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Roxanne Callaghan from Camrose

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Recipe of the month

Tuscan-Style Roasted Asparagus

- | | |
|---------------------------------------|--------------------------------|
| 1-1/2 pounds fresh asparagus, trimmed | 1 teaspoon kosher salt |
| 1-1/2 cups grape tomatoes, halved | 1/2 teaspoon pepper |
| 3 tablespoons pine nuts | 1 tablespoon lemon juice |
| 3 tablespoons olive oil, divided | 1/3 cup grated Parmesan cheese |
| 2 garlic cloves, minced | 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 lemon zest. Toss to combine.

This versatile side dish can be served hot or cold.



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

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Vol. 20 No. 18 May 1, 2023

Everybody's Talking

Bicycle collector: Some people complain about noisy neighbours, others protest about the continual racket of a neighbour's barking dog, but not many encounter problems with an excessive bicycle collection. Such was the case in Oxfordshire, England, when police took into custody a man who had hundreds of bikes on his property. They were piled high and wide. For more than five years, people living near the man had noticed the mess and had called the cops numerous times, but no action was ever taken. This time, police arrived and made their move. The man is thought to have stolen the bikes, but no one knows for sure.

Still alive: In India, some people are registered as dead, but are actually very much alive and well. A man named Lal Bihari is one of them. In 1976, he returned to his home village of Khalilabad to sort out his affairs. An administrative clerk told him that Lal Bihari had died and that his land was owned by an uncle's family. When he tried to straighten out the mess by going to numerous authorities, he got nowhere. For the next 18 years, Bihari worked to draw attention to his situation, and discovered that others shared his problem. He started a nonprofit called the Association for the Living Dead, and has helped many people in similar predicaments.

Wee pet chickens: Folks in China, and elsewhere, who want a pet are increasingly turning their attention to something unusual: rutin chickens. Called "the world's smallest chickens," these very tiny birds are actually a cross between a quail and a partridge. Owners think these pets are cute and construct unique enclosures for them to inhabit, such as doll houses decked out with lights, plants, and other decorations. Popular ingredients for sweet-smelling herbal litter are wood chips, tea stalks, or sawn wood. The eggs are quite tasty, as well, although they are only about the size of a small coin, so quite a few eggs would be necessary to make a sizable breakfast.

Mirror, mirror: What some refer to as an "invisible house" is tucked into the residential district of Richmond in London, England. Because the home is covered with mirrored panels that reflect the background, comprehending that it's actually a building is difficult. In fact, the house is so invisible that people who have lived in the area for years haven't noticed it. The mirrors reflect the blue sky and clouds, passersby on the street, and vehicles en route to their destinations. The house was redesigned by architect and artist Alex Haw in 2015, and the current owners say that it's fun to watch people walking by and stopping to fix their hair.

Quoteable Quotes

"Living is the art of getting used to what we didn't expect."

—Eleanor C. Wood

"Chance is not a word to toss in the air. It's a word to take in, a word to give yourself."

—Michelle Muriel

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>

Apr 28 - Yellowhead Regional Library Join us in person at YRL headquarters for a day of learning, creation, and play! Check out all the great programming kits we have to offer and participate in tutorial sessions. Must pre-register online at eventbrite.ca

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Your Weekly Horoscope

ARIES (March 21 - April 20)

Who or what are you passionate about right now? You may have an opportunity to make the situation work out in your favour, if you simply go with the flow. Lucky numbers: 8, 23, 24, 32, 36, 45.

TAURUS (April 21 - May 21)

At the beginning of the week, things might be busy and stressful, with communication difficulties. Take a deep breath and wait a few days. The situation may begin to improve. Lucky numbers: 6, 10, 13, 16, 39, 42.

GEMINI (May 22 - June 21)

You are entering a period where your focus may be on your partner and relationship. If you are having difficulties, now might be a good time to open a dialogue about it. Lucky numbers: 10, 15, 21, 29, 35, 47.

CANCER (June 22 - July 22)

Love may be on your mind right now. If you are starting a relationship, be sure that your new partner shares your values. If not, the relationship may not last long term. Lucky numbers: 3, 7, 21, 30, 31, 34.

LEO (July 23 - Aug. 23)

What is your form of service to others? If you haven't explored this question before, now may be a good time to do so and to create a plan to manifest it. Lucky numbers: 2, 7, 11, 25, 34, 42.

VIRGO (Aug. 24 - Sept. 23)

Have you been stuck for a while in a pattern related to an issue in your role as a mother or as a child? Resolution may now begin to be possible. Lucky numbers: 5, 13, 24, 26, 27, 38.

LIBRA (Sept. 24 - Oct. 23)

People often look to Libras to smooth over difficult situations, whether you want to embrace this skill or not. The ability to play peacemaker may be heightened this week. Lucky numbers: 7, 12, 16, 23, 35, 41.

SCORPIO (Oct. 24 - Nov. 22)

Now may be a good time to complete a situation that has been in place for the last six months. If you are stuck, a "letting go" ritual may help. Lucky numbers: 10, 14, 16, 17, 23, 34.

SAGITTARIUS (Nov. 23 - Dec. 21)

At the end of the week, your thoughts and emotions may be strongly in sync. How might you use this brief period to have success in an important endeavour? Lucky numbers: 9, 22, 25, 38, 43, 44.

CAPRICORN (Dec. 22 - Jan. 20)

Legacy is an important consideration for many Capricorns. You are entering a period where the potential to focus on this may come into play. Don't miss the opportunity to manifest it. Lucky numbers: 4, 13, 25, 36, 39, 48.

AQUARIUS (Jan. 21 - Feb. 19)

Are your efforts in line with your values? Perhaps now is a good time to make an adjustment in your viewpoint to allow yourself to transform what isn't working for you. Lucky numbers: 7, 12, 15, 16, 33, 46.

PISCES (Feb. 20 - March 20)

Pisces often find success by using their intuitive abilities. You might do so now, however, by acting from a more pragmatic perspective. Seek opportunities to do this. Lucky numbers: 3, 12, 13, 27, 41, 42.

Lucky numbers this week: This week's odds favour Sagittarius winners with the luckiest number being 43.

Did You Know...

Stinky plant: The corpse flower (*Amorphophallus titanum*) has a powerful and foul smell, but the odor attracts insects for pollination. Found in Sumatra, Indonesia, this tall plant rarely blooms and is endangered.

Sweet squash: There are many different kinds of squash, and some are quite unique. A carnival squash is a cross between an acorn squash and a sweet dumpling squash. Its flesh has a sweet, buttery flavour.

Memorable date: Beatlemania arrived in the United States on February 7, 1964. That's when the rock-and-roll band The Beatles landed at New York's Kennedy Airport to play some gigs, including the *Ed Sullivan Show* on February 9.

Colour vision: Most people have three "cones" in their retinas for seeing colour. Some people, mostly women, have four cones, a condition called tetrachromacy that may let them see more colours than usual.

Big game: The National Basketball Association (NBA) dates to the New York Knickerbockers vs. the Toronto Huskies in 1946. New York won that first game, 68-66. At the time, the league was called the Basketball Association of America.

On the Lighter Side

Customer: "Do you serve crabs here?"
Waiter: "We serve everyone. Sit right down."

Why were the two bears so different? They were polar.
Life is simpler when you plow around the stump.

Knock! Knock! Who's there? Ostrich. Ostrich who? Ostrich my arms up to the sky!

I asked a tailor for pants. He was happy to make them, it seams.

Answers

Trivia answers: 1. Tulip Maria (or Craze) 2. Chirmpo 3. Hadean 4. Pele (Edson Arantes do Nascimento) 5. The Rachel

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