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University of Alberta Ethics approval Ref.: Pro00094514

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**Recipe of the month**

**Cheesy Broccoli Soup in a Bread Bowl**

1/4 cup butter, cubed	1/4 teaspoon pepper
1/2 cup chopped onion	1/4 cup cornstarch
2 garlic cloves, minced	1/4 cup water or additional chicken stock
4 cups fresh broccoli florets (about 8 ounces)	2-1/2 cups shredded cheddar cheese
1 large carrot, finely chopped	6 small round bread loaves (about 8 ounces each), optional
3 cups chicken stock	Optional toppings: Crumbled cooked bacon, additional shredded cheddar cheese, ground nutmeg and pepper
2 cups half-and-half cream	
2 bay leaves	
1/2 teaspoon salt	
1/4 teaspoon ground nutmeg	

Prep Time: 15 mins. Cook time: 30 mins. Yield: 6 servings

- In a 6-qt. stockpot, heat butter over medium heat; sauté onion and garlic until tender, 6-8 minutes. Stir in broccoli, carrot, stock, cream and seasonings; bring to a boil. Simmer, uncovered, until vegetables are tender, 10-12 minutes.
- Mix cornstarch and water until smooth; stir into soup. Bring to a boil, stirring occasionally; cook and stir until thickened, 1-2 minutes. Remove bay leaves. Stir in cheese until melted.
- If using bread bowls, cut a slice off the top of each bread loaf; hollow out bottoms, leaving 1/4-in.-thick shells (save removed bread for another use). Fill with soup just before serving.
- If desired, serve soup with toppings.

Source: [www.tasteofhome.com](http://www.tasteofhome.com)

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Vol. 18 No. 9 March 1, 2021

**Everybody's Talking**

**Melon mania:** Carving pumpkins at Halloween might be a normal thing to do, but carving watermelons to use as bandit masks is quite another. That's what two thieves in Louisa, Virginia (U.S.), did to cover up their identities when they robbed a convenience store. They arrived at the business in a stolen vehicle, then strolled in, looking through carved-out "eyes" in the melons they wore on their heads. Police managed to find one of the culprits, and they are still searching for the other one.

**Colour change:** Blaze, a Labrador retriever from Finland, suddenly changed from black to white, and his owner couldn't figure out why. She wondered why a small patch of fur on her pet's ear suddenly turned white. Then, over the course of a year, much of Blaze's fur changed from black to white. It turns out that Blaze has vitiligo, a condition that causes the pigment in fur to lose its colour. Blaze doesn't seem to care. He is a loving, healthy dog that likes to play and go for walks. Thanks to his owner's posts, he has become a social media sensation.

**Bedsheet shirts:** Two clothing designers from Archivist Studio in Berlin, Germany, found a unique way to reuse material that would have gone to the dump. Eugenie Haitisma and Johannes Offerhaus offered to take expensive hotel bedsheets that were headed for the garbage bin, due to minor flaws and tears. The designers realized that the Egyptian linen would be perfect for shirts, and the hotels were happy to get rid of it. With so much quality material to work with, the entrepreneurs soon came up with some styles, and they intend to add more to their portfolio in the future.

**Brave stance:** Elephants may be quite a lot larger than crowned cranes, but that didn't stop one of the birds from aggressively protecting its nest against a herd of the giant grazing mammals. The crane's bravery was caught on camera in Kenya's Maasai Mara National Reserve. As the elephant approached, the crane spread its colourful wings and squawked loudly while moving towards the mammal in a menacing manner. The adult moved away, and then the crane started badgering a baby elephant, which didn't go over well with the adult. All was well in the end, as the elephants wandered off.

**Quoteable Quotes**

"If the wind will not serve, take to the oars." —Latin Proverb

"How beautiful, how buoyant, and glad is morning!" —L.E. Landon

**What's Happening**

**Feb 1 to 28-Hypothermic Half Marathon 10K** Virtual event - participate from any location you choose! Run in support of Justsocks.ca - a volunteer operated charity providing new socks to those in need across Canada. [www.hypothermichalf.com](http://www.hypothermichalf.com)

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**Sept 10-Bridge of Life** is a suicide awareness prevention candle light vigil walk across the high level bridge. There is light music, refreshments and guest speakers. [www.yegmentalhealth.com](http://www.yegmentalhealth.com). Constable Ezio Faraone Park 7-9 PM

**Mar 7-Ardrossan Winter Market** 10 AM - 3 PM Ardrossan Recreation Centre. 80 First Avenue. If your interested in becoming a vendor or to get more information, please contact the Market Manager at [ardrossanfarmersmarket@gmail.com](mailto:ardrossanfarmersmarket@gmail.com)

NON profit organizations may submit events for FREE at [www.coffee-news.ca/whats-happening](http://www.coffee-news.ca/whats-happening)

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**Trivia**

- Which mischievous feline appears in Alice's Adventures in Wonderland?
- The Rhode Island Red is an American breed of what type of creature?
- What is the collective term for a group of giraffes?
- What are the Atacama, Gobi, and Sahara types of?
- The candy called Life Savers was created in 1912, 1944, or 1952?

(Flip bottom of page for answers)

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(Over)

Did you know Gold Canyon Candles went out of business in March 2020? Sunset Scents is a new candle company that was formed by two former Gold Canyon executives who have over 20 years in the candle industry.

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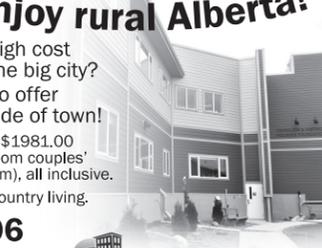
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# Your Weekly Horoscope

**ARIES**  
(March 21 - April 20)

You may need to create your own unique image of what you do, as your creative cycle might seem very high. You might have a captive audience and may not disappoint anyone. Lucky numbers: 2, 15, 21, 28, 30, 40.



**TAURUS**  
(April 21 - May 21)

You may want to try hard to be patient with those close to you. They might not comprehend your motives or your methods. Enlighten them with the information in plain language. Lucky numbers: 33, 38, 39, 42, 43, 48.



**GEMINI**  
(May 22 - June 21)

You may be able to make things happen. There could be interesting options that open up to you. You might need to look past the immediate to see what the future can bring. Lucky numbers: 5, 6, 19, 21, 26, 32.



**CANCER**  
(June 22 - July 22)

Your deepest feelings may make you a little too subjective right now. Honest conversations with friends and family might help you understand things a little more clearly. Lucky numbers: 3, 9, 11, 25, 26, 39.



**LEO**  
(July 23 - Aug. 23)

You may be invited to share in someone's tradition or a cultural celebration. Researching for information might be necessary to help you understand your role in the occasion. Lucky numbers: 12, 24, 27, 39, 41, 46.



**VIRGO**  
(Aug. 24 - Sept. 23)

Your words and actions could demonstrate your sense of teamwork. New-found knowledge may enable you to find the perfect niche within your circle of friends. Lucky numbers: 7, 25, 32, 35, 40, 45.



Lucky numbers this week: This week's odds favour Virgo winners with the luckiest number being 7.

**LIBRA**  
(Sept. 24 - Oct. 23)

You might need to find a new hobby or revive an old one to keep your mind busy. Your everyday routine may become very tedious unless you change things up a little. Lucky numbers: 12, 15, 18, 19, 29, 38.



**SCORPIO**  
(Oct. 24 - Nov. 22)

Using your creative ideas may help you get back on track. Stop procrastinating about your future and take the reins in the direction you want to go. Lucky numbers: 6, 8, 10, 22, 32, 47.



**SAGITTARIUS**  
(Nov. 23 - Dec. 21)

Accepting help doesn't mean failure; it may mean that you realize you shouldn't do everything by yourself. Good communication with those around you could clear the air. Lucky numbers: 12, 17, 21, 31, 37, 44.



**CAPRICORN**  
(Dec. 22 - Jan. 20)

Financial commitments may weigh heavily on you. You might need to liquidate some of your assets in order to achieve a balance. Cut back on luxuries and stick to the basics. Lucky numbers: 1, 3, 4, 6, 9, 21.



**AQUARIUS**  
(Jan. 21 - Feb. 19)

A change of venue may be healthy for your imagination. You might accept an invitation to do something different. You could be surprised by how much fun you have. Lucky numbers: 2, 12, 13, 24, 36, 39.



**PISCES**  
(Feb. 20 - March 20)

Your strong family ties may inspire you to reach beyond your previous expectations. Good vibrations could be all around. Your intuitive insights might be precise. Lucky numbers: 17, 21, 27, 35, 38, 41.



## Did You Know...

**Wee birdie:** The tiniest bird on the planet is the Bee Hummingbird. This species lives in Cuba and lays eggs the size of coffee beans. It is so small that it might be mistaken for a bee when it is hovering around flowers to collect nectar.

**Soundscape:** The Sagano Bamboo Forest in Kyoto, Japan, is a magical place. The rustling and creaking of the thousands of tall bamboo stalks is so meditative that the country has deemed it a "soundscape."

**Surf 'n turf:** People who live on the west coast of the United States are likely familiar with a regional dish called the Hangtown Fry. It combines bacon, fried oysters, and eggs, resulting in a salty, chewy mixture.

**Amazing wave:** Wave Rock is a rock formation in Western Australia. Part of a larger formation called Hyden Rock, it looks like a 15-metre (50-ft.) tidal wave, but is really comprised of layers of stone.

**Odd name:** Awkwafina is an American actress and rap singer who has starred in movies such as *Crazy Rich Asians* and *Ocean's 8*. She was born Nora Lum in 1988, and started calling herself Awkwafina when she was 16.

## On the Lighter Side

Why do Norwegians put barcodes on their battleships? When they dock they can Scandinavian.

Political candidate: "My campaign is picking up speed!"  
Campaign Manager: "That's what happens when it's going downhill!"

Everybody wants to save the Earth; nobody wants to help do the dishes.

Parent to rambunctious kids: "If you fall down and break your legs, don't come running to me!"

Egotist: One who's always "me-deep" in conversation.

## Answers

**Trivia answers:** 1. Cheshire cat 2. Chicken 3. A tower 4. Deserts 5. 1912

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