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Everybody's Talking

Hot springs: In the Tuscan region of Italy, a natural hot spring near Saturnia is a sight to behold. Called Cascade del Mulino, which means "Waterfalls of the Mill," this hot spot features natural white limestone pools over which warm water flows. The turquoise liquid, at a constant 37°C (98.6°F), comes from an underground source and is full of minerals and sulphur. This beautiful natural wonder is free for users and is located downstream from a tourist complex called Terme di Saturnia Spa, where an entrance fee must be paid. The best time to visit is in fall, winter, or early spring when it is less crowded.

Nutty creation: Usually seen in landscape architecture, a gabion wall is a wire cage filled with material such as rocks or stones. But what about using such a structure as a centerpiece inside a home? Yerce Architecture and ZAAS, two Turkish design companies, did just that. A photographer, who is their client, lived in a loft apartment and wanted a natural component in the interior surroundings. The result is an accent wall like no other—a metal cage filled with walnuts. Although unconventional, the wall brings warmth from the colour of the walnuts, as well as an interesting texture that works with the streamlined furnishings.

Flower cakes: Those walking into Julie Simon Cakes in Los Angeles, California (U.S.), would be forgiven if they thought a flower arrangement on display was real. In fact, the flowers in this confectioner's shop are cakes made by Simon herself. Her designs are so intricate that viewers would swear they are looking at a cluster of peonies, a vase of tulips, or a container full of a variety of blossoms. Simon's cakes have attracted a lot of attention since she quit her corporate job in 2018. Even celebrities order cakes from her for a child's birthday or a friend's anniversary.

Fishing pool: With travel at a standstill during the COVID-19 pandemic, hotels around the world have seen a huge decrease in business. To make ends meet, the Aveda Resort, a luxury hotel in Kumarakom, Kerala, India, tried a novel approach to maintain some of its income. They repurposed the hotel's pool as a fish farm. The large pool was drained and filled with fresh water, then loaded with 16,000 young pearl spot fish. The fish can be harvested and sold, raising money to help with the hotel's expenses. The project has also helped to keep hotel staff busy.

Quoteable Quotes

"Nothing great was ever achieved without enthusiasm."
—Ralph Waldo Emerson

"To achieve great things, two things are needed: a plan, and not quite enough time."
—Leonard Bernstein

What's Happening

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.

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.

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. Which American actress married Prince Rainier III of Monaco?
2. What is etymology?
3. Who was Kit Carson?
4. Earth Day is celebrated in April, May, or June?
5. Which new Ford vehicle of 1950 was a company disaster?

(Flip bottom of page for answers)

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Recipe of the month

Baked Ham with Cherry Sauce

1 fully cooked bone-in ham (6 to 8 pounds) ½ 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

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Your Weekly Horoscope

ARIES (March 21 - April 20)

You may have an abundance of physical energy and self-confidence to take on new challenges with ease. You might feel less dependent on the approval of others. Lucky Numbers: 22, 26, 34, 39, 42, 46.

TAURUS (April 21 - May 21)

A significant chat with someone who has a very different perspective than you may be helpful. Try to be receptive and learn as much as you can from them. Lucky Numbers: 8, 22, 27, 31, 35, 42.

GEMINI (May 22 - June 21)

You might feel like socializing. Enjoyment and pleasure may be emphasized. Cooperation and harmony in personal relationships may be more important to you. Lucky Numbers: 2, 20, 29, 32, 39, 40.

CANCER (June 22 - July 22)

This might be a good time to schedule social activities where tact would be a plus. You may act as a harmonizer between people with differing viewpoints. Lucky Numbers: 6, 16, 22, 29, 35, 40.

LEO (July 23 - Aug. 23)

An opportunity for a leadership role may be yours. There could be opportunities for meaningful contacts, especially with people who share common goals. Lucky Numbers: 10, 13, 27, 33, 41, 44.

VIRGO (Aug. 24 - Sept. 23)

A craving for sweetness and comfort in the form of loving affection may be strong now. This might be a good week to spend time with the people who love you. Lucky Numbers: 7, 19, 25, 31, 41, 47.

LIBRA (Sept. 24 - Oct. 23)

Both friendship and material benefits may come to you. You might feel sociable and seek company, especially with those who know how to have a good time. Lucky Numbers: 5, 8, 10, 14, 15, 21.

SCORPIO (Oct. 24 - Nov. 22)

Contracts, negotiations, and business dealings of all kinds may be favoured. Exchanging ideas and opinions might also play an important role in your life now. Lucky Numbers: 4, 12, 24, 30, 44, 48.

SAGITTARIUS (Nov. 23 - Dec. 21)

You may feel in harmony with the people in your life. There might be a sense of ease and flow, rather than a resistance to what is going on around you. Lucky Numbers: 3, 9, 15, 18, 30, 36.

CAPRICORN (Dec. 22 - Jan. 20)

Spontaneity and freedom may have been your key issues. Your mood could be very upbeat. You might be funny and sometimes act out of character. Lucky Numbers: 11, 32, 36, 39, 40, 45.

AQUARIUS (Jan. 21 - Feb. 19)

Chatting openly with loved ones may help you understand your situation. You might be more objective. This could be a favourable time to make a big decision. Lucky Numbers: 5, 8, 14, 22, 29, 38.

PISCES (Feb. 20 - March 20)

This may be a very good time to let people know you care about them. You might be very cooperative and more interested in your similarities than your differences. Lucky Numbers: 16, 19, 33, 36, 39, 41.

Lucky numbers this week: This week's odds favour Virgo winners with the luckiest number being 7.

Did You Know...

Jazz singer: American jazz singer Billie Holiday (1915-1959) had a nickname: Lady Day. Producer John Hammond discovered her when she was singing in a Harlem jazz club in New York City in the early 1930s.

Beautiful bees: Male orchid bees, found from northern Mexico to southeastern Brazil, have such vivid colouration that they're considered the closest thing to a living jewel. They also collect various fragrances to create their own perfume to attract females.

Island in a lake: Canada boasts the largest lake island in the world. Manitoulin Island is located in Lake Huron, Ontario, and encompasses an area of 2,766 square kilometres (1,068 sq. mi.). The island itself has 108 freshwater lakes.

Night fears: An extreme fear of night or darkness is a condition called "nyctophobia." It's normal for kids to be afraid of the dark, but if the fear becomes excessive and irrational, anyone—young or old—should see a doctor.

Cute bats: The tiny Honduran white bat is considered "cute" because of its fluffy white coat and orange ears and face. It roosts in green leaves. When sunshine filters through the leaves, the bat's fur appears green, making it nearly invisible.

On the Lighter Side

Who was Socrates' worst student? Mediocrities.

First Roman soldier: "What is the time?"
 Second Roman soldier: "XX past VII."

Today is the day I must finally be decisive. At least I think so.

Nine-year-old: "I smiled at my daddy, and he gave me some pocket money. So I walked into the bank and smiled, but my head was below the counter level, so I didn't get anything."

What is green and jumps a lot? A frog with hiccups.

Answers

Trivia answers: 1. Grace Kelly 2. The study of word origins 3. American frontiersman 4. April 5. The Edsel

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