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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

Entertaining bird: Some people like to keep chickens as pets, and one popular, though expensive, breed is the Ayam Ketawa. The breed originated in Indonesia, and its name literally means "laughing chicken." The nickname describes the fowl's most unique feature: it makes laughing sounds that are similar to a human's. They are considered "longcrowsers." As well as entertaining their owners with their laughing voice, these birds are sociable and like to hang out with their people. In Indonesia, owners of Ayam Ketawa can join clubs devoted to the breed, and they even can enter their pets into competitions in which their laughing sound is judged.

Cover charge: The owners of a high-end, historic deli in Barcelona, Spain, got so fed-up with visitors who were "just looking" that they decided to charge 5 Euros for browsers. Queviures Murria is famous for its meats and groceries, and it has many regular customers. But visitors who were coming in just to look and not buy were starting to annoy the owners and crowd the shop. As a bit of a joke, the owners put up a sign about the charge but didn't really intend to enforce the rule. Turns out they didn't have to: the presence of the sign alone discouraged non-buyers from coming in to browse. So much for the picture-takers and penny pinchers!

Black sand and diamonds: Black sand is always interesting to see, but it is stunning on a particular beach in Iceland. That's because the darkly coloured sand forms the backdrop for chunks of ice that look like diamonds of all different shapes and sizes. The beautiful beach, located on the south coast of Iceland, is close to the Jokulsarlon Glacier Lagoon. Dislodged chunks of glacial ice find their way to the beach, which is commonly known as "Diamond Beach." This stretch of sand looks different every single day because the ice chunks melt, but then more pieces of ice come ashore to replace them.

Dog deal: An Iranian real estate broker got into trouble for signing over property to a dog. The situation occurred when a couple, who owned an apartment, wanted to leave their abode to Chester, their pet dog, because they had no human heirs. They found a real estate agent who agreed to oversee the transaction, which included drawing up the papers for the deal. The couple signed, and then helped Chester sign by moving his inked paw over the signature line. A video clip of the transaction went viral on social media, drawing the attention of authorities. The boss of the real estate agency was arrested for organizing a deal that has no legal basis

Quoteable Quotes

"I've learned that making a living is not the same as making a life."
—Maya Angelou

"If you cannot do great things, do small things in a great way."
—Napoleon Hill

What's Happening

GET IN WHAT'S HAPPENING - Submit your event to www.bvcoffeenews.ca and be seen here by thousands of readers each week. Please give 6 weeks notice

Trivia

1. What does a konimeter measure?
2. Is dyspepsia also called indigestion or nausea?
3. An insect's hard outer shell is an exoskeleton or outer armour?
4. A misheard word, especially in a song, is called a missyllable or a mondegreen?
5. Is Santiago, Asunción, or Montevideo the capital of Uruguay?

(Flip bottom of page for answers)
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Your Weekly Horoscope

ARIES
(March 20 - April 19)

The potential for you to have moments of anger is still in effect early this week. Consider focusing within. Assess where you are, and your best next step. Lucky numbers: 17, 28, 29, 30, 41, 46.

TAURUS
(April 20 - May 20)

You may be tempted at midweek to dig in your heels. If your resistance doesn't break the obstacle, consider taking a deep breath and waiting a few days to act. Lucky numbers: 2, 7, 11, 19, 30, 48.

GEMINI
(May 21 - June 20)

Take stock of where you are right now. You may have an opportunity for an emotional reset from your experiences of the last month. How do you want to make use of it? Lucky numbers: 16, 23, 25, 29, 31, 48.

CANCER
(June 21 - July 21)

The end of the week may be a good time to retreat into your shell for a few days. Nurturing yourself could allow you to re-emerge better able to help others. Lucky numbers: 13, 15, 18, 23, 24, 33.

LEO
(July 22 - Aug. 22)

Many Leos have a natural leadership skill that can rally others to a common effort. You may operate best from your highest values, adjusting as needed to do so. Lucky numbers: 3, 13, 15, 16, 21, 48.

VIRGO
(Aug. 23 - Sept. 22)

Over the next few weeks, you may run into a challenge regarding love or finances. In finding a solution, compassion toward yourself and others could be helpful. Lucky numbers: 14, 15, 16, 17, 34, 42.

LIBRA
(Sept. 23 - Oct. 22)

During the next few weeks, the universe may present a challenge regarding your relationships. Consider it an opportunity to adjust your balance of self versus others. Lucky numbers: 11, 12, 14, 15, 31, 37.

SCORPIO
(Oct. 23 - Nov. 21)

The energy at midweek is one that is well-grounded. For the few days that it is in effect, tapping into this energy may be helpful, especially if you are feeling stressed. Lucky numbers: 7, 11, 15, 17, 29, 46.

SAGITTARIUS
(Nov. 22 - Dec. 20)

You may find yourself pulled into two different directions on how to proceed. Hitting the pause button and thinking things through for a few days may be helpful. Lucky numbers: 6, 13, 19, 20, 35, 43.

CAPRICORN
(Dec. 21 - Jan. 19)

Capricorns generally value self-reliance and sufficiency, in themselves and others. At week's end, a stalemate may require you to be more nurturing to yourself or others. Lucky numbers: 4, 5, 17, 26, 27, 35.

AQUARIUS
(Jan. 20 - Feb. 18)

You may be able to see an opportunity now that could transform a situation in yourself or your life. To find it, you might need to tap into a higher octave of the celestial sphere. Lucky numbers: 1, 6, 7, 8, 11, 28.

PISCES
(Feb. 19 - March 19)

Pisces-born generally have an empathetic, compassionate nature. These traits may be heightened in the coming weeks. Be careful not to let others take advantage of you. Lucky numbers: 9, 18, 22, 32, 38, 48.

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

Did You Know...

Eye-catching building: Australia's Sydney Opera House is recognizable by its shape, like a series of shells. The now-iconic structure took 16 years to complete, from 1957 to 1973, and is a major tourist destination.

Cat-like mammal: A racoon relative, cacomistles live in areas from the southern U.S. to Panama. Also called "miner's cat," the nocturnal animals reside high in trees. They can be tamed, but are considered exotic pets.

Needs light: Anyone wanting a bamboo plant in the house could choose a species called golden bamboo. These plants grow well in pots, but need to have a good source of light for six or eight hours per day.

Deep and dark: Photosynthesis can happen in the ocean's euphotic zone, the upper layer, which gets enough light. Deeper down is the disphotic zone, which has some light. Deeper still is aphotic zone, with no light at all.

Singing a song: The musical wren of South America is known for its amazing singing ability. This bird can sing a perfect octave, and sings in intervals of the fourth and fifth notes of the scale.

On the Lighter Side

Did you hear about the hungry clock? It went back for seconds. A singer was locked out of her house. She broke into song and couldn't find the key.

Todd: "Do you have holes in your socks?"
Odd: "Certainly not!"
Todd: "Then how do you get your feet in them?"

Knock! Knock! Who's there? Habit. Habit who? Habit your way, I'll come back later.

Why are French goats so musically talented? Because they are born with French horns.

Answers
Trivia answers: 1. Dust in the air 2. Indigestion 3. Exoskeleton 4. Mondegreen 5. Montevideo

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