



CITY LIGHTS VICTORIA

FREE TAKE ONE

November 2024
COMMUNITY MAGAZINE

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Raise a Glass at the Christmas Craft Beer Show in Victoria

Beer enthusiasts, mark your calendars!

The Christmas Craft Beer Show returns to Victoria on November 24th and 25th, promising a festive craft beer and holiday cheer celebration.

This annual event, held at the Save-On-Foods Memorial Centre, has become a beloved tradition for both locals and visitors.

The Christmas Craft Beer Show offers a unique opportunity to sample a wide variety of craft beers from some of the region's best breweries.

This year's lineup features over 50 breweries, including local favorites like Phillips Brewing & Malting Co., Driftwood Brewery, and Hoyne Brewing Co., as well as renowned breweries from across British Columbia and beyond.

Attendees can expect to taste everything from rich stouts and hoppy IPAs to seasonal brews crafted especially for the holiday season.

In addition to the impressive selection of beers, the festival will feature live music, delicious food, and festive decorations to get everyone in the holiday spirit.

Local food vendors will be on hand, offering a variety of tasty treats that pair perfectly with the craft beers on offer.

From gourmet sausages to artisanal cheeses, there's something to satisfy every palate.

One of the highlights of the event is the opportunity to meet the brewers behind the beers.



"In addition to the impressive selection of beers, the festival will feature live music, delicious food, and festive decorations to get everyone in the holiday spirit."

Many participating breweries will have representatives on-site to share their passion for brewing and answer any questions. This personal touch adds a unique element to the festival, allowing attendees to learn more about the craft beer industry and the creative process behind their favorite brews.

"We're excited to be part of the Christmas Craft Beer Show again this year," says Matt Phillips, founder of Phillips Brewing & Malting Co. "It's a fantastic opportunity to connect with our community and share our latest creations."

The holiday season is about bringing people together, and what better way to do that than over a great beer?"

The Christmas Craft Beer Show is not just about beer; it's also about community. The event brings together people from all walks of life to celebrate the holiday season in a fun and relaxed atmosphere. Whether you're a seasoned beer connoisseur or just looking for a festive way to spend the weekend, the Christmas Craft Beer Show has something for everyone.

Tickets for the event are available online and at the door, but they're expected to sell out quickly, so be sure to get yours early. For more information and to purchase tickets, visit the Christmas Craft Beer Show.

Join us in raising a glass to the holiday season at the Christmas Craft Beer Show in Victoria – it's an event you won't want to miss!



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CITY LIGHTS VICTORIA Community Magazine

Where the brushstrokes of the community meet the canvas of possibility

Welcome to **City Lights Victoria**, your ultimate guide to the pulse of our vibrant city! In every issue, we delve into the heart of our community, showcasing local profiles that highlight the achievements and stories of our neighbors and friends.

From mouth-watering **dining guides** to the latest happenings around town, we've got you covered. **City Lights Magazine** is dedicated to celebrating Victoria's

unique spirit while bringing a smile to your face with our humorous jokes and witty columns. In each edition, we'll keep you informed, entertained, and connected to the community we all love!

City Lights Magazine is a visual delight that stands the test of time—uneditable, undeletable, and unhackable. It's a feast for your eyes, capturing the essence of authenticity."

Join Our Team at City Lights Victoria!

POSITIONS AVAILABLE:

Part-Time Distribution Team Members

- Help distribute City Lights Magazine around Victoria.
- Flexible hours, perfect for seniors, or those looking for part-time work.

Sales Representative

- Call on local businesses.
- Build relationships and drive sales.
- Great commission structure and supportive team environment.

Interested? Apply now by contacting Gary at citylightsvictoria@gmail.com

Join us and be a part of the vibrant City Lights Victoria team!



Dr. Jeffrey Gratton and daughter Georgia.

Supporting a Healthy Pregnancy

When Emily became pregnant, she was overjoyed - but also quickly found herself dealing with uncomfortable back pain, sciatica, and difficulty functioning with the lightest of activities. Unsure how to manage these issues without medication, she turned to chiropractic

care, a natural choice for many expectant mothers. Chiropractic care during pregnancy focuses on gentle adjustments to improve and maintain proper spine and pelvis alignment.

Research on PubMed indicates that chiropractic care can help reduce back pain, pelvic discomfort, and even nausea by improving nervous system function and balance in the pelvis, creating optimal conditions for the baby. We use a specialized approach, including the Webster Technique, to help relieve her pain and improve pelvic alignment. As a result, Emily experienced less pain, better mobility, and a smoother pregnancy this time.



Chiropractic care can be a safe, drug-free way to support a healthy pregnancy, promoting comfort and well-being for both mom and baby.

Several exercises are generally considered safe and beneficial during pregnancy. Here are some of the best options:

1. **Walking:** A great way to stay active without putting too much strain on your joints and muscles.
2. **Swimming and Water Workouts** provide a full-body workout, and the buoyancy of the water helps reduce stress on the body.

3. **Stationary Cycling:** This is a safe way to get your heart rate up without the risk of falling.
4. **Prenatal Yoga and Pilates:** These exercises help improve flexibility, strength, and relaxation. They also focus on breathing techniques that can be beneficial during labor.
5. **Low-Impact Aerobics:** These classes are designed to keep one foot on the ground at all times, reducing the risk of injury.
6. **Strength Training with Light Weights** helps maintain muscle tone and strength. Make sure to use light weights and avoid heavy lifting.
7. **Kegel Exercises:** Strengthen the pelvic floor muscles, which support the uterus, bladder, and bowels.
8. **Stretching:** Gentle stretching can help maintain flexibility and reduce muscle tension.

Always listen to your body and avoid any exercises that cause discomfort. It's also important to stay hydrated and avoid overheating. Before starting any new exercise routine, consult with your healthcare provider to ensure it's safe for you and your baby.

Yours in Health, *Dr. Jeffrey Gratton*

2988 Jutland Rd, Victoria, BC • victoria@coastalrootshealth.com
2050 A Townsend Rd, Sooke, BC • sooke@coastalrootshealth.com

"Life always gives us exactly the teacher we need at every moment. This includes every mosquito, every misfortune, every red light, every traffic jam, every obnoxious supervisor (or employee), every illness, every loss, every moment of joy or depression, every addiction, every piece of garbage, every breath. Every moment is the guru."

~ Charlotte Joko Beck



Charmer of the Month

Meet Ellie: The Ballet-Dancing, Craft-Creating, Soccer-Playing Superstar with a Heart of Gold!

Ellie is a vibrant 5-year-old with a zest for life and a heart full of kindness. She loves to twirl and leap in ballet, create beautiful arts and crafts, and stay active with her favorite sport, soccer. Her favorite food is mac 'n' cheese, and she never misses a chance to help those in need. Ellie's infectious enthusiasm and caring nature make her a true charmer, and we're thrilled to feature her this month!

Do you have a little charmer who shines just like Ellie? We at **City Lights Community Magazine** would love to feature them in our "Charmer of the Month" section! If your child has a special talent, a big heart, or simply lights up the room, reach out to us. **Contact us today to share their story and let their charm inspire our community!** Email: citylightsvictoria@gmail.com

NOMINATE YOUR COMMUNITY HEROES

Dear readers, we invite you to be part of the **Scuttlebutt!** Know someone making a difference? Nominate them for our Community Hero Awards. Whether it's the barista who remembers your coffee order or the street artist who transforms gray walls into canvases of wonder, let's celebrate their magic. Until next time, keep your ears attuned to the whispers of kindness, your hearts open to joy, and your eyes peeled for more scuttlebutt-worthy tales. Because in Victoria, every story is a ripple that becomes a wave, connecting us all. Email: citylightsvictoria@gmail.com

SUDOKU

PUZZLE OF THE MONTH

6		3		1	
	4		1		5
3		2		4	
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1		5		6	
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9	2	8	4	1	5
1	4	5	2	9	8
5	8	1	9	4	2
4	1	2	8	5	9

SOLUTION

New Options For Canadian Home Buyers

The federal government and CMHC recently released some new welcome changes for Canadian Home Buyers. One of the biggest complaints home buyers have had in entering the market in Victoria is the limit for mortgages with less than 20% down. Currently, anything over \$1 million has automatically required 20% down or more. Unless you were fortunate enough to have wealthy family to gift you funds, or if you had purchased a property in previous years and experienced significant equity growth, this 20% down requirement is extremely restrictive. The new changes, as of December 15th, allow for the minimum down to be placed on purchases under \$1.5 million. The minimum required down-payment for property purchases in Canada is 5% on the first \$500,000 and 10% on any difference between \$500,000 to \$1,500,000. Under the old regulations, the minimum down on a \$1.25 million purchase would have been \$250,000. Under the new regulations, it will be \$100,000. While this is still a sizeable amount, it is significantly less than the previous requirement.

The other benefit, exclusively for first time buyers, is they are now can qualify for a 30 year amortization. The current limit for all default insured mortgages is 25 years. For the average buyers, this extended amortization will increase the total qualifying amount by approximately \$50,000 and reduce monthly payments by hundreds of dollars. To get a complete break down of the recent changes and to learn about all the options available to you, make sure you reach out to your favourite mortgage broker to get the guidance you need.



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Upcoming Events

NOVEMBER

NeuzTec9

Dates: November 15-17

Location: Victoria Conservatory of Music, 900 Johnson Street

Details: Festival of experimental sound design and multimedia technology presented by the Garden City Electronic Music Society.

Victoria Film Festival

Dates: November 3-12

Location: Various venues around Victoria

Details: Showcasing independent films from around the world.

Christmas Craft Beer Show

Dates: November 24-25

Location: Save-On-Foods Memorial Centre, 1925 Blanshard Street

Details: A festive event featuring craft beers from local and regional breweries.

Grace Petrie Concert

Date: November 6

Location: Langham Court Theatre, 805 Langham Court

Details: A compelling singer-songwriter known for her powerful lyric.

Gingerbread Showcase

Dates: November 22 - January 5

Location: Various locations

Details: Habitat for Humanity's annual fundraising event featuring creative gingerbread houses.

DECEMBER

Festival of Trees

Dates: December 1-31

Location: The Bay Centre, 1150 Douglas Street

Details: A holiday tradition with beautifully decorated trees.

Christmas Lights Across Canada

Dates: December 7 - January 7

Location: Parliament Buildings, 501 Belleville Street

Details: Stunning light displays at the Parliament Buildings.

Garden City Electronic Music Society Events

Details: Various workshops and performances related to electronic music and media arts throughout the month.

Ongoing and Additional Events

Belfry Theatre

Location: 1291 Gladstone Avenue

Details: Check out their 2023/2024 season for a variety of performances.

Local Jam Sessions

Location: The Loft Pub, 229 Gorge Road East

Details: Regular jam sessions featuring local musicians

Comedy and Magic Shows

Location: Various venues

Details: Look out for comedy nights and magic shows at local bars and theatres.

Family-Friendly Events

Details: Events like the Festival of Trees and Gingerbread Showcase are great for families.

Adult Events

Details: Events like the Christmas Craft Beer Show are perfect for adults looking to enjoy the festive season.

Jazz Club

Location: Hermann's Jazz Club, 753 View Street

Details: Regular jazz performances by local and visiting artists.

Duke's Saloon and Lucky Bar

Locations: Duke's Saloon, 502 Discovery Street; Lucky Bar, 517 Yates Street

Details: Live music and DJ nights.

Farmers Markets

Location: Various locations

Details: Check out local farmers markets for fresh produce and artisanal goods.

Special Holiday Events at Hermann's Jazz Club

Holiday Soul Party: Shanna Dance and Jonnie Bridgman

Date: December 16

Time: 7:00 PM - 9:00 PM (Doors open at 5:30 PM)

Location: Hermann's Jazz Club, 753 View Street

Details: Enjoy soul, Motown, and New Orleans-style holiday favorites with Victoria vocalist Shanna Dance and saxophonist Jonnie Bridgman.

Christmas Jazz with the Tom Vickery Trio

Date: December 1

Details: A festive evening of Christmas jazz classics.

Holiday Swing with the Capital City Syncopators

Date: December 2

Details: Swing into the holiday season with this lively performance.

Victoria has several outdoor events and activities during the winter months. Here are some highlights:

Outdoor Events and Activities

The Magic of Christmas at Butchart Gardens

Dates: December 1 - January 6

Location: Butchart Gardens, 800 Benvenuto Avenue, Brentwood Bay

Details: Enjoy the enchanting light displays, seasonal decorations, and carolers as you explore the gardens transformed into a winter wonderland.

Christmas Lights Across Canada

Dates: December 7 - January 7

Location: Parliament Buildings, 501 Belleville Street

Details: Stunning light displays at the Parliament Buildings, a must-see during the holiday season.

Eagle-Watching at Goldstream Provincial Park

Dates: November - January

Location: Goldstream Provincial Park, 2930 Trans-Canada Highway

Details: Witness the annual salmon run and the majestic bald eagles that come to feed.

Horse-Drawn Trolley Rides with Tally-Ho Carriage Tours

Dates: Throughout winter

Location: Various routes around downtown Victoria

Details: Enjoy a scenic tour of Victoria's historic sites and festive lights from a cozy horse-drawn trolley.

First Night New Year's Eve Celebration

Date: December 31

Location: Inner Harbour

Details: Ring in the New Year with live music, fireworks, and family-friendly activities.

Additional Outdoor Activities

Whale Watching Tours

Details: Winter is a great time for whale watching, with tours available from the Inner Harbour.

Hiking and Nature Walks

Locations: Various parks and trails, including Mount Douglas Park and Beacon Hill Park

Details: Enjoy the mild winter weather and explore Victoria's beautiful natural landscapes.

Farmers Markets

Locations: Various locations, including Moss Street Market and Victoria Public Market

Details: Find fresh produce, artisanal goods, and holiday treats.

The Magic of Christmas at Butchart Gardens

is a beloved annual event that transforms the gardens into a winter wonderland. Here are the details:

Event Details

Dates: December 1, 2023 - January 6, 2024

Location: Butchart Gardens, 800 Benvenuto Avenue, Brentwood Bay, BC

Hours: 3:00 PM - 9:00 PM (Viewing until 10:00 PM)

Admission:

Adults: \$35

Youth (13-17): \$17.50

Children (5-12): \$3

Free for children under 5 years old.

Highlights

Light Displays: Thousands of twinkling lights illuminate the gardens, creating a magical atmosphere. The official Light Up event kicks off the season on December 1 at 5:00 PM.

Twelve Days of Christmas: Stroll through the gardens and enjoy displays themed around the classic Christmas carol.

Free Carousel Rides: Enjoy complimentary rides on the Rose Carousel throughout the evening.

Seasonal Sounds: Traditional carollers and festive brass bands fill the air with holiday music.

Special Activities for Kids: Children 12 and under can trade a homemade snowflake for a cup of hot chocolate at the Coffee Shop.

Pet-Friendly: Pets are welcome from 8:00 PM - 10:00 PM.

Dining

The Blue Poppy Restaurant: Open from 4:00 PM - 8:00 PM daily.

The Dining Room Restaurant: Open for Holiday High Tea from 2:45 PM - 3:30 PM and dinner from 5:00 PM - 8:00 PM. Reservations are strongly recommended.

Coffee Shop: Open for hot drinks and snacks.

Additional Information

Reservations: Visitors are encouraged to reserve their date and time to visit. Timed entrance tickets can be booked online at Butchart Gardens' website <https://www.butchartgardens.com/>

Holiday Shopping: The Seed & Gift Store offers a variety of holiday gifts and decorations.

In addition to the Magic of Christmas, Butchart Gardens hosts several other festive activities and events during the holiday season. Here are some highlights:

Additional Holiday Events at Butchart Gardens

Twelve Days of Christmas Displays

Dates: December 1 - January 6

Details: Wander through the gardens and discover displays themed around the classic Christmas carol, "The Twelve Days of Christmas".

Traditional Carollers and Festive Brass

Dates: December 1 - January 6

Times: 5:00 PM - 9:00 PM, alternating every half hour

Details: Enjoy live performances by traditional carollers and a festive brass band as you stroll through the gardens.

Holiday Dining:

The Dining Room Restaurant

Holiday High Tea: 3:00 PM - 4:00 PM

Dinner: 5:00 PM - 8:00 PM

Details: Experience festive dining in Jennie Butchart's former residence. Reservations are strongly recommended.

The Blue Poppy Restaurant

Hours: 4:00 PM - 8:00 PM daily

Details: Casual dining with a festive twist.

Coffee Shop

Details: Warm up with hot chocolate and gingerbread by the fire.

Snowflake Exchange

Dates: December 1 - January 6

Details: Children 12 and under can trade a homemade snowflake for a cup of hot chocolate at the Coffee Shop. Their unique snowflakes may be displayed in the Coffee Shop throughout the season.

Pet-Friendly Hours

Dates: December 1 - January 6

Times: 8:00 PM - 10:00 PM

Details: Pets are welcome during these hours to enjoy the festive lights.

Special Events

Magic of Christmas Dinner and Dance: Gather friends and colleagues for a festive dinner and dance event. Check the Butchart Gardens website for specific dates and details.



SMILE FACTORY

- I childproofed my house. Somehow they still got in!
- When we were kids, we used to be afraid of the dark. But when we grew up, the electricity bill made us afraid of the light!
- My wife left a note on the fridge that said, "This isn't working." I'm not sure what she's talking about. I opened the fridge door and it's working fine?
- To err is human, to blame it on someone else shows management potential.
- A man wakes from a coma. His wife changes out of her black clothes and, irritated, remarks, "I really cannot depend on you for anything, can I!"

NeuzTec9: A Festival of Innovation and Sound

Victoria, BC, is set to host NeuzTec9, an exciting festival dedicated to experimental sound design and multimedia technology. Scheduled for November 15-17 at the Victoria Conservatory of Music, this event is presented by the Garden City Electronic Music Society.

NeuzTec9 promises to be a hub of creativity and innovation, featuring a diverse lineup of artists and technologists who push the boundaries of sound and visual art. Attendees can look forward to immersive performances, interactive installations, and cutting-edge workshops that explore the intersection of music, technology, and design.

Highlights include live performances by renowned electronic musicians, showcases of the latest multimedia technology, and opportunities for hands-on experimentation with new tools and techniques. This festival not only celebrates the artistic potential of technology but also fosters a community of like-minded individuals passionate about the future of sound and design.

Whether you're an artist, technologist, or simply a curious enthusiast, NeuzTec9 offers a unique experience that promises to inspire and engage.

Don't miss this chance to be part of a groundbreaking event in Victoria's vibrant cultural scene.



THE GARDEN CITY ELECTRONIC MUSIC SOCIETY AND THE VICTORIA CONSERVATORY OF MUSIC PRESENT

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Benjamin's Cafe & Restaurant

A cozy spot for Filipino fare. The "Halo-Halo", "Beef Tapsilog", and "Lomi" are a must try! In addition to the delights found when you visit the Cafe, they also offer catering and food services.

Mesa Familiar

Mesa Familiar is a cozy, family-owned restaurant located at 1296 Gladstone Avenue. Known for its welcoming atmosphere, it offers a delightful menu of Mexican and Latin American dishes. The restaurant is praised for its authentic flavors, friendly service, and comfortable space where people can gather and enjoy a meal together.

Uptown Bistro

Uptown Bistro, situated at 400 Boleskine Road, offers modern Canadian cuisine in a sophisticated yet informal setting. This neighborhood bistro is known for its elegant dining experience, featuring a diverse menu, daily specials, and an exciting wine list. The friendly staff and warm ambiance make it a popular spot for locals and visitors.

The Rack

The Rack Bistro in Victoria offers a delightful West Coast dining experience. The cozy, rustic ambiance sets the perfect backdrop for enjoying their diverse menu. Highlights include the flavorful pasta and wings, complemented by a fantastic drink selection. The staff are friendly and accommodating, ensuring a pleasant visit. Whether you're there for a casual meal or a special occasion, The Rack Bistro delivers Great food and a welcoming atmosphere. They are highly recommended for a memorable dining experience!

Pho Halong Kitchen

Pho Halong Kitchen, located at 110-4480 West Saanich Road, offers authentic Vietnamese cuisine. Run by former Saigon Night chefs, the restaurant is known for its rich and savory pho, which is made with broth simmered for hours. The menu features a variety of traditional Vietnamese/Thai dishes, all prepared with fresh ingredients and a touch of hometown influence.

Big Bad Bob's Food Cart

Big Bad Bob's Food Cart is a popular spot in Victoria, BC, known for its hearty and delicious comfort food. Located at various spots around the city, it offers a variety of mouth-watering items like gourmet hot dogs, burgers, and Phillipino fare. The friendly service and generous portions make it a favorite among locals and visitors alike. To find their location, go to Facebook: bigbadbobhotdogsfood.




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Cafe Zanzibar is a culinary gem located in Brentwood Bay



Cafe Zanzibar in Brentwood Bay is a delightful culinary gem that offers a unique dining experience with a North African twist.

The restaurant seamlessly blends diverse flavors and cultures, creating an eclectic and exciting menu.

Upon entering Cafe Zanzibar, you are greeted by a cozy, rustic ambiance reminiscent of a charming cabin in the woods.

The interior is adorned with exotic plants and birds, adding to the unique atmosphere.

The patio seating is inviting, offering a beautiful setting for outdoor dining.

The menu at Cafe Zanzibar is a testament to culinary creativity.

Highlights include the blackened salmon and strawberry salad, lamb shank with North African spices, and scallop pappardelle.

Vegetarian and vegan options are also available, ensuring something for everyone. The restaurant also offers a selection of specialty coffees, teas, locally

sourced juices, an impressive wine list, and creative cocktails like the Affogato Kahlua espresso float.

The service at Cafe Zanzibar is friendly and attentive, contributing to the overall positive dining experience. The staff is knowledgeable about the menu and happy to make recommendations. Prices are reasonable for the quality of food and service provided, making it a great value for a fine dining experience.



Overall, Cafe Zanzibar is a must-visit spot in Brentwood Bay.

Whether you're looking for a romantic date night, a casual brunch with friends, or a special celebration, Alex and his team deliver exceptional food, a welcoming atmosphere, and a memorable dining experience.

1164 Stelly's X Road, Brentwood Bay, BC
(250) 544-1475 • zanzibarcafebrentwoodbay.ca

ROASTED PUMPKIN NACHOS

PREP TIME 40 min | COOK TIME 10 min | YIELD 12 servings

INGREDIENTS:

4 cups cubed fresh pumpkin (or butternut squash)
2 tablespoons olive oil
1/4 teaspoon salt
1/8 teaspoon pepper
1 package (13 oz) tortilla chips
1 can (15 oz) black beans, rinsed and drained
1 jar (16 oz) salsa
3 cups shredded Mexican cheese blend
Optional toppings: Minced fresh cilantro, sliced green onions and hot pepper sauce

DIRECTIONS:

Preheat oven to 400°F. Place pumpkin in a greased 15x10x1 inch baking pan. Drizzle with oil. Sprinkle with salt and pepper. Toss to coat. Roast until tender, 25-30 minutes, stirring occasionally. Reduce oven setting to 350°F. In baking pan, layer half each of the chips, beans, pumpkin, salsa and cheese. Repeat layers. Bake until cheese is melted, 8-10 minutes. Add toppings as desired. Serve nachos immediately.



An unconventional take on nachos, using fresh fall ingredients.



SLOW COOKER CHILI

INGREDIENTS:

2 lb lean ground beef (can substitute with turkey or bison)
1 large onion, diced
3 garlic cloves, minced
2 tsp cumin powder
2 Tbsp chili powder
1 tsp garlic powder
1 tsp dried oregano
1 1/2 tsp salt, or to taste
1/2 tsp black pepper
15 oz can black beans, drained and rinsed
30 oz kidney beans, two 15oz cans, drained and rinsed
30 oz diced tomatoes, with their juice
10 oz diced tomatoes and green chilis, with their juice
30 oz tomato sauce

DIRECTIONS:

Place a large skillet over medium-high heat and sauté beef until it releases fat (4-5 minutes), breaking it up with a spatula. Add onion to the skillet and sauté until tender (4-5 minutes). Add minced garlic and seasonings: cumin, chili powder, garlic powder, dried oregano, salt and pepper. Cook another 30 seconds stirring constantly. Transfer to a 6 Qt slow cooker. Add remaining ingredients into the slow cooker: rinsed and drained beans, diced tomatoes with their juice, diced tomatoes and green chilis with juice and tomato sauce. Stir to combine and cook on high for 3-4 hours or on low for 6-8 hours. Season to taste if desired and serve warm.

FAVORITE CHILI TOPPINGS:

Cheese – mild cheddar is the classic choice, but Mexican shredded cheese works equally well.
Onion – chopped green or red onion adds a fresh pop of color and flavor.
Avocado – because we can't help putting avocado on everything, especially chili.
Cilantro – for garnish and adding fresh flavor.
Sour cream – balances the dish (especially great when chili is served over a baked potato).
Sliced jalapenos – you can use any hot pepper for a spicy kick.