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Everybody's Talking

Stone artist: Akie Nakata is an artist who makes her creations out of the unusual medium of small rocks or stones. As a child, Akie, as she is known, loved to draw animals and birds, and a few years ago she decided to paint them on rocks and stones. She has an uncanny ability to choose exactly the right stone for her subject, be it an owl, a puppy, a pigeon, or a kitten. She never changes the stone by chipping any of it away to suit the design. Instead, she leaves the rock as she found it. Once complete, her creatures seem alive, with the eyes looking out at the viewer.

Weather dog: During the COVID-19 pandemic, a weatherman in Tampa, Florida (U.S.), got some help with his broadcast from a furry friend. Paul Dellegatto was on camera in his home office, with the cameraman aiming the lens at him from outside his window. Suddenly, Dellegatto's golden retriever, Brody, entered the frame. In doing so, he nudged the computer, and the weather map blinked off. Dellegatto soldiered on, reading the material instead. Brody then decided to go to the window to greet the cameraman, blocking the camera's view. No matter – viewers loved the interruption!

Tile creations: A mosaic artist in the city of Chicago, Illinois (U.S.), not only makes works of art, but does a service to his city at the same time. Jim Bachor learned about the beauty and durability of mosaics after taking courses in Italy. Back home, he decided to use the tough material to beautify his neighbourhood while fixing a pothole. One thing led to another, and soon Bachor had become a street artist. He started looking for potholes and designing custom mosaics to decorate them. He uses traffic cones to protect his work while it sets.

Desert island: An island off the coast of Senegal, in northwest Africa, is home to the Viana Desert. The island is Boa Vista, which is part of Cape Verde, an archipelago of nine islands. The Viana Desert is actually an extension of the Sahara Desert, with the wind carrying sand from mainland Africa. This small desert is about 5 kilometres (3 mi.) long and has dunes, volcanic rocks, and sparse vegetation. The hiking is not difficult for adventurers, and outfitters are available to take visitors on excursions.

Quoteable Quotes

"Light tomorrow with today" —Elizabeth Barrett Browning
"Too low they build who build beneath the stars." —Edward Young

What's Happening

We are pleased to have re-started our weekly distribution of **Coffee News**, at the discretion of our distribution partners. We are asking ALL our readers to please take your copy of **Coffee News** home, instead of leaving it on the table or placing it back in the stand. Thank you for helping support each other.

Streets Alive Mission is looking for donations of winter outdoorwear clothing to warm the homeless in Lethbridge. Items or cash can be donated at the Streets Alive Mission office, 323 4 Street South. Thank you for caring.

Did you know that Coffee News Lethbridge is now online Every week, the new edition of **Coffee News** can be found on our website: www.info@coffeenewslethbridge.com Please look for us there if you do not make it to your favourite restaurants to read it. Our online readers can also enter our Monthly Contest.

NON profit organizations may submit events for FREE at www.coffee-news.ca/whats-happening

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NEW FEATURE!

Trivia

1. Cocobolo, Ebony, and Mopane are all types of what product?
2. Which American poet wrote "Mending Wall"?
3. Name the person who said, "The only thing we have to fear is fear itself."
4. What is the capital of Somalia?
5. In terms of navigation, what do the letters GPS stand for?

(Flip bottom of page for answers)

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(Over)

Recipe of the month

Holiday Haystack Cookies

1 cup semisweet chocolate chips ½ cup roughly chopped almonds
1 cup milk chocolate chips ½ cup shelled pistachios
3 cups chow mein noodles 2 tablespoons assorted holiday sprinkles

Level: Easy Total: 1 hr 15 mins Yield: 24 cookies
Active: 15 mins

1. Heat 2 inches of water in a pot to a simmer. Add the semisweet and milk chocolate to a bowl and place over the pot of simmering water. Allow to melt, stirring occasionally, 4 to 5 minutes.
2. Meanwhile, add the noodles, almonds and pistachios to a large bowl and set aside.
3. When the chocolate has melted completely, pour over the noodle and nut mixture. Mix until everything is well coated in the melted chocolate.
4. Using 2 spoons, drop tablespoon mounds onto 2 parchment-lined baking sheets. Sprinkle the holiday sprinkles over the top. Allow to dry completely before storing, about 1 hour.

Source: www.foodnetwork.com




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- Stroke Recovery Association of Calgary (SRAC)
- Calgary Aphasia Centre (CAC)
- Young Survivors Group (YSS)

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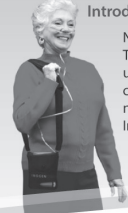
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