

FREE!

New Issue Every Week!

Coffee News®

"News To Be Enjoyed Over Coffee"

Westlock Edition

877-553-6397



www.coffee-news.ca

Vol. 19 No. 17 April 25, 2022

THIS SPACE FOR RENT

780-220-6397

Congratulations

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

Your prizes are in the mail!



**Odette Misiewicz
Johanna Wilson
Wally Malinowski
Katarina Penfold**



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

SOLVING TOOTH LOSS PROBLEMS SINCE 1993

Barrhead DENTURE CLINIC

Marcel Turenne, Denturist

For a NATURAL LOOK, there are a wide variety of tooth moulds and shades available to INDIVIDUALIZE your smile

DIRECT BILLING to insurance companies upon pre-determination of benefits

780.674.4348
www.barrheaddentures.ca

Everybody's Talking

Low down: Joy Chapman of British Columbia (Canada) can sing really, really low. So low, in fact, that she was named by Guinness World Records as the woman who can hit the lowest note for females. Chapman has been singing most of her life, and even when she was a little girl, she sang choir parts usually set aside for male voices. She's had different vocal teachers, and some have been quite astounded about the low notes she was able to hit. When she decided to try for the world record, she had to go through an arduous process to have her low notes recorded. It took quite a few tries over a long period to get the recording the way she wanted it to be.

Sky swim: Those who want to have an amazingly unique swimming experience will want to check out the upcoming Sky Pool at the Embassy Gardens, a condo development in the Nine Elms district of London, England. When complete, this 25-metre (82-foot) long pool will be positioned between two buildings, at a height of 35 metres (115 feet) above the ground. It will be transparent, so swimmers will feel like they are floating up in the sky. Passersby looking up at the pool from the sidewalk will be able to watch swimmers do their laps, seemingly among the clouds.

Rare plant: A greenhouse in Lovendegem, Belgium, recently had a unique plant for sale: a *Monstera adansonii variegata*, which sold for 1,799 Euros. The 15-centimetre (6-inch) tall plant fetched this amazing amount of money because it is a rare variant of the species. Usually available for a tiny fraction of this price, the plant that is also known as "monkey mask" usually has green leaves with holes. However, this variant's leaves are white and yellow. Garden centre worker Arne Schurmans explained that it is not possible to actually cultivate the variant because it is a mutation. Owners must be knowledgeable about plants because this one needs special care.

Roaming boars: The port city of Haifa in northern Israel is home not to just humans, but to roaming wild boars and their offspring. Just like raccoons in the cities of North America, the wild boars of Haifa get into people's garbage and amble down the streets, seemingly without a care in the world. They even play with pet dogs! The boars used to stay mostly in the ravines of this hilly city, but in recent years have ventured into the populated areas and have become part of the city's nature scape. They do not fear humans, and will take a nap wherever a sunbeam lands. While their presence concerns some citizens, others consider them to be part of daily life.

Quoteable Quotes

"Truth is generally the best vindication against slander." —Abraham Lincoln

"A good book is the precious lifeblood of a master spirit, embalmed and treasured up on purpose to a life beyond life." —John Milton

What's Happening

April 23-The Alan Jackson Experience 2022 7 - 10 PM. Aaron Halliday and his band The Longhorns, will pay tribute to Country Music Icon Alan Jackson. Along with some of Aaron's own music in the mix. St Paul Recreation Centre, 4802 53 Street.

Apr 27-Family Fun Night Family Fun Night is an evening of dinner and themed activities for the entire family! Register for one, or all of these fun-tastic Wednesday nights! Cold Lake Family Connections. 5220 54 Street Cold Lake. 780-594-4495

June 18-Eddies Big Run There will be a Kids Fun Run Loop 1km, 3km walkrun, 5 km walkrun, a 10 km walkrun. Followed by a pancake breakfast, kids zone, and medal ceremony. Start/Finish is at Repsol Place 1021 49 St. Contact us 780-725-3083 or krystas@edson.ca.

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

Hidden Coffee News Guy ADVENTURE

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!

\$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

Trivia

1. Does spinach contain iron?
2. What phylum do insects, crabs, and arachnids belong to?
3. A baby whale is called a calf, a pup, or a cub?
4. What does the Japanese word karaoke literally mean?
5. Is a gaffe a social blunder or a metal hook?

(Flip bottom of page for answers)

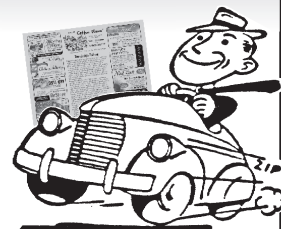
© Published with Permission by Capital Marketing Ltd

(Over)

DELIVERY PERSON NEEDED

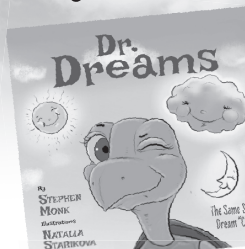
...to deliver **Coffee News®!**

- Deliver CN to restaurants and other locations
- Currently part-time position, 2-4 hours/month; strong possibility of increased hours as Covid restrictions are lifted



Interested?
Please email your résumé to info@coffee-news.ca

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

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

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

Family Owned Local Alberta Business Since 1986

SCAN THIS CODE TO ENTER

WIN A \$500

www.directworkwear.com Gift Certificate

Always low prices & great deals... save money.

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!

PSC Prairie Scented Candles

Sunset Scents a RAY of Fragrance

prairiescentedcandles@gmail.com
www.prairiescentedcandles.com

NOW ACCEPTING ARI CARDS

Auto • Commercial • Residential

Advanced Glass Inc.

CALL MARC CLOUTIER TODAY:
780-961-2276

advancedglassinc.ca • 5514 - 50 Avenue, Legal AB

Morinville Location: Bay #2, 9702-90 Ave. Call 587-985-4427

Calgary & Edmonton Outlets

singlecup.ca™

Mon-Sat 9-5

500+

K-Cups • PODS • Syrups

FREE SHIPPING \$50+

Alberta Owned!
Every day low prices

www.scubagearcanada.ca

#HelpUkraineNow by supporting the

Ukraine Humanitarian Appeal

Scan the QR code at right to donate now, or visit <https://www.cufoundation.ca>

Making peace of mind a reality

Nahachick Adult Guardianship and Trusteeship Services

Confidential and discreet document preparation. Available services include:

| | | |
|--|--|--|
| Applications for Appointment of Guardian and Trustee | Review of Guardianship and Trusteeship Order | Urgent Guardianship and Trusteeship Orders |
|--|--|--|

A complete list of our services is available at <https://nahachick.ca>

780.660.0649 | nahachick.agt.services@gmail.com

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 | #30, 210 McLeod Ave., Spruce Grove

30 YRS. OF PERSONALIZED SERVICE & A REPUTATION FOR EXCELLENCE

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-P0253

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

Barrhead Dental Clinic
 Dr. Krishna Mudaliar | Dr. David Hamilton

We look forward to meeting you and your family!

Direct billing to insurance companies
 We offer: • Emergency Treatment • Fillings • Same Day Treatment • Root Canals • Extractions • Crowns/Bridges

OUR HYGIENIST FOLLOWS THE 2020 ADA & CEE GUIDE

780.674.3161
barrheaddentclinic@gmail.com | #4, 4923-50 Ave., Barrhead

INNATE FREEDOM COUNSELLING

Access Online Therapy at Home
 AVAILABLE ALBERTA-WIDE

• Individual Therapy
 • Couples Therapy

www.innatefreedomcounseling.com | 825.250.8415

Caring, supportive, online counselling tailored to your unique needs

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

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 and 3 Your address so that we can send you some cool prizes if your photo is chosen to appear in the paper!

Coffee News Fun Reading. Serious Advertising.

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

Coffee News is proud to support Make-A-Wish® Canada

Transform lives, one wish at a time.

Make-A-Wish
 Visit makeawish.ca

Your Weekly Horoscope

ARIES
 (March 21 - April 20)

This may be a quiet week for you, with your mind and emotions well balanced. If so, use this time to recharge and get ready for the next challenge. Lucky numbers: 3, 4, 26, 37, 38, 39.

TAURUS
 (April 21 - May 21)

This week offers the potential to start a new phase of activities. If you are unsure of what to focus on next, explore how you can be of service to others. Lucky numbers: 5, 6, 12, 15, 27, 38.

GEMINI
 (May 22 - June 21)

The natural quickness of your Gemini mind may be enhanced for the next two months. You sometimes may feel nervous or twitchy. Avoid gossip; it may come back to haunt you. Lucky numbers: 7, 8, 13, 14, 25, 39.

CANCER
 (June 22 - July 22)

You may be at a stalemate, having opposing thoughts about an issue involving someone else. Setting boundaries with others may be a hard but necessary truth at this time. Lucky numbers: 11, 13, 25, 28, 29, 41.

LEO
 (July 23 - Aug. 23)

You may have experienced a rough period recently. As that dynamic recedes, look for a hidden opportunity and gear your efforts toward the project that best aligns with your values. Lucky numbers: 1, 9, 15, 27, 38, 48.

VIRGO
 (Aug. 24 - Sept. 23)

Are you feeling lazy? The planetary energies this week may exacerbate this feeling. Be careful that it doesn't cause trouble for you at work or with your partner. Lucky numbers: 8, 9, 17, 29, 34, 35.

LIBRA
 (Sept. 24 - Oct. 23)

Perhaps you are feeling discouraged right now, with little energy for moving forward. Your vision for your life may need adjustment to help get you back on track. Lucky numbers: 9, 14, 21, 29, 30, 43.

SCORPIO
 (Oct. 24 - Nov. 22)

This week may be frustrating if you are trying to start something new. It may be best to wait so that you can get a good start in the near future. Lucky numbers: 2, 4, 10, 20, 36, 39.

SAGITTARIUS
 (Nov. 23 - Dec. 21)

You may have a feeling of opposing viewpoints, either within yourself or with others. In communicating with others, present your ideas from a position of strength, without being argumentative. Lucky numbers: 10, 22, 28, 35, 41, 47.

CAPRICORN
 (Dec. 22 - Jan. 20)

Old traumas have been compared to layers of an onion. Peeling back one layer invariably leads you to the next one. Unearthing buried information may help you continue your healing process. Lucky numbers: 6, 16, 17, 18, 30, 36.

AQUARIUS
 (Jan. 21 - Feb. 19)

Your opportunities may not be obvious at this time. For what or whom are you willing to sacrifice? When you can answer that question, your path may become clear. Lucky numbers: 4, 12, 13, 34, 42, 44.

PISCES
 (Feb. 20 - March 20)

Pisces are naturally empathetic. This week you may also be feeling sociable and diplomatic, which attracts others to you. This may initiate a new romance or strengthen an existing one. Lucky numbers: 1, 12, 13, 41, 42, 43.

Lucky numbers this week: This week's odds favour Pisces winners with the luckiest number being 42.

Did You Know...

Rare sauce: People who live in the province of Manitoba (Canada) are very familiar with a delicious dipping sauce for chicken fingers that was invented by a local diner chef. Honey dill sauce is hard to find outside of this Canadian province.

Salt rinse: If the toothpaste tube is empty, an alternative way to have clean teeth and fresh breath is by rinsing with saltwater, which works as a disinfectant. One teaspoon dissolved in a cup of water will suffice.

Cute marsupial: Australia may be home to kangaroos and koalas, but another marsupial unique to the country is the quokka. These cute little animals live in Western Australia, as well as on Rottnest Island near Perth, and on Bald Island near Albany.

Movie site: A Moroccan desert landform has been used in movies like *Spectre*, the 2015 James Bond flick. Called Gara Medouar, this erosional crater of limestone rises 50 metres above the sand, with a collapsed interior valley and a ravine that provides natural access to the interior.

Love those spuds: The province of Prince Edward Island, off the east coast of Canada, is home to a huge potato industry. The island's potato farms provide the entire country with an estimated one-quarter to one-third of its potatoes.

On the Lighter Side

What goes bonk, bonk, bonk, bonk, bonk, bonk, bonk? A rubber-nosed clown falling down a flight of stairs.

Knock! Knock! Who's there? Poodle. Poodle who? Poodle a little mustard on my hot dog.

Patient: "I think I am a dog."
 Doctor: "How long has this been going on?"
 Patient: "Since I was a puppy."

What do you call a group of mice in disguise? A mousequerade party.

Did you read the book about how to put a boat together? It was riveting.

Answers

Trivia answers: 1. Yes 2. Arthropoda 3. Call 4. Empty orchestra 5. Social blunder

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

WESTLOCK & DISTRICT CHAMBER OF COMMERCE
 Our community Your business

westlockchamberofcommerce@gmail.com
www.westlockchamber.com

MEETINGS ON THE THIRD THURSDAY OF EVERY MONTH
 Westlock Legion 10004-106 St.
 Visit our website for more information

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

Let Us Handle the Dirty Work!

Cistern and Septic Installation, Inspection and Maintenance
 Septic Field and Mound Design and Installation by Govt. Certified Installers

REASONABLE RATES

Family run, local business. We care!

780.668.4306
best-cistern-septic-solutions.com

BEST CISTERNS
 SEPTIC SOLUTIONS

Recipe of the month

Asian-Style Salmon Packets

4 slices sweet onion
 4 salmon fillets (6 ounces each)
 3 tablespoons chili sauce
 1 tablespoon lime juice
 1 tablespoon sesame oil
 1 garlic clove, minced

1 teaspoon mustard seed
 1 teaspoon minced fresh gingerroot
 ½ teaspoon black sesame seeds
 Chopped fresh mint
 Grated lime zest

Prep/Total Time: 25 min. Yield: 4 servings

- Preheat oven to 400°. Place each onion slice on a double thickness of heavy-duty foil (about 12 in. square). Top with salmon. Combine next seven ingredients; spoon over fillets. Fold foil around mixture; crimp edges to seal.
- Place on a baking sheet. Bake until fish flakes easily with a fork, 15-20 minutes. Be careful of escaping steam when opening packets. Serve with mint and lime zest.

Source: <https://www.tasteofhome.com>

Westlock Ford

Innovation that drives excitement.

BUILT Ford PROUD

westlockford.com
 780-349-3361 | 10835-100 Street, Westlock

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