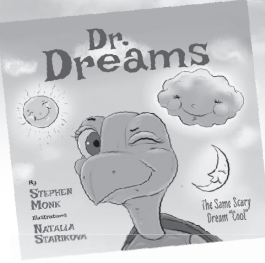


### A New Children's Book



...to delight and inform young readers from author **Stephen Monk**

*Dr. Dreams* celebrates family, dreams, sharing and learning helpful skills

Visit [www.stephenmonk.ca](http://www.stephenmonk.ca)

AVAILABLE THROUGH:  
AMAZON | BARNES AND NOBLE | KINDLE | GOOGLE PLAY | APPLE BOOKS  
FRIESENPRESS | INDIGO and at COLES GRANDE PRAIRIE


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

# Coffee News®

"News To Be Enjoyed Over Coffee"

**Westlock Edition**

**877-553-6397**



www.coffee-news.ca Est. 1988

## Congratulations

to September's **Coffee News® Guy** contest winners!



**Irene Pinnell  
Taylor Wrobel  
Megan Kriger  
Andrea Mackay**

Your prizes are in the mail!

Enter today for your chance to win at [www.coffee-news.ca](http://www.coffee-news.ca)

## 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


westlockchamberofcommerce@gmail.com  
www.westlockchamber.com

## This is Your Story

Stories of redemption, discovery and faith

WEEKNIGHTS AT 11PM

yesTV



## 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



## 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.

FOR MORE INFO, PLEASE VISIT: [www.ab.lung.ca/you-can-help-change-future-today](http://www.ab.lung.ca/you-can-help-change-future-today)

BREATHE the lung association



## Condo Issues? We Have Solutions!

CONSULTATION MEDIATION ARBITRATION

✓ Helping to improve the decorum, harmony, and functionality of boards  
✓ Chair hostile and difficult meetings ✓ Update condo board bylaws  
✓ We help to resolve and/or mediate issues between condo stakeholders

**Rosetree MEDIATION, ARBITRATION & CONSULTING SERVICES**

780.982.4355 | [rosetreemediation.com](http://rosetreemediation.com)



## PRAIRIE SUNSET

Funeral Home and Cremation Services

A DIVISION OF THE CARINGROUP INC.

780-470-5005 St. Albert  
780-349-5006 Westlock

www.psfh.ca



## UH-OH!

DON'T WORRY - We repair damage to leather, vinyl, plastic and fabric.

# COLORGlo

NORTH EDMONTON

For a free estimate, call 780.239.7917

AUTOMOTIVE | COMMERCIAL | RECREATIONAL | RESIDENTIAL



Vol. 18 No. 43 October 25, 2021

## Everybody's Talking

**Phone fiend:** People collect lots of different things, like dolls, hats, and porcelain figurines. Not very many collectors choose old cell phones as their object of interest, but that's what Sahabettin Ozcelik of Van province in eastern Turkey collects. Ozcelik is a cell phone repairman, and during his 20-odd years in business, he has seen a lot of different makes and models come and go. He has about 1,000 phones in his collection, and he used to have more before thieves broke in and stole some of them. He keeps them all in working order.

**River zipper:** Imagine a zipper being pulled by its tab while the fabric, with zipper teeth on both sides, opens up. Now imagine that the fabric is a sheet of still water and the pull tab is a boat. As the boat moves forward, its wake looks like a zipper opening up. Basically, that was the vision of Japanese designer Yasuhiro Suzuki when he designed a boat to look like a zipper's pull-tab. He got the idea while watching a boat from an airplane window. He named his creation "Zip-Fastener Ship" and presented it at the 2020 Designart Tokyo, calling his installation "Opening the River."

**Uninvited visitor:** Perhaps the deer was only looking for a quiet place to retire when it jumped through the glass in the door of an assisted living facility in the town of Selkirk, Manitoba (Canada). Once inside, though, the wild animal didn't seem to want to lie down for a rest. Police were called to handle the situation, which occurred in the middle of the night. They were able to steer the skittish buck into a large, empty room, away from the area where residents live. Eventually, the animal found the open door and bounded through it to freedom.

**Delicious stew:** Those who have visited Brazil may be well aware that this South American country's national dish is a stew called feijoada (feijoada completa). This hearty meal consists of smoked pork and flavourful black beans. Finding exact replicas of the dish throughout the country is difficult because families and dining establishments boast their own homemade recipes for the popular mealtime favourite. Flavourings for the dish may include onion, tomatoes, garlic, and coriander. Accompaniments might be green vegetables, rice, and oranges. It is often served for lunch on Saturdays.

## Quoteable Quotes

"The principal ingredient in life is love." —Unknown  
"Harmony is pure love, for love is complete agreement." —Lope de Vega

## What's Happening

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

**Nov 14-Devon Monthly Arts Market** Come check out our local artists, craftspeople and artisans each month at the Devon Community Center, 20 Haven Ave, Devon. The Market runs from noon to 4 pm. Free to attend

**Dec 12-Devon Christmas Arts Market** Come check out our local artists, craftspeople and artisans each month at the Devon Community Center, 20 Haven Ave, Devon. The Market runs from noon to 4 pm. Free to attend

**Nov 25-Photos with Santa** Photos with Santa are scheduled again this year - No charge for residents. This year after your photo session you will receive an email with photo attached. Sittings each day will be 5 - 6 p.m. and 6:30 - 7:30 p.m. Morinville Community Centre 9502-100 Ave.

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!

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

...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. Lobsters were once called "the poor man's protein"—T/F?
2. What is the capital of Syria?
3. What is geographically the largest country in Africa?
4. Astronauts Neil Armstrong and Buzz Aldrin walked on the moon in 1967, 1968, or 1969?
5. A ziggurat is a type of pyramid or a species of rodent?

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

## THIS SPACE FOR RENT

**780-220-6397**

## QUEEN STREET DENTAL

We follow the Alberta Fee Guide

Located in Queen Street Place #109 - 505 Queen St., Spruce Grove

**780-960-1422**



## Imagine your business here!

For more information:  
**780-220-6397**  
or **877-553-6397**  
[www.coffee-news.ca](http://www.coffee-news.ca)



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



## Westlock Ford

Innovation that drives excitement.

BUILT Ford PROUD

[westlockford.com](http://westlockford.com)

780-349-3361 | 10835-100 Street, Westlock



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



## 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:

- 1 Your name
- 2 Your phone number
- and 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.



The World's #1 Restaurant Publication!

## 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

## WE BUY USED GOLD AND DIAMONDS

Blue Diamond Jewellers

780.968.0040  
Main Street, Stony Plain  
www.bluediamondjewellers.com

inogen

## FREEDOM. TO BE YOU.

1-888-998-6714

MKT-PO253

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

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

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

## Happy Halloween

from your friends at Coffee News

## 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

## Your Weekly Horoscope

**ARIES**  
(March 21 - April 20)



Your drive for self-expression may be high. You may push yourself into a competition with great energy and zeal. If you play hard, you might win in your creative pursuits. Lucky Numbers: 5, 14, 26, 29, 44, 47.

**TAURUS**  
(April 21 - May 21)



Your dreams, wishes, and fantasies about love may be strong. You might be reluctant to share your ideas for fear that others could have very different opinions. Lucky Numbers: 4, 5, 6, 24, 25, 26.

**GEMINI**  
(May 22 - June 21)



Creative hobbies you share with your mate may spark new quests. If single, you might be easily charmed by someone who seems very sophisticated. Lucky Numbers: 33, 37, 39, 42, 43, 47.

**CANCER**  
(June 22 - July 22)



You might need to rely only on yourself and your own resources to succeed. Numerous delays could cause lost time, but you may find better ways to accomplish those tasks. Lucky Numbers: 1, 8, 13, 24, 26, 30.

**LEO**  
(July 23 - Aug. 23)



You may feel much more confident than usual. You might want to take a less direct approach to the creative projects of others and exhibit your knowledge to help them. Lucky Numbers: 2, 11, 23, 34, 43, 44.

**VIRGO**  
(Aug. 24 - Sept. 23)



You may want to communicate in a more sensitive manner. Your mind could be very active, and you might need patience to deal with those who may not follow your directions. Lucky Numbers: 24, 28, 34, 38, 44, 48.

**LIBRA**  
(Sept. 24 - Oct. 23)



You already may know what you need to do to better yourself. Try putting your imagination into everything you do, taking your knowledge to the next level, and reinventing yourself. Lucky Numbers: 6, 23, 28, 33, 38, 47.

**SCORPIO**  
(Oct. 24 - Nov. 22)



You may be worried that saying the wrong thing could cause hurt feelings. In order to find your deepest motivations, you might need to make some changes. Lucky Numbers: 14, 19, 20, 34, 37, 44.

**SAGITTARIUS**  
(Nov. 23 - Dec. 21)



You may be aware of your personal power and might understand when letting others take the lead is appropriate. A new hobby could become a source of pleasure. Lucky Numbers: 9, 10, 26, 27, 29, 30.

**CAPRICORN**  
(Dec. 22 - Jan. 20)



You may want to make a comment, but also need to keep your dealings pleasant. This could be an opportunity to diplomatically bring a better balance to your relationships. Lucky Numbers: 2, 4, 6, 8, 10, 12.

**AQUARIUS**  
(Jan. 21 - Feb. 19)



You may feel sentimental, and your need for love and compassion might be strong. Being open could be great. Be discriminating with your current audience. Lucky Numbers: 5, 7, 13, 15, 21, 45.

**PISCES**  
(Feb. 20 - March 20)



You may feel inclined to discuss your own issues about loyalty in your relationships. Activities you share with loved ones might centre around intellectual interests. Lucky Numbers: 11, 16, 24, 28, 43, 47.

Lucky numbers this week: This week's odds favour Leo winners with the luckiest number being 11.

## Did You Know...

**Desert and sea:** Tunisia, or the Tunisian Republic, is on the North African coast of the Mediterranean Sea. Nearly half of the country is covered by the Sahara Desert. The capital of Tunis is a lively, diverse city of ancient mosques alongside modern office buildings.

**Playing tag, eh?** Canadians are known for saying "eh" at the end of a sentence. This is known as an "invariant tag" because every use of the word is the same. Other examples of tags include phrases like "isn't it?" and "right?"

**Wood pile:** When buyers purchase wood for a fireplace, it's usually in "cords." A cord is 128 cubic feet (3.62 cubic metres). In the U.S., this measurement is calculated when the wood is stacked tightly so that it measures 4x4x8 ft. (1.2x1.2x2.43 m).

**Colour codes:** Colour is said to have an impact on mood. Designers suggest that decorating a room with shades of cool blues and greens has a peaceful, harmonious effect on people using the room.

**Old art:** Áisínai'pi (Writing-on-Stone) Provincial Park, is located in the southern part of the province of Alberta, Canada. Sandstone walls in the area contain petroglyphs and pictographs made by Indigenous people over 3,000 years ago.

## On the Lighter Side

TV meteorologist: "The forecast for the weekend is clear and warmer with a 70% chance that we're wrong."

Mother: "Why on earth did you swallow the money I just gave you?"  
Child: "Because you said it was lunch money."

My teachers told me I wouldn't amount to anything because I procrastinate. I told them, "Just you wait."

What do you call a fish with no eye? FSH

Helvetica and Times New Roman walk into a bar. "Get out of here," says the bartender. "We don't serve your type."

## Answers

5. Pyramid  
Trivia answers: 1. True 2. Damascus 3. Algeria 4. 1969

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

BEST OF HAWAII FOUR-ISLAND TOUR

12 days, departs year-round

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

VMT 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.

## 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

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

## Get More Traffic, Leads & Sales

SCAN ME

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

Frontline 780.760.6922  
frontlineconsulting.ca

## Recipe of the month

### Creamy Ham and Potato Soup

4 strips of bacon  
1/2 cup onion, finely chopped  
4 medium potatoes, peeled and diced (about 3 cups)  
3 tablespoons all-purpose flour  
4 cups chicken broth (or 2 tablespoons chicken bouillon powder + 4 cups water)

1 + 1/2 cups cooked ham, cut into 1/2-inch cubes  
1 cup frozen corn  
1/2 cup heavy cream  
1/2 teaspoon ground black pepper salt (to taste)  
1 teaspoon fresh parsley, finely chopped

Prep Time: 5 mins. Cook Time: 20 mins. Yield: 4-6 servings

- Sauté bacon in a large stockpot or Dutch oven over medium high heat (no cooking oil needed) until crisp, about 3-4 minutes. Set the bacon aside on a plate.
- Add onion and potatoes and sauté for 1-2 minutes until fragrant. Stir in flour and mix well to combine until flour is fully incorporated. Stir in chicken broth and mix until the soup is smooth and uniform. Bring the soup to a boil over medium high heat. Cover and let it continue to boil for 10-15 minutes until potatoes are fork tender.
- Mash half of the potatoes in the pot with a potato masher or blend with a handheld immersion blender.
- Stir in ham, corn, heavy cream and black pepper. Let the soup simmer over medium heat and whisk occasionally until thickened to a desired consistency, about 5 minutes. If the chowder gets too thick, add a little bit more water to dilute it. Add salt to taste.
- Serve warm; top with crispy bacon and fresh parsley.

Source: www.aheadofthyme.com

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

A "Bit" On "The Side..."  
Struggling with brain fog, tiredness, or lack of dieting will power? We might have a solution!