

COOD WORKS
fine craft + art from southern Alberta

AAC Works offers high-quality, locally created, fine craft and fine art in downtown Lethbridge.
Bring this ad in for 10% off your purchase.

aacworks.ca 318 7 Street South

FREE! **Coffee News**[®]

"News To Be Enjoyed Over Coffee"

LETHBRIDGE NORTH & West Side

403-759-1002

info@coffeenewslethbridge.com
www.CoffeeNewsLethbridge.com

Vol. 14 No. 43 October 23, 2023

Please Recycle & Share **Coffee News**[®] With Others

ECONO BINS
12 yd bin rental

WE CAN REMOVE UNWANTED ITEMS FROM YOUR PROPERTY.

- ✓ Vehicles,
- ✓ Metal,
- ✓ Lumber,
- ✓ Yard Waste,
- ✓ Buildings etc.

Demolition Available

Bin Rental **\$199** +tax (Dump fees extra)

Call Today **403-308-1161**

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

Nurse Next Door
home care services

HOME CARE DONE DIFFERENTLY
Our Care Team is here for you 24/7

- Companionship, personal care, housekeeping, meal prep, transportation and more.
- Customized care plans to suit each family's needs

CONTACT US FOR A FREE CARING CONSULT
403-454-1399
WWW.NURSENEXTDOOR.COM

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

Get Your KNIVES Ready for HUNTING SEASON

3145 - 34 St North (N.E. of Walmart N.)

Sharpening of: Hunting Knives, Chain Saw Chains and all Woodworking Tools

Faber Sharpening
"Giving You an Edge Since 1979"

(403) 381-3660 sales@fabersharpener.ca

Broccoli Cornbread w/Cheese

Ingredients

- 1 cup - cottage cheese
- 3/4 cup - butter, melted
- 4 - eggs
- 2 pkgs. - cornbread muffin mix (8.5 oz)
- 10 oz. - frozen chopped broccoli, thawed
- 1 - large onion, chopped
- 1 1/2 cups - shredded Cheddar cheese, divided

RECIPE PREPARATION

1. Preheat oven to 375 degrees F (190 degrees C). Grease a 9x13-inch baking dish.
2. Beat cottage cheese, butter, and eggs in a large bowl. Stir cornbread mixes into butter mixture until just moistened. Fold in broccoli, onion, and 1 cup Cheddar cheese. Pour batter into prepared baking dish and sprinkle with remaining 1/2 cup Cheddar cheese.
3. Bake in the preheated oven until a toothpick inserted into the center comes out clean, 35 to 40 minutes. Cool in the baking dish for 10 minutes before slicing and serving warm.

allrecipes.com

Everybody's Talking!

River road: A road in China is known as the River Highway for good reason. It was built in the middle of the Xiangxi River. Another highway snakes along the edge of this river, but a bigger one was needed. Rather than blasting a lot of rock and making tunnels in this mountainous region, engineers decided putting the new, 6.8-mile (10.9-km) road above the water would be less expensive. Another benefit is that people who live on the shoreline did not have to be displaced. The highway allows people in Xingshan County in Hubei to connect with a high-speed route to Shanghai, cutting the travel time. The amazing infrastructure has become a tourist attraction.

Pack dog: A regular canine pooch doesn't often join a pack of coyotes, but that's what happened in the town of Henderson near Las Vegas, Nevada (U.S.). His fur is all white, so he was dubbed "Ghost" by witnesses, who had spotted him running with the pack for several months. Some folks tried to catch and rescue him, but were unsuccessful. Then one night they noticed he had a limp and they were afraid that the pack would turn on him. Trappers were called in, and with the help of locals who knew Ghost's routes through the bush, caught the dog. Ghost has a great disposition and his caretakers are eager to find him a human family.

Rooftop homes: The rooftop of a 10-story mall in Jakarta, Indonesia, is home to a unique infrastructure project: a suburb with 78 single family homes, paved streets, and green areas. Although rooftops have long been used for gardens and pools, building a subdivision way up there is something different. Jakarta is densely populated and is running out of land, so the developer created Cosmo Park on the roof of Thamrin City Mall. Residents use a ramp to drive to their homes and park in their own driveways, and there's a fence around the perimeter for safety. People love it, claiming that their kids can ride their bikes safely through the streets and the elderly can go for walks.

Unusual tattoo artist: This sounds like a case of "monkey see, monkey do." Social influencer Funky Matas of Venezuela has let one of those little primates give him a permanent knee tattoo. Matas already had over 200 tattoos, and this added one more. For the stunt, he went to Mexico where he found monkey trainers and a tattoo shop with an owner who would allow a monkey to use his equipment. Within a couple of hours, with monkey trainers at the helm, the chosen animal learned how to use a tattoo gun. Matas chose the design and, although the result was not perfect, the feat revealed how smart these animals are.

Quoteable Quotes

"Weeds are flowers, too, once you get to know them."
—A.A. Milne

"Passion is energy. Feel the power that comes from focusing on what excites you."
—Oprah Winfrey

What's Happening

- **THE HARAMBEE GRANDMAS 6th Annual Fabric and Yarn Sale:** Yarn sale - Friday, October 20, 4:00 pm - 7:00 pm. Fabric sale - Saturday, October 21, 10:00 am - 4:00 pm. at McKillop United Church, 2329 - 15 Ave. S. Lethbridge. Cash, debit and credit card payments accepted. Please bring your own bags. All items discounted 50%, 3:00 - 4:00 pm on Saturday.
- **Southern Accord Chorus Presents: HARMONY CONNECTIONS, on Oct 21.** Celebrating a wonderful evening of 25 years a cappella with special guest U of L GLOBAL DRUMS at College Drive Community Church, 2710 College Dr. Admission, 12 and under free. Tickets: Analog Books, <https://bit.ly/3EIBJOY>.
- **The Lethbridge and District Horticultural Society will hold its Annual General Meeting on Monday October 23, 2023 from 6:00 to 6:30** in the Lethbridge Public Library Theater Gallery. Following the meeting, Annetta Slingerland of Prairie Rose Florals will present a session on growing and preparing attractive and showy cut flowers for bouquets and special occasions.
- **Travel Adventures program: October 27 @ 2pm.** Hiking in Tasmania with Joanna Fraser. Discover some of Tasmania's hikes in remote areas of the land down under. Reserve your seat at NatureCentre.ca/travel-adventures Sponsored by: Friends of the Helen Schuler Nature Centre Society

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

Trivia

1. Cytology is the study of cyberspace, cells, or cysts?
2. A devotee or performer of the 1940s swing era was called a ___ cat.
3. The Hebrides islands are part of Greece, Scotland, or Canada?
4. On weather maps, this line indicates barometric pressure.
5. An equilibrist performs feats of what?

(Flip bottom of page for answers)

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

(Over)

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

Complete glasses from \$69

Park Place Mall
Lethbridge
(587) 388-0563

Includes single-vision lenses. Conditions apply, visit specsavars.ca for details.

Specsavars

ADVERTISE HERE

Before your competition does.

Coffee News Archives

Did you Know?

Invisibility:
In some magical beliefs, quartz has the virtue of making a person invisible. The stone has to be cut in a certain way, and then placed in the tropical sunlight for a period of time. The magician then takes it in his mouth and after chanting a secret intonation, his body gradually disappears.

Week of Jun 10, 1991

People Love **Coffee News**
Delivering SMILES since 1988

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**

Your Weekly Horoscopes

ARIES (March 20 - April 19)



If you find an old trauma surfacing in your life, reach for a way to positively adjust your view of it. Look to your values for options to resolve the issue. Lucky numbers: 3, 4, 24, 27, 45, 46.

TAURUS (April 20 - May 20)



Look back six months to any efforts you started then. Are they showing enough progress to continue them? If not, perhaps you should consider changing or dropping them. Lucky numbers: 1, 7, 8, 18, 26, 44.

GEMINI (May 21 - June 20)



Gemini sometimes feel pulled in two different directions when considering an issue. This week you may see a new opportunity that could help you decide, so keep your eyes open. Lucky numbers: 3, 12, 30, 31, 33, 37.

CANCER (June 21 - July 21)



At week's end, you may experience fluctuating emotions for a few days. If you seek it, you may find a grounded energy that could reduce the stress during this period. Lucky numbers: 2, 4, 17, 35, 38, 39.

LEO (July 22 - Aug. 22)



Are you in conflict with another regarding your values or beliefs? Can you both compromise, or do you have to agree to disagree? If the latter, what would be the implications? Lucky numbers: 3, 9, 27, 30, 31, 47.

VIRGO (Aug. 23 - Sept. 22)



Virgos often are grounded in practicality. However, you may look for an opportunity to incorporate more intuition into your life, which might be easier now than at other times. Lucky numbers: 1, 4, 7, 23, 29, 42.

LIBRA (Sept. 23 - Oct. 22)



At midweek, you may find that you are emotionally fed up with a relationship issue. If you choose to address the problem now, don't abandon your usual tact and diplomacy. Lucky numbers: 4, 12, 15, 16, 37, 45.

SCORPIO (Oct. 23 - Nov. 21)



This month the Sun will return to the position where it was when you were born. It may be a good time to plan and communicate your goals for the next year. Lucky numbers: 3, 10, 13, 14, 16, 38.

SAGITTARIUS (Nov. 22 - Dec. 20)



Things may be in flux and somewhat chaotic at week's end. Instead of immediately taking action, you might want to reflect on any needed adjustment in your view of the situation. Lucky numbers: 8, 9, 17, 26, 31, 46.

CAPRICORN (Dec. 21 - Jan. 19)



You may feel particularly confident this week about your beliefs and plans. Just be careful of being too stubborn if you encounter push back, and look for common ground. Lucky numbers: 1, 5, 8, 16, 43, 44.

AQUARIUS (Jan. 20 - Feb. 18)



You may run into an obstacle regarding something you are trying to achieve at the week's end. If you aren't successful in getting it resolved, perhaps you should wait a few days. Lucky numbers: 4, 12, 20, 24, 30, 44.

PISCES (Feb. 19 - March 19)



Six months ago began a two-year period of building structure for your ideals. Now may be a good time to tap into your intuition to assess progress and make corrections. Lucky numbers: 15, 17, 20, 23, 24, 30.

Lucky numbers this week: This week's odds favour Scorpio winners with the luckiest number being 3.

Did You Know...

Noted study: Music is amazing to many people. Those who study its role in culture, including how and why people create music, are called ethnomusicologists.

Dove tale: The lamenting "coo" of the mourning dove is hard to miss. These birds nest in trees and can be seen perching in various spots, such as telephone wires. They peck around on the ground to find seeds to eat.

Symbolic action: From the White House on May 1, 1931, U.S. President Herbert Hoover symbolically flicked on the lights of New York City's new Empire State Building. Actually, someone onsite switched them on.

Legend revived: The legend of the Loch Ness Monster has been around since at least Roman times. In 1933, the legend resurfaced when a couple reported seeing a huge, dragon-like animal in the loch's waters.

Say it right: In the U.S. state of Arkansas, mispronouncing the state name is against the law. The final "s" is silent and the last syllable sounds like "saw." But don't worry, this "crime" has no punishment.

On the Lighter Side

I've just invented a new word: Plagiarism.

Diner: "Waiter, could you call me a taxi?"
Waiter: "Certainly. You are a taxi."

Knock! Knock! Who's there? Arnold. Arnold who? Arnold friend you haven't seen in years!

One elevator to another: I think I'm coming down with something.

How do dog catchers get paid? By the pound.

Answers

5. Balance
Trivia answers: 1. Cells 2. Hepcat 3. Scotland 4. Isobar

For available franchise opportunities - visit www.coffeenewscanada.com

© Published with Permission by Lethbridge Coffee News®

(Over)

Welcome Fall

FROM
Coffee News®

403-715-0459

FALL LEAF collection

Pick-up will begin October 11 and run until November 16.

Just call 311 to schedule your fall leaf pick-up.

Book by November 10.

CITY OF Lethbridge

Time for your next career move?

Own a **Coffee News®** Franchise!
Be Your Own Boss - Unlimited Growth Opportunity

Inquire Today at
Info@Coffeenewslethbridge.com

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

Coffee News® CONTEST WINNER

Annie Gross of Vulcan is our September contest winner

Annie will receive a \$20 Gift Card from our contest sponsor, Luigi's Steakhouse (North). She read our online edition of the Coffee News

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

BUY DIRECT!
with Personalized Service

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

877-653-1556
chiefmnttrussco@gmail.com

Roof & Floor Trusses

Debt problems? MNP can help.

Serving the Lethbridge area for nearly 50 years.

MNP LTD
Toll Free 310-DEBT

CONSUMER CHOICE AWARD 2022 LETHBRIDGE

Randy Kobbert, CPA, CA, CIRP, LIT
Senior Vice-President
403.380.1647 | randy.kobbert@mnp.ca

Licensed Insolvency Trustees

MNPdebt.ca

What's Happening In Lethbridge?

Check Us Out!
The Only Online Entertainment Guide

L.A. BEAT
Lethbridge's Arts and Entertainment Magazine

Arts • Music • Drama

www.labeat.ca

Email Your Events To editor@labeat.ca

Digits Plus
Bookkeeping & more
Your success is my success!

Offering Bookkeeping and personal tax services in west Lethbridge.

Contact: Phone 403-795-2953
rick@digitsplus.ca • www.digitsplus.ca

Keeping your business on the right track!

Parenting Tips

Be vigilant about safety. Babyproof your home thoroughly, and never leave a child under 5 in the tub alone. Make sure car seats are installed correctly, and insist that your child wear a helmet when riding his bike or scooter.

www.parents.com

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

Call
403-759-1002

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
www.foxdentureclinic.ca

Every 2 seconds
someone needs blood.
Please give the gift of life.

Call
1-888-236-6283
to book an appointment

Canadian Blood Services
it's in you to give