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**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

**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)

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**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)  
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**Coffee News Archives**

**Trivia**

Q Which is the primary colour with the shortest name?

A: Red

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# Your Weekly Horoscopes

**ARIES**  
(March 20 - April 19)



Be aware of being too aggressive or impulsive in what you say, especially at midweek. Remember that the holidays can bring up negative triggers for those in your orbit. Lucky numbers: 5, 12, 16, 19, 34, 36.

**TAURUS**  
(April 20 - May 20)



Things may be somewhat chaotic and in flux this week. You may be tempted to resist this change. Perhaps instead consider making an adjustment to better navigate the waves. Lucky numbers: 4, 9, 16, 25, 33, 46.

**GEMINI**  
(May 21 - June 20)



For the next few months, your focus may turn to how you can be of service to others. This could take you back over old territory in ways you might not expect. Lucky numbers: 1, 26, 27, 28, 31, 41.

**CANCER**  
(June 21 - July 21)



You are approaching the six-month mark since your birthday. Did you initiate a new plan then? Are you making progress, or do you perhaps need to adjust it now? Lucky numbers: 9, 15, 16, 25, 26, 44.

**LEO**  
(July 22 - Aug. 22)



At midweek, you may run into challenges to what you are trying to accomplish. Adjusting your view of the situation to look for new options could help resolve the issue. Lucky numbers: 7, 10, 23, 30, 35, 37.

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



You may feel confused or out of sorts early this week. Take a deep breath and wait a few days. When this energy passes, you might feel back to normal. Lucky numbers: 10, 14, 23, 35, 36, 41.

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

## Did You Know...

**Big bird:** After the ostrich, the emu is the largest living bird, averaging over 1.75 metres (5.7 ft.) tall. Now found only in Australia, this flightless bird travels widely, looking for plants and insects to eat.

**Swimming holes:** Cenotes are large limestone sinkholes filled with ground or rainwater. Mexico's Yucatán Peninsula has several thousand, in open air and in caves. Some are peaceful and intriguing places to hang out.

**Capital cities:** The cities that are U.S. state capitals are sometimes unexpected. For example, the capital of New York is Albany, not New York City. And the capital of California is not Los Angeles, but Sacramento.

**Taking flight:** The sugar glider is a wee possum of Australia and southeast Asia. Named after its favoured food and its ability to glide between trees, the animal uses a membrane, called a patagium, that stretches between its wrists and ankles.

**Wondrous road:** Norway's 8.27 km (5.14 mi.) Atlanterhavsveien (Atlantic Road) connects Averøya Island to the mainland over a series of islets. Drivers encounter eight bridges, including the spectacular Storseisundet Bridge.

## On the Lighter Side

A guy got a universal remote. He said, "This changes everything!"

Son: "Dad can you lend me some money?"

Dad: "Yes, but remember a fool and his money are soon parted."

Son: "Yes, I just figured that out."

Knock! Knock! Who's there? Pasta. Pasta who? Past the salt and pepper, please.

Where does a power cord go shopping? The outlet mall.

Basketball players are so well-rested because taller people sleep longer.

## Answers

Trivia answers: 1. South Africa 2. Aria 3. Texas 4. Sonar 5. False

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## Parenting Tips

Remember that discipline is not punishment. Enforcing limits is really about teaching kids how to behave in the world and helping them to become competent, caring, and in control.

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