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www.CoffeeNewsLethbridge.com Vol. 14 No. 45 November 6, 2023



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## Everybody's Talking!

**Rock story:** A young Canadian girl who likes to collect pretty rocks almost lost one of her favourites, but got it back. Georgia LeMasurier, from New Brunswick on the country's east coast, was visiting her grandmother in British Columbia on the west coast. As usual, she was carrying her favourite rock, but lost it on the airplane. Unfortunately, by the time she and her family realized the rock was missing, the plane had already taken off for London, England. Although the loss may have seemed trivial, LeMasurier's mom reported the loss to the airline. About a week later, they got a phone call. Someone had found the rock, after it took several trips to different cities.

**Bird brains:** If you have a pet macaw, don't let it fly free. A Taiwanese man discovered this after he took his two macaws to a local park. He set the birds free to fly around but one approached a jogger from behind, landing on his back. The startled jogger, who turned out to be a doctor, fell and hurt himself. While recovering, he had to miss work so he lost income. Not surprisingly, he sued the birds' owner. The owner, whom the court ruled should have better supervised the birds, received a short prison term and a fine of NT\$3.04 million. Hopefully, a responsible person will look after his macaws while he's serving time!

**Shop crazy:** Those who love shopping might want to try Gekås Ullared. This giant Swedish department store is said to be the biggest in the world. Larger than five football fields, it is located in the small town of Ullared, in the southern part of the country not far from Gothenburg. Opened in 1963, Gekås Ullared has made its namesake town famous, with millions of shoppers a year elbowing their way through the store. The mall-style store has departments for everything from toys to food to technology, along with home décor, clothing and much more. There's even a hotel for those who want to spend multiple days shopping for deals to their hearts' content.

**Shhhh!** Two of the quietest rooms in the world are found in the United States: one at Orfield Labs in Minneapolis, Minnesota, and the other at Microsoft's Audio Lab in Redmond, Washington. Both rooms are known as anechoic chambers, which are built to stop any outside noise from getting inside. Apparently, visiting one of these chambers is quite an eerie experience, as the only audible sounds are produced inside the room, such as a visitor's heartbeat, breathing, and stomach gurgles. Even extremely faint sounds seem loud because there is no background sound to muffle them. Most people can only stay in an anechoic chamber for a short time as it's disorienting and odd.

## Quoteable Quotes

"Faith in oneself is the best and safest course." —Michelangelo  
"Proper listening is the foundation of proper living." —Plutarch

## What's Happening

- St Peter and Paul Ukrainian Greek Catholic Church** would like to invite you to our first Annual Dinner, Auction & Show the evening of Nov. 18 at Paradise Canyon Golf Resort. Tickets available by Nov. 9 via Eventbrite ([www.linktr.ee/sspeterpaul](http://www.linktr.ee/sspeterpaul)).
  - Magrath Arts presents Rodgers and Hammerstein's: The Sound of Music.** Shows nightly in the Magrath Theatre November 9 - 18 at 7:30P.M. (Sunday dark, plus Sat. Nov 18 2:00P.M. matinee). Tickets on sale at [MagrathArts.ca](http://MagrathArts.ca). Don't miss the happiest sound in all the world!
  - 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](http://NatureCentre.ca/travel-adventures) Sponsored by: Friends of the Helen Schuler Nature Centre Society
  - The PAW society is holding its annual fall bake sale** on Saturday, November 25 from 9:30 to 1:30 at the LFGA HUT, 9th Ave. and 10th St. S. Cat-themed gift items will also be on sale. Donations of baking are greatly appreciated and can be dropped off at the HUT from 9:30 to 11 the morning of the sale.
- HAVE YOUR NON-PROFIT COMMUNITY EVENTS INCLUDED FOR FREE.**  
Contact us at [www.CoffeeNewsLethbridge.com](http://www.CoffeeNewsLethbridge.com)

## Trivia

- The Nutcracker ballet is based on a book by this writer.
- Dalmatian puppies are born without spots—T/F?
- The Tour de France bicycle race began in 1903, 1933, or 1973?
- What is the largest lake in the world?
- An early, wooden ancestor of the tuba was called a serpent, frog, or duck?

(Flip bottom of page for answers)

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(Over)

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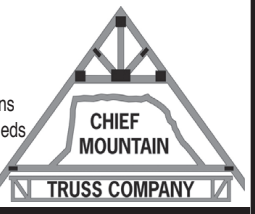
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## Banana Oat PB Breakfast Cookies



**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**

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

[allrecipes.com](http://allrecipes.com)



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## Coffee News Archives


### Trivia

Where are the islands of Langerhans?

A: In the human body (Pancreas)

Week of June 17, 1991

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## DAYLIGHT SAVING TIME ENDS THIS SUNDAY!



# Your Weekly Horoscopes

## ARIES (March 20 - April 19)



At midweek, you may come face to face with an unpleasant truth from the past. It may be encouraging you to adjust your view of the situation and release it. Lucky numbers: 6, 10, 12, 21, 29, 35.

## TAURUS (April 20 - May 20)



Some who are Taurus put up with an upsetting issue for a long time, then suddenly reach a boiling point. Be aware that such a potential exists this week. Lucky numbers: 11, 13, 19, 24, 41, 47.

## GEMINI (May 21 - June 20)



For the next three weeks, you may find your emotions are in conflict, seesawing between two views. Be careful about projecting this conflict onto others as you interact. Lucky numbers: 4, 6, 7, 9, 43, 47.

## CANCER (June 21 - July 21)



Cancers are often good at nurturing people. At midweek, you may be tempted to be overly indulgent to others. Be careful of them taking advantage of it. Lucky numbers: 5, 9, 11, 29, 33, 42.

## LEO (July 22 - Aug. 22)



Your natural enthusiasm may expand for the next few weeks, especially in communications with others. To avoid repercussions, be sure you can deliver on promises you make. Lucky numbers: 6, 8, 9, 14, 18, 24.

## VIRGO (Aug. 23 - Sept. 22)



Your detail-oriented nature may be heightened early this week. Consider a solo project where this is useful. Try not to be overly critical when interacting with others. Lucky numbers: 12, 15, 26, 28, 46, 47.

## LIBRA (Sept. 23 - Oct. 22)



Love is in the air. Venus, which rules Libra, will be in your sign for the next three weeks. Who and what you love may be a focus for you during this time. Lucky numbers: 9, 16, 18, 19, 31, 40.

## SCORPIO (Oct. 23 - Nov. 21)



Your ability to see deeply into people and situations may be heightened at week's end. Be aware of this when interacting with others and act accordingly. Lucky numbers: 3, 5, 6, 28, 35, 42.

## SAGITTARIUS (Nov. 22 - Dec. 20)



Mercury, planet of communications, is in Sagittarius for the next few weeks. You may be busy, and might have an opportunity to successfully communicate with others. Lucky numbers: 12, 17, 18, 29, 35, 36.

## CAPRICORN (Dec. 21 - Jan. 19)



This week you may find yourself in deep thought or having serious discussions. Speak from your values, and others might respect your arguments even if they disagree. Lucky numbers: 2, 6, 11, 23, 29, 33.

## AQUARIUS (Jan. 20 - Feb. 18)



The next few weeks may have a potential that allows you to develop deeper emotional connections to others. But you might need to actively reach for the opportunity. Lucky numbers: 1, 4, 13, 28, 42, 44.

## PISCES (Feb. 19 - March 19)



Pisces often understand the invisible realm, but struggle to communicate it. This week, tweaking your communication style may let you successfully express your understanding. Lucky numbers: 11, 14, 24, 32, 35, 36.

Lucky numbers this week: This week's odds favour Sagittarius winners with the luckiest number being 17.

## Did You Know...

**Slang start:** Most everyone says "OK" multiple times a day. That started in 1839 when the *Boston Morning Post* in Massachusetts (U.S.) used it for "oll korrekt," a then-popular, intentional misspelling of "all correct."

**Female pilot:** In 1911, journalist Harriet Quimby received a pilot's licence, the first American woman to do so. The following year, she was the first woman to fly across the English Channel.

**Money makers:** The blockbuster movie *Jaws* hit theatres June 20, 1975. It made more money than any previous movie. Of course, that record has been broken a number of times since, including by *Avatar* and *Titanic*.

**Walking wire toy:** A toy still popular today is the Slinky, that coil of wire that can "walk" down a set of stairs. It was the brainchild of Richard James, a mechanical engineer who invented it in the 1940s.

**Scary story:** Readers were first able to buy the famous book *Dracula* in 1897, when it was made available in bookshops in London, England. The classic novel was written by Irishman Bram Stoker.

## On the Lighter Side

Knock! Knock! *Who's there?* Noise. *Noise who?* Noise to see you. How are you?

What do you get when you cross a cat with a lemon? A sour puss.

People who scuba are a divers group of people.

Did you hear about the pig on the baseball team? She played snort stop.

Pet shop customer: "Do any of your dogs go cheap?"  
Owner: "Sorry, all our dogs go woof."

## Answers

**Trivia answers:** 1. E.T.A. Hoffman 2. True 3. 1903  
4. Caspian Sea 5. Serpent

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## October is Infant Loss Awareness Month

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