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We are pleased to announce that Dr. Sabrina Atwal has joined our team

Everybody's Talking

Underground accommodation: Wales is home to a hotel that is purported to be the deepest in the world. Aptly named the Deep Sleep Hotel, it is located in an abandoned slate mine in the Snowdonia mountains. At 1,375 feet (419 m) below ground, getting there is quite an adventure for overnight guests. Guided by a trip leader, they have to hike for 45 minutes on mountain paths. Then, they are suited up with gear and taken down a challenging descent path in the mine. After that, they settle into very comfortable cabins and are provided with an expedition-style meal. The next day, staff members wake the visitors for the steep trek back up to the surface.

Shoddy work: In a village in India's Maharashtra state, residents have every right to complain about poorly done work. Folks in Karjat-Hast Pokhari had been looking forward to getting blacktop installed on the area's rough roads. So they were thrilled when a construction company arrived to do the work. However, the residents soon realized that the company had taken a huge shortcut in the job: they put down canvas material, then covered it with a very thin layer of asphalt. Several locals soon realized the situation when they lifted up a corner and it folded like a carpet. Villagers have made complaints against the contractor and the government department that hired them.

White line fever: The town may be small, but its authorities decided to fight hard to encourage speeding motorists to slow down. Baune, located in western France, sees many motorists speed over its streets as they navigate through the town's crossroads. Despite clear speed limit signs, drivers pay no heed and drive as fast as 100 km/h (60 mph) through the small town of 1,700 residents. To try to remedy the situation, the town painted confusing road lines. The continuous lines go this way and that, and often overlap. Drivers are slowing down to try to figure out what they are supposed to do. Hopefully motorists won't go back to their old ways anytime soon

Long race One ultramarathon starts from the pier in Santa Monica, California (U.S.), and ends at the welcome sign to the city of Las Vegas, Utah. Called The Speed Project, the length of the run is 340 miles (548 km) through the area's hot deserts, including Death Valley. The race is not advertised, there are no rules, and the participants must be invited to compete. Runners do not have to follow a particular route, but they are not allowed to run on highways. Started by Nils Arend and Blue Benadum in 2013, the race can be run solo, but it started out as a relay race for six team members

Quoteable Quotes

"Whether or not you know it, you're the infinite potential of love, peace, and joy."
—Amit Ray

"Everything that irritates us about others can lead us to an understanding of ourselves."
—Carl Jung

What's Happening

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Trivia

1. The Greek goddess of peace was Athena, Eirene, or Aphrodite?
2. Singer Elvis Presley had a twin brother—T/F?
3. How many limbs does a squid have?
4. Toad Hall is featured in this children's book.
5. "The Lady and the Unicorn" tapestry is Musee de Cluny, the Met, or the Smithsonian?

(Flip bottom of page for answers)

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May 1 Draw Winners: Chelsey M. from Edmonton, Cindy C. from Sylvan Lake, Jay Z. from Edmonton

July 1 Draw Winners: Rodney B. from Lethbridge, Brian P. from Edmonton, Natasha W. from Red Deer

June 1 Draw Winners: Frank H. from Sylvan Lake, Sandy P. from Calgary, Steven R. from Lethbridge

August 1 Draw Winners: Fiona L. from Edmonton, Paige H. from Red Deer, Ellery T. from Calgary

September 1 Draw Winners: Emily J. from Sherwood Park, Preston H. from Edson, Sandy P. from Calgary

October 1 Draw Winners: Cassi S. from Edmonton, Walter A. from Calgary, Karen P. from Okotoks

November 1 Draw Winners: Yolanda P. from Edmonton, Bob P. from Calgary, Sarah H. from Okotoks

December 1 Draw Winners: Keisha W. from Edmonton, Wendy W. from Camrose, Tanya M. from Rimbeay

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Your Weekly Horoscope

ARIES
(March 20 - April 19)

How can you bring your purpose in line with your values? Look to any old wounds that may be clouding your judgment about next steps to achieve something worthwhile. Lucky numbers: 10, 11, 21, 30, 39, 40.

TAURUS
(April 20 - May 20)

A sudden or unexpected opportunity may surface this week. You might want to examine it carefully, especially if you are unsure if this possibility is what you want. Lucky numbers: 11, 16, 22, 27, 33, 41.

GEMINI
(May 21 - June 20)

Your intuitive and intellectual skills may be heightened in the next few weeks via the placement of Mercury, your ruling planet. How could you use these additional energies? Lucky numbers: 13, 17, 24, 26, 30, 32.

CANCER
(June 21 - July 21)

At midweek, your heart may be pulled in one direction and your head in another. You might consider waiting a few days to see if the current stalemate will ease. Lucky numbers: 5, 6, 9, 11, 20, 25.

LEO
(July 22 - Aug. 22)

For the next several weeks, you may have an opportunity to reach for a goal that aids others. But this might require that you put aside your own goals for now. Lucky numbers: 7, 11, 20, 25, 36, 43.

VIRGO
(Aug. 23 - Sept. 22)

Virgos often focus on small goals and objectives. For the next few weeks, you may have an opportunity to envision something larger. It might require that you adjust your viewpoint. Lucky numbers: 9, 12, 26, 36, 39, 44.

LIBRA
(Sept. 23 - Oct. 22)

For the next two weeks, addressing any challenges to your finances or in a relationship may be important. Making needed changes now could reduce potential future issues. Lucky numbers: 12, 19, 20, 21, 37, 40.

SCORPIO
(Oct. 23 - Nov. 21)

For the next few weeks, you may feel conflicted about who you are. Consider a deep dive into your psyche to gain understanding, seeking help if you need it. Lucky numbers: 3, 12, 15, 24, 38, 47.

SAGITTARIUS
(Nov. 22 - Dec. 20)

Your thought processes may be sharper and more clear for the next several weeks. How can you use this opportunity to initiate positive change within yourself, heading into the future? Lucky numbers: 7, 11, 19, 25, 31, 36.

CAPRICORN
(Dec. 21 - Jan. 19)

At midweek, your mind and emotions may be in sync. For a few days, this might provide an opportunity to start a project in alignment with your values. Lucky numbers: 8, 10, 13, 14, 23, 30.

AQUARIUS
(Jan. 20 - Feb. 18)

The end of the week may be a good time to communicate your goals to others, including those that will aid your community. Outline a plan they can help manifest. Lucky numbers: 6, 14, 15, 18, 24, 39.

PISCES
(Feb. 19 - March 19)

This week is full of energies that may help you find new opportunities, initiate action, and ask others to help. You might need to adjust your view of the goal. Lucky numbers: 1, 7, 15, 21, 36, 40.

Lucky numbers this week: This week's odds favour Aquarius winners with the luckiest number being 39.

Did You Know...

Garlicky goodness: While white garlic is well known, black garlic is made by carefully aging raw bulbs for a few weeks in hot and humid conditions. This process gives them a sweet and savoury flavour.

Boundary: The region between the U.S. and South America is called "Central America." But geographically, the North-South boundary is Panama's southern border, so Central America technically is in North America.

Plant meanings: Over eons, different flowers and plants carried different meanings, like red roses for love and orchids for beauty. Less positive associations include aloe for grief and striped carnation for refusal.

Unfinished palace: Neuschwanstein Castle in Schwangau, Bavaria, Germany, looks like the quintessential fairy tale castle. Bavarian King Ludwig II commissioned the palace, but died in 1886 before it was completed.

Five kids: Paul McCartney of Beatles fame has five children: Heather, Mary, Stella, and James (whose mother was Linda McCartney), and Beatrice (whose mother is Heather Mills). Beatrice was born in 2003.

On the Lighter Side

Never was there a more groundbreaking invention than the shovel.

My cellar is so damp that when I lay down some mouse traps, I catch fish!

Ernie: "Does your dog have a licence?"
Bernie: "No, she's not old enough to drive."

Knock! Knock! Who's there? Rice. Rice who? Rice and shine, it's the first day of school!

Einstein developed a theory of space. And it was about time, too!

Answers
Trivia answers: 1. Etienne 2. True 3. 10 4. The Wind in the Willows 5. Musée de Cluny

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