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If you want to learn more about this study, please contact Dr. Wagg's research office at **780-492-6855** (24-hour confidential voicemail).

University of Alberta Ethics approval Ref.: Pro00094514



This study will abide by all Covid-19 safety measures outlined by Alberta's Chief Medical Officer and Alberta Health Services.

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Vol. 18 No. 14 April 5, 2021

Everybody's Talking

Odd shape: Square watermelons actually exist in Japan, but they don't come from special seeds. They are created when a watermelon of the usual variety is grown inside a box so that the final product is square. Watermelons of this shape have the advantage of being stackable, so therefore are more easily transported and stored. The taste of these watermelons isn't like regular ones because they're harvested before they become mature. People buy them as ornamental gifts, parting with as much as \$100 USD if purchasing from a Japanese store, and for much more from specialty stores in other countries.

A place for books: There is a library like no other in Stockholm, Sweden. Stadsbiblioteket (City Library) was designed by architect Gunnar Asplund in the 1920s. Its round shape is unusual, with stacks of books encircling the huge room. Above the stacks is a viewing area, allowing visitors to take a bird's-eye look at the hundreds of thousands of books available for reading and loaning. The architectural style is known as Nordic Classicism; some people call it "Swedish Grace." Both inside and out, the building is a photographer's dream, not to mention a reader's fantasy.

Wild winds: On New Zealand's South Island is a windswept area called Slope Point. This forbidding place on the island's most southern tip, almost midway between the Equator and the South Pole, experiences relentless, howling winds that come across the ocean, uninterrupted, from Antarctica. Sheep graze there, and years ago farmers decided to plant trees to act as shelters for the animals. Today, those trees are a tourist attraction because the wind has forced them to grow sideways – literally. While people like to come to see the trees, they must make day trips because there are no accommodations on this wild, windy point.

Sink art: An artist in Milan, Spain, didn't let the coronavirus pandemic get in her way. During the shutdown in that country, Marta Grossi used an everyday home feature as her canvas: the sink. Normally used for the drab tasks of doing dishes and personal care regimes, Grossi decided to breathe creative life into the basins by using watercolour paints. From sea anemones to butterflies to floral designs and animal life, she created bright, colourful scenes. She left each painting intact for 24 hours, but took photos before washing each design down the drain.

Quoteable Quotes

"Thinking is the talking of the soul with itself." —Plato

"There is no chance, no destiny, no fate that can circumvent or hinder or control the firm resolve of a determined soul." —Ella Wheeler Wilcox

What's Happening

Online event posting During the Pandemic, we are happy to post your online event in the What's Happening section of Coffee News. Please visit our website at www.coffee-news.ca to submit your event.

Edmonton's indoor, year round farmers' market! Fridays 9-5. With over 100 local vendors, We're your one-stop-shop to keep you stocked for the week. Everything from fresh local vegetables and meat, local coffee roasters, to Albertan beer and wine. 3696 97 St, Edmonton Mill Woods Town Centre

Sept 10-Bridge of Life is a suicide awareness prevention candle light vigil walk across the high level bridge. There is light music, refreshments and guest speakers. www.yegmentalhealth.com. Constable Ezio Faraone Park 7-9 PM

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

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Recipe of the month

Cheesy Broccoli Soup in a Bread Bowl

1/4 cup butter, cubed	1/4 teaspoon pepper
1/2 cup chopped onion	1/4 cup cornstarch
2 garlic cloves, minced	1/4 cup water or additional chicken stock
4 cups fresh broccoli florets (about 8 ounces)	2-1/2 cups shredded cheddar cheese
1 large carrot, finely chopped	6 small round bread loaves (about 8 ounces each), optional
3 cups chicken stock	Optional toppings: Crumbled cooked bacon, additional shredded cheddar cheese, ground nutmeg and pepper
2 cups half-and-half cream	
2 bay leaves	
1/2 teaspoon salt	
1/4 teaspoon ground nutmeg	

Prep Time: 15 mins. Cook time: 30 mins. Yield: 6 servings

- In a 6-qt. stockpot, heat butter over medium heat; sauté onion and garlic until tender, 6-8 minutes. Stir in broccoli, carrot, stock, cream and seasonings; bring to a boil. Simmer, uncovered, until vegetables are tender, 10-12 minutes.
- Mix cornstarch and water until smooth; stir into soup. Bring to a boil, stirring occasionally; cook and stir until thickened, 1-2 minutes. Remove bay leaves. Stir in cheese until melted.
- If using bread bowls, cut a slice off the top of each bread loaf; hollow out bottoms, leaving 1/4-in.-thick shells (save removed bread for another use). Fill with soup just before serving.
- If desired, serve soup with toppings.

Source: www.fastofofhome.com

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Trivia

1. What type of insect is said to be responsible for spreading Lyme disease?
2. Where is the popular U.S. theme park called Epcot located?
3. Gorp is a popular trail mix. What do the letters represent?
4. What is an octet?
5. What do mini, midi, and maxi refer to in the fashion world?

(Flip bottom of page for answers)

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(Over)



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Your Weekly Horoscope

ARIES (March 21 - April 20)



Look beyond your own expectations. Your perspective may need a little widening so that you start to appreciate the contributions of others for what they really are. Lucky numbers: 10, 14, 27, 31, 37, 43.

TAURUS (April 21 - May 21)



Some people may not understand your talent, but they know what they like. If you take your time, your creativeness could help you surpass all expectations. Lucky numbers: 3, 6, 9, 12, 15, 18.

GEMINI (May 22 - June 21)



You may need patience and a sense of humour when dealing with those who have no idea about the true value of things. Try a different perspective and you could learn more. Lucky numbers: 4, 21, 24, 27, 30, 36.

CANCER (June 22 - July 22)



You may need to express your ideas more clearly, as you shouldn't expect others to understand your inner emotions. Good communication may be very important right now. Lucky numbers: 8, 14, 23, 24, 28, 40.

LEO (July 23 - Aug. 23)



Keep up the positive flow and you may be able to give others some insight. You could meet some really interesting people who touch something special in your heart. Lucky numbers: 8, 12, 22, 25, 47, 49.

VIRGO (Aug. 24 - Sept. 23)



Analyze all of your available options. Your modesty could attract important people to your cause. Your bright ideas may enlighten the lives of others. Lucky numbers: 12, 14, 27, 34, 37, 43.

LIBRA (Sept. 24 - Oct. 23)



Relax and be yourself. Time may find a way to make things right. Your fears could be blown all out of proportion. Don't allow your imagination to work overtime. Lucky numbers: 3, 5, 18, 29, 35, 37.

SCORPIO (Oct. 24 - Nov. 22)



This may be the time for making long-range plans and thinking about what is really important now. The trivial details of day-to-day living should not dominate your attention. Lucky numbers: 11, 13, 16, 27, 34, 38.

SAGITTARIUS (Nov. 23 - Dec. 21)



A change of residence or workplace may give you all the freedom you require. Your talents could flourish within a more mindful, spiritual framework. Lucky numbers: 19, 21, 23, 35, 44, 48.

CAPRICORN (Dec. 22 - Jan. 20)



You may need to look past the negative and come up with a more positive future scenario. Your creative mind might help you change your inner expectations. Lucky numbers: 1, 6, 19, 23, 26, 34.

AQUARIUS (Jan. 21 - Feb. 19)



You may feel like you're in the middle of a controversial situation. You might want to keep your distance from negative influences. Your positive flow could prevail. Lucky numbers: 6, 13, 26, 34, 36, 38.

PISCES (Feb. 20 - March 20)



You may have some big decisions to make right now. Others might try to influence your actions, but only you can decide in which direction you want to proceed. Lucky numbers: 19, 22, 24, 27, 34, 44.

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

Did You Know...

Underground spectacle: The state of Kentucky (U.S.) is home to Mammoth Cave, a cave system that spans more than 400 miles (644 km). Cave explorers can visit some of these caverns at Mammoth Cave National Park.

Too hot: A restaurant in Jakarta, Indonesia, is rumoured to serve up the spiciest noodle dish ever. Called Mie Goreng Pedas Mampus, or "Death Noodles," the dish uses common packaged noodles, but serves them with a sauce made from as many as 150 bird's eye chilies.

Snowy occurrence: When gusts of wind pick up dry snow, a snow devil may occur. Although rare, they can happen when cold air moves over a warm surface, causing an updraft that can rotate, bringing with it swirls of snow.

Straddling two continents: A few cities in the world are located in two continents. For example, Suez is in Africa and Asia, Panama City is in North and South America, and Istanbul is in Europe and Asia.

Personal tree space: In some forests, there is a phenomenon called "crown shyness." This happens when the upper branches of trees don't touch their neighbours, so there are gaps in the canopy when looking upwards.

On the Lighter Side

Why don't oysters give to charity? Because they're shellfish.

Middle age: When the narrow waist and the broad mind begin to change places.

Opportunity may knock only once, but temptation bangs on the door forever!

If you see an ocean but not water, where are you? In front of a map.

How is a hospital gown like insurance? You're never covered as much as you think you are.

Answers

Trivia answers: 1. Tick 2. Bay Lake, Fla. (U.S.) 3. Good ol' raisins and peanuts 4. Group of eight 5. Skirt lengths

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