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SERVING ALBERTA'S BUSINESS COMMUNITY SINCE 2005

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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Downtown Edmonton Edition

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www.coffee-news.ca

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Everybody's Talking

Hard to eat: Sushi can be a colourful and mouth-watering menu item, but anyone who comes across sushi made by a Japanese man named Hama had better watch out. His sushi is made out of stone! Hama got his training at the Joshibi University of Art and Design in Kanagawa, Japan, and his art has attracted quite a bit of interest. The path he took to making these pieces was accidental. He noticed that a piece of red granite resembled a chunk of tuna. After that, he started searching for stones that he could combine in artful ways to appear like various bites of sushi. He uses fine tools and buffing material to create the pieces.

Dog's life: A German countess named Karlotta Leibenstein once had a pet German Shepherd named Gunther III. When the countess passed away in 1991, she left her vast wealth to her beloved pet. Fast forward a few decades, and one of Gunther III's descendants is now the recipient of the deceased countess's growing portfolio. The canine Gunther is CEO of the Gunther Corporation, whose (human) staff manage the fortune, which is worth over \$1 million (USD) today! Gunther lives in a mansion in Miami, Florida (U.S.), and is well cared for by a maid and butler. It's a dog's life for this canine!

Swan song: When Recep Mirzan rescued an injured swan in a field back in 1984, the Turkish man had no idea he'd made a lifelong friend. Mirzan did not want to leave the swan to fend for herself, so he took her home, deciding he would tend to the swan's broken wing. Almost 40 years later, the female bird, which he named Garip, is still living on Mirzan's farm in the Karaagac region of the country. She has her own coop for her nightly sleep, and during the day she follows her rescuer around as he does his chores. Garip has lived a very long time for a swan, probably because she is living in a protected environment rather than in the wild.

Sleeping beauty? People stream lots of things on the internet these days, such as movies, biographies, games, education sessions, and meetings, to name only a few. But streaming yourself sleeping? Seems a little odd to imagine that anyone would be interested. But Wang Yiming, a former member of a Taiwanese Chinese-Malaysian pop group, did just that, and she got a lot of hits. She often streams herself playing video games and participating in online chats, and she has a following. So her fans may not have found it unusual to tune in and see her sleeping. Perhaps they thought she'd wake up and talk to them. Her prank ended up attracting thousands of viewers and generating \$3,000 USD in donations.

Quoteable Quotes

"Learning without thought is labour lost; thought without learning is perilous." -Confucius
"The responsibility of the great states is to serve and not to dominate the world." -Harry S. Truman

What's Happening

April 2-Edmonton Spring Stamp Show Stamp circuit books, show and tell exhibits, door prizes, presentations, fun frame exhibits and junior stamp tables. No cost appraisals. Parking is Free! 11113 - 113 Street. www.edmontonstampclub.com

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Trivia

1. What are Malbec and Shiraz?
2. How many days hath September, April, June, and November?
3. When was the Panama Canal completed?
4. Do male mosquitoes bite humans? Y/N
5. What is mycology?

(Flip bottom of page for answers)

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February 14

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Your Weekly Horoscope

ARIES (March 21 - April 20)



Are you someone who is willing to be a warrior on behalf of a particular cause or issue? If so, the opportunity to do so may exist for the near future. Lucky numbers: 18, 19, 21, 33, 34, 38.

TAURUS (April 21 - May 21)



A sudden and/or unexpected opportunity may become available to you this week. Weigh the pros and cons of the offer carefully before deciding whether and how to proceed. Lucky numbers: 15, 16, 18, 19, 30, 42.

GEMINI (May 22 - June 21)



You may be experiencing opposition from an authority figure, possibly male, regarding your profession or public image. Think through the underlying cause of the friction in order to find a solution. Lucky numbers: 2, 3, 7, 9, 15, 28.

CANCER (June 22 - July 22)



Cancer is ruled by the Moon, which is strongly connected to the collective unconscious. You are in a period where hidden information may now be revealed for integration into your psyche. Lucky numbers: 3, 5, 10, 17, 31, 35.

LEO (July 23 - Aug. 23)



You may be focused on a particular project and have put lots of energy and hard work into it. Be sure to complete it, before moving on to something new. Lucky numbers: 5, 9, 10, 17, 41, 43.

VIRGO (Aug. 24 - Sept. 23)



Virgos can often be very grounded in everyday reality. This week, though, you may have the opportunity to reach for information from the ethereal plane. Lucky numbers: 1, 11, 30, 31, 37, 45.

LIBRA (Sept. 24 - Oct. 23)



As the week unfolds, you may find that your mood lightens. A balance might be struck between what your heart wants and what your head thinks you should want. Lucky numbers: 8, 10, 15, 28, 34, 45.

SCORPIO (Oct. 24 - Nov. 22)



Are you going back over an old issue regarding your sense of purpose? Scorpios are good at digging up buried truths. Now may be time to find the root cause. Lucky numbers: 12, 13, 18, 19, 26, 48.

SAGITTARIUS (Nov. 23 - Dec. 21)



At this time, it may be easier to address the impact of any old wounds that are holding you back. In doing so, you may find a new image of yourself. Lucky numbers: 1, 3, 9, 12, 22, 48.

CAPRICORN (Dec. 22 - Jan. 20)



Just in time for Valentine's Day, your attention may be focused on relationships. Are your values and needs in alignment regarding what you want in a partner and relationship? Lucky numbers: 14, 15, 28, 31, 37, 47.

AQUARIUS (Jan. 21 - Feb. 19)



This may be a very active period for you, including a lot of calls, emails, and text messages. Luckily, your thought processes are also likely to be quick and clear. Lucky numbers: 4, 7, 16, 19, 27, 48.

PISCES (Feb. 20 - March 20)



Each year, the Sun returns to the same point as when you were born, allowing a potential reset of your life path. The next month is your opportunity to do so. Lucky numbers: 21, 23, 24, 33, 34, 41.

Lucky numbers this week: This week's odds favour Sagittarius winners with the luckiest number being 3.

Did You Know...

Turkish dish: A popular meatball dish in Turkey is called kofta, or köfte. The meat can be spicy, and the main ingredient is ground beef or lamb. Kofta comes in different shapes, including long and skinny, walnut-shaped, balls, or patties. Sold as a street food, it can be eaten at home, too.

Red beauties: Northern cardinals are found in various parts of North and Central America. They stick together as pairs and do not migrate. The male is crimson all over, while the female has a bit of crimson among mostly grayish-brown feathers.

Famous wrestler: Abraham Lincoln is most famous for being the 16th president of the United States, but he also had another claim to fame. Before he entered the political ring, he was an accomplished wrestler.

Breath holder: If a crocodile goes underwater, a couple of hours could pass before the animal surfaces again. That is because a crocodile's blood has an efficient method of conserving oxygen.

Name change: In 1919, United States President Woodrow Wilson signed an act to name an area of land in the state of Utah the Zion National Park. Previously, it had been known as Mukuntuweap National Monument.

On the Lighter Side

Those who have the most birthdays live the longest.

First Mouse: "I finally have that scientist trained!"

Second Mouse: "How so?"

First Mouse: "Every time I run through the maze and ring the bell, he gives me something to eat."

Did you hear about the woman who got hurt while taking a milk bath? The cow fell on her.

When does a sandwich have a sarcastic sense of humour? When it's made of wry bread.

Knock! Knock! Who's there? Toad. Toad who? Toad you I knew some good knock-knock jokes.

Answers

Trivia answers: 1. Types of wine 2. 30 3. 1914 4. No 5. Science of fungi

Congratulations
to December's **Coffee News® Guy** contest winners!

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