

**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

**MORE SELECTION THAN ANY OTHER WINDOW COVERING SOURCE!**

**FREE** In-Home Consultation

**LIFE TIME** WARRANTY

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

**1 8558 GO REAL REALBLINDS.CA**  
**REAL BLINDS SUPERSTORE**

**EDMONTON** 10510-107 Ave. NW (main floor) 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

**SAVE 50%**

**Recipe of the month**

**Balsamic Watermelon Chicken Salad**

1 cup balsamic vinegar | 1 tablespoons 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

- 1 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.
- 2 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.
- 3 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>

**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:**

- Your name
- Your phone number
- 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

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

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

**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**

BBB A+ Accredited

**SHOP ONLINE!**  
[www.scubagearcanada.ca](http://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

From Port Alberni, B.C. to St. John's, Newfoundland

Served in **1579** restaurants and coffee shops

Read by over 1.25 million Canadians per week

**Coffee News** is Canada's choice for positive news from around the world!

**FREE!** **New Issue Every Week!**

**Coffee News**®

"News To Be Enjoyed Over Coffee"

**Barrhead Edition**

**877-553-6397**

www.coffee-news.ca

Est. 1988

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 vinkenspot, 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-k-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](http://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>

**June 19-Garden Valley Outdoor Market** 10:00 AM to 3:30 PM Garden Valley Hall is hosting a large outdoor market. 52002 Range Rd 274 Spruce Grove AB. Market is to raise funds to complete hall upgrades and remain operational. For more info contact [bookings@gardenvalleymarket.ca](mailto:bookings@gardenvalleymarket.ca)

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**

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!

**\$400\* Prize Package**

Find the Coffee News Guy hidden in one of the ads, then enter to win!

\*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**

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)

Feel free to take your Coffee News home!

**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&C FEE GUIDE

**780.674.3161**

[barrheaddentalclinic@gmail.com](mailto:barrheaddentalclinic@gmail.com) | #4, 4923-50 Ave., Barrhead

**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**  
a RAY of Fragrance

[prairiescentedcandles@gmail.com](mailto:prairiescentedcandles@gmail.com)  
[www.prairiescentedcandles.com](http://www.prairiescentedcandles.com)

**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>

**This Space for Rent.**

**877-553-6397**

**This is Your Story**

Stories of redemption, discovery and faith

**WEEKNIGHTS AT 11PM**

**yesTV**

**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

5122-49A Street, Barrhead Mon-Fri, 8:30 a.m.-4 p.m. **780.674.4348**  
[www.barrheaddentures.ca](http://www.barrheaddentures.ca)

**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)

**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](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

**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

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

**WE BUY USED GOLD AND DIAMONDS**

Blue Diamond Jeweller

780.968.0040

Main Street, Stony Plain

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

**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)

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

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

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

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

## 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. Toni Morrison 5. 1896

**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)

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

Please support them!

**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 & 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

**inogen**

**FREEDOM. TO BE YOU.**

1-888-998-6714

MKT-P0253

**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 • Pintle • 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

[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

1-800-265-3377 | Edmonton, Alberta

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](http://www.coffee-news.ca/editions)