

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

Family Owned Local Alberta Business
Since 1986

SCAN THIS CODE TO ENTER

WIN A \$500
Gift Certificate

www.directworkwear.com

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

THIS SPACE FOR RENT

780-220-6397

25 WORDS OR LESS
WEEKDAYS 3PM
yes TV

ET Calls You Home!

780.907.2537 | ericathiering@hotmail.com

Call or text Erica and let me bring you to your new home.

Erica Thiering
ASSOCIATE

NOW REAL ESTATE GROUP

Don't let interest rates scare you from finding your dream home!

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

Transform lives, one wish at a time.

Make-A-Wish.
Visit makeawish.ca

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

Dare To Be Plastic-Free!

Vegan products in compostable or recyclable packaging

AM SOAPS Sustainable Products

Shop now at amsoups.com
or at Tilley Auctions: 4728-50 Avenue, Redwater
Phone 780-201-8585

Zero Waste Vegan:

- Solid Dish Soap
- Solid Shampoo
- Solid Body and Face Soaps
- Aluminum-free, baking soda-free Deodorant
- Solid Lotions

FREE! New Issue Every Week!

Coffee News®

"News To Be Enjoyed Over Coffee"

Sturgeon County Edition
780-220-6397

www.coffee-news.ca Est. 1988

Vol. 19 No. 47 November 21, 2022

Everybody's Talking

No cars: Anyone wondering what it would be like to live in a town without vehicles could go to Chamois in northwestern Italy. The only way in and out of this alpine village, located high in the mountains in the general vicinity of the Matterhorn, is by hiking trails or cable car. Back in the 1960s, residents didn't even have the cable car! At that time, the people of the village decided against building a road to the valley below and instead built the cableway, which was updated in 2001. Today, Chamois is a resort town with a goal of being environmentally sustainable. Visitors can hike and cycle in the summer and ski in the winter.

Rare cattle: Shodoshima Island, nicknamed "Olive Island," in Japan's Kagawa Prefecture has a perfect microclimate for growing olives. In the mid-2000s, farmer Masaki Ishii wanted to find a use for "lees," the olive pulp left from the oil-making process. The farmer tried feeding it to his herd of the island's prized wagyu cattle. They balked until he tried toasting the pulp, and the cattle ate it up. What the farmer didn't realize at the time was that, along with sustainably and efficiently using an island industry's waste product, he was producing "olive wagyu," which has become a rare but sought-after type of beef because of the unique taste that results from the cattle ingesting olive pulp.

Dirt-filled room: City folk who would like to get back to nature might consider visiting the New York Earth Room at 141 Wooster Street in the SoHo neighbourhood of New York City (U.S.). This room is, literally, filled with dirt, and has been for 45 years. The second-floor gallery holds 250 cubic yards of the stuff. The attraction is the creation of artist Walter De Maria who was commissioned by the Dia Art Foundation. Since the exhibit's 1977 opening, people have been visiting this room of dirt with its loamy scent. They aren't allowed to touch it or take pictures. Amazingly, considerable work goes into taking care of the dirt, which must regularly be raked and watered.

Seal pups: From about May to September every year, a pool at the base of a waterfall becomes a playground for a large number of seal pups from the the Ohau Point Seal Colony on New Zealand's South Island. The pups, who are born in November, are part of the colony on the Kaikoura coast. Even though the waterfall is on private land, the owners have allowed tourists to come by for a free look at these marine animal babies. But a 2016 earthquake caused considerable damage to the waterfall. The site became dangerous for humans to visit.

Quoteable Quotes

"What I like in a good author is not what he says, but what he whispers."
—Logan Pearsall Smith

"He who thinks himself wise, O heavens! is a great fool."
—Voltaire

What's Happening

Nov 25 - The Giving Tree Help make a difference. Stop by the Morinville Community Cultural Centre and select an envelope from our giving tree that will provide you with the information you need to purchase a gift for an individual. 9 AM to 4 PM. 9502 100 Avenue

Nov 18 - Classic Albums Live and its roster of A-list musicians from across the country will be performing Billy Joel's The Stranger exactly as you remember hearing it, note for note, cut for cut. 7:30 PM. Shell Theatre, 8700 - 84 Street Fort Saskatchewan

Nov 26 - Festival of Trees Christmas Cabaret. Doors open 5:30. Dinner 6:30. Live Auction, 5050, Dueling Pianos. Contact Amy at 780-674-2216 X 250 for more info

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

1. Which fish species spawns the most eggs?
2. The island of Rhodes is part of Greece, Spain, or Britain?
3. What is Paraguay's form of government?
4. Who played Vampire Count Orlok in the 1922 film Nosferatu?
5. Who farmed peanuts before becoming U.S. president in 1977?

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

5120-41 Street
(Located in Gibbons Industrial Park)

GIBBONS MINI STORAGE

STORAGE UNITS STARTING AT \$85 PER MONTH

24 HR. SURVEILLANCE

KEYPAD ACCESS

LOCALLY OWNED AND OPERATED

Country Pricing... with City Service!

O: 780-271-0469
C: 780-916-5843

www.gibbonsministorage.ca

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

Your Favourite Auction House
NOW SERVING STURGEON COUNTY

View and bid at our upcoming auctions online! Links at:
www.tilleyauctions.com
Find us live at 4728-50 Avenue, Redwater

Tilley Auctions

Phone Aaron Tilley with all inquiries or to consign at 780-792-8679

PROUDLY SERVING NORTHERN AB: Cold Lake • Bonnyville • Fort McMurray • Lac La Biche • St. Paul • Elk Point • Sturgeon County

Don't miss out!

BLACK FRIDAY PROMO

50% OFF

any 6 or 12 month Coffee News® ad campaign*

Scan QR code for more information, and a representative will be in touch

* Offer valid November 16-30, 2022
* Category restrictions may apply
* Offer available for all editions published by Capital Marketing Inc.

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

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

Sil Industrial Minerals We're Ready.

Western Canada's leader in industrial sands, blasting abrasives and equipment

WE'RE HIRING

Lamont County, AB
(Hwy 38 & RR204)

To find out more, visit sil.ab.ca/careers or call us at 780-796-3939



like us

Mac & PC Repair, Tech Support
iPhone & iPad Repair
Used Apple Device Sales
Upgrades, Repairs, and (Used) Sales

one bite technology

587.290.0200
www.onebitechtechnology.ca

Retail store now open!
22A Muir Drive, St. Albert

We are your Apple experts!

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

We truck wild Alaskan salmon from the boat to the prairie folk!

Best quality salmon at the best price for Albertans!

Flash Frozen at Sea, which maintains its freshness, taste and quality, making it safer to eat.

- Volume discounts - 1000lb and up!
- Buy 10, get 1 free (includes cases, freshly smoked or fillet)
- Legal - provincial and federal inspected

778-835-0239 Follow us 

Starting at \$4.25/lb plus head off and cleaned



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!

LegalShield 1-877-579-9449



Fast wireless home Internet with truly unlimited data.

Call 1-866-218-8782 to sign up

Go beyond.  xplore.ca 

Western Equine Facility
BOARDING | LESSONS

KG COUNTRY STABLES

Lessons ranging from beginner and up, tailored to your specific needs and offered in a beautiful outdoor setting, providing therapy for your soul through horses and nature...

780.265.4371 | kgcountry@gmail.com

A "Bit" On The Side... Struggling with brain fog, tiredness, or lack of dieting will power? We might have a solution!



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



Your Weekly Horoscope


ARIES
(March 21 - April 20)

This week may hold the potential for insight about an old wound to emerge from deep within your psyche. The revelation might provide an opportunity to experience forgiveness and self love. Lucky numbers: 1, 3, 8, 14, 20, 48.




TAURUS
(April 21 - May 21)

Have you recently stumbled in your interactions with others? Perhaps adjust your viewpoint to be more flexible about a solution. If you do, things might improve at week's end. Lucky numbers: 12, 15, 19, 28, 37, 42.




GEMINI
(May 22 - June 21)

Geminis value intelligence and the realm of the mind. For the next couple of weeks, though, getting out of your head and exploring your feelings may be valuable. Lucky numbers: 8, 11, 12, 21, 37, 38.




CANCER
(June 22 - July 22)

Cancers are most comfortable in their shells, both physical and emotional. The energy this week may provide an opportunity for you to step out of it, if you adjust your view. Lucky numbers: 7, 9, 12, 14, 39, 46.



LEO
(July 23 - Aug. 23)

Leos sometimes exhibit the qualities of childhood well into their adult lives. With conscious effort now, these individuals might begin to add a mature, nurturing quality that others could see. Lucky numbers: 21, 22, 28, 36, 37, 43.




VIRGO
(Aug. 24 - Sept. 23)

For the next few weeks, you may not feel like your normally well-grounded self. You might just wait out this period, or you could use it to expand your comfort zone. Lucky numbers: 3, 10, 14, 16, 17, 39.



LIBRA
(Sept. 24 - Oct. 23)

Libras often focus on keeping things smooth with others. However, now you may find you have a strong desire to be sure your needs are met, even if that churns the waters. Lucky numbers: 6, 17, 19, 31, 39, 42.




SCORPIO
(Oct. 24 - Nov. 22)

You may find there is the potential right now for deep and emotional conversations with others. Try to be careful that you don't reveal something the others might not be ready to see. Lucky numbers: 5, 24, 25, 35, 38, 44.




SAGITTARIUS
(Nov. 23 - Dec. 21)

The Sun will return this month to where it was at your time of birth. You may discover a new opportunity to communicate your most heartfelt goals to others. Lucky numbers: 2, 4, 7, 15, 19, 22.




CAPRICORN
(Dec. 22 - Jan. 20)

The sense of accomplishment from building lasting achievements is important to most Capricorns. That feeling may be highlighted now. How might you use it to accomplish more? Lucky numbers: 11, 14, 17, 18, 29, 32.




AQUARIUS
(Jan. 21 - Feb. 19)

Aquarians are often humanitarians. However, you may be entering a period of unrealistic idealism about this. Try to focus on serving others in a way that is achievable. Lucky numbers: 13, 15, 19, 24, 36, 48.



PISCES
(Feb. 20 - March 20)

At midweek, your luck may begin to change in a positive way. However, try to take off your rose-coloured glasses and make a clear-eyed evaluation of all possible opportunities. Lucky numbers: 16, 20, 22, 26, 36, 45.



Lucky numbers this week: This week's odds favour Capricorn winners with the luckiest number being 32.

Did You Know...

Sinkhole: The Grotta della Poesia, which means "Caves of Poetry," is a water-filled sinkhole on the Adriatic coast of Italy near the town of Roca. Tourists enjoy the water and the scenery, and there is a cave for divers to explore.

In it together: Buses are used to take many people to a destination or a series of destinations, all at the same time. The word "bus" has its origin in the Latin word "omnibus," which means "for all."

Ancient tomb: King Tutankhamen's 3,000-year-old tomb was discovered in 1922 in Egypt's Valley of the Kings by British archaeologist Howard Carter and his team. A step leading to the burial room was the first thing they found.

Hard cheese: A cheese called chhurpi, made in Nepal, has the reputation of being the hardest in the world. This extremely chewy cheese is made from milk that comes from a chauri, which is park yak and part cow.

Colourful snails: Cuba is home to a species of snail that are a variety of vibrant colours, from bright yellow to orange to violet, and more. They are called Polymita, but are commonly known as "painted snails."

On the Lighter Side

Cinderella was terrible at sports. Probably because the coach was a pumpkin.

If you think raining cats and dogs is bad, try hailing taxis.

Knock! Knock! Who's there? Toodle. Toodle who? Toodle who to you, too!

How does a sheep rancher take care of his workers? Shear and shear alike.

Customer: "I have a complaint."
Waiter: "A complaint? This is a restaurant, not a hospital."

Answers

Trivia answers: 1. Mola, or ocean sunfish 2. Greece 3. Presidential republic 4. Max Schreck 5. Jimmy Carter

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

inogen

FREEDOM. TO BE YOU.

1-888-998-6714



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




Fall has arrived and so have the rebates for natural gas

Starting October 1 Alberta's natural gas rebate program provides price protection from spikes in natural gas costs for millions of Albertans.

From Oct. 1 through March 31, any time the monthly default rate exceeds \$6.50 per gigajoule, a rebate will be issued to all eligible Albertans to help cover the increased costs of the natural gas or other petroleum-based heating fuels consumed that month.

Hon. Dale Nally, MLA
MORINVILLE - ST. ALBERT
780-572-6161
Morinville.Stalbert@assembly.ab.ca



IS ADVENTURE ON YOUR BUCKET LIST?

The Dive Outfitters

Scuba Diving & Snorkeling
780.483.0044
11781-156 St., Edmonton

www.thediveoutfitters.ca

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

Learn to Scuba Dive
Ask about our Buddy Special

Discover Snorkeling
1-Hour Lesson at the Pool!
Snorkeling Sets for the Family



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.



WEBSITES From \$129/Month

(780) 760-6922
FRONTLINECONSULTING.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



Are your ducks all in a row...?

Offering years of paralegal experience to assist you by preparing documents such as:

- Last Will and Testament
- Enduring Power of Attorney
- Personal Directives

WILLPOWER WILLS
EXPERIENCED. DEDICATED. KNOWLEDGEABLE.

780-418-7611
Call Terri today for a FREE consult.

TERRI BRUNNING

RATES AS LOW AS \$150 FOR WILLS

