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Reader of the Month
 Roxanne Callaghan from Camrose

Coffee News Fun Reading. Serious Advertising.

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Everybody's Talking

Big, nice dog: People who want a dog that looks like a wolf might consider a Tamaskan. In the 1980s in Britain, breeders mixed several different kinds of dogs, including the German Shepherd, Siberian Husky, Alaskan Malamute, and Samoyed, and possibly some Czechoslovakian Wolfdog, resulting in the new, domesticated Tamaskan breed. These large, high-energy dogs grow to between about 24 and 28 inches (61 to 71 centimetres) tall, and typically live for 14-15 years. They are friendly, loyal, and gentle, and also very intelligent. Because they are so smart, they are well suited for training and need lots of exercise. So owners have to be prepared to provide them with ample mental stimulation.

Colourful sight: Butterfly lovers might want to plan a visit to the Pismo Beach Monarch Butterfly Grove in the state of California (U.S.). The best time to go is between the months of October and February. That is when thousands of the endangered, orange-and-black insects congregate to enjoy the sunny, warm weather of the area, which is located between the cities of San Jose and Los Angeles. The butterflies gather in clusters in the eucalyptus trees that populate the grove. To get there, the butterflies have migrated long distances to avoid the cold and frigid conditions of winters in the northern United States and Canada.

Biodegradable bags: Lucy Hughes, an engineering student at University of Sussex in Brighton, England, has invented a product that eventually may help reduce the prevalence of single-use plastic. Called MarinaTex, the product is made of fish scales and skin, which are waste materials at fish processing plants. It uses red algae as a binding agent. This new "plastic" is biodegradable in about six weeks. Like other widely used plastic bags, the MarinaTex ones are transparent, so users can see what kind of sandwiches are packed in their lunches. Another good thing about this invention is that, quite literally, tonnes of raw materials are available. For her work, Hughes won a James Dyson Award for design engineering.

Peacock frenzy: Car owners in the city of Surrey, British Columbia (Canada), have been having trouble keeping their vehicles dent-free. They're not worried about fender benders, hail, or vandals. The problem is wild peacocks. When the birds that live in the area see their own reflections in the shiny cars, especially dark-coloured vehicles, they mistake them for other peacocks and go into attack mode, using their talons and beaks on car doors and windows. This phenomenon, along with the noise from the peacocks' shrieking, has caused many dollars worth of damage and many sleepless nights for area residents. Experts say not much can be done, except to discourage anyone from feeding these birds.

Quoteable Quotes

"Happiness makes up in height for what it lacks in length."
 —Robert Frost

"Mistakes are a fact of life. It is the response to the error that counts."
 —Nikki Giovanni

What's Happening

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>

Ongoing - Senior Appreciation Day Every 3rd Tuesday of each month is Senior Appreciation Day at the St. Paul Municipal Library so be sure to stop by for coffee, tea treats from noon-3pm.

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Trivia

1. _____ was the horse of fictional character Don Quixote.
2. What is the medical term for the kneecap?
3. Actor Ben Kingsley's birthname was _____.
4. What is the diameter of the planet Venus?
5. The Grimaldis are the family who have ruled Monaco since 1297—T/F?

(Flip bottom of page for answers)

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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

1 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.
2 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)



You may be enthusiastic and even ambitious about planning your goals for the next six months. However, you might need to let go of an old pattern

first. Lucky numbers: 1, 7, 29, 34, 39, 42.

TAURUS
(April 21 - May 21)



Your birthday month presents an opportunity to reset the circumstances of your life. What do you want to accomplish over the next year, and how do you plan to get there? Lucky numbers: 8, 17, 23, 32, 34, 46.

GEMINI
(May 22 - June 21)



Geminis have a natural talent for gathering information from the ethereal realm. This is heightened for you now. Be aware of how you could use this to achieve your goals. Lucky numbers: 15, 17, 19, 24, 26, 43.

CANCER
(June 22 - July 22)



The Cancer-born can be reticent about asking for help. Midweek, you may experience an opportunity to change that pattern. Be sure to clearly communicate your needs to others. Lucky numbers: 5, 16, 17, 21, 42, 45.

LEO
(July 23 - Aug. 23)



You may feel your self-confidence challenged during the next month. This could signal that there are changes you may want to consider to be more successful in the future. Lucky numbers: 9, 13, 19, 20, 28, 40.

VIRGO
(Aug. 24 - Sept. 23)



The astrological pattern over the next month is a well-grounded one. This resonates with your Virgo energy, and you could use it to help you more easily achieve your goals. Lucky numbers: 6, 8, 17, 19, 23, 42.

LIBRA
(Sept. 24 - Oct. 23)



Are you frustrated by the behaviour of someone in your life? Can you approach them with a positive resolution? If not, wait a few days so you don't lash out unnecessarily. Lucky numbers: 7, 23, 29, 31, 45, 48.

SCORPIO
(Oct. 24 - Nov. 22)



Over the next few weeks, you may feel stuck and unable to make progress. What could you learn from this period that might help you move forward when it ends? Lucky numbers: 10, 19, 20, 29, 31, 46.

SAGITTARIUS
(Nov. 23 - Dec. 21)



Sagittarians often act on faith when making decisions. However, right now a more intellectual approach may be helpful, especially one that incorporates data into the process. Lucky numbers: 4, 5, 11, 24, 42, 44.

CAPRICORN
(Dec. 22 - Jan. 20)



Information may surface from your unconscious that could have an important effect on your life. You may want to ponder on it for a month or so before acting. Lucky numbers: 13, 28, 38, 41, 44, 46.

AQUARIUS
(Jan. 21 - Feb. 19)



Are others putting obstacles in the way of what you are trying to accomplish? You may have to decide between getting to a "win-win" solution or just proving them wrong. Lucky numbers: 16, 25, 30, 33, 43, 47.

PISCES
(Feb. 20 - March 20)



Pisces-born are good at "building castles in the air." The next month may be conducive to building a concrete foundation for your dreams. How do you want to proceed? Lucky numbers: 2, 23, 25, 29, 36, 45.

Lucky numbers this week: This week's odds favour Taurus winners with the luckiest number being 17.

Did You Know...

Purring pets: Petting a purring cat is calming. They purr at a frequency of 25 to 150 Hz (vibrations per second), which is just right to help relieve stress. All felines purr, except lions, tigers, jaguars, and leopards, who roar.

Early signs: Before cats arch their backs and hiss, they usually show preliminary signs of fear or irritation. For example, their ears may be pressed flat against their heads and they may whack their tails on the ground.

Spiral staircase: A structure in Southern Jutland, Denmark, looks like a 25-metre (82-ft.) tall DNA molecule. Called Marsk Tower, it sits in a marshland. Visitors can take an elevator or climb the winding staircase to the top for views of Wadden Sea National Park.

Lower fat: Lots of people love ice cream, which is fairly high in milk fat. A non-dairy alternative is sorbet, which is made from fruit, sugar, and flavourings. Sherbet is similar, except that it contains a small amount of dairy.

Arctic rodents: Collared lemmings are small rodents that live in Arctic and subarctic areas. They don't hibernate, but their thick fur coats keep them warm all winter. They make their burrows out of frozen ridges of snow.

On the Lighter Side

Knock! Knock! Who's there? Sincerely. Sincerely who? Sincerely this morning I've been waiting for you to open the door!

Why was the shoe late? It was a little tied up.

Captain: "This boat makes 20 knots an hour."
Passenger: "How long does the crew spend untying them?"

How do you make an hourglass run faster? Fill it with quicksand.

Keep skunks, bankers, and politicians at a distance.

Answers

Trivia answers: 1. Rocinante 2. Patella 3. Krishna Pandit Bhanji 4. 7,521 mi. (12,104 km) 5. True

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