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Parenting Tips

Pick your battles. Kids can't absorb too many rules without turning off completely. Forget arguing about little stuff like fashion choices and occasional potty language. Focus on the things that really matter -- that means no hitting, rude talk, or lying.

www.parents.com

The Community Foundation of Lethbridge and Southwestern Alberta

During the "Season of Giving" consider a gift that will help make Southwestern Alberta a better place to live, work, and play for years to come.

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Everybody's Talking!

Saved iPhone: An American man thought he'd lost his iPhone forever. Zach Siggelkow of St. Anthony Village, Minnesota (U.S.), was vacationing with family members at Waikiki Beach, Hawaii. One his last day there, he went kayaking. But after a few hours of fun, he was swamped by a large wave. The iPhone vanished, along with his sunglasses, or so Siggelkow thought. More than a month later, he received a message from Dr. Karl Brookins, who had found the phone during a scuba diving expedition and was able to get into the phone and reach Siggelkow by email. The honest diver sent the phone to its original owner, and the phone still worked!

Magical place: In London, England, magic reigns at The Magic Circle, a society of magicians founded in 1905. Its current headquarters opened in 1998 and is open to the public for pre-arranged tours and shows. Magicians must apply to become members of what The Magic Circle calls the world's premier magic society. Members are required to pledge not to reveal the secrets to magic tricks, and the membership list includes professionals like David Copperfield, and others like TV personalities, teachers, and even King Charles III. Visitors can browse the headquarters, officially called The Centre for the Magic Arts, which contains magical artifacts from over the centuries, and they can watch tricks performed by members of The Magic Circle.

Expensive treat: Ice cream is always a yummy treat, but a serving of *byakuya* ("white night") may be the most decadent ever, not to mention the most expensive. The Japanese company Cellato calls it a gelato, and a serving costs JP¥880,000. The treat is made from white Italian truffles from a specific region of Italy, along with Parmigiano Reggiano, sake lees (a by-product of sake), egg yolks, milk, and gold leaf. Complex in taste and smooth in texture, a serving can be shipped to consumers and comes with instructions for eating the creation with the accompanying hand-made spoon. Who needs a vacation when you can savour a bowl of something like this?

Living alone: In the name of research, an athletic mountaineer named Beatriz Flamini lived in a cave in Granada, Spain, for 500 days. Although she was alone the whole time, a team of scientists remotely monitored her to investigate how isolation affects people's minds and bodies. She entered the cave November 21, 2021. When she emerged, she had missed all the news of the world. However, she claims to have loved her time alone, during which she read many books, exercised, knitted, and recorded videos. The team delivered food to a collection point, but made no contact with her. She recorded video footage for an eventual documentary about her experience.

Quoteable Quotes

"All things must pass."
 —George Harrison

"Always do right. It will gratify some and astonish the rest."
 —Mark Twain

What's Happening

- **Winter has arrived in Lethbridge & Streets Alive Mission is looking for donations of winter outerwear clothing to warm the homeless in our city.** Items or cash can be donated at the Streets Alive Mission office, 323 4 Street South. Thank you for caring.
- **How to help out the Lethbridge Interfaith Food Bank.** Donate financially online at www.interfaithfoodbank.ca
- **Read On at Lethbridge Public Library offers small classes and tutoring to help adults improve skills for work, higher learning, and everyday life.** 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.
- **Is drinking causing problems in your life? There is a solution!** Call Alcoholics Anonymous: 1-403-327-8049 or go to <http://www.AA.org>
- **The Alzheimer Society in Lethbridge** would like to invite all dementia care partners to our drop-in support groups. We host a group on the third Wednesday of every month from 1:30-3:00 p.m. and a group on the last Tuesday of the month from 7:00-8:30 p.m. For more information, call (403)-329-3940.

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Trivia

1. Lamborghini, Sergio, or Giovanni is an Italian car company?
2. A proton or a neutron is a positively charged particle in an atom's nucleus?
3. The body of water between Florida and Cuba is the Keys Strait—T/F?
4. Reconstruction of London's Globe Theatre was completed in 1896, 1950, or 1996?
5. A trapezoid, or trapezium, has four sides, and at least two are parallel—T/F?

(Flip bottom of page for answers)

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(Over)

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Donald Karl of Lethbridge is our November contest winner

Donald will receive a **\$20 Gift Card** from our contest sponsor, Luigi's Steakhouse (North) He read the Coffee News at Smitty's (South)

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Your Weekly Horoscopes

ARIES
(March 20 - April 19)



At the end of the week,
you may run into a
challenge to what you
want to achieve. Over-
coming this obstacle may
require you to confront
an old issue. Lucky numbers: 2, 8, 11,
18, 21, 22.

TAURUS
(April 20 - May 20)



Thomas Fuller said,
"Seeing is believing but
feeling is the truth."
Adjusting your viewpoint
this week may encourage
you to see a new truth
about yourself and your life. Lucky
numbers: 5, 7, 17, 26, 34, 39.

GEMINI
(May 21 - June 20)



For the past few weeks,
you may have been very
busy and struggling to
keep so many balls in
the air. That dynamic
could begin to ease this
week. Lucky numbers: 10, 11, 22, 25,
43, 46.

CANCER
(June 21 - July 21)



Cancers can sometimes
be timid in acting. During
January, however, the astro-
logical energy encourages
you to come out of your
crab shell and go after what
you want. Lucky numbers: 1, 6, 16, 27,
39, 40.

LEO
(July 22 - Aug. 22)



Have you had trouble
finding enough motiva-
tion to complete your
endeavours? The energy
pattern this month could
help you buckle down and
do so in a timely manner. Lucky numbers:
6, 9, 17, 29, 36, 41.

VIRGO
(Aug. 23 - Sept. 22)



The astrological aspects
for the first week of this
new year is gearing up
for forward motion over
the next month. Use this
time to get your ducks in
a row. Lucky numbers: 7, 17, 32, 34,
37, 42.

LIBRA
(Sept. 23 - Oct. 22)



Early this week, you may
be called upon to use
your skills to resolve an
issue for yourself or oth-
ers. Just be sure the
agreement is fair to every-
one, including you. Lucky numbers: 11,
13, 18, 40, 46, 47.

SCORPIO
(Oct. 23 - Nov. 21)



At midweek, you may
receive an important
insight to aid you in
achieving your goals.
Trust your intuition and
don't worry about what
others have to say about the matter.
Lucky numbers: 3, 7, 14, 23, 31, 44.

SAGITTARIUS
(Nov. 22 - Dec. 20)



You may have been very
busy over the past few
weeks, perhaps including
a breakdown in commu-
nication, machinery, etc.
The situation could start
to improve. Lucky numbers: 8, 18, 20,
30, 31, 46.

CAPRICORN
(Dec. 21 - Jan. 19)



Do you have your plans
set for 2024? This first
week of the year may
provide you with an
opportunity, if you seek
it, to get a jump start on
those goals. Lucky numbers: 12, 18,
24, 32, 33, 42.

AQUARIUS
(Jan. 20 - Feb. 18)



Aquarians sometimes are
trying to achieve several
big goals all at once. For
the next month, however,
focusing on completing a
smaller goal might be
best. Lucky numbers: 9, 14, 22, 24,
41, 48.

PISCES
(Feb. 19 - March 19)



On New Year's Day, you
may not be feeling social,
but instead reserved and
distant from others. Con-
sider taking this time to
get in touch with your
deepest self and purpose. Lucky
numbers: 4, 10, 12, 15, 18, 41.

Lucky numbers this week: This week's odds favour Capricorn
winners with the luckiest number being 33.

Did You Know...

Butterfly migration: In the winter, the oyamel fir trees
about 100 km from Mexico City fill with monarch butterflies.
The Monarch Butterfly Biosphere Reserve provides a perfect
environment for the beautiful insects from the north.

Peanut treat: Marcellus Gilmore Edson, who hailed from
Bedford, Québec (Canada), is credited as the first to make an
early type of peanut butter. Patented in 1884, Edson's product
was called "peanut-candy."

Needs help: An animal or bird species whose young are
born unable to look after themselves is called "altricial," from
the Latin for "needing nourishment." They can't get food
without help from their parents.

Clean laundry: Many condos and other housing
developments have rules against hanging laundry outside. Not
so in the state of Vermont (U.S.), where regulations that
prohibit this practice are illegal.

Popular fabric: Breathable and wind- and water-proof,
GORE-TEX fabric is popular among outdoor lovers. It was
developed by W.L. Gore and Associates, established in 1958
by husband and wife Wilbert L. and Genevieve Gore.

On the Lighter Side

Knock! Knock! Who's there? Itch. Itch who? Itch been a long
time!

Why is the sky so high? So the birds don't hit their heads.

Two houses next to each other fell in love. It was a lawn
distance relationship.

Children truly do brighten a home—they never turn out the
lights!

Teacher: "You promised you'd give 100% effort this week."
Student: "Monday 35%, Tuesday 25%, Wednesday and
Thursday 15%, Friday 10%."

Answers

Trivia answers: 1. Lamborghini 2. Proton 3. False
4. 1996 5. True

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