

HAPPY FATHER'S DAY

from...
Coffee News

SUDS COIN LAUNDRY

OPEN DAILY
7AM - 10PM

- DO IT YOURSELF**
STARTING AT \$5/LOAD
- DROP OFF SERVICE**
Let us WASH, DRY & FOLD
STARTING AT \$35/MONTH
- DELIVERY SERVICE**
Let us WASH, DRY, FOLD & DRIVE
STARTING AT \$99/MONTH

1508 9TH AVE S
(587) 330 9996
@suds_laundry_yr1
www.suds-laundry.ca

Nurse Next Door
home care services

HOME CARE DONE DIFFERENTLY
Our Care Team is here for you 24/7

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

CONTACT US FOR A FREE CARING CONSULT
403-454-1399
WWW.NURSENEXTDOOR.COM

Psychic Suzanne
Tarot Card & Palmistry
Reader & Spiritual Advisor

403-942-6877

Unlock the Mysteries of your
Past * Present * Future

Open Daily 11 am - 9 pm
Downtown Lethbridge, AB

Parenting Tips

Teach kids this bravery trick. Tell them to always notice the color of a person's eyes. Making eye contact will help a hesitant child appear more confident and will help any kid to be more assertive and less likely to be picked on.

www.parents.com

This Space Available!
(...but not for long!)

Call
403-759-1002

FOX DENTURE CLINIC AND IMPLANT CENTER

- Full & Partial Dentures
- Relines/Repairs
- Implant Supported Dentures
- Mouthguards • Night Guards

Satisfaction Guaranteed Since 1922

Brett J. Fox, DD, 4th Generation

See us at our NEW LOCATION

Free Consultation
403-327-6565
#30, 4012-4 Ave. South, Lethbridge
www.foxdentureclinic.ca

What's Happening In Lethbridge?

Check Us Out!
The Only Online Entertainment Guide

LA BEAT
Lethbridge's Arts and Entertainment Magazine

Arts • Music • Drama

www.labeat.ca

Email Your Events To editor@labeat.ca

FREE! **Coffee News**®

"News To Be Enjoyed Over Coffee"

LETHBRIDGE NORTH & West Side

403-759-1002

info@coffeenewslethbridge.com
www.CoffeeNewsLethbridge.com

Vol. 14 No. 25 June 19, 2023

Everybody's Talking!

Lying down: Everyone knows about ski competitions, bicycle races, and running marathons, but the village of Brezna, Montenegro, has a unique one. During their "lying down competition," people lie down for as long as they can. The competition has taken place annually for over a decade; in 2022, the winner was Zarko Pejanovic. With the exception of allowable washroom breaks, this winner stayed prone for 60 hours, beating out his nine competitors. The unusual event started because organizers wanted to make fun of the stereotype that people from Montenegro are lazy. Pejanovic was happy to take first prize, which included €350 in cash, plus other rewards.

Balancing act: Wang Yekun of Hong Kong really knows how to keep things in balance, quite literally! He puts various items on top of each other and figures out how to make them stay there. For example, he placed two bottles on the ground, positioned a third bottle on top of the first two, and then balanced a bicycle on top of the bottles. Other items he's used in his precarious arrangements include sewing machines, wrenches, gas cylinders, bricks, and cell phones. The skill started as a hobby, and now his patience has paid off. He has quite a following on social media by people who are amazed at his clever ability.

Salty wall: Although the action is not condoned by public health authorities, patrons of The Mission restaurant in Scottsdale, Arizona (U.S.), sometimes lick the establishment's walls. That's because the walls in question are made of Himalayan salt blocks. Owner Matt Carter got the idea to build pink salt walls after he visited a Chicago restaurant that boasted a room lined with salt rocks. He claims that he does not encourage his customers to stick out their tongues for a taste in his own restaurant, unless, of course, it is to lick the salt block that comes with the tortillas. Or patrons can buy a small block of Himalayan salt to take home with them.

Screamer: Ashley Peldon has a gift for screaming, and she is using it to make a living. Born in New York, N.Y. (U.S.), in 1984, Peldon has worked as a child actor in such shows as *Guiding Light*, *That '70s Show*, and *Ghost World*. Her ability to scream well has landed her voice roles in movies, television shows, and video games. In real life, people may scream for many reasons, including feeling emotions such as fear, rage, happiness, and grief. But an actor may not be able to scream on cue, regardless of their acting ability. That's where Peldon steps in, providing the exact feeling needed to make the scene come to life.

Quoteable Quotes

"Between what is said and not meant, and meant and not said, most of love is lost."
—Kahlil Gibran

"When you don't slow down by choice, your body can make you slow down by force."
—Katrina Leggins

What's Happening

- 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 more info.
 - Accordion! 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 Retreat 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 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
 - Lethbridge Family Search Center (1912-10th Ave. S.) is open to the public on Wed, 9:30 - 12:30.** We offer free access to Premium Genealogy Resources. Scan family photos. We have consultants here to assist you. 403-327-6797
- HAVE YOUR NON-PROFIT COMMUNITY EVENTS INCLUDED FOR FREE. Contact us at www.CoffeeNewsLethbridge.com**

Trivia

- A triangle with at least two equal sides is equilateral, isosceles, or obtuse?
- Backgammon originated near the Mediterranean Sea about 5,000 years ago—T/F?
- A desert is one of the five kinds of biomes or climates?
- Perseus, Heracles, or Apollo—who was the son of Zeus and Alcmene?
- A grandfather clock is an analog or digital timepiece?

(Flip bottom of page for answers)

© Published with Permission by Lethbridge Coffee News®

(Over)

Please Recycle & Share Coffee News® With Others

Lethbridge HEARING CENTRE

- Locally Owned and Family Operated, FULL SERVICE HEARING CENTRE
- Hearing Protection and Workplace Testing Available
- Latest Digital and Bluetooth Devices and Equipment
- AADL, WCB, DVA, ASEBP Vender

Jake Boldt BC-HIS
Registered Hearing Aid Practitioner

#120, 2037 Mayor Magrath Dr S Lethbridge, AB T1K 2S2

403 320 6000
candice@lethbridgehearing.ca

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

Licensed Insolvency Trustees

MNP LTD
Toll Free 310-DEBT

CONSUMER CHOICE AWARD 2022 LETHBRIDGE

MNPdebt.ca

Digits Plus
Bookkeeping & more
Your success is my success!

Offering Bookkeeping and personal tax services in west Lethbridge.

Contact: Phone 403-795-2953
Email rick@digitsplus.ca • www.digitsplus.ca

Keeping your business on the right track!

Expedia Cruises
Air, Land & Sea Vacations

Spain Voyage 10-Night, 7 Ports

Ports of Call: SPAIN - Barcelona, Valencia, Cartagena, Malaga, Seville; GIBRALTAR; PORTUGAL - Lisbon.
2024 Sail Date: Oct 27

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

TELL US ABOUT YOUR EVENT!

To have local events posted in *Coffee News*® please contact Duane at info@CoffeeNewsLethbridge.com

Coffee News® CONTEST WINNER

Kenneth Forbes of Lethbridge is our April contest winner

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

Luigi's North (403) 328-5555
306 13 St N, Lethbridge

Not to be used in conjunction with other discounts or promotions

Register to Win
A monthly \$20 Gift Card to Luigi's North

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

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

CASH for CARS

ANY CONDITION ANY YEAR

Also pick up batteries, propane tanks, farm equipment, unwanted metals, etc

Airport Pick-a-Part 403-308-1161

When YOU Get Paid We Get Paid

Helping You Maximize Your Financial And Physical Recovery!

Braithwaite Boyle Injury Law

800-440-8298

It's The Only Law We Do - Since 1986

Free Initial Consultation

Offices in: Calgary, Red Deer, and Edmonton

WIN 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 www.accidentinjurylawyer.com/coffeenews

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

Chelsey M. from Edmonton
Cindy C. from Sylvan Lake
Jay Z. from Edmonton

Braithwaite Boyle Injury Law 800-440-8298

It's The Only Law We Do - Since 1986

Free Initial Consultation

For contest rules, visit www.accidentinjurylawyer.com/coffeenews

Did you Know?

Sunny-side up!

It takes four hours to hard boil an ostrich egg. The north African ostrich lays an egg that weighs 31 lbs. and can bear the weight of a 250 lb man. And talking about incredible eggs, in Estonia, a chicken is said to have laid an egg with 9 yolks! It weighed 14 oz. and was 5.5 inches high and 2.7 inches wide.

Week of **Jan 30, 1989**

People Love Coffee News
Delivering SMILES since 1988

MYTH BUSTER... "PRINT IS DEAD"

FACT: 70% of respondents in a recent study admitted to trying to reduce their consumption of digital media.

Don't underestimate the **Power of Print.**

CMF Trends Report, 2019; ChoosePrint.org Study; MarketingSherpa & MECLabs Institute

ADVERTISING

It is the best form of Effective, Affordable, Weekly Advertising.

What is **Coffee News?**
Call Today
403-759-1002

GAME SHOW

CHINOOK

ORAL & MAXILLOFACIAL SURGERY

Dr. Stephen Goth Dr. James Olsen
Certified Specialists

- Wisdom Teeth Extraction
- Dental Implants

Sedation & General Anesthesia available

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

Your Weekly Horoscopes

ARIES
(March 20 - April 19)

You may have a good opportunity this week to address an old karmic wound. Try to have a conversation with someone who can help you find a resolution for this issue. Lucky numbers: 1, 7, 12, 14, 24, 37.

TAURUS
(April 20 - May 20)

At midweek, keep your eyes open for a sudden or unexpected opportunity that may surface. Don't immediately reject it because it's unusual, but carefully examine the pros and cons. Lucky numbers: 2, 6, 16, 18, 39, 43.

GEMINI
(May 21 - June 20)

Gemini can see many possibilities and can connect individual pieces into a cohesive whole. You are entering a period where you may be able to offer these skills in service to others. Lucky numbers: 6, 8, 17, 38, 41, 46.

CANCER
(June 21 - July 21)

The Sun is returning this month to the position where it was when you were born. This provides an opportunity for you to set new goals and plans to achieve them. Lucky numbers: 8, 20, 30, 31, 35, 47.

LEO
(July 22 - Aug. 22)

Your ambition level and ability to communicate your ideas effectively to others may be heightened right now. How do you want to use this dynamic to achieve your objectives? Lucky numbers: 12, 18, 38, 40, 42, 44.

VIRGO
(Aug. 23 - Sept. 22)

Virgo has the ability to complete hard, detailed, and precise work that would be more difficult for other signs. This skill may be strengthened for you at the week's end. Lucky numbers: 5, 20, 31, 34, 40, 43.

LIBRA
(Sept. 23 - Oct. 22)

You are entering an extended period where your focus may be on your role as a mother and/or as a child. This is an opportunity to address issues in this area. Lucky numbers: 11, 12, 19, 27, 34, 47.

SCORPIO
(Oct. 23 - Nov. 21)

Have you experienced communication difficulties the last two weeks? Perhaps consider making an adjustment to your style. Remember that others aren't always ready to see the truth. Lucky numbers: 9, 10, 15, 19, 26, 36.

SAGITTARIUS
(Nov. 22 - Dec. 20)

You are entering a period where your confidence may be challenged. Are there ways to adjust your behavior that could allow you to expand your sense of self? Lucky numbers: 10, 13, 23, 26, 30, 31.

CAPRICORN
(Dec. 21 - Jan. 19)

Capricorns like to feel in control, but right now that may not be the case. You may find ways to adjust things that might allow you to be more flexible. Lucky numbers: 3, 13, 20, 30, 38, 46.

AQUARIUS
(Jan. 20 - Feb. 18)

You may be very busy for the next few weeks. Plan time for relaxation if you become stressed. You are likely to be able to clearly communicate your ideas to others. Lucky numbers: 4, 5, 6, 22, 27, 47.

PISCES
(Feb. 19 - March 19)

You may receive a lot of information right now, but it may be more confusing than clarifying. It may contain an opportunity, but be sure to review it carefully before deciding. Lucky numbers: 7, 14, 23, 26, 31, 40.

Lucky numbers this week: This week's odds favour Cancer winners with the luckiest number being 30.

Did You Know...

Old tree: The Alerce Costero National Park in Chile is the home of a very old tree, possibly the world's oldest. It's a Patagonian cypress known as *Gran Abuelo* ("great-grandfather") and is estimated to be almost 5,500 years old.

Scenic road: Only one road goes to a village called Cuevas del Agua in northern Spain. Travelers must drive on a narrow roadway that goes through a 300-metre (984-ft.) natural cave, complete with stalagmites and stalactites.

Hear the sound: When movie viewers hear raindrops pattering on a window or piano keys tinkling under someone's fingers, this is "diegetic" sound. The sound happens while the action takes place in the film; it is not added later.

Multi-talented: American musician Prince (1958-2016) played at least 27 instruments, including guitar, bass, piano, drums, and orchestral bells. He also wrote many hit songs performed by others, such as "Manic Monday" by The Bangles.

Delightful sandwich: A restaurant in Brookings, South Dakota (U.S.), serves a specialty of the state: pheasant sandwich. Made from the meat of this wild fowl, the restaurant's version also includes apples, cranberries, and pecans.

On the Lighter Side

My brother got a job making telescopes. Things are really looking up.

Son: "Why did you buy this TV? It's stuck on full volume."
Dad: "I know. It was so cheap, I couldn't turn it down."

Why are fish such terrible basketball players? They're afraid of the net.

The sheep all went into the barn together. They were tightly knit.

Knock! Knock! *Who's there?* Thermos. *Thermos who?* Thermos be a better joke than this one!

Answers

Trivia answers: 1. Isosceles 2. True 3. Biomes 4. Heracles 5. Analog

For available franchise opportunities - visit www.coffeenewscanada.com

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 through the Community Foundation.



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



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

An OPTIMA LIVING Community

Come experience carefree senior living

Scan or call to book your visit



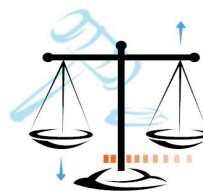
403.625.5520



cottonwoodvillage.ca
4224 8th Street West, Claresholm, AB

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

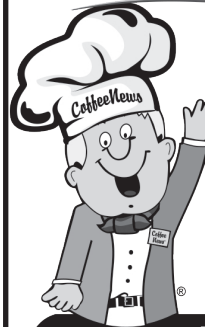
Faber Sharpening

"Giving You an Edge Since 1979"

(403) 381-3660

sales@fabersharpener.ca

Lemony Hearts of Palm Salad



Ingredients

- 1/4 - Sliced Red Onion
- 2 Cups - Sliced Hearts of Palm
- 1 Cup - Sliced Celery
- 3 Tbsp. - Lemon Juice
- 3 Tbsp. - Olive Oil
- Chopped Parsley

RECIPE PREPARATION

1. Soak red onion in cold water, 10 minutes; drain.
2. Toss with onions with hearts of palm, celery and some chopped parsley.
3. Add lemon juice and olive oil.
4. Season with salt and pepper.
5. Serve over arugula drizzled with olive oil.