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Coffee News Guy
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are in the mail!

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Recipe of the month

Savoury Winter Soup

2 pounds ground beef
3 medium onions,
chopped
1 garlic clove, minced
3 cans (10-1/2 ounces
each) condensed beef
broth, undiluted
1 can (28 ounces) diced
tomatoes, undrained
3 cups water

1 cup each diced carrots
and celery
1 cup fresh or frozen cut
green beans
1 cup cubed peeled potatoes
2 tablespoons minced fresh
parsley or 2 teaspoons
dried parsley flakes
1 teaspoon dried basil
1/2 teaspoon dried thyme
Salt and pepper to taste

Prep Time: 20 min. Cook Time: 6 hours
Yield: 14 servings (3.5 quarts)

1 In a large skillet, cook beef and onions over medium heat until meat is no longer pink. Add garlic; cook 1 minute longer. Drain.
2 Transfer to a 5-qt. slow cooker. Stir in remaining ingredients. Cover and cook on low until vegetables are tender, 6-8 hours.

The ideal pick me up
for a cold winter evening!

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

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Everybody's Talking

Big cell phone: When his newly purchased cell phone arrived on the doorstep in a large, unwieldy box, a young Thai man might have figured that something wasn't quite right. The fellow had ordered the phone online because the price was so low. Unfortunately, he didn't read the small print before adding it to his online cart and paying for it. What arrived at his house was definitely not the mobile phone he'd been waiting for. Instead, the box contained a coffee table. But the coffee table was shaped like a cell phone, complete with an on-off button and rose gold edging. The lesson here is to carefully check the details before buying!

Big bug: A woman from Brisbane, Australia, got the shock of her life while on an outing in the surrounding area with her husband and grandson. Pam Taylor discovered the biggest moth she had ever seen on a tree branch. In fact, it was larger than her outstretched hand. She took a photo of the insect beside her hand and posted it on social media. Members of the Facebook group called Amateur Entomology Australia identified the moth as a giant wood moth scientifically known as *Endoxyla cinereus*. Viewers of the post were amazed at the sight of the beautiful insect, which is common in the eastern coastal areas of Australia, although the specimen found by Taylor was larger than most.

River house: The Loire River meanders its way through France and empties into the Bay of Biscay on the country's Atlantic Ocean coastline. In the middle of this waterway near the town of Lavau-sur-Loire, a building is tilted and appears to have been caught in a flood. In reality, the structure is a large-scale work of art created by Jean-Luc Courcoult for the Estuaire Art Exhibition in 2007. Known as *La maison dans la Loire* (The House in the Loire), this building catches the attention of riverbank strollers. The building is secured to the riverbed so it won't float away. At night, a light comes on in one of the windows, eerily glowing over the waterscape.

Timeline: Two islands in the Bering Sea belong to different countries: Big Diomedede and Little Diomedede. The former belongs to Russia and the latter to the United States. Although less than five kilometres (3.1 miles) apart, the time on Big Diomedede Island is almost a full day ahead of that on Little Diomedede Island. So, when it's noon on a Thursday in Little Diomedede, it's 9 a.m. on Friday on Big Diomedede. That's because the International Date Line runs right between the two islands. So, if someone stands on Little Diomedede ("Yesterday Island") and looks west, toward Big Diomedede ("Tomorrow Island"), they are looking into the future, and vice versa.

Quoteable Quotes

All work and no play makes Jack a dull boy. *James Howell*
No rule is so general, which admits not some exception. *Robert Burton*

What's Happening

June 10 to 11 - Cold Lake Treaty Six Contemporary Art Festival This event is a showcase of Contemporary Indigenous Art from all across Western Treaty Six Territory. It is a celebration of Indigenous Artists working in the mediums of visual art, spoken-word, performance art, and music. www.treaty-six-contemporary.com

Feb 12 to 13-Ladies Ice Fishing Event LADIES - Are You Ready To Fish Anglers, non anglers and every lady in between. I will be hosting an all ladies fishing event on Lac La Biche Lake. www.facebook.com/LisaRoperOutdoors

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Your Weekly Horoscope

ARIES
(March 21 - April 20)

There may be an opportunity to present your ideas to others and solicit their cooperation. However, make sure that clear expectations are set for both parties or problems may arise later. Lucky numbers: 6, 10, 13, 27, 30, 44.

TAURUS
(April 21 - May 21)

If you have been subjected to sudden and/or unexpected events for a while, the situation may settle in the near future. What have you learned as a result of these experiences? Lucky numbers: 1, 11, 18, 28, 39, 31.

GEMINI
(May 22 - June 21)

You may have the opportunity to be a catalyst for others in their journey. If you decide to manifest this potential, do so consciously and be sure to ask for their permission. Lucky numbers: 2, 9, 11, 13, 19, 38.

CANCER
(June 22 - July 22)

Recent events may have shaken loose a long-standing pattern in your life. How do you want to take advantage of this change to move things forward in your life? Lucky numbers: 4, 29, 31, 34, 41, 46.

LEO
(July 23 - Aug. 23)

Leos can be the Pied Pipers of the zodiac. Your natural enthusiasm may attract followers to your cause. Just be sure your efforts result in a win-win for all involved. Lucky numbers: 2, 3, 9, 11, 34, 36.

VIRGO
(Aug. 24 - Sept. 23)

At this time, there may be an opportunity for inner balance. If true, this is a good moment to explore any emotional issues keeping you from expressing your authentic self. Lucky numbers: 17, 24, 42, 44, 47, 48.

LIBRA
(Sept. 24 - Oct. 23)

The circumstances surrounding you may encourage you to make an adjustment in some aspect of your life. Trust that making this change will be in your best, long-term interest. Lucky numbers: 9, 10, 11, 15, 26, 40.

SCORPIO
(Oct. 24 - Nov. 22)

Continuing from last week, you may still be feeling overly busy and stressed. If so, it would be good to find a way to relax and lower your emotional temperature. Lucky numbers: 2, 8, 9, 16, 33, 37.

SAGITTARIUS
(Nov. 23 - Dec. 21)

You may feel it is finally time to deal with long-standing issues that have been holding you back. Find a role model in someone who has successfully navigated your challenge. Lucky numbers: 12, 29, 30, 33, 38, 42.

CAPRICORN
(Dec. 22 - Jan. 20)

You may be having conflicting feelings about what you want. Try to understand what is motivating this discord so that you may formulate a solution that makes you happy. Lucky numbers: 3, 10, 17, 24, 26, 48.

AQUARIUS
(Jan. 21 - Feb. 19)

Your thought processes may be particularly quick and clever now. If you are experiencing this dynamic, utilize it to help with conversations where you need clear communication to prevent mishaps. Lucky numbers: 8, 11, 12, 14, 15, 22.

PISCES
(Feb. 20 - March 20)

Pisces sometimes have difficulty making sense of all the intuitive information they regularly receive from their environment. Now, though, things may begin to point more clearly in a particular direction. Lucky numbers: 5, 7, 9, 13, 15, 24.

Lucky numbers this week: This week's odds favour Virgo winners with the luckiest number being 17.

Did You Know...

Southern constellation: The Southern Cross, also called Crux, is a well-known constellation in the southern hemisphere. People living south of the equator can see it all night, all year round. The brightest star on the Southern Cross is called Acrux.

Dwarf planet: The first asteroid to be discovered was Ceres, a dwarf planet in the asteroid belt between Mars and Jupiter. It was discovered by Giuseppe Piazzi, an Italian astronomer, in 1801.

Best nest: *One Flew over the Cuckoo's Nest* is a 1975 American movie starring Jack Nicholson. It won five Academy Awards, including Best Picture, Best Director, and Best Actor.

Song makers: Tim Rice's full title is Sir Timothy Miles Bindon Rice. An English lyricist, he worked extensively with composer Andrew Lloyd Webber to produce music for many productions, including *Jesus Christ Superstar* and *Evita*.

No votes: From 1908 to 1912, *The Anti-Suffragist* magazine was published in the U.S. state of New York. At the time, women were advocating for the vote, and the editors of this magazine were opposed to the idea.

On the Lighter Side

Ted: I know a monster with one eye called Cyclops.
Ned: What is his other eye called?

Why do skeletons stay so calm? Because nothing gets under their skin.

Patient, with a cucumber up his nose, a carrot in one ear, and a banana in the other ear: "What's the matter with me?"
Doctor: "You're not eating properly."

Why do cows cross the road? To get to the udder side.

Knock! Knock! *Who's there?* Handsome. *Handsome who?* Handsome of those cookies over here. I'm hungry.

Answers

Trivia answers: 1. 1961 2. 10 to 15 3. Skillful writer 4. Recommended Dietary Allowance 5. New to wealth

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