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AUGUST 7, 2023

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Laraine Hamman of Lethbridge is our June contest winner

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Everybody's Talking!

Handy skill: Having strong hands is convenient, especially when a lid won't come off a jar. But a man from Germany has taken strong hands to a new level. Muhamed Kahrmanovic, who has earned the nickname "Hammer Hands," broke a record when he used his hands to break 68 baseball bats in just one minute. The man is also able to whack open coconuts using only one hand, crush aluminum cans, and smash glass bottles and slabs of concrete. Kahrmanovic gained his strength because he took part in taekwondo classes when he was a child. At first he was a student and later became an instructor.

Tree cutter: A criminal on the loose in the U.S. state of Oregon is going to be in considerable trouble when caught. The culprit is not stealing anything or hurting anyone, but the crime is serious. Since the summer of 2021, someone has been cutting down trees in the forests near the Portland suburb of Gresham. Known as the "Gresham Lumberjack," the person has felled hundreds of trees, and no one knows why anyone would do such a thing. Residents are upset by the destruction, and authorities have increased their efforts to crack the case by using hidden cameras. When the lumberjack is found, heavy fines definitely will be issued.

Rub it out: Those who make a lot of mistakes in their writing might want to consider buying something that will make erasing errors easy: the Radar S10000 eraser. Enormous in comparison to the usual small erasers found in desk drawers, this one measures 276 x 141 x 43 mm (10.9 x 5.5 x 1.7 in.) and weighs over 2.2 kilograms (4.9 lbs.). It's part of the popular Radar product line of a Japanese company called Seed. Originally, they made such a large eraser as a prize giveaway. However, consumers showed such an interest that Seed produced more and made them available for purchase.

Mall skating: Citi Plaza, a mall in London, Ontario (Canada), is the venue for an occasional but unique event: an evening of roller skating. Put on by Retro Rollers, Inc., and MainStreet London, the ticketed event lets about 400 skaters whiz by store outlets to their hearts' content. It's quite an experience for people who love this retro sport. Instead of walking around and shopping, they are allowed to don their skates in a very large venue. The event also includes a family skate so that little kids don't have to worry about speedsters getting too energetic in their presence. For many, the evening provides hope that the sport will become popular again.

Quoteable Quotes

"Don't wait around for other people to be happy for you. Any happiness you get you've got to make yourself."
—Alice Walker

"If I were to wish for anything, I should not wish for wealth and power, but for the passionate sense of the potential."
—Søren Kierkegaard

What's Happening

- **Summer Nature Walking Club!** Walk in a different Lethbridge park each morning with a local naturalist. Aug. 8, 22 and Sept. 5 from 8:30 - 10:30 am. FREE to attend. Call to register: 403-320-3064. Sponsored by the Helen Schuler Nature Centre, Lethbridge Senior Citizens Organization & Nature Lethbridge.
- **Help us plant 1000 trees in 2023!** The big trees we now enjoy were planted many years ago by someone like you. Planting trees will benefit Lethbridge for generations to come. 1) Select and plant a tree for your yard or business. (Choose the right variety of tree by visiting our website. 2) Name and register your tree on our website so we can get to 1000! Visit nature.lethbridge.ca/1000trees
- **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. One of the Luxor Obelisks is in Istanbul, Paris, or London?
2. Jell-O was invented in 1897, 1927, or 1947?
3. This word for knot-tying craft is from the Arabic *migramah*.
4. There are 16, 26, or 32 bones in the foot?
5. What number starts with 1 and is followed by 100 zeros?

(Flip bottom of page for answers)

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May Draw Winners	June Draw Winners	July Draw Winners
Chelsey M. from Edmonton Cindy C. from Sylvan Lake Jay Z. from Edmonton	Frank H. from Sylvan Lake Sandy P. from Calgary Steven R. from Lethbridge	Rodney B. from Lethbridge Brian P. from Edmonton Natasha W. from Red Deer

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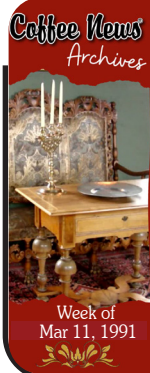
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Parenting Tips

Avoid food fights. A healthy child instinctively knows how much to eat. If he refuses to finish whatever food is on his plate, just let it go. He won't starve.



www.parents.com



On the Lighter Side ...

"Our furniture goes back to Louis XIV unless you pay Loius before the 14th."



Week of Mar 11, 1991

Your Weekly Horoscopes

ARIES

(March 20 - April 19)



Did you establish a new set of goals during your birthday month? If so, now is a good time to review how things are going and where to make changes. Lucky numbers: 3, 8, 9, 13, 21, 46.

TAURUS

(April 20 - May 20)



Are you craving freedom right now, especially regarding a perceived restriction in your relationships? Having a heartfelt conversation with your partner may reveal a resolution you can both agree on. Lucky numbers: 4, 6, 7, 16, 21, 48.

GEMINI

(May 21 - June 20)



Geminis have the ability to absorb information from the ether. This dynamic may be heightened at midweek. If it becomes overwhelming, you may want to retreat for a few days. Lucky numbers: 6, 7, 17, 19, 35, 45.

CANCER

(June 21 - July 21)



At the end of the week, you may feel moody and out of sorts. To avoid a relationship issue, be aware of these feelings as you interact with others. Lucky numbers: 9, 13, 27, 29, 43, 48.

LEO

(July 22 - Aug. 22)



The focus for you right now may be someone or something you are passionate about. Enjoy the emotional high, but avoid making any decisions that would be difficult to reverse later. Lucky numbers: 11, 18, 27, 36, 38, 42.

VIRGO

(Aug. 23 - Sept. 22)



If you aren't as assertive in your interactions with others as you would like to be, the potential exists now to be so. The reverse dynamic may also be true. Lucky numbers: 2, 4, 13, 21, 31, 32.

LIBRA

(Sept. 23 - Oct. 22)



The current energy pattern may provide more ambition for you to accomplish your goals. However, you may need to actively seek out an opportunity to manifest this potential. Lucky numbers: 8, 25, 27, 33, 38, 48.

SCORPIO

(Oct. 23 - Nov. 21)



Scorpios can see hard truths that can be difficult to communicate to others. At midweek, it may be easier to do so. How can you cultivate this going forward? Lucky numbers: 16, 17, 22, 32, 35, 38.

SAGITTARIUS

(Nov. 22 - Dec. 20)



A well-defined life philosophy or belief system is important for many Sagittarians. You may encounter some new ideas that you have not seen before. How should you incorporate them? Lucky numbers: 7, 10, 26, 46, 47, 48.

CAPRICORN

(Dec. 21 - Jan. 19)



Is someone in your orbit, especially a woman, interacting with you in a particularly emotional manner? Consider how you may be contributing to the issue and make changes as needed. Lucky numbers: 1, 8, 10, 32, 36, 39.

AQUARIUS

(Jan. 20 - Feb. 18)



Is your personal or business partner putting an obstacle in the way of your goals? Work with them to understand the underlying cause and get to a win-win solution. Lucky numbers: 7, 11, 29, 35, 41, 47.

PISCES

(Feb. 19 - March 19)



Pisces can sometimes be discouraged about themselves and their experiences. There may be an opportunity now to make an adjustment that encourages you to be more optimistic going forward. Lucky numbers: 5, 9, 19, 26, 29, 35.

Lucky numbers this week: This week's odds favour Leo winners with the luckiest number being 27.

Did You Know...

Taste test: Some folks taste things more distinctly than others because of a higher-than-normal concentration of taste buds on their tongues. These "supertasters" find some flavours strong, such as the bitterness of broccoli or grapefruit.

Based on reality: The famous television series M*A*S*H is based on a novel called MASH: A Novel About Three Army Doctors. The book was a collaboration between real-life army surgeon H. Richard Hornberger (pen name Richard Hooker) and writer W.C. Heinz.

Big mushroom: Zambia, as well as parts of West Africa, is home to an edible mushroom called *Termitomyces titanicus*. The caps on these huge fungi can measure about one metre (3 ft.) across. Locals love them for their smoky flavour.

Big bunnies: Those looking for a pet rabbit might want to consider a breed called the Flemish Giant. Weighing up to about 10 kg (22 lbs.), it is the largest breed of rabbits in the world. Their gentle, relaxed personalities make them good pets.

Funny name: A town in the Canadian province of British Columbia is called Youbou. The moniker comes from the names of two staff members at a lumber company: Mr. Yount and Mr. Bouten.

On the Lighter Side

Knock! Knock! *Who's there?* Bond. *Bond who?* Bond to succeed if you keep trying!

You can't always be a Winter Olympics champion. You win some, you luge some.

Waiter: "How did you find your steak, sir?"
Diner: "I moved my french fry and there it was!"

Why are pianos good with locks? They have a lot of keys.

Your fences need to be horse-high, pig-tight, and bull-strong.

Answers

Trivia answers: 1. Paris 2. 1897 3. Macramé 4. 26 5. Googleplex

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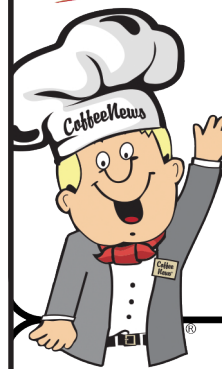
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- 1 cup - rolled oats
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- 1/2 cup - ground flax meal
- 1/2 cup - peanut butter
- 1/3 cup - honey
- 1 tsp. - vanilla extract
- 1/4 tsp. - salt



RECIPE PREPARATION

1. Stir oats, chocolate chips, flax meal, peanut butter, honey, vanilla extract, and salt together in a bowl.
2. Roll into 24 balls and refrigerate until firm, at least 30 minutes.

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