



### to discourage anyone from feeding these birds. Quoteable Quotes

has caused many dollars worth of damage and many sleepless

nights for area residents. Experts say not much can be done, except

"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 —Nikki Giovanni counts.

## 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.cagroupsanxiety-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.





Send a selfie of yourself with your weekly edition of the paper, and your picture may appear here!

Send your selfie to contests@coffee-news.ca Please put "Readers" in the subject li

WEEKDAYS 3

Please put Please include: Your name @ Your phone number
Mour address
that we can send you some **cool prizes** your photo is chosen to appear in the paper!



Reader of the Month

NON profit organizations may submit events for FREE at www.coffee-news.ca



\* Coffee News Bucks Over 150 participating sponsors! ers (\$100 each) will be drawn on the 15th of each month from all correct entri

#### To enter, visit www.coffee-news.ca

Submit your birth date and we'll send you a birthday card with valuable offers on your special day! NEW FEATUR

... or send your entry by snail mail to: CN Guy Contest, 9768 170 Street, Suite 303, Edmonton, AB TST 5L4. Be certain to include your full name, complete mailing address (including postal code), phone number, email address and your birth date. Also include the name of the ad in which you found the hidden Coffee News Gu

Trivia

- \_\_\_\_was the horse of fictional character Don Quixote. 1.
- 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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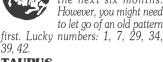
# Your Weekly Horoscope

ARIES

39, 42.

(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



#### **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

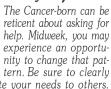
numbers: 8, 17, 23, 32, 34, 46. **GEMINI** 

#### (May 22 – June 21)

Geminis have a natural talent for gathering infor-mation 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)



communicate your needs to others. Lucky numbers: 5, 16, 17, 21, 42, 45. LEO

#### (July 23 – Aug. 23)

You may feel your selfconfidence 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.

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.

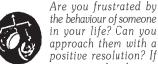
**Early signs:** Before cats arch their backs and hiss, they usually show preliminary signs of fear or irritation. For example, their ears may be pressed flat against their heads and they may whack their tails on the ground.

**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



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(Sept. 24 - Oct. 23)

not, wait a few days so vou 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

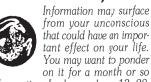
forward when it ends? Lucky numbers: 10, 19, 20, 29, 31, 46. **SAGITTARIUS** 

#### (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)



tant 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.



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

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

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