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Recipe of the month

One-Pot Chicken & Gnocchi


2 slices bacon, cut into 1/2 inch (1-cm) pieces
6 boneless, skinless chicken thighs (4 oz./125 g each)
1/2 tsp (1 mL) salt
1/8 tsp (0.5 mL) black pepper
1 tbsp (15 mL) Pampered Chef Italian Seasoning Mix, divided

4 garlic cloves, pressed
2 cups (500 mL) 2% or whole milk
1 lb. (450 g) potato gnocchi
2 oz. (60 g) Parmesan cheese, finely grated (1 cup/250 mL)
1/2 cup (125 mL) frozen peas & corn

Ready in 30 minutes Yield: 6 servings

- Heat the Enamelled Cast Iron Skillet over medium-high heat for 2-3 minutes. Add the bacon and cook until crisp, 5-7 minutes, stirring occasionally. Remove the bacon with slotted spoon, set aside.
- Season the chicken with the salt, pepper, and 2 tsp (10 mL) Italian seasoning. Add the chicken to the skillet and cook, 5-7 minutes per side, or until the temperature reaches 165°F (74°C). Remove the chicken from the pan and set aside.
- Reduce the heat to medium, add the garlic, and cook until fragrant, 10-20 seconds. Add the milk, gnocchi, cheese, bacon, and remaining Italian seasoning. Bring to a boil, reduce the heat to medium, and cook, stirring frequently, until the milk has reduced slightly and started to thicken, about 3 minutes.
- Stir in the peas. Add chicken and cook on medium-low for an additional 3-5 minutes, or until sauce thickens slightly.

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Everybody's Talking

Young pilot: Promising aviator Lucien Distler has been soaring through the skies solo since his early years. At just 14 years old, this Oakville, Ontario (Canada), native boldly piloted a Cessna aircraft, marking his independent flight debut. While he was too young to operate a car, he possessed the necessary skills to command an airplane. According to him, achieving such a feat at a young age is entirely feasible with diligent training and determination. Lucien attributes his passion for aviation to his regular attendance at air shows alongside his father, an experience that ignited his fascination with airplanes and flying. Their shared enthusiasm continues to fuel his aspirations in the world of aviation.

Not in vane: A decades-long search for a stolen weathervane is over. Recently, a 114-year-old antique copper weathervane surfaced at Sotheby's in New York, N.Y. (U.S.). The auction house, which maintains a database of stolen items, alerted officials in Hartford, Vermont, who confirmed that it was the one stolen from the White River Junction train station in 1983. The weathervane was modeled after a steam locomotive and coal tender, and was crafted by W.A. Snow Iron Works, Inc. It is considered a valuable historic artifact and a beautiful piece of art. The weathervane will be remounted and returned to Vermont to be enjoyed once more.

Gator grab: When angler Justin Wyrick set out for a typical day of bass fishing, he was expecting nothing out of the ordinary. However, his routine excursion took an unexpected turn when he reeled in a surprising catch, a nearly 4-foot-long (1.2m) alligator while fishing with his brother at a lake north of Knoxville, Tennessee (U.S.). The brothers promptly contacted the local wildlife agency. Officers intervened, safely removing the reptile from the scene. Subsequently, the alligator found temporary refuge at a local zoo until arrangements could be made for relocation to a more natural habitat.

High-tech hoax: A university hopeful in Isparta, Turkey, was apprehended for using an artificial intelligence system to cheat on an entrance exam. The candidate, known by the initials M.E.E., was detected during the test due to his suspicious behaviour. Hidden inside his sneaker was a small router, and he had a high-definition camera disguised as a shirt button. The AI provided real-time answers via a tiny headset. Turkish authorities have not disclosed full details of the cheating system, but M.E.E. faces jail time and a ban from taking future exams. In the end, it seems his artificial intelligence couldn't outsmart human vigilance.

Quoteable Quotes

"There's a responsibility in being a person. It's more than just taking up space where air used to be."
—John Steinbeck

"Don't be pushed around by the fears in your mind. Be led by the dreams in your heart."
—Roy T. Bennett

What's Happening

Select Tuesdays: Seniors Tour Tea at the Southern Alberta Art Gallery Seniors 65 are welcome at the Southern Alberta Art Gallery Maansiksikaitapiisinnikssin on select Tuesdays this summer from 10-11:30am for a free guided tour, art activity, and refreshments. For more information email bipaa@saag.ca

Ongoing - Game Night with Rise Above Mental Health and Community Support Last Saturday of each month at The Tab, 1805 9th Ave N Lethbridge AB. 5:30-8:30pm. Join us for games and connections. No admission charge. Contact us at riseabovelethbridge@gmail.com or find us on Facebook.

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Trivia

1. In Bermuda, do drivers use the right or left side of the road?
2. Nitrous oxide (N2O) is more commonly called what?
3. How many legs does a spider have?
4. The musician Liberace played the piccolo-T/F?
5. Vaarwel is "goodbye" in Dutch, Swedish, or Finnish?

(Flip bottom of page for answers)

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(Over)

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Your Weekly Horoscope

ARIES
(March 20 - April 19)

Any stalemate with others in upcoming weeks may offer an opportunity for more tact and diplomacy in your communication. Consider taking advantage of this potential. Lucky numbers: 7, 10, 12, 14, 33, 42.

TAURUS
(April 20 - May 20)

Things may be busy, even chaotic, for you this week. A new idea may emerge, but consider it carefully before deciding whether or not to implement it. Look before you leap. Lucky numbers: 1, 2, 7, 38, 44, 46.

GEMINI
(May 21 - June 20)

Your ability to argue both sides of an issue may annoy others with more fixed world viewpoints. The energy of the next few weeks could temporarily ease this dynamic. Lucky numbers: 2, 5, 9, 26, 39, 45.

CANCER
(June 21 - July 22)

You may feel tired and stressed at midweek. Might you be able to find a way to carve out some time for self care? Doing so could mean you're better able to help others. Lucky numbers: 8, 12, 16, 19, 29, 30.

LEO
(July 23 - Aug. 22)

The energy this weekend may make this a good moment to take time out to play and have fun. Remember, though, that you probably need to get back to work soon. Lucky numbers: 12, 25, 28, 31, 37, 47.

VIRGO
(Aug. 23 - Sept. 22)

You might find yourself feeling introspective at the end of the week. If you can retreat for a couple of days, you may find that important information can surface. Lucky numbers: 3, 7, 12, 18, 30, 43.

LIBRA
(Sept. 23 - Oct. 22)

Is there a thorny relationship issue that you have been avoiding? The next few weeks may provide an opportunity for progress, using your skills of tact and diplomacy. Lucky numbers: 15, 27, 28, 30, 35, 43.

SCORPIO
(Oct. 23 - Nov. 21)

The intensity of Scorpio can intimidate others. But the energy now may soften this dynamic. If you consciously incorporate it, you might be able to retain it going forward. Lucky numbers: 10, 13, 15, 26, 29, 40.

SAGITTARIUS
(Nov. 22 - Dec. 21)

Your natural friendliness and optimism may get an extra boost for the next three weeks. How can you use this energy to create a win-win opportunity for your goals? Lucky numbers: 4, 16, 20, 21, 27, 44.

CAPRICORN
(Dec. 22 - Jan. 19)

Important information may emerge from your unconscious at midweek. You might be tempted to ignore it, but you also could use it positively in your personal development. Lucky numbers: 11, 17, 22, 27, 44, 48.

AQUARIUS
(Jan. 20 - Feb. 18)

Your heart and mind may be out of sync at week's end. If your default is to usually choose your mind, perhaps consider leaning toward the side of your heart this time instead. Lucky numbers: 9, 10, 18, 39, 40, 48.

PISCES
(Feb. 19 - March 20)

Everything may be confusing for you this week. Knowing what is real and truthful vs. what is not might be difficult. Perhaps postpone important decisions for at least a week. Lucky numbers: 6, 7, 19, 22, 33, 34.

Lucky numbers this week: This week's odds favour Sagittarius winners with the luckiest number being 21.

Did You Know...

Olympic art: The Olympics weren't always just for sports. Beginning in 1912, 151 medals were awarded in painting, sculpture, architecture, literature, and music for work inspired by athleticism. Art exhibits replaced the medals in 1954.

Lefties: Only about 10% of people worldwide are left-handed. About 1% are ambidextrous, able to use either hand effectively. This means the rest of us are predominantly right-handed.

Chair evolution: We may have Charles Darwin to thank for our office chairs. He is often credited with the idea of using wheeled legs to replace regular legs on his office chair. This let him move easily and quickly around his lab.

Youthful success: Stevie Wonder was only 13 years old in 1963 when he earned his first No. 1 hit on the Billboard Hot 100 with "Fingertips." He has since added many more hits to his resume!

Gator aid: In the 1960s, scientists at the University of Florida (U.S.) invented the popular sports drink Gatorade. In the 1970s, they also created Gatorade gum, but it was discontinued by 1989.

On the Lighter Side

A man sued an airline after they lost his luggage. Unfortunately, he lost his case.

Our son at college said he grew a whole foot. So we sent him a third sock.

Art: "Why did you name your son Bill?"
Marty: "Because he arrived at the beginning of the month."

Knock! Knock! Who's there? Cheese. Cheese who? Cheese a very smart girl!

How did the owl with laryngitis feel? He couldn't give a hoot!

Answers

5. Dutch
Trivia answers: 1. Left 2. Laughing gas 3. Eight 4. False

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