

Toll Free 310-DEBT

Debt problems? MNP can help.

Serving the Lethbridge area for nearly 50 years.

Randy Kobbert, CPA, CA, CIRP, LIT Senior Vice-President 403.380.1647 | randy.kobbert@mnp.ca





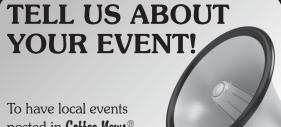
Offering Bookkeeping and personal tax services in west Lethbridge.







Annette Burton (403) 394 3301 (403) 892 5114 www.expediacruises.com/AnnetteBurton



posted in Coffee News® please contact Duane at info@CoffeeNewsLethbridge.com

Coffee News.

Kenneth Forbes of Lethbridge is our April contest winner

Kenneth will recieve a \$20 Gift Card from our contest sponsor, Luigi's Steakhouse (North)

Not to be used Luigis North (403) 328-5555 in conjunction with other discounts or





Identify the ads where the three little Coffee News Guys are hidden for your chance to win! Enter your name, age, address and phone #, along with where you read Coffee News to...



ACTUAL

SIZE 🧣

Cohhee News Lethbridge

http://www.coffeenewslethbridge.com or email us: info@coffeenewslethbridge.com

Coffee News®



info@coffeenewslethbridge.com www.CoffeeNewsLethbridge.com Over Coffee"

LETHBRIDGE NORTH & West Side

403-759-1002

Vol. 14 No. 24 June 12, 2023

Everybody's Talking!

Burnt offerings: Crusty on the outside and chewy on the inside sound like a perfect combination for dinner rolls. However, the bread product in question is known as "heavyfired" or "well-fired" rolls, and they can be as black as extremely burnt toast on the outside. Bakeries in Scotland have made these buns for many decades, and often sell out of their day's supply early in the morning. Some people love the charred offerings, finding them addictive. Others think the buns are a huge joke, wondering how a bakery could possibly get away with burning their wares, and then selling them. There is even some debate about whether the burnt tops are carcinogenic.

Meme mark: Anyone who subscribes to a stock photograph site can obtain an image and use it for their own purposes, such as to accompany a magazine article or illustrate a concept in an advertisement. But a man from Molins de Rei near Barcelona, Spain, was surprised to discover that his face had become a meme for "the worst person you know." It happened because Josep Maria García had submitted his portrait to a photo site, where it was picked up and used to accompany a satirical magazine article. After getting used to the idea, García decided to joke about it, as he knows he is not a bad person.

Walking dog: A dog from Ouray, Colorado (U.S.), is a celebrity, but not as part of a circus act. Dexter, a Brittany spaniel and beloved pet of Kentee Pasek, walks on his two hind legs. It's not a trick. As a pup, Dexter was injured in a mishap with a car, leaving him with the use of only his hind legs. Pasek got him a doggy wheelchair, but before long, Dexter had abandoned the chair in favour of walking upright on his hind legs. Today, he is well known through social media and by taking part in parades. His loving human takes good care of him and ensures that Dexter regularly sees the vet for check ups.

Dumpling drink: Lots of people enjoy eating *gyoza*, which are fried, boiled, or steamed meat dumplings that originated in China, where they are called jiaozi. Usually spiked with a bit of chili, ginger, and garlic, they are served with a vinegary sauce, making the flavour combination quite satisfying. A beverage company in Japan launched a soda they claimed tastes like gyoza, but the feedback has been mixed. Many people find the taste incongruent with a carbonated beverage, and say they prefer to eat their gyoza, not drink it. The bottled soda does attract the curious, who might dare friends and family members to give it a try.

Quoteable Quotes

"Stand for something or you will fall for anything."

–Rosa Parks

"You can make more friends...by becoming interested in other people than you can...by trying to get other people interested in you.' — Dale Carnegie

What's Happening

- Parkbridge Estates Tenants' Association Annual Yard Sale Saturday, June 10 from 9:30 a.m. - 1:00 p.m. 2920 29 Ave S, Lethbridge. Rain or Shine. Multiple houses.
- Le Barons Car Club is holding its drag race event at the Lethbridge Airport on June 17. Some of the proceeds will be donated to local charities. See our facebook for
- Accordion! Accordion! June 24-25 at CASA! Saturday is competitions with solos, duets and ensembles and Sunday is a concert. Call or text Cynthia at 403.359.3959 for information or tickets.
- Martha Ketreat Centre is hosting "Peace at Lunch" (P.A.L.) Tuesdays & Wednesdays, 11:30 AM-1:00 PM, May 30 - July 26 at 1130 Scenic Dr S. Come to rest, relax, renew and have a homemade lunch on the beautiful grounds of the Martha Retreat Centre. Register online at www.martharetreatcentre.ca or call 403-328-3422. Please register by noon the Friday prior to your selected date
- The Helen Schuler Nature Centre is now recruiting volunteers to make a difference in our river valley with Shoreline Cleanup, and Invasive Weed Pulls. Invasive Weed Pulls on third Wednesday of the month till end of summer. Shoreline Cleanups on the first Saturday of the month till end of summer. Learn more by calling
- · The Harambee Grandmas are now welcoming donations of unused fabric, yarn, and notions in preparation for our 6th annual Fabric and Yarn Sale. To arrange for pickup or delivery, please contact us at harambeegrandmas@telus.net or call

HAVE YOUR NON-PROFIT COMMUNITY EVENTS INCLUDED FOR FREE. Contact us at www.CoffeeNewsLethbridge.com

Irivia

- is when a caterpillar transforms into a butterfly.
- 2. A hock, knee, or elbow joint connects a chicken's drumstick and ankle joint?
- 3. This is a large body of ice that moves over land.
- 4. The Battle of Waterloo was fought in present-day England, Belgium, or France?
- 5. What is a southerly buster?

(Flip bottom of page for answers)

© Published with Permission by Lethbridge Coffee News® (Over)

Please Recycle & Share Coffee News® With Others

The Community Foundation of Lethbridge and Southwestern Alberta

Over \$1.1 million granted to organizations across Southwestern Alberta in 2022.

Learn how you can support your community



Visit us at www.cflsa.ca or call 403 328 5297



New

Patients

Always Welcome

GENERAL DENTISTRY FOR THE Whole Family



Dr. Wes Fournier & Dr Michael Goldie 403-327-1881

1111 Mayor Magrath Drive South, Lethbridge, AB

All-Inclusive & Affordable **Retirement Living**



(403) 320-9363 | agecare.ca/RetireColumbia

Cottonwood Village

Come experience

carefree senior living Scan or call to

book your visit



403.625.5520



Free legal advice

for individuals living with low income.



confidential, positive, inclusive and supportive environment for qualified individuals.

Divorce & Separation, Custody, Access, Child Support, Employment, Small Claims, Residential Tenancy, Immigration, Criminal

LETHBRIDGE LEGAL GUIDANCE

www.lethbridgelegalguidance.ca 423 - 5 Street South, Lethbridge 403 • 380 • 6338

Get Your Mowers & Garden Tools Ready for the Season

3145 - 34 St North (N.E. of Walmart N.) Sharpening of: Hair Clippers, Scissors, Service for Lawn Mowers and Blades, Sales and Sharpening of Kitchen Knives, Chain Saw Chains and all Woodworking Tools

Faber Sharpening "Giving You an Edge Since 1979 (403) 381-3660 sales@fabersharpening.ca

Easy Cheesy Bean Dip



Ingredients

1 can - condensed bean with bacon soup

1 cup - sour cream

1 cup - shredded Cheddar cheese

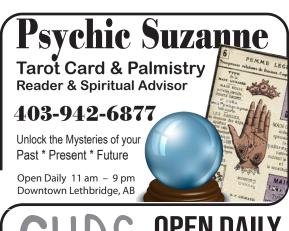
1 tbsp. - minced onion

1 tbsp. - taco seasoning mix

RECIPE PREPARATION

- **1.** Stir soup, sour cream, Cheddar cheese, onion, and taco seasoning together in a microwave safe bowl.
- **2.** Microwave on high until hot. 3 to 5 minutes.
- 3. Stir and microwave again until cheesemelts and mixture is bubbling, 3 to 5 minutes more.

allrecipes.com







 Companionship, personal care, housekeeping, meal prep, transportation and more. · Customized care plans to suit each family's needs









Only ONE Advertiser per business can advertise with Coffee News®

Hurry, before your Category fills up!

403-759-1002

Parenting

Ask your children three "you" questions every day. The art of conversation is an important social skill, but parents often neglect to teach it. Get a kid going with questions like, "Did you have fun at school?"; "What did you do at the party you went to?"; or "Where do you want to go tomorrow afternoon?"

www.parents.com





nturists of Alberta www.foxdentureclinic.ca



Your Weekly Horoscopes

ARIES (March 20 - April 19)



Be aware of your mood, especially at the beginning of the week, particularly your temper. If you are feeling aggressive toward others, look inward rather

than starting an argument. Lucky numbers: 8, 19, 22, 28, 35, 43.

TAURUS

(April 20 - May 20)



This week may present a new opportunity for you to manifest something that advances your personal philosophy or beliefs. If you don't active-

ly seek it out, it might pass by. Lucky numbers: 4, 5, 17, 25, 35, 36.

GEMINI (May 21 - June 20)



At midweek, you may have an opportunity to set a new intention and develop a plan around it. This may require that you focus and decide

among a group of options. Lucky numbers: 2, 3, 9, 18, 24, 47. **CANCER**



(June 21 - July 21) Emotions are usually close to the surface for Cancers. This may be especially true at the end of the week. Take deep breaths and wait

for these feelings to subside. Lucky numbers: 11, 16, 31, 36, 37, 41

LEO (July 22 - Aug. 22)



Leos have a natural charisma that may be highlighted now in conversations with others. If you are looking for assistance, this may be

the right time to ask for it. Lucky numbers: 9, 12, 18, 39, 40, 43.

VIRGO

(Aug. 23 - Sept. 22)



A nine-month phase is ending. The focus may have been on your role as a mother and/or as a child. What have you learned? How can it

improve your relationships? Lucky numbers: 6, 7, 8, 20, 36, 37

(Sept. 23 - Oct. 22)



Balance is an important theme for Libras. The start of this week may highlight an imbalance in your life. It may be within yourself or in

a relationship with others. Lucky numbers: 5, 8, 22, 34, 37, 46.

SCORPIO

(Oct. 23 - Nov. 21)



For the past two-plus years, you may have felt pressured by an old karmic pattern. While this dynamic is ending soon, the pattern won't

end if you haven't addressed it. Lucky numbers: 14, 16, 17, 26, 35, 40.

SAGITTARIUS

(Nov. 22 - Dec. 20)



At the end of the week, your mind and emotions may be out of sync. Perhaps you want to postpone important decisions for a few days until this

disconnect passes. Lucky numbers: 15, 26, 28, 29, 34, 37.

CAPRICORN (Dec. 21 - Jan. 19)



There may be an opportunity toward the end of the week to step outside the comfort zone of your stable Capricorn nature. You might see the sit-

uation from a new angle. Lucky numbers: 1, 5, 7, 14, 24, 28

AQUARIUS (Jan. 20 - Feb. 18)



For the last month, your focus may have been on your career or legacy. Now is the last week of this dynamic, so it is time to consolidate any gains. Lucky numbers: 3, 6, 18, 27

31, 47. **PISCES**

(Feb. 19 - March 19)



You may be feeling stuck, but this could give you an opportunity to see the details of an old personality issue. How might you make a positive adjust-

ment related to it? Lucky numbers: 7, 8, 13, 18, 19, 34.

Lucky numbers this week: This week's odds favour Leo winners with the luckiest number being 9.

Did You Know...

Magical place: Parque Francisco Alvarado in Zarcero, Costa Rica, is guite a sight. That's because gardener and artist Evangelisto Blanco shapes hedges and shrubs into all manner of magical and abstract figures, such as animals, people, and archways.

Sweet heat: The datil pepper is grown near St. Augustine, Florida (U.S.). It is quite hot, like a habanero, with a sweet, fruity flavour. Cooks like to use these peppers in hot sauces, pickles, and mustards.

Upright duck: A certain breed of duck actually looks more like a penguin. The Indian Runner duck's posture is upright. Rather than waddling, they can run but they cannot fly. They are raised mostly for their egg production.

Safest shelter: If a tornado is coming your way, the best place to shelter is in a basement or on the lowest level of the house or building. Choose a room without windows, such as a bathroom or closet.

The best: Only three movies have won all of the five major Academy Awards: Best Picture, Best Director, Best Screenplay, Best Actor, Best Actress. They are It Happened One Night (1934), One Flew Over the Cuckoo's Nest (1975), and Silence of the Lambs (1991).

On the Lighter Side

Knock! Knock! Who's there? Ooze. Ooze who? Ooze been telling you these terrible jokes?

We hired a doormaker the other day. She really knew how to make an entrance.

Bill: "What do you think of artificial respiration?" Will: "I'd rather have the real one."

A fisherman baits his hooks, but a bad student hates his

The chocolate lover moved to Canada. She heard it was full of mousse!

Answers

4. Belgium 5. Strong southerly wind

Irivia answers: 1. Metamorphosis 2. Hock 3. Glacier

For available franchise opportunities - visit www.coffeenewscanada.com

© Published with Permission by Lethbridge Coffee News®





Braithwait**∈** Injury Law 800-440-8298

Boyl€

B

It's The Only Law We Do - Since 1986

Free Initial Consultation

Offices in: Calgary, Red Deer, and Edmonton one of three \$400 prepaid Visa cards awarded monthly

Scan Once Weekly for Max. Entries YOUR CONTACT INFORMATION IS SAFE WITH US

For contest rules and recent winners, visit

w.accidentinjurylawyer.com/coffee

May 1st Winners of a prepaid \$400 Visa card Chelsey M.

Cindy C. from Sylvan Lak

Jay Z. from Edmonton

Braithwaite Boyle Injury Law 🛚

For contest rules, visit www.accidentinjury lawyer.com/coffeenews



Trivia

In what country does a true Bohemian live in?

A: Czechoslovakia)



trying to reduce their

consumption of digital



Don't underestimate the *Power of Print*.







Dr. Stephen Goth Dr. James Olsen Certified Specialists Wisdom Teeth Extraction Dental Implants

#121, 200-4th Ave South, Lethbridge, AB * **587-425-1600**

Sedation & General Anesthesia available

(Over)

LETHBRIDGE North