



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/



ON SERIES 7 FULL CARD

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

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

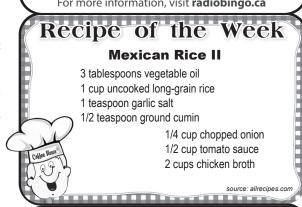


- 1. Annulary, glove, or wedded is the medical term for the ring finger?
- 2. Cut, clarity, colour, and carat (the 4 Cs) refer to what stone?
- 3. The scientific name for a bird's wishbone is furcula, tibia, or aloha?
- 4. The spots on dice are called what?
- 5. Herpetophobia is the fear of foot pain,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

(Flip bottom of page for answers)

© Published with Permission by Lethbridge Coffee News®

(Over)



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

LIBRA

14, 18, 27, 29, 32.

13, 17, 19, 27, 34.

CAPRICORN

37, 40, 48.

AQUARIUS

17, 18, 22, 38

PISCES

(Dec. 21 - Jan. 19)

(Jan. 20 - Feb. 18)

(Feb. 19 – March 19)

SAGITTARIUS

(Nov. 22 - Dec. 20)

SCORPIO

(Sept. 23 - Oct. 22)

(Oct. 23 - Nov. 21)

For the next several weeks,

you may be seeing people

mouth." Therefore, lean-

ing into your natural diplo-

matic nature might be

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

Your natural optimism

and enthusiasm may get

a boost for the next

several weeks. If new

opportunities come up,

carefully examine them

Early in the week may be a

good time to connect with

those whose cooperation

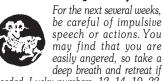
even more important. Lucky numbers: 5,

better than most. Lucky numbers: 7,

and look before you leap. Lucky numbers: 9, 11, 21, 22, 31, 32.

"put their foot in their

ARIES (March 20 - April 19)



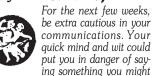
needed. Lucky numbers: 12, 14, 19, 22, 37.41. **TAURUS**

(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)



ing something you might regret. Lucky numbers: 3, 13, 14, 20, 4Ž, 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.

(July 22 - Aug. 22)

LEO

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.

Did You Know...

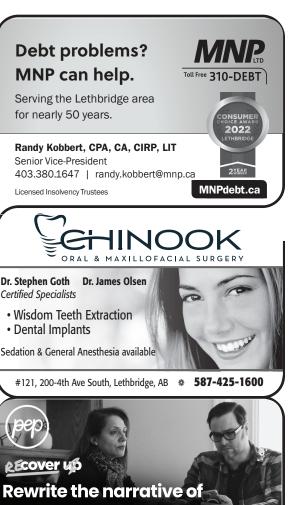
Islands in the sea: The island nation of the Maldives, in the north-central part of the Indian Ocean, includes approximately 1,200 islands. About 200 of the sandbanks and coral islands are inhabited.

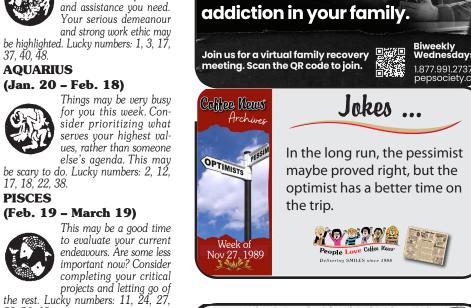
Saving energy: Similar to hibernation, an animal going into a dormant state because the environment is too hot or dry is called aestivation. The aestivating animal stops eating and does not move around.

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









33, 36, 48.

LETHBRIDGE South

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

4. Pips 5. Reptiles Trivia answers: I. Annulary Z. Diamond 3. Furcula

For available franchise opportunities - visit www.coffeenewscanada.com

© Published with Permission by Lethbridge Coffee News®

(Over)

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 ...

Coffee News Lethbridge

http://www.coffeenewslethbridge.com or email us: info@coffeenewslethbridge.com

ACTUAL

Size 🦼