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Everybody's Talking

New from old: An American mother of three knows how to save money on clothing. Caitlin Trantham taught herself how to sew, and she now uses her skill to transform second-hand clothing into modern pieces. She tries not to spend more than about \$10 USD on any one item, but does allow herself a few dollars for things like buttons and zippers. Her creations include turning a 1980s prom gown into a cocktail dress, a huge printed shirt into a snazzy, belted outfit, and a plaid, collared get-up into a spaghetti-strapped sundress. Trantham, who plans to donate some of her creations, shares her work on social media.

Sandy beach: Homeowners who would like to have their own backyard beach can call a Spanish company called Piscinas de Arena, which translates to "Sand Pools." This company builds pools that look like a beach oasis. They use a special sand/concrete mixture that looks like sand, but is actually a smooth surface. This "sand" slopes into a turquoise pool of calm, clear water, so sunbathers can seem to be wading into the sea. The builders then complete the mirage by rimming the area with rocks, shrubs, or any other natural items that suit the owner's fancy.

Movie lovers: A couple from Germany like to go on vacations, and their unique hobby takes them to different locales. Robin Lachhein and Judith Schneider enjoy re-creating scenes from movies. They research the location of a scene, find facsimiles of the actors' clothing in thrift stores, and then pose for the shot. They've done scenes from La La Land in California (U.S.), Game of Thrones in Spain, Lord of the Rings in New Zealand, P.S. I Love You in Ireland, and many more! Of course, they pick scenes with a male and a female character, and they limit touch-ups of the photos to colour correction only.

Just can't win: Daredevil dirt bike enthusiasts love a competition, and there is none more challenging than the annual Andler Hillclimb in Belgium. In fact, it is such an impossible climb that no one has ever reached the top, although many have tried. The conditions on the trail include changes of surface and steep inclines that have proven to be unconquerable. To be named as a successful competitor, a rider and bike must reach the top. The closest to do so was a daredevil whose front wheel crossed the finish line, but he fell back before the whole bike crossed over. Try, try again!

Quoteable Quotes

"All grand thoughts come from the heart." —Luc de Clapiers
"The butterfly counts not months but moments, and has time enough." —Rabindranath Tagore

What's Happening

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.

Shelterbelt and Ecobuffer Webinar. This online event is on April 8th at 7PM. Topics include site prep, species selection, planting success and maintenance, and managing pests. Register at 403.361.2166.

GET IN WHAT'S HAPPENING - Submit your event to www.bvcoffeeneews.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. Of the seven dwarfs in the story of Snow White, which dwarf was a wallflower?
2. In height and wingspan, are bald eagles smaller or larger than golden eagles?
3. If you are described as magnanimous, are you generous or egocentric?
4. The constellation known as Orion is named after what character in Greek mythology?
5. Who is an author of many popular fables?

(Flip bottom of page for answers)

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(Over)

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You can also find details there about our Intro Tours and Interactive Tours, including pertinent age restrictions.

Recipe of the month

Baked Ham with Cherry Sauce

1 fully cooked bone-in ham (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 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

- 1 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.
- 2 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.

An ideal Easter meal showstopper!

Source: www.tasteofhome.com



HAPPY Easter

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Your Weekly Horoscope

ARIES
(March 21 - April 20)




Highs and lows may be the emotional flow for this week. You might need to keep your keen perspective and allow yourself to rest and relax on the weekend. Lucky numbers: 3, 23, 38, 39, 41, 43.

TAURUS
(April 21 - May 21)




You may need to allow your inner voice to vocalize what you have within your heart. Embrace changes. You might be surprised by how much others enjoy the sound of it. Lucky numbers: 7, 9, 11, 27, 29, 31.

GEMINI
(May 22 - June 21)




Your intuitive ideas could become a good source of income for you. Your keen interest in real estate, antiques, or collectibles may become a big part of your life. Lucky numbers: 8, 18, 25, 31, 37, 42.

CANCER
(June 22 - July 22)




Reading books or articles of an inspirational nature may be very productive for you. This also might be a favourable time for business functions, negotiations, and communications. Lucky numbers: 10, 14, 20, 24, 30, 34.

LEO
(July 23 - Aug. 23)




Your intuitive sense of style and art may help you transform the opinions of others. Your keen eye and dramatic flair could result in an amazing visual presentation. Lucky numbers: 4, 17, 24, 27, 34, 44.

VIRGO
(Aug. 24 - Sept. 23)




You may need to bring family and friends together to discuss recent changes in your lives. Someone close to you might require more of your time than you imagined. Lucky numbers: 2, 4, 7, 12, 14, 17.

LIBRA
(Sept. 24 - Oct. 23)



This may be a time to experiment and investigate things that are totally new to you. You could be exposed to situations that are different. Be willing to loosen up. Lucky numbers: 5, 14, 16, 25, 29, 39.

SCORPIO
(Oct. 24 - Nov. 22)



Your positive energy may flow more freely. New beginnings might start blooming before your very eyes. You certainly could hold everyone's thoughts and attention. Lucky numbers: 24, 34, 38, 39, 42, 46.

SAGITTARIUS
(Nov. 23 - Dec. 21)




Your creative flow may motivate your spirit to keep shining brightly. Your culinary interests could spark some yummy conversations and some positive action. Lucky numbers: 3, 13, 31, 33, 41, 43.

CAPRICORN
(Dec. 22 - Jan. 20)




Some difficult area of your life may open up at this time. Opportunities could be presented to help you, but you must be willing to give up your old attitude. Lucky numbers: 6, 11, 20, 26, 33, 41.

AQUARIUS
(Jan. 21 - Feb. 19)



Be sure to put your own spin into everything you touch. You may be able to find new ways to influence important people. Take charge when making arrangements. Lucky numbers: 1, 8, 12, 15, 17, 19.

PISCES
(Feb. 20 - March 20)



Many new beginnings could come to light. You may need to take a closer look at something you can do that might become a new source of revenue for you. Lucky numbers: 12, 14, 22, 24, 32, 34.

Lucky numbers this week: This week's odds favour Aquarius winners with the luckiest number being 1.

Did You Know...

International stars: People around the world have seen Walt Disney cartoons and movies, from Mickey Mouse to Mary Poppins. Walt Disney (1901-1966) was the co-founder of the Walt Disney Company, which still exists today.

Spiral pasta: Andarinos di Usini are pasta spirals made in only one place in the world – the town of Usini on the island of Sardinia, Italy. The pasta pieces are spiral in shape. They are handmade and are often dried in the sun.

Cloud formations: Clouds form in different ways depending on conditions. Cumulus clouds are tall mounds of white puffiness with darker, flat undersides. Cirrus clouds are streaky white filaments that look almost like white hair.

Pacific island: The largest island in the Pacific Ocean is New Guinea. Located north of the continent of Australia, its Indonesian western half is called Western New Guinea, while its eastern half is the independent state of Papua New Guinea.

Play ball! A plant that is native to the Great Karoo area of South Africa is the weird-looking *Euphorbia obesa*, commonly called the baseball plant. A succulent, it looks like a baseball with lines of spikes. It is endangered in the wild, but also is cultivated.

On the Lighter Side

What is dirty after washing? Bath water.
Happiness held is the seed; happiness shared is the flower.
What did the ice cream scoop say to the news reporter? "What's the scoop?"
If a vegetarian eats vegetables, what does the humanitarian eat?
Age: Something to brag about in your wine cellar and forget in a birthday reminder book.

Answers

Trivia answers: 1. Bashful 2. Larger 3. Generous 4. Orion the Hunter 5. Aesop

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