

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 lemon zest. Toss to combine.

This versatile side dish can be served hot or cold.

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

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Everybody's Talking

Cold apartment: No one would dispute that the weather in Singapore gets really hot, but few would say that nine air conditioners are necessary in a four-room apartment. That is how many of the units a man named Huang installed in his small flat. The apartment got so chilly that several neighbours complained, saying their units were damp and moldy. The inhabitant in the flat above, named Liu, had excessive condensation on his cold floors. Huang said he needed the cool air due to a health condition, but Lui's floor was often wet because of it. They compromised, with Huang agreeing to shorten how long he ran his air conditioners and to only use two at night.

Lost, but found again: Misplacing an item of clothing can be annoying. Did you leave it at a friend's or relative's house, or maybe in the bottom of a suitcase that you put away after a trip? Losing the blue-and-white dress that Judy Garland wore in the 1939 movie The Wizard of Oz must have been a whole other matter. In the 1970s, the dress was donated to the drama department at Catholic University of America in Washington, D.C. (U.S.). But soon after, no one could find it. During recent renovations, a drama department lecturer noticed a garbage bag atop the faculty mailboxes. Inside was a shoebox containing the missing dress.

Bottle houses: Robert Bezeau knows that plastic bottles are a huge threat to the environment. So he collected tens of thousands of these discarded items and used them to build a little community. Called Plastic Bottle Village, it is located in the province of Bocas del Toro in Panama. Originally from Canada, Bezeau did not complete the feat himself; he asked local folks to help. The structures are made by filling metal cages with bottles, and then attaching the cages together. One bottle building, the four-story Castle Inspiration, can be booked for overnight stays. The whole idea of the project is to reuse plastic to prevent it from ending up in a landfill.

Slow but sure: Australia holds an annual ultra-marathon during which competitors run from Sydney to Melbourne. At 875 kilometres (543.7 mi.) long and taking as long as five days to complete, that event is not for the faint of heart. Needless to say, competitors are usually young and in excellent physical condition. That is, except for the inaugural event in 1983, which was won by Cliff Young, a 61-year-old potato farmer. He completed the whole race wearing his work boots and overalls. His gait was a slow but sure shuffle, and he didn't stop. He died a hero in 2003 at age 81, and by then had raised money for charitable causes by participating in other endurance events.

Quoteable Quotes

"A problem is a chance for you to do your best." —Duke Ellington
"Play is often talked about as if it were a relief from serious learning. But for children, play is serious learning. Play is really the work of childhood." —Fred Rogers

What's Happening

May 26 - 27 - UFest Edmonton UFest Edmonton Ukrainian Festival is a celebration of Ukrainian culture, food, music, visual arts, crafts and dance. Taking place Friday 5pm-11pm and Saturday 11am-11pm, Borden Park 11020 75a St NW 102, Edmonton AB T5B 2C5

Ongoing - Abbotsfield Rec Centre The Youth Gym is for kids 12-17 years old to play their favorite sports, get physically active, and make friends! This event takes place every Tuesday, Thursday and Friday from 4-7pm. For more info please contact 780-239-8523 or visit beverlytown.com

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Trivia

1. What is the national flower of England?
2. Maasai Mara National Reserve is located in this country.
3. This telescope array first captured the black hole at the centre of our galaxy.
4. Who is the author of Bleak House?
5. In Canada, this canal runs between Lake Ontario and Lake Erie.

(Flip bottom of page for answers)

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(Over)

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Ashley Lewis
Harvey Lafond
Roberta Drummond

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Your Weekly Horoscope

ARIES

(March 21 - April 20)



A hidden opportunity may surface if you are aware of the possibility. Try not to let an old negative belief or behaviour pattern keep you from taking advantage of it. Lucky numbers: 4, 6, 16, 27, 41, 49.

TAURUS

(April 21 - May 21)



Unusual and unexpected experiences may recently have been the norm for you. The chaos might begin to fade, but perhaps you should wait a couple of weeks before taking any major actions. Lucky numbers: 8, 9, 10, 13, 16, 28.

GEMINI

(May 22 - June 21)



Have you recently felt stymied, unable to make progress on your goals? Hang on a little while longer. The obstacles may start to become easier and your efforts could move forward. Lucky numbers: 9, 15, 21, 37, 39, 45.

CANCER

(June 22 - July 22)



Have there been communication difficulties in a relationship over the last month? Now there may be potential for improvement, if you are conscious about reconciling differences between you. Lucky numbers: 1, 3, 24, 33, 36, 37.

LEO

(July 23 - Aug. 23)



Your mind and feelings may be out of sync at the end of the week. Because of this, you might want to avoid any impulsive decisions by waiting a few days. Lucky numbers: 16, 17, 22, 27, 28, 35.

VIRGO

(Aug. 24 - Sept. 23)



Virgos like to approach life with a practical attitude, and that generally works for you. However, if you come upon an intuitive insight now, you may want to follow it. Lucky numbers: 12, 13, 23, 25, 36, 44.

LIBRA

(Sept. 24 - Oct. 23)



What does the pot of gold at the end of the rainbow mean to you? Perhaps now is the time to pursue it, as the astrological energies are in your favour. Lucky numbers: 5, 7, 9, 18, 22, 47.

SCORPIO

(Oct. 24 - Nov. 22)



Communicating with others can be tricky for Scorpios, given your ability to see deeply into them. Recently this dynamic may have been worse, but the situation could begin to slowly improve. Lucky numbers: 13, 22, 25, 32, 33, 48.

SAGITTARIUS

(Nov. 23 - Dec. 21)



Your career and legacy may be on your mind right now. This might be a good time for such a focus, and to unearth a new opportunity in this regard. Lucky numbers: 2, 3, 11, 14, 28, 33.

CAPRICORN

(Dec. 22 - Jan. 20)



You may be feeling especially serious at the beginning of the week. Perhaps consider lightening the mood, for yourself and others. Your relationship with them may improve. Lucky numbers: 10, 35, 37, 43, 44, 46.

AQUARIUS

(Jan. 21 - Feb. 19)



Aquarius has a natural talent for resonating with the ethereal realm around us. At midweek, you may find this ability particularly strong and that intuitive information comes easily. Lucky numbers: 11, 14, 19, 29, 37, 45.

PISCES

(Feb. 20 - March 20)



At the end of the week, you may feel as if you are being pulled in two different directions. Consider how you can balance your intuition with more mundane skills. Lucky numbers: 3, 5, 15, 17, 22, 45.

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

Did You Know...

Uncountable: The sun that shines on Earth every day is estimated to be one of 100 to 400 billion, or more, stars in the Milky Way galaxy. With millions of other galaxies, the suns in the universe are uncountable.

Car problems: The Ford Edsel was a car model that was short-lived. First produced in 1957, it was discontinued after only a couple of years because of a national recession, quality issues, and an appearance that people didn't like.

Man vs. machine: In 1996, chess player Garry Kasparov played against "Deep Blue," a computer. In a six-game match, Kasparov lost one, tied two, and won three. In 1997, he played an upgraded Deep Blue, which was proclaimed the winner.

Active volcano: Erta Ale is a continuously active volcano in a remote area of northeastern Ethiopia. It is only 613 metres (2,011 ft.) high, and has the unusual phenomenon of a lava lake that has been active for many decades.

Tasty fruit: The Purén white strawberry comes from Contulmo and Purén, two towns in Chile. Rather than the usual red, this rare and expensive strawberry is pale white and tastes a bit like pineapple. Another white strawberry grows in Japan.

On the Lighter Side

What did the trees wear to the forest pool party? Swimming trunks.

Sign in a podiatrist's office: "Time wounds all heels."

Knock! Knock! Who's there? Safari. Safari who? Safari so good.

How do you stop a baby spaceship from crying? Rocket.

Mike: "How can someone make so many mistakes in a day?"
Ike: "I get up early."

Answers

Trivia answers: 1. Tudor Rose 2. Kenya 3. Event Horizon Telescope 4. Charles Dickens 5. Welland Canal

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Reader of the Month
Lida Higham Sparrow from Edmonton

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