

PLEASE ASK US FOR STARTER PACK

200+ Delicious Meals Made for SENIORS!

NOW SERVING THIS COMMUNITY!

- ✓ Free Delivery*
- ✓ No Obligations
- ✓ No Minimum Orders*

*Some conditions apply

Request your **FREE MENU Catalogue** today!
780-666-2336
 TF: 1-800-704-4779

HEART TO HOME MEALS
 DELICIOUS MEALS MADE FOR SENIORS®
 www.hearttohomemeals.ca

FREE! *New Issue Every Week!*

Coffee News®

"News To Be Enjoyed Over Coffee"

Barrhead Edition
877-553-6397

www.coffee-news.ca

JEOPARDY!

WEEKNIGHTS 7:30
yesTV

This Space for Rent.

877-553-6397

Everybody's Talking

Pen art: Most people use a ballpoint pen for taking notes. Not Samia Al Homsy Dagher of Tripoli, Lebanon. This talented artist, who is also a software engineer, uses the ubiquitous writing instrument to create beautiful and realistic portraits. The illustrator has had lots of time to hone her skills; she was only five years old when she started drawing. Now, she is well-known for her work and receives commissions from many individuals, including celebrities, as well as average folk. That's because her work is so precise that the portraits could be mistaken for photographs.

Icky desserts? How would you feel if you were presented with a dessert that looks like a kitchen sponge topped with a sudsy soap bubble? Or beans on toast? However, if the dessert is made by British chef Ben Churchill, you'd be wise to overlook the illusion and take a bite. That's because Churchill's creations are sweet treats. For example, the beans are made of marzipan and sit atop a cake drizzled with a sweet orange-red syrup that appears to be ketchup. The kitchen scrubber is really an olive oil sponge cake topped with green mint crumbs, with sweet milk foam as soapsuds. It's a weird but interesting hobby!

Bottle cap art: A Russian grandmother discovered a unique medium with which to make her art: plastic bottle caps. Nina Krinitsina, of the village of Makarye, designs mosaics using caps of different colours. She displays the mosaics on the walls of her house and in her garden, and passersby have noticed. To get the caps, Krinitsina searches for discarded bottles. She will even go on searches at the town's landfill site to find them. The artist's subject matter leans towards Russian folktales and cartoon characters. She is so prolific that families bring their children to view her works, bringing bottle caps as payment.

Blue man: A Canadian man really likes the colour blue. In fact, Donnie Snider of Scarborough, Ontario, likes a certain hue of blue so much that he decided to tattoo his whole body with the colour. Formerly a forklift driver, Snider now makes and sells jewelry, but he's also spent a lot of time tattooing himself. He started by asking his sister to tattoo some blue onto his leg. After that, he decided to become a complete non-conformist. He slowly, but surely, completed different portions of his body, including his hands and face. Needless to say, Snider attracts attention from friends and strangers alike.

AUTO & HOME WINDOW REPAIR

- Replacement ■ Screens
- All kinds of flat glass and mirrors

PURE GLASS

5211-49 St. Barrhead
780.674.0130 (Behind Laura's Restaurant)

Leave a legacy and be a part of tomorrow's future, today

If you're thinking of writing or updating your will, The Alberta Lung Association is offering the chance for donors to make a simple Will for free through our partnership with the Canadian Free Wills Network.

You are not obligated to leave a gift to the Lung Association - we hope that you will see this program as the perfect way to satisfy your estate planning objectives.

BREATHE
 the lung association

FOR MORE INFO, PLEASE VISIT:
 www.ab.lung.ca/you-can-help-change-future-today

Coffee News® is back on the menu!

Help us stop the spread of Covid-19 by taking this copy of **Coffee News®** with you!

Please do not return to the stand.

Let's work together to **STOP THE SPREAD**

Sour Gas and Odour Control Treatment

S.O.S. SOUR AND ODOUR SERVICES
1-888-909-9976
 info@sourandodour.com | www.sourandodour.com

Customized Solutions to meet your specific requirements:

- Vapours emitted from sour oil and water tanks
- De-pressuring of pig senders and receivers
- Venting of liners in sour pipelines
- De-hy condensation tank vapours
- Loading and unloading tank trucks
- Vacuum truck blower discharges
- Catadyne heater fuel sweetening
- Ventilation of sewage lift-stations
- Ventilation of electrical panels

Barrhead Dental Clinic

Dr. Krishna Mudaliar | Dr. David Hamilton

We look forward to meeting you and your family!

Direct billing to insurance companies

We offer: • Emergency Treatment • Fillings • Same Day Treatment • Root Canals • Extractions • Crowns/Bridges

OUR HYGIENIST FOLLOWS THE 2020 ADA & CEE GUIDE

780.674.3161
 barrheaddentalclinic@gmail.com | #4, 4923-50 Ave., Barrhead

Pregnant? Facing Difficult Decisions?

We can help.
 Call **780.421.1177** or text **587.596.5380**

• Confidential Pregnancy Counselling
 • Support and Connection to Resources
 • Adoption Information and Advice

Small Miracles Adoption
 www.smallmiraclesadoption.com

MORE SELECTION THAN ANY OTHER WINDOW COVERING SOURCE!

REAL™
 1 855 GO REAL REALBLINDS.CA
REAL BLINDS SUPERSTORE

EDMONTON | VEGREVILLE | DERWENT
 10510-107 Ave. NW (main floor) | 5006-52 Avenue | 118 Main Road
 780-250-7325 | 780-632-2142 | 780-741-2376

BONNYVILLE/COLD LAKE | WAINWRIGHT/PROVOST | LLOYDMINSTER
 780-826-2239 | 780-842-2477 | 780-875-1093

Helping you rediscover fun in the kitchen!

Gifts and Gadgets

Your one stop kitchen and gift shop.
780.962.5220

CHECK OUT OUR EXTENSIVE ONLINE CATALOG!
 Visit www.giftsandgadgets.ab.ca or visit us in person at 111 First Avenue, Spruce Grove

Quoteable Quotes

"The growth of true friendship may be a lifelong affair." —Sarah Orne Jewett
 "Endurance is patience concentrated." —Thomas Carlyle

What's Happening

Sept 21-Old Tyme Fiddling Group Lessons - Beginner Intermediate. Beginner FIDDLE LESSONS, 7pm every Monday at Pleasantview Community Hall, 10860 - 57th Ave, Edmonton. If you can play at least one fiddle tune and want to enhance learn new skills, please phone Ava Wood 780-962-8857 or visit www.wildrosefiddlers.org

Nov 20 to Jan 2-Magic of Lights Head to Castrol Raceway for a new holiday tradition! You'll embark on a 2.5 KM drive through experience from the comfort of your own vehicle. Be mesmerized as multiple holiday themes come to life with hundreds of thousands of sparkling LED lights!

NON profit organizations may submit events for FREE at www.coffee-news.ca/whats-happening

SHOP ONLINE!

www.scubagearcanada.ca

- Snorkelling Gear • Reef-Safe Sunscreen
- Beach Water Shoes • Dry Bags & Wallets • UV Shirts

The Dive Outfitters
 Scuba Diving & Snorkelling
11781-156 St., Edmonton 780.483.0044

Learn to SCUBA DIVE at our Edmonton location - call for details

SCUBAPRO | SHERWOOD | GARMIN | SHEARWATER | AKONA | HENDERSON | SEALIFE | TUSA

Hidden Coffee News Guy ADVENTURE

To enter, visit www.coffee-news.ca

Submit your birth date and we'll send you a birthday card with valuable offers on your special day!

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

Love Coffee News?

Send a selfie of yourself with your weekly edition of the paper, and your picture may appear here!

Send your selfie to contests@coffee-news.ca
 Please put "Readers" in the subject line.

Please include:
 1 Your name 2 Your phone number and 3 Your address
 so that we can send you some cool prizes if your photo is chosen to appear in the paper!

Reader of the Month
 Thomas Acheson • Calgary, AB

Coffee News® Fun Reading. Serious Advertising.

Wishes are waiting.

Help us give every eligible child the wish they need.

Donate today:
www.makeawishna.ca

Make-A-Wish
 NORTHERN ALBERTA CANADA

Coffee News is proud to support Make-A-Wish Northern Alberta

Bras Briefs Boxers Bikinis

Romantic Notions inc.

Visit us on **f** for promotions and gift ideas!
780.962.4944
1.855.962.4944

www.romanticnotions.ca | #30, 210 McLeod Ave., Spruce Grove

30 YRS. OF PERSONALIZED SERVICE & A REPUTATION FOR EXCELLENCE

Trivia

1. In what galaxy is our solar system?
2. What is kleptomania?
3. A campfire treat of graham crackers, marshmallows, and chocolate is called what?
4. The symbol for krypton is Kr, Kp, or Kn?
5. On average how many gallons of milk does a cow produce each day?

(Flip bottom of page for answers)
 © Published with Permission by Capital Marketing Ltd
(Over)

One solution for oxygen at home, away, and for travel

Introducing the INOGEN ONE – It's oxygen therapy on your terms

No more tanks to refill. No more deliveries. No more hassles with travel. The INOGEN ONE portable oxygen concentrator is designed to provide unparalleled freedom for oxygen therapy users. It's small, lightweight, clinically proven for stationary and portable use, during the day and at night, and can go virtually anywhere — even on most airlines. Inogen accepts Medicare and many private insurances!

Call Inogen Today To Request Your FREE Info Kit
1-888-998-6714

Reclaim Your Freedom And Independence NOW!

inogen

© 2020 Inogen, Inc. All rights reserved. MKT-P0108

PEMBINA WEST CO-OP LIQUOR STORE

WINE • SPIRITS • BEER
Liquor
WESTERN CANADA

Seniors 55+ Enjoy **10% Off** Regular Priced Merchandise on Saturdays and Sundays!

Ask about our **Special Event Pricing** and **Local Delivery Options**

Best Selection
Best Prices
Best Service

Find Us On Facebook! Pembina West Co-op Liquor Store
4711 - 49 Street, Barrhead | **780-674-2201 ext. 370**

HIP/KNEE REPLACEMENT?

Other medical conditions causing **TROUBLE WALKING** or **DRESSING?**

The Disability Tax Credit allows for **\$3,000 YEARLY TAX CREDIT** and **\$30,000 LUMP SUM REFUND**

APPLY NOW TO MEET 2019 TAX DEAD LINES!

For Expert Help:
1.844.453.5372

BBB Accredited

ROYAL CANADIAN LEGION BRANCH #97

St. Patrick's Day Celebration
Saturday, March 14

Doors Open – 5:30 pm
Dinner – 6 pm
Irish Beef Stew and Salad
Irish Dancers – 7:00 pm
Music – 8:00 pm
The Joe Ireland Band

10004-106 Street, Westlock
Call Avril at 780.349.4046
legionbr97@gmail.com

TICKETS ONLY \$30 AVAILABLE AT THE LEGION

Barrhead DENTURE CLINIC

SOLVING TOOTH LOSS PROBLEMS SINCE 1993

Marcel Turenne, Denturist

For a NATURAL LOOK, there are a wide variety of tooth moulds and shades available to **INDIVIDUALIZE** your smile

DIRECT BILLING to insurance companies upon pre-determination of benefits

780.674.4348
www.barrheaddentures.ca

5122-49A Street, Barrhead
Mon-Fri, 8:30 a.m.-4 p.m.

COLD SHOT
A DIVISION OF BALWARIA EMPIRE PVT. LTD.

PASSENGER & PARCEL SERVICES

SHIP BY BUS

GET YOUR REWARD CARD TO GET A FREE TICKET!

Parcel Website: **www.coldshotca.com**
Passenger Website: **www.coldshot.ca**

TICKETS: 587-557-7719 | PARCEL: 587-557-7718

SERVING ALBERTA'S BUSINESS COMMUNITY SINCE 2005

Need ONE More Reason to Join?

- You need child support enforced
- Your landlord raises rent in violation of your verbal agreement
- You adopt a child
- A friend owes you money and files for bankruptcy
- You need help with credit card liability resolution
- Your car is vandalized in a parking lot

Call **LOYD KENNEY**, Independent Associate, to find out how LegalShield can help you!

LegalShield 1-877-579-9449

Westlock Ford

BUILT Ford PROUD

FORD EMPLOYEE PRICING ON NOW

UNTIL THE END OF SEPTEMBER 2020

westlockford.com

780-349-3361 | 10835-100 Street, Westlock

Affordable-Effective-Exclusive-CALL NOW!

Your Weekly Horoscope

ARIES (March 21 - April 20)

The power within you may be stronger, once you begin trusting yourself enough to use it. You might be able to show your strength in order to overcome major obstacles. Lucky Numbers: 1, 7, 17, 27, 37, 47.

TAURUS (April 21 - May 21)

You may be seeking love and approval for your new creative project. You might be more than well-equipped to attract others with your magnetic energy. Lucky Numbers: 22, 26, 34, 39, 42, 46.

GEMINI (May 22 - June 21)

Take the time you need to plan and to more efficiently tackle your projects. Build for the future, but be willing to work hard and have patience while awaiting the results. Lucky Numbers: 10, 13, 18, 40, 43, 48.

CANCER (June 22 - July 22)

If you want to make an impression, make a strong statement to the world about who you are. Your presence may have an effect upon the people around you. Lucky Numbers: 5, 6, 21, 25, 30, 40.

LEO (July 23 - Aug. 23)

You might reflect on your deepest desires and be more open in approaching them. Try not to react too intensely if you feel that you are not being appreciated enough. Lucky Numbers: 6, 16, 26, 35, 36, 46.

VIRGO (Aug. 24 - Sept. 23)

Don't feel resentful if others try to manipulate your words. Heal your wounds by rising above it. Do your best to pay close attention to finish off old business. Lucky Numbers: 11, 32, 36, 39, 40, 45.

LIBRA (Sept. 24 - Oct. 23)

Find yourself a good place to take advantage of your mental energy. An unplanned discussion may come from expressing yourself or from a simple conversation. Lucky Numbers: 5, 7, 10, 14, 15, 21.

SCORPIO (Oct. 24 - Nov. 22)

Your business dealings might generate a harmonious atmosphere that fosters very good understanding. Contracts signed now may likely be successful. Lucky Numbers: 10, 16, 32, 38, 44, 49.

SAGITTARIUS (Nov. 23 - Dec. 21)

Your amorous feelings may be strong and compelling. You might tend to be more demanding of the energy and affection of others. Be patient and understanding. Lucky Numbers: 4, 9, 19, 24, 39, 43.

CAPRICORN (Dec. 22 - Jan. 20)

Your inventiveness and imagination may help you find answers. You might not want to deal with things in an ordinary way. Bring something new into your life. Lucky Numbers: 2, 6, 21, 25, 30, 34.

AQUARIUS (Jan. 21 - Feb. 19)

You may feel more confident and have more real faith in yourself. By projecting your imagination, you might receive a warm, welcoming response from important people. Lucky Numbers: 13, 17, 32, 33, 42, 47.

PISCES (Feb. 20 - March 20)

You may want to spread your wings to seek out new opportunities. With a little care or attention to detail, you might be able to bring yourself closer to your ultimate goals. Lucky Numbers: 8, 17, 25, 34, 41, 47.

Lucky numbers this week: This week's odds favour Libra winners with the luckiest number being 5.

Did You Know...

Different colours: Very few people have one eye that is a different colour than the other eye. Called heterochromia, this rare condition is usually caused by heredity, but can be acquired due to an eye injury or a medical condition.

Big quake: The Cascadia earthquake, largest known earthquake in Canada, occurred off the southwest coast of the western province of British Columbia. It happened on January 26, 1700, and is estimated to have had a magnitude of nine.

Early sitcoms: Today, situation comedies (sitcoms) are a big part of television programming. They got their start in the 1950s, with such well-known shows as *I Love Lucy*, *The Honeymooners*, and *The George Burns and Gracie Allen Show*.

Good for you: Almonds are good to eat. They are high in monounsaturated fat, which helps to reduce the risk of heart disease. They also contain other nutrients, such as vitamin E, magnesium, and potassium.

Fake title: When making the 1997 movie, *Titanic*, American director James Cameron didn't want other movie studios to know that his project was about the doomed luxury liner. So he used a fake title, *Planet Ice*.

On the Lighter Side

What do you get when you cross a mink with a kangaroo? A fur coat with pockets.

Golfer: "Notice any improvements since last year?"
Caddy: "Yes, you bought a new golf bag."

Trial lawyer to a spouse: "It was a terrible day in court. I exhibited moral outrage when I meant to show righteous indignation."

We have one of those floor lamps with three degrees of brightness: dim, flicker, and out.

Inflation hasn't ruined everything. A dime can still be used as a screwdriver.

Answers

Trivia answers: 1. The Milky Way 2. Obsessive desire to steal 3. Smores 4. Kr 5. Six to seven

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

Check out our PDF editions online!
New editions are posted every Monday

Now you never have to miss your weekly dose of good news!

www.coffee-news.ca/editions

Providing Meaningful Funeral, Cremation and Life Celebrations

We understand your needs, concerns and grief. We will respond with compassion, care and empathy.

Westlock Funeral Home & Crematorium Ltd.

780-349-3474
10004-105 Street, Westlock www.westlockfuneralhome.com
DUANE MAGUS | GARY BARKMAN | BOB JONES | SHAUNA SYNNETT

Wellspring's Twice is Nice THRIFT STORE

KIDS BAG SALE* \$10 LAST SAT. OF EACH MONTH *0-5 YEARS

VOLUNTEERS WELCOME!
DONATIONS ACCEPTED DURING STORE HOURS
ALL PROCEEDS TO WELLSRING FAMILY RESOURCE & CRISIS CENTRE

HOURS Mon-Sat, 10 am - 4 pm
780-706-3181
5115-49 St., Whitecourt Midtown Mall

Wellspring's Twice Is Nice

ROYAL CANADIAN LEGION BRANCH #97

St. Patrick's Day Celebration
Saturday, March 14

Doors Open – 5:30 pm
Dinner – 6 pm
Irish Beef Stew and Salad
Irish Dancers – 7:00 pm
Music – 8:00 pm
The Joe Ireland Band

10004-106 Street, Westlock
Call Avril at 780.349.4046
legionbr97@gmail.com

TICKETS ONLY \$30 AVAILABLE AT THE LEGION

WE BUY USED GOLD AND DIAMONDS

Blue Diamond Jewellers

780.968.0040
Main Street, Stony Plain
www.bluediamondjewellers.com

We Print Restaurant Menus
for our distribution partners

- High Quality Printing
- Professional Graphic Design
- Affordable Pricing (No hidden costs!)

Coffee News
For full details, call **780-220-6397**

Fast, Straight To Your Door Delivery

Are you a business owner/office manager?
Have 3-20 employees in your office?
Paying too much for your current phone system?

We can save you up to 50% off your current phone rates!

- VOIP Solutions at a fraction of the traditional carrier cost
- Long distance rates that outcompete the competition

TecWerks Inc.
WHERE TECH WORKS

780.801.1030 | www.tecwerks.ca

DEDICATED TO FINDING OUR CLIENTS THE BEST SOLUTIONS WITHIN THEIR BUDGETS

WESTLOCK & DISTRICT CHAMBER OF COMMERCE
Our community Your business

MEETINGS ON THE THIRD THURSDAY OF EVERY MONTH
Westlock Legion 10004-106 St.

www.westlockchamber.com

Visit our website for more information