

GRILLED CHICKEN BURGERS

INGREDIENTS

- | | |
|----------------------------|------------------------|
| 1 ½ lbs ground chicken | ½ cup cracker crumbs |
| 2 tbsp barbeque sauce | salt & pepper to taste |
| ½ tsp smoked paprika | 6 slices old cheddar |
| ½ medium red pepper, diced | 6 kaiser buns |
| ½ small onion, diced | lettuce |
| 2 cloves garlic, crushed | tomato, sliced |

DIRECTIONS

- 1 In a bowl, combine barbeque sauce, smoked paprika, red pepper, onion, garlic and cracker crumbs with the chicken.
- 2 Form into 6 patties, season with salt and pepper.
- 3 Grill on the barbeque over medium-high heat for 6 - 8 minutes each side. Add cheese slices and cook over medium heat until melted; there should be no pink in the middle when done.
- 4 Brown Kaiser buns and serve with patties. Garnish with lettuce and tomato.



CREDIT UPDATE

The last time you heard your credit score was probably at the bank, maybe you were applying for a mortgage or a new loan and the advisor simply told you a number. You may have been told if your score was good or if it needed work, but you probably didn't see the printed report. Everybody should check their credit score and history at least once a year for several reasons.

Your credit score affects your interest rate. When a lending institution offers you a loan, the

interest rate is dependent on your credit score. You will pay less interest if you keep a higher score.

View your reported history. On your credit report, you will see information such as past payment history, personal identification, public records affecting your credit, credit accounts you have open and who has accessed your credit report. It is important to ensure this information is correct so you can dispute it if it's not, as well you can monitor open accounts and reduce the risk of identity theft

by knowing everything that's open in your name.

Contrary to popular belief, if you request your credit report your score will not be negatively affected.



Help Wanted

The FBI placed an ad for a new dog for its K-9 unit. A seasoned police dog responded. "Well," said the personnel director. "You need to realize that we have stricter requirements than other agencies.

First, you must type at least 60 words per minute." The dog sat at a desk and quickly finished a typing test, scoring 80 words per minute.

"Also," said the director, "you must pass a physical and complete an obstacle course." In no time at all, the dog passed both tests. "Ok, there is one last requirement," stated the director. "You must be bilingual." The dog looked up at him confidently and said, "Meow!"



HOT FACTS ON FOREST FIRES

Canada's forest fire season begins early April and runs to mid-September.

In an average Canadian summer, approximately 25,000 square kilometers of forest burn - about the size of Lake Erie.

58% of wildfires are caused by humans, the remaining 42% are a result of lightning.

Fire is a natural part of a healthy ecosystem because it cleans out the brush and stimulates new growth.

THE GRILL OF YOUR dreams

The savoury aroma of food grilling on the barbeque tells us that summer has begun and if you're like many people in the country, you can hardly wait to light yours up. If you're looking for a new grill to ring in the season, there are a few things to consider!



Make it space appropriate. Consider the size of the area that will be home for your new grill. Look for a barbeque that fits in the space comfortably while leaving room around it to work. If your barbeque is part of your seating area, ensure there is adequate space for seating and for you and your guests to move around it.

Make room on the grill. Whether you regularly cook meals for two or ten should factor into the size of barbeque you purchase. If you like to entertain or have a few people you normally cook for, buy the biggest barbeque you can that properly fits in the allotted space so you don't run out of grill space when you need it.

Light it up. Natural gas, propane, charcoal - there are various fuel sources for grills today. Do you like the smokiness that comes from charcoal or the convenience of using gas? Both types are readily available in retail stores and if you can't decide you may want to look for a combo model that offers charcoal cooking on one side and gas on the other.

The heat's rising. Barbecues that are rated as having high BTU's burn hotter giving you more control over the temperature you set and more precision in your cooking.

Feature fixing. Consider advantageous features such as a side burner, back burner, rotisserie and built-in lights for cooking at night when you shop for your grill. These options allow for variety when grilling allowing you to cook with ease at anytime.

Preferred Group Team Member Update



Anu Khullar

Always keeping busy and enjoying life to the fullest, Anu has been busy helping real estate clients so far this spring. The market is strong, and a great time to buy and sell. With the recent election and a stable government for the next few years, the market in Edmonton is predicted to be strong and she is gearing up for a busy summer. But before she gets too busy she has finally booked a holiday for herself for two weeks in May, going to Honduras to enjoy some diving. No phone, email, or distractions, just relaxation in the sun and sand!



River City

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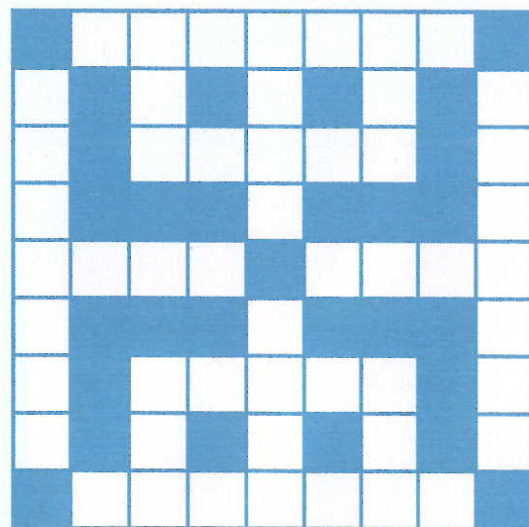


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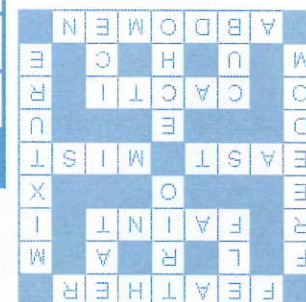
CROSSWISE

There are no clue numbers in the grid so use your powers of deduction to solve the puzzle and place the right words in the correct positions.

1. One of the two horizontal 7-letter words is part of a bird's wing and the other is stomach.
2. One of the two vertical 7-letter words is liberty and the other is concoction.
3. One of the 5-letter words is pass out and the other is desert plants.
4. The 4-letter words are group of three; light fog; reverberation; compass direction.
5. The two 3-letter words on the left are kind of fairy and young bear.
6. The two 3-letter words on the right are consume and frozen water.



Solution



Courtesy of www.puzzlechoice.com

SMALL PROJECTS BIG RESULTS

Small remodeling projects can create big impact for the look of your home; just think back to the last time you painted. Simple updates will keep your home feeling fresh, clean and new. You can update the look throughout your home by replacing older door handle hardware with new. Replace cabinet pulls, interior and exterior door handles with products that suit your taste. The trend this season is repurposing so look for hardware with an antique type finish such as oil-rubbed bronze or distressed steel.



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