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Everybody's Talking

A rock and a hard place: Only the intrepid have the nerve to step onto a certain boulder in Norway. "Kjeragbolten" is jammed in a crevasse on the 1,084-metre (3,556-foot) Kjerag mountain near the town of Lysebotn in southern Norway. The boulder sits above an abyss that is about 1,000 metres (3,280 feet) above Lysefjord below. Hopping down onto it is not for the faint of heart, but many complete the feat, ending up with a great photo. Adventurers can get to Kjeragbolten by hiking a 12-kilometre (7.5-mile) trail, if they are in reasonable physical shape. The scenery is a reward for the effort, even without jumping onto the famous boulder.

Floating hotel: In the 1980s, a floating hotel was moored in the Great Barrier Reef Marine Park in Australia. The Four Seasons Barrier Reef Resort was 70 kilometres (43 miles) off the coast of Queensland, and developers expected it to be a hit with tourists. But the long boat ride to the nearly 200-room venue, plus financial problems, caused its closure after a year. It was purchased by a Vietnamese company, moved to Ho Chi Minh City, and anchored in the Saigon River. When it closed after more financial trouble, North Korea bought the structure for the Mt. Kumgang tourist region, where the renamed Hotel Haegumgang operated for a decade before permanently closing.

Colourful place: In Amsterdam, Netherlands, is a museum with a cabinet full of rocks. Visitors won't realize the significance of these seemingly plain-looking stones. But when the flip of a switch turns on a black light, these rocks glow with neon colour because they contain fluorescent flecks. The venue is the Electric Ladyland, after the Jimi Hendrix album, with a formal name of The First Museum of Fluorescent Art. In it, visitors can also see works of fluorescent art and be fully immersed in an ethereal environment of coloured light. Fittingly, the museum, which is the brainchild of American artist Nick Padalino, is located in a basement venue, making the colourful light seem even more dazzling.

Time for a tune: The piano company Steinway and Sons received a unique contract from the U.S. government during World War II: making more than 3,000 pianos for American troops to use for their amusement and relaxation between 1942 and 1953. Known as "Victory Vertical" pianos, the 40-inch (102-cm) tall, specially built instruments were manufactured in military colours of olive drab, blue, and gray. Most were air dropped by parachute to the locations of the troops. The company even made sure soldiers could enjoy playing in tune; instructions and tuning equipment were packaged with the pianos. Anecdotal evidence, via letters from soldiers, indicated that the operation helped raise spirits.

Quoteable Quotes

"My mission in life is not merely to survive, but to thrive." —Maya Angelou

"There is always light. If only we're brave enough to see it. If only we're brave enough to be it." —Amanda Gorman

What's Happening

Mar 9-13 - Ladies Open Bonspiel Come to this event hosted by Athabasca Curling Club, registration includes 3 events, appetizers Friday night and banquet Saturday night. For more info visit athabascacurling.ca

Mar 16-May 4 - Anxiety Workshop Anxiety to Calm is a free, in-person, 8-week workshop. Learning exercises to help manage anxiety, understand thoughts, behaviors, and emotions more deeply, and learn healthy lifestyle choices. To register visit <https://mrpcn.cagroups/anxiety-to-calm>

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Trivia

1. What is the fourth longest river in Africa?
2. The Davis Cup is awarded in what sport?
3. Kava is a traditional drink in this South Pacific island country.
4. A calcographer draws with what?
5. What is the boiling point of water at sea level?

(Flip bottom of page for answers)

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Recipe of the month

Nutella-Stuffed Strawberries

12 large fresh strawberries 1/4 cup chopped hazelnuts
1/4 cup Nutella Confectioners' sugar
1 cup milk chocolate chips, melted

Prep Time: 15 min. + chilling Yield: 1 dozen

- Remove stems from strawberries. Using a paring knife, cut out centres; pipe Nutella into strawberries.
- Insert a toothpick into the side of each strawberry. Holding toothpick, quickly dip stem end of strawberry into melted chocolate; allow excess to drip off. Sprinkle with hazelnuts; place strawberries on a waxed paper-lined baking sheet, point side up. Remove toothpicks; refrigerate strawberries until set. Just before serving, dust with confectioners' sugar.

Source: <https://www.tasteofhome.com>

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Baby Bandojo from Edmonton

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Your Weekly Horoscope

ARIES (March 21 - April 20)

Sometimes Aries have a tendency to immediately respond to stimuli and input. This week, you may want to consider taking a step back and waiting a bit before taking action. Lucky numbers: 18, 20, 21, 25, 41, 43.

TAURUS (April 21 - May 21)

Taurus-born are entering a period where focus may be on relationships. Are your emotional needs being met by a partner? How much emotional support are you able to provide? Lucky numbers: 16, 17, 19, 23, 43, 44.

GEMINI (May 22 - June 21)

Geminis are most comfortable interacting with others on an intellectual level. Now you may have an opportunity to show your emotional side, especially about something you passionately value. Lucky numbers: 6, 14, 19, 20, 34, 46.

CANCER (June 22 - July 22)

You may be in a period where your natural emotional intelligence level is expanding. How might you use this skill to help others deal with issues caused by emotional trauma? Lucky numbers: 1, 5, 8, 11, 20, 25.

LEO (July 23 - Aug. 23)

Over the next two years, the universe may call on you to expand your level of compassion. How might you manifest that in a way that helps your fellow human beings? Lucky numbers: 4, 22, 27, 36, 41, 44.

VIRGO (Aug. 24 - Sept. 23)

Virgos have a natural practical talent. That energy is highlighted now. You might use it to bring a project or other effort to completion, and begin to plan your next steps. Lucky numbers: 7, 35, 37, 42, 43, 45.

LIBRA (Sept. 24 - Oct. 23)

Your natural diplomacy may be heightened mid-week. If you or one of your loved ones is experiencing a conflict with someone else, you might be able to act as a mediator. Lucky numbers: 11, 13, 18, 22, 33, 39.

SCORPIO (Oct. 24 - Nov. 22)

Scorpios have an ability to pick up psychological impressions from others. Late this week, this skill may become a bit overwhelming for you. Perhaps you could retreat for a few days. Lucky numbers: 3, 15, 27, 34, 40, 41.

SAGITTARIUS (Nov. 23 - Dec. 21)

Are you feeling dissatisfied right now with your place in the world? You might want to consider what you want your legacy to be, and how to create a path toward it. Lucky numbers: 2, 3, 7, 28, 30, 40.

CAPRICORN (Dec. 22 - Jan. 20)

Capricorn is one of the signs that belong to the "earth element" group. Now, however, you have an opportunity to add some "water element" energy. This may help stimulate your intuition. Lucky numbers: 8, 10, 26, 27, 35, 47.

AQUARIUS (Jan. 21 - Feb. 19)

The last two years, you may have felt external pressure to be disciplined about mundane, everyday tasks. This period is ending, as is the energy that helped you achieve them. Lucky numbers: 12, 20, 27, 28, 29, 38.

PISCES (Feb. 20 - March 20)

A planetary shift is going to put pressure on Pisces for the next two years. The challenge of this period will be to ground your intuitive nature with more practicality. Lucky numbers: 5, 8, 10, 36, 41, 48.

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

Did You Know...

Sweet cat: A Persian cat is an affectionate and adaptable feline friend. With a long, luxurious coat, which can be of various colours, and a sweet expression, one type of Persian is nicknamed "Doll Face."

Silent star: A silent film star of the early 20th century, American Buster Keaton was a master at physical comedy. Born Joseph Frank Keaton in 1895, he got his start at age 3 when he joined his parents' touring vaudeville act.

Protective clothing: Sunscreen is common to protect skin from the sun's harmful rays, and clothing can also provide protection. Dark, tightly woven fabric helps prevent ultraviolet light from reaching the skin.

Glowing place: The Newnes Glow Worm Tunnel near Putty, Australia, once housed a railway. Today the limestone tunnel is home to the glowing larvae of the *Arachnocampa Richardsae*, a type of fungus gnat.

Low maintenance: Some say it looks like a baseball, others a sea urchin. The baseball plant (*Euphorbia obesa*), a succulent of South Africa, is a popular houseplant because of its appearance and easy maintenance.

On the Lighter Side

Teacher: "What does it mean when the barometer is failing?"
Student: "Whoever nailed it up didn't do a good job."

How do you know the dishes are in trouble? They're in hot water.

Never discuss infinity with a mathematician. They can go on about it forever.

Knock! Knock! *Who's there?* Decode. Decode who? Decode is getting worse, open up!

Geology rocks, but geography is where it's at.

Answers

Trivia answers: 1. Zambesi (Zambesi) 2. Men's tennis 3. Fiji 4. Chalk 5. 212 F (100 C)

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