

WEBSITES

From \$129/Month

(780) 760-6922

FRONTLINECONSULTING.CA

WESTLOCK & DISTRICT CHAMBER OF COMMERCE

westlockchamberofcommerce@gmail.com
www.westlockchamber.com

LUNCH MEETINGS ON THE SECOND LAST TUESDAY OF EVERY MONTH 12-1 p.m.

Westlock Legion 10004-106 St.

Visit our website for more information

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



Transform lives, one wish at a time.

Make-A-Wish.

Visit makeawish.ca

GENERAC

Prepare for power outages today WITH A HOME STANDBY GENERATOR

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.

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

Recipe of the month

Citrus-Herb Pork Roast

- | | |
|--|---------------------------------------|
| 1 boneless pork sirloin roast (3 to 4 pounds) | 1 tablespoon white grapefruit juice |
| 1 teaspoon dried oregano | 1 tablespoon steak sauce |
| ½ teaspoon ground ginger | 1 tablespoon reduced-sodium soy sauce |
| 1/2 teaspoon pepper | 1 teaspoon grated orange zest |
| 2 medium onions, cut into thin wedges | ½ teaspoon salt |
| 1 cup plus 3 tablespoons orange juice, divided | 3 tablespoons cornstarch |
| 1 tablespoon sugar | Hot cooked egg noodles |
| | Minced fresh oregano, optional |

Prep Time: 25 min. Cook: 4 hours Yield: 8 servings

- Cut roast in half. In a small bowl, combine the oregano, ginger and pepper; rub over pork. In a large nonstick skillet coated with cooking spray, brown roast on all sides. Transfer to a 4-qt. slow cooker; add onions.
- In a small bowl, combine 1 cup orange juice, sugar, grapefruit juice, steak sauce and soy sauce; pour over top. Cover and cook on low for 4-5 hours or until meat is tender. Remove meat and onions to a serving platter; keep warm.
- Skim fat from cooking juices; transfer to a small saucepan. Add orange zest and salt. Bring to a boil. Combine cornstarch and the remaining orange juice until smooth. Gradually stir into the pan. Bring to a boil; cook and stir for 2 minutes or until thickened. Serve with pork and noodles; if desired, sprinkle with fresh oregano.

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

Bras Briefs Boxers Bikinis

Romantic Notions inc.

#30, 210 McLeod Ave., Spruce Grove

780.962.4944 | 1.855.962.4944

www.romanticnotions.ca

@romanticnotionsab @romanticnotionsboutique

30 YEARS OF EXCELLENCE FINDING THE BEST BRA FIT FOR ALL BODIES



Affordable-Effective-Exclusive-CALL NOW!

FREE!

New Issue Every Week!

Coffee News®

"News To Be Enjoyed Over Coffee"

Westlock Edition

877-553-6397



www.coffee-news.ca

Est. 1988

Vol. 20 No. 5 January 30, 2023

Everybody's Talking

Big tater: A couple from a farm near Hamilton, on New Zealand's North Island, unearthed a potato they named "Doug." While weeding their garden, Colin Craig-Brown and his wife Donna discovered the gigantic tater. All lumps and bumps, it weighed 7.9 kilograms (17.4 pounds). The pair had to use a pitchfork to excavate the enormous vegetable. At first, they didn't know what they'd uncovered. They only use ordinary fertilizers to help their garden, and so they were bewildered by the size of the potato. The couple is talking to the folks at Guinness World Record to see if their potato could beat the current 4.9-kilogram record holder

All the same: People all around the globe are familiar with the experience of attempting to cut a cake, pie, or pizza into equal portions so that all diners receive the same amount. Getting the slices to be the same size is hard. Students from Kundong High School in the Oita Prefecture of Japan have found a way to do it. They designed an award-winning device that figures out the angle the cut needs to be, based on the number of slices necessary to feed the party of eaters. The student group called their device, "Get Along Well With Everyone." It uses a laser beam to direct the server where to make the cuts to obtain equal-sized pieces.

Underground swim: If visitors know where to look, they can enjoy a soak, sauna, and swim in a charming but hidden public bathhouse in Stockholm, Sweden. Called Storkyrkobadet, the bathhouse is located in the basement of a building dating back to the 1700s. Once used as a convent, the building later became a primary school. The area that is now the bathhouse has been used in the past as a wine cellar and for coal storage, with a pool added later, along with sauna, showers, and lockers. The route to Storkyrkobadet involves a narrow, cobblestone street, but visitors are rewarded with the piece of history, along with a relaxing swim.

Small quarters: Travelers who need a place to stay while visiting Colorado (U.S.), and don't mind a spot without much floor space, could stop in the town of Lyons and check out the WeeCasa Tiny House Resorts. There, guests can choose to rent one of 23 reasonably priced "tiny houses," each with a different theme. For example, the Gnome Home, which was designed after a Hobbit home in Lord of the Rings, has a front door in the shape of a circle. The houses are not all the same size or shape. Some are really tiny at 170 square feet (15.8 square metres), while a larger one is 418 square feet (38.8 square metres). The company also has locations in Tennessee and South Dakota, and plans more tiny house resorts soon.

Quoteable Quotes

"Experience is not what happens to you. It is what you do with what happens to you."

—Aldous Huxley

"Everyone talks about age, but it's not about age. It's about work ethic. Winning never gets old."

—Lisa Leslie

What's Happening

Feb 12 - Devon Monthly Arts Market Join us for our Pre-Valentine Market from Noon to 4 pm at the Devon Community Centre. Meet our creative souls and check out unique items for any season, any occasion. Email ArtsDevon@gmail.com for more info.

Mar 12 - Devon Monthly Arts Market Join us for our first Spring Market from Noon to 4 pm at the Devon Community Centre. Meet our creative souls and check out unique items for any season, any occasion. Email ArtsDevon@gmail.com for more info.

Dec 1 to 31 - Youth Drop In Free drop in at the Salvation Army Community Centre 165 Liberton Dr. from 2:30-5:30pm every Tuesday is basketball and Thursday is hangouts

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 British Isles language is widely spoken in Chubut, Argentina?
2. Robert Peary is known for exploring the North or South Pole?
3. _____ is the science of human societies and culture.
4. What was Elvis Presley's first released single?
5. Who wrote the novel Anne of Green Gables?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

(Over)

The World's #1 Restaurant Publication!

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

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

SOLVING TOOTH LOSS PROBLEMS SINCE 1993

Barrhead DENTURE CLINIC

Marcel Turcotte, Denturist

For a NATURAL LOOK, there are a wide variety of tooth moulds and shades available to INDIVIDUALIZE your smile

DIRECT BILLING to insurance companies upon pre-determination of benefits

INQUIRE ABOUT ALBERTA SENIORS DENTAL BENEFIT ELIGIBILITY

780.674.4348

5122-49A Street, Barrhead Mon-Fri, 8:30 a.m.-4 p.m.

www.barrheaddentures.ca

THIS SPACE FOR RENT 780-220-6397

SHOP ONLINE!

www.scubagearcanada.ca

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

SNORKELLING AND SCUBA DIVING LESSONS

The Dive Outfitters

Learn to SCUBA DIVE at our Edmonton location - call for details

Scuba Diving & Snorkeling

11781-156 St., Edmonton

780.483.0044



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

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!



Sunset Scents a RAY of Fragrance

prairiescentedcandles@gmail.com www.prairiescentedcandles.com

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

WE BUY USED GOLD AND DIAMONDS

Blue Diamond Jewellers

780.968.0040

Main Street, Stony Plain

www.bluediamondjewellers.com

Visit us on Facebook-CoffeeNewsWeekly

Westlock Ford
 Innovation that drives excitement.
 BUILT Ford PROUD
 westlockford.com
 780-349-3361 | 10835-100 Street, Westlock

BLUE BLOODS
 MON - THURS 9:00
 yesTV

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.

Up In Arms
 Offering the non restricted and restricted Canadian Firearms Safety Course to apply for a firearm license
 Possession
 Acquisition
 License
 Training
 For more info, contact Robyn at
780-977-0725
 301 Saskatchewan Ave. Spruce Grove

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

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 don't have an up to date will
- You don't understand the difference between a trust and a will
- The CRA selects you for an audit
- You need a letter written on your behalf by a lawyer
- You receive a speeding ticket
- 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

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

Your Weekly Horoscope

ARIES
 (March 21 - April 20)
 If you look deeply, you may uncover a hidden opportunity to manifest something you are passionate about. Doing so might require that you forgive yourself for a past issue. Lucky numbers: 1, 13, 16, 18, 19, 20.

TAURUS
 (April 21 - May 21)
 Taurus is known to be a hard working, no-nonsense personality. Do you want to expand beyond that image? It's a good instinct, but you may need to wait to implement it. Lucky numbers: 10, 11, 12, 32, 33, 40.

GEMINI
 (May 22 - June 21)
 Are you experiencing a disconnect or conflict between what you think you should want in life, and what you actually want? This may be a good time to resolve the dilemma. Lucky numbers: 8, 10, 15, 24, 30, 45.

CANCER
 (June 22 - July 22)
 Cancers have a deeply emotional nature that can drive their decisions in a positive or negative way. This week, you might try to be aware of this dynamic and adjust accordingly. Lucky numbers: 5, 15, 18, 20, 28, 43.

LEO
 (July 23 - Aug. 23)
 Completion of a project may be in process now. It would be good to look back and evaluate how things went. Then you can begin to plan the next six months. Lucky numbers: 7, 19, 27, 38, 40, 44.

VIRGO
 (Aug. 24 - Sept. 23)
 Right now you may not be feeling satisfied with how your life is going. It is important to understand whether the issue is something within yourself or in your environment. Lucky numbers: 3, 13, 16, 22, 27, 42.

LIBRA
 (Sept. 24 - Oct. 23)
 You may find yourself in an ongoing examination of how well you nurture yourself and others. If so, making progress now might require you to let go of some old experiences. Lucky numbers: 9, 22, 23, 32, 37, 39.

SCORPIO
 (Oct. 24 - Nov. 22)
 Does a past karmic issue keep resurfacing in your life in different forms? Perhaps facing it head on would be best, along with doing the work necessary to heal it. Lucky numbers: 6, 8, 12, 13, 26, 38.

SAGITTARIUS
 (Nov. 23 - Dec. 21)
 Are you feeling blocked from achieving something, whether a project or just communicating a change within yourself? You may have to stand up to a person acting as an obstacle. Lucky numbers: 14, 16, 18, 41, 43, 46.

CAPRICORN
 (Dec. 22 - Jan. 20)
 The past few weeks you may have experienced problems with cars and technology, as well as in your communications with others. You now could have a green light to proceed normally. Lucky numbers: 13, 15, 20, 42, 44, 47.

AQUARIUS
 (Jan. 21 - Feb. 19)
 The humanitarianism of Aquarius sometimes can have an overly detached quality in the endeavours. Seek a hidden opportunity to incorporate more warmth and passionate drive into your efforts. Lucky numbers: 2, 17, 26, 30, 42, 48.

PISCES
 (Feb. 20 - March 20)
 You soon may reach the end of a period where your intuitive and empathetic skills have been focused on others rather than yourself. What might you have learned during this period? Lucky numbers: 4, 10, 17, 36, 38, 40.

Lucky numbers this week: This week's odds favour Capricorn winners with the luckiest number being 20.

Did You Know...

- Great player:** Born in 2000, Bianca Andreescu of Canada learned to play tennis when she was only 7 years old. In 2019, she became the first Canadian to win a grand slam singles title.
- Tooth exchange:** When children in North America lose a baby tooth, they put it under their pillows and the Tooth Fairy exchanges it for money. In France, children hope *La Petite Souris* (The Little Mouse) will leave money or treats.
- Nocturnal attraction:** Barnyard pests such as mice can be kept at bay if owls are present. To attract owls, property owners could consider keeping their property dark at night by using motion-activated outdoor lighting.
- Green space:** A five-floor condominium building in Turin, Italy, brings nature to its residents. Designed by architect Luciano Pia, the extra-wide terraces of "25 Green" hold trees and shrubs planted in large pots, turning the building into an urban jungle.
- Different coffee:** It's possible to make dandelion coffee out of dandelion roots. First, the roots have to be roasted in the oven, boiled in water, then strained. The beverage tastes similar to coffee without the acidic flavour.

On the Lighter Side

Knock! Knock! *Who's there?* Oscar and Greta. *Oscar and Greta who?* Oscar silly question, Greta silly answer.
 Why did the mail arrive wet? There was postage dew.
 Jack: "Just one big factory makes all the perfume in the world."
 Jill: "Yes, it makes sense."
 How do bees communicate? They use buzz words!
 How did the road feel when twin chickens crossed it? Double-crossed.

Answers
 Trivia answers: 1. Welsh 2. North 3. Anthropology 4. "That's All Right" 5. L.M. Montgomery
 For available franchise opportunities - visit coffeenewscanada.com
 © Published with Permission by Capital Marketing Ltd

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

Dragons of the Past
 Book Four of The Dragons of Nibiru
 Available now at your local bookstore
www.dragonsofnibiru.com

Helping you rediscovers **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

inogen
FREEDOM. TO BE YOU.
 1-888-998-6714
 MKT-P0253

HIP OR KNEE REPLACEMENT?
 THE DISABILITY TAX CREDIT ALLOWS FOR A
\$2,500 YEARLY TAX CREDIT
\$30,000 LUMP SUM REFUND
 COPD, arthritis, and many other disabling conditions that cause **Restrictions in Walking or Dressing** may qualify.
 FOR EXPERT HELP:
1-844-453-5372

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

NEED TO EXPAND YOUR MARKETING EFFORTS?
Coffee News provides:
 ✓ Access to 520,000 loyal readers per month in 48 editions across Northern Alberta
 ✓ Access to thousands of online readers weekly
 ✓ Free ad design
 ✓ Free ad changes
 ✓ Free sponsorship in our CN Bucks program
 ✓ Exclusivity in your industry
So - you're not advertising with Coffee News because...?
780-220-6397
coffee-news.ca