



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

FREE!

to freedom.

Saturdays.

What's Happening

Oct 1 to 31-The Haunted Hike It's scary good time at this oneof-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

Workplace Bullying Awareness Week 2021 Please join us for Workplace Bullying Awareness Week! Follow awarenessendsbullying to participate in the conversation and share what you are doing!

Oct 23-Free Clothing Exchange Join us on Saturday 10:30 am 12:30 pm at Sherwood Park Alliance Church gym. Everyone is welcome. It is not necessary to contribute in order to receive. Drop off donations at the South gym after 5 p.m. For more information call Penny at 780 416-8339.

Nov 6-Fabulous Fall Market CWL fundraiser: Location: Our Lady



For Expert Help:

Visit us on Facebook-CoffeeNewsWeekly

of Perpetual Help Church, lower level. Nov 6, 2021. 9:30 to 3pm. Over 40 vendors. Concession. Admission free. Covid protocols in place: mandatory masking, 13 capacity

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



\$400[°] Prize Package [°] Coffee News Bucks Other 150[°] Coffee News Bucks

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 snall mail to: CN Guy Contest, 9768 170 Street, Suite 303, Edmonton, AB TST ELA. Be certain to include your full name, complete mailing address (including postal code), phone number, email address and your birth date. ABso include the name of the ad in which you found the hidden Coffee News Guy

Creamy Ham and Potato Soup 4 strips of bacon ½ cup onion, finely chopped ½ cup onion, tinely cnopped 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)

BONNYVILLE

SUPPLY.

CHECK OUT OUR EXTENSIVE

ONLINE

Source:

www.aheadofthyme.com

ATALOG.

1 + ½ cups cooked ham into ½-inch cubes 1 cup frozen corn 1/2 cup heavy crea 2/2 teaspoon ground black pepper salt (to taste) 1 teaspoon fresh parsley, finely chopped

TV

Long distance rates

Make-A-Wish.

LOCALLY OWNED

in the

Your one stop kitchen and gift shop.

780.962.5220

kitchen!

On cal 24/7

Delivery available!

780.812.2922

Helping you rediscover

Gifts and Gadgets

visit www.giftsandgadgets.ab.ca

of the ${}_{\!\!\!\!\!\!\!\!}$

month

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

Pren 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.

bacon aside on a plate. P Add onion and potates 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. M Ash half of the potatoes in the pot with a potato masher or blend with a handheld immersion blender. M 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

consistency, about 5 minutes. If the cho gets too thick, add a little bit more water to dilute it. Add salt to ta Serve warm; top with crispy bacon and fresh parsley.

- 1. Lobsters were once called "the poor man's protein"-T/F?
- 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?

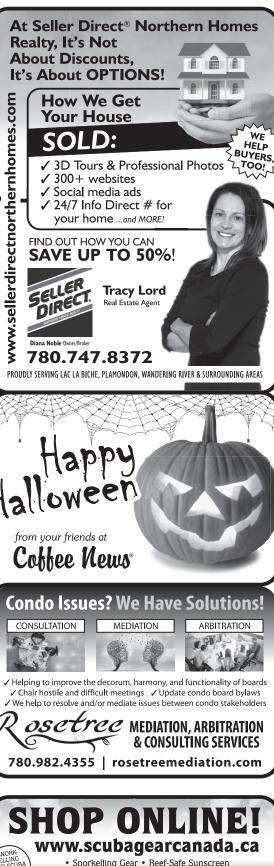
(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd (Over)

Feel free to take your Coffee News home!

- Trivia

- 2. What is the capital of Syria?





1-877-699-7003





(Sept. 24 - Oct. 23)

(Oct. 24 - Nov. 22)

SCORPIO

SAGITTARIUS

9, 10, 26, 27, 29, 30.

(Dec. 22 - Jan. 20)

(Jan. 21 - Feb. 19)

CAPRICORN

AQUARIUS

7. 13. 15. 21. 45.

PISCES

(Nov. 23 - Dec. 21)

You already may know

what you need to do to better yourself. Try putting

vour imagination into

everything you do, taking

your knowledge to the

You may be worried that

saying the wrong thing

could cause hurt feel-

ings. In order to find your deepest motivations, you

might need to make some

You may be aware of

your personal power and

might understand when

letting others take the

lead is appropriate. A

You may want to make a

comment, but also need

to keep your dealings

pleasant. This could be

an opportunity to diplo-

matically bring a better

You may feel sentimen-

tal, and your need for love and compassion might be strong. Being

open could be great. Be

discriminating with your

next level, and reinventing yourself. Lucky Numbers: 6, 23, 28, 33, 38, 47.

changes. Lucky Numbers: 14, 19, 20, 34, 37, 44.

new hobby could become a source of pleasure. Lucky Numbers:

balance to your relationships. Lucky Numbers: 2, 4, 6, 8, 10, 12.

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

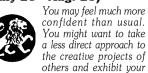
sophisticated. Lucky Numbers: 33, 37, 39. 42. 43. 47. CANCER

(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)



knowledge to help them. Lucky Numbers: 2, 11, 23, 34, 43, 44. VIRGO

(Aug. 24 - Sept. 23)



deal with those who may not follow your directions. Lucky Numbers: 24, 28, 34, 38, 44, 48.

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. $(1.2 \times 1.2 \times 2.43 \text{ m}).$

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 The World's #1 Restaurant Publication!



You may want to communicate in a more sensitive manner. Your mind could be very active, and you might need patience to

you share with loved ones might centre around intellectual interests. Lucky Numbers:

You may feel inclined to discuss your own issues about loyalty in your relationships. Activities

current audience. Lucky Numbers: 5,

(Feb. 20 - March 20)

11, 16, 24, 28, 43, 47.

Affordable-Effective-Exclusive-CALL NOW!

using the room.

Old art: Áísínai'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 6991 .4 siragla .8 sunsseme 2. Damascus 3. Algeria 4. 1999

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



²⁰⁻Vegreville