



# Centre Village Mall

1240, 2A Ave North  
Lethbridge, AB T1H 0E4  
403-328-8853



September 2011  
www.centrevillagemall.ca

Centre Village Mall Sponsors "Adopt A Citizen of Tomorrow" program at Westminister Elementary School

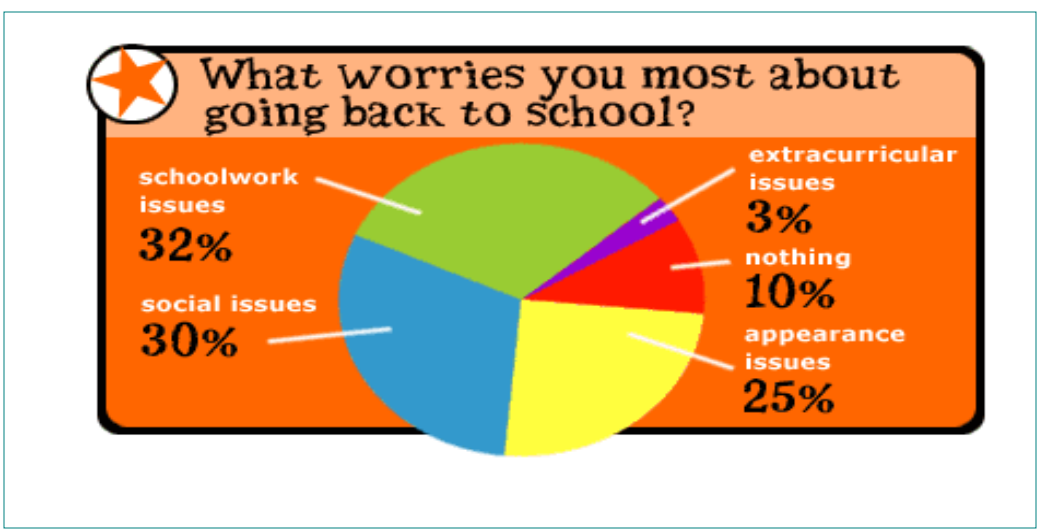


Lethbridge People for Animal Welfare Society  
**P.A.W Society Annual Book Sale**  
**September 16th & 17th**

**CARD SHOW SEPTEMBER 24 & 25th**

**Special points of interest:**

- Labour Day—Mall Hours  
Noon—5pm
- Latest stores to join Centre Village Mall: Bingham Sports Cards & Splurge !!!
- Congratulations to Jade Thomson—Winner of \$50 Back to School gift certificate. Have an awesome school year!!!!

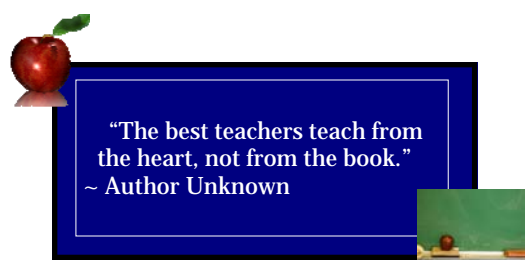


Mall Hours of Operation:  
Monday - Wednesday 9:30am-5:30pm  
Thursday—Friday 9:30am-9:00pm  
Saturdays 9:30am-5:30pm  
Sundays/Holidays Noon-5:00pm

**JOIN US ON FACEBOOK**



Little Johnny:  
Teacher: Why are you late, Johnny?  
Johnny: Because of a sign down the road.  
Teacher: What does a sign have to do with your being late?  
Johnny: The sign said, "School Ahead, Go Slow!"



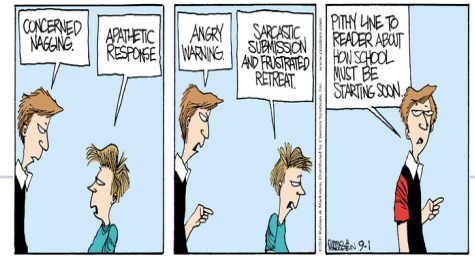


## School Lunch Tips

- Choose fruits that are easy to eat and not messy. Be sure to peel fruits that need it, & cut them into finger-size pieces for younger children.
- Vary the bread offerings from plain sliced bread, raisin bread, pita pockets, dinner rolls, flour tortillas, or mini-bagels.
- Cut sandwiches into diamonds, triangles, rectangles, or other fun shapes. Kids seem to think they taste better this way!!
- A thermos of soup is perfect on a cold winter day, along with crackers.
- If your child likes cold pizza, send it along for lunch!! Pizza is actually not a bad choice.
- Make your own trail mix at home using your child's favorite cereal, raisins, nuts, & mini-pretzels. Toss in a few fruit gummies as a surprise.
- Mix cream cheese with raisins and a dash of honey to spread on graham crackers.
- Mini-muffins are the perfect size

for kids lunches. Use your favorite recipe, but smaller tins, and bake 12-15 minutes.

- It doesn't have to be a sandwich. Pack string cheese and ham sticks with honey mustard for dipping.
- Write a riddle on the peel of a banana or orange or draw a cartoon picture with words of encouragement or endearment to brighten up



## Homemade Ice Cream in a Bag



Milk can become homemade ice cream in 5 minutes by using a bag!!!

### What you will need:

- 1 tablespoon sugar
- 1/2 cup milk or half n half
- 1/4 teaspoon vanilla
- 6 tablespoons rock salt
- 1 pint size plastic food storage bag (e.g Ziploc)
- 1 gallon size plastic food storage bag
- Ice cubes

### How to make it:

1. Fill the large bag half full of ice, and add the rock salt. Seal the bag.
2. Put milk, vanilla and sugar into the small bag and seal it.
3. Place the small bag inside the large one, and seal it again...carefully.
4. Shake until the mixture is ice cream, which takes about 5 minutes.
5. Wipe off the top of the small bag, then open it carefully. Enjoy!!!

### Tips:

A 1/2 cup of milk will make about 1 scoop of ice cream, so double the recipe if you want more.

Don't increase the proportions more than that. A large amount might be too big for kids to pick up because the ice itself is heavy.

Recipe courtesy of <http://crafts.kaboose.com>

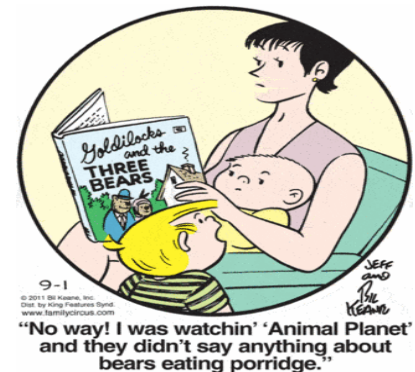
"Anyone who thinks the art of conversation is dead ought to tell a child to go to bed." ~ Robert Gallagher

## Word Search

S T O R I E S G U E S S T  
W A N D E R R E L E A S E  
K M E E T S E X P E C T C  
Z F H E P S C C Q O L T N  
C I T K U R A A N J H R A  
I R I A R A E U O R G O D  
R S A H W E P S I E B U I  
O T F S C F L E S H O B R  
T M O U N T A I N T G L U  
S A U V W H I L E A U E L  
I G L E T O H W T F S D S  
H I C O M F O R T A B L E  
A C H I E V E M E N T R A

achievement-bogus-cause-comfortable-dance-ease-esteem-expect-faith-father-fears-first-flesh-foul-guess-historic-hopes-hotel-lies-lurid-magic-mountain-peace-release-relief-sane-serpent-shake-spew-stories-stud-tension-trouble-twitch-wander-while

<http://www.mirroreyes.com/wordsearch/2011>



"No way! I was watchin' 'Animal Planet' and they didn't say anything about bears eating porridge."