

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

THIS SPACE FOR RENT

780-220-6397

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**

FREE ASSESSMENT CALL TODAY!

BBB

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

SHOP ONLINE!

www.scubagearcanada.ca

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

The Dive Outfitters

Learn to SCUBA DIVE at our Edmonton location - call for details

Scuba Diving & Snorkelling
11781-156 St., Edmonton 780.483.0044

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

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

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>

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.

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. 34 August 23, 2021

Everybody's Talking

Duck dynasty: Who needs pesticides in Thailand? Not the rice farmers in Nakhon Pathom province, west of Bangkok. That's because each year flocks of ducks are brought in to eat weeds and pests, such as snails. The ducks come from duck farms, and the farmers appreciate the free food their ducks eat from the rice paddies. Rice farmers benefit because they can cut back on the use of chemicals, and their fields get fertilized. The ducks move around the rice fields for a few months and then return to their farms to lay their eggs. Using ducks for this purpose is known as "ped lai thoong."

Building blocks: A 20-something-year-old woman from Pietermaritzburg near Durban, South Africa, unwittingly provided encouragement for other women to take on jobs usually done by men. Zama Philisiwe Zungu decided to build an addition to her home, and did it herself, from mixing the cement to stacking the bricks. Photos of her progress attracted attention on social media, bringing Zungu a lot of praise. As a civil engineer by training, she loves constructing things, a skill she learned from her father. She wants to empower more women in the construction industry and may start her own construction company.

Replicating art: A woman from Saint Petersburg, Russia, took an art challenge seriously. Liza Yukhnyova heard about the #gettychallenge, in which people recreate a work of art using household items, and then take a photo of the result. Bored during the COVID-19 pandemic, Yukhnyova decided to create one piece of art each day for as many days as she could. So she picked famous paintings, and using makeup and items from around the house, she turned herself into women from cultures around the world. Yukhnyova has a degree in art history, so she has a wide base of knowledge about art.

Wall crawler: If Spider-Man had a son, it might just be Yasharth Singh Gaur of Kanpur, Uttar Pradesh, India. Gaur has his own parents, but the young boy can scale walls in much the same manner as the comic book hero. The young fellow, facing outward and using only his hands and feet, taught himself to creep a 10-foot high wall. He settles into a corner and then up he goes. His parents are concerned that he may fall down, but they are also thrilled with this athletic skill. If the boy feels like he is going to fall, he makes a controlled jump to the ground without hurting himself.

Quoteable Quotes

"Great literature, past or present, is the expression of great knowledge of the human heart." *Edith Hamilton*

"Your life will be rich for others only as it is rich for you." *David McCord*

What's Happening

Oct 1-Sight Night fun run after dark, in support of visually impaired Albertans! The event raises funds and awareness for the Alberta Sports and Recreation Association for the Blind. The event features distances for all abilities. For more info www.asrab.ab.ca.

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, 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. In the popular Mother Goose nursery rhyme, where is the farmer?
2. The lychee fruit is native to what area of the world?
3. What caused the Statue of Liberty in the U.S. to turn green?
4. In ancient Greek mythology, a cyclops has one eye, two eyes, or three eyes?
5. What is the full name of the explosive TNT?

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

Affordable-Effective-Exclusive-CALL NOW!

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

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

This Space for Rent.

877-553-6397

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

WE BUY USED GOLD AND DIAMONDS

Blue Diamond Jewellers

780.968.0040
Main Street, Stony Plain

www.bluediamondjewellers.com

Have You Considered Adopting Your Step-Children?

We prepare and file your step-parent adoption, adult adoption, relative adoption and private direct placement adoption.

A Small Miracle Adoption

Adoption is the ultimate expression of a committed heart

780.421.1177
www.smallmiraclesadoption.com

Sour Gas and Odour Control Treatment

SOUR AND ODOUR SERVICES

1-888-909-9976

info@sourandodour.com | www.sourandodour.com

Customized Solutions to meet your specific requirements:

- Vapours emitted from sour oil and water tanks
- De-pressuring of pig senders and receivers
- Venting of liners in sour pipelines
- De-hy condensation tank vapours
- Loading and unloading tank trucks
- Vacuum truck blower discharges
- Catadyne heater fuel sweetening
- Ventilation of sewage lift-stations
- Ventilation of electrical panels

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

Feel free to take your Coffee News home!

Helping you rediscovers
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

UP TO 50% OFF
YOUR FIRST 3 MONTHS OF STORAGE!
WHITECOURT STORAGE
Vaultra Storage
We've Got Room For That!
Call **780.778.2194**
INDOOR AND COVERED PARKING FOR RVs, BOATS AND CARS AVAILABLE
MONTH TO MONTH - NO LONG TERM CONTRACTS
FREE MATTRESS BAG WITH EACH NEW RENTAL!
<https://vaultraselfstorage.ca/locations/alberta/whitecourt/>

Westlock Ford
Innovation that drives excitement.
BUILT Ford PROUD
westlockford.com
780-349-3361 | 10835-100 Street, Westlock

inogen
FREEDOM. TO BE YOU.
1-888-998-6714
MKT-P0253

QUEEN STREET DENTAL
We follow the Alberta Fee Guide
Located in Queen Street Place #109 - 505 Queen St., Spruce Grove
780-960-1422

Congratulations to this month's **Coffee News Guy** contest winners!
Your prizes are in the mail!
Nancy Preece
Mara De Leon
Carmelle Zurowski
Gloria Barrios
Enter today for your chance to win at www.coffee-news.ca

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

BLUE BLOODS
MON - THURS 9:00
yesTV

Your Weekly Horoscope

ARIES
(March 21 - April 20)



Your desire for love may be strong and you may act on impulse. Some aspects of your life might not be happy, but facing this issue may help you realize that it can be remedied. Lucky Numbers: 15, 16, 17, 33, 34, 35.

TAURUS
(April 21 - May 21)



You may gain what you want through your diplomacy and charm. You might want to enlist the support of allies and friends, rather than trying to be so outspoken and bold. Lucky Numbers: 1, 5, 7, 18, 27, 31.

GEMINI
(May 22 - June 21)



Differences in styles or personal tastes might be an issue for you. You may want to be gracious about making adjustments, even if you feel uncomfortable at first. Lucky Numbers: 22, 28, 31, 37, 40, 46.

CANCER
(June 22 - July 22)



Your drive for personal freedom may be pressing, and a confrontation could likely occur. Insist on your rights and stand up for yourself. Others should follow your lead. Lucky Numbers: 2, 6, 16, 26, 36, 46.

LEO
(July 23 - Aug. 23)



You might feel very bold and adventurous. You may not tolerate delays, restrictions, or any form of authority that prevents you from behaving exactly as you please. Lucky Numbers: 6, 24, 29, 35, 40, 42.

VIRGO
(Aug. 24 - Sept. 23)



Health matters may be a concern, and you might be inspired to start a self-improvement program. You may be able to create better health habits and a new regimen. Lucky Numbers: 13, 17, 21, 25, 29, 33.

LIBRA
(Sept. 24 - Oct. 23)



Giving and receiving appreciation and love may come into your life. You might want to experiment with new things, but be careful about what you throw out. Lucky Numbers: 1, 15, 22, 31, 44, 47.

SCORPIO
(Oct. 24 - Nov. 22)



You might need to apologize for being so stubborn. You may be humbled to see how the flaws in your attitude affect others, and you may need to remedy the situation. Lucky Numbers: 12, 30, 33, 35, 37, 48.

SAGITTARIUS
(Nov. 23 - Dec. 21)



Your imagination in the arts or music may have great appeal. Using your creative talents might prove to be more fruitful than dealing with more practical matters. Lucky Numbers: 3, 4, 23, 24, 43, 44.

CAPRICORN
(Dec. 22 - Jan. 20)



Relaxation, enjoyment, and pleasurable activities might be highlighted now. You may not want to get involved in anything that requires a great expenditure of energy. Lucky Numbers: 4, 6, 12, 20, 24, 30.

AQUARIUS
(Jan. 21 - Feb. 19)



Someone important may come into your life. You might meet a person who becomes your strongest influence. It could be in the form of teacher or mentor. Lucky Numbers: 15, 16, 29, 32, 39, 49.

PISCES
(Feb. 20 - March 20)



You may feel realistic about love and may be interested in being with people on whom you can depend. Reach out to an older person who means a lot to you. Lucky Numbers: 6, 9, 16, 20, 28, 45.

Lucky numbers this week: This week's odds favour Aries winners with the luckiest number being 15.

Did You Know...

Northern dogs: "Reindeer dogs" are a type of hot dog sold in the northern U.S. state of Alaska. These are sausages made with caribou, pork, and beef, and served in a bun. Accompaniments include onions glazed with cola, mustard, and cream cheese.

Seashell delights: The Monastery of São Vicente de Fora in Lisbon, Portugal, houses a unique attraction: a seashell gallery. It contains a beautiful and artfully arranged collection of seashells from the country's shorelines.

Florence Nightingale: Known as "The Lady with the Lamp," Florence Nightingale is considered the founder of modern nursing. She was named Florence after the Italian city where she was born in 1820. Her family moved to England in 1821.

Bouncy pickle: There is a law in the U.S. state of Connecticut that says pickles must bounce. The law stems from an incident in 1948 when two men were arrested for selling rotten pickles. The new law established that if a pickle bounced, it was safe to eat.

Can't go backward: Kangaroos are one of the few animals that can't walk backward. They can only hop forward using both feet at the same time and their tail for balance.

On the Lighter Side

Animal testing is a terrible idea—they get all nervous and give you the wrong answers.

"Doctor, I think I'm suffering from memory loss."
"Have you ever had it before?"

A bird does not sing because it has an answer. It sings because it has a song.

Today is the tomorrow you worried about yesterday. But not enough.

Did you hear about the invisible man who married the invisible woman? Yeah, their kids aren't much to look at, either.

Answers

Trivia answers: 1. In the dell 2. Southeast Asia 3. Oxidation of copper 4. One eye 5. Trinitrotoluene

Bras Briefs Boxers Bikinis
Romantic Notions inc.
Visit us on Facebook for promotions and gift ideas! **780.962.4944**
1.855.962.4944
www.romanticnotions.ca | #30, 210 McLeod Ave., Spruce Grove
30 YRS. OF PERSONALIZED SERVICE & A REPUTATION FOR EXCELLENCE

DSP HITCHES
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
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
Made in Canada!
✓ Alberta-owned and operated
✓ Canada's Last Hitch Manufacturer
✓ Factory Direct Pricing for DSP Hitches
I-800-265-3377 | Edmonton, Alberta

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

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

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

Recipe of the month
Spicy Cajun Potato Salad
5 pounds medium Yukon Gold potatoes, peeled and cut into 3/4-inch cubes
1 large yellow onion
1/2 medium lemon
1/2 teaspoon salt
8 hard-boiled large eggs, chopped
1-1/2 cups mayonnaise with olive oil and coarsely ground pepper
1 cup dill pickle relish
1/4 cup yellow mustard
1 to 2 tablespoons Cajun seasoning
1/4 cup minced fresh parsley
Paprika
Prep Time: 20 min. Cook Time: 10 min. + chilling Yield: 20 servings
1 Place potatoes in a Dutch oven; add water to cover. Cut onion in half crosswise; add one half to saucepan. Bring to a boil. Add lemon and salt to cooking water. Reduce heat; cook, uncovered, until potatoes tender, 5-6 minutes.
2 Meanwhile, chop remaining onion. Combine with eggs, mayonnaise, dill pickle relish, mustard and Cajun seasoning.
3 Drain potatoes; rinse under cold water. Discard onion and lemon. Add potatoes to egg mixture; gently toss until well mixed (do not overmix, or potatoes will break down). Refrigerate, covered, 1-2 hours. Just before serving, sprinkle with parsley and paprika.
Source: www.fastcofhome.com