

WEEKLY MARKETS!
Morinville Farmers Market
 Sundays 12 - 4 p.m.
NEW VENDORS WELCOME!
 ...and customers, too!
 Contact us today for details: 780.940.7166
 morinvillefarmersmarket@gmail.com

FREE! *New Issue Every Week!*
Coffee News[®]
"News To Be Enjoyed Over Coffee"
Sturgeon County Edition
780-220-6397
 www.coffee-news.ca
 Est. 1988

Affordable-Effective-Exclusive-CALL NOW!
WESTLOCK & DISTRICT CHAMBER OF COMMERCE
Our community Your business
 MEETINGS ON THE THIRD THURSDAY OF EVERY MONTH
 Westlock Legion 10004-106 St.
 Visit our website for more information
 www.westlockchamber.com

200+ Delicious Meals Made for SENIORS!
 PLEASE ASK US FOR STARTER PACK
 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

Country Pricing ...with City Service!
 24 HR. SURVEILLANCE | KEYPAD ACCESS | LOCALLY OWNED AND OPERATED
GIBBONS MINI STORAGE
 STORAGE UNITS STARTING AT \$85 PER MONTH
 O: 780-271-0469 C: 780-916-5843
 5120-41 St. (Located in Gibbons Industrial Park)
 www.gibbonsministorage.ca

THIS SPACE FOR RENT
780-220-6397

IS ADVENTURE ON YOUR BUCKET LIST?
Discover Scuba
 Try **Scuba Diving** and see what it's like to breathe underwater!
 \$50 per person. Save \$10 each when you register two or more!
The Dive Outfitters
 Scuba Diving & Snorkeling
780.483.0044
 11781-156 St., Edmonton
 Or, discover **Snorkelling!**
 \$30 per person. Save \$5 each when you register two or more!
www.thediveoutfitters.ca
 SCUBAPRO | SHERWOOD | GARMIN | SHEARWATER | AKONA | HENDERSON | SEALIFE | TUSA
 CALL OR REGISTER ONLINE

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

DRIVE HAPPINESS
 SENIORS ASSISTED TRANSPORTATION
DRIVE HAPPINESS is a non-profit that provides safe, reliable and affordable assisted transportation.
WE NEED VOLUNTEER DRIVERS!
 You can make a difference in the life of a senior!
 To volunteer or donate, contact us at:
1-888-336-4503 or drivehappiness.ca

Everybody's Talking
More than cherry soda: When people grab a soda, the roster of flavours usually includes such things as cola, strawberry soda, ginger ale, and limeade. Now, a soft drink company based in Shizuoka Prefecture, Japan, may have won the competition for the weirdest soda flavours. The company, called Kimura Beverage, has produced sodas with flavours that include pickled plums, curry, melon bread, and eel. Developing the flavours is no small undertaking, as it can take up to a year to get it just right.

Plastic plant: A woman from California (U.S.) recently had a big surprise. Caelie Wilkes loves plants. She had a succulent that she carefully looked after for two years, watering it on a schedule. Its beautiful green leaves always seemed healthy. One day, Wilkes decided to transplant her pride and joy into a bigger pot. Imagine her shock when she discovered that the succulent was fake; it had no roots and was glued onto a piece of Styrofoam that was covered with dirt. Luckily, Wilkes has a sense of humour. She posted her story, which garnered lots of funny and sympathetic comments.

Snail power: When thinking about pets, most people conjure up images of cats, dogs, bunny rabbits, parrots, and maybe even pot-bellied pigs. But snails? That is the choice of Pepper Apollo, a woman from the United Kingdom who cares for approximately 150 of the creatures. She started collecting them a few years ago when she found some near her workplace. Today, she keeps her large collection of tiny pets in tiered terrariums where they live a luxurious, well-fed life. Apollo genuinely feels that each one of her little charges has its own personality.

Animal sanctuary: A couple in India love wildlife. In 1998, wildlife photographer Aditya Singh and his artist wife, Poonam Singh, started purchasing farmland near the Ranthambore Tiger Reserve in Rajasthan, northern India. Farmers happily sold their land because the big cats on the reserve threatened farmers' livelihoods. The couple has allowed the forest to regrow on the land, and today it is a lush home for tigers, leopards, wild boars, and other animals. The Singhs even dug watering holes for the animals. Now that these predators have the food and water they need, they are not as much of a threat to farmers.

Quoteable Quotes
 "Happiness lies in the consciousness we have of it." —George Sand
 "Do not anticipate trouble, or worry about what may never happen. Keep in the sunlight." —Benjamin Franklin

What's Happening
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!
Dec 1-Dec 31-Luminaria Stroll through the candle-lit pathways of the snow-covered Kurimoto Japanese Garden. University of Alberta Botanic Gardens - 51227 Hwy 60, Parkland County.
Devon Arts Market Christmas Sale Celebrate and experience the unique creativity of our artisans. Find those perfect one-of-a-kind gifts. Runs from noon to 4 pm, Sunday, Dec. 13, 2020. Devon Community Centre, 20 Haven Ave., Devon. More info at ArtsDevon@gmail.com. Masks Mandatory

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

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.
 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!
NEW FEATURE!
 ...or send your entry by snail mail to: CN Guy Contest, 17303-107 Ave., Edmonton, AB T5S 1E5
 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. Yale University is located in the U.S. state of New York or Connecticut?
 2. The koala bear sleeps an average of 20 hours a day—T/F?
 3. IKEA is best known for what?
 4. In karate, what colour belt represents the highest level—red or black?
 5. Who wrote the popular novel Doctor Zhivago?
 (Flip bottom of page for answers)

KG COUNTRY STABLES
Western Equine Facility
 BOARDING | LESSONS
 Lessons ranging from beginner and up, tailored to your specific needs and offered in a beautiful outdoor setting, providing therapy for your soul through horses and nature...
780.265.4371 | kgcountry@gmail.com

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**

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
www.ab.lung.ca/you-can-help-change-future-today

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

NOW ACCEPTING ARI CARDS
 Auto • Commercial • Residential
Advanced Glass Inc.
 CALL MARC CLOUTIER TODAY:
780-961-2276
 mcloutier2008@gmail.com • 5514 - 50 Avenue, Legal AB
 Morinville Location: Bay #2, 9702-90 Ave. Call 587-985-4427

FRASIER[®] WEEKNIGHTS 6:00(EST) / 6:30(MT)
yesTV

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.

Consciously build a Life You Love
Individual and Couples Relationship Counselling
Helping those struggling in a relationship, or seeking guidance to live a better life.
Direct billing to some benefit providers.

780-246-8100
info@wendyhart.ca • www.livingwellbydesign.ca

LIVING WELL by Design LIVE. LOVE. THRIVE.

CERTIFIED DISCERNMENT COUNSELLOR SPECIALIZING IN TOUGH RELATIONSHIP DECISIONS

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 LLOYD KENNEY, Independent Associate, to find out how LegalShield can help you!

LegalShield 1-877-579-9449

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

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

PRAIRIE SUNSET
Funeral Home and Cremation Services
A DIVISION OF THE CARINGROUP INC.

780-470-5005 St. Albert
780-349-5006 Westlock

www.psfh.ca

We make every woman feel **Beautiful** from the inside out

Visit us on **f** for promotions and gift ideas!
www.facebook.com/RomanticNotionsAlberta

Romantic Notions inc. **780.962.4944**
1.855.962.4944
#30, 210 McLeod Ave., Spruce Grove

For him, for her, for couples, for you!

20 YRS. OF PERSONALIZED SERVICE & A REPUTATION FOR EXCELLENCE

Helping You Find Your Balance

- Therapeutic Massage
- Block Therapy

\$10 OFF YOUR FIRST MASSAGE*

WE DIRECT BILL. EVENING AND WEEKEND APPOINTMENTS AVAILABLE.

FORT SASKATCHEWAN MASSAGE

780.263.6958 | fortsaskmassage.com
9915-96A Avenue, Fort Saskatchewan

*OFFER VALID FOR FIRST TIME CLIENTS ONLY.

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

Your Weekly Horoscope

ARIES (March 21 - April 20)

You may be so excited about having learned something new that you can hardly stop thinking and talking about it. You might consider sharing these developments with others. Lucky Numbers: 3, 6, 9, 33, 36, 39.

TAURUS (April 21 - May 21)

Don't allow the comments of others to frustrate you or ruin your plans. Simply do something that is more fun. You might be in too good a mood to get bogged down. Lucky Numbers: 5, 10, 17, 22, 37, 43.

GEMINI (May 22 - June 21)

You may have a positive, "can-do" attitude. Your physical energy and stamina might be high. Feeling energetic could enable you to go after challenges with gusto. Lucky Numbers: 11, 19, 21, 29, 31, 39.

CANCER (June 22 - July 22)

You may feel very compassionate and motivated to aim high. Inspiration, imagination, and dreams might help you to be in touch with your higher forces. Lucky Numbers: 2, 17, 22, 27, 34, 40.

LEO (July 23 - Aug. 23)

Self-confidence and physical energy may run very high. You might undertake any challenge that confronts you. Competition could help you to assert yourself. Lucky Numbers: 12, 15, 23, 33, 38, 49.

VIRGO (Aug. 24 - Sept. 23)

Explore your ideas of desires and transformation. You may feel pressure to change, but try to eliminate stress in your life and reach your goals. Lucky Numbers: 1, 4, 14, 24, 34, 44.

LIBRA (Sept. 24 - Oct. 23)

You might act on your passions, but try not to go to extremes. Stay clear about your purpose so that you can succeed without harming yourself or others. Lucky Numbers: 6, 9, 16, 19, 24, 37.

SCORPIO (Oct. 24 - Nov. 22)

You may feel more compassionate and intuitive. You might be much more willing to empathize, and you could find that some people really do need your help. Lucky Numbers: 8, 11, 15, 25, 35, 45.

SAGITTARIUS (Nov. 23 - Dec. 21)

You may have an impulse to experiment with new methods or routines. Someone might invite you to do something new. If you go along with them, you may be glad you did. Lucky Numbers: 1, 2, 3, 11, 22, 33.

CAPRICORN (Dec. 22 - Jan. 20)

You may feel pressured to think hard and fast, and to handle many small details. Your quick reaction might help you obtain the great accomplishments you deserve. Lucky Numbers: 21, 26, 29, 31, 36, 39.

AQUARIUS (Jan. 21 - Feb. 19)

You may meet all of your social obligations. You might learn not to take things so personally. Listening well could help you to understand how to improve your relationships. Lucky Numbers: 12, 21, 22, 33, 39, 41.

PISCES (Feb. 20 - March 20)

You may need to take a real break from your daily routine. You might find that the solace will provide you with a much-needed inner or spiritual rejuvenation. Lucky Numbers: 6, 9, 13, 16, 19, 21.

Lucky numbers this week: This week's odds favour Scorpio winners with the luckiest number being 8.

Did You Know...

Sound the siren: The first civilian ambulances were horse and buggy teams that carried medical equipment and were used to pick up patients in New York City. Dr. Edward L. Dalton of Bellevue Hospital started the service in 1869.

Northern player: Jordin Tootoo was the first player of Inuk descent to play in the National Hockey League. From Rankin Inlet, Nunavut, in northern Canada, his career started with the Nashville Predators in 2003. He retired in 2018.

Fast wave: Tsunamis, those enormous waves that can cause harm to coastal regions, occur most often in the Pacific Ocean's Ring of Fire. They can travel across the ocean at speeds of up to 800 kilometres (500 miles) an hour.

Protein source: Lots of people put tofu into their stir-fries. This soybean product is made from pressing soymilk curds into blocks. Tofu is a source of protein and is enjoyed by those who want protein from a substitute for meat.

Skating phenom: Sonja Henie was a famous figure skater. Born in Oslo, Norway, in 1912, she won many medals in competitions, including three golds in the Winter Olympics of 1928, 1932, and 1936. She died in 1969.

On the Lighter Side

Hotel sign: "Our towels are so fluffy, it will be hard to put them in your suitcase."

The absentminded professor saw a sign on his door that said, "Back in 30 minutes." So he sat down to wait.

A baby brightens up a home. Since ours came, the lights have been on all night!

Life is like high school algebra. Every time you solve one problem, the teacher is waiting to give you another.

No job is so simple that it can't be done wrong.

Answers

Trivia answers: 1. Connecticut 2. True 3. Home furnishings 4. Red 5. Boris Pasternak

Supporting you is my priority

Please contact me if there is anything I can do to help you during this difficult time.

Jennifer Miles, Agent
780-460-2279

Desjardins Insurance

WHY RENT ...when you can BUY?

You may be financially ready – and don't even know!

Call George about **real solutions** to build equity:
780.982.4247
www.georgevandewalle.com

GEORGE VAN DE WALLE

Each office independently owned and operated

Recipe of the month

Cream Cheese Penguins

18 jumbo black olives, pitted
1 (8 oz.) package cream cheese, softened
18 small black olives
1 carrot

Prep: 30 mins. Total: 35 mins Yield: 18 penguins

- Cut a slit from top to bottom, lengthwise, into the side of each jumbo olive. Carefully insert about 1 teaspoon of cream cheese into each olive. Slice the carrot into eighteen 1/4 inch thick rounds; cut a small notch out of each carrot slice to form feet. Save the cut out piece and press into centre of small olive to form the beak. If necessary cut a small slit into each olive before inserting the beak.
- Set a big olive, large hole side down, onto a carrot slice. Then, set a small olive onto the large olive, adjusting so that the beak, cream cheese chest and notch in the carrot slice line up. Secure with a toothpick.
- Add scarves and hats by using fresh red pepper strips, or canned pimentos cut into different shapes.

Source: www.allrecipes.com

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!

Reclaim Your Freedom And Independence NOW!

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

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

ELECTRICIAN SERVICES

RESIDENTIAL | RENOVATIONS | REPAIRS

587.805.5131
cam@resielectric.ca

RESI ELECTRIC

Are your ducks all in a row...?

Offering years of paralegal experience to assist you by preparing documents such as:

- Last Will and Testament
- Enduring Power of Attorney
- Personal Directives

WILLPOWER WILLS
EXPERIENCED. DEDICATED. KNOWLEDGEABLE.

780-418-7611
Call Terri today for a FREE consult.

TERRI BRUNNING

RATES AS LOW AS \$150 FOR WILLS

Get Your Meters' Calibrations Right

We are committed to proving your meters accurate and on time. Since 2003, Measurement Inc. has performed over 8,250 meter proves, so we won't be practising on yours.

— RELAX WHEN YOU GET AUDITED!
MY PROMISE TO YOU: "If all you want is someone cheap to tag your meters, I respectfully ask you to call someone else. Ours will be the best proving experience you have ever had. When audited you'll see the results of excellent measurement. This will be the most complete, professional proving and calibration you have ever experienced. We do the work right or we'll redo it for FREE. I guarantee it."
— Jerry Greiner

MEASUREMENT INC.
780-621-2555
www.MeasurementInc.ca

PORTABLE TEST SEPARATOR RENTALS