

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
Please put "Readers" in the subject line.

Please include:
 1 Your name 2 Your phone number
 3 Your address so that we can send you some cool prizes if your photo is chosen to appear in the paper!



Reader of the Month
Camille Snow of Edmonton

Coffee News Fun Reading. Serious Advertising.


FREE! *New Issue Every Week!*

Coffee News®

"News To Be Enjoyed Over Coffee"

Bonnyville Edition

877-553-6397



www.coffee-news.ca Est. 1988

The World's #1 Restaurant Publication!



BONNYVILLE Luxury apartments starting at \$1060

Northview \$199 Security Deposits

ST. PAUL Upgrad apartments starting at \$850!

Northview Canadian High Yield Residential Fund

(780) 207-5649
(780) 614-7551

*On approved application, while promotion lasts

HAPPY Thanksgiving

from your friends at **Coffee News**



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



New Beginning Law

- Separation Agreements
- Divorces
- Common Law
- Restraining orders
- Emergency Protection Orders
- Criminal Defence
- Driving Offences

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

4802-49 Avenue, St. Paul (Located behind ATB)
780.645.0050 | www.newbeginninglaw.ca

SHOP ONLINE!

www.scubagearcanada.ca

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

The Dive Outfitters
Scuba Diving & Snorkeling
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

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

ETTA TELECOM

587.760.2800
<https://zettatelecom.com>

DEDICATED TO FINDING OUR CLIENTS THE BEST SOLUTIONS WITHIN THEIR BUDGETS

Silver Sage Enterprises Ltd

Les Helm, RPFT
Cell 780.520.4000
Office 780.623.2494
Fax 780.623.2894
l.helmsilversage@gmail.com

Land Resource Planning

- Gravel Pits
- Mapping
- Reclamation
- Road Engineering

Love the Earth ...and Go Plastic-Free!

Plastic-free vegan choices for:

- Dish Soap • Shampoo • Facial Soap
- Body and Hand Soap • Deodorant • Lip Balm

We will deliver every month before or on the 10th day.

We are a sustainable products business located in Cold Lake.

AM SOAPS

Call or text your order: **780-826-1068**
www.amsoaps.webs.com <https://www.infomall.ca/AMsoaps/>

SPECIAL OFFER!
Monthly Subscription Box for only **\$30** plus Free Delivery if you live in the Lakeland AB/SK region

Vol. 18 No. 41 October 11, 2021

Everybody's Talking

Countless cookies: Those looking for fancy cookies to wrap up and give to friends, or to devour themselves, need look no further than Lorena's Sweets. The brand is the brainchild of Costa Rican confectioner, Lorena Rodriguez, whose collection has something for everyone. Rodriguez always loved baking cookies, and her husband convinced her to go into business. Now, she has many molds for a wide variety of shapes, which she ornately decorates with fondant. Buyers can order any shape, from a horse on a carousel to the Eiffel Tower to a grandfather clock. The options are almost limitless!

Caring for raccoons: There are dog whisperers and horse whisperers, and now Canada has its very own raccoon whisperer. His name is James Blackwood, and his home is near the forest in the province of Nova Scotia. Back in 1999, his late wife, Jane, rescued an injured raccoon, nursing it back to health and releasing it. The cute mammal returned for food, along with its babies. That was the beginning of the couple's daily ritual of feeding the raccoons. Before she died nearly 20 years ago, Jane asked James to keep caring for the raccoons, and he's been doing it ever since, often posting videos on social media.

Bowling news: The sport of bowling will never be the same again! An entrepreneur from Southfield, Michigan (U.S.), has come up with an interesting idea: a mobile bowling alley. Terence Jackson Jr. calls his creation Luxury Strike Bowling. A two-lane bowling alley is built inside the trailer of a 53-foot (16-metre) semi-truck. The inside is decorated with colourful lights, a theatre screen, and elevated seating. The game played is "duckpin," which employs shorter lanes and lighter weight balls than the five- or 10-pin varieties. The bowling-alley-on-wheels is available for parties and events.

Yellow tree: Needing to make a reservation to see a tree is unusual, but that is the case in China's Shaanxi Province. At a temple in the Zhongnan Mountains stands a 1,400-year-old ginkgo biloba tree. The reason this specimen is so popular is the beautiful scene that ensues when it starts to lose its leaves. The leaves turn a brilliant yellow-gold, making them look as though they were painted by a giant artist's brush. The fallen leaves surround the tree in a sea of yellow. The sight attracts so many tourists that, to avoid large crowds, people must reserve the day and time of their visit.

Quoteable Quotes

"To conquer fear is the beginning of wisdom." —Bertrand Russell
 "I cannot and will not cut my conscience to fit this year's fashion." —Lillian Hellman

What's Happening

Sept 18 to Oct 17-Vegreville Corn Maze A family-friendly corn maze experience. Enjoy themed weekends featuring everything from pony rides to live music. All in support of local non-profit organizations. These are tentative dates. Visit <https://www.facebook.com/vegrevillecornmaze> for details.

Oct 5 to 26-Kids Zone Tuesdays form 10:45 - 12:45. \$2.00 per child. Inflatable Bounce House, Toys, Ball and Sports Equipment. 780-639-6400. Reid Field House

Workplace Bullying Awareness Week 2021 Please join us for Workplace Bullying Awareness Week! Follow [awarenessendsbullying](https://www.facebook.com/awarenessendsbullying) to participate in the conversation and share what you are doing!

Oct 1 to 31-The Haunted Hike It's scary good time at this one-of-a-kind Haunted House located in a giant warehouse in Vegreville. Do not miss this event, open every weekend in October. This is a tentative date. Exact dates and hours TBA. www.thehauntedhike.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!

...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. Machu Picchu is located high in the mountains of what country?
2. Oregano and basil come from the mint family of herbs—T/F?
3. A zax is used to cut _____?
4. What male actor played the lead role in the movie The Shining?
5. Where are the mouth and eyes of the stargazer fish located?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

(Over)

Your Trusted Source for Quality Hardware

Nuts & Bolts	Screws
Drill Bits	Tools
Rigging	Fasteners

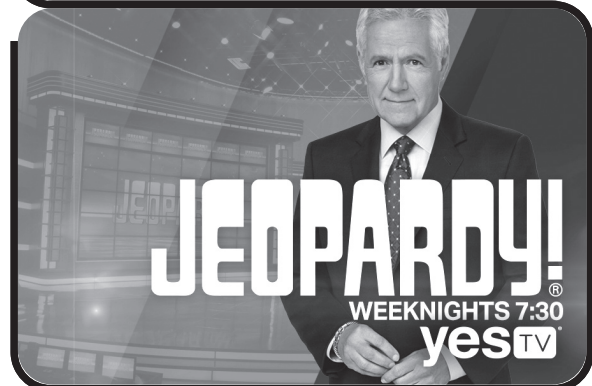
BONNYVILLE BOLT SUPPLY LTD. LOCALLY OWNED

Delivery available! **780.812.2922** On call 24/7

5603-50 Ave., Bonnyville | <https://bbsupply.ca>

JEOPARDY!

WEEKNIGHTS 7:30
yesTV



UP TO **50% OFF** HEATED STORAGE UNITS! PARKING FOR RVs, CARS AND BOATS MONTH TO MONTH NO LONG TERM CONTRACTS

FREE MATTRESS BAG WITH EACH NEW RENTAL! YOUR FIRST 3 MONTHS OF STORAGE!

LLOYDMINSTER STORAGE **Vaulta Storage** We've Got Room For That!

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

Call 780.872.3299

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

Concerned about costs?

No repayment for one year: www.funeralpaid.ca

Serving Bonnyville & Cold Lake since 1997

NORTHERN LIGHTS FUNERAL CHAPEL LTD.

780.826.6083 780.594.6083
info@northernlightsfs.ca

MORE SELECTION THAN ANY OTHER WINDOW COVERING SOURCE!

FREE In-Home Consultation

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

real blinds 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

SAVE 50%

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!



PSC
Prairie Scented Candles
a RAY of Fragrance

Sunset Scents
a RAY of Fragrance

prairiescentedcandles@gmail.com
www.prairiescentedcandles.com

BrokerLink Insurance



HOME AUTO BUSINESS FARM

780.826.4160 | 2, 4428-50 Ave., Bonnyville | BrokerLink.ca

Get More Traffic, Leads & Sales



- Website Development
- Google Ads
- Facebook Advertising
- Social Media Management
- SEO & Content Marketing
- Reporting & Analytics

Frontline web consulting

780.760.6922
frontlineconsulting.ca

Helping You Find Your Balance

- Therapeutic Massage
- Block Therapy

\$10 OFF YOUR FIRST MASSAGE*

WE DIRECT BILL. EVENING AND WEEKEND APPOINTMENTS AVAILABLE.

FORT SASKATCHEWAN MASSAGE

780.263.6958 | fortsaskmassage.com
9915-96A Avenue, Fort Saskatchewan

*OFFER VALID FOR FIRST TIME CLIENTS ONLY.

BEST OF HAWAII FOUR-ISLAND TOUR

12 days, departs year-round

FROM \$2,549
\$2,299* USD

YMT vacations

1-877-699-7003
promo code N7017

* Prices are per person based on double occupancy plus up to \$299 in taxes & fees. Single supplement and seasonal surcharges may apply. Add-on airfare available. Offers apply to new bookings only, made by 9/30/21. Other terms & conditions may apply. Ask your Travel Consultant for details.

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

Congratulations to the past months' **Coffee News Guy** contest winners!

Your prizes are in the mail!

Enter today for your chance to win at www.coffee-news.ca

JULY
Koshua Kyrejto
Katarina Penfold
Lucyna Szczepanik
Tammy Werner

AUG.
Jess Boyd
Jennifer Gee
Brian Janiten
Sharon Kurceba

This Space for Rent.

877-553-6397

Your Weekly Horoscope

ARIES (March 21 - April 20)
Your aura may lead you to help you find answers. You could be at the right place at the right time. Your ideas might fit in well with the hum of community activities. Lucky Numbers: 6, 15, 26, 32, 38, 48.

LIBRA (Sept. 24 - Oct. 23)
Your intellectual curiosity and mental restlessness may combine, and your mood to socialize could be high. You might be more than ready to commit to a relationship. Lucky Numbers: 9, 14, 21, 27, 34, 47.

TAURUS (April 21 - May 21)
You may need to work a little harder to find a good compromise for everyone. Take the time necessary to research some fascinating adventures, far away from home. Lucky Numbers: 13, 27, 28, 34, 38, 42.

SCORPIO (Oct. 24 - Nov. 22)
You may be able to communicate with great conviction. You might also be very effective and could find yourself in the position to bring others around to your point of view. Lucky Numbers: 1, 4, 13, 23, 33, 43.

GEMINI (May 22 - June 21)
You may feel as if your head is full to overflowing. By focusing on the tasks at hand, you might find deeper meanings in things. Others could react well to your success. Lucky Numbers: 5, 6, 12, 21, 23, 40.

SAGITTARIUS (Nov. 23 - Dec. 21)
You simply may not be seeing people very objectively. You may be a little infatuated with someone, only to be sad when you discover who they really are. Lucky Numbers: 14, 19, 23, 25, 34, 41.

CANCER (June 22 - July 22)
Your patience and understanding may enable you to grow. You might find new interests to lead you, and you could branch out to reach a larger audience. Lucky Numbers: 20, 21, 25, 30, 31, 35.

CAPRICORN (Dec. 22 - Jan. 20)
Finding a more positive perspective may provide you with a real boost. Your sense of well-being could become quite fragile if you continue to dwell on the negative. Lucky Numbers: 14, 15, 42, 44, 48, 46.

LEO (July 23 - Aug. 23)
You may want to look past the immediate to find some old treasures that fit your style. Decorating your surroundings might be a great way to express yourself. Lucky Numbers: 7, 18, 27, 29, 43, 45.

AQUARIUS (Jan. 21 - Feb. 19)
Whatever you decide to pursue, you may do so with great intensity. Your focus might depend on your personal interests. You could feel empowered to reach many goals. Lucky Numbers: 32, 37, 42, 47, 48, 49.

VIRGO (Aug. 24 - Sept. 23)
Your immediate plans may include a little bit of rest and relaxation. Take time to rejuvenate yourself and get started on a new regime of healthy eating and exercise. Lucky Numbers: 15, 29, 30, 31, 46, 49.

PISCES (Feb. 20 - March 20)
A spontaneous inspiration may prove to be very beneficial to your life. You might have an opportunity to directly pitch your ideas to those who can make things happen. Lucky Numbers: 20, 24, 26, 30, 34, 36.

Lucky numbers this week: This week's odds favour Scorpio winners with the luckiest number being 13.

Did You Know...

Trained mechanic: If your car broke down in the 1940s, you could have asked the future queen of England to fix it. Queen Elizabeth II was 18 when she joined the Women's Auxiliary Territorial Service and trained to become a mechanic and military truck driver.

No brainer: Woodpeckers can slam their beaks against a tree up to 20 times per second without suffering brain damage because of their unusual skull and tongue structures. They have impact-absorbing adaptations other birds lack.

Margherita pizza: Many theories suggest how the Margherita pizza got its name, but the most common is that it is named after Queen Margherita of Savoy. She was visiting Naples and asked a local pizza maker (or pizzaiolo) to make something special for her.

No pockets: Women's fashions seldom included pockets until the mid- to late 1800s. One theory is that pockets represented independence, as did the pants that women started to wear around the same time.

Invisible plant: Fritillaria grows in the Himalayan Mountains, but the plant camouflages itself against rocky backgrounds and can be hard to find. Used for over 2,000 years to make a cough treatment, the plant evolved to hide itself to avoid being picked.

On the Lighter Side

Two men meet on opposite sides of a river. One shouts to the other, "I need you to help me to the other side." The other guy says, "You are on the other side."

Old refrigerators never die. They just lose their cool.

Did you hear about the new dance called the "Elevator"? It has no steps.

Why shouldn't you write with a broken pencil? Because it would be pointless.

What about the guy who stole calendars? He got 12 months.

Answers
5. Top of the head
Trivia answers: 1. Peru 2. True 3. Slate 4. Jack Nicholson

inogen

FREEDOM. TO BE YOU.

1-888-998-6714

MKT-P0253

Pregnant? Facing Difficult Decisions?

We can help. Call 780.421.1177 or text 587.596.5380

A Small Miracle Adoption

Adoption is the ultimate expression of a committed heart

- Confidential Pregnancy Counselling
- Support and Connection to Resources
- Adoption Information and Advice

www.smallmiraclesadoption.com

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

LegalShield 1-877-579-9449

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
Passenger Website: www.coldshot.ca

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

SERVING ALBERTA'S BUSINESS COMMUNITY SINCE 2005

Recipe of the month

Pumpkin Spice Cupcakes

2 cups sugar
1 can (15 ounces) pumpkin
4 large eggs, room temperature
1 cup canola oil
2 cups all-purpose flour
2 teaspoons baking powder
2 teaspoons ground cinnamon
1 teaspoon baking soda
1/2 teaspoon salt

1/2 teaspoon ground ginger
1/4 teaspoon ground cloves
1 cup raisins

Cream Cheese Frosting:
1/3 cup butter, softened
3 ounces cream cheese, softened
2 teaspoons vanilla extract
2 cups confectioners' sugar
1/2 cup chopped walnuts, toasted

Prep Time: 30 min. Bake: 30 min + cooling Yield: 2 dozen

- Preheat oven to 350°. Beat sugar, pumpkin, eggs and oil until well blended. In another bowl, whisk next seven ingredients; gradually beat into pumpkin mixture. Stir in raisins.
- Fill each of 24 paper-lined muffin cups with 1/4 cup plus 1 teaspoon batter. Bake until a toothpick inserted in centre comes out clean, 28-32 minutes. Cool 10 minutes before removing from pans to wire racks to cool completely.
- For frosting, beat butter and cream cheese until smooth. Beat in vanilla. Gradually add confectioners' sugar. Frost cupcakes; sprinkle with walnuts. Refrigerate.

Source: www.tasteofhome.com

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

Imagine your business here!

For more information:
780-220-6397
or 877-553-6397
www.coffee-news.ca