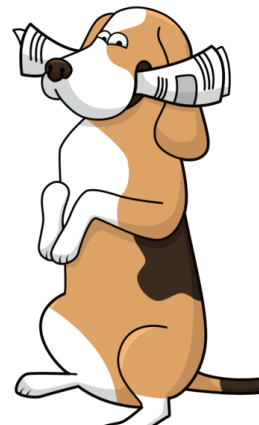


# Dog Breeds

T W W P L X A G S A V F C F B V H L Z D  
 J B R E T T E S H S I R I U C Y F M E R  
 P B U R G R E A T D A N E M Y V F U E I  
 L W R L E X R H W O D U O U V S U Z O O  
 L B D R L T Q Z Y Q Z H S Y H N U M E T  
 E W Q M Y D R R M E Q T C E P A H E W E  
 S E R D E G O I L X P P E W N I P X T R  
 S V L T N L E G E W T P E H Q N A K J R  
 U Q G A K U A R N V D T C W L A U E J I  
 R R R V B E H J M O E S Z R L R H I D E  
 K H E T B R Q S G A J R E O U E A L G R  
 C Q L T T B A P H C N X K T B M U L R C  
 A F K A N C P D N C O S L T T O H O E J  
 J Q V J R I O U O B A J H W I P I C Y Z  
 Y G R X M G O E H R Y D N E P O H P H E  
 O S R O C X G P S U P H U I P V C R O H  
 A O N A M R E B O D S M M L T H T U U C  
 J E L D O O P G S P Z K V E X F E O N N  
 U C O R G I U V G D D N Y R W K U R D I  
 D N Y N E P N A I T A M L A D O R C D A

Word list:

- |           |                 |              |            |
|-----------|-----------------|--------------|------------|
| BEAGLE    | DACHSHUND       | IRISH SETTER | PUG        |
| BOXER     | DALMATIAN       | JACK RUSSELL | RETRIEVER  |
| BULLDOG   | DOBERMAN        | LABRADOR     | ROTTWEILER |
| CHIHUAHUA | GERMAN SHEPHERD | PIT BULL     | SCHNAUZER  |
| COLLIE    | GREAT DANE      | POINTER      | SHEEPDOG   |
| CORGI     | GREYHOUND       | POMERANIAN   | TERRIER    |
| CORSO     | HUSKY           | POODLE       |            |



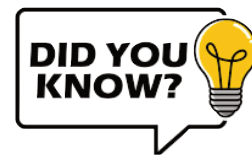
# The Around Town Paper

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- Humans have been performing dentistry since 7000 B.C.
- The first-ever documented feature film, The Story of the Kelly Gang, was made in Melbourne, Australia in 1906.
- Gorillas can catch human colds — you're probably still safe to go to the zoo with the sniffles, though.
- From 1953 to 1957, NBC's Today Show had a chimpanzee co-host named J. Fred Muggs. It is estimated he brought in the network around \$100 million.
- Apples, peaches, and raspberries are all members of the rose family.
- There is a geocache on the International Space Station placed in 2008. It has since been visited four times by other astronauts.
- Canada eats more macaroni and cheese than any other nation in the world.
- Snakes can help predict earthquakes. They can sense a coming earthquake from 75 miles away, up to five days before it happens.
- The hand and footprints in front of Los Angeles's Chinese Theater tradition started accidentally when silent film actress, Norma Talmadge stepped on wet cement.
- An animal's yawn is based on how large their brain is. The bigger the brain, the longer it will yawn.

**BONUS FACT:** Your tonsils can partially grow back if there was tissue left behind during the removal process. WOW!

The **Around Town Paper**   
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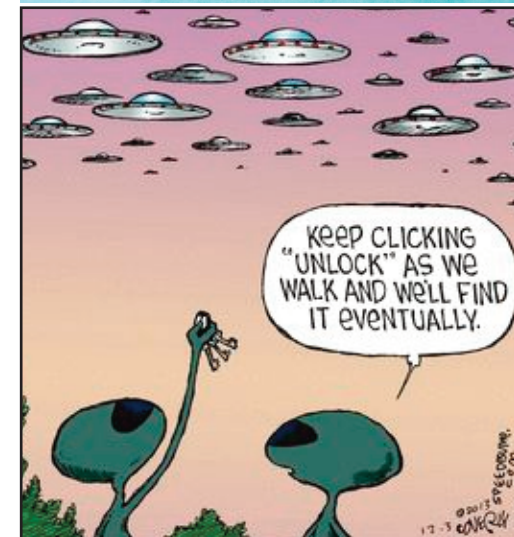
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Spring is finally here.  
 ... I think ... Maybe ... Hopefully.



**DEADLINE** for advertising: Fridays by 12:00 noon





## THIS WEEK'S HOROSCOPES

**Aries (March 21 - April 19)**  
The influence of Aries encourages spontaneity, but be cautious not to overwhelm others with your enthusiasm. In your professional life, harness this dynamic energy to lead projects and advocate for your ideas passionately.

**Taurus (April 20 - May 20)**  
With the Sun and Jupiter in your sign, the focus is on enhancing stability, indulging in sensory pleasures, and expanding your financial prospects.

**Gemini (May 21 - June 20)**  
Your mental agility will be particularly sharp—use this time to tackle complex problems or brainstorm new ideas. Just be mindful of your delivery, as the brisk pace of Aries can sometimes make you seem more brusque than intended.

**Cancer (June 21 - July 22)**  
It's essential to maintain boundaries to avoid emotional exhaustion. Focus on creating a peaceful home environment that serves as your sanctuary from the outside world's chaos.

**Leo (July 23 - August 22)**  
Your social life sparkles with potential, thanks to Venus in Aries lighting up your realm of friendships and group activities. You're likely to feel more adventurous in love, perhaps prompting you to make the first move or explore new social settings.

**Virgo (August 23 - September 22)**  
The influence of Taurus this week encourages you to build and refine your skills, particularly around your career. Your attention to detail is unmatched, making it an ideal time to tackle tasks that require precision and patience.

**Libra (September 23 - October 22)**  
Venus in Aries stirs your sector of partnership, bringing energy and possibly some impulsive moments in relationships. This is a week to advocate for fairness and harmony, yet Aries' influence encourages you to assert your needs and desires more strongly than usual.

**Scorpio (October 23 - November 21)**  
Mars in Pisces deepens your emotional waters, urging you to explore your inner landscapes through meditation, therapy, or reflective practices. There may be a drive to purge and heal, to let go of past grievances or to deepen connections with those you trust.

**Sagittarius (November 22 - December 21)**  
Jupiter in Taurus asks you to focus on the foundations of your life—be it career, home, or relationships. There's a call to slow down and assess what you value most, perhaps adjusting your path to ensure it aligns with your deepest desires.

**Capricorn (December 22 - January 19)**  
This week, your practical skills are in high demand as you find yourself managing responsibilities efficiently. Taurus energies support your methodical approach, particularly in professional contexts.

**Aquarius (January 20 - February 18)**  
Pluto in your sign continues to inspire transformation. This week, you might find yourself questioning conventional norms and seeking out ways to innovate.

**Pisces (February 19 - March 20)**  
With Mars and Neptune in your sign, your artistic and spiritual inclinations are heightened. You may find solace and inspiration in creative pursuits or in helping others.

**NAME THAT TUNE!**  
Something told me  
it was over  
When I saw you  
and her talkin'  
Something deep down  
in my soul said, 'Cry, girl'  
When I saw you  
and that girl walkin'  
around.....

# TIME FOR YOU

**Finding Time for YOU** - We can excel easier in our lives when our own spiritual, physical, and intellectual needs are fulfilled.

Within each of us, there is a well of energy that must be regularly replenished. When we act as if this well is bottomless, scheduling a long list of activities that fit like puzzle pieces into every minute of every day, it becomes depleted and we feel exhausted, disconnected, and weak. Refilling this well is a matter of finding time to focus on, nurture, and care for ourselves, or "you time." Most of us are, at different times throughout the day, a spouse, a friend, a relative, an employee, a parent, or a volunteer, which means that down time, however relaxing in nature, is not necessarily "you time." Though some people will inevitably look upon "you time" as being selfish, it is actually the polar opposite of selfishness. We can only excel where our outer world affairs are concerned when our own spiritual, physical, and intellectual needs are fulfilled.

Recognizing the importance of "you time" is far easier than finding a place for it in an active, multifaceted lifestyle, however. Even if you find a spot for it in your agenda, you may be dismayed to discover that your thoughts continuously stray into worldly territory. To make the most of "you time," give yourself enough time on either side of the block of time you plan to spend on yourself to ensure that you do not feel rushed. Consider how you would like to pass the time, forgetting for the moment your obligations and embracing the notion of renewal. You may discover that you are energized by creative pursuits, guided meditation, relaxing activities during which your mind can wander, or modes of expression such as writing.

Even if you have achieved a functioning work-life balance, you may still be neglecting the most important part of that equation: you. "You time" prepares you for the next round of daily life, whether you are poised to immerse yourself in a professional project or chores around the home. It also affords you a unique opportunity to learn about yourself, your needs, and your tolerances in a concrete way. As unimportant as "you time" can sometimes seem, it truly is crucial to your well-being because it ensures that you are never left without the energy to give of yourself.



Can you spot the 10 differences??



## DELICIOUS SHRIMP PAELLA

- Ingredients:**
- 2 tablespoons canola oil
  - ½ teaspoon ground turmeric
  - 1 cup chopped red bell pepper
  - 1 cup frozen green peas
  - 1 tablespoon minced garlic
  - 2 (8.8-oz.) pkg. precooked brown rice
  - 3 tablespoons unsalted chicken stock
  - ¾ teaspoon salt
  - ½ teaspoon black pepper
  - 12 ounces frozen medium shrimp, thawed, peeled, and deveined
  - 2 tablespoons fresh lemon juice



**Instructions :** Heat oil in a large skillet over medium-high. Add turmeric; cook 1 minute, stirring constantly. Add bell pepper, peas and garlic to pan; cook for 2 minutes, stirring occasionally.

Stir in rice; spread in an even layer. Cook, without stirring, 3 minutes. Reduce heat to medium. Stir in stock, salt and pepper. Spread rice mixture in an even layer in pan. Cook, without stirring, 7 minutes.

Arrange shrimp on top of rice mixture; cover and cook 3 to 4 minutes or until shrimp are done. Drizzle lemon juice over pan. Serve immediately.

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