

MARKETS RUN UNTIL DEC. 14/2023

# WESTLOCK FARMERS' MARKET

Thursdays  
11 a.m.-3 p.m.  
Westlock Memorial Hall  
(9903-106 St.)

VENDOR TABLES AVAILABLE!  
Contact Leahann at 780.307.5659

**FREE!** *New Issue Every Week!*

# Coffee News®

"News To Be Enjoyed Over Coffee"

Westlock Edition

**877-553-6397**

www.coffee-news.ca

Est. 1988

Affordable-Effective-Exclusive-CALL NOW!

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

## 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**

WIPE OUT INFLATION, GET THE CREDIT!

## SHOP ONLINE!

[www.scubagearcanada.ca](http://www.scubagearcanada.ca)

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

**The Dive Outfitters**  
Scuba Diving & Snorkeling  
11781-156 St., Edmonton 780.483.0044

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

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

## Dragons of the Past

Book Four of The Dragons of Nibiru

Available now at your local bookstore

[www.dragonsofnibiru.com](http://www.dragonsofnibiru.com)

**NOW ACCEPTING ARI CARDS**  
Auto • Commercial • Residential

# Advanced Glass Inc.

CALL MARC CLOUTIER TODAY:  
**780-961-2276**

[advancedglassinc.ca](http://advancedglassinc.ca) • 5514 - 50 Avenue, Legal AB  
Morinville Location: Bay #2, 9702-90 Ave. Call 587-985-4427

AN INDEPENDENT NON-PROFIT, CHARITABLE ORGANIZATION SINCE 1967

## Alberta Council on Aging

An aging demographic is changing the face of Alberta. Alberta Council on Aging, with regional representation across the province, addresses many of the challenges our older population faces. We engage in conversation with various organizations addressing relevant research-based matters, communications, and programs. ACA is committed to providing support and resources to all Alberta communities.

For a presentation in your community contact us or visit our website:  
[www.acaging.ca](http://www.acaging.ca)  
780-423-7781 or toll free 1.888.423.9666  
Email: office@acaging.ca

Be the voice for your community.  
**Become a Volunteer!**

Alberta Council on Aging  
**Let's Stop Ageism**

## WESTLOCK & DISTRICT CHAMBER OF COMMERCE

Our community Your business

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

Westlock Legion  
10004-106 St.

[westlockchamberofcommerce@gmail.com](mailto:westlockchamberofcommerce@gmail.com)  
[www.westlockchamber.com](http://www.westlockchamber.com)

Visit our website for more information

## Venner Brand Labs

A carefully curated wellness brand dedicated to prioritizing how best to support the concept of mind, body and spirit connections.

[vennerbrandlabs.com](http://vennerbrandlabs.com)

780.441.1891 [vennerbrand@gmail.com](mailto:vennerbrand@gmail.com)  
vennerbrandinc

Create vibrancy and well being in your life.

Vol. 20 No. 24 June 12, 2023

## Everybody's Talking

**Burnt offerings:** Crusty on the outside and chewy on the inside sound like a perfect combination for dinner rolls. However, the bread product in question is known as "heavy-fired" or "well-fired" rolls, and they can be as black as extremely burnt toast on the outside. Bakeries in Scotland have made these buns for many decades, and often sell out of their day's supply early in the morning. Some people love the charred offerings, finding them addictive. Others think the buns are a huge joke, wondering how a bakery could possibly get away with burning their wares, and then selling them. There is even some debate about whether the burnt tops are carcinogenic.

**Meme mark:** Anyone who subscribes to a stock photograph site can obtain an image and use it for their own purposes, such as to accompany a magazine article or illustrate a concept in an advertisement. But a man from Molins de Rei near Barcelona, Spain, was surprised to discover that his face had become a meme for "the worst person you know." It happened because Josep Maria Garcia had submitted his portrait to a photo site, where it was picked up and used to accompany a satirical magazine article. After getting used to the idea, Garcia decided to joke about it, as he knows he is not a bad person

**Walking dog:** A dog from Ouray, Colorado (U.S.), is a celebrity, but not as part of a circus act. Dexter, a Brittany spaniel and beloved pet of Kentee Pasek, walks on his two hind legs. It's not a trick. As a pup, Dexter was injured in a mishap with a car, leaving him with the use of only his hind legs. Pasek got him a doggy wheelchair, but before long, Dexter had abandoned the chair in favour of walking upright on his hind legs. Today, he is well known through social media and by taking part in parades. His loving human takes good care of him and ensures that Dexter regularly sees the vet for check ups.

**Dumpling drink:** Lots of people enjoy eating gyoza, which are fried, boiled, or steamed meat dumplings that originated in China, where they are called jiaozi. Usually spiked with a bit of chili, ginger, and garlic, they are served with a vinegary sauce, making the flavour combination quite satisfying. A beverage company in Japan launched a soda they claimed tastes like gyoza, but the feedback has been mixed. Many people find the taste incongruent with a carbonated beverage, and say they prefer to eat their gyoza, not drink it. The bottled soda does attract the curious, who might dare friends and family members to give it a try.

## Quoteable Quotes

"Stand for something or you will fall for anything." —Rosa Parks  
"You can make more friends...by becoming interested in other people than you can...by trying to get other people interested in you." —Dale Carnegie

## What's Happening

**Jun 17 - Lemonade Day** Support young Barrhead moguls as they explore their entrepreneurial spirit selling lemonade, treats and more at this annual event. Sellers will have stands set up along Main Street and elsewhere throughout Barrhead as they attempt to raise money.

**Onoway District Quilt Show** In celebration of Onoways 100th Birthday the Guild is having a quilt show honoring quilts both old and new. Onoway Heritage Centre. 4708 Lac St Anne Trail N, Onoway from 10am to 5pm

\$5 admission NON profit organizations may submit events for FREE at [www.coffee-news.ca](http://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

- \_\_\_\_\_ is when a caterpillar transforms into a butterfly.
- A hock, knee, or elbow joint connects a chicken's drumstick and ankle joint?
- This is a large body of ice that moves over land.
- The Battle of Waterloo was fought in present-day England, Belgium, or France?
- What is a southerly buster?

(Flip bottom of page for answers)

(Over)

## Get More Traffic, Leads & Sales

SCAN ME

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

**Frontline** web consulting  
780.760.6922  
[frontlineconsulting.ca](http://frontlineconsulting.ca)

## Westlock Ford

Innovation that drives excitement.

BUILT Ford PROUD

[westlockford.com](http://westlockford.com)  
780-349-3361 | 10835-100 Street, Westlock

## THIS SPACE FOR RENT

**780-220-6397**

May 1st Winners of a prepaid \$400 Visa card

Chelsey M. from Edmonton  
Cindy C. from Sylvan Lake  
Jay Z. from Edmonton

**Braithwaite Boyle Injury Law** 800-440-8298  
It's The Only Law We Do - Since 1986  
Free Initial Consultation

For contest rules, visit [www.accidentinjurylawyer.com/coffeenews](http://www.accidentinjurylawyer.com/coffeenews)

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

Transform lives, one wish at a time.

**Make-A-Wish.**  
Visit [makeawish.ca](http://makeawish.ca)

## 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](http://www.psfh.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](http://www.giftsandgadgets.ab.ca) or visit us in person at 111 First Avenue, Spruce Grove

**WHEEL OF FORTUNE**  
WEEKNIGHTS 7PM/6PST  
yesTV

**Injured? Now What? We Help - A Lot!**

**Braithwaite Boyle Injury Law** 800-440-8298  
It's The Only Law We Do - Since 1986  
Free Initial Consultation  
Offices in: Edmonton, Red Deer, and Calgary  
**WIN** one of three \$400 prepaid Visa cards awarded monthly  
Scan Once Weekly for Max. Entries  
YOUR CONTACT INFORMATION IS SAFE WITH US!  
For contest rules and recent winners, visit [www.accidentinjurylawyer.com/coffee news](http://www.accidentinjurylawyer.com/coffee news)

**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](http://www.coffee-news.ca/editions)

**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](http://www.microbusiness.ca)

**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](http://www.prairiescentedcandles.com)

**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

**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](http://www.smallmiraclesadoption.com)

# Your Weekly Horoscope

**ARIES**  
(March 20 - April 19)



Be aware of your mood, especially at the beginning of the week, particularly your temper. If you are feeling aggressive toward others, look inward rather than starting an argument. Lucky numbers: 8, 19, 22, 28, 35, 43.

**TAURUS**  
(April 20 - May 20)



This week may present a new opportunity for you to manifest something that advances your personal philosophy or beliefs. If you don't actively seek it out, it might pass by. Lucky numbers: 4, 5, 17, 25, 35, 36.

**GEMINI**  
(May 21 - June 20)



At midweek, you may have an opportunity to set a new intention and develop a plan around it. This may require that you focus and decide among a group of options. Lucky numbers: 2, 3, 9, 18, 24, 47.

**CANCER**  
(June 21 - July 21)



Emotions are usually close to the surface for Cancers. This may be especially true at the end of the week. Take deep breaths and wait for these feelings to subside. Lucky numbers: 11, 16, 31, 36, 37, 41.

**LEO**  
(July 22 - Aug. 22)



Leos have a natural charisma that may be highlighted now in conversations with others. If you are looking for assistance, this may be the right time to ask for it. Lucky numbers: 9, 12, 18, 39, 40, 43.

**VIRGO**  
(Aug. 23 - Sept. 22)



A nine-month phase is ending. The focus may have been on your role as a mother and/or as a child. What have you learned? How can it improve your relationships? Lucky numbers: 6, 7, 8, 20, 36, 37.

**LIBRA**  
(Sept. 23 - Oct. 22)



Balance is an important theme for Libras. The start of this week may highlight an imbalance in your life. It may be within yourself or in a relationship with others. Lucky numbers: 5, 8, 22, 34, 37, 46.

**SCORPIO**  
(Oct. 23 - Nov. 21)



For the past two-plus years, you may have felt pressured by an old karmic pattern. While this dynamic is ending soon, the pattern won't end if you haven't addressed it. Lucky numbers: 14, 16, 17, 26, 35, 40.

**SAGITTARIUS**  
(Nov. 22 - Dec. 20)



At the end of the week, your mind and emotions may be out of sync. Perhaps you want to postpone important decisions for a few days until this disconnect passes. Lucky numbers: 15, 26, 28, 29, 34, 37.

**CAPRICORN**  
(Dec. 21 - Jan. 19)



There may be an opportunity toward the end of the week to step outside the comfort zone of your stable Capricorn nature. You might see the situation from a new angle. Lucky numbers: 1, 5, 7, 14, 24, 28.

**AQUARIUS**  
(Jan. 20 - Feb. 18)



For the last month, your focus may have been on your career or legacy. Now is the last week of this dynamic, so it is time to consolidate any gains. Lucky numbers: 3, 6, 18, 27, 31, 47.

**PISCES**  
(Feb. 19 - March 19)



You may be feeling stuck, but this could give you an opportunity to see the details of an old personality issue. How might you make a positive adjustment related to it? Lucky numbers: 7, 8, 13, 18, 19, 34.

Lucky numbers this week: This week's odds favour Leo winners with the luckiest number being 9.

## Did You Know...

**Magical place:** Parque Francisco Alvarado in Zarcero, Costa Rica, is quite a sight. That's because gardener and artist Evangelisto Blanco shapes hedges and shrubs into all manner of magical and abstract figures, such as animals, people, and archways.

**Sweet heat:** The datil pepper is grown near St. Augustine, Florida (U.S.). It is quite hot, like a habanero, with a sweet, fruity flavour. Cooks like to use these peppers in hot sauces, pickles, and mustards.

**Upright duck:** A certain breed of duck actually looks more like a penguin. The Indian Runner duck's posture is upright. Rather than waddling, they can run but they cannot fly. They are raised mostly for their egg production.

**Safest shelter:** If a tornado is coming your way, the best place to shelter is in a basement or on the lowest level of the house or building. Choose a room without windows, such as a bathroom or closet.

**The best:** Only three movies have won all of the five major Academy Awards: Best Picture, Best Director, Best Screenplay, Best Actor, Best Actress. They are *It Happened One Night* (1934), *One Flew Over the Cuckoo's Nest* (1975), and *Silence of the Lambs* (1991).

## On the Lighter Side

Knock! Knock! Who's there? Ooze. Ooze who? Ooze been telling you these terrible jokes?

We hired a doormaker the other day. She really knew how to make an entrance.

Bill: "What do you think of artificial respiration?"

Will: "I'd rather have the real one."

A fisherman baits his hooks, but a bad student hates his books.

The chocolate lover moved to Canada. She heard it was full of mousse!

### Answers

**Trivia answers:** 1. Metamorphosis 2. Hock 3. Glacier 4. Belgium 5. Strong southerly wind

For available franchise opportunities - visit [coffeenewscanada.com](http://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](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

**inogen**  
**FREEDOM. TO BE YOU.**  
Call 1-888-998-6714 for a free consultation.  
MKT-PO240

**WE BUY USED GOLD AND DIAMONDS**  
Blue Diamond Jewellers  
780.968.0040  
Main Street, Stony Plain  
[www.bluediamondjewellers.com](http://www.bluediamondjewellers.com)

Great Gift Ideas for Mom & Dad!  
**Romantic Notions inc.**  
#30, 210 McLeod Ave., Spruce Grove  
780.962.4944 | 1.855.962.4944  
[www.romanticnotions.ca](http://www.romanticnotions.ca)  
@romanticnotions @romanticnotionsboutique  
Bras Briefs Boxers Bikinis

SOLVING TOOTH LOSS PROBLEMS SINCE 1993  
**Barrhead DENTURE CLINIC** Marcel Turenne, 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  
5122-49A Street, Barrhead Mon-Fri, 8:30 a.m.-4 p.m. 780.674.4348  
[www.barrheaddentures.ca](http://www.barrheaddentures.ca)

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

**GENERAC**  
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!

HAPPY **Father's DAY**  
from your friends at **Coffee News**