

**pep**  
**Recover Up**  
 Rewrite the narrative of addiction in your family.

Join us for a virtual family recovery meeting. Scan the QR code to join.

**Biweekly Wednesdays**  
 1.877.991.2737  
 pepsociety.ca

**Debt problems? MNP can help.**

Serving the Lethbridge area for nearly 50 years.

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

Licensed Insolvency Trustees

**MNP LTD**  
 Toll Free 310-DEBT

**CONSUMER CHOICE AWARD 2022 LETHBRIDGE**

**MNPdebt.ca**

**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**

**WOODWORKS**  
 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**

**Slow Cooker 5-Ingredient Ham**

**Ingredients**

- 1 (5 lb.) - bone-in ham
- 1 (8 oz.) - can pineapple
- 1/2 cup - chunks in juice
- 2 1/2 tbsp. - spicy brown mustard honey, or more to taste
- 2 tbsp. - minced garlic

**RECIPE PREPARATION**

- Place potatoes and ginger in large saucepan. Pour in chicken stock and water, and bring to a boil over high heat. Reduce heat to medium-low, cover, and simmer until the potatoes have softened, about 30 minutes.
- Puree potatoes and lime juice in a food processor, or with a hand blender until smooth. Return soup to saucepan and stir in milk or cream as desired; heat until warmed through.

allrecipes.com

**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. 51 December 18, 2023

**Everybody's Talking!**

**Good food:** Different regions of the world have their own iconic street foods. In North America, vendors serve hot dogs out of trucks, and in England, hungry folks can usually find a fish-and-chips seller. On the Caribbean island country of Guadeloupe, the most famous street food is *bokit*. It is a sandwich famous for its bread: crispy, delicious, and fried. With this special bread forming the base, what's inside the sandwich is up to the imagination. Common items are saltfish and conch, but can also be chicken, lamb, chickpeas, or whatever else a sandwich maker prefers. Then cooks add accompanying toppings, such as lettuce, cheese, peppers, and various sauces. Sweet versions are eaten as dessert.

**Famous cat:** Tourist attractions might include castles, parks or amazing architecture, but in one Polish city, a cat named Gacek is a top-rated must-see. The chubby black-and-white feline lives in Szczecin in the northeastern part of the country. Gacek became famous when a post about him spread on social media. Then people started visiting the street where he lives, just to see and pet him. The pampered kitty resides in a wooden box with a roof, which is placed by the door of a shop. The shop's proprietors take care of him, although they do not claim to own him. He has become known as the "King of Kaszubska Street," for good reason!

**Mistaken identity:** Sleeping on the day he was scheduled to be released didn't pay for an inmate at the Cowlitz County Jail in Longview, Washington (U.S.). That's because his cellmate, Brian Francisco Roman, heard a guard calling the inmate's name. As the inmate was sleeping, Roman sprang into action and pretended to be the soon-to-be-released prisoner. The two men have a similar appearance, so the guard allowed Roman to pick up his cellmate's keys, wallet, and clothes, and walk away from the facility. Prison staff realized the mistake when the cellmate woke up and asked when he could leave. A day later, authorities found Roman and brought him back to his cell.

**Lost love:** The things people will do for love! Or, to be more accurate, for lost love. One young man in China apparently felt desperate after his girlfriend broke up with him. In a bid to win back her love, he knelt on the sidewalk in front of her workplace in Dazhou City, Sichuan Province. Holding flowers, he stayed there through rain and chill, for an entire day. People walked by him at first, but eventually crowded around to learn his story. Many tried to tell him that if his girlfriend hadn't come out by then, she probably wasn't going to. After 21 hours, the poor fellow finally gave up. Hopefully, his heart will heal soon.

**Quoteable Quotes**

"Creativity demands nothing less than all you have. Talent alone is never enough." —Erica Jong

"Never confuse movement with action." —Ernest Hemingway

**What's Happening**

- Simply Christmas Eve. December 24, 2 - 5 pm.** We invite you to experience the reason we celebrate Christmas. - Bethlehem Market with live animals and kid's activities (indoors) - Short service with Christmas snack (Indoors) - Hayrides and campfire (Outdoors) At: University Drive Alliance Church - 55 Columbia Blvd W. FREE event for family, neighbours and friends.
- 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](http://www.interfaithfoodbank.ca)
- 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.
- The Galt Museum** has many programs and events available for the whole family. Check them out at [galtmuseum.com](http://galtmuseum.com)

**HAVE YOUR NON-PROFIT COMMUNITY EVENTS INCLUDED FOR FREE.**  
 Contact us at [www.CoffeeNewsLethbridge.com](http://www.CoffeeNewsLethbridge.com)

**Trivia**

- In which country can you find the Cape of Good Hope?
- An opera solo is an aria, duet, or operetta?
- The 2006 James Bond movie *Casino Royale* featured this type of poker game.
- Bats use echolocation to navigate in the dark. Is it similar to sonar or GPS?
- Membranes that cover openings in infants' skulls are called metatarsals—T/F?

(Flip bottom of page for answers)  
 © Published with Permission by Lethbridge Coffee News®  
 (Over)

Please Recycle & Share Coffee News® With Others

**DECEMBER 14 - 31 · YATES THEATRE**

**elf**  
 The Musical

**GET YOUR TICKETS NOW**  
 403-329-7328 OR [ENMAXCENTRE.CA](http://ENMAXCENTRE.CA)

**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](http://www.accidentinjurylawyer.com/coffeenews)

**Complete glasses from \$69**

**Park Place Mall Lethbridge**  
 (587) 388-0563

**Specsavers**

Includes single-vision lenses. Conditions apply, visit [specsavers.ca](http://specsavers.ca) for details.

**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**

**Coffee News Archives**

**Trivia**

Q Which is the primary colour with the shortest name?

A: Red

Week of Nov 27, 1989

**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](http://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**

