

BUY DIRECT!
with Personalized Service

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

877-653-1556
chiefmnttrussco@gmail.com

CHIEF MOUNTAIN TRUSS COMPANY

Roof & Floor Trusses

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

Call
403-759-1002

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

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

ISA Certified Arborist
Certified Utility Arborist

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

Hi-Rigger TREE SERVICE
"Serving Lethbridge, AB & Area"

FREE ESTIMATES

Coffee News®

CONTEST WINNER

Mackenzie Briscoe
of Lethbridge is our January contest winner

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

Luigi's 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 Luigi's 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

ADVERTISING

It is the best form of Effective, Affordable, Weekly Advertising.

What is **Coffee News?**
Call Today
403-759-1002

GAME SHOW

FREE!

Coffee News®

"News To Be Enjoyed Over Coffee"

LETHBRIDGE NORTH & West Side

403-759-1002

info@coffeenewslethbridge.com
www.CoffeeNewsLethbridge.com

Vol. 15 No. 10 March 4, 2024

Everybody's Talking!

Windy ride: For a bike ride, most people choose a calm day with not much wind to slow them down. However, anyone who likes windy rides might enjoy participating in the Dutch Headwind Time Trial Championship. Participants all ride the same type of bike: upright and with only one speed. They ride an 8.5-kilometre (5.3-mi.) course located on the Oosterscheldekering storm barrier near the southwest city of Vrouwenpolder, Netherlands. The race originated in 2013 and is only held during storms when winds are expected to reach up to 120 km/h (74 mph). Only 300 participants are allowed, and the winner is the rider who completes the course with the fastest time.

Running away: Lots of young kids hate doing their homework, but most would choose to do their school work over being sent to an orphanage. Not so for a school boy in Chongqing, China. He was so angry at his mother for pestering him to do his homework that he went to a local police station to complain. He told the police that he wanted to go to an orphanage instead of living at home. The officers helped him calm down, got his address, and contacted the parents. With the father on the way, the officers had a little chat with the boy to convince him that returning home was a better choice.

Perfectly round: In the U.S. state of Florida is a lake so round that pilots gave it the nickname "Silver Dollar Lake." Officially called Kingsley Lake, it is located in the northeastern part of the state. The flocks of people who visit the lake on the ground may not be able to see its round shape, which is obvious from the air. The perfectly round shape is not artificial, but was formed by an ancient, spring-fed sinkhole. Ringing the lake are houses and cottages, all the way around the 2-mile (3.2-km) wide lake, which is 90 feet (27.4 m) deep at its centre. The homes have docks for swimming and boating.

Fruit artist: Someone looking at the flowers sculpted by Vietnamese artist Nguyen Thi Thu could be forgiven for not realizing that the blooms emerge from papaya fruits. She has been practicing this traditional art for many years, with a 15-year break when she moved to another country where green papaya was not readily available. Glad to be back in Hanoi, she picked up the art again. This time, along with sculpting primroses, lotuses, and water lilies, she challenged herself to create many different types of chrysanthemums, which is a complicated process. The artist shows her work at public events, and she also teaches classes to show others the delicate art of sculpting papaya.

Quoteable Quotes

"At some point, you've got to let go, and sit still, and allow contentment to come to you." —Elizabeth Gilbert

"What wisdom can you find that is greater than kindness?" —Jean-Jacques Rousseau

What's Happening

- **Rotary Club of Lethbridge East is supporting the next generation of agricultural leaders through its \$10,000 Agriculture Scholarship Program.** The Gala Awards evening will be held Thursday, March 7th at the Coast Lethbridge Hotel. Come and enjoy the delectable cuisine of L.A. Chefs. For tickets, go to rotaryagscholarship.ca.
- **Family Game Night with Rise Above (Mental Health and Community Supports) Save The Date - Last Sat of each month 5:30-8:30 pm.** (Exception of March being on Friday 29th) Join us for Games and Connection. https://facebook.com/events/s/family-game-night-monthly/369818958991078/
- **Drop-in to learn about free programs and resources for people who are blind or partially sighted in your community.** Participate in children and youth programming, recreational and social activities, learning and employment workshops, technology training and demonstrations, and more! Visit cnib.ca for details.
- **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

HAVE YOUR NON-PROFIT COMMUNITY EVENTS INCLUDED FOR FREE.
Contact us at www.CoffeeNewsLethbridge.com

Trivia

1. Annulery, glove, or wedded is the medical term for the ring finger?
2. Cut, clarity, colour, and carat (the 4 Cs) refer to what stone?
3. The scientific name for a bird's wishbone is furcula, tibia, or aloha?
4. The spots on dice are called what?
5. Herpetophobia is the fear of foot pain, freckles, or reptiles?

(Flip bottom of page for answers)

© Published with Permission by Lethbridge Coffee News®

(Over)

Please Recycle & Share Coffee News® With Others

ALBERTA CREMATION SERVICES ONLINE

Affordable Online CREMATION
package for **\$1,999** plus GST

Visit our website or call us today to learn more about our online cremation service that can help you celebrate and remember your loved one, with compassion and convenience.

Honoring a life should be a meaningful and personal experience. With online cremation, we are here to make the process easier, more accessible, and more heartfelt.

www.abcremation.ca
or call 1-833-987-1091

Libraries, animal shelters, food banks, museums, schools...the list of organizations that are working to make Southwestern Alberta thrive, goes on and on.

OPEN LIBRARY

In 2023, the Community Foundation awarded over \$1.5 million in grants to these organizations and many more, but the need for support increases every year. You can help address that need in 2024!

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

COMMUNITY FOUNDATION
LETHBRIDGE + SOUTHWESTERN ALBERTA

What's Happening In Lethbridge?

L.A. BEAT
Lethbridge's Arts and Entertainment Magazine

Arts • Music • Drama

Check Us Out!
The Only Online Entertainment Guide
www.labeat.ca

Email Your Events To editor@labeat.ca

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

Parenting Tips

Respect parenting differences. Support your spouse's basic approach to raising kids - unless it's way out of line. Criticizing or arguing with your partner will do more harm to your marriage and your child's sense of security than if you accept standards that are different from your own.

www.parents.com

Coffee News Archives

Jokes ...

In the long run, the pessimist maybe proved right, but the optimist has a better time on the trip.

Week of Nov 27, 1989

People Love Coffee News®
Delivering SMILES since 1988

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
www.foxdentureclinic.ca

Lethbridge HEARING CENTRE

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

Leonard & Joni
The Unfold Love Story

APRIL 8 YATES THEATRE

Proudly Serving Western Canada

Drainage Is Our Business

Weeping Tile Direct

BNQ CERTIFIED

780.371.9528
weepingtiledirect.com

We manufacture 100', 164', 250', and 3800' Maxi coils

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

New Patients Always Welcome

Dr. Wes Fournier & Dr Michael Goldie
403-327-1881
1111 MAYOR MAGRATH DRIVE SOUTH, LETHBRIDGE, AB

GET an EDGE

3145 - 34 St North • (N.E. of Walmart N.)

Sharpening of: Hair Clippers, Scissors, Service for Lawn Mowers and Blades, Sales and Sharpening of Kitchen Knives, Chain Saw Chains and all Woodworking Tools

Faber Sharpen
"Giving You an Edge Since 1979"
(403) 381-3660
sales@fabersharpener.ca

Recipe of the Week

Mexican Rice II

3 tablespoons vegetable oil
1 cup uncooked long-grain rice
1 teaspoon garlic salt
1/2 teaspoon ground cumin
1/4 cup chopped onion
1/2 cup tomato sauce
2 cups chicken broth

source: allrecipes.com

RECIPE PREPARATION

Heat oil in a large saucepan over medium heat and add rice. Cook, stirring constantly, until puffed and golden. While rice is cooking, sprinkle with salt and cumin. Stir in onions and cook until tender. Stir in tomato sauce and chicken broth; bring to a boil. Reduce heat to low, cover and simmer for 20 to 25 minutes. Fluff with a fork.

Your Weekly Horoscopes

ARIES
(March 20 - April 19)



For the next several weeks, be careful of impulsive speech or actions. You may find that you are easily angered, so take a deep breath and retreat if needed. Lucky numbers: 12, 14, 19, 22, 37, 41.

TAURUS
(April 20 - May 20)



The universe may continue to present you with many opportunities, a rare and unusual situation. Perhaps consider one that will expand you beyond your comfort zone. Lucky numbers: 4, 7, 8, 11, 18, 24.

GEMINI
(May 21 - June 20)



For the next few weeks, be extra cautious in your communications. Your quick mind and wit could put you in danger of saying something you might regret. Lucky numbers: 3, 13, 14, 20, 42, 45.

CANCER
(June 21 - July 21)



The Cancer-born can tend to lead with their feelings. At the beginning of the week, you may be challenged to approach a situation with a more balanced heart and mind. Lucky numbers: 17, 18, 24, 35, 37, 39.

LEO
(July 22 - Aug. 22)



Midweek, your thoughts and feelings may be out of sync for a few days. If you feel like you're at a stalemate, move beyond your own desires and help someone else. Lucky numbers: 10, 21, 37, 31, 33, 38.

VIRGO
(Aug. 23 - Sept. 22)



You may have an opportunity at the end of the week to expand your comfort zone and tap more into your intuition. This might feel awkward and could require practice. Lucky numbers: 6, 12, 14, 20, 41, 43.

Lucky numbers this week: This week's odds favour Capricorn winners with the luckiest number being 3.

LIBRA
(Sept. 23 - Oct. 22)



For the next several weeks, you may be seeing people "put their foot in their mouth." Therefore, leaning into your natural diplomatic nature might be even more important. Lucky numbers: 5, 14, 18, 27, 29, 32.

SCORPIO
(Oct. 23 - Nov. 21)



Have you been reluctant to take off your safe mask and authentically face the world? Doing so is never easy, but this week might prove to be better than most. Lucky numbers: 7, 13, 17, 19, 27, 34.

SAGITTARIUS
(Nov. 22 - Dec. 20)



Your natural optimism and enthusiasm may get a boost for the next several weeks. If new opportunities come up, carefully examine them and look before you leap. Lucky numbers: 9, 11, 21, 22, 31, 32.

CAPRICORN
(Dec. 21 - Jan. 19)



Early in the week may be a good time to connect with those whose cooperation and assistance you need. Your serious demeanour and strong work ethic may be highlighted. Lucky numbers: 1, 3, 17, 37, 40, 48.

AQUARIUS
(Jan. 20 - Feb. 18)



Things may be very busy for you this week. Consider prioritizing what serves your highest values, rather than someone else's agenda. This may be scary to do. Lucky numbers: 2, 12, 17, 18, 22, 38.

PISCES
(Feb. 19 - March 19)



This may be a good time to evaluate your current endeavours. Are some less important now? Consider completing your critical projects and letting go of the rest. Lucky numbers: 11, 24, 27, 33, 36, 48.

Did You Know...

Islands in the sea: The island nation of the Maldives, in the north-central part of the Indian Ocean, includes approximately 1,200 islands. About 200 of the sandbanks and coral islands are inhabited.

Saving energy: Similar to hibernation, an animal going into a dormant state because the environment is too hot or dry is called aestivation. The aestivating animal stops eating and does not move around.

Small but mighty: A tiny insect called the oribatid mite can lift over 1,000 times its own body weight. Also called the armoured or beetle mite, is only about the size of a grain of sand or two human hairs placed side by side.

Popular condiment: In Mexico, a condiment called chamoy is very popular. This hot, sweet, tangy sauce contains dried chilies, lime juice, and some kind of fruit, such as mango, apricot, or plum.

Talented man: Brian May, who became famous as a member of the British rock band Queen, is regarded as one of the best guitarists around. May earned a Ph.D. in astrophysics from Imperial College London.

On the Lighter Side

Why were the scissors smiling? Because they have their work cut out for them.

An astronomer watched the moon rotate for 24 hours. Then he got bored and called it a day.

My new diet consists of only aircraft. It's a bit plane.

Diner: "I'd like an elephant sandwich, please."
Waiter: "I'm sorry, sir, we've just run out of bread."

Knock! Knock! Who's there? Hugo. Hugo who? Hugo first and I'll go second.

Answers

Trivia answers: 1. Annular 2. Diamond 3. Furcula 4. Pips 5. Reptiles

For available franchise opportunities - visit www.coffeenewscanada.com

Debt problems? MNP can help.

Toll Free 310-DEBT

Serving the Lethbridge area for nearly 50 years.

CONSUMER CHOICE AWARD 2022 LETHBRIDGE

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

Licensed Insolvency Trustees

MNPdebt.ca

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

WHEN YOU GET PAID We Get Paid

WHIPLASH COMPENSATION?

Get the whiplash compensation you deserve from a trusted team of experienced lawyers. You pay nothing up front. Not all injury claims are capped.

1-800-661-4902
WhiplashInformationCentre.com

Braithwaite Boyle
Injury Law 800-440-8298

It's The Only Law We Do - Since 1986
Free Initial Consultation

Offices in: Edmonton, Red Deer, and Calgary
ALBERTA OWNED AND OPERATED FOR OVER 35 YEARS

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

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

Roxy WRIGHT

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 Facebook

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

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
423 - 5 Street South, Lethbridge 403-380-6338

radiobingo

NORTHERN ALBERTA | SOUTHERN ALBERTA

CFWE | CJWE

Play Monday, Thursday & Saturday at 6 p.m.

GUARANTEED \$10,000 ON SERIES 7 FULL CARD

2 GAMES GUARANTEED AT \$25,000 PER MONTH

For more information, visit radiobingo.ca