

Coffee News Lethbridge is undergoing a management change!

Capital Marketing, publishers of Coffee News in Northern Alberta, will be managing Coffee News Lethbridge while we search for a local publisher. Coffee News Lethbridge remains committed to delivering lighthearted news and entertainment from around the world combined with community updates to Lethbridge residents while they enjoy their morning cup of coffee. Watch for some slight changes to our contest and ads over the coming weeks.

To submit community events, visit www.coffee-news.ca

To advertise, call 780.220.6397

FREE! *New Issue Every Week!*

Coffee News®

"News To Be Enjoyed Over Coffee"

Lethbridge South and Coaldale Edition

877-553-6937

www.coffee-news.ca

Est. 1988

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

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

Shorter Delivery Times... BUYING DIRECT!

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

877-653-1556
chiefmtrussco@gmail.com

Roof & Floor Trusses

yes tv

FREE LIVE STREAMING COMING THIS FALL

visit yestv.com for details

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 Vendor

Candice Elliott-Boldt BC-HIS
Registered Hearing Aid Practitioner

#120, 2037 Mayor Magrath Dr S Lethbridge, AB T1K 2S2 **403 320 6000**
candice@lethbridgehearing.ca

If this was your ad...

Your Business 7 Days A Week

it would have been seen now!

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

FREE ESTIMATES

"Serving Lethbridge, AB & Area"

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**

Vol. 15 No. 23 June 3, 2024

Everybody's Talking

Safe surprise: In the Vermilion Heritage Museum in Alberta, Canada, a heavy safe that had defied opening for over 40 years was casually unlocked by Stephen Mills, a visitor with no prior experience in safe-cracking. He spun the dial to a random combination, and to the shock of onlookers, the door swung open. Inside, instead of expected treasures, were merely some old restaurant order slips and a payroll sheet from the 1970s. The safe had been a challenging enigma for professional locksmiths and even the manufacturer, all of whom all tried and failed to unlock its secrets over the years, making the visitor's casual twist of fate all the more remarkable.

Lipstick lore: Ancient Iranians must have flaunted red lips over 3,600 years ago! The lip colouring emerged from a burial ground in Jiroft, in southeastern Iran, that had flooded and been looted, after which many items were recovered and taken to a local museum. This Bronze Age lipstick is a testament to timeless beauty. Resembling modern-day lipsticks, its hue comes from the mineral hematite, added to quartz, plant wax, and several ingredients that served as darkening agents. While its precise origins remain a mystery, experts believe it belonged to a local Bronze Age civilization. This discovery hints at the social dynamics of the area, where cosmetics played a role in power and authority.

Nature's shield: For years, experts have worried about the Great Wall of China succumbing to nature's relentless assault. New research unveils a surprising safeguard on earthen sections: a delicate layer of biocrust. Composed of cyanobacteria, moss, and lichen, this natural "living skin" shields the wall from wind and rain erosion. The portions of the wall built with compacted soil and gravel are vulnerable due to their material composition. But the biocrust acts as a natural armour, with some organisms secreting a cement-like substance that fortifies the structure. Tests reveal biocrust-covered areas boast increased strength and stability, offering a glimmer of hope against the march of time.

Cat masterpiece: At an auction in New York (U.S.), the "world's largest cat painting" sold for \$826,000 (USD). The weight of this mammoth piece, featuring 42 cats on a 6-by-8.5-foot (1.8-by-2.6-m) canvas, required a reinforced wall. Commissioned in the late 1800s by cat enthusiast Kate Birdsall Johnson, who pampered hundreds of feline residents at her summer estate, the painting portrays their luxurious lifestyle. Each cat had a name and recognized it when called, and they were attended by a team of servants. Johnson bequeathed \$500,000 in her will for her beloved cats' perpetual care. That was a purr-fectly extravagant gesture!

Quoteable Quotes

"People don't notice whether it's winter or summer when they're happy."
—Anton Chekhov

"Smile in the mirror. Do that every morning and you'll start to see a big difference in your life."
—Yoko Ono

What's Happening

July 12 13 - WCHS Lethbridge Class of 74 Calling our 50-year reunion this July 12 and 13. Get ready to reminisce about old times, reconnect with old friends and classmates. For more info: WCHS1974lethreunion@gmail.com or call John 403-360-0168

Ongoing - Game Night with Rise Above Mental Health and Community Support Last Saturday of each month at The Tab, 1805 9th Ave N Lethbridge AB. 5:30-8:30pm. Join us for games and connections. No admission charge. Contact us at riseabovelethbridge@gmail.com or find us on Facebook.

Non Profit Organizations may post the Or fundraising events in What's Happening for FREE! Visit www.coffee-news.ca to submit.

Hidden Coffee News Guy ADVENTURE

Find the Coffee News Guy hidden in one of the ads, then enter to win!

\$400* Prize Package

*Coffee News Bucks

Over 150 participating sponsors!

4 winners (\$100 each) will be drawn on the 15th of each month from all correct entries

Enter one of three ways:
1. Scan the QR code
2. Visit www.coffee-news.ca
3. Mail your entry*

*Mail your entry to: CN Guy Contest, 9768-170 Street, Suite 303, Edmonton, AB T5T 5L4. Be certain to include your full name, complete mailing address (including postal code), phone number, email address and your birth date. Also include the name of the ad in which you found the hidden Coffee News Guy.

Trivia

1. The capital of Greenland is Nuuk or Ilulissat?
2. Formicary is the technical term for anthill—T/F?
3. The Near Islands are near what land mass?
4. "The Fab Four" was the nickname of which rock group?
5. Which has approximately 27,000 teeth—earthworm or slug?

(Flip bottom of page for answers)

© Published with Permission by Lethbridge Coffee News (Over)

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

HIP OR KNEE REPLACEMENT?

THE DISABILITY TAX CREDIT ALLOWS FOR A

\$2,500 YEARLY TAX CREDIT

\$30,000 LUMP SUM REFUND

COPD, arthritis, and many other disabling conditions that cause Restrictions in Walking or Dressing may qualify.

85% SUCCESS RATE!

FOR EXPERT HELP: **1-844-453-5372**

Feeling a little **STReSSed?**

Relax with... **Coffee News**

"NEWS TO BE ENJOYED OVER COFFEE!"

Recipe of the month

Macaroni Coleslaw

1 package (7 ounces) ring macaroni or ditalini
1 package (14 ounces) coleslaw mix
2 medium onions, finely chopped
2 celery ribs, finely chopped
1 medium cucumber, finely chopped
1 medium green pepper, finely chopped

1 can (8 ounces) whole water chestnuts, drained and chopped

Dressing:
1-1/2 cups Miracle Whip or mayonnaise
1/3 cup sugar
1/4 cup cider vinegar
1/2 teaspoon salt
1/4 teaspoon pepper

Prep Time: 25 min + chilling Yield: 16 servings

1 Cook macaroni according to package directions; drain and rinse in cold water. Transfer to a large bowl; add the coleslaw mix, onions, celery, cucumber, green pepper and water chestnuts.
2 In a small bowl, whisk the dressing ingredients. Pour over salad; toss to coat. Cover and refrigerate for at least one hour.

The perfect recipe for June 18, National Picnic Day! (Or anytime you're in the mood for macaroni salad, but craving slaw, too!)

Source: <https://www.tasteofhome.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

Get Your Mowers & Garden Tools Ready for the Season



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

New Campground Near Waterton Park

• Powered sites • Tenting • Picnic day use area
Fun Family Activities—Best Birthday Parties ever!!—Date Nights
 • Introduction to horses program • Wagon rides
 • Farm animal petting zoo • Boating and paddle boards
 • Weaving & Spinning demonstrations



20 minutes East of Waterton Park on Highway 5 at Mountain View

Book online at
 myrootsvacation.com or
 call 403-394-8676

Call today and receive a FREE SHOWER PACKAGE PLUS \$1600 OFF

SAFE STEP WALK-IN TUB
1-855-977-9805

With purchase of a new Safe Step Walk-In Tub. Not applicable with any previous walk-in tub purchase. Offer available while supplies last. No cash value. Must present offer at time of purchase. CSLB 1082165 NSCB 0082999 0083445

It's not just a generator. It's a power move.

Receive a free 7-year warranty with qualifying purchase* - valued at \$945.

Call 888-688-0973 to schedule your free quote!

*Terms and Conditions apply.

GENERAC



Your Weekly Horoscope

ARIES

(March 20 - April 19)



This year is a good opportunity to advance your purpose in this lifetime. However, now you may need to let go of whatever might be holding you back from doing so. Lucky numbers: 2, 8, 18, 24, 42, 44.

TAURUS

(April 20 - May 20)



You may be tempted this week to be a couch potato and ignore your responsibilities. If you dig in, though, your hard work could pay off at the end of the week. Lucky numbers: 16, 20, 32, 33, 36, 39.

GEMINI

(May 21 - June 20)



The middle of this week may be a good time to set a new intention. What would you like to focus on? Does this goal align with what you love and value? Lucky numbers: 1, 9, 14, 40, 43, 47.

CANCER

(June 21 - July 22)



Are you feeling burned out? This weekend may be a good time for Cancerborns to unplug and reduce your stress level. So focus on carving out space to do so. Lucky numbers: 5, 6, 34, 38, 47, 48.

LEO

(July 23 - Aug. 22)



The expression of being "too clever by half" may be a risk for you in the next few weeks. Try to focus on honesty and integrity in your interactions with others. Lucky numbers: 8, 11, 29, 42, 43, 44.

VIRGO

(Aug. 23-Sept. 22)



Things may feel chaotic and in flux for the next few weeks, and you might receive a lot of new information. Carefully consider what to accept and what to reject. Lucky numbers: 11, 12, 15, 28, 31, 38.

LIBRA

(Sept. 23 - Oct. 22)



On and off this year, you may find that your relationships are focal points for growth and transformation. Deep conversations now could be key to this process. Lucky numbers: 7, 17, 28, 32, 35, 41.

SCORPIO

(Oct. 23 - Nov. 21)



For the next few weeks, be careful of digging in your heels about your side of an argument. If you can't find a compromise, consider letting it go for the moment. Lucky numbers: 10, 12, 18, 27, 28, 44.

SAGITTARIUS

(Nov. 22 - Dec. 21)



Sagittarians like having a coherent worldview. This week may reveal new information about what you believe. Should you incorporate these new ideas? Lucky numbers: 3, 8, 10, 15, 38, 48.

CAPRICORN

(Dec. 22 - Jan. 19)



At week's end, you may feel that your head and heart are out of sync. How might you be able to create balance? If needed, take a deep breath and wait a few days. Lucky numbers: 4, 9, 19, 30, 38, 48.

AQUARIUS

(Jan. 20 - Feb. 18)



Important insights may emerge from your unconscious early this week. Ignoring painful information might be tempting, but it could be a catalyst for transformation. Lucky numbers: 6, 9, 16, 26, 43, 46.

PISCES

(Feb. 19 - March 20)



Pisces are at the half-way mark of a two-plus-year period focused on your relationship to structure and the physical plane. What changes have occurred for you? Lucky numbers: 9, 13, 16, 20, 21, 47.

Lucky numbers this week: This week's odds favour Gemini winners with the luckiest number being 9.

Did You Know...

Cute dolphins: Dolphins are commonly thought of as gray creatures. But the pink river dolphin has freshwater habitats throughout the Amazon and Orinoco river basins in South America. Their survival is under threat.

Quite the load: The annual wife carrying championship in Sonkajärvi, Finland, is a big deal. Since 1992, hundreds of couples have entered the race, with the husband carrying the wife in the 253.5-metre (831.7-ft.) course.

Long tresses: Empress Elisabeth of Austria, known as Princess Sisi, had ankle-length, auburn hair. She was proud of it, though its weight gave her headaches and her hairdresser spent up to three hours on it each day.

Rainbow mountain: Montaña de Siete Colores (Mountain of Seven Colors, or Rainbow Mountain) is a popular Peruvian Andes attraction. The 5,200-metre (17,000-ft.) mountain's appearance is due to 14 colourful minerals.

Flashes of love: Ever wonder why fireflies emanate flashes of light? Males use specific patterns when looking for mates. If a female flashes back, the twinkling conversation continues until they find each other.

On the Lighter Side

Only one large petal remained on the old rose. Last bud not least!

Magician: "I can turn this handkerchief into a flower."

Little boy: "That's nothing. I can walk down the street and turn into an alley."

Knock! Knock! *Who's there?* Vaughn. *Vaughn who?* Vaughn plus Vaughn equals two!

Why do hens lay eggs? If they dropped them, they'd break.

The earth's rotation really makes my day.

Answers

Trivia answers: 1. Nuuk 2. True 3. Alaska Peninsula 4. The Beatles 5. Slug

For available franchise opportunities - visit coffeenewscanada.com
 © Published with Permission by Lethbridge Coffee News

THIS SPACE FOR RENT

Call 780-220-6397

OR SCAN HERE FOR MORE INFO



Served in restaurants and coffee shops from coast to coast...

Coffee News®

is North America's choice for positive news from around the world!

Coffee News® is the world's number one restaurant publication, with distribution around the globe.



inogen

CLAIM YOUR 14-DAY RISK-FREE TRIAL!

PORTABLE OXYGEN FOR YOUR ON-THE-GO LIFESTYLE

Call us toll-free at 1-888-998-6714



14-day risk-free trial. Return within 30 days of purchase for a full refund of purchase price.

PM220469 EN, EX, USA | In Only © 2023 Inogen, Inc. 303 Cowan Drive, Colorado, CA 99127. Inogen® is a trademark of Inogen, Inc. The usage of any Inogen, Inc. trademark is strictly forbidden without the prior consent of Inogen, Inc. All other trademarks are trademarks of their respective owners or holders.

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

Support Coffee News!



The paper you have grown to love can't do it without readers like you...

- Visit our advertisers
- Browse our website
- Like us on Facebook

Coffee News®
 "News to Enjoy Over Coffee"

COMMUNITY FOUNDATION LETHBRIDGE + SOUTHWESTERN ALBERTA

Is "leave your legacy" on your spring to-do list?

Your gift to the Community Foundation will award money to charities that you want to support, forever!

- ✓ Change the tires
- ✓ New batteries in the smoke detector
- ✓ A new furnace filter
- ✓ Leave your legacy!

Want to give your gift to your community?

CONTACT US

By Phone 403-328-5297
 Visit Our Website www.cflsa.ca

Coffee News is so popular...



...even our competitors read it!

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

Buying or Selling?

A wealth of knowledge and insight into the Lethbridge Market



Andrew Wilson
 Call/Text: 403-795-8500

FREE HOME EVALUATIONS

526-5th Street South, Lethbridge, AB
 Independently Owned & Operated

ROYAL LEPAGE
 South Country

Just hatching a new business?

CHECK OUT Coffee News® ADVERTISING!

- People need to know about you!
- Reach thousands of local readers every single week
- Exclusive, affordable advertising



It's a crackin' good deal!