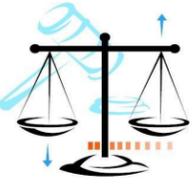


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Recipe of the Week
Black Bean Breakfast Bowl

2 tablespoons olive oil	1 avocado, peeled and sliced
4 eggs, beaten	1/4 cup salsa
1 (15 ounce) can black beans, drained and rinsed	salt and ground black pepper to taste

Heat olive oil in a small pan over medium heat. Cook and stir eggs until eggs are set, 3 to 5 minutes.
Place black beans in a microwave-safe bowl. Heat on High in the microwave until warm, about 1 minute.
Divide warmed black beans between two bowls.
Top each bowl with scrambled eggs, avocado, and salsa.
Season with salt and black pepper.

source: allrecipes.com



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Everybody's Talking!

Big tip: Servers in restaurants are always grateful to receive generous tips. One waitress in Clearwater Beach, Florida (U.S.), was happily overwhelmed by an enormous tip left by a customer who was, evidently, quite wealthy. However, the giver of the \$5,000 tip on a small restaurant bill turned out to be a vindictive thief who was out for revenge against her boyfriend. Serina Wolfe, the customer, had gotten into an argument with her beau and decided to get back at him by using his credit card to give the big tip. Wolfe was arrested for theft.

Long slide: When complete, a water slide in Escape Theme Park in Penang, Malaysia, might be the longest in the world. It will be a whopper of a slide, taking adventurers on a four-minute, 1,140-metre (3,740-ft.) ride down a hillside through the jungle. At the bottom, sliders will be dumped into a big swimming pool. Builders of the slide are concerned about the environment, so they decided to use the natural hill, rather than build a tower. They are working around the trees to avoid cutting them down and are manually transporting materials, instead of using heavy machinery.

Jail birds: Twin brothers in Turkey did something unexplainable. One of the brothers agreed to secretly switch places with the other brother, a convict in the E Tipi Kapasi Prison in Mersin. They managed to make the switch during a visit. Later, prison guards realized that something wasn't quite right with their charge. Upon investigation, police found the real inmate in his brother's home. Now, both brothers are in jail, and authorities are at a loss to explain why the free brother would agree to take the criminal brother's place in jail.

Loyal friend: A golden retriever in Buenos Aires, Argentina, is extremely loyal to her owner. The dog, named Sheila, has been waiting patiently for more than a year at a police station where her owner was arrested. The police think she managed to follow the police car in which her owner was transported after his crime. The officers at the station are taking good care of the loyal canine, feeding her and taking her to the vet when necessary. They have even allowed her to spend a bit of time with her owner in his cell. Everyone expects that, when the man is released, Sheila will go home with him to be by his side.

Quoteable Quotes

"Explanation separates us from astonishment, which is the only gateway to the incomprehensible." —Eugène Ionesco

"Life itself still remains a very effective therapist." —Karen Horney

What's Happening

• **PLEASE share with your friends & social media network that Coffee News is now available online at our website: www.CoffeeNewsLethbridge.com** Our "Hidden Coffee News Guy Contest" is still running!!

• **Please thank our advertisers for making Coffee News possible by choosing to use their services.**

• **How to help out Interfaith Food Bank during Covid-19. Donate financially online at www.interfaithfoodbank.ca** Ensuring food security in this time of crisis is priority.

• **Lethbridge Family History Center will be closed because of COVID-19 Precautions.**

• **South Country Jamboree Society jam session on March 29 has been CANCELLED due to COVID-19**

• **Travel Adventures: Birds in Our World with Chris Fisher on March 27 has been CANCELLED due to COVID-19** www.NatureCentre.ca/events

• **LCBS Silver Band's "GAMERS in HOLLYWOOD" Concert has been postponed indefinitely due to health advisory.** lcbs.ca

• **EVERYONE!** Be safe and enjoy time with your family, connect through social media, watch out for your neighbours, enjoy the outdoors and maintain physical distancing.

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Trivia

1. Astigmatism is a medical condition affecting what part of the body?
2. The term "nouveau riche" means what?
3. What is a façade?
4. Sisters Serena and Venus Williams are champions of which sport?
5. A clementine is a cross between a sweet orange and what?

(Flip bottom of page for answers)

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(Over)

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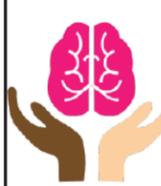


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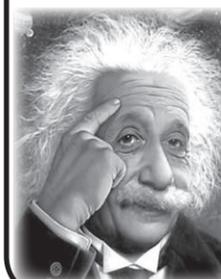
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Your Weekly Horoscopes

ARIES

(March 21 - April 20)



Relationships and marital harmony may be truly important for you right now. Your partner might seem more considerate and supportive, and could really enjoy your company. Lucky Numbers: 11, 12, 15, 17, 21, 25.

TAURUS

(April 21 - May 21)



You may need to make some changes that allow you to spend more time doing what you really enjoy. Your natural instincts might make worldly ambitions attractive to you. Lucky Numbers: 18, 19, 25, 35, 43, 44.

GEMINI

(May 22 - June 21)



You may have a deep desire to intensify the intimacy in your relationship. This may be the time to clear away any clutter that would impede your deeper union. Lucky Numbers: 3, 4, 5, 6, 13, 30.

CANCER

(June 22 - July 22)



You may have to adjust your dietary habits or adapt to some new conditions in your professional life. Managing your health and career needs might require some assistance. Lucky Numbers: 6, 12, 24, 34, 43, 45.

LEO

(July 23 - Aug. 23)



Your experience can teach others how to become more self-reliant and independent. Try to help them discover the proper tools to succeed in the outside world. Lucky Numbers: 1, 7, 9, 25, 36, 40.

VIRGO

(Aug. 24 - Sept. 23)



You may be feeling affectionate, and sharing the company of your partner might be important to you. Harmonizing, sharing, and love may be the themes right now. Lucky Numbers: 5, 18, 27, 31, 40, 44.

LIBRA

(Sept. 24 - Oct. 23)



Harmony may flow. You might feel that you are in sync with the people in your immediate surroundings. There could be a sense of easiness and positive flow all around you. Lucky Numbers: 6, 9, 22, 30, 39, 45.

SCORPIO

(Oct. 24 - Nov. 22)



You may feel attractive, relaxed, and quite socially gracious. Others might respond very favourably to you and let you know they appreciate who you are and all that you do. Lucky Numbers: 3, 12, 30, 34, 36, 47.

SAGITTARIUS

(Nov. 23 - Dec. 21)



This may be a good time to study, learn, and pass along data and ideas. Your thinking may be very clear, so try not to let anything overwhelm your true efforts. Lucky Numbers: 7, 11, 16, 22, 39, 43.

CAPRICORN

(Dec. 22 - Jan. 20)



Intellectual or creative activities shared within the family may be rewarding and stimulating for you. Some career concerns might take a backseat to domestic matters. Lucky Numbers: 5, 9, 14, 19, 25, 39.

AQUARIUS

(Jan. 21 - Feb. 19)



You may enjoy emotional satisfaction and harmony in your homelife. Relationships might run smoothly. You may have a solid emotional base in your life and could reap its benefits. Lucky Numbers: 8, 35, 36, 41, 46, 48.

PISCES

(Feb. 20 - March 20)



Help from your mate may enable you to achieve goals that you once thought were out of reach. You might even become involved in career matters, as a team. Lucky Numbers: 3, 10, 11, 15, 39, 44.

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

Did You Know...

Japanese fame: Maynard Plant is a member of a band called Money Majik, which is famous in Japan. Plant was raised in Canada. Blaise, his brother, is also a band member, along with two Japanese musicians.

Giant egg: The town of Vegreville, Alberta (Canada), has a unique sculpture of a giant Pysanka, a Ukrainian-style Easter egg. It was erected in 1975 in honour of the Ukrainian settlements in the area.

Garden beauty: The Kingsbrae Garden in St. Andrews, New Brunswick (Canada), is home to over 50,000 perennial plants, as well the wollemi pine, one of the oldest trees in the world.

Made a mark: Tim Bergling (1989-2017) was a Swedish musician and DJ from Stockholm known by his stage name, Avicii. He was known for mixing electronic music with other types of musical genres.

Canyon hiking: Near the Dead Sea in Jordan are canyons through which water flows. When the water is low and slow in the summer and fall, hiking is possible in these canyons, such as the Wadi Mujib, Wadi Zarqa Ma'in, and Wadi Himara.

On the Lighter Side

My email password has been hacked. That's the third time I've had to rename the cat.

What's the best thing about Switzerland? I don't know, but the flag is a big plus.

How many sheep does it take to make one sweater? Depends how well they can knit.

I called a temp agency looking for work, and they asked if I had any phone skills. I said, "I called you, didn't I?"

How many telemarketers does it take to change a light bulb? Only one, but he has to do it while you're eating dinner.

Answers

Trivia answers: 1. The eye 2. New rich 3. Building front or false effect 4. Tennis 5. Mandarin orange

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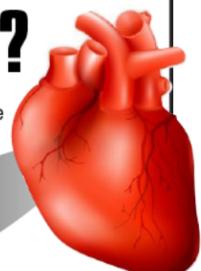


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