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Baked Salmon Fillets Dijon



Ingredients

- 4 - (4 ounce) fillets salmon
- 3 tbsp. - prepared Dijon-style mustard
- salt and pepper to taste
- 1/4 cup - Italian-style dry bread crumbs
- 1/4 cup - butter, melted

RECIPE PREPARATION

- Preheat oven to 400 degrees F (200 degrees C)
- Line a shallow baking pan with aluminum foil.
- Place salmon skin-side down on foil. Spread a thin layer of mustard on the top of each fillet, and season with salt and pepper.
- Top with bread crumbs, then drizzle with melted butter.
- Bake in a preheated oven for 15 minutes, or until salmon flakes easily with a fork

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 Week 2 July 15 - 18
 Week 3 July 22 - 25
 Week 4 July 29 - August 1
 Week 5 August 12 - 15
 Week 6 August 19 - 22

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Everybody's Talking

Horn reform: In Cambodia, if you install a musical horn in your vehicle, you will be in trouble. The prime minister has ordered police across the country to enforce an order that car owners replace musical horns with normal horns. The leader had seen videos on social media of "inappropriate activity" associated with the musical horns, such as people, especially children and youth, dancing on the roads and roadsides as passing vehicles play tunes, creating a serious safety hazard. He has mandated that any musical horn should be ripped out and replaced with the standard honking kind. While this new law may take away some music from the streets, it aims to significantly improve road safety.

Camelids year: The year 2024 has been designated as the Year of the Camelids, a diverse group of animals including camels, guanacos, and vicunas, which are all part of the camel family, as well as llamas and alpacas. Recognizing their vital role in sustaining the livelihoods of millions of people across 90 countries in harsh environments, the United Nations has bestowed this honour upon them. These remarkable creatures provide essential resources such as food, milk, transportation, fibres, and fertilizer. Particularly notable is the camel's ability to thrive in arid regions with minimal water requirements, which makes them invaluable for transportation across deserts and drylands.

Learn to drive: A woman from Colorado (U.S.), who had been arrested in the past for car theft and spent time in jail, attempted to steal another vehicle shortly after her release. However, police weren't the ones who foiled her plan. The issue arose when she realized the vehicle she'd stolen was a pickup truck with a stick shift. Lacking the skill to operate a vehicle with a manual transmission, she abandoned it, leading to the truck rolling and hitting a fire hydrant. Subsequently, she was arrested again and faced new charges of motor vehicle theft, careless driving, driving without a licence, and failing to report a crash. The stolen truck was returned to its owner.

Rare birth: In the confines of Thomas Belt Zoo in Juigalpa, Nicaragua, a mother puma welcomed three adorable cubs into the world. Two of them boasted a striking golden hue adorned with dark brown spots, while the third stood out due to its pristine white fur. This rare white cub was born with albinism, a condition believed to be shared by only a handful of pumas worldwide. Dubbed Itzae, meaning "Gift from God" in the Mayan language, the cub has quickly become a star attraction since her introduction to the public. Visitors flock to catch a glimpse of this extraordinary feline, marveling at her uncommon beauty and significance in the animal kingdom.

Quoteable Quotes

"Friendship is serious affection; the most sublime of all affections, because it is founded on principle, and cemented by time."
 —Mary Wollstonecraft Shelley

"You're only given a little spark of madness. You mustn't lose it."
 —Robin Williams

What's Happening

Reconnect: Discover Square Dancing Square dancing is just walking to music. Come to free Introductory Dance Party. 7:30 pm McDougall United Church 8516 Athabasca Street SE Free admission.

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Trivia

- A snow crystal has how many sides?
- Zone Improvement Plan is more commonly known as the _____ code.
- The pig in Charlotte's Web was named Babe, Wilbur, or Major?
- Those with sitomania have an abnormal craving for what?
- "Pong" was among the first of this type of game.

(Flip bottom of page for answers)

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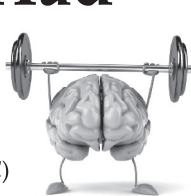


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Your Weekly Horoscope

ARIES

(March 20 – April 19)

This week you may be more focused than usual on your emotional reactions. What adjustment in attitude might help you act in more alignment with your highest values? Lucky numbers: 7, 9, 14, 24, 47, 48.

TAURUS

(April 20 – May 20)

An unexpected opportunity may surface mid-week that helps you achieve something close to your heart. However, you might need to adjust your viewpoint in order to see it. Lucky numbers: 2, 16, 18, 23, 27, 35.

GEMINI

(May 21 – June 20)

Information overload can easily happen to Geminis, and you may find yourself in this situation at midweek. Take a deep breath, step back, then focus on your highest priority. Lucky numbers: 3, 9, 10, 11, 15, 26.

CANCER

(June 21 – July 22)

Since 2008, you may have had intense periods of transformation. Pluto was in your opposite sign but this transit ends soon. What have you learned? What still needs completion? Lucky numbers: 11, 12, 23, 29, 43, 45.

LEO

(July 23 – Aug. 22)

Over the next 20 years, Pluto will reside in Aquarius. At times, there may be a stalemate between your needs and those of others. Cultivating maturity could ease this dynamic. Lucky numbers: 4, 6, 9, 17, 34, 36.

VIRGO

(Aug. 23 – Sept. 22)

Like your opposite sign, Pisces, you may be at a turning point over the next year, with major beginnings and endings. These changes may encourage you to be of service. Lucky numbers: 8, 10, 19, 24, 35, 43.

LIBRA

(Sept. 23 – Oct. 22)

What has worked well or poorly for you since your last birthday? Now is a good time to set new goals. But you may wish to wait a bit before starting to implement them. Lucky numbers: 6, 14, 15, 17, 24, 34.

SCORPIO

(Oct. 23 – Nov. 21)

This month you may find yourself drawn into universal mysteries. Following where they lead may give you powerful insights. Be careful of being pulled under too deeply. Lucky numbers: 1, 8, 26, 27, 35, 45.

SAGITTARIUS

(Nov. 22 – Dec. 21)

Your mind may be racing in many directions at week's end, which could make decisions difficult. You might want to wait a few days for this energy to pass. Lucky numbers: 10, 14, 16, 17, 29, 39.

CAPRICORN

(Dec. 22 – Jan. 19)

As Pluto makes its last pass through Capricorn, you may be asked to shed the vestiges of an old pattern. Let what you love most be your compass in this transformation. Lucky numbers: 8, 12, 14, 18, 23, 30.

AQUARIUS

(Jan. 20 – Feb. 18)

Pluto will soon reenter Aquarius and reside in your sign for the next 20 years. This heralds a period of transformation that could bring significant changes in your life. Lucky numbers: 7, 8, 9, 18, 30, 36.

PISCES

(Feb. 19 – March 20)

Like your opposite sign, Virgo, you may find yourself at a turning point over the next year, with major beginnings and endings. Let your highest vision be your North Star. Lucky numbers: 5, 9, 12, 18, 23, 25.

Lucky numbers this week: This week's odds favour Taurus winners with the luckiest number being 23.

Did You Know...

Java reborn: In Berlin, Germany, bicycle couriers collect used coffee grounds from coffee shops and roasters, and deliver them to a social enterprise called Kaffeeform. The grounds are dried, preserved, and used to craft unique coffee cups.

Round safety: Have you ever pondered why manhole covers are round? It's because they require no rotation to fit properly. Additionally, circular covers are inherently the strongest shape.

Extreme means: If you are serious about dieting, you might be interested in U.S. Patent 4344424, issued in 1982. It is an anti-eating mouth cage! You can breathe and speak, but can't enjoy your favourite meal, an extreme form of self-control!

Morning ritual: Did you know that making your bed each morning may have mental health benefits? Scientists suggest that this simple act can enhance productivity, induce calmness, contribute to improved sleep quality, and reduce stress.

Beloved beverage: In Canada, a popular drink is called the Caesar, a blend of clam juice, tomato juice, vodka, and Worcestershire sauce. It originated in Calgary, Alberta, in 1969. About 400 million of these drinks are consumed each year.

On the Lighter Side

Some mornings I wake up grouchy. Other mornings I leave him alone.

Diner: "Waiter, there's a footprint on my omelet."
Waiter: "Well, when you ordered you told me to step on it."

Knock! Knock! *Who's there?* Dragon. *Dragon who?* These jokes dragon and on and on.

What goes up and down but doesn't move? A staircase.

What did the email say to the document? All good things come to a send.

Answers

5. Video game
Trivia answers: 1. Six 2. ZIP 3. Wilbur 4. Food

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