

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

FREE! *New Issue Every Week!*
Coffee News[®]
"News To Be Enjoyed Over Coffee"
Whitecourt Edition
877-553-6397

www.coffee-news.ca Vol. 19 No. 35 August 29, 2022

THIS SPACE FOR RENT

780-220-6397

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

WEBSITES

From \$129/Month

(780) 760-6922

FRONTLINECONSULTING.CA

Katee Nelson
780-805-4425

Steve Adams
780-516-9000

With You Every Step of the Way

WHEEL OF FORTUNE

WEEKNIGHTS 7PM/6PST
yesTV

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

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>

ETTA TELECOM
DEDICATED TO FINDING OUR CLIENTS THE BEST SOLUTIONS WITHIN THEIR BUDGETS

Online Counselling Alberta-wide

Complimentary 15-Minute Session

INNATE FREEDOM COUNSELLING
www.innatefreedomcounselling.com | 825.250.8415

Everybody's Talking

Star-shaped sand: A particular beach in Japan looks like any other beach in the country, but this one is special to those who look closely at the sand. The beach is called Hoshizuna-no-Hama, which means "Sand in the Shape of a Star." That is exactly the situation in this little slice of paradise, located on Iriomote, an island in Okinawa prefecture. The five- or six-point grains are not really sand; they are the exoskeletons of a small organism that once lived on the ocean floor. Ocean currents bring these tiny bits of shell ashore, mixing them with the "normal" sand on the beach.

Leaning tree: A tall tree native to New Caledonia in the South Pacific is called the Cook pine (Araucaria columnaris). Due to cultivation, these trees grow in other temperate areas of the world. An interesting phenomenon is associated with them: the trees north of the equator lean south, and those south of the equator lean north. Not only that, but the farther away from the equator they are, the more acute the angle. Trees that lean usually do so because of environmental factors, such as wind or light availability. But this is not the case with Cook pines. Scientists have not been able to explain why Cook pines exhibit this distinctive peculiarity.

Mountain lake: The deepest lake in the United States is Crater Lake, located in Crater Lake National Park in the state of Oregon. This body of water is interesting because at one time, it was the top of the volcanic Mount Mazama. About 7,700 years ago, the volcano erupted and the mountain collapsed inward, forming a lake that is 1,943 feet (592 metres) deep. The clear and deep blue water has accumulated through centuries of snow and rain, attracting visitors to view its beauty during all seasons. Crater Lake rarely freezes over, even during the cold and snowy Oregon winters. In the lake sits Wizard Island, which grew from numerous volcanic eruptions over the centuries.

Grassy hill: Icelandic artist Olof Nordal had a unique vision for a work of art. He designed and built a dome-shaped hill known as Thufa. The grass-covered hill has been sitting near the old hharbour in Iceland's capital city of Reykjavik since 2013. Thufa is made of over 4,000 tonnes of gravel and stands about eight metres (26 feet) high. The artist paid tribute to the history of the country by placing an Icelandic fishing hut on top. This type of hut is important to the country's tradition of hanging salted fish to dry. Visitors can walk a spiral path to the top, and from there they can admire views of both the city and fjords.

Quoteable Quotes

"Honesty... makes me feel powerful in a difficult world." —Cher
"Do you know what my favourite part of the game is? The opportunity to play." —Mike Singletary

What's Happening

Sep 10 - DV100 Race or Ride The DV100 Race or Ride is an event unlike any other! The route is for both racers and riders. Not only does the route take you along beautiful scenery, you get to complete the route with like minded riders. Visit www.dv100.ca for more info

Oct 14 - Amy Bishop and the Hopeless Sinners Hailing from Calgary, Amy began her music career around campfires, at block parties and in church choir. www.amybishop.ca. Pembina Stage. Tickets available at www.ticketpro.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. In the TV show All in the Family, what is Archie Bunker's daughter's name?
2. Baby bats are called _____.
3. How many watts are in a kilowatt?
4. Does the warp or the weft run lengthwise (vertically) in a loom?
5. Who composed the 1962 piano tune "Alley Cat"?

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

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.

Congratulations

to July's **Coffee News Guy** contest winners!

Your prizes are in the mail!

Michael MacKinnon
Shawna Zaychuk
Sandra Werner
Elizabeth Ashley

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

Start Your Own Business!

FREE government funded Self-Employment Training

NOW ONLINE

microbusiness

TRAINING CENTRE INC
Suite 203 Energy Square, 10109-106 St., Edmonton AB T5J 3L7
780.482.4462 | www.microbusiness.ca

Coffee News

is proudly delivered by

ECHO

DISABILITY SERVICES

Coffee News Part of your community.

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

Transform lives, one wish at a time.

Make-A-Wish.
Visit makeawish.ca

Recipe of the month

Fresh Corn and Tomato Fettucine

8 ounces uncooked whole wheat fettucine
2 medium ears sweet corn, husked
2 teaspoons plus 2 table-spoons olive oil, divided
1/2 cup chopped sweet red pepper

4 green onions, chopped
2 medium tomatoes, chopped
1/2 teaspoon salt
1/2 teaspoon pepper
1 cup crumbled feta cheese
2 tablespoons minced fresh parsley

Prep/Total Time: 30 min. Yield: 4 servings

- 1 In a Dutch oven, cook fettucine according to package directions, adding corn during the last 8 minutes of cooking.
- 2 Meanwhile, in a small skillet, heat 2 teaspoons oil over medium-high heat. Add red pepper and green onions; cook and stir until tender.
- 3 Drain pasta and corn; transfer pasta to a large bowl. Cool corn slightly; cut corn from cob and add to pasta. Add tomatoes, salt, pepper, remaining oil and the pepper mixture; toss to combine. Sprinkle with cheese and parsley.

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

SHOP ONLINE!

www.scubagearcanada.ca

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

The Dive Outfitters
Learn to SCUBA DIVE at our Edmonton location call for details
11781-156 St., Edmonton 780.483.0044

SCUBAPRO | SHERWOOD | GARMIN | SHEARWATER | AKONA | HENDERSON | SEALIFE | TUSA

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

Stumbling Blocks Team Building Seminars

Build a Stronger, More Resilient Team

Book Barbara Today!
780-722-3188

BARBARAMAY.COM | STUMBLING-BLOCKS.COM

inogen

FREEDOM. TO BE YOU.

1-888-998-6714

MKT-P0253

WE BUY USED GOLD AND DIAMONDS

Blue Diamond Jewellers

780.968.0040
Main Street, Stony Plain
www.bluediamondjewellers.com

Fast and Reliable Wireless Home Internet

Starting at only **\$59.99** /month

Price guaranteed for 1 year!

*Offer subject to change. Tax extra. Price guaranteed for duration of 1-year term

Lock in these low prices now before they're gone!
Call 1-866-218-8782 now!

XPLORNET

Get your refund instantly.

Walk in with your taxes and walk out with your refund.

Open year 'round. Personal, small business, corporate income tax, bookkeeping, GST and payroll services.

H&R BLOCK

780.778.3030
New address:
4723-50 Ave., Whitecourt

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 \$299 in taxes & fees. Single supplement and seasonal surcharges may apply. Add-on airfare available. Offers apply to new bookings only, made by 9/30/22. Other terms & conditions may apply. Ask your Travel Consultant for details.

Your Weekly Horoscope

ARIES
(March 21 - April 20)

Are you feeling conflicted about what is best for you, versus what is best for someone else in your orbit? Perhaps having a discussion about it would help you find a compromise. Lucky numbers: 15, 21, 25, 31, 35, 46.

TAURUS
(April 21 - May 21)

Your thoughts and feelings may be out of sync for a few days this week. This might not be the time to stubbornly push through. Consider waiting for the situation to improve. Lucky numbers: 9, 13, 18, 28, 32, 47.

GEMINI
(May 22 - June 21)

You might have a close, personal association with a current project, and you may be proud of your efforts. But try not to let your ego get in the way. Lucky numbers: 6, 16, 22, 36, 38, 40.

CANCER
(June 22 - July 22)

At times, you may feel that you are peering out from the safety of your crab's shell. This situation could provide an opportunity to explore outside your comfort zone. Lucky numbers: 2, 12, 19, 31, 32, 34.

LEO
(July 23 - Aug. 23)

Any issues regarding nurturing, whether of yourself or others, may come to the surface right now. This might be a good time to examine how those issues impact your life and relationships. Lucky numbers: 23, 27, 31, 39, 43, 48.

VIRGO
(Aug. 24 - Sept. 23)

On the scale of results versus relationships, do you tend to focus on results? If so, an opportunity may be presented for you to forge a more empathetic connection to others. Lucky numbers: 3, 16, 20, 30, 37, 41.

Lucky numbers this week: This week's odds favour Sagittarius winners with the luckiest number being 7.

LIBRA
(Sept. 24 - Oct. 23)

At the beginning of the week, you may find an emotional balance between your heart and your mind. Use this calming energy to decide what to do next. Lucky numbers: 5, 16, 18, 24, 44, 47.

SCORPIO
(Oct. 24 - Nov. 22)

Your usual ability to see the hidden truths in people and situations may be particularly strong during midweek. Consider how to be judicious and compassionate in what you say to others. Lucky numbers: 1, 3, 9, 24, 25, 42.

SAGITTARIUS
(Nov. 23 - Dec. 21)

Your innate enthusiasm may be stronger than usual at the end of the week. Try to use this energy to push past obstacles and to complete goals that may have gotten stuck. Lucky numbers: 7, 10, 12, 14, 45, 48.

CAPRICORN
(Dec. 22 - Jan. 20)

Capricorns often have a serious attitude, both toward themselves and toward life in general. If this describes you, the energy now may help you lighten up and have some fun. Lucky numbers: 4, 16, 28, 30, 34, 44.

AQUARIUS
(Jan. 21 - Feb. 19)

Perhaps you recently have felt that the world has been asking too much of you. If so, this phase may be nearing its end, but consider what you have learned during it. Lucky numbers: 11, 16, 23, 27, 29, 43.

PISCES
(Feb. 20 - March 20)

The deeply intuitive nature of Pisces also can be easily discouraged sometimes. Right now, though, you may have an opportunity to make an adjustment in your view, to encourage optimism. Lucky numbers: 8, 11, 13, 17, 22, 24.

Did You Know...

Tree rings: The rings on a tree's trunk can indicate more than the age of the tree. They also provide information about the weather. Wide rings usually mean a year was warm and wet, while thin rings indicate a colder, drier year.

Wear your helmet! Wearing a helmet is important for bicyclists. Studies have shown that by taking this safety measure, riders can reduce their risk of head injury by about 50 percent.

Long beak: Anyone fishing should steer clear of slender fish with a beak. It could be a needlefish, with elongated, narrow jaws full of sharp teeth. These fast fish jump from water to avoid boats and other activity, and can accidentally stab humans who may be in the way.

Don't cry! The type of onion called Sunion does not make cooks cry when cutting them. Developed in the United States through cross-breeding, Sunions get sweeter and milder the longer they are stored.

Corn cobs: Popcorn is one of many types of corn. Others are field or dent corn (often used for livestock), sweet corn, flint corn (very colourful and often used for decorative purposes), flour corn, and pod corn.

On the Lighter Side

Worms make good detectives because they know how to get to the bottom of things.

Does a roller coaster like its work? It has its ups and downs.

Lou: "I've got a cat who can say his own name."
Joe: "That's great! What's your cat's name?"
Lou: "Meow!"

What did the spider bride wear when she got married?
A webbing dress.

Knock! Knock! Who's there? Catch! Catch who? Bless you!

Answers

Trivia answers: 1. Gloria Stevie 2. Pups or bittens 3. 1,000 4. Warp 5. Bent Fabric

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

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.

BrokerLink Insurance

HOME AUTO BUSINESS FARM

780.778.3000 | #1, 5024-51 Ave., Whitecourt Box 1978 | BrokerLink.ca

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

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

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

CARSWANTED.CA

2009-2022 MODELS

USA BUYER WANTS YOUR VEHICLE!
TRADE IN, LEASE BUYOUTS, FLEET UNITS... ANY CONDITION!

LOCAL PICKUP, INSTANT CASH OR CERTIFIED FUNDS

587-805-1500

COLD SHOT

A DIVISION OF BALWARIA EMPIRE PVT. LTD.

PASSENGER & PARCEL SERVICES

SHIP BY BUS

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

Get Your Meters' Calibrations Right

We are committed to proving your meters accurate and on time. Since 2003, Measurement Inc. has performed over 8,250 meter proves, so we won't be practising on yours.

— RELAX WHEN YOU GET AUDITED!
MY PROMISE TO YOU: "If all you want is someone cheap to tag your meters, I respectfully ask you to call someone else. Ours will be the best proving experience you have ever had. When audited you'll see the results of excellent measurement. This will be the most complete, professional proving and calibration you have ever experienced. We do the work right or we'll redo it for FREE. I guarantee it."
~ Jerry Greiner

MEASUREMENT INC.

780-621-2555
www.MeasurementInc.ca

PORTABLE TEST SEPARATOR RENTALS