

Feel free to take your Coffee News home!

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

**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](mailto: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!

**Coffee News®** Fun Reading. Serious Advertising.

*"We are big fans of your newspaper! It gets us through the morning and our daily commute."*

**Readers of the Month**  
Franz Fritzwitz & Wilbur Ramsbottom

**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®**

**THIS SPACE FOR RENT**

**780-220-6397**

**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**

**Recipe of the month**

**Spring Pea Pasta**

1 pound pasta  
3-4 cups fresh peas  
5 scallions, thinly sliced  
1 shallot, very finely diced  
1 cup chopped fresh mint  
1 cup chopped Italian parsley  
½ cup olive oil

2 lemons – zest and ¼ cup juice  
2 cups fresh pea shoots, baby spinach or arugula  
1 teaspoon salt (plus more to taste)  
½ teaspoon pepper  
1 tablespoon truffle oil  
Optional: goat cheese crumbles

Prep Time: 15 mins. Cook time: 10 mins. Yield: 4 (main) or 8 (side)

① Boil pasta in a generous amount of salted water per directions.  
② During the very last minute of cooking, if serving this as a warm entrée, add the peas to the pasta and just lightly blanch.  
③ While the pasta is cooking, prep the rest of the ingredients.  
④ Chop the scallions, shallots and herbs.  
⑤ Zest two lemons, and measure out ¼ cup lemon juice.  
⑥ Once the pasta is just about done, add the peas to the boiling pasta water and blanch for one minute, or just until bright green. Immediately drain, place pasta and peas in large bowl, drizzle with olive oil, lemon juice and season with 1 tsp salt and ½ tsp pepper.  
⑦ Toss in the pea shoots (or other greens) and add the scallions, shallot, herbs and lemon zest. Stir.  
⑧ Taste, adjusting salt and lemon juice, adding more of both, if necessary.  
⑨ Drizzle with truffle oil, serve immediately.

If making this as a pasta salad, rinse pasta and peas in very cold water to stop the peas from cooking any longer. Add goat cheese right before serving.

Source: [www.feastingathome.com](http://www.feastingathome.com)

**FREE!**

**New Issue Every Week!**

**Coffee News®**

"News To Be Enjoyed Over Coffee"

**Westlock Edition**

**877-553-6397**

www.coffee-news.ca

Est. 1988

Vol. 18 No. 22 May 31, 2021

**Everybody's Talking**

**Paring pumpkins:** When people think of carving pumpkins, scary or funny faces that frighten or amuse Halloween celebrants are what usually comes to mind. Angel Boraliev of Varna, Bulgaria, has different ideas. This pumpkin carver is an artist who sculpts amazingly realistic images and designs out of the lowly fruit. A pumpkin might be turned into a regal owl, a majestic eagle, a slithering snake, or a placid pelican. Along with pumpkins, Boraliev also enjoys using watermelons and soap as a medium.

**White deer:** The northern part of the state of New York (U.S.) is home to a rare white-tailed deer called the Seneca white deer. The animals of this type carry a recessive gene that makes their coats white instead of the usual brown. The herd was protected for many years by the Seneca Army Depot. When it closed in the 1990s, volunteers took over the care of the animals. No hunting is allowed in what is now a sanctuary for the deer, but their stark white fur makes the animals an easy target for predators. Today, the private owner of the property plans to continue to protect the herd.

**Chalky art:** Chalk is something very familiar to teachers and students. That was true for Sachin Sanghe, who came from the village of Mudugere in Karnataka, India. He took a liking to the material and started to carve things in it, starting with simple letters. Later, he carved intricate creations, such as hands, deities, and buildings. He took a break from his art to attend engineering school, but after graduating, he started carving again. His tiny sculptures can take many hours to complete, depending on the complexity. The artist admits that getting the job done requires a lot of concentration.

**Dish decorations:** Collectors of porcelain might have a cabinet or two filled with interesting finds, but a couple of cabinets would not nearly be enough to hold the collection of Nguen Van Truong of Kieu Son, Vietnam. He started collecting porcelain dishes back in the 1980s, and he became so obsessed that he soon had nowhere to put all of his acquisitions. He took some mortar, applied it to the walls of his home, and began the process of embedding the dishes into his house. Now, the inside and outside of his house are covered in about 10,000 pieces of colourful dishware.

**Quoteable Quotes**

"Our deeds still travel with us from afar, and what we have been makes us who we are."  
—George Eliot

"Not everything that is faced can be changed, but nothing can be changed until it is faced."  
—James Baldwin

**What's Happening**

**Online event posting** During the Pandemic, we are happy to post your online event in the What's Happening section of Coffee News. Please visit our website at [www.coffee-news.ca](http://www.coffee-news.ca) to submit your event.

**May 29-Fundraising Golf Tournament** 8:00 AM at The Ranch Golf and Country Club \$150 per player, \$550 for a foursome includes 18 holes of golf, cart and a full steak lunch silent auction. Search Eventbrite with Prescott and click current location. [president@plcff.com](mailto:president@plcff.com)

**Apr 22 to June 10- B'ville Hospital Auxiliary Bursary Program** B'ville Hosp. Aux. will be awarding TWO \$1,000 Bursaries to 2 students from B'ville area, that are enrolled in and attending a Health Related Program and who have completed at least 1 year. Apps are avail. by e-mail at [bfotty@gmail.com](mailto:bfotty@gmail.com) closing June 10

NON profit organizations may submit events for FREE at [www.coffee-news.ca/whats-happening](http://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](http://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, 9768 170 Street, Suite 303, Edmonton, AB T5T 5L4. 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. Baby swans are called cygnets, ducklings, or goslings?  
2. Bluefin tuna is the largest of the tuna species—T/F?  
3. In what women's sport does Megan Rapinoe excel?  
4. What type of fastener did icon "Rosie" of the WWII era use?  
5. The California condor has a wingspan of how many feet?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

(Over)

www.scubagearcanada.ca

**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](http://www.westlockfuneralhome.com)  
DUANE MAGUS | GARY BARKMAN | BOB JONES | SHAUNA SYNNETT

**A wish begins with HOPE**

Hope begins with you.

Donate at [makeawish.ca/createhope](http://makeawish.ca/createhope)

**Make-A-Wish.**

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

**WESTLOCK & DISTRICT CHAMBER OF COMMERCE**

Our community Your business

[www.westlockchamber.com](http://www.westlockchamber.com)

**MEETINGS ON THE THIRD THURSDAY OF EVERY MONTH**

Westlock Legion  
10004-106 St.

Visit our website for more information

**This Space for Rent.**

**877-553-6397**

**DSP HITCHES**

[www.dsphitches.com](http://www.dsphitches.com)

**Manufacturer of DSP Hitches and retailer of all other major brand towing accessories**

DSP 32K Weld-On, Sliding, X-Bed & OEM Fifth Wheel Hitches  
Gooseneck Hitches  
Folding Goose Balls  
Weight Distribution Hitch Systems

**Made in Canada!**

✓ Alberta-owned and operated  
✓ Canada's Last Hitch Manufacturer  
✓ Factory Direct Pricing for DSP Hitches

**We also offer:**

**CAMPER ACCESSORIES**  
Tiedowns • Steps • Turnbuckles  
Receiver Extensions  
Jacks • Supertrusses & Hitches

**WEIGHT DISTRIBUTION HITCH SYSTEMS 4k-15k**  
Round Bar • Trunnion  
4-point Sway Control

**RECEIVER HITCHES 2k-16k**  
Adjustable Ball Mounts  
Hitch Balls • Pinde • Clevis  
Locks & Security

**MOTORHOME TOWABLE**  
Towbars • Baseplates  
Brake Systems • Dollies  
Suspension & Steering Support

**FLATDECK COMMERCIAL**  
Hitch Plates  
King Pin Boxes • Couplers  
Light Boxes • Tool Boxes • Winches

**WELDING PIPE STANDS**

**TRUCK AND TRAILER ACCESSORIES**  
Tonneau Covers • Running Boards  
Jacks • Landing Gear

**RACKS & ELECTRICAL**  
Bike Racks • Cargo Racks • Plugs  
Brake Controls • 7-way Harness  
Headache Racks & Rails

**1-800-265-3377 | Edmonton, Alberta**

**BLUE BLOODS**

MON - THURS 9:00

**yesTV**

**FOR ALL YOUR REAL ESTATE NEEDS**

**ROYAL LEPAGE**

Town & Country Realty  
INDEPENDENTLY OWNED AND OPERATED  
101A, 10211-100 St., Westlock

**780.349.7000**  
[westlock@royallepage.ca](mailto:westlock@royallepage.ca)  
[agents.royallepage.ca/westlock](http://agents.royallepage.ca/westlock)

The World's #1 Restaurant Publication!

Affordable-Effective-Exclusive-CALL NOW!



## If you liked Gold Canyon Candles, you are gonna love Sunset Scents!

They are creating candles that have a strong scent throw and the cleanest burning scented candles out there!

*They are the next Finest candles you will EVER find!*



*Sunset Scents*  
a RAY of Fragrance  
prairiescentedcandles@gmail.com  
www.prairiescentedcandles.com

## SHOP ONLINE!

[www.scubagearcanada.ca](http://www.scubagearcanada.ca)

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



Scuba Diving & Snorkelling  
11781-156 St., Edmonton

Learn to SCUBA DIVE at our Edmonton location – call for details  
780.483.0044



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

## 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](http://www.ab.lung.ca/you-can-help-change-future-today)

## WE BUY USED GOLD AND DIAMONDS

*Blue Diamond*

*Jewellers*

**780.968.0040**

Main Street, Stony Plain

[www.bluediamondjewellers.com](http://www.bluediamondjewellers.com)

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](http://www.romanticnotions.ca) | #30, 210 McLeod Ave., Spruce Grove

30 YRS. OF PERSONALIZED SERVICE & A REPUTATION FOR EXCELLENCE

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



**587.760.2800**

<https://zettatelecom.com>

DEDICATED TO FINDING OUR CLIENTS THE BEST SOLUTIONS WITHIN THEIR BUDGETS

## Need ONE More Reason to Join?

- 1 You need child support enforced
- 2 Your landlord raises rent in violation of your verbal agreement
- 3 You adopt a child
- 4 A friend owes you money and files for bankruptcy
- 5 You need help with credit card liability resolution
- 6 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**

# Your Weekly Horoscope

## ARIES (March 21 - April 20)



Joining your efforts with others may work out very much to your advantage. You could reap rewards later for the generosity you extend at this time. Lucky Numbers: 5, 9, 12, 31, 39, 49.

## TAURUS (April 21 - May 21)



Communicating with neighbours, friends, and family may be accentuated. This might be a good time to establish friendly, professional relationships, as well. Lucky Numbers: 16, 24, 31, 39, 44, 48.

## GEMINI (May 22 - June 21)



Your intuition or gut feelings may be right on the mark. Positive feelings and inner harmony could engender smooth and comfortable relations with others. Lucky Numbers: 6, 7, 14, 22, 26, 42.

## CANCER (June 22 - July 22)



Light, pleasant interactions may be emphasized. You could gain what you want through diplomacy. You might be willing to make concessions to maintain harmony. Lucky Numbers: 4, 18, 25, 37, 41, 48.

## LEO (July 23 - Aug. 23)



You may care passionately and respond instinctively to current events. You might be energized and eager to be involved in projects that benefit your family life. Lucky Numbers: 1, 7, 17, 27, 37, 47.

## VIRGO (Aug. 24 - Sept. 23)



An interest in people and psychology may come to the fore. You might be fascinated by the mysterious and could delve and probe until you discover the truth. Lucky Numbers: 2, 12, 14, 16, 18, 20.

## LIBRA (Sept. 24 - Oct. 23)



This may be a good time to begin a new business enterprise or a new venture. You could have the drive and courage to make your vision a reality. Lucky Numbers: 8, 10, 17, 28, 30, 44.

## SCORPIO (Oct. 24 - Nov. 22)



You may make your influence felt, and your efforts to advance your career could be very effective. Taking on a leadership position might be favoured now. Lucky Numbers: 21, 24, 29, 31, 44, 49.

## SAGITTARIUS (Nov. 23 - Dec. 21)



Music or art may move you very much now. Your imagination might be activated, and you could be inclined to feel rather passive and dreamy, or creatively inspired. Lucky Numbers: 2, 12, 13, 22, 23, 33.

## CAPRICORN (Dec. 22 - Jan. 20)



This may be a perfect time to socialize, as the positive feelings that you generate may be to your advantage. Your willingness to meet people halfway could benefit you, as well. Lucky Numbers: 3, 5, 16, 22, 26, 40.

## AQUARIUS (Jan. 21 - Feb. 19)



A desire to share your good fortune and joy with others may be your theme. Beautifying your home or changing your physical appearance might appeal to you. Lucky Numbers: 1, 15, 21, 35, 41, 42.

## PISCES (Feb. 20 - March 20)



You may be craving emotional excitement, and your inhibitions might be loosened. It could be a time for music, dancing, and being joyfully spontaneous. Lucky Numbers: 12, 16, 32, 36, 42, 46.

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

# Did You Know...

**Hearing feet:** African elephants have the unique ability to "hear" with their feet. Far-off rumbles in the ground create vibrations that travel from their feet to their middle ear. The timing of the signals can indicate the direction of the sound's origin.

**Chef's trick:** When we sprinkle salt on our food, we usually do it close to the target. Chefs sprinkle seasonings from a height of as much as 12 inches (30 cm). This results in much more even distribution.

**No rabbits:** In the state of Queensland, Australia, owning a rabbit is illegal. That's because the critters have become a severe ecological threat. The government erected a rabbit-proof fence and has taken other measures to keep the population under control.

**Alarm system:** Royals in ancient Japan were ahead of their time. They purposely built squeaky floors as an anti-theft alarm system. These "nightingale floors" or *uguisu-bari*, are named after the Japanese nightingale, also known as the Japanese bush warbler.

**Unique banking:** When visiting Vatican City in Rome, people can practice Latin while doing their banking. An ATM in Vatican City has an option to do transactions in Latin, possibly the only machine in the world to offer such a service.

# On the Lighter Side

What has two hands, a big round face, always runs but stays in place? A clock.

Carry a feather duster with you wherever you go. If you can't find someone to tickle, at least you'll be able to do their dusting.

Don't resent growing old—many are denied the privilege.

Fred: "How do you know that peanuts are fattening?"  
Ed: "Have you ever seen a skinny elephant?"

Improvising is a great adventure—a class act needs no cue cards.

## Answers

**Trivia answers:** 1. Cygnets 2. True 3. Soccer 4. The river 5. 9-10 ft.

For available franchise opportunities – visit [coffeenewscanada.com](http://coffeenewscanada.com)  
© Published with Permission by Capital Marketing Ltd

For the first time ever...

## Advertise Your Restaurant Here!\*

For complete details, call Sam at 780-264-2552

► Qualifying distributors of **Coffee News** receive **FIRST MONTH FREE!\*\*\***

\* Space restrictions may apply.  
\*\* On 6 month term.

**Coffee News**® #supportlocal Initiative



## 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



*A Small Miracle Adoption*

Adoption is the ultimate expression of a committed heart

[www.smallmiraclesadoption.com](http://www.smallmiraclesadoption.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!

**inogen**

© 2020 Inogen, Inc. All rights reserved.

MKT-P0108

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

**Westlock Ford**

Innovation that drives excitement.

BUILT Ford PROUD

[westlockford.com](http://westlockford.com)

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



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](http://www.giftsandgadgets.ab.ca) or visit us in person at 111 First Avenue, Spruce Grove



**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](http://www.coldshotca.com)  
Passenger Website: [www.coldshot.ca](http://www.coldshot.ca)

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

SERVING ALBERTA'S BUSINESS COMMUNITY SINCE 2005

Without our advertisers, **Coffee News**® would not exist

Please support them!



**QUEEN STREET DENTAL**

We follow the Alberta Fee Guide

Located in Queen Street Place  
#109 - 505 Queen St., Spruce Grove

**780-960-1422**

Visit us on Facebook-CoffeeNewsWeekly