

**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.  
PM230469 EN, EX, USA | Rev Only © 2023 Inogen, Inc. 303 Cowman Drive, Colton, CA 95317  
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.



**FREE!** **New Issue Every Week!**

# Coffee News®

"News To Be Enjoyed Over Coffee"

**Coaldale Edition**

**877-553-6937**



www.coffee-news.ca Est. 1988

CN-Proudly printed by One to One Mailing

**Can't get to your Coffee News® each week?**

**Check out our PDF editions online!**

New editions are posted every Monday

Sign up here to receive email notifications of new editions. Now you never have to miss your weekly dose of good news!



www.coffee-news.ca/editions

**Coffee News® is so popular... even our competitors read it!**



**Thank You** to all the distributors that display **Coffee News®**

We are proud to be partners with you in providing "News to enjoy over coffee!"

Interested in having us in your restaurant or coffee shop? Call us for availability in your area...

**THIS SPACE FOR RENT**

Call **403-355-6316**

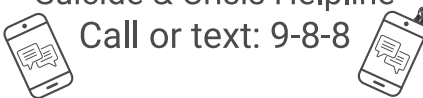
OR SCAN HERE FOR MORE INFO



**Need to talk? 988 is here for you. 24/7**

Suicide & Crisis Helpline  
Call or text: 9-8-8

**Edmonton.CMHA.ca**



**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!*



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.*



**HIP OR KNEE REPLACEMENT?**

THE DISABILITY TAX CREDIT ALLOWS FOR A **\$2,500** YEARLY TAX CREDIT

**\$30,000** LUMP SUM REFUND

85% SUCCESS RATE!

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



## Everybody's Talking

**Young pilot:** Promising aviator Lucien Distler has been soaring through the skies solo since his early years. At just 14 years old, this Oakville, Ontario (Canada), native boldly piloted a Cessna aircraft, marking his independent flight debut. While he was too young to operate a car, he possessed the necessary skills to command an airplane. According to him, achieving such a feat at a young age is entirely feasible with diligent training and determination. Lucien attributes his passion for aviation to his regular attendance at air shows alongside his father, an experience that ignited his fascination with airplanes and flying. Their shared enthusiasm continues to fuel his aspirations in the world of aviation.

**Not in vane:** A decades-long search for a stolen weathervane is over. Recently, a 114-year-old antique copper weathervane surfaced at Sotheby's in New York, N.Y. (U.S.). The auction house, which maintains a database of stolen items, alerted officials in Hartford, Vermont, who confirmed that it was the one stolen from the White River Junction train station in 1983. The weathervane was modeled after a steam locomotive and coal tender, and was crafted by W.A. Snow Iron Works, Inc. It is considered a valuable historic artifact and a beautiful piece of art. The weathervane will be remounted and returned to Vermont to be enjoyed once more.

**Gator grab:** When angler Justin Wyrick set out for a typical day of bass fishing, he was expecting nothing out of the ordinary. However, his routine excursion took an unexpected turn when he reeled in a surprising catch, a nearly 4-foot-long (1.2m) alligator while fishing with his brother at a lake north of Knoxville, Tennessee (U.S.). The brothers promptly contacted the local wildlife agency. Officers intervened, safely removing the reptile from the scene. Subsequently, the alligator found temporary refuge at a local zoo until arrangements could be made for relocation to a more natural habitat.

**High-tech hoax:** A university hopeful in Isparta, Turkey, was apprehended for using an artificial intelligence system to cheat on an entrance exam. The candidate, known by the initials M.E.E., was detected during the test due to his suspicious behaviour. Hidden inside his sneaker was a small router, and he had a high-definition camera disguised as a shirt button. The AI provided real-time answers via a tiny headset. Turkish authorities have not disclosed full details of the cheating system, but M.E.E. faces jail time and a ban from taking future exams. In the end, it seems his artificial intelligence couldn't outsmart human vigilance.

## Quoteable Quotes

"There's a responsibility in being a person. It's more than just taking up space where air used to be."  
—John Steinbeck

"Don't be pushed around by the fears in your mind. Be led by the dreams in your heart."  
—Roy T. Bennett

## What's Happening

**Select Tuesdays: Seniors Tour Tea at the Southern Alberta Art Gallery** Seniors 65 are welcome at the Southern Alberta Art Gallery Maansiksikaitisipiitinnikssin on select Tuesdays this summer from 10-11:30am for a free guided tour, art activity, and refreshments. For more information email [bipaa@saag.ca](mailto:bipaa@saag.ca)

**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](mailto:riseabovelethbridge@gmail.com) or find us on Facebook.

Non Profit Organizations may post their fundraising events in What's Happening for FREE! Visit [www.coffee-news.ca](http://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](http://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. In Bermuda, do drivers use the right or left side of the road?
2. Nitrous oxide (N2O) is more commonly called what?
3. How many legs does a spider have?
4. The musician Liberace played the piccolo-T/F?
5. Vaarwel is "goodbye" in Dutch, Swedish, or Finnish?

(Flip bottom of page for answers)

© Published with Permission by Lethbridge Coffee News

(Over)

**yes tv**

**FREE LIVE STREAMING COMING THIS FALL**

visit [yestv.com](http://yestv.com) for details



**Recipe of the month**

### One-Pot Chicken & Gnocchi

2 slices bacon, cut into ½ inch (1-cm) pieces  
6 boneless, skinless chicken thighs (4 oz./125 g each)  
¼ tsp (1 mL) salt  
1/8 tsp (0.5 mL) black pepper  
1 tbsp (15 mL) Pampered Chef Italian Seasoning Mix, divided

4 garlic cloves, pressed  
2 cups (500 mL) 2% or whole milk  
1 lb. (450 g) potato gnocchi  
2 oz. (60 g) Parmesan cheese, finely grated (1 cup/250 mL)  
½ cup (125 mL) frozen peas & corn

Ready in 30 minutes Yield: 6 servings

- 1 Heat the Enamelled Cast Iron Skillet over medium-high heat for 2-3 minutes. Add the bacon and cook until crisp, 5-7 minutes, stirring occasionally. Remove the bacon with slotted spoon, set aside.
- 2 Season the chicken with the salt, pepper, and 2 tsp (10 mL) Italian seasoning. Add the chicken to the skillet and cook, 5-7 minutes per side, or until the temperature reaches 165°F (74°C). Remove the chicken from the pan and set aside.
- 3 Reduce the heat to medium, add the garlic, and cook until fragrant, 10-20 seconds. Add the milk, gnocchi, cheese, bacon, and remaining Italian seasoning. Bring to a boil, reduce the heat to medium, and cook, stirring frequently, until the milk has reduced slightly and started to thicken, about 3 minutes.
- 4 Stir in the peas. Add chicken and cook on medium-low for an additional 3-5 minutes, or until sauce thickens slightly.

Sponsored by **Sarah Hooper** The Kitchen Coach  
403.332.1511 P I C



**Deaf & Hear Alberta Social Support for Seniors**

A free, volunteer-led program that supports isolated Deaf and hard-of-hearing seniors (55+) through peer mentoring, technology coaching, and more!

Email: [leslieb@deafandhearalberta.ca](mailto:leslieb@deafandhearalberta.ca)

**NICKLE FAMILY FOUNDATION**

Funded by the Government of Canada's New Horizons for Seniors Program



**Lethbridge HEARING CENTRE**

Candice Elliott-Boldt BC-HIS  
Registered Hearing Aid Practitioner

**FULL SERVICE HEARING CENTRE**

- Offering the latest digital and Bluetooth devices and equipment
- Hearing protection and workplace testing available
- AADL, WCB, DVA, ASEBP Vendor

Family Owned and Family Operated

#120, 2037 Mayor Magrath Dr. S, Lethbridge  
403.320.6000 | [candice@lethbridgehearing.ca](mailto:candice@lethbridgehearing.ca)



**ECONO BINS** 12 yd bin rental

WE CAN REMOVE UNWANTED ITEMS FROM YOUR PROPERTY

- ✓ Vehicles
- ✓ Metal
- ✓ Lumber
- ✓ Yard Waste
- ✓ Buildings etc.

Bin Rental **\$199** +tax (Dump fees extra)

Demolition Available

Call Today **403-308-1161**



**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 | [www.airportpickapart.ca](http://www.airportpickapart.ca)

Tues-Fri, 12-6 p.m.  
Saturday, 10 a.m.-4 p.m.





**If this was your ad...**

**it would have been seen now!**

**Feeling a little STReSSed?**

Relax with...  
**Coffee News**

"NEWS TO BE ENJOYED OVER COFFEE!"

**Shorter Delivery Times... BUYING DIRECT!**

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

**877-653-1556**  
chiefmtrussco@gmail.com

**CHIEF MOUNTAIN TRUSS COMPANY**

**Roof & Floor Trusses**

**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**

**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

VISA, MC, Amex, Discover

Member of the College of Alberta Dentists  
Member of the Denturist Association of Alberta

**HERE WHEN YOU NEED US**

When You Get Paid, We Get Paid

**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

**1-800-440-8298**

ALBERTA OWNED AND OPERATED FOR OVER 35 YEARS

**The Word of God among all nations**

Accurate and trustworthy translations based on Hebrew Masoretic Text and Greek Textus Receptus.

Bibles available in English, Greek, Hebrew and many other languages, as well as cards, booklets, colouring and puzzle books.

10 - 320 41 Street S.  
Lethbridge  
Mon-Fri, 9 a.m. - 5 p.m.  
403. 634. 3911

**TBS TRINITARIAN BIBLE SOCIETY**

www.tbsbibles.org/canada

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

ISA Certified Arborist  
Certified Utility Arborist

Call 403.894.6495  
Email: swenrigger@gmail.com

**Hi-Rigger TREE SERVICE**

FREE ESTIMATES

"Serving Lethbridge, AB & Area"

# Your Weekly Horoscope

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

Any stalemate with others in upcoming weeks may offer an opportunity for more tact and diplomacy in your communication. Consider taking advantage of this potential. Lucky numbers: 7, 10, 12, 14, 33, 42.

**TAURUS (April 20 - May 20)**

Things may be busy, even chaotic, for you this week. A new idea may emerge, but consider it carefully before deciding whether or not to implement it. Look before you leap. Lucky numbers: 1, 2, 7, 38, 44, 46.

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

Your ability to argue both sides of an issue may annoy others with more fixed world viewpoints. The energy of the next few weeks could temporarily ease this dynamic. Lucky numbers: 2, 5, 9, 26, 39, 45.

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

You may feel tired and stressed at midweek. Might you be able to find a way to carve out some time for self care? Doing so could mean you're better able to help others. Lucky numbers: 8, 12, 16, 19, 29, 30.

**LEO (July 23 - Aug. 22)**

The energy this weekend may make this a good moment to take time out to play and have fun. Remember, though, that you probably need to get back to work soon. Lucky numbers: 12, 25, 28, 31, 37, 47.

**VIRGO (Aug. 23 - Sept. 22)**

You might find yourself feeling introspective at the end of the week. If you can retreat for a couple of days, you may find that important information can surface. Lucky numbers: 3, 7, 12, 18, 30, 43.

**LIBRA (Sept. 23 - Oct. 22)**

Is there a thorny relationship issue that you have been avoiding? The next few weeks may provide an opportunity for progress, using your skills of tact and diplomacy. Lucky numbers: 15, 27, 28, 30, 35, 43.

**SCORPIO (Oct. 23 - Nov. 21)**

The intensity of Scorpio can intimidate others. But the energy now may soften this dynamic. If you consciously incorporate it, you might be able to retain it going forward. Lucky numbers: 10, 13, 15, 26, 29, 40.

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

Your natural friendliness and optimism may get an extra boost for the next three weeks. How can you use this energy to create a win-win opportunity for your goals? Lucky numbers: 4, 16, 20, 21, 27, 44.

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

Important information may emerge from your unconscious at midweek. You might be tempted to ignore it, but you also could use it positively in your personal development. Lucky numbers: 11, 17, 22, 27, 44, 48.

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

Your heart and mind may be out of sync at week's end. If your default is to usually choose your mind, perhaps consider leaning toward the side of your heart this time instead. Lucky numbers: 9, 10, 18, 39, 40, 48.

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

Everything may be confusing for you this week. Knowing what is real and truthful vs. what is not might be difficult. Perhaps postpone important decisions for at least a week. Lucky numbers: 6, 7, 19, 22, 33, 34.

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

## Did You Know...

**Olympic art:** The Olympics weren't always just for sports. Beginning in 1912, 151 medals were awarded in painting, sculpture, architecture, literature, and music for work inspired by athleticism. Art exhibits replaced the medals in 1954.

**Lefties:** Only about 10% of people worldwide are left-handed. About 1% are ambidextrous, able to use either hand effectively. This means the rest of us are predominantly right-handed.

**Chair evolution:** We may have Charles Darwin to thank for our office chairs. He is often credited with the idea of using wheeled legs to replace regular legs on his office chair. This let him move easily and quickly around his lab.

**Youthful success:** Stevie Wonder was only 13 years old in 1963 when he earned his first No. 1 hit on the Billboard Hot 100 with "Fingertips." He has since added many more hits to his resume!

**Gator aid:** In the 1960s, scientists at the University of Florida (U.S.) invented the popular sports drink Gatorade. In the 1970s, they also created Gatorade gum, but it was discontinued by 1989.

## On the Lighter Side

A man sued an airline after they lost his luggage. Unfortunately, he lost his case.

Our son at college said he grew a whole foot. So we sent him a third sock.

Art: "Why did you name your son Bill?"  
Marty: "Because he arrived at the beginning of the month."

Knock! Knock! Who's there? Cheese. Cheese who? Cheese a very smart girl!

How did the owl with laryngitis feel? He couldn't give a hoot!

## Answers

**Trivia answers:** 1. Left 2. Laughing gas 3. Eight 4. False 5. Dutch

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

**COMMUNITY FOUNDATION**  
LETHBRIDGE + SOUTHWESTERN ALBERTA

Is giving through the Community Foundation right for you?

- 1 - Do you want to make a difference in your community?
- 2 - Do you give to more than one charitable cause?
- 3 - Are you interested in creating a personal or family legacy?
- 4 - Would you like to stay involved in the use of your gift?
- 5 - Are you interested in teaching your children about giving back?
- 6 - Do you want to receive a maximum tax benefit?

Learn how you can give your gift to your community!

Phone 403-328-5297 Online www.cftsa.ca Email office@cftsa.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

**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](http://radiobingo.ca)

**Happy First Day of Autumn**

from your friends at **Coffee News**

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

**TEST YOUR MEMORY**

After reading *Coffee News*® put it aside for a moment. Then challenge yourself or a friend to remember as many ads as you can.

Your Score:  
Less than 6 - Keep trying  
7-10 - Getting better  
11-15 - Excellent  
16 or more - Genius!

**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@fabersharpending.ca

**DO THE MATH!**

If you advertise in a monthly publication, your ad is seen 12 times a year.  
If you advertise in a bimonthly publication, your ad is seen 6 times a year.  
If you advertise in *Coffee News*®, your ad is seen 52 times a year!  
It takes the average person 8 - 10 times to see a message and retain it.  
So, where would you want YOUR ad to be?

**Coffee News® = Repetition**