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Recipe of the Week

Chicken Cordon Bleu

6 skinless, boneless chicken breast halves
6 slices Swiss cheese
6 slices ham
3 tablespoons all-purpose flour
1 teaspoon paprika

6 tablespoons butter
1/2 cup dry white wine
1 teaspoon chicken bouillon granules
1 tablespoon cornstarch
1 cup heavy whipping cream

source: allrecipes.com



RECIPE PREPARATION

Pound chicken breasts if they are too thick. Place a cheese and ham slice on each breast within 1/2 inch of the edges. Fold the edges of the chicken over filling and secure with toothpicks. Mix flour and paprika in small bowl and coat the chicken pieces. Heat the butter in a large skillet over medium-high heat and cook the chicken until browned on all sides. Add wine and bouillon. Reduce heat to low, cover, and simmer for 30 minutes, until chicken is no longer pink and juices run clear. Remove toothpicks and transfer breasts to warm platter. Blend cornstarch with cream in small bowl and whisk slowly into skillet. Cook, stirring until thickened and pour over chicken. Serve warm.

Everybody's Talking!

Impolite parrots: Most of us are brought up being told to "mind our manners." Somehow, a flock of eight parrots at Lincolnshire Wildlife Park in eastern England did not get the message. Or, they got the message but refused to listen, and continued to flaunt their "fowl" speech. Park officials had attempted to curb the African grays' behaviour with reprimands like time outs. But to no avail. Now, instead of trying to keep the offending parrots away from the well-behaved ones, park employees have decided to try a new experiment: move the naughty parrots in with the 92 polite parrots in the hopes they will pick up better manners from their feathered peers. Time will tell.

Alpine office: Hold on to your office chairs! A Chinese advertising agency is being accused of taking "remote work" to a new level by literally relocating its entire operation from a city business district to a remote mountain area. Former employees are crying foul play, alleging that the relocation was a plot to make them voluntarily pack up their desks so the company could avoid layoffs and compensation. In what can only be described as an uphill battle, the agency's move made the daily commute a two-hour trek, each way, especially challenging for those without a personal car. Now, that's taking "remote" work to new heights!

Bite and run: Residents of the small town of Vastogirardi, in the Molise region of Italy, could not figure out why they often would go out to their cars only to discover their tires had been slashed. The residents of the peaceful little village were scratching their heads and beginning to fear there was evil intent behind the strange and consistent vandalism. Finally, cameras were set up and undercover patrols assigned to the case. They quickly discovered the culprit: a dog with a very sore set of teeth. Apparently the canine suffered from gingivitis and was biting into the tires to relieve the pain.

Bad example: Marathon runners are not likely to be chain smokers. The two habits simply don't go together. But for a 52-year-old Chinese marathon runner known as Uncle Chen, now dubbed Smoking Brother, lighting up before the race and even chain smoking during the race was common. He recently ran the Xiamen Marathon in Beijing and did it in three hours and 33 minutes. However, officials made the decision to issue him a two-year ban from their races, and voided his time and ranking from the event because smoking while on the track was considered to be a punishable behaviour due to its impact on the other 1,500 runners.

Quoteable Quotes

"Write your sad times in sand, write your good times in stone."
—George Bernard Shaw

"Happiness is when what you think, what you say, and what you do are in harmony."
—Mahatma Gandhi

What's Happening

- **Spring Choir Concert: Please join us for our annual Spring Concert Friday, April 12 at 7:30 p.m.** in Trinity Reformed Church 1100 - 40 Ave N Lethbridge. Free will offering. The Lethbridge Christian Men & Women's Choirs performing.
- **Coulee Cleanup Launch Event is Saturday April 20 | 10am-12pm.** Join us in the launch of Lethbridge's annual conservation program - Coulee Cleanup! Grab some gloves and a bag and help us tidy up Indian Battle Park. Location: Indian Battle Park - Baroness Picnic Shelter. Drop-in! Everyone is welcome! Gloves & bags supplied. Coulee Cleanup continues April 22-May 31. Register for cleanup at Lethbridge.ca/cleanshoreline
- **"Rotary Club of Lethbridge East" invites everyone to a FREE Open House at Honkers Pub (2808 - 5 Ave. North) on Tuesday, May 7 at 7:00 pm.** Join them for an evening of food, visiting and learning more about how Rotary serves our community. For more info and to register contact: Lynn Gregson @ 403-894-7860.
- **Calling the WCHS Lethbridge Class of 74 for our 50-year reunion this July 12 and 13.** Get ready to reminisce about old times, reconnect with old friends and classmates. For more info: WCHS1974lethreunion@gmail.com or call John 403 360-0168
- **Lethbridge Family Search Center has moved to: 2410 28th Street S. Open Wednesdays 9:30-12:00.** Free help with your family history. Everyone is welcome.

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Trivia

1. In *A Christmas Carol*, who was Jacob Marley's business partner?
2. Which British TV show featured John Cleese as a hotel owner?
3. Joseph Glidden invented the first successful paperclip, remote control, or barbed wire?
4. Keflavik is the largest airport in what country?
5. What body of water washes upon the western shore of Australia?

(Flip bottom of page for answers)

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(Over)

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Your Weekly Horoscopes

ARIES
(March 20 - April 19)



Be careful, especially at midweek, of impulsively speaking or taking action without first thinking it through. If you can't stop yourself, be sure to have a plan B. Lucky numbers: 1, 2, 9, 32, 38, 40.

TAURUS
(April 20 - May 20)




This week may offer a sudden insight about potential opportunities. Carefully consider the pros and cons. If something feels right to you, perhaps proceed with it. Lucky numbers: 8, 15, 23, 30, 38, 48.

GEMINI
(May 21 - June 20)




At midweek, your mind may be running at break-neck speed. Take a deep breath and wait. Any important insight you receive should still be there in a few days. Lucky numbers: 7, 22, 31, 32, 35, 46.

CANCER
(June 21 - July 22)




Your emotions may be particularly volatile at week's end. Be careful about saying something that you can't retract. Perhaps postpone that conversation for a few days. Lucky numbers: 5, 6, 10, 25, 39, 45.

LEO
(July 23 - Aug. 22)



Your innate enthusiasm and joy may get an extra boost right now. How might this temporary energy help you accomplish something new for yourself and others? Lucky numbers: 6, 10, 12, 26, 35, 41.

VIRGO
(Aug. 23 - Sept. 22)



Are you feeling frustrated and in opposition to something or someone? If you can't find a win-win outcome, you may want to wait a few days to proceed. Lucky numbers: 4, 5, 7, 11, 26, 32.

Lucky numbers this week: This week's odds favour Leo winners with the luckiest number being 35.

Did You Know...

Toothache troubles: If you lived in Germany during the Middle Ages, you might have been one of the many people who believed that kissing a donkey would take away toothache pain. If the donkey kicked, that could be a different matter!

Scrumptious meal: Pork pies are a staple of British cuisine. The dense pastry is filled with minced pork belly or shoulder that is seasoned with nutmeg, salt, and pepper. Savoury jelly is added after cooking.

Sleeping patterns: Most people try to get eight hours of shut-eye every night. Famous painter Leonardo Da Vinci, like many other geniuses, favoured a 20-minute power nap every four hours. That's not much sleep!

Unique license plates: For many years in Nunavut, a territory in Canada's far north, drivers had unique license plates on their vehicles. Most plates are rectangular. But until 2012, Nunavut license plates were shaped like a polar bear.

Main course: Lots of people enjoy dining on chicken cordon bleu, that delicious combination of chicken, ham, and cheese that is breaded then fried or baked. The dish's origins are in Switzerland.

On the Lighter Side

A couple went to a party dressed as a barcode. They decided they were an item.

Sign on the house: "Drums for Sale."
Sign on the house next door: "Yay!"

Knock! Knock! *Who's there?* Zany. *Zany who?* Does Zany body have carrots? I'm hungry.

What sort of shoes does Winnie-the-Pooh wear? None, he has bear feet.


What's yellow and swings through the jungle smelling of almonds? Tarzipan.

Answers

Trivia answers: 1. Ebenezer Scrooge 2. Fawlty Towers 3. Barbed wire 4. Iceland 5. Indian Ocean


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LIBRA
(Sept. 23 - Oct. 22)




Libras tend to prioritize good relations with others over their own desires. If this applies to you, midweek may offer an opportunity to negotiate what you need. Lucky numbers: 3, 5, 6, 10, 38, 43.

SCORPIO
(Oct. 23 - Nov. 21)



Are obstacles preventing you from getting on the same page with someone else about a problem? How might your viewpoint be adjusted to facilitate a solution? Lucky numbers: 2, 8, 12, 27, 28, 48.

SAGITTARIUS
(Nov. 22 - Dec. 21)




A solid set of beliefs is often important for Sagittarians. You might be challenged this week. Are your prior beliefs still valid or do you need to reconsider them? Lucky numbers: 16, 20, 23, 27, 33, 39.

CAPRICORN
(Dec. 22 - Jan. 19)




Your heart and mind may be out of sync at the end of the week. To create balance, you might want to lean into more emotional expression at this time. Lucky numbers: 10, 14, 31, 34, 42, 43.

AQUARIUS
(Jan. 20 - Feb. 18)



Humanitarianism can be an important life theme for Aquarians, though your approach may be detached. Now maybe you can add some fire to jump start your endeavours. Lucky numbers: 12, 13, 15, 16, 39, 43.

PISCES
(Feb. 19 - March 20)



In the last few weeks, have you been implementing opportunities that manifest your ideals into the world? What steps might you take before this energy passes? Lucky numbers: 9, 16, 18, 20, 28, 32.

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Parenting Tips

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Trivia

Q What does a "bibliophile" enjoy?

A: Books



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