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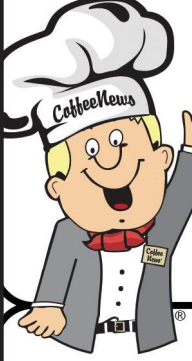
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Banana Oat PB Breakfast Cookies



Ingredients

- 2 - ripe bananas, mashed
- 2 cups - oats
- 2 tbsp. - peanut butter
- 1 scoop - protein powder, or to taste (Optional)
- 1/2 tsp. - salt
- 1 dash - ground cinnamon (Optional)

RECIPE PREPARATION

1. Preheat oven to 350 degrees F (175 degrees C).
2. Mix bananas, oats, peanut butter, protein powder, salt, and cinnamon together in a bowl.
3. Drop tablespoonfuls of banana mixture 2 inches apart onto a nonstick baking sheet.
4. Bake in the preheated oven until golden, about 15minutes. Transfer to a wire rack; let cool, about 20minutes.

allrecipes.com

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Vol. 14 No. 31 July 31, 2023

Everybody's Talking!

Bee crazy: Travelers to Provincia di Matera in the southern part of Italy can now get up close and personal with bees. Airbnb owner Rocco Filomeno has found a way to incorporate bees into his accommodation. Calling his place an "air bee and bee," the host offers a one-room house that sits amid nine apiaries. The high ceiling of the wooden structure has a glass hive through which guests can watch a colony of bees hard at work. They can go to sleep at night hearing the soft buzzing and smelling the gentle scent of the bees and their honey. The accommodation is situated on Filomeno's olive farm near the village of Grottole.

Look-alike: Arthid Duangsri of Chiang Rai, Thailand, sported long hair and a beard in his younger years. Now, the bulked-up, bald man is well known as the Thai Vin Diesel, the Hollywood star from the *Fast and Furious* movie franchise. The fan started to transform himself into that movie's Dominic Toretto character almost a decade ago when a friend suggested he could pull it off. So he shaved his head and began working out in a gym. Today, he looks so much like Vin Diesel that people stop him in the street and ask for photographs. His brother even helped him to soup up a car to resemble the one that Dominic Toretto drives in the movies.

Dog business: A pair of animal lovers in Skagway, Alaska (U.S.), has found a way to bring the dog community together in this small mountain town. The married couple, Mo and Lee Thompson, are available to pet sit, train, and walk people's pooches. They use an intriguing way to make their rounds, picking up the dogs at their residences on a small bus. The dogs are so well trained that, after waiting patiently in their yards, they hop on the bus, greet their dog pals, and then jump up on their assigned seat to be harnessed in for the ride to the dog park. The business grew quickly for the Thompsons, who are thrilled to be involved with such a rewarding undertaking.

Keep running: Running a marathon or completing an Iron Man triathlon is a tough feat, even for someone who is in topnotch health. But an Australian man named Russell Winwood has proven that, with effort, a difficult diagnosis can be overcome to live a dream. Winwood has chronic obstructive pulmonary disease (COPD), which makes breathing difficult because it negatively affects his lung capacity. However, the Brisbane man worked on improving his respiratory fitness by training, eating well, and consistently taking his prescribed medication. Today, he runs full marathons around the world. He wears an oxygen tank on his back and runs with a partner.

Quoteable Quotes

"Nothing haunts us like the things we don't say."
—Mitch Albom

"When someone shows you who they are, believe them the first time."
—Maya Angelou

What's Happening

- **Hootenanny! Wednesdays through Saturdays, 10:30 am for 35 min until the end of July** on Rotary Square at Casa. A FREE outdoor play for the whole family. Wild comedy, zany characters, puppets, music and more. There is a FREE post-show drama workshop for the younger audience members. Performance dependent on weather.
 - **Fostering the Development of Diverse Abilities.** Presentation by Paul Henderson Peak Vocational & Support Services Free potluck supper, Fun and learning, conversation and Q&A, Sunday, July 30, 6 p.m. at the Baha'i Centre 9-310 12 St. S. RSVP. Mohsen @ ph./text 403-394-8888 chinookhomes@gmail.com
 - **Rotary Club of Lethbridge EAST is having a 6:00 pm meal and a presentation EVERY Tuesday in the Saddleroom of the Exhibition (South Entrance).** Want to meet community oriented people for friendship and fun? Rotary is a great group of over a million like-minded men and women the world over. Take a chance. Questions? Call Chuck 403-360-3301
 - **The Harambee Grandmas are now welcoming donations of unused fabric, yarn, and notions in preparation for our 6th annual Fabric and Yarn Sale.** For pickup or delivery, please contact us at harambeegrandmas@telus.net or call 403-331-0504
 - **Check out Lethbridge.ca and their Community Calendar of Events for a list of activities available in the area.**
- HAVE YOUR NON-PROFIT COMMUNITY EVENTS INCLUDED FOR FREE. Contact us at www.CoffeeNewsLethbridge.com**

Trivia

1. Construction of the Cathedral of Notre Dame began in 1099, 1163, or 1812?
2. An arcade, arch, or balustrade is a series of arches supported by columns?
3. Obsidian is an igneous, metamorphic, or sedimentary rock?
4. What is a piece of land almost completely surrounded by water?
5. A niddy noddy is a tool to wind yarn into skeins—T/F?

(Flip bottom of page for answers)

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May 1 Draw Winners: Chelsey M. from Edmonton, Cindy C. from Sylvan Lake, Jay Z. from Edmonton

June 1 Draw Winners: Frank H. from Sylvan Lake, Sandy P. from Calgary, Steven R. from Lethbridge

July 1 Draw Winners: Rodney B. from Lethbridge, Brian P. from Edmonton, Natasha W. from Red Deer

TELL US ABOUT YOUR EVENT!




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

Did you Know?

Painter extraordinaire!
Leonardo da Vinci, best known for his painting, the "Mona Lisa", was also an inventor - hundreds of years before his time. In among his meager belongings were found sketches of a helicopter, machine gun and parachute, hundreds of years before they were invented.

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Your Weekly Horoscopes

ARIES (March 20 - April 19)



At midweek, you may be particularly ambitious about achieving your objectives. However, be careful of being overly aggressive with others in the process.

Instead, try to work toward a win-win. Lucky numbers: 11, 17, 19, 21, 29, 47.

TAURUS (April 20 - May 20)



The Taurus-born are usually conservative in risk taking. But now you may have a strong desire to do something big and bold. Before acting, consider

the potential risks and rewards. Lucky numbers: 13, 17, 24, 31, 34, 40.

GEMINI (May 21 - June 20)



Your ambition level might be high right now, supported by an easy energetic flow. This might be a good time to start new creative endeavours outside of your comfort zone. Lucky numbers: 2, 7, 25, 28, 34, 37.

CANCER (June 21 - July 21)



Cancers don't usually bring attention to themselves and their accomplishments. Now may be a good time to find a hidden opportunity that could encourage you to do so. Lucky numbers: 12, 18, 22, 23, 42, 43.

LEO (July 22 - Aug. 22)



Are you of two minds right now about an important decision? Developing a list of the pros and cons may clarify your choice. Otherwise, perhaps wait a few days to decide. Lucky numbers: 4, 6, 10, 23, 42, 45.

VIRGO (Aug. 23 - Sept. 22)



Virgos like to focus on achieving concrete results. Midweek, you may have the opportunity to expand your endeavours into developing deeper relationships. Accepting this challenge is your choice. Lucky numbers: 5, 9, 12, 16, 17, 41.

Lucky numbers this week: This week's odds favour Gemini winners with the luckiest number being 37.

LIBRA (Sept. 23 - Oct. 22)



Is there something you want to do but haven't, maybe for fear of upsetting someone? At the end of the week, you might find the courage to do so anyway. Lucky numbers: 6, 17, 21, 26, 37, 43.

SCORPIO (Oct. 23 - Nov. 21)



Do you feel that others are putting obstacles in your path right now? Is there a resolution that you could offer that does not compromise your values and sense of self? Lucky numbers: 14, 17, 28, 33, 46, 48.

SAGITTARIUS (Nov. 22 - Dec. 20)



Things may be flowing easily for you right now. If so, are you giving your maximum effort to achieve your objectives? If not, are those goals truly what you want? Lucky numbers: 1, 12, 14, 22, 23, 35.

CAPRICORN (Dec. 21 - Jan. 19)



Capricorns often vigorously defend tradition and stability, even to their detriment. Consider asking yourself where you can make an adjustment in viewpoint without abandoning your values or authentic self. Lucky numbers: 15, 18, 24, 25, 31, 47.

AQUARIUS (Jan. 20 - Feb. 18)



This may be a good time to review your efforts over the last six months. Complete anything that needs to be wrapped up, but consider holding off on starting new projects. Lucky numbers: 7, 12, 15, 24, 34, 41.

PISCES (Feb. 19 - March 19)



Your Pisces connection to the ethereal realm may be particularly strong now. If you feel discouraged at the end of the week, seek out allies who can help lighten your mood. Lucky numbers: 3, 4, 14, 25, 31, 42.

Did You Know...

Heightened status: The Grand Canyon in Arizona (U.S.) became a National Park in 1919, while an original, smaller version of today's Grand Teton National Park in Wyoming received that status in 1929.

Long horns: A spider that looks scary but won't hurt humans is the long horned orb-weaver (*Macracantha arcuata*). Its distinguishing feature is the presence of two spiny "horns" that grow from its sides.

Moon time: The planet Mars has two moons, Phobos and Deimos. Phobos is close to the planet's surface and completes three orbits in each Martian day, which is about 17 minutes longer than an Earth day.

Ear movement: Not many people can move their outer ears back and forth, like a cat. However, humans have three auricular muscles that some folks are able to voluntarily engage, making for an interesting trick.

On TV: The first, full National Hockey League game on TV was on February 25, 1940, on New York's W2XBS, an experimental station. The station's 300 subscribers watched the New York Rangers beat the Montréal Canadiens, 6-2.

On the Lighter Side

Customer: Do you have a camouflage jacket?
Clerk: We have dozens but I can't find them.

How does a clock put on its gloves? One hand at a time

Electric company sign: "We'd be delighted if you pay on time. If not, YOU will be de-lighted."

Knock! Knock! Who's there? Byte. Byte who? Byte you're happy to see me again!

The ship's captain had to dock in a very tiny space. He was under a lot of pier pressure.

Answers

Trivia answers: 1. 1163 2. Arcade 3. Igneous 4. Peninsula 5. True

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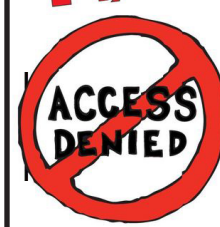
Don't Stress About Dinner. Serve a food again and again.

If your child rejects a new dish, don't give up hope. You may have to offer it another six, eight, or even 10 times before he eats it and decides he likes it.

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