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Pesto Pasta

Ingredients

- 1/2 cup - chopped onion
- 2 1/2 tbsp. - pesto
- 2 tbsp. - olive oil
- 2 tbsp. - grated Parmesan cheese
- 1 (16 oz.) - package pasta
- to taste - salt
- to taste - ground black pepper

RECIPE PREPARATION

- Cook pasta in a large pot of boiling water until done. Drain.
- Meanwhile, heat the oil in a frying pan over medium low heat. Add pesto, onion, and salt and pepper. Cook about five minutes, or until onions are soft.
- In a large bowl, mix pesto mixture into pasta. Stir in grated cheese. Serve.

allrecipes.com

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LETHBRIDGE NORTH & West Side

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Vol. 15 No. 3 January 15, 2024

Everybody's Talking!

Long gallery: The subway system in Stockholm, Sweden, is more than just a place to catch a train to a destination. It is also a wonderful and unique art gallery. The Stockholm metro presents various art installations in many of the stations, rather than housing the art in a building. Passengers riding the subway can see beautiful artwork in the form of mosaics, sculptures, paintings, and more, all for the price of the train ticket they'd be buying anyway. At 110 kilometres (68 mi.), the subway has become known as the world's longest art gallery. The best times to ride and observe the art are weekdays in the middle of the day to avoid rush hour commuters.

Rule breaker: A woman from Australia lost respect from fellow athletes when she accepted a bronze medal that she did not rightly earn. Joasia Zakrzewski was in England to compete in an 80-kilometre (50-mi.) ultramarathon. Supposedly, she came in third; she accepted the medal and posed for photographs. However, organizers could clearly see in the race data that Zakrzewski had cheated because in a portion of the race, her running speed was unreasonably fast. When her leg was hurting, she had hitched a short ride in a friend's car, intending to withdraw from the race. But instead she resumed running without revealing that she'd cheated. The disgraced athlete's medal was given to the rightful third-place runner.

Ghost town: In the community of Wayne, in the western Canadian province of Alberta, visitors can imagine what life was like over a century ago. The location is about 150 km (93 mi.) northeast of Calgary. With the local coal mine long closed, Wayne is considered a ghost town. Still operating in a 1923 structure, the Last Chance Saloon and Rose Deer Hotel is decorated with artifacts, including a few framed bullet holes. Today, this little town has only a handful of permanent residents, but in the early 1900s, more than 3,000 called it home. Although just a hamlet with a history, Wayne welcomes many visitors looking for a unique slice of history.

Days off: There are good employers, and then there are great employers who design all kinds of incentives to keep their staff happy. An imported food company in China's Guangdong province is one of the great ones. At its general meeting, the administration provided amazing prizes that staff could win, including cash and a few extra days off. However, a young manager surnamed Lu surprised everyone by drawing the really big prize: a full 365 days off work, with pay. Lu was happy, but wondered who would do his work while he was away. The company gave him a choice: 365 days of vacation, or a regular work schedule with an extra yearly payment.

Quoteable Quotes

"Life is like riding a bicycle. To keep your balance, you must keep moving."
—Albert Einstein

"Character is doing the right thing when nobody's looking."
—J.C. Watts

What's Happening

- The Lethbridge and District Horticultural Society will be holding their monthly session on Monday, Jan. 22 at 6:30 p.m.** in the Public Library gallery. A panel of people knowledgeable about water resources, watering trees and garden plants, will present ideas for gardeners to cope with the potential shortage of water. Open to members and the public.
- Lethbridge Christian Women's Choir has begun. Welcoming all ladies who love to sing, no audition required. Mondays at 7:30 p.m.** at the St. Andrew's Presbyterian Church 1818 - 5 Ave. S. Lethbridge. For info: Karen at 403-315-0419.
- How to help out the Lethbridge Interfaith Food Bank.** Donate financially online at www.interfaithfoodbank.ca
- 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.
- 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 monthly publication "Lethbridge Recreation & Culture Guide"** is available at many locations around Lethbridge. Pick one up and see the variety of activities, culture and supports Lethbridge has to offer. Or go to www.lethbridge.ca

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Trivia

- Blue, red, and yellow are primary or secondary colours?
- Are termites known for eating plastic, wood, or carpet?
- This U.S. singer had sisters named Rebbie, Janet, and LaToya.
- What mountain range runs through France, Italy, Switzerland, Austria, and Germany?
- The Golden Ratio (1.618) is associated with the Avogadro, Dali, or Fibonacci sequence?

(Flip bottom of page for answers)

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Coffee News Archives

Everybody's Talking

Small World? Suspected car thief Arthur Holmes, forced a mother and her two children from their new 1989 car in Ft. Lauderdale, FL., and drove off with it. Later the same day, Holmes went to show off his new car to friends and got the shock of his life. It seems the woman he stole it from, lives in the same apartment block as his friends, and she called police when she spotted her car being parked in front of her apartment.

Week of NOV 27, 1989

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Your Weekly Horoscopes

ARIES
(March 20 - April 19)

Early this week, you may be very ambitious to achieve your goals. But be cautious about being too impulsive or getting angry with others, as either could jeopardize your success. Lucky numbers: 5, 7, 10, 20, 40, 47.

TAURUS
(April 20 - May 20)

This may be a good week to look for a new opportunity for success. Talking to others that you trust about what you are seeking may help manifest it. Lucky numbers: 6, 10, 12, 21, 37, 48.

GEMINI
(May 21 - June 20)

You may radiate Gemini energy to the maximum degree for a few days starting at the end of the week. Please remember to use kindness when speaking with others. Lucky numbers: 7, 14, 25, 43, 45, 48.

CANCER
(June 21 - July 21)

Do your emotions sometimes get the best of you in discussions with others? The astrological energy of the coming weeks may give you a more confident communication style. Lucky numbers: 1, 14, 36, 37, 42, 46.

LEO
(July 22 - Aug. 22)

Would others say that you are acting immaturity right now about a particular situation? How can you make an adjustment to your view or style to help resolve the matter? Lucky numbers: 4, 10, 23, 31, 33, 44.

VIRGO
(Aug. 23 - Sept. 22)

Discussions with others may help move things forward over the next few weeks. You might be able to guide others in understanding what needs to be accomplished. Lucky numbers: 9, 11, 15, 16, 41, 42.

LIBRA
(Sept. 23 - Oct. 22)

Are you feeling burned out right now? The beginning of the week may be a good time to focus on yourself. You can't successfully help others if you are tapped out. Lucky numbers: 2, 8, 12, 40, 41, 46.

SCORPIO
(Oct. 23 - Nov. 21)

Your ability to clearly communicate your deeply intuitive insights continues this week. Have you figured out yet how to continue doing so, once this astrological aspect passes? Lucky numbers: 10, 14, 22, 35, 43, 45.

SAGITTARIUS
(Nov. 22 - Dec. 20)

Your heart and mind may be out of sync at the end of the week. You might want to wait a few days before making any important decisions or taking action. Lucky numbers: 11, 12, 17, 18, 32, 34.

CAPRICORN
(Dec. 21 - Jan. 19)

A significant insight may emerge from your unconscious at the end of the week. It might be helpful to talk about it to someone who you know you can trust. Lucky numbers: 8, 11, 17, 19, 33, 37.

AQUARIUS
(Jan. 20 - Feb. 18)

If you seek them, hidden opportunities may emerge early this week for you to achieve a desired goal. Use discernment and common sense to decide which ones to pursue. Lucky numbers: 4, 7, 9, 11, 18, 30.

PISCES
(Feb. 19 - March 19)

This week may be a good time to create practical ways to manifest your "castles in the air." If you encounter naysayers along the way, you can choose to ignore them. Lucky numbers: 3, 4, 10, 11, 17, 41.

Lucky numbers this week: This week's odds favour Aquarius winners with the luckiest number being 7.

Did You Know...

Crowd of pink: One island in the Bahamas, called Great Inagua, is home to more than 80,000 West Indian flamingos and fewer than 1,000 people. Inagua National Land and Sea Park covers nearly half of the land mass.

Fun for baby: Parents of fussy babies can thank Olivia Poole for making their lives easier. The Ojibwe woman from North Dakota (U.S.) invented the Jolly Jumper, patented in 1957 in Canada, where she had moved.

Sweet smell: A perennial wildflower known as the chocolate daisy (*Berlandiera lyrata*) grows in Mexico and the southwestern United States. Its yellow petals bloom at night, releasing a chocolate-like aroma.

Versatile spice: Unripe green mangoes that are dried and crushed results in a spice called amchoor powder. This citrusy flavouring is used in meat and vegetable dishes of North India.

Be careful: A stretch of beach in Oaxaca, Mexico, is beautiful, but dangerous. Playa Zipolite, which means "Beach of Death," has strong undercurrents that can be very hazardous to swimmers.

On the Lighter Side

Have you ever met a funny sewing machine? It keeps everyone in stitches.

I saw a ball in the sky, wondered why it was getting bigger, then it hit me.

Son: "Dad, there's a man at the door with a bald head."
Dad: "Tell him I already have one!"

Knock! Knock! *Who's there?* Pudding? *Pudding who?* Pudding on shoes before pants is a bad idea.

It's time to sell the vacuum cleaner. It's just gathering dust.

Answers

Trivia answers: 1. Primary 2. Wood 3. Michael Jackson 4. Alps 5. Fibonacci

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