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Banana Wake-Up Bars



Ingredients

1/3 cup - peanut butter 1/3 cup - brown sugar

¹**/₂ tbsp.** - butter

1 - egg

½ tsp. - vanilla extract 1 - ripe banana, mashed

1/3 cup - rolled oats

1/3 cup - all-purpose flour

2 tbsp. - wheat germ 1/4 tsp. - baking soda

RECIPE PREPARATION

- 1. Preheat oven to 350 degrees F (175 degrees C). Grease a 9x9-inch baking pan.
- **2.** In a mixing bowl, beat together the peanut butter, brown sugar, and butter with an electric mixer until smooth and fluffy. Beat in the egg and vanilla extract, then the banana. Stir in the oats, flour, wheat germ, and baking soda until completely combined. Spread in prepared baking pan.
- **3.** Bake in the preheated oven until set and lightly browned, 20 to 25 minutes. Remove from oven and cool in pan on wire rack before cutting into bars.

Coffee News®



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LETHBRIDGE NORTH & West Side

403-759-1002

Vol. 14 No. 23 June 5, 2023

Everybody's Talking!

Video haven: Making videos for social media platforms has become quite prevalent, but perhaps nowhere as much as in a small village called Tulsi in Chhattisgarh State, India. With a population of about 3,000, more than one-third of Tulsi's residents are in the business of making and posting their very own videos. A few years ago, friends Gyanendra Shukla and Jai Verma quit their jobs to make videos. In no time, they were making good money from their endeavours, and many of their neighbours decided to give it a try, too. Videos from the village cover topics like music, education, do-it-yourself information, and even original dramas. Maybe one day a village star will reach the big screen.

Taking offense: For a while, motorists in Spain's Balearic Islands may have had a way out of their traffic infractions. There was a man whom they could call and, for a charge, he would take the blame for strangers' violations. That kept their driving records unblemished. Before getting caught, the unnamed man had "helped" almost 100 people. Authorities eventually caught on when they realized the man had admitted to two different driving offenses in one day, but those offenses had happened too far apart for him to have been in both places. They also noticed that his licence had been suspended long ago because he had collected so many demerits for other people's violations.

Bright road lines: Those traveling on a one-kilometre (3,281-ft.) stretch of road in the Australian state of Victoria may have thought they'd come upon a science fiction movie set. That's because the route was the test site for a new kind of highway line that glows in the dark. For the markings, an Australian company called Tarmack Linemarking used a photoluminescent coating, which stores the sun's light and then emits it at night. The new substance worked well, with the lines being quite visible for night drivers, making travel safer. The only drawback of the "photo-luminescent delineation treatment," as it's called, is that after overcast days, the lines may lose their "glow."

Going barefoot: A young man from Cambridge, England, doesn't like wearing shoes, and he has proven as much by throwing away all of his footwear. Since 2021, George Woodville has been going barefoot all the time, and he does not care what the weather is like, saying his feet get used to being both hot and cold. He's run into a few problems along the way, such as grocery store owners kicking him out due to his dirty feet. However, Woodville is more than willing to dunk his feet into a pail of water to tidy them up for fussy merchants. Some people must love the idea because he has many followers on his multiple social media platforms.

Quoteable Quotes

"Only a fool tests the depth of the water with both feet."

"Don't waste a minute not being happy. If one window closes, run to the next window—or break down a door.'

-Brooke Shields

What's Happening

- The Southern Alberta branch of the National Association of Federal Retirees are celebrating our 60th Anniversary Saturday, June 10 **beginning 11:30am** at Elks Compound. Inviting all current, retired employees of all Federal Government departments. Free for those attending. RSVP by June 1 to 403-328-0801 or nafr18@shaw.ca We look forward to seeing you!
- Sunday, June 4 is the 28th annual Gutsy Walk to stop Crohn's disease and ulcerative colitis. Participants will be in Lethbridge and all over Canada. For more information on the Gutsy Walk see https://gutsywalk.ca/about/Why-Walk.aspx To Register for the walk: Home - Crohn's and Colitis Canada's Gutsy
- The PAW Society is holding its annual book sale Wed. June 7 Fri. June 9 from 11a.m. - 7p.m. and Sat. June 10 from 10 a.m. to 3p.m. at the Lethbridge Fish and Game Association HUT, 9th Ave & 10th St. S. Donations of books are greatly appreciated and accepted at the HUT Sun. June 4 - Tuesday June 6 from 11a.m. - 7p.m. No donations accepted after June 6. No textbooks or encyclopedias please. For more info. call Joan at 403 732-5708.
- Parkbridge Estates Tenants' Association Annual Yard Sale, 2920 29 Ave S., Lethbridge 9:30 a.m. - 1:00 p.m., Saturday, June 10. Rain or Shine. Multiple houses.

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Trivia

- 1. This fleshy tissue hangs down near the back of the mouth.
- _ is a wheel with a rope, cord, cable, chain, or belt
- 3. Waitangi Day celebrates what country's founding document?
- 4. Did the Edmonton Oilers win the Stanley Cup between 1956-1960?
- 5. How long is the gestation period for an elephant?

(Flip bottom of page for answers)

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Everybody's Talking

Gaff of the Week: David Brady of Manchester, N.H. built a lucourious \$30,000 pool and patio in his backyard onlyto discover it wasn't his backyard! A survey revealed the landactually belonged to Manchester Water Works, and WaterCommissioners are still deciding if they'll make Bradt remove the patio and pool.









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Your Weekly Horoscopes

ARIES (March 21 - April 20)



You are more than halfway through an eightyear cycle where old wounds resurface in order to be healed. This week may be good for obtain-

ing information that can help. Lucky numbers: 8, 17, 23, 32, 34, 39.

TAURUS (April 21 - May 21)



An unexpected opportunity could suddenly appear this week, and you might be more open to seeing it than you usually would be. You may want to examine

it carefully before deciding. Lucky numbers: 3, 5, 19, 22, 38, 47.

GEMINI

(May 22 - June 21)



Gemini is one of the signs that is good at picking up information from the ethereal realm. Your ability to do so could be heightened over the next few weeks. Lucky numbers: 6, 9, 16, 19, 23, 29.

CANCER (June 22 - July 22)



Your emotions and thoughts may be out of sync early in the week. Wait a few days and this could improve. Meanwhile, you might want to postpone

any important decisions. Lucky numbers: 16, 19, 33, 36, 38, 47.

LEO (July 23 - Aug. 23)



Your focus for the next few months may be on romance. This period might provide an opportunity, but seeing the other person clearly, including is important. Lucky num bers: 29, 32, 37, 41, 43, 46.

VIRGO

(Aug. 24 - Sept. 23)



Your typically stable emotional nature may be out of sorts at the end of the week. This might be an opportunity to stretch your comfort zone and

explore your intuition. Lucky numbers: 5, 7, 12, 15, 24, 41.

(Sept. 24 - Oct. 23)



If you are having difficulty communicating with someone, now may be a good time to resolve the situation. However, you might need to be the first one to reach out. Lucky numbers: 12, 17, 23,

28, 33, 47. **SCORPIO**

(Oct. 24 - Nov. 22)



Are your intuitive abilities not working properly now? Consider where you could adjust your thought processes to accommodate new forms of information and data. Lucky numbers: 2, 3, 12, 16,

SAGITTARIUS

(Nov. 23 - Dec. 21)



You may find that others are putting obstacles in the way of something you want. Rather than fighting this, perhaps consider changes you might want

to make. Lucky numbers: 9, 13, 18, 21,

CAPRICORN (Dec. 22 - Jan. 20)



Your insecurities may surface this week and encourage you to focus obsessively on a particular situation. Breathe deeply and wait it out, rather

than immediately responding. Lucky numbers: 4, 18, 21, 29, 38, 43.

AQUARIUS (Jan. 21 - Feb. 19)



The detached energy that makes Aquarius a fine humanitarian can create distance in personal rela-tionships. Now may be a good time to be aware of

and positively address this. Lucky numbers: 1, 4, 21, 30, 40, 44.



(Feb. 20 - March 20) You may receive a wave of information from your unconscious now. Try not to let yourself be overwhelmed by it. Instead, see how it can help guide

you on your path. Lucky numbers: 7, 11, 18, 19, 25, 48.

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

Did You Know...

City of blue: The city of Jodhpur in Rajasthan, India, is full of blue-coloured houses. Called Brahmin blue, the calming colour has been found to repel mosquitos and keep houses cooler.

Rocky outcrop: The Farallon Islands lie about 27 miles (43 km) off the coast of San Francisco, California (U.S.). Indigenous peoples called them Islands of the Dead. The series of steep cliffs provide refuge for birds and other wildlife.

Tiny creature: The bumblebee bat (Craseonycteris thonglongyai) of Thailand and Myanmar is the smallest bat in the world. Also known as Kitti's hog-nosed bat, these wee creatures are smaller than a thumb and weigh only about 2 grams (0.07 oz.).

Pop royalty: Madonna, known as "The Queen of Pop," is a versatile musician and songwriter whose many songs have topped the charts over the years. She was born Madonna Louise Ciccone in 1958 in the U.S. state of Michigan.

Clean teeth: An expensive alternative to grocery store toothpaste is Theodent 300. Costing \$100 (USD) or more per tube, it contains a trademarked ingredient derived from cacao that is supposed to strengthen enamel.

On the Lighter Side

Ernie: "Are you a light sleeper?"

Bernie: "No, I like to sleep in the dark."

Why did the circus performer get tired? He was juggling two

Sign in a veterinarian's waiting room: "Be back in 5 minutes. Sit! Stav!"

Knock! Knock! Who's there? Dozen. Dozen who? Dozen anybody want to come out and play?

A persistent banker kept bothering me. He wouldn't leave me a loan.

Answers

4. No 5. 22 months

Trivia answers: 1. Uvula 2. Pulley 3. New Zealand

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