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**G. MacDonald - Denturist**By Appointment

BADDECK PHONE 295-2516



# THIS WEEK

NORTHSIDE COMMUNITY NEWS

FREE

Vol. 14 - FEBRUARY 28th - 2024

SOUL HARBOUR RESCUE MISSION NOW OPENED IN SYDNEY MINES



See Story on Page 3



# RALPH IVEY'S

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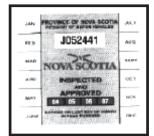
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Gospel Hour with Pierre Chiasson Sunday mornings 9 am - Logon to our website www.kleeradio.com

#### **Roval Canadian Legion Branch 83 Florence**



BINGO

starting at 7.00

### RABISH

Tuesday 7:00 p.m downstairs

Wed. 7:00 p.m. - Downstairs

# BINGO

THURSDAY, 7:00 PM **UPSTAIRS** 

# WASHER TOSS

Friday 7:00 p.m. **Downstairs** 

### THE CIRCLE

Saturday 7:00 p.m Upstairs



**45s** 

**CARD GAME** 

**EVERY MONDAY** 7:30 pm

736-6313



NORTH SYDNEY SENIORS & PENSIONERS CLUB

Commercial Street

### St. Patricks Dav Dance

MARCH 15 - 8:00 - 12:00

Music By Theresa Rideout \$5.00 per person, pay at the door, come and enjoy a night with good music



#### **BRANCH 19 LEGION UPCOMING EVENTS General Meeting**

will be held at Branch 19 on Wednesday February 28th at 7:00 pm. All members are encouraged to attend.

**NOTE:** the Executive meetings will be held Tuesday, February 27th at 7:00 pm.

Branch 19 Members Only

#### POOL TOURNAMENT

March 12th at 5:45 pm. Registration Fee \$5.00

St. Patrick's Day at Branch 19 with music by Shotz Fired

### **SATURDAY MARCH 16**

9:00 PM - 1:00 AM TICKETS AVAILABLE NOW AT THE BRANCH \$10/PERSON Happy Hour Every Friday 3:00 pm - 6:00 pm. Follow us on Facebook RCL BRANCH 19 NORTH SYDNEY for all upcoming events and information.

#### SUNDAY BINGO

Sydney Mines Seniors & Pensioners, Club Fraser Avenue, Sydney Mines - 2:00 pm

> **JACKPOT \$1125** on 54#s or less **TOONIE \$124 +**

# 45° CARD GAME Wednesdays 7:30 pm

SATURDAY DANCE

8:00 - 12:00





- MUSIC BY

## **MONDAY FUN NIGHT - 7 PM**

### **KILLIN' TIME**

If you would like to send out Birthday Greetings to a family member or friend, simply email us with the information and we'll publish it free of charge - thisweek@kleeradio.com

# **JAIME** BATTISTE

Member of Parliament SYDNEY - VICTORIA

jaimebattiste.ca jaime.battiste@parl.gc.ca 207A-201 Churchill Drive Membertou, NS B1S 0H1

(902) 567-6275





# Keith Bain

1415 Highway 105, Bras d'Or, NS, B1Y 2NS 902-736-0301 (Office) 902-736-0411 (Fax)

keithbainmla@bellaliant.com

### NEW DECOMPRESSION TABLE RELIEVES PAIN

Darren Strong from Strong Chiropractic, announces a new, sophisticated computerized decompression table that allows the spine to be gently stretched and relaxed for spinal decompression therapy.

The pattern of alternating pulling and relaxing creates vacuum-like pressure which allows disc material that was herniated or protruded to be pulled back in the disc over time.

Patients will notice a reduction of their pain during these treatment sessions. Stop in today and ask about the new table and how you can benefit.





793 Mahon St., New Waterford - 862-9444 224 Commercial St. North Sydney - 241-9444

#### SOULS HARBOUR RESCUE MISSION

During these uncertain times, Sydney Mines has just opened a new facility to serve meals to those in need. And, there are a lot of individuals and families who are very much in need.

Cherry Paxton, chief operating officer for Souls Harbour, guoted some startling statistics - 600 families are living below the poverty line right here in Sydney Mines and that shows no sign of abating in the near future.

CBRM Councillor Gordon MacDonald stated that many of the individuals and families have no where to turn to in an emergency and people living on fixed incomes find it difficult to purchase food with costs rising so rapidly.



The new facility is located at 848 Main Street in Sydney Mines. right across the street from a seniors complex and that will also be a boon to seniors struggling to stay on budget with food purchases.

"It's such an undertaking for us. We're coming into this community to make a difference" says Laxton. The Sydney Mines Souls Harbour location opened on Monday thanks in part to thousands of dollars raised and donated, and untold hours of labour put in to make sure the building could meet the organization's needs.

The new Sydney Mines location will serve food Monday to Friday, from noon until 3:00 p.m.

### **Rare Solar Eclipse Visible In Cape Breton**

On April 8, 2024, a once in a lifetime total solar eclipse will be visible across North America, and those living in southern Ontario, Quebec and Atlantic Canada will have some of the best views.

The eclipse will stretch from Mexico's west coast and across Texas and the Midwestern U.S. before finally being visible in Canada.

Depending on where you are, eclipse-watchers will have a clear view of the sun's corona, or atmosphere, which is usually hidden by the sun's brightness. The total eclipse can only be seen in North America, from Mexico to Newfoundland, for about an hour and a half.

NASA says "a total solar eclipse happens when the moon passes between the sun and Earth, completely blocking the face of the sun."

According to the space agency, the shadow the total eclipse creates as it moves across the earth is called the path of totality, which can stretch between 100 and 115 kilometres wide. Those watching the eclipse outside of the path of totality will be able to see a partial eclipse—when the moon blocks out some of the sun's light—but they won't get to see the total eclipse.

# FREE ST. PATRICK'S DAY MUSIC PODCASTS LIST

St. Patricks Day is just a few weeks away and we have asked K-LEE RADIO to provide some Irish Music Podcasts that you can play or download for free.

Here are several local podcasts that were recorded at the Sydney Mines Seniors & Pensioners Club, St. Patricks Day at Richard C. Hines Manor, St. Patricks Day Show at the Minres Daughter Restaurant n North Sydney.

In addition to those shows,

we also have Irish Ceilidh recorded at Indian Beach, The Pig & Whistle Show recorded at the North Sydney Fire Hall, a one hour Irish

Songs Podcast from Ireland, 20 Great Irish Drinking Songs Podcast and many other free music podcasts you can down-

load for your own music Library. You can also tune into K-LEE RADIO 24 hours a day for the best in Cape Breton and Celtic Music. Logon to their website for free music and click on the "PODCASTS" link. - www.kleeradio.com

# Shear (Madness Hair Designs



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### FRED TILLEY

MLA - NORTHSIDE WESTMOUNT

**Northside-Westmount** 

**Constituency Office** 

2 Elliot Street, Sydney Mines - Nova Scotia **B1V3G1** 

(902) 736-0546

mla@northsidewestmount.ca

# BRANCH 008 LEGION - SYDNEY MINES

TUESDAY NIGHT BINGO - 7:30 PM JACKPOT - \$825.00 - 54#<sup>s</sup> OR LESS

NEW HOURS - 1:00 - 12:00 - Monday - Saturday - Closed Sunday

**Every 2nd Saturday. Entertainment Downhouse Boys** 3:00 - 6:00 pm **NO ADMISSION** 



Evening 9-1 **NO ADMISSION** 

PHONE (902) 736-3206

# Take 2

PAUL POWER

I've written a number of times here that I am a huge fan of stop-motion animation, so when I heard about the new Peacock TV series "In The Know" my interest was tweaked. The series has 6 episodes-each under a half an hour so it's an easy viewing commitment. It follows the behind-the-scenes life of an NPR station's live talk show. The series was created by Mike Judge (he created "Silicon Valley", "King of the Hill" and "Beavis & Butthead") and starts Zack Woods (also from "Silicon Valley") as Lauren Caspian-the on air host. How can I describe this character? Imagine a more annoying and wimpy version of Fraser Crane; Caspian is so 'woke' that he is basically dysfunctional. The other characters are Fabian (a militant Antifa rager), Barb (the mom-like producer who is smart, decent and kind), Carl (the stoic radio engineer and foundation of the station), Chase (the stupid frat boy) and Sandy (the burnt out hippie). One neat thing here is



that the interviews are done via zoom with real celebrities, and the one with Mike Tyson is hilarious, as is the one with Tegan and Sara. I do have to say that if Mike Judge wanted to create a TV show that mocks the pompousness of NPR then he's achieved that: if his goal was to be more enlightening and offer a more socially-conscious program then this series would make a Republican puke. There are some cool things about "In The Know", such as the detail in the sets, props and the look of each character-but the political correctness makes one wonder just how serious Judge is, or at all. Even if the whole thing is a spoof/satire it doesn't take one long to start guestioning what "In The Know" is all about. This is not a show for everyone, especially kids.



K-LEE RADIO has over 100 Free Podcasts that you can download Old Time Radio Shows, Free music concerts, Cape Breton & Oldies Podcasts.

www.kleeradio.com

# TAX TIP 2024 Claim medical expenses: -

A portion of most medical expenses can be claimed! If your parent is part of a couple and the spouse with the lower income owes any tax. Are your parents globetrotters? If they travelled to another country and purchased medical insurance for the trip, it's considered a medical expense.



PUBLISHED EVERY WEDNESDAY IN PRINT AND DIGITAL FORMAT

# **AROUND THE TOWN**

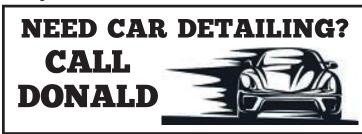
NORTHSIDE COMMUNITY
NEWS EVENTS
GLEN GRAY - EDITOR



Like many of you, I am **tired of all the snow** and the huge snowbanks that are everywhere and make it harder to park and to shop - but there's good news on the horizon - **SPRING** offi-

cially starts on March 19th, that's just a little over two weeks away - I know we'll still get snow, but at least, psychologically, we know that Winter has officially ended - last year the fishing season got off to a slow start as many of the brooks and lakes had low

water due to insufficient snow melt, I don't think that will be the case this year so there should be good early fishing..... see the story on page 3 for the Souls Harbour Rescue Mission just opened on Main Street, Sydney Mines, to help feed the needy, just what was needed for individuals and families.... St. Patrick's Day will soon be upon us and the North Sydney Seniors & Pensioners Club in North Sydney is sponsoring a St. Patricks Day Dance on March 15, from 8:00 - 12:00, just \$5.00, the Club is located on Commercial Street, just underneath the Library - stop by for some fun and great music..... Branch 19 Legion in North Sydney is also sponsoring a St. Patricks Day Dance, at Branch 19 with music by **SHOTZ FIRED** on Saturday, **March** 16 - 9:00 PM - 1:00 AM - tickets now available at the Branch \$10.00/person..... this week on page 3, I have included a story about an upcoming solar eclipse which is a very rare occurence - On April 8, 2024, a once in a lifetime total solar eclipse will be visible across North America. and those living in Atlantic Canada will have some of the best views - take in this unusual solar event... popular DJ Jack Cool returns to K-LEE RADIO on Friday evenings at 9:00 pm with the best in classic rock & roll, tune in... Paul Power has a review this week about the Peacock TV series "In The Know" - see his column opposite this one..... check out this week's TAX TIPS and see if you qualify for any of the deductions to help maximize your return..... North Sydney poet/songwriter Ron Gillis has another poem for us Trail Of Words, see page 7 for his poem.... don't forget to take advantage of cheap internet with Purple Cow just \$60.00 a month and get an additional \$15.00 off your first month - see details on page 5... NOTICE - to all Church groups, Legions, Seniors Clubs, Fire Halls and Community associations - if you want free publicity for your upcoming event, simply email us with your information and we'll publish it in our printed edition and digital edition - email us at - thisweek@kleeradio.com



PHONE 902-371-3356



# Late Nite Oldies Show With Jack

### Friday Evening 9 pm

Jack's Back!! - tune into our website to hear Jack play the Best in Classic Rock & Roll, Friday evenngs at 9:00 pm www.kleeradio.com

### NORTH SYDNEY FIRE HALL

PIERCE ST. - NORTH SYDNEY THURSDAYS

Ernie, Todd & Wade Kitchen Open 4:30 Music 5:00 - 8:30

#### **OPEN 7 DAYS A WEEK**

From 10:00 - Midnight St. Patricks Day Dance March 16 from 9:00 - 1:00 music provided by

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\$5.00 each

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Boiled Dinner, NALA'S Bakery Certificate, Bingo Certificate, NSLC Certificate - **DRAWING MARCH 12** - Tickets \$2.00 each - 3 for \$5.00 at the Bar or from any Ladies Auxiliary member.



For the Best In Classic Country Music, join Kenny Walsh every Sunday Night at 6:00 pm for Phantom Country. Logon to our website at this address -

www.kleeradio.com

OUR NEW PHONE # 902-595-4171

### **CHURCH DIRECTORY**

St Matthew Wesley United Church Chuowrch service is held on Sunday at 27 St Columba Drive, Leitches Creek at 11:00 am. ALL ARE WELCOME - the office phone number is 902-577-8472

St John the Baptist Anglican Church services are held on Sunday and Wednesday at 28 King Street in North Sydney at 10:00 am. ALL ARE WELCOME - the office phone number is 902-794-3392.



At this special time of the year, please contribute to your local

Food Drives for those families who cannot afford to feed their families - help make it a reality this year.

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### **NORTH SYDNEY LIBRARY**

FIBRE LUNCH - Thursdays from 1:00 - 3:00

**STORYTIME** Saturdays at 2:30.

**GARDEN CLUB** meeting February 27 from 1:00 - 3:00 pm

# March 12 - Stuffed Animal Sleepover

drop off you f a v o r i t e stuffed animal at the Library from



5:30 - 7:00 and they will stay overnight then the next day at 10 am there will be a Storytime. Please register for this event.

Logon to our website - www.kleeradio - and click on the PODCAST link to download your free copy of Cape Breton and Old Time Radio Podcasts are available as well.





SYDNEY CURLING CLUB George Street - Sydney

**MARCH 16 - 24** 





K-LEE RADIO 24 / 7

NEW CONTACT NUMBER 902-595-4171

# **TAX TIPS & VALUABLE DEDUCTIONS**

### ANY MILESTONE EVENTS THIS PAST YEAR?

YOU STARTED YOUR FIRST JOB. - The switch up from student to fully-fledged employed adult can be a big one. You might have been surprised to see how much tax came out of your first paycheque, but there's a chance you have a tax credit waiting to be claimed. If you couldn't claim all of your tuition and education credits while you were in school, and didn't transfer all of them to someone else, they would have carried forward when you filed your next return. That means they could be used this year to lower your overall tax bill.

YOU GOT MARRIED - Congrats! While you're enjoying heartwarming wedded bliss, take a moment to loop in the CRA of your new marital status with an RC65 Form – Change of marital status. Here's some more good stuff to know: Though you might do everything together, taxes won't be one of them. Spouses still file their own returns at tax time, but you'll include your partner's SIN and net income on the first page. You won't end up paying more taxes, but benefits like the GST/HST and Canada Child Benefit (CCB) can be affected by your new household income.

**YOU BOUGHT YOUR FIRST PLACE -** No more rent payments for you! If you're a first-time homebuyer you're eligible for the Homebuyers' amount. This credit has increased from \$5,000 to \$10,000, which works out to \$1,500 in tax savings.

Here's a few more things to know:

If you bought your place with your better half, the credit can be split between you if you're both first-time buyers.

You don't need a specific receipt to make this claim – you'll just need to have the paperwork that proves you bought a house in the past year if the CRA asks.

If you borrowed from your RRSP for your down payment, you have two years before the CRA will start asking you to repay it.

**YOU'VE GOT A LITTLE ONE ON THE WAY -** Hello, baby! The first few weeks with a new addition can be a bit hectic, you may have forgotten you registered your child at the time of birth. Here's what else you should know:

You might start receiving Canada Child Benefit (CCB) payments: This monthly payment is determined by household income, and is meant to help with the cost of raising a child. You've taken maternity or parental leave: New parents that will receive Employment Insurance payments should remember that this income is taxable, so can mean a tax bill at the end of the year depending on what other income was earned during the rest of the year.



# TAX PROFESSIONALS

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902 - 794-7117 - FAX 902-241-3088 sharon.matthews@hrblock.ca DROP OFF & ONLINE SERVICE AVAILABLE

#### **SYDNEY MINES LIBRARY**



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REGISTER AND LOG THE BOOKS YOU READ INTO CBRLREADS.READSQUARED.COM OR ATTHE LIBRARY.

### NORTH SYDNEY SENIORS & PENSIONERS CLUB NEWS

The North Sydney Seniors & Pensioners Club is available for rentals - anniversaries, showers, funerals.

To book, call Virginia Lewis 902-794-2235

**BINGO GAME** every Saturday Night, doors open at 5:30, game starts at 6:30 - Jackpot, Toonie and Even Split games.



# PHANTOM COUNTRY

CLASSIC COUNTRY with host KENNY

### WALSH

Sundays at 6:00 pm

www.kleeradio.com



Please support your Community Food Banks this Christmas

# E V E N T S

WOMENS WORLD CURLING CHAMPIOSHIP - See the story on page 3 for Womens World Curling March 16 - 24 with ticket prices only \$15 & \$25 for semi final and final games.

NORTH SYDNEY SENIORS & PENSIONERS CLUB -BINGO GAME every Saturday Night, doors open at 5:30, game starts at 6:30 - Jackpot, Toonie and Even Split games.

CHEAP INTERNET - \$60.00 per month - see page 5 for details and special code to save you even more money - Purple Cow Internet.

### TAX TIPS

Tax season is here and each week we will feature Tax Tips designed to save you money and increase your tax deductions - see page 6.



NORTH SYDNEY URGENT CARE CENTRE HOURS Monday, Tuesday and Thursday 8 am - 7:30 pm Wednesday and Saturday

9 am - 4:30



# OUR NEW CONTACT PHONE NUMBER

902-595-4171

### St. Patricks Day Trivia

- **1** Why is St. Patrick's Day celebrated on March 17?
- 2 What do the three leaves of a shamrock symbolize on St. Patrick's Day?
- 3 What is a boxty?
- 4 Where was Saint Patrick born?
- **5** What does "Erin go bragh" mean?
- **6** How do leprechauns earn their gold?
- **7** What is the national flower/ emblem of Ireland?
- **8** Each year in Chicago since 1962, the Plumber Union dyes what Kelly green?

ANSWERS - 1 St. Patricks birthday, 2 Father, Son and Holy Chost, 3 Irish potato cake, 4 Britain, 5 Ireland Forever, 6 Making & mending shoes, 7 the shamrock, 8 Chicago river

#### **45s Weekly Card Game**

Still going strong, Bras d'Or Seniors and Pensioners weekly 45's card games. Thursdays 7:30....9 ways to win. A great fun night out. 66 Main St. Bras d'Or.



# KWIK KOPY Printing

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**PHONE 562-2122** 

### KIWANIS GOLDEN K KLONDIKE 50/50

Come play our Klondike 50/50 Draw. Boxes are located in various locations around the Northside.

Draw every Thursday. For tickets call Paul at 902-577-4239.

# DEADLINE FOR NEWS ITEM SUBMISSIONS

A Reminder to all Clubs, and Organizations that our deadline for news is Tuesday at 5:00 pm in order to make it into Wednesday's edition.

Videotapes wear out so save your precious memories before it's too late

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|--------------------------------|---|---|---|---|---|---|---|---|
|                                | 8 |   |   |   | 5 | 7 |   |   |
|                                | 7 |   | 8 | 9 |   |   |   |   |
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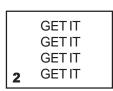
A Daily Crossword Online Puzzle available at -www.kleeradio.com click on FEATURES link

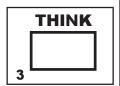
New Phone - (902) 595-4171

# **WUZZLE PUZZLE**

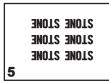
Below are some common word phrases, see how many you can guess correctly.























QUACK QUACK HONK HONK CHIRP CHIRP 12

Ine, 12 Foul Langauage

ANSWERS - 1 Blood is thicker than water, 2 Forget it, 3 Think Outside The Box, 4 Ice Cube, 5 No stone upturned, 6 Go on a double date, 7 Look me square in the eye, 8 Excuse me, 9 He came out of nowhere, 10 Last but not least, 11 Sign on the dotted

# TRAIL OF WORDS

As earthly years pass on, and my shadow darkens heaven's door,

it's time to write in feeble hand, my thoughts for you to store. I'll write about our courting years when we young and free, time has not dimmed our love but filled it with memories. I'll write about, when I asked you for your marriage hand, your answer being yes, made me a very happy man. I'll write about our wedding day, when you walked down the aisle with Joe, a proud father, a friend so reluctant to let you go.

I'll write about our first born, a son who strengthened our union of love

and two years later presented us with another as we Thanked Our Lord Above.

I'll write about our journey through life, and of obstacles thrown in path, with determination of a fallen fighter, rose to our feet fought back

I'll write about our twilight years gracefully growing old, blessed with grandchildren, happiness filling our soul.

I'll lay down my pen now, simple instrument indeed, which allowed me to share my thoughts as I travelled the road of poetry, leaving behind, a Trail of Words so inspired you see, and if I lifted one Souls Spirit, it was worth it.

**RON GILLIS - NORTH SYDNEY, NS** 

### YOUR WEEKLY HOROSCOPE

Aries (March 21-April 19) - Today you might be tempted to go overboard partying, drinking and having a good time. Or, you might find that a social occasion or something to do with the arts is suddenly changed or cancelled.

**Taurus (April 20-May 20)** -Your home routine might be interrupted oday. Small appliances might break down or a minor breakage could occur or surprise company might appear at your door. It's also possible that a gathering might suddenly take place at your home. (Stock the fridge.)

**Gemini (May 21-June 20)** - Pay attention to everything you say and do because this is a mildly accident-prone day for you. However, you might meet new people, see new places and have new plans! You do feel optimistic and you're full of ambitious "big" ideas. (Big ideas are fun.)

Cancer (June 21-July 22) - Keep an eye on your belongings and your money today because something unexpected could impact your assets. For example, you might find money or you might lose money. Likewise, something you own might be damaged or lost?

**Leo (July 23-Aug. 22)** - Today the Moon is in your sign at odds with both lucky Jupiter (this is like getting hit with a pillow), and unpredictable Uranus (this you have to take seriously). You might feel rebellious. Expect your day to suddenly change because of an unexpected event or person. Get ready.

**Virgo (Aug. 23-Sept. 22)** - This is a restless day for you. Fortunately, you can deal with these unsettled feelings by working hard. This will also give you a sense of reward. Today Mercury moves opposite your sign, which will increase your discussions with close friends and partners. Yada, yada, yada.

**Libra (Sept. 23-Oct. 22)** - Very likely, a friend will throw you a curveball or surprise you today. Possibly, this surprise will come from a group? It could have a financial element: unexpected funding arrives, or expected funding is cancelled. (Horrors.) Probably it's good news.

**Scorpio (Oct. 23-Nov. 21)** - Do be aware today, because a parent, boss or VIP (including the police) might do something that catches you off guard. It could be pleasant because Jupiter is in the picture. Nevertheless, it will be unexpected. Perhaps it's a sudden award or good news?

**Sagittarius (Nov. 22-Dec. 21)** - Travel plans might delight you out of the blue today. (After all, you are the traveller of the zodiac.) Admittedly, travel plans could also be cancelled or changed. This unexpected quality might also impact publishing, legal matters or something to do with medicine.

Capricorn (Dec. 22-Jan. 19) - Funding that impacts the care and education of your children might change today. You might also discover that you have enough money for a vacation or a fun time out, or -- that you don't have enough money for these pleasures. Could go either way because something to do with the resources of others will surprise you today. Fingers crossed!

**Aquarius (Jan. 20-Feb. 18)** - A partner or close friend will say or do something you least expect today. They might have a suggestion that involves real estate or where you live or a family member. Even though it's surprising, it also might appeal to you or be exciting?

**Pisces (Feb. 19-March 20)** - Your work routine might be interrupted today, especially something to do with high tech problems or the arrival of new tech equipment. Staff shortages or new personnel? Work-related travel might be a surprise. Give yourself extra time to have wiggle room for the unexpected.