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Andrew Johnson • Edmonton, AB

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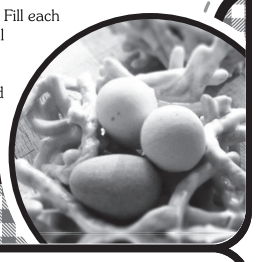
Recipe of the month

Bird's Nests III

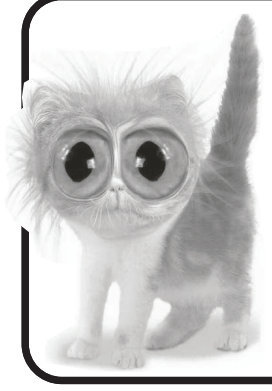
4 cups chow mein noodles
3 cups miniature marshmallows
3 tablespoons butter
30 small jellybeans

Level: Easy Yield: 6 nests

❶ Line a cookie sheet with foil and grease with spray-on cooking oil.
❷ Pour noodles into a large bowl. Melt the butter and marshmallows over medium heat, stirring until smooth. Pour marshmallow mixture over noodles, stirring until well coated.
❸ Rub some butter on hands and form noodle mixture into six round balls. Place balls on prepared cookie sheet. With the back of a teaspoon, press the centre of each ball to make a hollow indentation.
❹ Let nests set until they are firm. Fill each with small jelly beans. (Other small candies of your choice may be substituted, such as M&Ms, small gumdrops, chocolate covered raisins, chocolate covered peanuts, etc.)



Source: www.allrecipes.com



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Everybody's Talking

Happy landings Saint Barthélemy, nicknamed St. Bart's, in the Leeward Islands of the northeastern Caribbean Sea, is home to a challenging airport. Pilots intending to land at the Gustaf III Airport require special training and certification. That's because there is a big hill at one end of the short runway and a beach at the other, along with considerable air turbulence. Big jets don't land on the 650-metre (2,133-ft.) runway, but the airport is heavily used by smaller planes. Pilots do not receive takeoff and landing clearance from air traffic controllers. Rather, they use the Automatic Flight Information Service to obtain information.

Long ride Canadian Chris Bruckner took on a huge challenge. He cycled all the way across Canada. Starting on the west coast in the city of Vancouver, he made it to the city of Halifax on the east coast, a distance of over 5,700 kilometres (3,500 mi.). A paramedic who trained hard for the trek, Bruckner made the distance in 13 days, three hours and 49 minutes, possibly breaking the record. The race was a time trial in which a cyclist tries to cover the distance as quickly as possible. Bruckner, who had a team keeping track of his time, used the race to raise money for the Canadian Mental Health Association.

Doll crazy A couple from Krasnoyarsk, Russia, are known worldwide for their ability to create realistic dolls. Anastasiya and Sergey Lutsenko are trained artists who use their talents to give their dolls amazingly realistic details, such as freckles and elaborate hairstyles. Each unique, handmade creation can take weeks or even months to complete. Both trained in classical art, the couple researched to find the best materials to use. Doll collectors love the results of the Lutsenkos' work so much that they pay thousands to acquire one of their masterpieces.

Sitting sport An unusual sport is played in the Netherlands called Paalzitten, or pole sitting. It is as it sounds: competitors sit on top of poles to see who will last the longest before getting bored, tired, or numb. The long poles are outfitted with a seat and a backrest, and they are placed in water, which reduces injury if someone accidentally falls off. Competitors are allowed to take bathroom breaks every now and then. The history of Paalzitten is unknown, but it is thought to have started in the Dutch province of Friesland. Today, it is more of a tourist attraction than a sport.

Quoteable Quotes

"No snowflake in an avalanche ever feels responsible." —*Stanislaw Jerzy Lee*

"The traveler who has once been from home is wiser than he who has never left his own doorstep." —*Margaret Mead*

What's Happening

Events listed here are submitted by Event Organizers. Due to COVID 19, please ensure you contact the organizer to see if the event is still going ahead as planned.

Mar 15- May 20Bonnyville Health Centre Ladies Auxiliary Bursary Program B'ville Hosp. Auxiliary are offering 2 x $1000 Bursaries to students enrolled in and attending their second year of health related program. Applications are available at the Info. Desk or the Gift Shop at the B'ville Hospital. Must be rec. by May 2020

April 24 to May 7 - YELLOWHEAD REGIONAL ARTS FESTIVAL The PATH is hosting the regional Arts Festival on April 24, 25, 26, and May 2, 3, 7.

July 18 - Cold Lake Air Show Come join in on the fun! tickets available, and more information at coldlakeairshow.com

NON profit organizations may submit events for FREE at www.coffee-news.ca/whats-happening

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Trivia

1. What type of grated cheese is traditionally sprinkled over spaghetti?
2. Acrophobia is the fear of what?
3. An eagle has claws or talons?
4. The penholder grip is used in which sport?
5. One of several dances performed in grass skirts is what?

(Flip bottom of page for answers)

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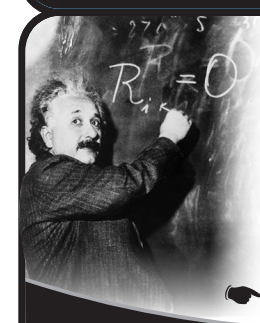

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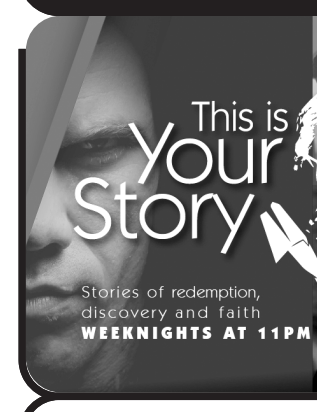

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Your Weekly Horoscope

ARIES
(March 21 - April 20)

Your imagination may be very strong. You may fantasize about a more perfect lifestyle. A belief that your dreams can become a reality might take you very far. Lucky Numbers: 2, 5, 14, 18, 28, 38.

TAURUS
(April 21 - May 21)

You may have the ability to communicate with immense imagination and talk with great compassion. Your strength might be using these talents to market yourself. Lucky Numbers: 10, 13, 18, 28, 30, 44.

GEMINI
(May 22 - June 21)

This may be a good time to make an appearance, go for an interview, or be public in some way. The response you receive might be very positive and fruitful. Lucky Numbers: 12, 15, 18, 19, 32, 36.

CANCER
(June 22 - July 22)

Your communication with others may include a very high level of refinement. You might talk of love, art, and beauty. Your demeanour could attract those who share your interests. Lucky Numbers: 2, 24, 27, 31, 37, 47.

LEO
(July 23 - Aug. 23)

Your efforts may be well received. Confidence and inner harmony might prevail. You may be able to move forward with creative projects and more comfortably express yourself now. Lucky Numbers: 9, 15, 24, 28, 31, 37.

VIRGO
(Aug. 24 - Sept. 23)

You may need to stand up for yourself and be a leader in all you do. Try to show your strength and have courage and confidence to overcome great obstacles. Lucky Numbers: 14, 24, 26, 42, 44, 47.

LIBRA
(Sept. 24 - Oct. 23)

Sudden insight may grip you with an urgency that initially confuses you. Try your best to escape to your more magical, awe-inspiring world of imagination. Lucky Numbers: 17, 27, 39, 42, 44, 45.

SCORPIO
(Oct. 24 - Nov. 22)

You may be inspired to read fantasy stories as an escape from your routine. You also might want to make plans to visit an inspiring location. Lucky Numbers: 15, 21, 27, 28, 34, 38.

SAGITTARIUS
(Nov. 23 - Dec. 21)

Your goal may be to give back to others and spread some joy. You might be inspired by your involvement with support groups associated with humanitarian issues. Lucky Numbers: 7, 10, 18, 21, 26, 30.

CAPRICORN
(Dec. 22 - Jan. 20)

This may be a good time to tackle projects that require your strong intellectual energy. You might be able to argue your case with considerable skill and charm. Lucky Numbers: 1, 5, 7, 13, 21, 33.

AQUARIUS
(Jan. 21 - Feb. 19)

Your enthusiasm may draw new people and experiences into your life. Your most constructive efforts might be successful when you join forces with others on a common goal. Lucky Numbers: 3, 6, 21, 25, 26, 30.

PISCES
(Feb. 20 - March 20)

You may feel in tune with your inner energy and healing resources. Your concentration on details might enable you to find a better outlet to express your individuality. Lucky Numbers: 4, 7, 12, 22, 39, 41.

Lucky numbers this week: This week's odds favour Taurus winners with the luckiest number being 10.

Did You Know...

Outside in: A hotel called Sister City in New York City (U.S.) uses compositions by experimental musician Julianna Barwick in its lobby. The music sounds like noises taking place in the outside environment, such as raindrops and pigeon coos.

Spicy spot: Grenada is known as the "spice island" of the Caribbean because of its plantations of nutmeg, cinnamon, mace, and other spices. Tourists can visit nutmeg processing stations.

Greek treat: Grape leaves wrapped around rice with herbs are called dolmades, a Greek appetizer. Cabbage leaves can also be used and other ingredients, such as ground pork, can be added to the filling.

Musical life: Jessie Reyez is a singer-songwriter from Toronto, Ontario (Canada). Her family's roots are in Colombia. Reyez won a 2018 Juno Award for Breakthrough Artist of the Year and is becoming known for her rhythm-and-blues and hip-hop-infused music.

Annoying twitch: Occasionally, people find that their eyelid is twitching. Often harmless, this twitching is called blepharospasm and can be associated with fatigue or stress.

On the Lighter Side

Anyone who thinks "talk is cheap" obviously didn't pay my last mobile phone bill!

I own the world's worst thesaurus. Not only is it awful, it's awful.

Instead of saying, "And here's your receipt," cashiers should say, "Will you throw this away for me?"

I opened the office refrigerator to get my lunch. Instead of my dessert, I found this note: "I owe you one banana cream. Sorry, it was an emergency."

A is the sister of B. B is the brother of C. C is the father of D. How is D related to A? Answer: A is D's aunt.

Answers

Trivia answers: 1. Parmesan 2. Heights 3. Talons 4. Table tennis 5. The hula

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