April 19)
You may be determined now to break through an old issue that is an obstacle to your current progress. Perhaps you should consider graciously asking others to assist you. Lucky numbers: 2, 8, 14, 23, 40, 45.

TAURUS
(April 20 - May 20)
Taurus is often cautious in taking risks, especially if it requires trusting others. There is a potential now to make an adjustment in your ability to discern whom to trust. Lucky numbers: 10, 11, 16, 18, 30, 41.

GEMINI
(May 21 - June 20)
At midweek, you may find yourself in a quandary of opposing possibilities. Be aware of jumping impulsively into action, and consider postponing any important decisions for a few days. Lucky numbers: 6, 11, 21, 36, 39, 45.

CANCER
(June 21 - July 21)
Late this week you may be emotionally spinning over whatever insecurities you feel about yourself. Can you gain any insight about these feelings before this period of several days passes? Lucky numbers: 4, 12, 14, 15, 34, 40.

LEO
(July 22 - Aug. 22)
Leo's strong, sunny energy sometimes exhibits a child-like demeanour that can be too self-focused. This month you may have an opportunity to equally focus on the needs of others. Lucky numbers: 8, 17, 23, 33, 40, 44.

VIRGO
(Aug. 23 - Sept. 22)
Leadership needs a balance of results and relationships. Virgos often focus more on results. There may be an opportunity this month to improve your balance of these two elements. Lucky numbers: 7, 28, 32, 35, 36, 43.

LIBRA
(Sept. 23 - Oct. 22)
This month the Sun comes back into the same position as it was on your birth date. It is a good time to take stock and plan new goals. Lucky numbers: 3, 8, 13, 29, 32, 35.

SCORPIO
(Oct. 23 - Nov. 21)
You may experience some intense emotions at the beginning of the week. If so, take a step back and breathe. This dynamic should only last a few days, so be patient. Lucky numbers: 11, 13, 24, 33, 36, 44.

SAGITTARIUS
(Nov. 22 - Dec. 20)
Your enthusiasm and optimism are highlighted at midweek. This encourages you to dream big, but you may want to wait a few days to act on your new plans. Lucky numbers: 7, 15, 21, 30, 36, 39.

CAPRICORN
(Dec. 21 - Jan. 19)
Information from your unconscious may shine a light on an old, painful situation. If you are proactive, an opportunity may arise to release any remaining trauma and resolve the issue. Lucky numbers: 9, 13, 24, 30, 47, 48.

AQUARIUS
(Jan. 20 - Feb. 18)
Human evolution is an important theme for many Aquarians. Sometimes this may feel like a hopeless challenge, but striving for grace and diplomacy can help you make progress this month. Lucky numbers: 12, 16, 22, 23, 32, 40.

PISCES
(Feb. 19 - March 19)
Pisces sometimes have difficulty setting boundaries. Right now this may be causing a stalemate for you. How can you make an adjustment that provides a win-win for everyone? Lucky numbers: 5, 6, 19, 25, 41, 47.

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

Did You Know...

Movie mania: The first full-length animated film to grace the world was not, as one might expect, something from the Disney studio. Rather, it was called *El Apóstol* and was made by an Argentinian named Quirino Cristiani in 1917.

No big signs: Landscapes around the world are cluttered with billboards. In 1927, before it was a state, Hawaii (U.S.) passed a law prohibiting them. Later, the states of Vermont, Maine, and Alaska followed suit.

Lots of fun: Near Copenhagen, Denmark, is a place where people have been having fun for centuries. Called Bakken, or officially Dyrehavsbakken, it is the oldest amusement park in the world. It has been around since 1583.

Carrot tops: If you have carrots from the garden or a farm, don't throw away the greens. They can be chopped, ground, and pureed into marinades, soups, stews, and stocks, among other foods.

Don't touch! An octopus that lives around coral reefs, from Japan to Australia, is called the blue-ringed octopus. With yellow skin with distinct blue and black circles, they are extremely poisonous.

On the Lighter Side

Your fingers are a lot like the hardware store. They've both got a lot of nails.

First sheep: "Moo."
Second sheep: "Why did you say 'moo'?"
First sheep: "I'm learning a foreign language."

I used to work as a hairdresser, but I just wasn't cut out for it.

Silence is sometimes the best answer.

Knock! Knock! *Who's there?* Scold. *Scold who?* It's scold out there!

Answers

Trivia answers: 1. Rain or snow 2. Ruth Wakefield 3. Table tennis 4. Woodwind 5. Igor Sikorsky

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