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BREAKTHROUGH IN CANCER NUTRITIONAL SUPPORT

Vol. 11 No. 1 January 4, 2021

Everybody's Talking

Lost in the maze: Those who don't mind getting lost might want to visit the rare Elizabethan hedge maze in the VanDusen Garden in the city of Vancouver, British Columbia, on Canada's west coast. Planted in the fall of 1981, the maze is made of over 3,000 pyramidal cedars, which have been growing ever since. Some people come to test their sense of direction as they walk through its cool passageways, while others enjoy finding a quiet spot to contemplate life. Those who are afraid of getting lost can view the maze from an observation terrace and watch others try to find their way out!

Sandy art: Visitors to a beach in Basque Country in Spain could be forgiven if they ran away in fear because they saw a big bull sitting in the sand. However, what they saw wasn't a real bull. It was a sculpture created by sand artist Andoni Bastarrika. For a decade, the artist has been making sand sculptures mainly to entertain people, but images of this life-size bull went viral on social media and made him famous. Bastarrika uses his hands to get the shape of his subject, and then moves to brushes, sticks, and toothpicks to sculpt the fine details. In addition to creating his own art, he also teaches sand sculpting workshops.

Stay home! The originator of Batman probably never envisioned the caped crusader as a virus fighter. However, that was the case in the Mexican city of Monterrey, Nuevo León, during the early days of the COVID-19 pandemic. A man dressed up in a real Batman suit drove around the city in a Batmobile, taking it upon himself to tell people to stay at home. He blasted a recorded message from the vehicle asking people to keep their distance from each other. The vigilante apparently was Candelario Maldonado, a Batman impersonator known in the city.

Cat sense: Dogs tend to get all the recognition for being heroes in times of trouble, but a cat in Portugal Cove-St. Philip's, Newfoundland (Canada), deserves some credit for being a "watch cat." The black and white feline, called Joey, is owned by Scott White. Just after midnight, White had put some food in the slow cooker, expecting it to be ready in the morning. However, he woke up a few hours later to find Joey pacing around the bed and whacking him with a paw. Turns out the slow cooker had caught fire. Without Joey, the house might have burned down.

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Quoteable Quotes

"But how cool, how quiet is true courage!" —Fanny Burney
"In youth we learn, in age we understand." —Marie von Ebner-Eschenbach

What's Happening

Nov 20 to Jan 3-Calgary Zoo-lights Event. Its a magical experience complete with family-friendly activities like skating, fire pits, axe throwing and more. This year, prepurchased tickets are required to ensure staggered entry times for physical distancing. 403-232-9300. calgaryzoo.com

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

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Trivia

1. What is a sabbatical?
2. Often used in meal preparation, what are capers?
3. Which gland in the human body generates tears?
4. What musical instrument did Ravi Shankar champion worldwide?
5. The longest river in Europe is the Danube, the Rhine, or the Volga?

(Flip bottom of page for answers)

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Recipe of the month

Holiday Haystack Cookies

1 cup semisweet chocolate chips
1 cup milk chocolate chips
3 cups chow mein noodles
½ cup roughly chopped almonds
½ cup shelled pistachios
2 tablespoons assorted holiday sprinkles

Level: Easy Total: 1 hr 15 mins Yield: 24 cookies
Active: 15 mins

1 Heat 2 inches of water in a pot to a simmer. Add the semisweet and milk chocolate to a bowl and place over the pot of simmering water. Allow to melt, stirring occasionally, 4 to 5 minutes.

2 Meanwhile, add the noodles, almonds and pistachios to a large bowl and set aside.
3 When the chocolate has melted completely, pour over the noodle and nut mixture. Mix until everything is well coated in the melted chocolate.

4 Using 2 spoons, drop tablespoon mounds onto 2 parchment-lined baking sheets. Sprinkle the holiday sprinkles over the top. Allow to dry completely before storing, about 1 hour.

Source: www.foodnetwork.com

Your Weekly Horoscope

ARIES (March 21 - April 20)



This may be a good time for buying, selling, negotiating, and communications of all kinds. Your long, hard work could provide you with the perfect tools to find a happy medium. Lucky Numbers: 8, 10, 18, 19, 48, 49.

TAURUS (April 21 - May 21)



Try not to allow an irritating delay involving contracts or business deals to wear you down. Your colleagues might declare that you are proving to be the perfect negotiator. Lucky Numbers: 2, 5, 22, 24, 30, 43.

GEMINI (May 22 - June 21)



Accept all invitations to attend social and family events. You may need to get out and meet people. You might be surprised to find so many mutually valuable interactions. Lucky Numbers: 10, 11, 14, 17, 20, 46.

CANCER (June 22 - July 22)



Pleasurable interactions with your family and friends may certainly help strengthen your bonds of trust. Return the favour by buying your loved ones some thoughtful gifts. Lucky Numbers: 1, 4, 11, 24, 31, 44.

LEO (July 23 - Aug. 23)



People from different places may sing your praises. Be humble, but enjoy the limelight. This might be the time for you to start to feel more confident in your workplace. Lucky Numbers: 6, 12, 16, 26, 42, 43.

VIRGO (Aug. 24 - Sept. 23)



Proper research might give you the answers you need. Your interest in a new communications application may provide you with a perfect fit for an existing dilemma. Lucky Numbers: 3, 5, 7, 19, 33, 39.

LIBRA (Sept. 24 - Oct. 23)



You may have a desire to connect with others in intense emotional exchanges. The urge to demonstrate your creativity and your ability to produce results might be strong. Lucky Numbers: 9, 12, 13, 28, 38, 40.

SCORPIO (Oct. 24 - Nov. 22)



There may be good potential for entertaining and accepting invitations to celebrate with others. Social networking can help promote some new endeavours. Lucky Numbers: 16, 18, 20, 44, 46, 47.

SAGITTARIUS (Nov. 23 - Dec. 21)



Friends may vie for your attention. Contracts, negotiations, and business dealings of all kinds might be favoured. You could make some big strides and perhaps important discoveries. Lucky Numbers: 20, 23, 28, 37, 46, 49.

CAPRICORN (Dec. 22 - Jan. 20)



Your motivations may become more elevated and idealistic. You might be sensitive to the value of your contribution to society, rather than focusing on your personal rewards. Lucky Numbers: 2, 11, 28, 44, 45, 49.

AQUARIUS (Jan. 21 - Feb. 19)



Effectively communicate your ideas to someone who doesn't seem to understand you. You may be able to share your spiritual concerns with others in a very satisfying way. Lucky Numbers: 19, 23, 27, 41, 48, 49.

PISCES (Feb. 20 - March 20)



Constructive connections may be completed. You might want to call someone you love to cheer them up. You may be feeling friendlier towards newcomers. Lucky Numbers: 2, 18, 28, 31, 41, 47.

Lucky numbers this week: This week's odds favor Aries winners with the luckiest number being 8.

Did You Know...

Dairy problem: Some people are lactose intolerant, meaning that they have trouble digesting lactose in dairy products. These folks don't produce enough lactase, an enzyme that breaks down ingested lactose.

Arty place: The Banff Centre for the Arts is located near the picturesque mountain town of Banff in Alberta, Canada. Students can take part in studies in many disciplines, such as music, writing, dance, and the visual arts.

Island nation: The Philippines is a Pacific Ocean archipelago consisting of more than 7,000 islands. The capital of Manila is on the largest island, Luzon, in the northern part of the country.

Feather hue: When we think of flamingos, we think of pink flamingos. However, the colour of their feathers may range from pink to red to purple, and is a result of what they eat.

Far away: When people are farsighted, they can clearly see things in the distance, but if they try to read a book, it's blurry. This condition, known as hyperopia, is usually easily corrected with glasses or contact lenses.

On the Lighter Side

What question can never be answered with a "yes"? "Are you asleep?"

Optimist: "The glass is half full."
Pessimist: "The glass is half empty."
Parent: "Why didn't you use a coaster!"

It's so cold outside that I saw a politician with his hands in his own pockets.

Advertisement: "I Love You Only" Valentine cards. Now available in multipacks.

What did the green grape say to the purple grape? "Oh no! Breathe! Breathe!!"

Answers

Trivia answers: 1. An extended leave 2. Pickled flower buds 3. Lactinial gland 4. The star 5. Volga

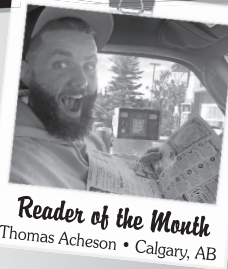
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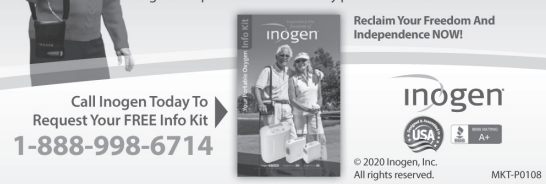
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