

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

THIS SPACE FOR RENT
780-220-6397

HELP STOP THE SPREAD!

1. Wear a mask
2. Keep your distance - six feet!
3. Wash your hands
4. Take your copy of **Coffee News** home with you

Stay safe!
A message from your friends at **Coffee News**

BLUE BLOODS
MON - THURS 9:00
yesTV

Recipe of the month

Holiday Haystack Cookies

1 cup semisweet chocolate chips ½ cup roughly chopped almonds
1 cup milk chocolate chips ½ cup shelled pistachios
3 cups chow mein noodles 2 tablespoons assorted holiday sprinkles

Level: Easy Total: 1 hr 15 mins Yield: 24 cookies
Active: 15 mins

- Heat 2 inches of water in a pot to a simmer. Add the semisweet and milk chocolate to a bowl and place over the pot of simmering water. Allow to melt, stirring occasionally, 4 to 5 minutes.
- Meanwhile, add the noodles, almonds and pistachios to a large bowl and set aside.
- When the chocolate has melted completely, pour over the noodle and nut mixture. Mix until everything is well coated in the melted chocolate.
- Using 2 spoons, drop tablespoon mounds onto 2 parchment-lined baking sheets. Sprinkle the holiday sprinkles over the top. Allow to dry completely before storing, about 1 hour.

Source: www.foodnetwork.com

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

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

Romantic Notions inc.
Bras... and so much more!

780.962.4944
1.855.962.4944
#30, 210 McLeod Ave., Spruce Grove

20 YRS. OF PERSONALIZED SERVICE & A REPUTATION FOR EXCELLENCE

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

The World's #1 Restaurant Publication!

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

Vol. 17 No. 52 December 28, 2020

Everybody's Talking

Stone artist: Akie Nakata is an artist who makes her creations out of the unusual medium of small rocks or stones. As a child, Akie, as she is known, loved to draw animals and birds, and a few years ago she decided to paint them on rocks and stones. She has an uncanny ability to choose exactly the right stone for her subject, be it an owl, a puppy, a pigeon, or a kitten. She never changes the stone by chipping any of it away to suit the design. Instead, she leaves the rock as she found it. Once complete, her creatures seem alive, with the eyes looking out at the viewer.

Weather dog: During the COVID-19 pandemic, a weatherman in Tampa, Florida (U.S.), got some help with his broadcast from a furry friend. Paul Dellegatto was on camera in his home office, with the cameraman aiming the lens at him from outside his window. Suddenly, Dellegatto's golden retriever, Brody, entered the frame. In doing so, he nudged the computer, and the weather map blinked off. Dellegatto soldiered on, reading the material instead. Brody then decided to go to the window to greet the cameraman, blocking the camera's view. No matter - viewers loved the interruption!

Tile creations: A mosaic artist in the city of Chicago, Illinois (U.S.), not only makes works of art, but does a service to his city at the same time. Jim Bachor learned about the beauty and durability of mosaics after taking courses in Italy. Back home, he decided to use the tough material to beautify his neighbourhood while fixing a pothole. One thing led to another, and soon Bachor had become a street artist. He started looking for potholes and designing custom mosaics to decorate them. He uses traffic cones to protect his work while it sets.

Desert island: An island off the coast of Senegal, in northwest Africa, is home to the Viana Desert. The island is Boa Vista, which is part of Cape Verde, an archipelago of nine islands. The Viana Desert is actually an extension of the Sahara Desert, with the wind carrying sand from mainland Africa. This small desert is about 5 kilometres (3 mi.) long and has dunes, volcanic rocks, and sparse vegetation. The hiking is not difficult for adventurers, and outfitters are available to take visitors on excursions.

Quoteable Quotes

"Light tomorrow with today" —Elizabeth Barrett Browning
"Too low they build who build beneath the stars." —Edward Young

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.

Jan 16 to 17-Deep Freeze: A Byzantine Winter Adventure This two-day festival brings together diverse cultures and revels in the magic and beauty of winter. Alberta Avenue - 118 Avenue NW and 91 Street, Edmonton.

Dec 3-Jan 30-Sherwood Park Women's Group Sherwood Park Support for Women in these abnormal and uncertain times. Relationship, communication and personal issues can be discussed. To learn more about the impacts of social isolation please call: 780-449-62-86 **NON profit organizations may submit events for FREE** at www.coffee-news.ca/whats-happening

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!

\$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.

Trivia

- Cocobolo, Ebony, and Mopane are all types of what product?
- Which American poet wrote "Mending Wall"?
- Name the person who said, "The only thing we have to fear is fear itself."
- What is the capital of Somalia?
- In terms of navigation, what do the letters GPS stand for?

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

Affordable-Effective-Exclusive-CALL NOW!

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

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**

For Expert Help:
1.844.453.5372

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

Western Equine Facility
BOARDING | LESSONS

KG COUNTRY STABLES

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

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

Thank You to these distribution partners for continuing to support **Coffee News** through these unprecedented times...

Morinville
A & W
Amanda's Pizza
Asian Garden
Bistro Di Madre
Piccola
Boston Pizza
Coaches Corner
Sports Bar
Dairy Queen
Domino's
Golden Szechuan

Higher Grounds
KFC
McDonalds
Morinville Grill
Morinville Pizza
Panago
Pizza Hut
Sal's Famous
Donairs
The Station (Shell)
Tim Hortons

Redwater
Acht's
Best Western
Burger Baron-5208
Rainbow
Restaurant
Subway
Tim Hortons
Yum Yum
Restaurant

Gibbons
Dairy Queen
Hotel Restaurant

Jingles Pub
Lee's Restaurant
Mainstreet Grill

Primo Pizza
Sal's Famous
Donairs

Legal
Big Mouth McGee's
Chef's Bite
New Diamond

Would you like to offer your customers the opportunity to enjoy the "good news" message of **Coffee News**?

► For more information on becoming a distribution partner, call us at 780.220.6397 or scan the QR code at right.

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.

Feel free to take your Coffee News home!

Country Pricing ...with City Service!

24 HR. SURVEILLANCE KEYPAD ACCESS LOCALLY OWNED AND OPERATED

GIBBONS MINI STORAGE

O: 780-271-0469 C: 780-916-5843
5120-41 St. (Located in Gibbons Industrial Park)
www.gibbonsministorage.ca

STORAGE UNITS STARTING AT \$65 PER MONTH

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

NOW ACCEPTING ARI CARDS
Auto • Commercial • Residential

Advanced Glass Inc.

CALL MARC CLOUTIER TODAY:
780-961-2276

mccloutier2008@gmail.com • 5514 - 50 Avenue, Legal AB
Morinville Location: Bay #2, 9702-90 Ave. Call 587-985-4427

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

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!

How? We offer:
✓ 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

ELECTRICIAN SERVICES

RESIDENTIAL | RENOVATIONS | REPAIRS

587.805.5131
cam@resieletric.ca

RESI ELECTRIC

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

Your Weekly Horoscope

ARIES (March 21 - April 20)

Take pride in your ability to overcome current adversities. This may help you find the confidence to display your talents to friends or colleagues. Lucky Numbers: 2, 13, 24, 29, 36, 43.

TAURUS (April 21 - May 21)

Your mind may be focused on creativity in music and art. You might need to speak up and clear the air of any injustice you have been holding onto for some time. Lucky Numbers: 10, 16, 22, 39, 41, 47.

GEMINI (May 22 - June 21)

Domestic matters may take up a great deal of your time. You might be a peacemaker now, since harmony in your environment could seem more important to you than ever. Lucky Numbers: 3, 12, 14, 24, 26, 38.

CANCER (June 22 - July 22)

Cherishing people in your life who really care about you is good for your spirit. Take this feeling to the next level and support others to follow your lead. Lucky Numbers: 13, 16, 22, 26, 31, 32.

LEO (July 23 - Aug. 23)

Listen well and learn. You may be fascinated by powerful people with powerful ideas. You might be attracted to those who have high degrees of self-confidence. Lucky Numbers: 2, 6, 17, 22, 45, 49.

VIRGO (Aug. 24 - Sept. 23)

Patience may be required if you want to find answers that are locked in your past. You might need to reach deep to find the best route to attain your immediate goals. Lucky Numbers: 6, 8, 10, 12, 14, 16.

LIBRA (Sept. 24 - Oct. 23)

Your mood may be a clear indicator of optimism and enthusiasm. You might want to accept invitations and go to important social events in order to be noticed. Lucky Numbers: 4, 6, 11, 22, 33, 44.

SCORPIO (Oct. 24 - Nov. 22)

Others may feel your strong influence when you express yourself through your thoughtful and caring ways. You might feel great and be able to enjoy yourself. Lucky Numbers: 9, 15, 20, 23, 24, 43.

SAGITTARIUS (Nov. 23 - Dec. 21)

Conversations may spark your mind to find simple ways to handle your personal and business affairs. You might be more open to original concepts or new techniques. Lucky Numbers: 1, 5, 21, 25, 31, 35.

CAPRICORN (Dec. 22 - Jan. 20)

You may find it hard to deal with your workload. You might need to pay more attention to small details. Try exploring your mental depths to find additional inspiration. Lucky Numbers: 10, 16, 20, 37, 40, 43.

AQUARIUS (Jan. 21 - Feb. 19)

You may be able to see your labour of love from a different perspective. You might likely be busy with telephone calls, meetings, or some commercial transactions. Lucky Numbers: 15, 16, 32, 34, 36, 38.

PISCES (Feb. 20 - March 20)

You may be a little subjective and your mood or feelings might tend to rule your thoughts. You may be especially perceptive and sensitive to everyone around you. Lucky Numbers: 1, 2, 13, 19, 40, 43.

Lucky numbers this week: This week's odds favour Pisces winners with the luckiest number being 1.

Weather forecast: A barometer is a tool that meteorologists use to measure the pressure in the atmosphere. This instrument, which is used to make short-term weather forecasts, was invented in the 1600s.

Thorny story: Colleen McCullough (1937-2015) comes from New South Wales, Australia. The author is best known for *The Thorn Birds*, which was published in 1977. It was made into a TV miniseries in 1983.

Skunky scent: No one wants to get sprayed by a skunk. If you encounter one of these small, black and white animals and it starts hissing and stomping its feet, get away from it as fast as you can!

Solar system discovery: Uranus is the seventh planet from the Sun. It was discovered, with the help of a telescope, in 1781 by German-born British astronomer William Herschel.

Trivia answers: 1. Wood 2. Robert Frost 3. Winston Churchill 4. Mogađishu 5. Global Positioning System

COLD SHOT
A DIVISION OF BALWARIA EMPIRE PVT. LTD.

PASSENGER & PARCEL SERVICES

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

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

IS ADVENTURE ON YOUR BUCKET LIST?

Discover Scuba

Try Scuba Diving and see what it's like to breathe underwater!

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

Save \$10 each when you register two or more!
Or, discover Snorkelling!
\$30 per person. Save \$5 each when you register two or more!

www.thediveoutfitters.ca

CALL OR REGISTER ONLINE

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

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

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

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

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

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