







"We love the things we love for what they are." Robert Frost "It is not talking of love, but living in love that is everything." Unknown

What's Happening

Learn more about Open Arms Patient Advocacy Society! Check us out at www.openarmspatientadvocacy.com and learn more about how we help Albertans navigate the health care system. We are always looking for volunteers and are currently recruiting a Fundraising Director - please connect with Gail to learn more!

Sept 19 to 26-Run for life Run for Life will be a virtual event this year. People can participate anywhere, anytime, and in any way: by running, walking, or doing any other physical activity.

https://www.facebook.com/CoffeeNewsWeek

Like us on Facebook

Coffee News[®]

is Canada's choice for positive

news from around the world!

...to keep updated on

in which you can

enter to win tickets to sports events,

entertainment events,

Coffee News Bucks

WEEKLY

contests

and more!

in the

kitchen!

The World's #1 Restaurant Publication!

Register here: https:raceroster.comevents202146378run-forlife-2021.

> NON profit organizations may submit events for FREE at www.coffee-news.ca/whats-happening



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

Trivia

1. Which Johnny is known as "The Man in Black"?

2.In movies and theatrical productions, bit parts by well-known individuals are called what?

3.Before it was outlawed, what type of material was used to make piano keys?

4. The Jamaican tangelo is commonly known as what?

5.What was Cyrano de Bergerac's prominent feature—his eyes, ears, or nose?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd (Over)



www.scubagearcanada.ca Les Helm, RPFT Cell 780.520.4000 Office 780.623.2494 780.623.2894 Fax I.helmsilversage@gmail.com **Land Resource Planning** Gravel Pits Mapping Reclamation Road Engineering e of the // month Watermelon Steaks with Warm Pickled Shrimp cup apple cider vinegar 1 medium-size red onior 1 cup apple cider vinegar 1 medium-size red onion, ½ cup plus 2 tablespoon 1 midlium jalapeño, thinly sliced 1 tablespoon plus ½ teaspoon 1 medium jalapeño, thinly sliced 1 tablespoon plus ½ teaspoon 1 (2-inch-thick) watermelon round kosher sait, divided (from the centre of 1 large 2 teaspoons coriander seeds, lightly crushed 1/4 cup fresh flat-leaf parsley 12 ounces peeled and deveined laeves Lail-on raw large shrimp Lime wedges, for serving Prep Time: 25 min. Yield: 4 servings O Stir together vinegar, ¹/₄ cup olive oil, 1 tablespoon salt, and coriander seeds in a medium saucepan; bring to a boil over high. Add shrimp, onion, and jalapeño. Cover pan, and remove from heat; let stand 20 minutes, stirring once after 10 minutes. O Meanwhile, preheat grill to high (450°F to 500°F). Brush watermelon quarters with remaining 2 tablespoons oil, and sprinkle with remaining 1/2 tablespoon salt. Place watermelon on grill grates, and grill, uncovered, until slightly softened and grill marks appear, about 4 minutes per side. Transfer to a platter. Using a slotted spoon, top watermelon wedge evenly with pickled shrimp mixture. Spoon a few tablespoons of pickling liquid over top of each, and garnish with parsley. Serve immediately with lime wedges www.foodandwine.com COLD SHOT PASSENGER & PARCEL SERVICES SHIP BY BUS GET YOUR REWARD CARD TO GET A FREE TICKET. $\overline{\mathbf{C}}$. 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 MORE SELECTION THAN ANY OTHER WINDOW COVERING SOURCE! We make 100+ kinds of blinds We stock 15 million feet of inventory eal blinc SAVE LIFE TIME WESTERN CANADA'S #1 RETAIL WINDOW COVERING FACTORY 50 1 8558 GO REAL REALBLINDS.CA EDMONTON **VEGREVILLE** | DERWENT 10510-107 Ave. NW 780-250-7325 118 Main Roa 780-741-2376 5006-52 Avenue 780-632-2142 BONNYVILLE/COLD LAKE WAINWRIGHT/PROVOST LLOYDMINSTER 780-826-2239 780-842-2477 780-875-1093 **Need ONE More Reason to Join?** You need child support enforced 2 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 Weekly Horoscope

LIBRA

(Sept. 24 - Oct. 23)

16, 24, 35, 44, 47.

(Oct. 24 - Nov. 22)

SCORPIO

29, 35, 44.

37, 41.

CAPRICORN

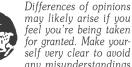
(Dec. 22 - Jan. 20)

SAGITTARIUS

(Nov. 23 - Dec. 21)

(March 21 - April 20)

ARIES



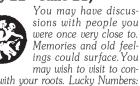
any misunderstandings that may occur. Lucky Numbers: 8, 17, 26, 35, 44, 49. **TAURUS**

(April 21 - May 21)

You may want to have a good heart-to-heart talk with the people with whom you feel most comfortable. You could receive assistance on

matters of a more personal nature. Lucky Numbers: 3, 16, 22, 28, 44, 47. **GEMINI**

(May 22 - June 21)



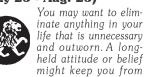
nect with your roots. Lucky Numbers: 7, 11, 15, 37, 41, 45. CANCER

(June 22 - July 22)

You may want to purchase something beautiful which simply makes you feel good. It might be a good time to let people know how much

you care about them. Lucky Numbers: 2, 3, 23, 32, 46, 49. LEO

(July 23 - Aug. 23)



attaining what you really want. Lucky Numbers: 10, 13, 25, 38, 42, 45. VIRGO

(Aug. 24 - Sept. 23)



you are not overstepping yourself, as this might hinder your success. Lucky Numbers: 4, 6, 9, 11, 22, 44.

Lucky numbers this week: This week's odds favour Libra winners with the luckiest number being 7.

Did You Know...

Keeping warm: The hooded sweatshirt has been around since the 1930s, when the Champion Company in the United States manufactured the first one. It was designed to keep athletes and labourers warm and cozy in the freezing winter conditions of upstate New York.

Steak knives: Sharp knives have existed for centuries, but the modern steak knife was only introduced in the 1950s. One theory is that it evolved from a tool for opening letters.

Wake up! In Britain and Ireland, before the advent of alarm clocks, slumbering workers would be awoken by people known as "knocker uppers." Their job involved using a long pole or peashooter to knock on their clients' doors or windows, waking them up for work.

Moose cheese: There's specialty cheese, and then there's moose cheese. Because milking a moose is a slow and cautious process, moose cheese is some of the most expensive cheese

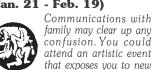
Visit us on Facebook-CoffeeNewsWeekly

Love Coffee News? "We get one single time ongle time we get coffee (which is a lot)!" 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 ase put "Readers" in the subject lin Please include: You may land a contract • Your name • Your phone number and • Your address Readers of the Month to undertake a major and S Your address so that we can send you some **cool prizes** if your photo is chosen to appear in the paper! Josh & Taylor, Edmonton project. Assistance might involve moving the pro-Coffee News[®] Fun Reading. Serious Advertising. ject into a better workspace and providing a better product. Lucky Numbers: 7, SHOP ONLINE! www.scubagearcanada.ca A positive response to a Snorkelling Gear • Reef-Safe Sunscreen Beach Water Shoes • Dry Bags & Wallets • UV Shirts presentation or an interview may help promote your cause. Public relahe Dive tions might help to ensure the right message is *Learn to SCUBA DIVE at our Edmonton* received. Lucky Numbers: 4, 15, 19, location – call for details Scuba Diving & Snorkeling 11781-156 St., Edmonton 780.483.0044 SCUBAPRO | SHERWOOD | GARMIN | SHEARWATER | AKONA | HENDERSON | SEALIFE | TUSA **Pregnant? Facing Difficult Decisions?** We can help. Call 780.421.1177 or text 587.596.5380 4 Small Miracle Adoption Adoption is the ultimate expression of a committed hear Confidential · Support and Connection · Adoption Information Pregnancy Counselling to Resources and Advice www.smallmiraclesadoption.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 BREATHE satisfy your estate planning objectives. the lung association www.ab.lung.ca/you-can-help-change-future-today Concerned about costs? No repayment for one year: www.funeralpaid.ca Serving Bonnyville & Cold Lake since 1997 ORTHERN LIGHTS FUNERAL CHAPEL LTD. 780.826.6083 780.594.6083 info@northernlightsfs.ca inøgen



-P025





attend an artistic event that exposes you to new 17, 18, 22, 31, 39, 40.

(Feb. 20 - March 20)

18, 19, 33, 37, 41.



lifestyles that are different from your own. Lucky Numbers: **PISCES** You may need other people's opinions in order to learn from them. Now could be the perfect time to consult a friend you

trust, who can give you helpful feedback. Lucky Numbers: 1,





() Your car is vandalized in a parking lot

Check out our **PDF** editions online! New editions are posted every Monday Sign up here to receive

Call LLOYD KENNEY, Independent Associate, to find out how LegalShield can help you!

> il notifications of new ditions. <u> Sa</u> Now you never have to

www.coffee-news.ca/editions weekly dose of good news!



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

in the world. It's made on a farm in Bjurholm, Sweden.

Striking gold: When two teenagers on a hike in Israel found a buried jar, they thought it contained only thin leaves. In fact, inside were 425 rare, pure gold coins dating back to the ninth century.

On the Lighter Side

What has one head, one foot, and four legs? A bed.

Customer: "These turkeys in your frozen food section seem so small. Do they get any bigger?' Grocer: "No, they're dead.

Sign on the back of a big, slow, expensive car: "As a matter of fact, I DO own the road.

If you can stay calm while all around you is chaos, then you probably haven't understood the seriousness of the situation.

I used to be a banker, but then I lost interest.

Answers

4. Ugli truit or uniq truit 5. Nose Trivia answers: 1. Johnny Cash 2. Cameos 3. Ivory

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



^{28 -} Bonnyville