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Recipe of the month

Pina Colada Zucchini Bread

4 cups all-purpose flour
3 cups sugar
2 teaspoons baking powder
1-1/2 teaspoons salt
1 teaspoon baking soda
4 large eggs, room temperature
1-1/2 cups canola oil

1 teaspoon each coconut, rum and vanilla extracts
3 cups shredded zucchini
1 cup canned crushed pineapple, drained
1/2 cup chopped walnuts or chopped pecans

Prep Time: 25 min Cook Time: 45 min Yield: 3 loaves

- Preheat oven to 350°. Line 3 greased 8x4-in. loaf pans with parchment; grease paper.
- In a large bowl, combine flour, sugar, baking powder, salt and baking soda. In another bowl, whisk eggs, oil and extracts. Stir into dry ingredients just until moistened. Fold in zucchini, pineapple and walnuts.
- Transfer to prepared pans. Bake until a toothpick inserted in centre comes out clean, 45-55 minutes. Cool for 10 minutes before removing from pans to wire racks. Gently remove paper.

The perfect way to celebrate National Zucchini Bread Day on April 25 – or any time you want a delicious loaf!

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

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Everybody's Talking

Hero honoured: A Reading, England, construction worker trapped by flames was saved when crane operator Glen Edwards swung his basket close enough for the man to escape. The dangerous lift, carried out through thick smoke and high winds, quickly made Edwards a local hero admired by many. Not long after, news emerged that he also was battling terminal cancer, which added even greater weight to his act of courage that day. A charity later stepped in to help, arranging practical upgrades for his home along with thoughtful extras, including new items and a fishing trip. His daring rescue, along with the support he later received, left a moving impression on the community.

Shark skin: Delta Air Lines is turning to the natural world in search of new ways to cut fuel use. Partnering with Australian firm MicroTau, the airline is experimenting with a special coating that imitates the unique texture of shark skin. The material is covered with tiny grooves, or riblets, that guide air smoothly across the plane's surface and lower drag. Tests will focus on widebody jets, with the technology applied to major sections including the wings and tail. Delta's Sustainable Skies Lab is also exploring other aerodynamic add-ons, such as fish-like fins, alongside newer aircraft designs. The project clearly shows how nature's patterns often provide the best ideas for innovation.

Tub retreat: In Gatlinburg, Tennessee (U.S.), a tucked-away spot called Creekside Hideaway offers a getaway with a twist. Spread across a peaceful property, guests can stay in tiny cabins, cast a line in the pond, or wander beside the creeks. But the highlight is floating in a wood-fired hot tub that's on a boat. These circular tubs drift across the lake using electric motors, combining the ease of a spa with the calm of open water. With firewood stacked and temperatures customizable, it's as cozy as it is creative. Surrounded by forest and fresh air, guests can soak in silence or share the experience with friends. It's a mix of comfort, novelty, and nature, making this mountain escape feel both whimsical and well-earned.

Sacred springs: When a woman in the hills of Uttarakhand, India, bent toward a small stone shrine nestled between orchard trees, she returned with a jug of clear water. This structure, known as a *naula*, is one of many ancient water temples built over natural springs across the Himalayan slopes. Once neglected, these sites are being revived by local communities that face unreliable piped water and worsening droughts. Restoration efforts involve mapping underground catchment zones, planting native trees, and digging contour trenches to improve groundwater recharge. For many, it's become a practical way to secure water and preserve what has quietly sustained them for generations.

Quoteable Quotes

"It's fine to celebrate success but it is more important to heed the lessons of failure."
~ Bill Gates

"Everything has beauty, but not everyone sees it."
~ Confucius

What's Happening

Non profit organizations and charities – promote your upcoming event here free of charge! Complete our event submission page at coffeene newspaper.com.

Please provide three to four weeks' notice.

Sylvan Lake Municipal Library hosts an **Easter Egg Scavenger Hunt** Saturday, April 4 from 1 to 3 p.m. Solve clues, follow the trails, and find eggs hidden at the Library. Participants will have different clues for their age groups. Registration is free but required for each age group. Make sure to register yourself and your child(ren) in the appropriate field. Visit library website for complete details or call 403.887.2130 for assistance.

Mark your calendar for the **Giant Used Book Sale!** taking place at the Sacred Heart Church Library (5508-48A Avenue, Red Deer). Books, DVDs, puzzles for all ages. Friday, April 24 (10 a.m.-7 p.m.) and Saturday, April 25 (9 a.m.-4 p.m.). Nothing over \$2! For more information, call 403.872.7960 or email valeriejolesen@gmail.com.

Trivia

- Indonesia has about 17,000 of these.
- Tadpoles are carnivores – T/F?
- Who directed the movie *Close Encounters of the Third Kind*?
- Where did cheddar cheese originate?
- Who wrote the short story *The Cask of Amontillado*?

(Flip bottom of page for answers)

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Your Weekly Horoscope

ARIES

(March 20 – April 19)



This week may offer a hidden opportunity to help you achieve something you are passionate about. Unearthing it might require you to enter a new period of growth. Lucky numbers: 2, 7, 14, 21, 27, 46.

TAURUS

(April 20 – May 20)



The next few weeks may provide a chance to achieve a goal that advances your highest values. Don't let stubbornness about what you think is realistic hold you back. Lucky numbers: 8, 33, 38, 44, 46, 48.

GEMINI

(May 21 – June 20)



Early this week, your sharp mind may see a subtle, new opportunity for success. But you might have to navigate a challenge between your rational mind and your intuition. Lucky numbers: 15, 16, 19, 20, 34, 42.

CANCER

(June 21 – July 22)



You have been in an extended growth period, but it should end in about three months. What endeavour do you want to manifest now, and whose help do you need? Lucky numbers: 10, 13, 15, 22, 41, 48.

LEO

(July 23 – Aug. 22)



For the next few weeks, you may find the energy slows down. If making progress becomes too difficult, this may be a good time to take a break, assuming you can. Lucky numbers: 6, 7, 18, 27, 35, 40.

VIRGO

(Aug. 23 – Sept. 22)



Your natural attention to detail may be heightened early this week. Which difficult project could benefit from the extra energy boost that might be in effect for a few days? Lucky numbers: 12, 19, 20, 26, 27, 30.

LIBRA

(Sept. 23 – Oct. 22)



Your skills of tact and diplomacy may be in high gear at midweek. Can you now use this heightened ability to bring a thorny situation to a successful conclusion? Lucky numbers: 11, 27, 32, 35, 37, 41.

SCORPIO

(Oct. 23 – Nov. 21)



Your intuition may be very intense at week's end. Let yourself step back from information overload. Carve out time and space to centre back into your self. Lucky numbers: 13, 15, 20, 27, 34, 42.

SAGITTARIUS

(Nov. 22 – Dec. 21)



Now may be time to slow down and consider what you most value. Then you can make any needed adjustments to bring your efforts into alignment with them. Lucky numbers: 2, 4, 8, 15, 28, 36.

CAPRICORN

(Dec. 22 – Jan. 19)



For the next few weeks, a compatible dynamic may strengthen your ability to accomplish your goal. Be sure it is something you are truly passionate about achieving. Lucky numbers: 5, 6, 8, 27, 28, 36.

AQUARIUS

(Jan. 20 – Feb. 18)



Pluto strongly encourages evolutionary transformation for humanity, and for Aquarius in particular. It may be time to slow down and ponder what this means for you. Lucky numbers: 1, 6, 9, 25, 28, 34.

PISCES

(Feb. 19 – March 20)



You may find that your mind and emotions are in a stalemate at the beginning of the week. Try to take a deep breath and wait a few days for this to pass. Lucky numbers: 14, 15, 18, 27, 42, 44.

Lucky numbers this week: This week's odds favour Capricorn winners, with the luckiest number being 27.

Did You Know...

Gift games: In China, giving and receiving presents is a ritual as much as an exchange. A gift is often refused several times before it's accepted, and even then, both sides downplay its importance to show modesty and respect.

Ant spa: Some birds deliberately let ants crawl over them or burrow into their feathers. This "anting" behaviour may help keep parasites away, while also soothing irritation and maintaining the health of their plumage.

Straight stretch: In Saudi Arabia, Highway 10 runs for 256 kilometres (159 mi.) without any curves, holding the record as the world's longest straight road. Surrounded by desert, it offers a rare drive of uninterrupted horizon and steady sameness.

Flame find: In 1826, John Walker stumbled onto the first friction match when a treated stick brushed against stone and unexpectedly sparked. What began as a curiosity soon reshaped the everyday act of lighting fires.

Click keys: Before modern alternatives, pianists sometimes practiced on silent keyboards that produced only soft clicks instead of music. These devices helped players strengthen their fingers and develop their touch without disturbing those nearby.

On the Lighter Side

How come you can catch a cold but you can't catch a warm?
Does the name Pavlov ring a bell?
Son: "This loaf is nice and warm."
Mother: "It should be. The cat has been lying on it all day."
Knock! Knock! Who's there? Bacon. Bacon who? I'm bacon a cake for your birthday
Why did the vegetables like the corn? He was always willing to lend an ear.

Answers

Trivia answers: 1. Islands 2. False 3. Steven Spielberg 4. Cheddar, England 5. Edgar Allen Poe

Senior Drop-in Bowling!

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