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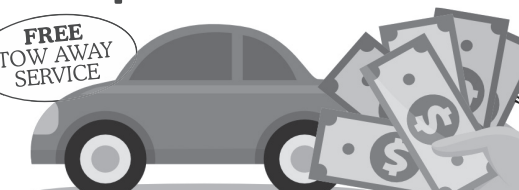
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Everybody's Talking

Long live the goldfish: Many folks, or someone they know, have owned a pet goldfish. But one special goldfish, named Tish, stands out from the rest because he lived to be 43 years old. While goldfish can live for a decade or two, Tish was the oldest goldfish ever recorded in captivity, although others may have lived longer. In 1956, Gordon Hand and Hilda, his mother, won Tish at a town fair in Doncaster, South Yorkshire, England. After Gordon grew up and moved away, Hilda took care of Tish, never overfeeding him. As he aged, his colour changed from bright orange to silver. Finally, after a long, peaceful life, Tish passed away in 1999.

Bitter taste: Bitter taste: We may laugh at the stereotyped idea of shoes getting chewed to smithereens by someone's pet pooch, but gnawing on things like shoes and boots can be unhealthy for dogs. With that in mind, Brizza, a Brazilian company that makes flip-flops, teamed up with some partners to develop what they are calling the Inedible Flip-Flop. One of the partners was a pet food company, with lots of experience in knowing what dogs will and won't eat. The newly developed flip-flops include an ingredient called denatonium benzoate, which makes the footwear taste extremely bitter, yet is safe and not harmful to pets.

Beautiful berry: After much trial and error over many years, a Japanese farmer named Mikio Okuda developed an amazing strawberry called Bijin-Hime. Nicknamed "Beautiful Princess," this berry is one of a kind. It is quite large and sports a perfect strawberry shape and red colour. In other strawberry varieties, the larger fruits tend to be less sweet and flavourful. Not so with the rose-scented Beautiful Princess. The farmer takes his strawberry-growing business seriously, ensuring that conditions are right for a perfect crop. These berries go for big bucks. One can sell for as much as \$500 USD, so this variety may be out of reach for mere mortals!

Hot dog aficionado: A hungry eater named Joey Chestnut can pack in a lot of food. Specifically, he demolished 62 hot dogs, along with their buns, at the well-known event called Nathan's Famous Hot Dog Eating Contest on Coney Island in Brooklyn, New York (U.S.). He did it in a mere 10 minutes. The contest has been held on July 4 for about 50 years, and this was Chestnut's 16th win. While proud of his performance, the big eater won in 2021 by downing 76 hot dogs. And in six other competitions, he consumed more than 70 of the beloved fast food. Obviously Chestnut is a huge fan of hot dogs!

Quoteable Quotes

"Don't go through life. Grow through life." —Eric Butterworth
"Although the world is full of suffering, it is also full of the overcoming of it." —Helen Keller

What's Happening

Feb 23 - After Dark Night Market The Alt After Dark Night Market is a monthly night market. With 35 local alternative vendors, artists and distilleries you are sure to find something unique and wonderful. 8426 Gateway Blvd 7pm-11pm

Ongoing - City Hall Skating Free skating daily at City Hall rink starting at 5am until 11pm. Change room and skate rental availability differs so check edmonton.ca before heading out

Mar 16 - St. Albert Singers Irish Pub Night Join Calvin Vollrath, the North American Fiddle Champion, for a spirited evening of Irish music. Come enjoy a full family-style Irish dinner, a cash bar, raffles, and a sing-a-long. Doors open at 5:00 PM. Tickets \$40 contact Barb at sasmanager@gmail.com.

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Trivia

1. Coronal mass ejections occur from the Sun, Mercury, or Jupiter?
2. C.S. Lewis or A.A. Milne wrote The Chronicles of Narnia?
3. Albion was an ancient name for France, Canada, or Great Britain?
4. The rival gangs in West Side Story are the Jets and Sharks—T/F?
5. A ballyhoo, carnyx, or warhammer is an ancient Celtic horn?

(Flip bottom of page for answers)

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Recipe of the month

Cheddar Broccoli Soup

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

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

- 1 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.
- 2 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.tasteoffhome.com>

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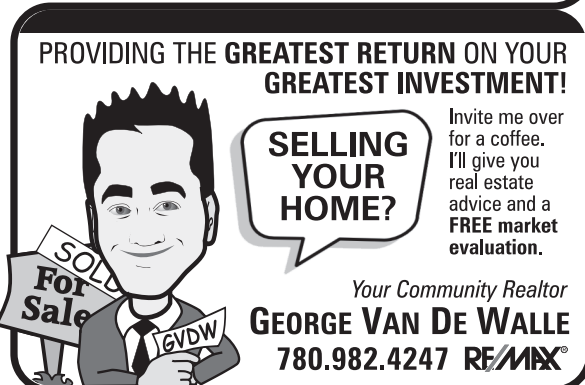
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Your Weekly Horoscope

ARIES
(March 20 - April 19)



What have you learned from your journey? How does it connect to what you value? This week may offer an opportunity to communicate this to others on a similar path. Lucky numbers: 5, 23, 25, 26, 37, 33.

TAURUS
(April 20 - May 20)



Sudden or unexpected opportunities may appear this week. Use your grounded Taurus nature to help sort through them. The best one should align with your values. Lucky numbers: 16, 30, 36, 41, 42, 46.

GEMINI
(May 21 - June 20)



Gemini often have a quick and sharp mind which can sometimes frustrate people who don't. You may have an opportunity to connect to others and communicate your ideas. Lucky numbers: 2, 8, 11, 16, 18, 46.

CANCER
(June 21 - July 21)



What is your most heart-felt wish? This week may be a good time for a deep dive to explore that desire and how you might be able to manifest it. Don't let fear stop you. Lucky numbers: 9, 11, 13, 24, 27, 41.

LEO
(July 22 - Aug. 22)



This week you may find yourself out of sync when communicating with others. Can you adjust your view of the situation, to communicate more effectively toward a solution? Lucky numbers: 7, 12, 14, 28, 37, 46.

VIRGO
(Aug. 23 - Sept. 22)



You may feel out of sorts and not your usual grounded self right now. While this might soon pass, consider expanding your comfort zone about the nature of reality. Lucky numbers: 4, 14, 27, 30, 37, 43.

LIBRA
(Sept. 23 - Oct. 22)



Can you manage to take a few days off at the beginning of this week? Focus on some much needed relaxation and self-care. Your mind and body will thank you. Lucky numbers: 6, 14, 24, 25, 27, 36.

SCORPIO
(Oct. 23 - Nov. 21)



Things may get very interesting for you during the middle of the week. Take a deep breath and a step back. Maybe temporarily retreat from a person or situation, if necessary. Lucky numbers: 10, 14, 19, 21, 32, 43.

SAGITTARIUS
(Nov. 22 - Dec. 20)



You may be encouraged, at the end of the week, to reexamine your beliefs. Do you need to make any changes to your endeavors, to be in line with your beliefs? Lucky numbers: 8, 10, 36, 41, 42, 48.

CAPRICORN
(Dec. 21 - Jan. 19)



The Capricorn view of the world is often driven by hard facts and figures. This week you may be able to expand your world view by seeking out intuitive insights. Lucky numbers: 16, 19, 21, 27, 38, 46.

AQUARIUS
(Jan. 20 - Feb. 18)



At week's end, you may be in a verbal power struggle with others. By making a conscious effort, you might find an opportunity to forge a reasonable compromise. Lucky numbers: 1, 7, 13, 18, 41, 47.

PISCES
(Feb. 19 - March 19)



Pisces sometimes have difficulty translating their intuitive insights to others. However, this week you may find this process easier. If so, take advantage of it while you can. Lucky numbers: 3, 19, 21, 24, 25, 46.

Lucky numbers this week: This week's odds favour Taurus winners with the luckiest number being 30.

Did You Know...

Greenland trivia: Greenland, the world's largest island, is part of the North American continent. But politically, it is an independent territory of Denmark. Nuuk (Godthaab), its capital, is on the southwest coast.

Perfumed plants: Gardeners with shaded yards might want to try growing lily-of-the-valley. This ground cover does well in shade and slowly spreads. They have a pleasant, fragrant scent, but are toxic in large quantities.

Famous writer: In addition to *Breakfast at Tiffany's*, American Truman Capote (1924-1984) also wrote *In Cold Blood*. The book helped pioneer the true crime genre, as well as using fiction techniques in nonfiction stories.

Strange monkey: A monkey that lives in South America's Amazon basin is the bald uakari. They have reddish-brown, shaggy coats, but no hair on their bright red faces, looking almost as though they are wearing masks.

Time to prime: Planning to paint a room in your house? Experts recommend applying a coat of primer before applying the colour. Along with covering minor imperfections, primer helps the paint adhere to the wall.

On the Lighter Side

Knock! Knock! *Who's there?* August. *August who?* August of wind almost blew me away!

Did you hear about the founder of the flea circus? He started it from scratch.

Towels can't tell jokes. They have a dry sense of humour.

Two plants decided to grow next to each other. After all, they were buds.

Billy: "What does your mother do for a headache?"
Silly: "She sends me outside to play."

Answers

Trivia answers: 1. Sun 2. C.S. Lewis 3. Great Britain 4. True 5. Carnyx

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