

What's Happening In Lethbridge?

LA BEAT
Lethbridge's Arts and Entertainment Magazine

Arts • Music • Drama

Check Us Out!
The Only Online
Entertainment Guide
www.labeat.ca

Email Your Events To editor@labeat.ca

FREE! **Coffee News**®

"News To Be Enjoyed
Over Coffee"

**LETHBRIDGE
SOUTH
& Coaldale**

403-759-1002

info@coffeenewslethbridge.com
www.CoffeeNewsLethbridge.com

Vol. 14 No. 24 June 12, 2023

When YOU Get Paid We Get Paid

Over HALF A BILLION Recovered For Our Clients!

**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

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

Coffee News

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

MNPdebt.ca

MNP LTD
Toll Free 310-DEBT

CONSUMER CHOICE AWARD 2022 LETHBRIDGE

LOCK OUT YOUR COMPETITION!

Only ONE Advertiser per business can advertise with **Coffee News**®

Hurry, before your Category fills up!

403-759-1002

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.expediacruz.com/AnnetteBurton

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

Trivia

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

(Flip bottom of page for answers)

© Published with Permission by Lethbridge **Coffee News**®

(Over)

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 "heavy-fired" 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 Garcia 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, Garcia 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 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 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 403-320-3064.
- 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 403-331-0504

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

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

GENERAL DENTISTRY FOR THE WHOLE FAMILY

LAKEVIEW DENTAL

Dr. Wes Fournier & Dr Michael Goldie
403-327-1881
1111 MAYOR MAGRATH DRIVE SOUTH, LETHBRIDGE, AB

New Patients Always Welcome

BUY DIRECT!
with Personalized Service

Residential & Commercial Applications
New, Renovations, Shops, Garages, Sheds

877-653-1556
chiefmtrussco@gmail.com

CHIEF MOUNTAIN TRUSS COMPANY

Roof & Floor Trusses

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**

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**

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

Call **403-759-1002**

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



SUDS

COIN
LAUNDRY

OPEN DAILY
7AM - 10PM

DO IT YOURSELF
STARTING AT \$5/LOAD

DROP OFF SERVICE
Let us WASH, DRY & FOLD
STARTING AT \$95/MONTH

DELIVERY SERVICE
Let us WASH, DRY, FOLD & DRIVE
STARTING AT \$99/MONTH

1508 9TH AVE S
(587) 330 9996

@suds_laundry_yyc
www.suds-laundry.ca



**Smarvellous
DESIGNS**

Animated Explainer Videos Video Composition/Editing
Text-to-Speech Narration Social Media Graphics
Brand Identity Marketing Material Design

LET'S DESIGN SOMETHING SMARVELLOUS!

smarvdesigns.ca

jarah@smarvdesigns.ca

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@fabersharpending.ca

Lethbridge HEARING CENTRE

"Locally Owned and Family Operated,
FULL SERVICE HEARING CENTRE
• Latest Digital and Bluetooth Devices
and Equipment

• Hearing Protection and Workplace
Testing Available
• 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

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

Parenting Tips

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

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 some-
thing 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 con-
versations 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.

LIBRA
(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. Per-
haps you want to post-
pone 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 oppor-
tunity toward the end of
the week to step outside
the comfort zone of your
stable Capricorn nature.
You might see the situ-
ation 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 person-
ality 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 quite 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
books.

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

Answers

Trivia answers: 1. Metamorphosis 2. Hook 3. Glacier
4. Belgium 5. Strong southernly wind

For available franchise opportunities - visit www.coffeenewscanada.com

© Published with Permission by Lethbridge Coffee News®

(Over)

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



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

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

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

Member of the College of Alberta Denturists
Member of the Denturist Association of Alberta www.foxdentureclinic.ca

TELL US ABOUT YOUR EVENT!

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



ADVERTISING

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



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

GAME
SHOW



Trivia

Q In what country does a
true Bohemian live in?

A: Czechoslovakia

People Love Coffee News®
Delivering SMILES since 1988