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Est. 1988

**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**

**Canmore Homegrown Songwriter Competition.** This competition will be showcased during the Canmore Canada Day celebration. Write and submit a song with the theme of Come Together. Winning songs will have an opportunity to be professionally recorded! Get all the info at canmore.ca

**The REST Program is here.** REST Program, resident emergency shelter temporary, is a new pilot program designed to provide those struggling with homelessness in Canmore. Email canmoreshelter@gmail.com OR call or text 403-707-7473.

**Bow Valley Root Cellar.** This subsidized community food market runs Wednesdays from Noon to 6PM at the Seniors Centre on 600 9th ST in Canmore. Another great initiative by the Bow Valley Food Alliance.

GET IN WHAT'S HAPPENING - Submit your event to **www.bvcoffeenews.ca** and be seen here by thousands of readers each week.

**Please take me home!**

**Coffee News®** wants all of our readers to stay safe, so please take this copy with you.

**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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## Your Weekly Horoscope

**ARIES**  
(March 21 - April 20)



Look beyond your own  
expectations. Your per-  
spective 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 perspec-  
tive 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 avail-  
able options. Your mod-  
esty could attract impor-  
tant 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 con-  
troversial 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.

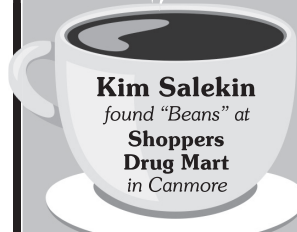
How is a hospital gown like insurance? You're never covered  
as much as you think you are.

### Answers

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

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## Recipe of the month



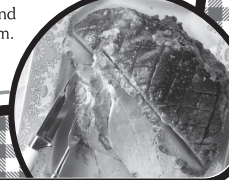
### Baked Ham with Cherry Sauce

- |   |  |
|---|--|
| 1 fully cooked bone-in ham<br>(6 to 8 pounds) | 1/2 cup sugar  |
| 1 cup packed brown sugar                      | 1 cup cold water   |
| 3 tablespoons maple syrup                     | 1 can (15 ounces) pitted dark<br>sweet cherries, undrained |
| 1 teaspoon ground mustard                     | 2 tablespoons lemon juice                                  |
| 3 tablespoons cornstarch                      | 1 teaspoon almond extract                                  |

Prep Time: 10 mins. Bake time: 1 hour 45 mins.  
Yield: 12 servings

- Preheat oven to 325°. Place ham on a rack in a  
roasting pan. Using a sharp knife, score surface of ham  
with 1/4-in.-deep cuts in a diamond pattern. Mix brown  
sugar, syrup and mustard; rub over ham and press into  
cuts. Bake, covered, until a thermometer reads 140°,  
1-3/4 to 2 hours.
- In a small saucepan, mix cornstarch, sugar and water  
until smooth. Add cherries; bring to a boil. Cook and stir  
until thickened, 1-2 minutes. Remove from  
heat; stir in lemon juice and almond  
extract. Serve warm with ham.

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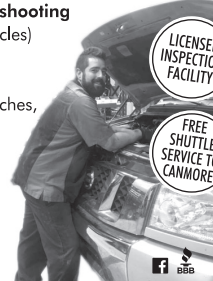
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