

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
 pepcommunity.ca

What's Happening In Lethbridge?

LABEAT
 Lethbridge's Arts and Entertainment Magazine
 Arts • Music • Drama
 www.labeat.ca

Check Us Out!
 The Only Online Entertainment Guide

QR code and QR code for email events.

Time for your next career move?

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

Coffee News®
 "News to enjoy over coffee"

Inquire Today at
 Info@CoffeeNewsLethbridge.com

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

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

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**

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

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 SOUTH & Coaldale

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
- **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

HAVE YOUR NON-PROFIT COMMUNITY EVENTS INCLUDED FOR FREE.

Contact us at www.CoffeeNewsLethbridge.com

Trivia

1. In which country can you find the Cape of Good Hope?
2. An opera solo is an aria, duet, or operetta?
3. The 2006 James Bond movie *Casino Royale* featured this type of poker game.
4. Bats use echolocation to navigate in the dark. Is it similar to sonar or GPS?
5. 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

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

BUY DIRECT!
 with Personalized Service

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

777-653-1556
 chiefmtntrussco@gmail.com

CHIEF MOUNTAIN TRUSS COMPANY

Roof & Floor Trusses

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.

In the last 10 years, we've awarded over **\$8.4 million** to projects around the region!

Plant the seeds that will help your community grow and thrive.
 Call 403 328 5297 or visit www.cflsa.ca

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.letbridgelegalguidance.ca
 423 - 5 Street South, Lethbridge **403-380-6338**

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

1. 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.
2. 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

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.

LIBRA (Sept. 23 - Oct. 22)



Libras usually go out of their way to be considerate of others. However, if you find at midweek that you are angry at someone, then stop and ask yourself why. Lucky numbers: 8, 10, 15, 34, 36, 45.

SCORPIO (Oct. 23 - Nov. 21)



Scorpios often have an intensity of personality that is stressful to maintain. Regular moments of decompression are helpful. An opportunity may be available to you for a few days at midweek. Lucky numbers: 3, 6, 13, 19, 29, 31.

SAGITTARIUS (Nov. 22 - Dec. 20)



This week may be a good time to actively seek an opportunity to put your unique stamp onto an endeavour. Just be careful not to overpromise on results. Lucky numbers: 15, 17, 18, 27, 35, 43.

CAPRICORN (Dec. 21 - Jan. 19)



Now may be a good time to set goals for the next year. But first, work to release any old beliefs or behaviour patterns that might no longer work for you. Lucky numbers: 6, 10, 11, 12, 28, 30.

AQUARIUS (Jan. 20 - Feb. 18)



A life theme for many Aquarians is aiding their fellow humans. Now may be a good time to seek an opportunity to develop practical ideas to manifest your goals. Lucky numbers: 7, 25, 37, 46, 47, 48.

PISCES (Feb. 19 - March 19)



A significant aspect continues that can help restructure your Pisces nature to be more effective in the mundane world. How can you make progress on such efforts this week? Lucky numbers: 2, 4, 7, 23, 35, 36.

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. Arta 3. Texas 4. False 5. Hold'em

For available franchise opportunities - visit www.coffeenewscanada.com

© Published with Permission by Lethbridge Coffee News®

(Over)

ANGEL FLIGHT
Travel Assistance for Remote Medical Appointments

Do you need to travel for medical reasons? Angel Flight Alberta can possibly assist.

If you:

- are in need of transportation to a medical appointment
- are a pilot and would like to join our flight team
- would like to make a donation

...then contact us today!

We are an organization of volunteer pilots, aircraft owners and ground support. We are unified to help Albertans get to and from their medical appointments efficiently, reducing stress, and at **NO COST** to the patient or family.

780.756.0086 | info@angelflightab.ca | www.angelflightab.ca

A&A PAINTING

We offer a quality painting service for all new residential, commercial construction & repaints

Competitive Rates
Free Written Quotes

- 28 years Operating in Lethbridge
- Fast Turnarounds • Full Insurance Coverage

aapaintinglethbridge.com

Call Tim at **403-327-2816**

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

Call **403-759-1002**

Complete glasses from \$69

Park Place Mall
Lethbridge
(587) 388-0563

Specsavers

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

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

Member of the College of Alberta Denturists
Member of the Denturist Association of Alberta

www.foxdentureclinic.ca

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

Lethbridge HEARING CENTRE

- Locally Owned and Family Operated, FULL SERVICE HEARING CENTRE
- Hearing Protection and Workplace Testing Available
- Latest Digital and Bluetooth Devices and Equipment
- 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

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.

www.parents.com

Tree removal, trimming, pruning, clean-up, and yard enhancement.

ISA Certified Arborist
Certified Utility Arborist

Cell: 778-201-2198
Email: swenrigger@gmail.com

Hi-Rigger TREE SERVICE

"Serving Lethbridge, AB & Area"

FREE ESTIMATES

Roxy WRIGHT

Would you like to feel better Physically, Emotionally and Spiritually?

SPRING FOREST QIGONG

In Spring Forest Qigong Practice we balance the Energy of Life through Movement & Meditation.

Join our Practice Group in-person or online. Your First Class is FREE.

Visit: www.roxywright.com to register!
Join Us on **f**

@roxywrightcoach // Qigong, Louise Hay and EFT Practice to Create Joy In Life's Journey

Debt problems? **MNP** can help.

MNP LTD
Toll Free 310-DEBT

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

CONSUMER CHOICE AWARD 2022 LETHBRIDGE

MNPdebt.ca

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

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

Coffee News CONTEST WINNER

Len Gendron of Lethbridge is our October contest winner

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

Luigis 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 **Luigis 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