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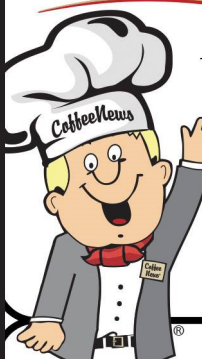
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Thirty Minute Chili



Ingredients

- 1 lb - ground beef
- 14.5 oz. - can diced tomatoes
- 15 oz. - can kidney beans, drained
- 1.25 oz. - package chili seasoning mix

RECIPE PREPARATION

- Crumble the beef into a large skillet over medium to high heat. Cook and stir until evenly browned.
- Drain off grease, and mix in the tomatoes, kidney beans and chili seasoning mix. Reduce heat to medium, and simmer for 15 minutes.

allrecipes.com

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LETHBRIDGE NORTH & West Side

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www.CoffeeNewsLethbridge.com Vol. 14 No. 39 September 25, 2023

Everybody's Talking!

Straight arrow: If you want to get into an archery competition with someone, stay clear of Lars Andersen because he is bound to come out on top. The Danish archer has proven time and time again that his archery skills are exceptional. For example, he broke a record when he consecutively shot seven arrows through a very small keyhole from 30 feet away. The wee opening, which was located in a door, was less than one centimetre in diameter. Anderson shot his seven arrows with barely a break between each successful attempt. He is also capable of shooting 10 arrows in less than five seconds. He is interested in historic archery and uses traditional methods in the sport.

Furry feel: What if you love cats, but your rented accommodation won't allow pets? Or what if you wish to stroke a cat, but are allergic to felines? Worse yet, what if petting a cat eases your stress, but for the above reasons, you can't have one? Then you might want to try bed linens and blankets made by a Japanese company called Nissen. To help cat lovers who can't have a cat, these products are made with material that feels like a cat's coat. When designing the artificial feline fur, the company asked cat-loving employees to test it for everything from softness to thickness, and even colour. The products in the line, called Neko Feel, sell very fast!

Ardent fan: People in Argentina love soccer, and for many, missing a World Cup soccer game would be a travesty. When the Argentina-versus-Croatia game was set to start on television during the last World Cup, an ardent fan in Buenos Aires realized that the bus he was riding during rush hour would never get him home in time. So, when the driver got off for a minute, the fan took advantage of the moment, jumped in the driver's seat, and hijacked the bus! He drove it as close to his home as possible. Meanwhile, the driver called police, who managed to apprehend the man before he reached his house. After all this, the fan missed the game!

Cell phone theft: Getting your cell phone stolen is one thing, but having 125 of them snatched in a grab-and-run theft is quite another. That happened to an unnamed New York City man. The fellow was a regular at a Fifth Avenue electronics store. He would buy many phones for the purpose of reselling them through his business. At the time of the theft, he had just left the store with three bags of the devices. A car pulled up and two men emerged, demanding the bags. The victim put up a fight, but the thieves got away with one bag, which contained 125 phones worth \$95,000 (USD). Police are looking into the matter.

Quoteable Quotes

"If I create from the heart, nearly everything works; if from the head, almost nothing." — Marc Chagall
"Knowledge will give you power, but character respect." — Bruce Lee

What's Happening

- On September 25th at 6:30 in the gallery at the Public Library: presentation by Karen Barby of Green Haven Garden Centre on fall perennials including when and how to plant this time of year, how to divide, and how to set perennials up for the winter. Between 6:00 and 6:20 there will be a perennial plant exchange in the parking lot of the library. If you have divided some, bring them to share and/or take away.
- The Harambee Grandmas 6th annual Fabric and Yarn Sale is on Fri. Oct. 20 & Sat. Oct. 21 at McKillop United Church. DONATIONS of unused fabric, yarn, and notions will be gratefully ACCEPTED UNTIL OCTOBER 1. Call 403-331-0504 or email us at harambee_grandmas@telus.net to arrange for pickup or delivery. Check Facebook for more info.
- Lethbridge Family Search Center (1912 - 10th Ave. S.) is open Tues 1:00-4:30 & 6:00-8:00 and Wed. 9:30-1:00. 403-327-6797. Free help with your family history! Everyone is welcome!
- Read On at Lethbridge Public Library offers small classes and tutoring to help adults improve skills for work, higher learning, and everyday life. Register now for fall classes, or any time for one-on-one tutoring. For more information, visit www.lethlib.ca/readon or contact us at readon@lethlib.ca or 403-320-4701.
- Are you looking for a rewarding volunteer opportunity? Read On tutors (18 years +) can work with individual adult learners or teach a small class, at times convenient for them. Training opportunities are provided throughout the year. For more information, check www.lethlib.ca/readon or call 403-320-4701.

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Trivia

- The Comoro Islands are in the Atlantic, Indian, or Pacific Ocean?
- What does a pedometer record?
- Is baking yeast single-celled or multicellular?
- The Brachioradialis muscle helps you breathe—T/F?
- The first roller coaster debuted in 1817, 1907, or 1960?

(Flip bottom of page for answers)

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(Over)

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Everybody's Talking

Chew on this one - Porcupines in Oregon have added a little extra something to their regular diet - rubber! With a special affection for radiator and brake hoses, cars parked in wooded areas are especially vulnerable to the critters, which gnaw through brake hoses, sending many a sight-seer down the road with little or no brakes.

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Your Weekly Horoscopes

ARIES
(March 20 - April 19)

The end of the week may be a good time to evaluate whether your efforts have borne fruit or not. What lessons from your experiences can you pass along to others? Lucky numbers: 5, 9, 10, 14, 19, 48.

TAURUS
(April 20 - May 20)

A lot of energy is in flux this week, whirling around you. Be conscious of how unexpected information suddenly may come to you. Examine it, but be cautious of acting now. Lucky numbers: 3, 7, 19, 40, 43, 48.

GEMINI
(May 21 - June 20)

Gemini usually have a quick mind that processes a lot of information from the ether. Energy at the end of the week may ramp up this quality. Be aware of overload. Lucky numbers: 2, 10, 15, 16, 26, 41.

CANCER
(June 21 - July 21)

Be aware of your mood at the week's end. If you are tempted to argue about something that is irritating you, seeking a more positive approach may be better. Lucky numbers: 12, 14, 17, 18, 33, 44.

LEO
(July 22 - Aug. 22)

At the end of the week, you may find yourself talking about your values, particularly regarding relationships. Discussions with others now may help you uncover what is important to you. Lucky numbers: 9, 10, 35, 37, 38, 39.

VIRGO
(Aug. 23 - Sept. 22)

You may find that you encounter opposition to your efforts at midweek. The universe may be asking you to consider how to integrate more intuition into your thought process. Lucky numbers: 10, 13, 15, 23, 28, 48.

LIBRA
(Sept. 23 - Oct. 22)

Keep your eyes open for a new opportunity at the end of the week. There is a potential for you to clearly and precisely communicate your needs to others. Lucky numbers: 8, 12, 13, 20, 29, 44.

SCORPIO
(Oct. 23 - Nov. 21)

Scorpios can often come across very intensely to others. There may be an opportunity for you to incorporate more diplomacy into your communications style. How might you keep this going forward? Lucky numbers: 6, 9, 14, 18, 32, 44.

SAGITTARIUS
(Nov. 22 - Dec. 20)

You may feel an urge toward impulsive action this week. Your desired outcome may be positive for you, but look before you leap. First carefully consider the pros and cons. Lucky numbers: 7, 8, 32, 33, 42, 44.

CAPRICORN
(Dec. 21 - Jan. 19)

Your Capricorn desire for achievement may receive an extra boost of ambition at the end of the week. Avoid conflict by focusing on areas of common ground with others. Lucky numbers: 4, 18, 20, 37, 46, 47.

AQUARIUS
(Jan. 20 - Feb. 18)

This may be a good time to begin new endeavours. You may want to ask for assistance from others. Focus on how these efforts can make a difference in their lives. Lucky numbers: 8, 11, 19, 39, 41, 43.

PISCES
(Feb. 19 - March 19)

The Chinese character for crisis represents both danger and opportunity. Both qualities are potential outcomes for you at midweek. Therefore, wisely choosing your path is important. Lucky numbers: 1, 3, 4, 31, 47, 48.

Lucky numbers this week: This week's odds favour Aquarius winners with the luckiest number being 11.

Did You Know...

Beloved tree: The Angel Oak Tree is a landmark tree on John's Island, South Carolina (U.S.). Estimated to be 300 to 400 years old, it is 65 ft. (19.8 m) tall with wide branches that shade a 17,000-sq. ft. (1,579.4-sq. m) area.

Young star: Billie Eilish started becoming famous as a musician at a young age. The American singer-songwriter's "Ocean Eyes" was an online hit in 2015 when she was only 13. She creates music with her brother Finneas.

Remote and beautiful: The Gates of the Arctic is a national park in the U.S. Situated in Alaska, the country's northernmost state, it receives the fewest annual visitors of any U.S. national park, due to its far-flung location.

Lush eyelashes: Some people have two sets of eyelashes. The condition, distichiasis, can be either acquired or present at birth, and may need to be treated if it causes eye irritation.

Fruity-tooty: The fruit called feijoa is also known as pineapple guava. Native to some South American countries, it resembles a lime, but is eaten by scooping out the flesh with a spoon.

On the Lighter Side

Patient: "Doctor, I've got a scone in my ear."
Doctor: "Don't worry, I've got some cream for that."

My new girlfriend tends to bees all day. She's a real keeper.

Don't corner something that is meaner than you.

Knock! Knock! *Who's there?* Oldest. *Oldest who?* Oldest knocking wears me out!

I bought a wooden whistle. But it wooden whistle.

Answers

Trivia answers: 1. Indian 2. Distance by number of steps 3. Single 4. False 5. 1817

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