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Vol. #17 Edition 10 March 4, 2024

Everybody's Talking

Windy ride: For a bike ride, most people choose a calm day with not much wind to slow them down. However, anyone who likes windy rides might enjoy participating in the Dutch Headwind Time Trial Championship. Participants all ride the same type of bike: upright and with only one speed. They ride an 8.5-kilometre (5.3-mi.) course located on the Oosterscheldekering storm barrier near the southwest city of Vrouwenpolder, Netherlands. The race originated in 2013 and is only held during storms when winds are expected to reach up to 120 km/h (74 mph). Only 300 participants are allowed, and the winner is the rider who completes the course with the fastest time.

Running away: Lots of young kids hate doing their homework, but most would choose to do their school work over being sent to an orphanage. Not so for a school boy in Chongqing, China. He was so angry at his mother for pestering him to do his homework that he went to a local police station to complain. He told the police that he wanted to go to an orphanage instead of living at home. The officers helped him calm down, got his address, and contacted the parents. With the father on the way, the officers had a little chat with the boy to convince him that returning home was a better choice.

Perfectly round: In the U.S. state of Florida is a lake so round that pilots gave it the nickname "Silver Dollar Lake." Officially called Kingsley Lake, it is located in the northeastern part of the state. The flocks of people who visit the lake on the ground may not be able to see its round shape, which is obvious from the air. The perfectly round shape is not artificial, but was formed by an ancient, spring-fed sinkhole. Ringing the lake are houses and cottages, all the way around the 2-mile (3.2-km) wide lake, which is 90 feet (27.4 m) deep at its centre. The homes have docks for swimming and boating.

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

Want an event, major attraction or sport publicized? E-mail countrycoffeenews@shaw.ca, fax 403-864-4459 or phone 403-304-4767 to have it printed here at NO CHARGE!

Leslieville Leisure Club General Meeting will be held March 5 at the Community Hall at 1 p.m. Followed by drop-in floor curling.

Drug Problem? We can help. Call Narcotics Anonymous at 403-896-4178 for meeting times and locations.

Rocky Farmer's Market: Every Saturday from 10 a.m. to 1 p.m. at the Rocky Museum, lower level at rear.



February's contest winner was Jennifer Schafers. Jennifer will receiv

Country Coffee News 37 Forest Dr. Sylvan Lake, AB F4S 1H4 or e-mai a \$40 gift certificate from Sobey's after spotting the hidden Coffee News Guy while reading the publication at Rolf's Groceries. *Congratulations!*

Irivia

- 1. Annulary, glove, or wedded is the medical term for the ring
- 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
- 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) © Published with permission of Country Coffee News www.donnasdentalhygiene.ca

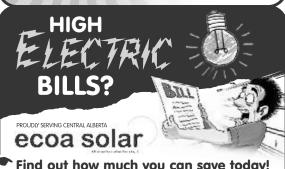


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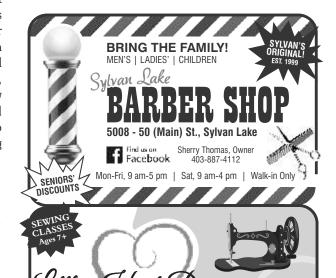


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Month





Your Weekly Horoscope

(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 needed. Lucky numbers: 12, 14, 19, 22, 37, 41.

TAURUS

(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 week,

you may be challenged to approach a situation with a more balanced 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)



You may have an opportunity at the end of the week to expand your comfort zone and

tap more into your intuition. This might feel awkward and could require practice. Lucky numbers: 6, 12, 14, 20, 41, 43.

(Feb. 19 - March 19)



PISCES

This may be a good time to evaluate your current endeavours. Are some less

important now? Consider completing your critical projects and letting go of the rest. Lucky numbers: 11, 24, 27, 33, 36, 48.

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 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.

Auswers

4. Pips 5. Reptiles

Trivia answers: 1. Annulary 2. Diamond 3. Furcula

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SCORPIO

(Oct. 23 - Nov. 21)

(Sept. 23 - Oct. 22)

numbers: 5, 14, 18, 27, 29, 32.

world? Doing so is never easy.

better than most. Lucky

SAGITTARIUS (Nov. 22 - Dec. 20)

CAPRICORN

AQUARIUS

(Jan. 20 - Feb. 18)

(Dec. 21 - Jan. 19)

but this week might prove to be

numbers: 7, 13, 17, 19, 27, 34.

If new opportunities come up,

carefully examine them and

look before you leap. Lucky

numbers: 9, 11, 21, 22, 31, 32.

assistance you need. Your serious

ethic may be highlighted. Lucky

numbers: 1, 3, 17, 37, 40, 48.

demeanour and strong work

Have you been

reluctant to take off

your safe mask and

authentically face the

Your natural optimism

and enthusiasm may

get a boost for the

next several weeks.

Early in the week may

be a good time to

connect with those

Things may be very

busy for you this week. Consider

prioritizing what

serves your highest values, rather

This may be scary to do. Lucky

numbers: 2, 12, 17, 18, 22, 38.

than someone else's agenda.

whose cooperation and

Thanks for reading Coffee News For the next several Have a pleasant day! weeks, you may be seeing people "put their foot in their mouth." Therefore, leaning into your Discover the natural diplomatic nature might Coffee News be even more important. Lucky

Advantage!



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