

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:
 • Your name
 • Your phone number and
 • 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.

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 Accredited

WHAT DO YOU WANT TO DO TODAY?



BOOK NOW!
 WILDLIFE DISCOVERY | HALFDAY TRAIN TOURS | DOGSLEDDING
 SIGHTSEEING TOURS | MALIGNE CANYON ICEWALKS

Visit our site to book **www.SunDogTours.com**
 or call us at **1.888.786.3641**

Machining | Welding | Fabrication



GW GROVE MACHINE & WELDING

- Ramps
- Flywheels
- Farming Equipment
- Gear Parts
- ...and more

780-962-1772 CALL US TO DISCUSS YOUR PROJECT!
 www.grovemachnewelding.com | 35 South Ave., Spruce Grove

First Time Customers: 10% Off*
 *In a maximum of \$300

LARGEST SELECTION of brother Machines and Accessories



brother at your side

802450

Come in for a test drive!
 Mon-Fri, 9 am - 5 pm Sat, 9 am - 3 pm

NEW LOCATION NOW OPEN!

SOUTH 780.469.1147 **WEST 780.486.0047**
 8649-63 Ave., Edmonton 18514-104 Ave., Edmonton

www.centalsewing.com

SEWING | EMBROIDERY | QUILTING | INDUSTRIAL | SERVICE

Get Your Meters' Calibrations Right

We are committed to providing 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

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

FREE! **New Issue Every Week!**

Coffee News®

"News To Be Enjoyed Over Coffee"

Edson Edition
877-553-6397



www.coffee-news.ca Est. 1988

Vol. 19 No. 46 November 14, 2022

Everybody's Talking

Special date: August 25 has become a huge celebration day for the Lammert family of Oviedo, Florida (U.S.). That's because the three children of the family—sisters Sophia, Giuliana, and Mia—were all born on that day, three years apart (2015, 2018, and 2021). Parents Kristin and Nick Lammert were amazed when their first two daughters' births landed on that date, but with Mia's due date being September 8, they didn't think it would happen again. But due to some complications in the pregnancy, Mia arrived two weeks early. Having three children in the same family sharing the same birthday is a very rare occurrence.

Old bird: A very old bird likes to fly back to her nest on Midway Atoll in the Hawaiian archipelago to lay her eggs and raise her young. The bird's name is Wisdom, and she is a Laysan albatross who is approximately 70 years old. She is well known by present-day biologists, whose predecessors banded her in 1956. Wisdom has had the same mate, Akeakamai, for the past 10 or 11 years, and the pair has become parents a few times. They take turns with their duties, with one keeping the nest warm while the other flies many miles during outings in search of food. Wisdom is thought to be the oldest wild bird in the world.

A little late: What if you feel ill, take a nap, and wake up hungry, but it's closing time at your favourite restaurant? This happened to an Australian man, so when he placed an online order for fettuccine carbonara, he explained why he was ordering so late. He said he wouldn't mind if the restaurant canceled his order so the staff could close up. His kindness did not go unnoticed. Not only did the restaurant fill and deliver his order, it arrived with a handwritten note assuring him that the staff didn't mind preparing his food. On top of that, they included free garlic bread, hoping it would help him feel better.

Human power: A man from England named Jason Lewis was the first person to circumnavigate the world without using any kind of non-human power, not even the wind in a sail. He began in 1994, and the trek took him 13 years. First, he and a friend named Stevie Smith (who later dropped out) bicycled through Europe. To cross the Atlantic, they used a custom-made pedal boat with a sleeping compartment. Other methods of transportation included roller blades, a kayak, and foot power when hiking and walking. Lewis is planning another trip with his wife Tammie, to circumnavigate the United Kingdom and Ireland using only human power.

Quoteable Quotes

"The winds and waves are always on the side of the ablest navigators."
 —Edward Gibbon

"Those who expect to reap the blessings of freedom must...undergo the fatigue of supporting it."
 —Thomas Paine

What's Happening

Nov 20 - Smash Bros Video Game Tournament Children 12 Under Guaranteed at least one battle Free slice of pizza water Prizes to be won! 11 Am to 1:30 PM. The West Fraser Guild: Home of the Performing Arts Theatre of Hinton. 780-223-2787.

Dec 2 - Stand Parade 7:00 pm - 8:30 pm

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

Dec 11 - Devon Christmas Arts Market Our last market of the year. The Devon Arts Market features the best of our local artists and artisans, with offerings just in time for Christmas.-- Noon to 4 pm, Devon Community Centre 20 Haven Ave.

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**

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. What instrument did Louis Armstrong play?
2. This breed is the fastest dog on earth.
3. In what region of Spain and France did the sport jai alai originate?
4. Who was the publisher of the Poor Richard's Almanak?
5. French aviator Antoine de Saint-Exupéry wrote what book?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd
 (Over)

WE BUY USED GOLD AND DIAMONDS



Blue Diamond Jewellers

780.968.0040
 Main Street, Stony Plain
 www.bluediamondjewellers.com

Home | Auto | Business | Farm

Insurance that fits

587.817.6227
 1, 414 50 St, Edson
BrokerLink.ca

BrokerLink Insurance

©2022 BrokerLink Inc. "BrokerLink & Design" is a trademark of BrokerLink Inc. All rights reserved.

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

THIS SPACE FOR RENT

780-220-6397

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**

SHOP DIRECT WORKWEAR ONLINE
www.directworkwear.com

Enter to **WIN a \$500 Gift Certificate**

SCAN THIS CODE TO ENTER

Where Safety Meets Savings

Competitive Pricing
 Knowledgeable Service
 Great Selection
 Check Out Our Sale Page For Even Better Deals



DIRECT WORKWEAR LTD.
 Since 1986

WHEEL OF FORTUNE

WEEKNIGHTS 7PM/6PST
yesTV



SHOP ONLINE!
www.scubagearcanada.ca

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

The Dive Outfitters
 Scuba Diving & Snorkeling

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

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

BEST OF HAWAII FOUR-ISLAND TOUR

12 days, departs year-round

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

1-877-699-7003
 promo code N7017

VMT vacations

* 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.

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

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

Lest We Forget

Coffee News remembers and honours our heroes

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

Transform lives, one wish at a time.

Make-A-Wish.

Visit makeawish.ca

inogen

FREEDOM. TO BE YOU.

1-888-998-6714

MKT-P0253


Fast wireless home Internet with **truly unlimited data.**

Call 1-866-218-8782 to sign up


Go beyond. **xplore.ca** xplore **X**

Your Weekly Horoscope


ARIES
 (March 21 - April 20)

 This week can provide a brief respite from what may have been a busy and stressful recent period. Use this moment to re-charge your energy as you look toward the future. Lucky numbers: 12, 16, 20, 27, 45, 47.


TAURUS
 (April 21 - May 21)

 You may find yourself searching for a purpose that you can personally identify with. This can be an opportunity to show your unique and authentic self to the world. Lucky numbers: 2, 3, 12, 30, 37, 42.


GEMINI
 (May 22 - June 21)

 Your ambition may be strong right now and you might feel thwarted by the actions of others. Adjust your own attitude in the matter to avoid ego clashes and power struggles. Lucky numbers: 3, 11, 19, 27, 29, 30.

CANCER
 (June 22 - July 22)

 Many seek a pot of gold at the end of the rainbow. For Cancers, this focus tends to not be on material wealth, but on security and happiness for those who belong to you. Lucky numbers: 8, 14, 21, 33, 39, 48.


LEO
 (July 23 - Aug. 23)

 Your natural enthusiasm and charisma may be very visible to others right now. Using this dynamic to negotiate a win-win outcome for everyone involved might be in your best interest. Lucky numbers: 6, 21, 37, 38, 41, 38.

VIRGO
 (Aug. 24 - Sept. 23)

 Many Virgos are detail-oriented perfectionists. This trait may be highlighted right now. Working solo this week might be best for you, instead of in a group endeavour. Lucky numbers: 10, 20, 25, 35, 36, 45.

LIBRA
 (Sept. 24 - Oct. 23)

 At week's end, you may find that achieving the balance of heart and mind, which can be elusive for Libras, might be easier. Perhaps this is a time to make an important decision. Lucky numbers: 5, 9, 13, 18, 47, 48.

SCORPIO
 (Oct. 24 - Nov. 22)

 The last month may have included a deep dive into your psyche. A recap of your insights over this period might be helpful. Things may light en up soon. Lucky numbers: 4, 9, 11, 29, 45, 48.


SAGITTARIUS
 (Nov. 23 - Dec. 21)

 You may be entering a period where your focus could be on romantic relationships. As this time unfolds, remember that good communication is an important key to a strong relationship. Lucky numbers: 15, 20, 24, 29, 34, 37.


CAPRICORN
 (Dec. 22 - Jan. 20)

 Capricorns have been undergoing a long period of transformation and change. Right now you might gain insight into how far you have come and how much further you have to go. Lucky numbers: 14, 23, 27, 36, 37, 44.

AQUARIUS
 (Jan. 21 - Feb. 19)

 You may be feeling a conflict now between what you want for yourself and the service others need from you. To be happy, find a compromise that allows for some of both. Lucky numbers: 7, 9, 32, 33, 39, 48.

PISCES
 (Feb. 20 - March 20)

 The astrological landscape is very active for Pisces right now. If you find yourself wading through old territory, maybe stop and listen for the message your inner self is trying to convey. Lucky numbers: 1, 7, 16, 21, 28, 35.

Lucky numbers this week: This week's odds favour Taurus winners with the luckiest number being 3.

Did You Know...

Bridge history: New Brunswick, in eastern Canada, is known for its large number of covered bridges, a total of 58. Called "kissing bridges," most are maintained by the province's Department of Transportation and Infrastructure.

Famous lady: Jackie Kennedy, whose maiden name was Jacqueline Lee Bouvier, married John F. Kennedy in 1953, before he became President of the United States in 1960. She was a photographer, journalist, and later an editor.

Wild cats: Cougars, also known as pumas, panthers, and mountain lions, are large, wild felines that live in the Americas. They are carnivores that eat deer, elk, sheep, rodents, and other animals they can catch.

Poisonous sap: Giant hogweed, which originates in southeast Asia, is considered an invasive species in North America. It is a tall plant with umbrella-like white blossoms. But the sap can cause severe blisters, so do not touch the plant.

Musical history: American musician Dave Grohl, of Nirvana and Foo Fighters fame, started his musical career 1984. He was in a few different bands, such as Freaky Baby, Mission Impossible, and Dain Bramage.

On the Lighter Side

Mrs. Jones: "Is your house warm?"
 Mrs. Smith: "It should be. The painters gave it three coats last week."

Why did the athlete take up bowling? She thought it would be up her alley!

A sports arena is a great place to spend a hot day. It's full of fans.

Knock! Knock! Who's there? Joanna. Joanna who? Joanna build a snowman?

What did the alien say to the eggs? Take me to your beater.

Answers

Trivia answers: 1. Trumpet 2. Greyhound 3. Basque 4. Benjamin Franklin 5. The Little Prince

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

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

LegalShield

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

CANADA'S #1 RETAIL WINDOW COVERING FACTORY

real blinds

FREE DESIGN CONSULTATION
 COMMERCIAL • RESIDENTIAL • WHOLESALE

780.741.2376
 Toll Free 1.855.846.7325
REALBLINDS.CA



Helping With Your Safety Needs

SAFETY LOGIC
 Service Provider Corp.

Courses: First Aid • H2S Alive • Equipment

Field Services: Medics • Confined Space

Safety Programs: SECOR/COR • Audits

AND MORE!
Health Assessments: Drug & Alcohol • Audio Custom Plugs

780-712-6602
booking@safetylogic.info



GENERAC

Prepare for power outages today

FREE
 7-Year Extended Warranty
 An \$895 Value!

REQUEST A FREE QUOTE
 CALL NOW BEFORE THE NEXT POWER OUTAGE
(888) 688-0973

*To qualify, consumers must request a quote, purchase, install and activate the generator with a participating dealer. Call for a full list of terms and conditions.

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

- 1 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.
- 2 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.
- 3 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>

Congratulations

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

Your prizes are in the mail!

Marlys Zee
Marilyn Eschyshyn
Cathy Blachand
Melanie Spence



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

Get More Traffic, Leads & Sales



- Website Development
- Google Ads
- Facebook Advertising
- Social Media Management
- SEO & Content Marketing
- Reporting & Analytics

Frontline
 web consulting

780.760.6922
frontlineconsulting.ca