



Fruit artist: Someone looking at the flowers sculpted by Vietnamese artist Nguyen Thi Thu could be forgiven for not realizing that the blooms emerge from papaya fruits. She has been practicing this traditional art for many years, with a 15-year break when she moved to another country where green papaya was not readily available. Glad to be back in Hanoi, she picked up the art again. This time, along with sculpting primroses, lotuses, and water lilies, she challenged herself to create many different types of chrysanthemums, which is a complicated process. The artist shows her work at public events, and she also teaches classes to show others the delicate art of sculpting papaya

Quoteable Quotes

"At some point, you've got to let go, and sit still, and allow contentment to come to you." —Elizabeth Gilbert "What wisdom can you find that is greater than kindness?" —Jean-Jacques Rousseau

What's Happening

Mar 16 -St. Albert Singers Irish Pub Night Join Calvin Vollrath, the North American Fiddle Champion, for a spirited evening of Irish music. Come enjoy a full family-style Irish dinner, a cash bar, raffles, and a sing-a-long. Doors open at 5:00 PM. Tickets \$40 contact Barb at sasgmanager@gmail.com.

May 1-7 - Mental Health Week Mental Health Week is an annual national event that takes place the first week in May to encourage people from all walks of life to learn, talk, reflect, and engage with others on all issues relating to mental health. Visit fortsask.ca for





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Over 150 pc

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

...or send your entry by snail mail to: CN Guy Contest 9768 170 Street, Suite 303, Edmonton, AB T5T 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 Guy



- 1. Annulary, glove, or wedded is the medical term for the ring finger?
- 2. Cut, clarity, colour, and carat (the 4 Cs) refer to what stone?
- 3. The scientific name for a bird's wishbone is furcula, tibia, or aloha?
- 4. The spots on dice are called what?
- 5. Herpetophobia is the fear of foot pain, freckles, or reptiles?

(Flip bottom of page for answers)

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Your Weekly Horoscope

LIBRA

14, 18, 27, 29, 32.

SCORPIO

27.34

SAGITTARIUS

21, 22, 31, 32.

CAPRICORN

AQUARIUS

17, 18, 22, 38.

PISCES

(Dec. 21 - Jan. 19)

(Jan. 20 - Feb. 18)

(Nov. 22 – Dec. 20)

(Sept. 23 - Oct. 22)

(Oct. 23 - Nov. 21)

For the next several weeks,

you may be seeing people

"put their foot in their

mouth." Therefore, lean-

ing into your natural diplo-

matic nature might be

Have you been reluctant

to take off your safe mask

and authentically face the

world? Doing so is never

easy, but this week might

prove to be better than

Your natural optimism

and enthusiasm may get a

boost for the next several

weeks. If new opportu-

nities come up, carefully

examine them and look

Early in the week may be a

good time to connect with

those whose cooperation

and assistance you need.

Your serious demeanour

and strong work ethic may

Things may be very busy

for you this week. Con-

sider prioritizing what serves vour highest val-

ues, rather than someone

else's agenda. This may

even more important. Lucky numbers: 5,

most. Lucky numbers: 7, 13, 17, 19,

before you leap. Lucky numbers: 9, 11,

be highlighted. Lucky numbers: 1, 3, 17, 37, 40, 48.

ARIES (March 20 – April 19)

For the next several weeks, be careful of impulsive speech or actions. You may find that you are easily angered, so take a deep breath and retreat if



(April 20 - May 20)

The universe may continue to present you with many opportunities, a rare and unusual situation. Perhaps consider one that will expand you

beyond your comfort zone. Lucky numbers: 4, 7, 8, 11, 18, 24. GEMINI

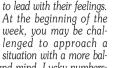
(May 21 – June 20)

For the next few weeks, be extra cautious in your communications. Your quick mind and wit could put you in danger of saying something you

might regret. Lucky numbers: 3, 13, 14, 20, 42, 45. CANCER

(June 21 – July 21)

The Cancer-born can tend to lead with their feelings. At the beginning of the



anced heart and mind. Lucky numbers: 17, 18, 24, 35, 37, 39. LEO

(July 22 - Aug. 22)

Midweek, your thoughts and feelings may be out of sync for a few days. If you feel like you're at a stalemate, move beyond your own desires and help someone else. Lucky numbers: 10, 21,

37, 31, 33, 38. VIRGO

(Aug. 23 - Sept. 22)



could require practice. Lucky numbers: 6, 12, 14, 20, 41, 43.

Lucky numbers this week: This week's odds favour Capricorn winners with the luckiest number being 3.

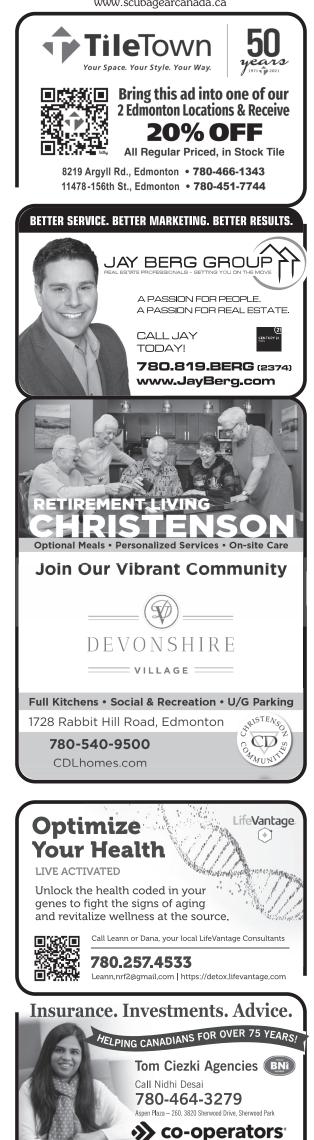
Did You Know...

Islands in the sea: The island nation of the Maldives, in the north-central part of the Indian Ocean, includes approximately 1,200 islands. About 200 of the sandbanks and coral islands are inhabited.

Saving energy: Similar to hibernation, an animal going into a dormant state because the environment is too hot or dry is called aestivation. The aestivating animal stops eating and does not move around.

Small but mighty: A tiny insect called the oribatid mite can lift over 1,000 times its own body weight. Also called the armoured or beetle mite, is only about the size of a grain of sand or two human hairs placed side by side.

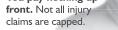
Popular condiment: In Mexico, a condiment called chamoy is very popular. This hot, sweet, tangy sauce contains dried chilies, lime juice, and some kind of fruit, such as www.scubagearcanada.ca



(Feb. 19 – March 19) This may be a good time to evaluate your current endeavours. Are some less important now? Consider 33, 36, 48.

be scary to do. Lucky numbers: 2, 12,

completing your critical projects and letting go of the rest. Lucky numbers: 11, 24, 27,



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mango, apricot, or plum.

Talented man: Brian May, who became famous as a member of the British rock band Queen, is regarded as one of the best guitarists around. May earned a Ph.D. in astrophysics from Imperial College London.

On the Lighter Side

Why were the scissors smiling? Because they have their work cut out for them.

An astronomer watched the moon rotate for 24 hours. Then he got bored and called it a day.

My new diet consists of only aircraft. It's a bit plane.

Diner: "I'd like an elephant sandwich, please." Waiter: "I'm sorry, sir, we've just run out of bread."

Knock! Knock! Who's there? Hugo. Hugo who? Hugo first and I'll go second.

Answers

4. Pips 5. Reptiles Trivia answers: 1. Annulary 2. Diamond 3. Furcula

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¹⁹⁻Ellerslie East