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Recipe of the month

Shrimp Scampi

3 to 4 garlic cloves, minced	1/2 teaspoon pepper
1/4 cup butter, cubed	1/4 teaspoon dried oregano
1/4 cup olive oil	1/2 cup grated Parmesan cheese
1 pound uncooked shrimp (31-40 per pound), peeled and deveined	1/4 cup dry bread crumbs
1/4 cup lemon juice	1/4 cup minced fresh parsley
	Hot cooked angel hair pasta

Prep/Total Time: 20 min Yield: 4 servings

1. In a 10-in. ovenproof skillet, sauté garlic in butter and oil until fragrant. Add the shrimp, lemon juice, pepper and oregano; cook and stir until shrimp turn pink. Sprinkle with cheese, bread crumbs and parsley.

2. Broil 6 in. from the heat for 2-3 minutes or until topping is golden brown. Serve with pasta.

Garlic Lemon Shrimp: Omit the butter, pepper, oregano, Parmesan and bread crumbs. In a large skillet, sauté shrimp in 2 tablespoons oil for 3 minutes. Add the garlic, 1 tablespoon lemon juice, 1 teaspoon cumin and 1/4 teaspoon salt; cook and stir until shrimp turn pink. Stir in 2 tablespoons minced fresh parsley. Serve with pasta.

The perfect recipe for April 29...
Shrimp Scampi Day!

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

Vol. 21 No. 17 April 22, 2024

Everybody's Talking

Retired flavours: Ben & Jerry's, renowned for its offbeat ice cream, adopts a unique approach to discontinued varieties with their "Flavor Graveyard." Located at the Ben & Jerry's Factory in Waterbury, Vermont (U.S.) and also pictured on a dedicated page on the company's website, the Graveyard features granite headstones with epitaphs honouring the legacy of "dearly de-pinted" flavours. The Graveyard started in 1997 with only four flavours but now lists 35 like Wavy Gravy, Dublin Mudslide, Economic Crunch, and Holy Cannoli. The Flavor Graveyard attracts visitors from across the world, allowing ice cream enthusiasts to pay respects to retired recipes. Recently, the flavour What a Cluster was laid to rest with an actual ceremony.

Furry heirs: One wealthy woman in China seems to love her pets more than her three children. The Shanghai woman, with the surname Liu, has an estate worth \$2.8 million and wrote a will to leave her fortune in the care of a local veterinarian appointed as the will administrator. The vet is responsible for the care of her pets. The woman was motivated to make the unusual choice because she claimed her offspring seldom contacted her and didn't visit or care for her when she became ill. Liu had wanted to leave her money directly to her pets, but that was illegal.

Big find: A diamond about the size of a candy gumdrop was discovered by a French tourist visiting the Crater of Diamonds State Park in Murfreesboro, Arkansas (U.S.). The man had experience panning for gold and searching for ammonite fossils, so he knew how to go about things. He rented a diamond hunting kit from the park and set to work. A recent rain had washed away dirt and uncovered heavy rocks, leaving minerals and diamonds lying near the surface and making the search a bit easier. He intends to have the brown, 7.46-carat rock cut into two diamonds, one for his fiancée and another for his daughter

Lost wallet: A Chicago woman who lost her wallet during a visit to Arizona had it returned, 29 years later! A man from Mesa, Arizona (U.S.), was diving and kayaking in the Salt River not far from the Goldfield Mine in Apache Junction. He was with six family members when he found the wallet, about 15 feet (4.5 m) below the surface. Spending time on the water is the family's favourite pastime and they often find rings, jewelry, and fishing rods. But this time they were glad to see that the wallet included a driver's license, which allowed them to search online for the owner, and eventually return the wallet to her.

Quoteable Quotes

"If we could be twice young and twice old, we could correct all our mistakes."
—Euripides

"The action is best which procures the greatest happiness for the greatest numbers."
—Francis Hutcheson

What's Happening

Ongoing - Bonnyville Hospital Auxiliaries Bursaries Program
B'ville Auxiliaries will be awarding two Bursaries of \$1,000 to two students that are enrolled in and attending a Health-Related Program and have completed at least 1 yr. and are entering their 2nd. Closing is May 24, 2024. Contact helenwakulchyk@live.ca

Apr 17 - National Canadian Film Day On Wednesday, April 17th, join us at the main branch of the Stuart MacPherson Library for National Canadian Film Day where we will watch the sci-fi Indigenous movie Night Raiders 14A starting at 4pm.

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Trivia

1. Fictional character James Bond briefly was married to "Tracy"—T/F?
2. The game cribbage is played with a board, pegs, and ____.
3. In which city can you visit the Prado art museum?
4. A brachialis is a tendon, ligament, or muscle?
5. This ancient Greek physician is called the father of western medicine.

(Flip bottom of page for answers)

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Your Weekly Horoscope

ARIES

(March 20 - April 19)



Have you not been entirely truthful about something, either to yourself or to others? Now may be a good time to correct the situation and put it

behind you. Lucky numbers: 4, 13, 14, 20, 43, 45.

TAURUS

(April 20 - May 20)



The potential exists, early in the week, for you to uncover an opportunity. This may come to you out of the blue or may require you to take a leap

of faith. Lucky numbers: 1, 11, 32, 35, 37, 44.

GEMINI

(May 21 - June 20)



Are you having trouble making a choice about something important? The answer may become apparent if you use your belief system to examine

the situation. Lucky numbers: 13, 16, 18, 28, 40, 48.

CANCER

(June 21 - July 22)



Your head and heart may be out of sync at the end of the week. Try not to let the dissonance negatively impact you, since this phase could pass in a

few days. Lucky numbers: 5, 7, 22, 37, 43, 46.

LEO

(July 23 - Aug. 22)



At the start of the week, your unconscious may reveal information that may be upsetting to your self image. How can you integrate rather than

fight this insight? Lucky numbers: 1, 3, 8, 24, 41, 46.

VIRGO

(Aug. 23 - Sept. 22)



Your natural work and communication style may be "slow and steady wins the race." But this week, the energy might help you pick up the pace with

success. Lucky numbers: 2, 12, 23, 30, 32, 47.

LIBRA

(Sept. 23 - Oct. 22)



Your feelings may be particularly intense early in the week. Is an underlying issue begging for a resolution? How can you use these emotions to

facilitate change? Lucky numbers: 10, 18, 21, 26, 30, 45.

SCORPIO

(Oct. 23 - Nov. 21)



If you set new goals during your birthday month, this may be a good week to consider completing projects that support those objectives.

Lucky numbers: 11, 13, 18, 25, 27, 38.

SAGITTARIUS

(Nov. 22 - Dec. 21)



A few weeks ago, you may have experienced a challenge to your belief system. If needed, the energy at the end of this week could help you

support your beliefs. Lucky numbers: 9, 15, 17, 26, 31, 37.

CAPRICORN

(Dec. 22 - Jan. 19)



If you have been working hard and are running out of steam, hang on for a little bit longer. At the end of this week, help may be on the way for a

few days. Lucky numbers: 15, 16, 39, 42, 43, 47.

AQUARIUS

(Jan. 20 - Feb. 18)



Are your endeavours out of sync with your highest ideals and values? Now may be a good week to forge a new path that gets you back on track

and in alignment. Lucky numbers: 16, 18, 19, 33, 38, 39.

PISCES

(Feb. 19 - March 20)



Translating ideals from the ethereal realm onto this plane can be a challenge for Pisces. The energy this week may help you, so try to take advantage of it.

Lucky numbers: 3, 10, 12, 13, 21, 33.

Lucky numbers this week: This week's odds favour Taurus winners with the luckiest number being 11.

Did You Know...

Hawaiian dessert: Anyone visiting Hawaii (U.S.) should try its famous Haupia pie. This decadent, layered dish starts with a pie crust, usually followed by coconut and chocolate pudding, topped with whipped cream.

Peace prize: Agnes Gonxha Bojaxhiu is better known as Mother Theresa. Born in 1910 in what is now North Macedonia, she became a nun at 18 and worked in the slums of India, which earned her the Nobel Peace Prize in 1979.

Waiting for visitors: During Canada's 1967 centennial, the town of St. Paul, Alberta, celebrated by building the world's first UFO landing pad. No extra-terrestrial visitors have been sighted, but thousands of humans have taken a look.

Indoor plant: Indoor gardeners might want to try growing a bamboo plant. These attractive plants like indirect light and don't need much water. Avoid using water with fluoride and chlorine. Bottled is the best choice.

Crispy snack: A traditional Portuguese dish is *bolinhos de bacalhau*, also called *pastéis de bacalhau*. These are fritters made with cod, potatoes, onions, eggs, parsley, and spices, then deep fried.

On the Lighter Side

Knock! Knock! *Who's there?* Uriah. *Uriah who?* Keep Uriah on the ball!

Why did the farmer plow the field with a steam roller? He wanted to grow mashed potatoes.

People say I look better without my glasses on. But I just can't see it.

Paul Revere always carried a handkerchief. He was, after all, the town crier.

Customer: "I suppose you call this modern art?"
Art Dealer: "No, it's a mirror."

Answers

Trivia answers: 1. True 2. Cards 3. Madrid, Spain 4. Muscle 5. Hippocrates

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