

**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](http://www.coldshotca.com)  
Passenger Website: [www.coldshot.ca](http://www.coldshot.ca)

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

SERVING ALBERTA'S BUSINESS COMMUNITY SINCE 2005

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
--	--	--

Flexible appointments. For non-Edmonton residents, appointments can be held via telephone or video calls. Edmonton and area clients have the option to meet face-to-face, home visits, telephone or video calls.

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

780.660.0649 | [nahachick.agt.services@gmail.com](mailto:nahachick.agt.services@gmail.com)

**WEBSITES**  
From \$129/Month

**(780) 760-6922**  
FRONTLINECONSULTING.CA

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](mailto:prairiescentedcandles@gmail.com)  
[www.prairiescentedcandles.com](http://www.prairiescentedcandles.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](http://www.giftsandgadgets.ab.ca) or visit us in person at 111 First Avenue, Spruce Grove

**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**

For Expert Help: **1.844.453.5372**

FREE ASSESSMENT CALL TODAY!

BBB A+ Accredited

Calgary & Edmonton Outlets

**singlecup.ca**  
Mon-Sat 9-5

**500+**  
K-Cups • PODS • Syrups

FREE SHIPPING \$50+

Alberta Owned!  
Every day low prices

**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](http://www.psfh.ca)

**FREE!** New Issue Every Week!

**Coffee News**  
"News To Be Enjoyed Over Coffee"

Westlock Edition  
**877-553-6397**

[www.coffee-news.ca](http://www.coffee-news.ca)

Vol. 19 No. 24 June 13, 2022

**Everybody's Talking**

**Shoe stealer:** A Japanese man has been arrested twice for stealing a peculiar kind of treasure: women's shoes. Tsunehito Isobe of the city of Murakami likes to hoard women's shoes, whether they are nurses' footwear, sandals, or high heels. His recent arrest came after the cops found almost 140 pairs of shoes in his home. An office building's surveillance camera caught him in the act, leading to his arrest. The last time he'd gotten caught was seven years earlier, when he was found with over 200 pairs of shoes that he had stolen, mostly from health institutions. However, the culprit didn't steal every pair; sometimes he bought them from used clothing stores.

**Exhilarating climb:** A huge, smooth, towering rock is part of the landscape near the towns of Guatapé and El Peñol in the region of Antioquia in Colombia. Situated about 70 kilometres (44 miles) east of the city of Medellín, it is called El Peñón de Guatapé or La Piedra del Peñol. (Peñón means "rock.") All around this landform are rolling hills, plains, forests, and lakes. It juts up from the land in a spectacular fashion, rising 200 metres (656 feet) high. It is possible to climb to the top on a wooden staircase constructed in a natural fissure that runs straight up the side of the rock. The climb may be a tad scary, but the views from the top are breathtaking.

**Bird friend:** People who live in Gommenec'h, in northwestern France, don't bat an eye when they see Xavier Bouget riding his bicycle with a pigeon resting happily on his shoulder. That's because the pigeon, named Blanchon, is Bouget's friend. The unlikely relationship started in 2019 when Bouget rescued Blanchon (then just a chick) after she fell out of her nest. The retired man used a syringe to feed the chick, and as she grew, she stayed with her rescuer, even though she is free to fly away if she wishes. Bouget believes that Blanchon trusts him, and that is why she stays around, keeping him company as he gardens, cycles, or works in his backyard workshop.

**Endless books:** The architects of a bookstore in Sichuan province in southwestern China must have tapped into a love of books when designing the interior space. Called Dujiangyan Zhongshuge, this store holds more than 80,000 books, but at first glance, visitors would think the collection was endless. That is because strategically placed mirrors, a black tile floor, a spiral staircase, and high archways all work together to give the illusion that the stacks of books never end. Those wandering the hallowed halls of the place know, of course, that mirrors are creating the effect. But even so, identifying the spot where the real books end and their reflections begin can be a challenge.

**Quoteable Quotes**

"Hope is a waking dream." —Aristotle  
"The monuments of wit survive the monuments of power." —Francis Bacon

**What's Happening**

**June 18-Lemonade Day Northern Alberta Support**  
Lemonade Day, Support Your Local Young Entrepreneurs. Lemonade Day is June 18, 2022 and Lemonade Day kids in your town are trying their hand at running their own business - a Lemonade Stand. Registration is Open

[lemonadeday.org/northern-alberta](http://lemonadeday.org/northern-alberta) 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!

**\$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. Singer Perry Como was awarded the first-ever RIAA Gold Record album in 1958—T/F?
2. In the U.S., Flag Day is celebrated in May, June, or July?
3. The Overlook Hotel is the setting of what book?
4. The nickname of William Perry, Chicago Bears defensive lineman, was \_\_\_?
5. Which time traveler first appeared on BBC TV on November 23, 1963?

(Flip bottom of page for answers)

The World's #1 Restaurant Publication!

**HAPPY Father's DAY**

from your friends at **Coffee News**

**Westlock Ford**

Innovation that drives excitement.

BUILT Ford PROUD

[westlockford.com](http://westlockford.com)  
780-349-3361 | 10835-100 Street, Westlock

**THIS SPACE FOR RENT**

**780-220-6397**

**Faster Internet. Unlimited data.**

1-866-218-8782 [Xplornet.com/fast](http://Xplornet.com/fast)

**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](http://best-cistern-septic-solutions.com)

**BEST CISTERN SEPTIC SOLUTIONS**

**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 & C FEE GUIDE

**780.674.3161**  
[barrheaddentalclinic@gmail.com](mailto:barrheaddentalclinic@gmail.com) | #4, 4923-50 Ave., Barrhead

**WE BUY USED GOLD AND DIAMONDS**

Blue Diamond Jewellers

**780.968.0040**  
Main Street, Stony Plain  
[www.bluediamondjewellers.com](http://www.bluediamondjewellers.com)

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**  
[zettatelecom.com](http://zettatelecom.com)

DEDICATED TO FINDING OUR CLIENTS THE BEST SOLUTIONS WITHIN THEIR BUDGETS

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.

Direct Workwear Ltd. Since 1986

We ship across Canada Huge Women's Selection XXS up to 7XL Sizing

**CARSWANTED.CA**

ALL MAKES AND MODELS ANY CONDITION

WE PICK UP YOUR VEHICLE ANYWHERE IN ALBERTA!

INSTANT CASH FOR ANY VEHICLE

587-805-1500

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

5122-49A Street, Barrhead Mon-Fri, 8:30 a.m.-4 p.m.

780.674.4348 www.barrheaddentures.ca

**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**

**Have You Considered Adopting Your Step-Children?**

We prepare and file your step-parent adoption, adult adoption, relative adoption and private direct placement adoption.

*A Small Miracle Adoption*

Adoption is the ultimate expression of a committed heart

780.421.1177 www.smallmiraclesadoption.com

**SHOP ONLINE!**

www.scubagearcanada.ca

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

**The Dive Outfitters**

Scuba Diving & Snorkelling

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

**25 WORDS OR LESS**

WEEKDAYS 3PM

yes TV

**WESTLOCK & DISTRICT CHAMBER OF COMMERCE**

Our community Your business

MEETINGS ON THE THIRD THURSDAY OF EVERY MONTH

Westlock Legion 10004-106 St.

westlockchamberofcommerce@gmail.com www.westlockchamber.com


Visit our website for more information

# Your Weekly Horoscope


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

 Aries are often inwardly focused, but it may be time for you to consider how to direct your considerable energies and talents in service to others. A new opportunity might emerge. Lucky numbers: 4, 9, 10, 35, 42, 44.


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

 You may be frustrated or angry right now about an inability to achieve your goals. Instead of getting caught up in these emotions, try reorienting your actions toward achieving success. Lucky numbers: 2, 3, 11, 17, 32, 48.


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

 You may be entering a period of being busy with many texts, emails, and other communications. Your mind might be quick and clear; consider using this time to present your ideas to others. Lucky numbers: 1, 2, 6, 36, 37, 42.


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

 The emotions of Cancers often run deep, and expressing them may sometimes be difficult. Right now, though, you might feel confident enough to approach others in positive ways, in this regard. Lucky numbers: 9, 16, 19, 27, 28, 32.

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

 At the beginning of the week, your natural leadership abilities may be heightened. Might you be able to work with others to achieve an endeavour that could truly benefit all of you? Lucky numbers: 8, 9, 13, 29, 34, 44.

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

 At the end of the week, you may find that your mind and your emotions are in conflict. If so, try waiting a few days before you act on your feelings. Lucky numbers: 7, 12, 13, 23, 35, 45.

Lucky numbers this week: This week's odds favour Sagittarius winners with the luckiest number being 17.

## Did You Know...

**Spacewoman:** On June 18, 1983, Sally Ride became the first American woman and, at 32, the youngest American to fly in space. She applied to the U.S. National Aeronautics and Space Administration (NASA) in 1977, and received training before her flights in 1983 and 1984.

**Going hungry:** Those with mageirocophobia have a fear of cooking. People with this condition may fear one or more of the elements of cooking, or they may fear the possible outcomes of their attempts at the task.

**Powerful bite:** A human's teeth are strong enough to exert 200 pounds (90 kg) of pressure. Also, the enamel is so strong that teeth can last hundreds of years after a person dies.

**Reindeer beards:** Men aren't the only ones who grow beards. Reindeer, native to Arctic and subarctic regions, grow beards in the winter to help protect their muzzles from a buildup of frost when they graze in the snow.

**Who are they?** According to the International Playing Card Society and other researchers, the kings in a deck of cards are thought to be David, King of Israel (spades), Alexander the Great (clubs), Charlemagne, King of France (hearts), and Caesar Augustus (diamonds).

## On the Lighter Side

Knock! Knock! *Who's there?* Morris. *Morris who?* Morris in the pot, so help yourself.

How did the captain know when his ship was going down? He had a sinking feeling.

Patient: "Doctor, I keep dreaming my eyes change colours."  
Doctor: "It's just a pigment of your imagination."

Becoming a cosmetologist is simple. Just take a makeup test.


What did Barbie do when she directed the hens in a play? Barbie cued the chickens.

## Answers


**Trivia answers:** 1. True 2. June 14 3. The Shining by Stephen King 4. The Refrigerator 5. Dr. Who

For available franchise opportunities - visit coffeenewscanada.com


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

 Are your current efforts being stymied by an issue from the past? If so, you may need to take action to resolve that problem before you move forward with your goals. Lucky numbers: 12, 15, 16, 17, 30, 48.

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

 Scorpions often have an ability to see what others hide about themselves. Right now, you may have an opportunity to experience compassion that will help you deal with a particular situation. Lucky numbers: 10, 12, 38, 46, 47, 48.


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

 This week there may be an opportunity to complete a project that you have been working on for a while. You might also want to begin planning for your next goal. Lucky numbers: 13, 14, 17, 18, 34, 44.


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

 Capricorns are usually practical thinkers, but right now your emotions may be in the driver's seat. An adjustment in how you view yourself and your life might be helpful. Lucky numbers: 6, 32, 33, 34, 36, 45.

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

 This might be a good week to examine whether what you are working toward is in alignment with your values. If not, consider calling a time-out and creating a plan for change. Lucky numbers: 5, 14, 15, 18, 30, 42.

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

 For a few days this week, you might feel discouraged or lacking in ambition. If you tend to abuse food or substances, you may want to be especially conscious of making good choices. Lucky numbers: 11, 18, 24, 26, 27, 39.

**Recipe of the month**

**Fish Tacos With Guacamole**

2 cups angel hair coleslaw mix  
1-1/2 teaspoons canola oil  
1-1/2 teaspoons lime juice

**GUACAMOLE:**  
1 medium ripe avocado, peeled and quartered  
2 tablespoons fat-free sour cream  
1 tablespoon finely chopped onion  
1 tablespoon minced fresh cilantro  
1/8 teaspoon salt  
dash pepper

**TACOS:**  
1 pound tilapia filets, cut into 1-inch pieces  
1/4 teaspoon salt  
1/8 teaspoon pepper  
2 teaspoons canola oil  
8 corn tortillas (6 inches), warmed

Optional toppings: Hot pepper sauce, chopped tomatoes, green onions and jalapeno pepper

Prep: 25 min. + marinating Cook: 10 min. Yield: 4 servings

1 In a small bowl, toss coleslaw mix with oil and lime juice; refrigerate until serving. In another bowl, mash avocado with a fork; stir in sour cream, onion, cilantro, salt and pepper.

2 Sprinkle tilapia with salt and pepper. In a large nonstick skillet, heat oil over medium-high heat. Add tilapia; cook until fish just begins to flake easily with a fork, 3-4 minutes on each side. Serve in tortillas with coleslaw, guacamole and desired toppings.

Source: https://www.tasteofhome.com

**Online Counselling Alberta-wide**

Complimentary 15-Minute Session

**INNATE FREEDOM COUNSELLING**

www.innatefreedomcounselling.com | 825.250.8415

**Stumbling Blocks Team Building Seminars**

**Build a Stronger, More Resilient Team**

Book Barbara Today! 780-722-3188

BARBARAMAY.COM | STUMBLING-BLOCKS.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

Bras Briefs Boxers Bikinis

**Romantic Notions inc.**

Visit us on Facebook 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

**inogen**

**FREEDOM. TO BE YOU.**

1-888-998-6714

MKT-P0253

**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 resumé to info@coffee-news.ca