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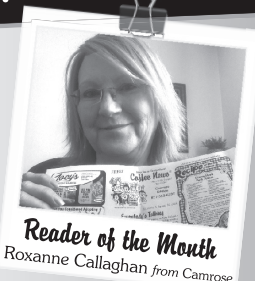


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Everybody's Talking

Seagull dilemma: Watch out for seagulls when visiting Venice, Italy. They've been known to swoop down and steal ice cream right out of an outdoor diner's hand! This type of thing has become more common in recent years, and hotel owners are investigating humane ways to discourage the birds from being such a nuisance. Ideas to help the situation include using an acoustic machine that plays sounds that gulls don't like. Certain scents, which people can't smell, can also make the birds stay away. A couple of hotels have resorted to using bright orange water pistols to harmlessly squirt water at the unwelcome guests.

Coffee art: When Linda Finstad, an artist from the Canadian province of Alberta, was unable to obtain art supplies during the pandemic, she started painting with a readily available but unusual medium: coffee. It turned out to be very popular indeed! She created a series of "Sassy Angels" to illustrate 365 different holidays, from Mother's Day, to Talk Like a Pirate Day, to National Popcorn Day, and posted them on social media. She was flooded with requests for her coffee angels, so she turned them into greeting cards, prints, refrigerator magnets, and five books. Finstad's creativity gave her art business a new direction, and she hopes her success will inspire others.

Attic find: When buying an expensive work of art, most new owners would hang that piece in a prominent position for viewing. But instead of displaying it, a patriarch of the Sitwell family in Northamptonshire, England, put a drawing in the attic and then left it there. That was in 1936. One of the family's descendants, Henrietta Sitwell, recently found the piece in one of the numerous attics of the their Weston Hall estate. An art student, Sitwell knew the sketch was something special. "A Large Group of Punctinelli" by Italian Rococo artist Giovanni Battista Tiepolo (1696-1770) was expected to fetch 150,000 Euros-200,000 Euros at auction.

Red flag: As a train rumbled along a track in the Etah district of Uttar Pradesh in northern India, the engineers were surprised to see, in the distance, what looked like a red flag on the tracks. What they thought was a flag turned out to be a saree owned by a woman named Omwati. On her way to work in the fields, she noticed some significant damage to the railway tracks, and realized it could cause a bad accident. So she hung her garment on the track, using sticks. Luckily, the engineers noticed the warning and managed to stop the train in time. Authorities fixed the track, the train continued, and everyone thanks Omwati for averting an accident.

Quoteable Quotes

You don't always need a plan. Sometimes you just need to breathe, trust, let go, and see what happens." —Mandy Hale
"I would encourage you to set really high goals. Set goals that, when you set them, you think they're impossible." —Katie Ledecy

What's Happening

April 15 - Athabasca Farmer's Market During the colder months from October to April, the Athabasca Farmers Market is set-up at the Athabasca Regional Multiplex. The market runs from 10 am to 2 pm. A variety of vendors provide a diverse market experience that you won't want to miss!

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. The Titanic began its maiden voyage in what port city?
2. When was the first U.S. patent approved?
3. Is Thor, Loki, or Njord the Norse god of the sea and wind?
4. Homeostasis is a tendency toward equilibrium—T/F?
5. Amundsen Sea is in the Arctic or Antarctic?

(Flip bottom of page for answers)

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HAPPY Easter

from your friends at **Coffee News®**

Recipe of the month

Tuscan-Style Roasted Asparagus

1-1/2 pounds fresh asparagus, trimmed
1-1/2 cups grape tomatoes, halved
3 tablespoons pine nuts
3 tablespoons olive oil, divided
2 garlic cloves, minced

1 teaspoon kosher salt
1/2 teaspoon pepper
1 tablespoon lemon juice
1/3 cup grated Parmesan cheese
1 teaspoon grated lemon zest

Prep Time: 20 min. Bake Time: 15 min. Yield: 8 servings

- Preheat oven to 400°. Place the asparagus, tomatoes and pine nuts on a foil-lined 15x10x1-in. baking pan. Mix 2 tablespoons oil, garlic, salt and pepper; add to asparagus and toss to coat.
- Bake 15-20 minutes or just until asparagus is tender. Drizzle with remaining oil and the lemon juice; sprinkle with cheese and the lemon zest. Toss to combine.

This versatile side dish can be served hot or cold.

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

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Your Weekly Horoscope

ARIES
(March 21 - April 20)

Sometimes Aries are seen as charismatic or as overly aggressive with others. The energy for the next few weeks might help you have more positive interactions with people. Lucky numbers: 10, 16, 22, 27, 43, 48.

TAURUS
(April 21 - May 21)

During the next two months, you may dedicate yourself to an important purpose. This may be a little scary, but try to avoid the temptation to remain around your hearth, safe and secure. Lucky numbers: 5, 10, 17, 20, 34, 37.

GEMINI
(May 22 - June 21)

For the next month you may want to focus on fun, romance, and expressing your creativity. Take advantage of this period, but be careful not to fully abandon your ordinary responsibilities. Lucky numbers: 7, 14, 17, 20, 25, 42.

CANCER
(June 22 - July 22)

Cancers often look for relationships where they can feel safe and stable. Now may be an opportunity to expand your boundaries in this regard, but you might need to actively seek it. Lucky numbers: 4, 17, 18, 26, 42, 45.

LEO
(July 23 - Aug. 23)

You may be called upon midweek to step outside of your own needs and help someone else. You might find this gives more to you than it does to the other person. Lucky numbers: 15, 18, 28, 33, 37, 39.

VIRGO
(Aug. 24 - Sept. 23)

You may feel that your normally grounded persona is being interrupted by negative emotions at the end of the week. Wait a few days and the situation might improve. Lucky numbers: 2, 7, 16, 25, 44, 45.

LIBRA
(Sept. 24 - Oct. 23)

Are you having an issue with finances and/or a relationship? Over the next month you may find an opportunity to improve the situation, but you might need to reach for it. Lucky numbers: 6, 16, 17, 32, 39, 41.

SCORPIO
(Oct. 24 - Nov. 22)

A new astrological aspect for the next few weeks may lighten your serious mood. Think about how you could keep this feeling going, once the temporary energy pattern passes. Lucky numbers: 8, 19, 25, 29, 46, 48.

SAGITTARIUS
(Nov. 23 - Dec. 21)

Early in the week, you may receive a number of new insights. You may want to wait a few days, however, before you act on any ideas this information inspires. Lucky numbers: 1, 5, 8, 41, 42, 46.

CAPRICORN
(Dec. 22 - Jan. 20)

Real world success is a focus for Capricorns. At midweek, an astrological aspect could give you extra energy in this regard, so perhaps plan what you want to accomplish then. Lucky numbers: 3, 4, 8, 24, 28, 34.

AQUARIUS
(Jan. 21 - Feb. 19)

A theme for Aquarius is humanitarianism. This week you may feel particularly ambitious about these goals. Seek the help of others, but be sure their motives align with yours. Lucky numbers: 14, 20, 25, 32, 44, 47.

PISCES
(Feb. 20 - March 20)

If you feel that your intuitive talents are on the fritz, you may be correct. However, now might be an opportunity to develop skills to better handle the mundane world. Lucky numbers: 11, 17, 19, 24, 29, 40.

Lucky numbers this week: This week's odds favour Capricorn winners with the luckiest number being 3.

Did You Know...

Face masks: In the old days of professional hockey, goalies did not wear masks. That started to change in 1959 when the Montreal Canadiens goalie Jacques Plante began wearing a homemade mask to protect his face from injury.

Short sleepers: Most people need eight hours of sleep every night, but about 1% inherit a mutation of the DEC2 gene. These folks can survive quite well on six hours, or even less, without batting an eye.

Black apple: The Arkansas Black apple looks like some kind of forbidden fruit. It is so dark red that it looks almost black. This apple is too hard and sour to be picked and eaten, but store it for a few months and it becomes a sweet treat.

Wild cat: Southeast Asia is home to a rare feline called the marbled cat. Very reclusive, they live in dense forests and are about the size of a house cat, with large teeth, big paws, long bushy tails, and fur that looks marbled.

Phases of the moon: When our moon is "waxing," the sunlit part of its surface is growing. When it is "waning," the sunlit part is getting smaller. A new moon happens when no sunlight shows on its surface.

On the Lighter Side

Pat: "Every night I dream I am flying."
Matt: "Why don't you sleep on your back?"
Pat: "What? And fly upside down?"

What did the juicer do to the lemons? Gave them some ade.

Brief explanation of an acorn: it's an oak tree, in a nutshell.

Knock! Knock! *Who's there?* Feline. *Feline who?* Feline fine, thanks for asking.

Why are frogs so happy? They eat whatever bugs them.

Answers

Trivia answers: 1. Southampton, England 2. 1790 3. Njord 4. True 5. Antarctic

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