

**THIS SPACE FOR RENT**  
**780-220-6397**

**FREE!** *New Issue Every Week!*  
**Coffee News**<sup>®</sup>  
"News To Be Enjoyed Over Coffee"  
**Whitecourt Edition**  
**877-553-6397**  
www.coffee-news.ca



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' Chòmhradh, 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 Bainne, 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, Xeal, 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**

**Oct 29 - 2022 Firefighters Ball** Westlock Memorial Hall, 9903106 Street. Cocktails: 5 p.m. Dinner: 6:30 p.m. hhowey@westlock.ca or 780-350-2112 for tickets

**Oct 25 - Howl Masquerade** The Howl Masquerade concert is where singers, costumes and Halloween all come together in an awesome event for youth and families. Horizon Stage Theatre. 1001 Calahoo Rd. Spruce Grove. \$15 per ticket. All ages event.

**Nov 13 - Devon Christmas Arts Market** Kicking off the x-mas season with our amazing artists and artisans. Noon to 4 pm, Devon Community Centre 20 Haven Ave. Devon

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

**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](http://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 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.

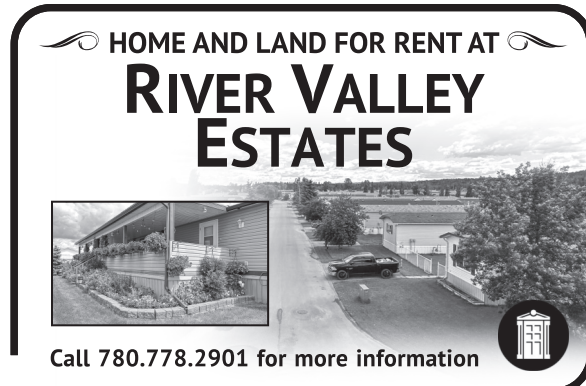
**Trivia**

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

(Flip bottom of page for answers)

(Over)

**HOME AND LAND FOR RENT AT RIVER VALLEY ESTATES**  
Call 780.778.2901 for more information



Family Owned Local Alberta Business Since 1986  
**WIN A \$500 Gift Certificate**  
www.directworkwear.com  
Always low prices & great deals... save money.



**BLUE BLOODS**  
MON - THURS 9:00  
yesTV



HEALTH | BEAUTY | PREVENTION  
**THE IMPORTANCE OF SKIN CARE**  
780.706.6690  
Aesthetics CLINIQUE 4908-51 Ave. Whitecourt  
WAXING | LASER HAIR REMOVAL | FACIALS | MUCH MORE!



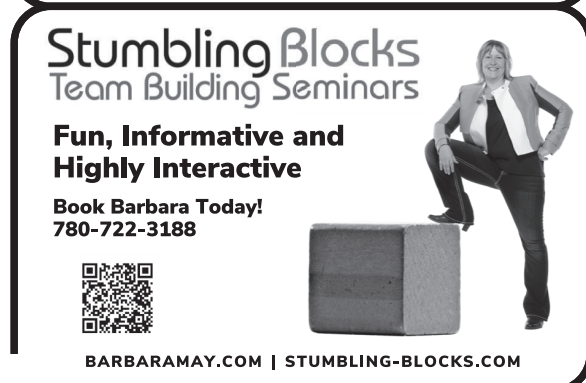
**WE BUY USED GOLD AND DIAMONDS**  
Blue Diamond Jewellers  
780.968.0040  
Main Street, Stony Plain  
www.bluediamondjewellers.com



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  
<https://zettatelecom.com>  
DEDICATED TO FINDING OUR CLIENTS THE BEST SOLUTIONS WITHIN THEIR BUDGETS



**Stumbling Blocks Team Building Seminars**  
Fun, Informative and Highly Interactive  
Book Barbara Today! 780-722-3188  
BARBARAMAY.COM | STUMBLING-BLOCKS.COM



2009-2022 MODELS  
**CARSWANTED.CA**  
USA BUYER WANTS YOUR VEHICLE!  
TRADE IN, LEASE BUYOUTS, FLEET UNITS... ANY CONDITION!  
LOCAL PICKUP, INSTANT CASH OR CERTIFIED FUNDS  
587-805-1500



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



**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



Home | Auto | Business | Farm  
**Insurance that fits**  
780.778.3000  
5024 51 Ave, Whitecourt  
BrokerLink Insurance  
©2022 BrokerLink Inc. \*BrokerLink & Design is a trademark of BrokerLink Inc. All rights reserved.



**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.  
780.778.3030  
New address: 4723-50 Ave., Whitecourt  
H&R BLOCK



**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**  
and **\$30,000 LUMP SUM REFUND**  
For Expert Help: 1.844.453.5372  
FREE ASSESSMENT CALL TODAY!  
BBB



**Prepare for power outages today**  
WITH A HOME STANDBY GENERATOR  
REQUEST A FREE QUOTE  
CALL NOW BEFORE THE NEXT POWER OUTAGE  
(888) 688-0973  
FREE 7-Year Extended Warranty! An \$895 Value!  
GENERAC



**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



# Recipe of the month



## Pumpkin Lasagna


1/2 pound sliced fresh mushrooms  
1 small onion, chopped  
1/2 teaspoon salt, divided  
2 teaspoons olive oil  
1 can (15 ounces) solid-pack pumpkin  
1/2 cup half-and-half cream  
1 teaspoon dried sage leaves

Dash pepper  
9 no-cook lasagna noodles  
1 cup reduced-fat ricotta cheese  
1 cup shredded part-skim mozzarella cheese  
3/4 cup shredded Parmesan cheese

Prep Time: 25 min. Bake: 55 min. + standing  
Yield: 6 servings

- In a small skillet, saute the mushrooms, onion and 1/4 teaspoon salt in oil until tender; set aside. In a small bowl, combine pumpkin, cream, sage, pepper and remaining salt.
- Spread 1/2 cup pumpkin sauce in an 11x7-in. baking dish coated with cooking spray. Top with 3 noodles (noodles will overlap slightly). Spread 1/2 cup pumpkin sauce to edges of noodles. Top with half of mushroom mixture, 1/2 cup ricotta, 1/2 cup mozzarella and 1/4 cup Parmesan cheese. Repeat layers. Top with remaining noodles and sauce.
- Cover and bake at 375° for 45 minutes. Uncover; sprinkle with remaining Parmesan cheese. Bake 10-15 minutes longer or until cheese is melted. Let stand for 10 minutes before cutting.

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



# 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](http://coffeenewscanada.com)  
© Published with Permission by Capital Marketing Ltd

# Congratulations

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

Your prizes  
are in the mail!

Marlys Zee  
Marilyn Eschshyn  
Cathy Blachand  
Melanie Spence

Enter today for  
your chance to win at  
[www.coffee-news.ca](http://www.coffee-news.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.

## Fast wireless home Internet with truly unlimited data.

Call 1-866-218-8782 to sign up

Go beyond. [xplore.ca](http://xplore.ca)



## inogen

FREEDOM.  
TO BE YOU.

1-888-998-6714

MKT-P0253

## 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

- Mobile Bench™
- Field Provers
- High Sour/Pressure
- Chart Calibration
- Zedi Calibration

MEASUREMENT INC.



780-621-2555  
[www.MeasurementInc.ca](http://www.MeasurementInc.ca)

PORTABLE  
TEST  
SEPARATOR  
RENTALS

## 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](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

## 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

# Happy Halloween

from your friends at  
**Coffee News®**



## 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](mailto: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  
Jessica Montgomery from Hinton

Coffee News® Fun Reading. Serious Advertising.