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Recipe of the month

Cheddar Broccoli Soup


- 1 small onion, chopped
- 2 garlic cloves, minced
- 2 tablespoons butter
- 2 tablespoons all-purpose flour
- 1 can (14-1/2 ounces) beef broth
- 1-1/2 cups 2% milk
- 1 package (10 ounces) frozen chopped broccoli
- 1 teaspoon ground mustard
- 1 teaspoon Worcestershire sauce
- 1/4 teaspoon ground nutmeg
- 1 cup shredded cheddar cheese
- Additional shredded cheddar cheese, optional

Prep/Total Time: 30 min. Yield: 4 servings

- In a large saucepan, saute onion and garlic in butter until tender. Stir in flour until blended. Gradually stir in broth; bring to a boil. Cook and stir for 2 minutes.
- Stir in the milk, broccoli, mustard, Worcestershire sauce and nutmeg. Bring to a boil. Reduce heat; simmer, uncovered, for 6-8 minutes or until heated through. Stir in cheese until melted. If desired, serve with additional cheese.

Ideal comfort food for chilly winter nights!

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




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Everybody's Talking

Scribbled tattoo: When getting a tattoo, clients choose designs that vary widely and, in the end, it's "to each their own." That's likely what many people say about tattoos by German artist Mykhailo, based in Berlin. One piece of this artist's work looks more like a child's scribbles, with squiggly looking flowers on scrawled stems, along with other lines that don't seem to have any connection to anything. However, the artist first drew the design with a marker, and the client said "yes" to it before the actual inking happened. Mykhailo said he knew the work would be controversial and provocative, which it proved to be on social media.

Not a barn: When apartment buildings allow residents to keep pets, that's usually understood to mean dogs, cats, birds, and maybe the odd goldfish. But a retired farmer in Sichuan Province, China, pushed the limits when he brought seven calves from his country home to keep as pets on his fifth-floor balcony. The presence of the mooing, smelly animals didn't go over well with the building's other tenants, who reported the man to the authorities. Luckily, the tenants' beefs were taken seriously, and the owner of the bovines had to give up his plan to keep the cows. However, he's tried to sneak them back in!

Hummingbird haven: An older lady from Mexico City is known for her ability to care for injured hummingbirds. In 2012, a friend brought one of the tiny birds to Catia Lattouf de Arida. Ever since then, she has been nursing the small pollinators back to health. When she realized this was her calling, she started researching the birds, and she has become an expert in their care. When they regain their health, she takes them to an unpopulated spot outside of the city to release them back to the wild. If they are unable to fly again, she provides a home for them in the refuge she has created in her apartment.

Close call: A father-son kayaking duo were in the right place at the right time when they came across an overturned boat in the Thompson River in the Canadian province of British Columbia. Chris Carlson and his teen son Ben found two men holding on to the capsized boat, yelling for help. One boater could not swim and the other's foot was tangled in a rope. The kayakers retrieved the boaters' life jackets, floating nearby, and managed to pull the men to shore. The boaters had been yelling but their shouts could not be heard from the shore over a nearby restaurant's loud music. Chris is proud of Ben for staying calm during the incident.

Quoteable Quotes

"Act the way you'd like to be, and soon you'll be the way you act."
 —Leonard Cohen

"If you only read the books that everyone else is reading, you can only think what everyone else is thinking."
 —Haruki Murakami

What's Happening

Feb 17-19 - Snow Fever Snow Fever is a three-day festival of winter fun. Over the Family Day Weekend in February, three locations will be host to numerous winter themed activities and games for the whole family. Search Snow Fever on Facebook for more info

Feb 19 - Winterfest The City of Lloydminster is hosting Winterfest 2024, presented by LA CPA LLP on Monday, February 19 from 10am to 3pm. Visit lloydminster.ca/enrecreation-and-culture/winterfest.aspx for more info and for locations around town

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Trivia

1. An epact is a period of time used to harmonize the solar and lunar calendars—T/F?
2. The famous cat at London's No. 10 Downing Street is Tabby, Larry, or Felix?
3. Who composed the opera Falstaff?
3. Who composed the opera Falstaff?
5. In the movie Casablanca, the cafe is called what?

(Flip bottom of page for answers)

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(Over)

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Your Weekly Horoscope

ARIES (March 20 - April 19)

Over the next year, an old wound may intersect with your life purpose. You may need to reach for the courage of Aries the Ram to navigate this dynamic now. Lucky numbers: 12, 13, 16, 22, 31, 37.

TAURUS (April 20 - May 20)

You may be very busy this week. Even so, try to be on the lookout for an opportunity that could give you a chance to exhibit new leadership skills. Lucky numbers: 4, 6, 7, 17, 31, 38.

GEMINI (May 21 - June 20)

Gemini's can sometimes be a victim of having too many options. Narrowing them to those that can be successful for you and others might be helpful for you now. Lucky numbers: 13, 14, 24, 30, 36, 42.

CANCER (June 21 - July 21)

Early this week, you may have the chance for an emotional reset. If you are retreating into your shell, this might be an opportunity to set new rules of engagement. Lucky numbers: 7, 8, 13, 17, 24, 36.

LEO (July 22 - Aug. 22)

During midweek, your natural enthusiasm and charm may be heightened. Your ability to shine could provide an opportunity to secure the help of others in your endeavours. Lucky numbers: 3, 12, 38, 41, 42, 46.

VIRGO (Aug. 23 - Sept. 22)

Are you a bit overwhelmed with everything on your plate? The end of the week may be a good time to sort out what to drop and what might be best to complete now. Lucky numbers: 1, 3, 19, 23, 42, 48.

LIBRA (Sept. 23 - Oct. 22)

Others sometimes take advantage of a Libra desire to please. If this applies to you, the next year may offer an important opportunity for you to finally break this pattern. Lucky numbers: 7, 13, 16, 19, 26, 30.

SCORPIO (Oct. 23 - Nov. 21)

Your ability to obtain intuitive insights may be heightened in the next month. You might have an opportunity to incorporate more empathy into your communication style. Lucky numbers: 6, 8, 25, 27, 44, 46.

SAGITTARIUS (Nov. 22 - Dec. 20)

For the next month, you may run into obstacles in your endeavours. It might help to remember one theme for Sagittarius is egalitarianism. How does that fit into your goals? Lucky numbers: 8, 14, 17, 24, 39, 40.

CAPRICORN (Dec. 21 - Jan. 19)

Your heart and mind may be at odds early this week. Is there a win-win resolution? You might want to hold off for a few days on making an important decision. Lucky numbers: 11, 14, 28, 30, 38, 45.

AQUARIUS (Jan. 20 - Feb. 18)

A decade from now, you may look back at this time as a critical "fork in the road" moment. In choosing your path, be clear and conscious of your motivation. Lucky numbers: 2, 5, 9, 12, 42, 44.

PISCES (Feb. 19 - March 19)

Your birthday month is a good time to set goals for the next year. This time you may want to make an adjustment to incorporate your values into your endeavours. Lucky numbers: 5, 9, 11, 26, 27, 30.

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

Did You Know...

Deep spot: The deepest ocean spot in the world is within the Mariana Trench, in the western Pacific Ocean. The Challenger Deep is approximately 10,935 metres (35,876 ft.) deep.

Starting young: American actor Burt Reynolds (1936-2018) had many television and movie roles during his acting career. Taking an acting class during college in the mid-1950s set him on the road to his well-known career.

Mating call: Male Gunnison sage-grouse put on quite a performance to attract a mate. They inflate air sacs on their necks, then slide the sacs under their wings and slap them together for swishing and plopping sounds.

Tart berry: Lingonberries are small, deep red, and quite tart. They grow in Scandinavia and northern North America. Rarely cultivated, they are harvested from the wild and used to make jams and jellies.

Real ID: Using a fake name when checking into a hotel in the American town of Buckeye, Arizona, is illegal. Even celebrities, who don't want to draw the attention of the public, must use their real names.

On the Lighter Side

Flip: "Are your blinds drawn?"
 Flop: "No, they're real blinds."

Knock! Knock! Who's there? Colin. Colin who? Just Colin to see how you are doing.

Two parakeets were standing on a perch. One says, "Do you smell fish?"

Where did Robin Hood buy his flowers? Sherwood Florist.

Ceiling fans: "Wow, look at that ceiling! What a great paint job! It's so high up there!"

Answers

Trivia answers: 1. True 2. Larry 3. Giuseppe Verdi 4. Tiber 5. Rick's

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