Diagnosis & Treatment of Eye Injuries & Eye Diseases

Dr. Gary Wetmore



"News To Be Enjoyed Over Coffee"

Lloydminster Edition 877-553-6397

www.coffee-news.ca

Vol. 20 No. 9 February 27, 2023

Everybody's Talking

Hanging loose: A sloth found itself in a little bit of trouble when it made its way up an electrical pole in Taraza, a town in northwestern Colombia. Perhaps disoriented, it swung itself out onto live wires. Town locals noticed the animal's predicament and worried for the animal's safety. They called electrical workers to come to the rescue. The Empresas Publicas de Medellin public safety workers were extremely careful with their attempts to get the sloth to safety, an operation that took about 20 minutes. Everyone witnessing the event was pleased to know that the animal was released back into the wild, where it could find plenty of safer "wires" to crawl around and hang on.

Good food: On the Caribbean island of Puerto Rico, food stalls called chinchorros are part of the local economy. These ubiquitous stands serve all kinds of fare, ranging from bowls of rice and peas, to skewers of beef, to decadent fritters and croquetas de jamón y queso (ham, cheese, and potato croquettes). The food stalls are not fancy, but they attract locals and tourists alike, who might wander or even dance between the stalls. Live bands sometimes play, and children romp around together while their parents visit. Some chinchorros have been owned by the same family for many generations, and all of them contribute to preserving the island's vibrant food culture.

Pig visitor: A men's club in County Durham in England got a surprise visitor: a pig! The Easington Colliery Club's members couldn't believe their eyes when the black-and-tan farm animal sauntered into the premises. The animal turned out to be a friendly critter, as he strolled through the facility looking for an ear rub and a meal. Eventually, patrons managed to lure the little porker outside using a few morsels of food. They confined him to a nearby garden and posted the story on social media. In only about 15 minutes, someone identified the pig, who was believed to have been named Roddy. The owner soon arrived to take him home.

Sweeping success: Most people think brooms are primarily for sweeping floors, and they may be right. However, the brooms made at Berea College in the U.S. state of Kentucky are so beautifully crafted that they are more apt to be hung as decoration. These unique brooms are handmade by students at this liberal arts college. Broomcorn (Sorghum vulgare) is dyed various colours, which the students might braid into elabourate designs. They make 15 different types of brooms of various sizes. Founded in 1855, Berea was the South's first interracial, co-educational institution, and began making brooms in 1920. Today, students produce about 5,000 of these well-made brooms every year, and the product is in high demand.

Quoteable Quotes

"I never lose. I either win or learn." —Nelson Mandela "Never fear shadows. They simply mean there's a light shining somewhere nearby." —Ruth E. Renkel

What's Happening

Now-Feb 2023 - Strathma Saturdays Join people of all ages for Strathma Saturdays from 10:30am-3:30pm for free activities and connection. Visit www.strathma.ca for all info

Jan 1 ongoing - Friend Den The Friend Den is a new program for kids in kindergarten to grade 3 with lessons on coping skills, empathy, and gratitude. This runs on Mondays from 3:15-4:30 at the Vegreville Family Resource Network. Registration is required call 780-632-2912

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



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Trivia

- 1. Who won the 1989 Booker Prize for The Remains of the Day?

 2. If one of a mammal's jave is wider than the other the condition is
- 2. If one of a mammal's jaws is wider than the other, the condition is
- 3. The Pipiles are Indigenous people in what country?
- 4. What year was The Jazz Singer, the first talking movie, released?
- 5. This era is known as "Age of the Dinosaurs."

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mentalhealthfoundation.ca







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Your Weekly Horoscope

(March 21 - April 20)



This week you may uncover a hidden opportunity, allowing you to make progress on a goal. Finding it might require facing and addressing an unresolved

wound from the past. Lucky numbers: 1, 12, 19, 25, 38, 40.

TAURUS

(April 21 - May 21)



For the next few weeks, keep your eyes open for an unusual or unexpected opportunity. Taurus can tend to overanalyze things, but this opportu-

nity may not last long. Lucky numbers: 12, 13, 14, 18, 27, 36.

GEMINI

(May 22 - June 21)



Your antenna for picking up data from the ether may be particularly sensitive at the beginning of the week. Evaluate the information for a few

days before deciding how to proceed. Lucky numbers: 5, 8, 22, 29, 33, 41.

CANCER (June 22 - July 22)



You may find that your emotions are strong and close to the surface at the beginning of the week. If this causes you stress, breathe deeply

and wait a few days. Lucky numbers: 6, 7, 28, 29, 40, 42.

LEO

(July 23 - Aug. 23)



Added Leo energy at midweek may be favourable for getting what you want in a particular situation. Just be sure that it doesn't come at a high

cost for someone else. Lucky numbers: 11, 13, 14, 20, 25, 46.

VIRGO

(Aug. 24 - Sept. 23)



Virgos are usually well grounded. For the next couple of weeks, though. your thoughts and ability to communicate clearly may be muddled. Use this as an

opportunity to expand your comfort zone. Lucky numbers: 5, 15, 20, 29, 37, 42.

(Sept. 24 - Oct. 23)



Libras' diplomatic nature helps them try to avoid conflict in relationships. Right now, though, you may find you have a strong urge for an honest

discussion to resolve an issue. Lucky numbers: 3, 12, 17, 19, 28, 32.

SCORPIO

(Oct. 24 - Nov. 22)



Are you possibly feeling restricted by your partner and/or relationship? Consider where a change in viewpoint could improve the situation, and discuss

that change with the other person. Lucky numbers: 2, 13, 17, 18, 26, 33.

SAGITTARIUS

(Nov. 23 - Dec. 21)



Your mind and emotions may be in conflict at the beginning of the week. Take a deep breath and wait a few days before taking action on any

important issue. Lucky numbers: 17, 20, 23, 33, 39, 45.

CAPRICORN (Dec. 22 - Jan. 20)



Pluto entered Capricorn in 2008, catalyzing a deep transformation for you. It will soon begin to dip its toe into Aquarius. You may now begin to

feel a change in the pattern. Lucky numbers: 2, 11, 12, 14, 15, 27.

AQUARIUS (Jan. 21 - Feb. 19)



Do you have a project that requires the support of others? Midweek could be a good time to reach out, as your ability to successfully communicate

may be heightened. Lucky numbers: 7, 13, 17, 24, 25, 26.

PISCES

(Feb. 20 - March 20) Are you having a difficult



time making a decision about an important matter? Keep your eyes open for information that might help clarify your

intuitive sense of the situation. Lucky numbers: 4, 7, 10, 21, 32, 33.

Lucky numbers this week: This week's odds favour Aquarius winners with the luckiest number being 17.

Did You Know...

Island city: A popular tourist destination, Venice, Italy, is built on 118 small islands connected by bridges. Popular beaches are found on the islands of Lido and Pellestrina, while Murano is known for its glass-making industry.

Teary times: Humans have three types of tears with very different functions. Basal tears moisten the eye, while irritant (or reflex) tears rid the eye of dirt, protecting it from infections. Other tears reveal emotions like joy or sadness.

Ouch! Among the uncomfortable fashion trends was the corset, which Western women wore from the 16th to early 20th centuries. Designed to shape the body, corsets could be so tight that breaking a rib was a real danger.

Cheese peeler: Most people are familiar with those handy vegetable peelers that make easy work of peeling potatoes and carrots. They can also be used to "peel" strips from a block of cheese to use in salads or pasta dishes.

Pumpkin facts: Because they are full of seeds, pumpkins are a fruit. Like zucchini, they belong to the squash family. They ripen in the fall (in time for Halloween!), and are known as a "winter squash."

On the Lighter Side

The failed poet decided to leave the writing to the prose.

Ned: "Can you skate?"

Fred: "I don't know. I can't stand up long enough to find out!"

What was Rumplestiltskin doing in the Olympics? Going for

A broken can opener is really just a can't opener.

Knock! Knock! Who's there? Breed. Breed who? Breed deep and say "Ahh!"

Ausindra

3. El Salvador 4. 1927 5. Mesozoic Trivia answers: 1. Kazuo Ishiguro 2. Anisognathism

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kitchen!









