

econo bins

12 yd bin rental

**WE CAN REMOVE UNWANTED ITEMS** 

FROM YOUR PROPERTY.









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

## 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



NORTHERN ALBERTA

SOUTHERN ALBERTA

CFWE

CJWE

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

\$**10,000** 

\$25,000

For more information, visit radiobingo.ca



info@coffeenewslethbridge.com www.CoffeeNewsLethbridge.com

**LETHBRIDGE NORTH** & West Side

403-759-1002

Vol. 15 No. 12 March 18, 2024

# Everybody's Talking!

Ice cream paradise: In Cuba, both tourists and locals can indulge in ice cream to their hearts' content, and for very little cost, when they visit Parque Coppelia in Havana. Also known as la catedral de helado (the ice cream cathedral), this venue serves an astounding 30,000 ice cream lovers per day. At any one time, there could be 600 people of all ages clamouring for a serving of the sweet treat. The world's largest ice cream pavilion, Parque Coppelia is so big that it takes up a whole city block. For Cubans, going to this place is a tradition. People have been eating ice cream there since it was built in 1966.

Runway ruckus: Flight delays most often are caused by weather or mechanical problems. But at New Zealand's Wellington International Airport, neither of those scenarios was the reason an Air Chathams flight couldn't take off as planned. The delay was because airport staff members were scrambling to get a baby penguin off the runway. The sixweek-old fledgling korora, a blue penguin, must have taken a wrong turn somewhere and ended up on the tarmac. The little guy obviously couldn't fly away. The bird was taken to Wellington Zoo, where veterinarians said it was thin and underweight, but otherwise in good health. They planned to take care of the baby until its feathers became waterproof.

**Tough read:** Anyone who has participated in a book club knows that, at each meeting, members discuss a different book. Not so for a book club in Los Angeles, California (U.S.). Members of this club met for 28 years to discuss, page by page, Finnegans Wake by James Joyce. Gerry Fialka started the club in 1995. Because the author uses many languages, and even creates words, deciphering the meaning of the book took a long time. The book can be so confusing that many readers can't keep the characters straight, or know exactly where a scene is set. Members of Fialka's club have come and gone, but some original readers are still involved.

Banana predicament: An unnamed Japanese man just wanted to provide some greenery in an urban area. Without permission from authorities, he planted three banana trees on the median boulevard of a busy street in Kurume City, Fukuoka Prefecture. Then, for two years, he tended those trees, carefully watering them and watching them grow. No one told him to stop during that whole time. Finally, drivers started to complain that the trees affected visibility. City authorities showed up at the site and told him to remove his beloved vegetation. Fortunately, friends of the man agreed to take the trees to their homes and continue to take care of them.

# Quoteable Quotes

"The only journey is the one within." —Rainer Maria Rilke "Don't fear failure. Not failure, but low aim, is the crime."

# What's Happening

- Spring Nature Fest at the Helen Schuler Nature Centre is Friday, March 15 1 1pm - 5pm. Find a mix of indoor and outdoor activities, including: scavenger hunts, building challenges, and much more! This FREE family festival has something for everyone & provides a great chance to discover all that spring has to offer.
- Family Game Night with Rise Above (Mental Health and Community Supports) Save The Date - Last Sat of each month 5:30-8:30 pm. Join us for Games and Connection. https://facebook.com/events/s/family-game-night-monthly/369818958991078/
- The Harambee Grandmas are now welcoming donations of unused fabric, yarn, and notions in preparation for our 7th annual Fabric and Yarn Sale.  $\,$  To arrange for pickup or delivery, please contact us at harambeegrandmas@telus.net or call 403-331-0504. Find more info on our Facebook page!
- The Rotary Club of Lethbridge EAST invites the public to meetings every TUESDAY from 5:45 – 7:45 pm at HONKERS Pub, 2808 5 Ave. N for a meal and listening to interesting speakers. Visit like-minded friends who make the world a better place by doing projects locally and globally. For more information contact Lynn 403-894-7860
- 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

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

### Irivia

- 1. The Guinness Book of Records co-founders were surnamed Guinness, McWhirter, or Mulvaney?
- 2. Captain Von Trapp in the film The Sound of Music had how many children?
- 3. The disease scurvy is caused by a deficiency of vitamin B, C, or D?
- 4. Vanilla is almost always used in the manufacture of chocolate—
- 5. Queen Marie Antoinette of France was married to Louis XIV, XV, or XVI?

(Flip bottom of page for answers)

© Published with Permission by Lethbridge Coffee News® (Over)

Please Recycle & Share Coffee News® With Others

Contact: Phone 403-795-2953 Email rick@digitsplus.ca • www.digitsplus.ca

Keeping your business on the right track!

**Digits Plus** 

Bookkeeping & more

services in west Lethbridge.

Your success is my success!

Offering Bookkeeping

and personal tax

**Drainage Is Our Business** Weeping Tile Direct

780.371.9528 weepingtiledirect.com

Also pick up batteries, propane tanks, farm Airport Pick-a-Part 403-308-1161



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 New Patients Always Welcome



Dr. Wes Fournier & Dr Michael Goldie 403-327-1881

1111 Mayor Magrath Drive South, Lethbridge, AB



Recipe of the Week

sales@fabersharpening.ca

#### **Ginger Spiced Pancakes**

 $1\ 1/3\ \mathrm{cups}\ \mathrm{milk}$ 

1 egg 1 tablespoon applesauce

2 teaspoons ground ginger

1 teaspoon vanilla extract

 $1 \ {\it teaspoon} \ {\it ground} \ {\it cinnamon}$ 2 cups baking mix

cooking spray

source: allrecipes.com

#### RECIPE PREPARATION

Beat milk, egg, applesauce, ground ginger, vanilla extract, and cinnamon together in a bowl. Whisk baking mix into the milk mixture until just combined into a loose batter. Prepare a skillet with cooking spray and place over medium heat.Ladle about 1/4 cup batter into the prepared skillet; cook until bubbles begin to form on the top, 3 to 5 minutes. Turn the pancake and continue cooking until the other side of the pancake is golden brown, 3 to 5 minutes more. Transfer pancake to a plate and cover with a lid to keep warm. Repeat until batter is completely used.













**FULL SERVICE HEARING CENTRE** Testing Available Latest Digital and Bluetooth Devices • AADL, WCB, DVA.

and Equipment ASEBP Vender Jake Boldt BC-HIS

Registered Hearing Aid Practitioner #120, 2037 Mayor Magrath Dr S 403 320 6000 Lethbridge, AB T1K 2S2 candice @lethbridg

# Your Weekly Horoscopes

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



Your birthday month is a good one to plan for the next 12. This year, in particular, it is important to set goals in line with your values and life

purpose. Lucky numbers: 8, 15, 23, 32, 42, 43.

### **TAURUS**

#### (April 20 - May 20)



Is there something close to your heart that you wish to manifest in the world? The next two weeks may be a good

time to talk to others about this desire. Lucky numbers: 2, 3, 15, 29, 30, 31.

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



It can sometimes be hard for Geminis to decide on what they want. Now may be the right time to do so because this month is good for initiating

endeavours. Lucky numbers: 4, 16, 21, 28, 39, 43.

#### **CANCER** (June 21 - July 22)



Cancer folks may have a tendency to be timid. The next month might be a good time to dig deep into your psyche to understand why this

pattern exists. Lucky numbers: 7, 16, 28, 41, 46, 47.

### (July 23 - Aug. 22)



At the beginning of the week, your natural enthusiasm and joy may radiate. If you seek the aid of others, be sure the endeavour is a win-win for all

involved. Lucky numbers: 10, 12, 17, 22, 42, 47.

#### **VIRGO**

#### (Aug. 23 - Sept. 22)



Midweek may be a good time to start projects that require the precise and detailed work that is natural for you. Be sure to remind others that

you have this talent. Lucky numbers: 5, 10, 14, 20, 28, 31.



As you approach the sixmonth mark since your birthday, consider reviewing the goals and plans you established then. Which ones should you

continue? Lucky numbers: 9, 12, 18, 39, 41, 48.

### **SCORPIO**

#### (Oct. 23 - Nov. 21)

(Sept. 23 - Oct. 22)



Interactions with others sometimes show your intensity, not always to your benefit. For the next month, try to help others see you as courageous

rather than argumentative. Lucky numbers: 6, 13, 20, 22, 33, 44.

#### **SAGITTARIUS** (Nov. 22 - Dec. 21)



Be careful in the next month of making impulsive statements that may hurt someone else. If this happens, be sure to quickly make amends to that

person. Lucky numbers: 16, 22, 30, 35, 44, 45.

#### **CAPRICORN** (Dec. 22 - Jan. 19)



The next month's astrological energy may fuel your ambition. Be sure to foster cooperation toward a common goal and avoid conflict about who is in charge. Lucky numbers: 14, 17,

18, 23, 25, 27.

#### **AQUARIUS** (Jan. 20 - Feb. 18)



This may be a good week to find the courage of your convictions. How can you use this toward the humanitarian goals that Aquarians find impor-

tant? Lucky numbers: 1, 3, 6, 33,

#### **PISCES** (Feb. 19 - March 20)



Pisces may have diffi culty manifesting their ephemeral ideals in the world. For the next few weeks, seek a grounded way to accomplish these

goals. Lucky numbers: 3, 15, 18, 21, 41, 43.

Lucky numbers this week: This week's odds favour Gemini winners with the luckiest number being 21.

# Did You Know...

Big park: Some national parks in Canada are larger than some countries. Wood Buffalo National Park in Alberta and the Northwest Territories is 44,807 sq. km (17,300 sq. mi.), which is larger than Denmark.

Break a leg: American actor Cuba Gooding, Jr., has starred in many hit motives. His first professional entertainment job was as a break dancer performing with singer Lionel Richie at the closing ceremonies of the 1984 Summer Olympics in Los Angeles.

**Crop damage:** Farmers in Africa have a nickname for the red-billed quelea bird: feathered locust. Large flocks of these winged creatures can eat so many seeds that they wipe out

Say yes: The speaker of the question, "Will you marry me?" is usually a man. And even in the age of gender equality, young couples still seem to believe it's the man's responsibility, according to a study by Cornell University.

Good coffee: Those who like espresso have Angelo Moriondo to thank. He is credited with being the first person to patent an espresso machine. He came from an entrepreneurial family in

# On the Lighter Side

Knock! Knock! Who's there? Alda. Alda who? Alda kids like my knock-knock jokes!

What are the best steps to solve a complex math problem? The steps to the teacher's desk.

A small area of undeveloped land might not seem like much,

Teacher: "Can anyone name a liquid that won't freeze?"

### Auswers

IVX sinoJ. G. Douis XVI

Trivia answers: 1. McWhirter 2. Seven 3. Vitamin C

© Published with Permission by Lethbridge Coffee News®

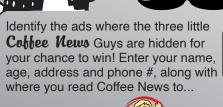
(Over)

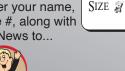






Not to be used





**ACTUAL** 

contest winner

Mackenzie will recieve a \$20 Gift Card

He read the Coffee News at McDonald's

from our contest sponsor, Luigi's Steakhouse (North)

Luigis North (403) 328-5555



Coffee News Lethbridge

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



