

Recipe of the month

Chicken Garden Medley

1 pound boneless skinless chicken breasts, cut into strips
1 garlic clove, minced
1/4 cup butter, divided
1 small yellow squash, halved lengthwise and sliced
1 small zucchini, halved lengthwise and sliced
1/2 cup julienned sweet red pepper
1/2 cup julienned green pepper

1/4 cup thinly sliced onion
2 tablespoons all-purpose flour
1/2 teaspoon salt
1/4 teaspoon pepper
3/4 cup chicken broth
1/2 cup half-and-half cream
8 ounces angel hair pasta, cooked and drained
2 tablespoons shredded Parmesan cheese

Prep Time: 25 min. Bake: 20 min Yield: 4 servings

- In a large skillet, saute chicken and garlic in 2 tablespoons butter for 10-12 minutes or until chicken juices run clear. Add vegetables. Cook until crisp-tender; remove from skillet and set aside.
- In the same skillet, melt remaining butter. Add flour, salt and pepper; stir to form a smooth paste. Gradually add broth. Bring to a boil; cook and stir for 2 minutes or until thickened. Stir in cream and heat through. Add chicken and vegetables; stir until well mixed.
- Place pasta in a greased 2-qt. baking dish. Pour chicken mixture over top. Sprinkle with Parmesan cheese. Cover and bake at 350° for 15 minutes; uncover and bake 5 minutes longer.

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

DECLUTTER! RENT 2, GET 1 MONTH FREE!

CALL FOR DETAILS

AFFORDABLE STORAGE CENTRE

Downtown location
10301-104 St. NW

780.424.6464 | www.affordable.ca

CALLING ALL MAKERS!

★ Presentations
★ Live Demos
★ Maker Meetups
★ Artisan and Handmade Market

October 22 & 23
Alberta Aviation Museum

www.EdmontonMakersMarket.ca

BEST OF HAWAII FOUR-ISLAND TOUR

12 days, departs year-round

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

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.

Exclusive offer for Facebook and Google Ads

Get FREE set-up (up to a \$500 value!)

We are a local digital marketing agency specializing in paid ads.

SCAN ME

Contact us today for your FREE no obligation consultation!

Frontline 780.760.6922

Don't know what's wrong...?

WE CAN HELP! CONTACT THE EXPERIENCED PROFESSIONALS AT

HOME & OFFICE HANDYMAN SERVICES

780.940.2127 | www.HOHS.ca

Give Us Your List. We'll Do The Rest.

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

Transform lives, one wish at a time.

Make-A-Wish

Visit makeawish.ca

FREE! New Issue Every Week!

Coffee News®

"News To Be Enjoyed Over Coffee"

Downtown Edmonton Edition

780-220-6397

www.coffee-news.ca

Est. 1988

Vol. 19 No. 43 October 24, 2022

Everybody's Talking

No fighting: A tiny island in a Scottish lake is, historically, a place where people would go to settle arguments. It's called Eilean a' Chòmhairidh, or the "Isle of Discussion," and is situated off the south shore of Loch Leven, in the western part of the country. This was an area where the MacDonald Clan lived. If people disagreed about something, the clan's chief would send them to the island to talk it out, and they weren't allowed off the island until they'd come to an agreement. Those arguing were provided with cheese, oatcakes, and alcohol. Afterward, they were taken to Eilean na Baine, or the "Isle of Covenant," where they put their agreement in writing.

Old vine: Slovenia is home to a very old, living entity. It is a grapevine located in the city of Maribor. This vine, which still produces fruit, is thought to be the oldest living grapevine. It was likely planted in the 1500s, and has survived many things over the centuries, including wars, fires, and pestilence. It is such a beloved item of vegetation that it has its own museum called the Old Vine House, which is a historic building itself because at one time it was the city wall. Locals find it astonishing that the grapevine still grows today, and they share grafts with other cities

All in a name: With all the letters in the English alphabet, there is no end to the names parents could concoct for their children. But a Belgian couple decided to use only four of the available 26 letters to create names for their 12 children: A, E, L and X. Gwenny Blanckaert and Marino Vaneeno's first two kids are Alex and Axel. Then came Xela, Lexa, Xael, Xael, Exla, Leax, Xale, Elax, Alxe, and a baby yet to be named. The parents didn't intend to do this until after Alex and Axel were born, but upon realizing they'd used the same four letters, decided to continue the tradition for their whole crew. Apparently, the couple doesn't get tongue-tied with the names, but the kids' teachers do!

Sweden in Japan: Where can you find a place that is similar to Sweden, but is not located in that northern Scandinavian nation? Some folks would pick the town of Sweden Hills near Sapporo on the island of Hokkaido, Japan. This town was the brainchild of a Swedish ambassador who thought the climate there was similar to his homeland. Developers started planning the town in 1979, and today the people who live or vacation there love the Swedish feel of the place. The place looks like it's in Sweden, with its wooden red and white houses and its Swedish customs. The residents even celebrate the midsummer festival in a landscape that mirrors the countryside in Sweden.

Quoteable Quotes

"I always wanted to be someone better the next day than I was the day before." *Sidney Poitier*

"The law must be stable, but it must not stand still." *Roscoe Pound*

What's Happening

SEESA Fall Rummage Sale The SEESA FALL Rummage sale is back! This popular sale offers a wide array of fabulous goods at great prices! We'll also have homemade baked goods for sale. Hope to see you there!

Saturday Oct 22 10am - 3pm. Sunday Oct 23 11am - 3pm

www.seesa.ca NON profit organizations may submit events for FREE at www.coffee-news.ca

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!

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

- Who created the pop art sculpture of "LO" above "VE"?
- Who plays Dracula in the 1992 film Bram Stoker's Dracula?
- This part of Earth lies between the core and the crust.
- What is the capital of Malaysia?
- Scotland, Wales, Ireland—which one popularized the sport of curling?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

Affordable-Effective-Exclusive-CALL NOW!

Call today and receive a **FREE SHOWER PACKAGE PLUS \$1600 OFF**

SAFE STEP WALK-IN TUB

1-855-977-9805

With purchase of a new Safe Step Walk-in Tub. Not applicable with any previous walk-in tub purchase. Offer available while supplies last. No cash value. Must present offer at time of purchase. CSLB 1082165 NSCB 0082999 0083445

THIS SPACE FOR RENT

780-220-6397

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

DOWNTOWN CANNABIS

BEST PRICE and SELECTION IN TOWN!

1B - 10020 Jasper Ave. NW
New Cambridge Lofts
Edmonton
Connected to Central LRT

780.761.1339

downtown-420@hotmail.com | www.downtown420.ca

WE COME TO YOU!

NERDS2YOU

VIRUS REMOVAL & COMPUTER REPAIR

ONSITE COMPUTER REPAIR

Your on-site computer and network service specialists. Virus removal, network setup, repairs and more.

587-772-NERD(6373)

FAST, FRIENDLY AND PROFESSIONAL
DEBIT, VISA AND MASTERCARD ACCEPTED

NERDS2YOU.CA

Jennifer Miles, Agent
125-15 Circle Dr
St. Albert AB T8N 3Y7
780-460-2279
www.jmilesinsurance.com

Desjardins Insurance

Desjardins Insurance refers to Certas Home and Auto Insurance Company, underwriter of automobile and property insurance or Desjardins Financial Security Life Assurance Company, underwriter of life insurance and living benefits products.
Desjardins, Desjardins Insurance and related trademarks are trademarks of the Fédération des caisses Desjardins du Québec, used under licence.

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

DEDICATED TO FINDING OUR CLIENTS THE BEST SOLUTIONS WITHIN THEIR BUDGETS

Visit us on Facebook-CoffeeNewsWeekly

Need ONE More Reason to Join?

- 1 You don't have an up to date will
- 2 You don't understand the difference between a trust and a will
- 3 The CRA selects you for an audit
- 4 You need a letter written on your behalf by a lawyer
- 5 You receive a speeding ticket
- 6 You need a lawyer's advice on any matter

Call **LLOYD KENNEY**,
Independent Associate, to find out
how LegalShield can help you!
1-877-579-9449

LegalShield

Congratulations

to August's
Coffee News Guy
contest winners!

Your prizes
are in the mail!

**Andrew Ong
Joyce Wieler
Brenda Moore
Lacie Beck**

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

Your Weekly Horoscope

ARIES

(March 21 - April 20)



Are you frustrated by opposition you may be experiencing from other people? The situation might be improved by focusing on their needs right now, rather than primarily on your own wishes. Lucky numbers: 3, 14, 37, 40, 43, 44.

TAURUS

(April 21 - May 21)



At the end of the week, you may find uncomfortable emotions surfacing unbidden from your unconscious. Although this might be painful, try to do your best to navigate them. Lucky numbers: 13, 15, 17, 20, 26, 40.

GEMINI

(May 22 - June 21)



Your quick mind and ability to explain complicated information may impress others. Now might be a time to practice incorporating more empathetic diplomacy into your communication style. Lucky numbers: 1, 4, 6, 10, 42, 47.

CANCER

(June 22 - July 22)



Those who are Cancer-born often are very connected to their emotions, which sometimes weighs them down. But toward the end of this week, you may find your feelings are more subdued. Lucky numbers: 8, 12, 14, 26, 32, 34.

LEO

(July 23 - Aug. 23)



You may be tempted right now to just skim the surface of important matters in your life. The energy of the coming month, however, could require you to respond more deeply. Lucky numbers: 10, 17, 23, 25, 36, 42.

VIRGO

(Aug. 24 - Sept. 23)



Many Virgos have a very practical and meticulous approach to life. But now might be a moment to seek out beauty, simply for the pleasure that it can bring to you. Lucky numbers: 9, 12, 13, 16, 19, 28.

LIBRA

(Sept. 24 - Oct. 23)



Libras can easily fall into a pattern of focusing on the needs of others, rather than their own. The beginning of this week may be a good time to concentrate on self-care. Lucky numbers: 4, 13, 15, 18, 28, 41.

SCORPIO

(Oct. 24 - Nov. 22)



Your mind and heart may be fully aligned right now. Try to use this time to review the last six months and to plan how to achieve your goals for the next six. Lucky numbers: 2, 7, 9, 10, 17, 27.

SAGITTARIUS

(Nov. 23 - Dec. 21)



Your enthusiasm and optimism may receive a good boost during the middle of the week. How might you be able to use this energy to further your endeavours in a positive direction? Lucky numbers: 6, 12, 14, 17, 34, 39.

CAPRICORN

(Dec. 22 - Jan. 20)



You may be experiencing anxiety from a busy schedule right now. Be careful; try not to let the stress cause you to get into an unnecessary argument with someone else. Lucky numbers: 15, 16, 21, 28, 29, 45.

AQUARIUS

(Jan. 21 - Feb. 19)



You may be feeling discouraged now and might want to give up on your current endeavours. Perhaps try to be patient and trust that your hard work could pay off in time. Lucky numbers: 7, 16, 18, 30, 39, 43.

PISCES

(Feb. 20 - March 20)



Now may not be the right time to rely on good fortune to manifest an untested opportunity. Asking others for advice on the matter might lead you to adjust your plan. Lucky numbers: 11, 13, 19, 26, 34, 40.

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

Did You Know...

Leafy green: Watercress is a leafy green that has lots of nutrients. A town called Alresford in Hampshire, England, is known for it. There it grows wild and has been cultivated since the mid-1800s.

Tiny strings: The ukulele, or "uke," is part of the guitar family. This musical instrument, which has Hawaiian roots, has four strings and a body that looks like a small guitar. There are four sizes: soprano, concert, tenor, and baritone.

Umbrella trap: Black egrets, which live in Africa, hunt by spreading their wings into an umbrella shape while wading. This reduces the glare on the water and helps lure fish into the trap. The technique is called "canopy feeding."

Hair colour: When describing hair colour, people are accustomed to using such terms as blond, brunette, brown, or gray. Hair is often called "chestnut" when it is brown, but tinged with a little bit of red. The colour can be popular among celebrities.

Wire art: Ruth Asawa (1926-2013) was a Japanese American sculptor whose interesting and renowned works included some in which she used wire as her medium. In 2020, some of her works were featured on U.S. postage stamps.

On the Lighter Side

Biff: "I heard a new joke the other day. I wonder if I told it to you."

Boff: "If it was funny, then you didn't."

How was the skunk revived after fainting? With smelling salts.

My spouse accused me of being immature. I said to get out of my fort.

Knock! Knock! *Who's there?* Rowan. *Rowan who?* Rowan a boat is hard work!

How did Pat pass the geometry test without studying? By knowing all the angles.

Answers

Trivia answers: 1. Robert Indiana 2. Gary Oldman 3. Mantle 4. Kuala Lumpur 5. Scotland

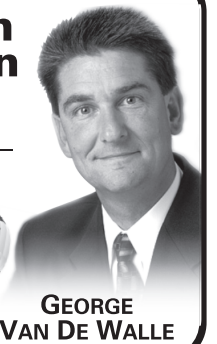
For available franchise opportunities - visit coffeenewscanada.com
© Published with Permission by Capital Marketing Ltd

WHY RENT ...when you can BUY?

You may be financially ready - and don't even know!

Call George about **real solutions** to build equity:
780.982.4247

www.georgevandewalle.com



GEORGE VAN DE WALLE

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!



Reader of the Month
Bibian Lloren from Edmonton

Coffee News Fun Reading. Serious Advertising.

FLAT RATE ALFA TAXI

SERVING SHERWOOD PARK AND AREA

780.410.0667

Airport - \$40. Anywhere in Sherwood Park - up to \$10.*
*Except weekends and evenings.

Reasonable flat rate anywhere • 24 Hr. Service.
Toll Free 1.855.688.2941

QUIT SMOKING TODAY!

Free juice bar with over 200 flavours to sample

Incredibly helpful staff who will set up your new device and teach you how to use it

Hours

- Mon- Thurs 11 am-9 pm
- Friday 11 am-10 pm
- Saturday 12 pm-10 pm
- Sunday 12 pm-5 pm

Liberty Vape

eCig • eJuice • Tech

about 20 steps north of Jasper Ave. on 105 St.

780.893.1838

libertyvape.ca

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

Happy Halloween

from your friends at
Coffee News

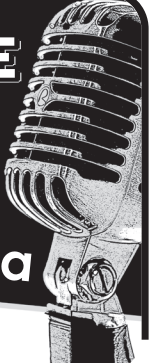


STOP STREAMING! IT'S FUNNIER LIVE

AT THE COMIC STRIP
BOURBON STREET, WEST EDMONTON MALL

PURCHASE TICKETS ONLINE AT
thecomicstrip.ca

Rick Bronson's
THE COMIC STRIP
DRINK • DINE • LAUGH



WE CLEAN YOUR HOME LIKE IT'S OUR OWN!

- ◆ Weekly/Biweekly/Monthly Personalized Cleans
- ◆ Move In/Outs
- ◆ Residential and Small Business

ASK ABOUT OUR SENIORS' RATES!



NOBODY CLEANS LIKE MOM

780.700.6686 • www.nobodycleanslikemom.com

25 WORDS OR LESS
WEEKDAYS 3PM
yesTV

RETIREMENT LIVING CHRISTENSON
Optional Meals • Personalized Services • On-site Care

Join Our Safe & Social Community

Westmount



Scan QR Code

Ask about our rental promotion

Full Kitchens • Social & Recreation • U/G Parking

13317-115th Ave, Edmonton

780-452-2030

CDLhomes.com



inogen
FREEDOM. TO BE YOU.

1-888-998-6714