

Pharmacist-owned, community-minded service

✓ JJ's Value Drug Mart

INDEPENDENT PHARMACY

#205, 5342-50 Ave., Vegreville
Galleria Shops | 587-790-7777

JJ Begalke
20 years of experience as a pharmacist.
Friendly service your family can trust!



Recipe of the month


Balsamic Watermelon Chicken Salad

1 cup balsamic vinegar | 1 table spoon olive oil
1 lb. boneless skinless chicken breasts | 4 cups baby spinach or greens
3 teaspoons all purpose seasoning | 2 cups cubed watermelon
1/2 cup blue cheese crumbles | 1/4 cup sliced or crushed almonds

Prep Time: 10 mins. Cook time: 30 mins. Yield: 4 servings

- Pour the balsamic vinegar into a small saucepan and bring to a boil. Reduce heat and simmer for 15-20 minutes until the balsamic vinegar is significantly reduced and starting to become syrupy.
- Meanwhile, turn a grill or nonstick skillet to high heat. Sprinkle the chicken with the seasoning on both sides and drizzle with the olive oil. Transfer to the hot grill and cook until no longer pink on the inside and nicely browned on the outside. Let rest for 5 minutes; cut into small cubes.
- Layer the spinach with the chicken, watermelon, blue cheese, almonds, and drizzle with the balsamic reduction to taste. Top with additional olive oil if desired.

Source: <https://pinchofyum.com>



MENTION THIS AD FOR A DISCOUNT!

LET US HELP YOU QUIT SMOKING

Come learn the facts and make a plan

780-623-2158

OHMY VAPE LOUNGE

10263-101 Ave., Lac La Biche
10 am - 6 pm, 7 days a week
Closed on holidays



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



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



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**

FREE ASSESSMENT CALL TODAY!

For Expert Help:
1.844.453.5372



FREE! **New Issue Every Week!**

Coffee News®

"News To Be Enjoyed Over Coffee"

Lloydminster Edition

877-553-6397



www.coffee-news.ca

Vol. 18 No. 23 June 7, 2021

Everybody's Talking

Well-dressed: James Maina Mwangi of Nairobi, Kenya, came from a poor family and didn't have very many clothes as a child. Eventually, he was able to earn money as a handyman, and he started to buy interesting clothes to match his flamboyant style. Today, he can be seen on the city's streets in suits of different colours, all with matching accessories. For example, if he decides to wear a bright blue suit, he wears a tie, hat, watchband, eyeglasses, and shoes that all match. On other days, he may be dressed in pink, yellow, red plaid, or black and white. During the pandemic, he even finds facemasks to match!

Bird sport: A sport in Belgium involves birds, but very little activity. It's called vinkenspot, which translates as "finch sitting" in English. In vinkensport, competitors sit in front of cages that contain one male chaffinch (a member of the finch family). These birds sing, and their owners keep track of the number of times their bird makes a complete bird call. A distinctive "sus-e-wiet" marks the end of each call. The competitor whose chaffinch makes the most calls in an hour is the winner. The sport is known to have cheaters; once, a competitor put a CD player in the box instead of a bird.

Pie queen: A baker from Seattle, Washington (U.S.), has become a pie-baking celebrity. Lauren Ko once worked as an executive assistant in education, but now she bakes pies with such intricate geometric designs that people flock to see her creations. Grandma's pies may have tasted delicious, but Ko's work also appeals to the eye. One blueberry pie, dubbed "flour power," uses dozens of six-sided dough bits to hold blue petals. Others feature swirls of food-coloured dough strands or shapes that are formed into unbelievable patterns. The resulting pies are almost too incredible to eat!

Much ado about nothing: Some people may wonder what the social media world is coming to after they hear about a video posted by Muhammad Didi of Indonesia. The young man decided to post a video of himself doing absolutely nothing. He shows himself sitting on a couch and staring into the camera for over two hours! He meant to record himself doing nothing for only five or 10 minutes, but after he started, he kept going. The weird thing is that the video has garnered hundreds of thousands of views and has motivated other people to do the same thing for even longer periods of time.

Quoteable Quotes

"In a time of turbulence and change, it is more true than ever that knowledge is power."
—John Fitzgerald Kennedy

"Statues and pictures and verse may be grand, but they are not the Life for which they stand."
—James Thomson

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 to submit your event.

June 8-3rd 2021 Marda Loop Justice Film Festival justREEL film screening MLJFF invites you to our FREE social justice themed double feature, followed by a prerecorded QA segment with a subject matter expert. Available across Alberta from 5:30 pm to 11:59 pm. Learn more and register today at: <https://justicefilmfestival.ca>

Jun 19 to 20 - Cold Lake Fishing Derby \$10,000 First prize. Over \$12,000 in runner up prizes. Register at www.anglersatlas.com/tournament477cold-lake-fishing-derby-2021. Max 250 participants. \$125 Entry Fee. Lake Trout

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

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, 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. French fries originated in France—T/F?
2. What glands are responsible for producing tears?
3. What is a loge?
4. Who wrote the popular novel Beloved?
5. Guinness World Records states that the first speeding ticket was written in 1896, 1920, or 1929?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd
(Over)

This Space for Rent.

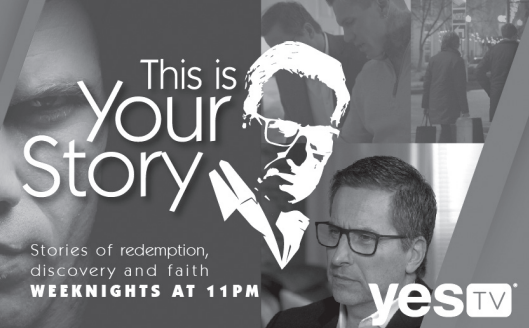
877-553-6397

This is Your Story

Stories of redemption, discovery and faith

WEEKNIGHTS AT 11PM

yesTV



Without our advertisers, Coffee News® would not exist

Please support them!



Like us on Facebook

...to keep updated on WEEKLY contests in which you can enter to win tickets to sports events, entertainment events, Coffee News Bucks and more!

<https://www.facebook.com/CoffeeNewsWeekly>



TESLA ESTATES Luxury apartments starting at \$885!

CEDAR MANOR Upgraded apartments starting at \$670!

Northview Canadian High Yield Residential Fund

\$399 Security Deposits!

\$199 Security Deposits!

(780) 214-1300

(780) 214-1300

*On approved application, while promotion lasts



PETPAD

Total Pet Care GROOMING

- Nail Trimming
- Breed Specific • Feline Certified

Service Tailored to Your Pet Needs

Open 7 Days A Week
780.808.6363
4010-50 Ave., Lloydminster



Screened Topsoil \$25/yd³

Screened Garden Blend \$60/yd³ (Topsoil + Aged Manure + Peat Moss)

To order, call or text **780-808-6654**

pioneer landscaping



Call for Rates-780-220-6397/877-553-6397

Affordable-Effective-Exclusive-CALL NOW!

LOCATION CHANGE

BORDER CITY FARMERS MARKET

SPONSORED BY **Turnip**

THURSDAY 12-4 p.m.
SATURDAY - 11 a.m.-4 p.m.

West End of the Servus Sports Centre
Entrance ONLY via the overhead door on west side

Physical distance and sanitizing protocols in place

FOR MORE INFORMATION: call Loris at 639-536-0387, email bordercityfarmersmarket@outlook.com or visit bordercityfarmersmarket.ca

Eye Examinations • Diagnosis & Treatment of Eye Injuries
- Ocular Emergency Services Available -

DR. GARY WETMORE
OPTOMETRIST

780.875.6234

Located at Wayside Plaza
#5, 5405-44 Street
Lloydminster

DIRECT BILLING AVAILABLE

inogen

FREEDOM. TO BE YOU.

1-888-998-6714

MKT-P0253

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

Love Coffee News?

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

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:
• Your name • Your phone number and • Your address
so that we can send you some **cool prizes** if your photo is chosen to appear in the paper!

Readers of the Month
Franz Fritzwitz & Wilbur Ramsbottom

Coffee News Fun Reading. Serious Advertising.

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

WE'VE MOVED!

Call **780.645.0050** to book a consult for **Family Law or Criminal Defence**

Renée L.T. Moore B.A., B.Comm.(Co-op), J.D. Barrister & Solicitor
Jerred L.T.T. Moore B.A. (Adv.), J.D. Barrister & Solicitor

www.newbeginninglaw.ca

4802-49 Avenue, St. Paul | Located behind ATB!

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!

PSC Prairie Scented Candles
Sunset Scents a RAY of Fragrance

prairiescentedcandles@gmail.com
www.prairiescentedcandles.com

Your Weekly Horoscope

ARIES (March 21 - April 20)

You may feel very clear, articulate, and communicative. Public speaking or any endeavour that involves giving information to others might be favoured now. Lucky Numbers: 4, 28, 34, 42, 46, 48.

TAURUS (April 21 - May 21)

Strong support from close friends and family may give you great confidence. It might be a good time to mend fences and improve relations in your home life. Lucky Numbers: 9, 13, 19, 23, 29, 33.

GEMINI (May 22 - June 21)

You may feel great physically, and your confidence and optimism could be very high. You might feel that whatever you attempt now may likely succeed. Lucky Numbers: 6, 16, 26, 35, 36, 46.

CANCER (June 22 - July 22)

Your artistic efforts may flourish. You could be moved to express your affections more openly. You also might want to be surrounded by beauty and harmonious people. Lucky Numbers: 10, 13, 18, 40, 43, 48.

LEO (July 23 - Aug. 23)

You may benefit greatly from opportunities that occur. You might feel expansive and optimistic now. Very influential people could come into your life. Lucky Numbers: 4, 7, 16, 21, 28, 30.

VIRGO (Aug. 24 - Sept. 23)

You may enjoy spy or mystery stories. Unsolved or puzzling problems of a situation might interest you. You may need to probe for answers in order to discover the truth. Lucky Numbers: 2, 6, 21, 25, 30, 34.

LIBRA (Sept. 24 - Oct. 23)

You may be feeling warm, expressive, and lively. Friendships might be strengthened. Your creativity and a desire to beautify things could be stimulated. Lucky Numbers: 4, 16, 32, 38, 44, 48.

SCORPIO (Oct. 24 - Nov. 22)

This may be time for you to shine! You might have an extra measure of energy and confidence now and could make a strong, positive impression on others. Lucky Numbers: 8, 9, 19, 24, 39, 43.

SAGITTARIUS (Nov. 23 - Dec. 21)

You may be inclined to agree with people and situations. You also might attract what you need by letting more of the world come to you. Lucky Numbers: 10, 17, 25, 34, 41, 49.

CAPRICORN (Dec. 22 - Jan. 20)

You may have contact with someone who is important to you. Sharing memories and reminiscing with someone you might feel you can trust could occur. Lucky Numbers: 13, 19, 32, 33, 42, 44.

AQUARIUS (Jan. 21 - Feb. 19)

You may be capable of decisive action and the will to carry through. You might inspire others, as well. Group efforts or joint projects could be effective. Lucky Numbers: 4, 15, 19, 34, 45, 47.

PISCES (Feb. 20 - March 20)

Cooperative endeavours may flourish now, and any social or joint activity might benefit you. You could achieve a harmonious balance of talking and listening. Lucky Numbers: 5, 6, 21, 25, 30, 40.

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

Did You Know...

Long history: The Volkswagen Beetle, still on the roads today, is an iconic vehicle that dates back to 1938. Designed by Ferdinand Porsche, the Beetle was first built in Germany and came to North America in the 1950s.

Fun partnership: People from hometowns with dreary names can either laugh or cry. The folks in Boring, Oregon (U.S.), Dull, Perthshire (Scotland), and Bland, New South Wales (Australia), are choosing to jointly promote tourism as "The League of Extraordinary Communities."

Easy access: Japan has the highest number of vending machines in the world, with one for every 23 to 25 residents. They can be found in urban and rural areas, and play an integral role in the country's culture.

Pizzly bear: Most people know about grizzly bears and polar bears, but there is also a pizzly bear, the offspring of a polar bear and grizzly bear. They also are known as grolar bears and the *nanulak*, after the Inuit *nanuk* (polar bear) and *aklak* (grizzly bear).

More words: It's no wonder an English dictionary is so thick: the English language is believed to have the largest lexicon, or number of words, of any European language. That's due in part to accommodating so many foreign words.

On the Lighter Side

Many directors of today's comedies must be inspired by the old, silent movies. A scene is supposed to be funny, but the audience doesn't make a sound.

What's black and white and eats like a horse? A zebra.

If you had one match to light a kerosene lamp, fireplace, and wood-burning stove, which do you light first? The match.

What goes up but never comes down? Your age.

One worm to another: "Follow me. I know a restaurant where we can eat dirt cheap."

Answers

Trivia answers: 1. False 2. Lacrimal glands 3. Theatre box 4. Tom Morrison 5. 1896

For available franchise opportunities - visit coffeenewscanada.com
© Published with Permission by Capital Marketing Ltd

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

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**

MORE SELECTION THAN ANY OTHER WINDOW COVERING SOURCE!

We make 100+ kinds of blinds
We stock 15 million feet of inventory

real blinds

WESTERN CANADA'S #1 RETAIL WINDOW COVERING FACTORY

1 8558 GO REAL REALBLINDS.CA

EDMONTON 10510-107 Ave. NW 780-250-7325
VEGREVILLE 5006-52 Avenue 780-632-2142
DERWENT 118 Main Road 780-741-2376
BONNYVILLE/COLD LAKE 780-826-2239
WAINWRIGHT/PROVOST 780-842-2477
LLOYDMINSTER 780-875-1093

FREE In-Home Consultation
LIFE TIME WARRANTY
SAVE 50%

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

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

Sign up here to receive email notifications of new editions.
Now you never have to miss your weekly dose of good news!

www.coffee-news.ca/editions

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

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

UP TO 50% OFF

YOUR 3 MONTHS OF STORAGE!

LLOYDMINSTER **Vaulta** Storage
We've Got Room For That™

<https://vaultrselfstorage.ca/locations/alberta/lloydminster>

HEATED STORAGE UNITS!
PARKING FOR RVs, CARS AND BOATS
MONTH TO MONTH NO LONG TERM CONTRACTS

SCAN HERE FOR RESERVATIONS

A wish begins with **HOPE**

Hope begins with you.
Donate at makeawish.ca/createhope

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