

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!

FREE! *New Issue Every Week!*
Coffee News[®]
"News To Be Enjoyed Over Coffee"
Westlock Edition
877-553-6397

www.coffee-news.ca

THIS SPACE FOR RENT

OR SCAN HERE FOR MORE INFO



Call 780-220-6397

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/coffeenews

Vol. 20 No. 29 July 17, 2023

Everybody's Talking

Elderly runner: Most octogenarians have reached an age when they slow down a little. Not so for Barbara Humbert, an 80-something-year-old great-grandmother who ran 125 kilometres (78 mi.) in 24 hours. The elderly woman from Val d'Oise, France, competed in the French Championships in Brive-la-Gaillarde, and she broke the record for her age group. Humbert is not new to running. She started when she was in her 40s and has run many races over years, including 54 marathons. She usually runs 45 kilometres (28 mi.) per week. Although she has had a few minor injuries over the years, she managed to maintain her training, which gives her much more flexibility than many women of her age.

Lonely tree: A tree in Thailand has been dubbed the country's "loneliest tree." It grows on a tiny rocky islet called Koh Khai Hua Roh, which is just large enough to hold the tree and four or five people. Tourists can view it off the east coast of the country in Trat Province. A taban tree (Xylocarpus ramphii), this unique specimen can survive in the salt water that surrounds it on all sides. Social media has popularized the site, and many tourists visit to sit in the tree's branches and take photos. All of this traffic has caused damage, so the local administration is taking steps to curb visitors.

Name change: A promotion by a sushi restaurant chain in Taiwan convinced some people to legally change their names to include the word "Salmon." If people were willing to make the change, they were given great deals at the restaurant, such as free, all-you-can-eat sushi dinners for five diners. Many of the takers changed their names back to their original monikers, but government officials were not impressed. They said the promotion wasted employees' time and resources. Taiwan allows people to make up to three legal name changes, so the sushi-lovers will need to keep a count of their changes so they don't get stuck with a fishy name.

Contemporary art: "Stained Glass Geek" is the nickname that a Dutch artist has given himself. Arjan Boeve boasts an art degree and dabbled in many forms of artistic expression before landing on stained glass as his main medium. But there is a difference between his work and the traditional type of stained glass pieces that beautify churches and homes. His slant is as modern as it gets because he uses pop art as his muse. For example, video game and cartoon characters find their way into his work, and he has done a series on eggs breaking out of their shells. Boeve hopes his work will inspire other glass artists to create contemporary pieces.

Quoteable Quotes

"Who you are surrounded by often determines who you become."
 —Vicky Saunders

"For small creatures such as we, the vastness is bearable only through love."
 —Carl Sagan

What's Happening

Aug 5-7 - Edmonton Heritage Festival Experience the world in a weekend without leaving Edmonton at the world's largest multicultural festival. Sample culinary treats, shop for artwork, and chat with folks from all over the world. Temporarily relocated to the Edmonton Expo Centre.

Jul 13-14 - Sturgeon County Bount Join us for a two-day family-friendly event celebrating the Sturgeon County community. Well have food trucks serving up food from local producers, live music and entertainment, kids activities, and a vendor village with local products. Cardiff Park 4-9pm

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!

...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. A frog is a vertebrate—T/F?
2. South Sandwich Trench is in the Atlantic, Pacific, or Indian Ocean?
3. Is Ami du Chambertin a type of cheese or wine?
4. The village of Muff is in Norway, Germany, or Ireland?
5. Is flint corn named for the stone or the city of Flint, Michigan (U.S.)?

(Flip bottom of page for answers)

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

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

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

WE BUY USED GOLD AND DIAMONDS

Blue Diamond Jeweller

780.968.0040
 Main Street, Stony Plain
www.bluediamondjewellers.com

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

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.

Visit our website for more information

westlockchamberofcommerce@gmail.com
www.westlockchamber.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

@romanticnotionsab @romanticnotionsboutique

Bras Briefs Boxers Bikinis

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

BLUE BLOODS

MON - THURS 9:00

yesTV

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

Westlock Ford

Innovation that drives excitement.

BUILT Ford PROUD

westlockford.com
 780-349-3361 | 10835-100 Street, Westlock

COLD SHOT
 A DIVISION OF BALMARIA 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

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:
 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
Alisha Raymond from Fort Sask.

Coffee News Fun Reading. Serious Advertising.



FREEDOM. TO BE YOU.

Call 1-888-998-6714 for a free consultation.

MKT-P0240

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



Transform lives, one wish at a time.

Make-A-Wish.
Visit makeawish.ca

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

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

WEBSITES From \$129/Month

(780) 760-6922
FRONTLINECONSULTING.CA

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

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

Your Weekly Horoscope

ARIES (March 20 - April 19)

Each of us has a life purpose, whether large or small. Over the next two years, there may be an opportunity to find and advance yours. Try not to hold yourself back. Lucky numbers: 6, 8, 10, 11, 14, 33.

TAURUS (April 20 - May 20)

Are you in a continued period of obstacles in your path? Unusual events may point you in the right direction. Be careful of distractions that can make you accident prone. Lucky numbers: 9, 16, 20, 25, 27, 35.

GEMINI (May 21 - June 20)

Geminis tend to bring facts to an argument, but facts don't always win the day. You have a chance now to incorporate a more emotional appeal into your interactions with others. Lucky numbers: 4, 18, 25, 26, 36, 48.

CANCER (June 21 - July 21)

Change can be hard, but is it perhaps necessary in this case? If so, now may be a good time to come up with a plan for what to do next. Lucky numbers: 5, 18, 24, 36, 45, 46.

LEO (July 22 - Aug. 22)

This month the Sun returns to the position where it was when you were born. Look for a new opportunity that could help you manifest something you are passionate about. Lucky numbers: 2, 10, 35, 40, 41, 46.

VIRGO (Aug. 23 - Sept. 22)

Each month you have an opportunity to reset your current endeavours. At midweek you may have a few days to do so. How might you want to use it? Lucky numbers: 15, 25, 30, 36, 37, 39.

LIBRA (Sept. 23 - Oct. 22)

What makes up your comfort zone regarding relationships, career, or legacy? Over the next two years, you may see and integrate an untapped potential within you that expands who you are. Lucky numbers: 7, 22, 28, 32, 42, 47.

SCORPIO (Oct. 23 - Nov. 21)

Your mind may be working on overdrive but you might not be getting anywhere, especially with others. This could last for a couple of weeks, so be conscious of it. Lucky numbers: 18, 23, 30, 33, 35, 36.

SAGITTARIUS (Nov. 22 - Dec. 20)

You may find that the energetic flow is easy for the next two weeks. However, if you want to accomplish something in this period, you might need to be proactive. Lucky numbers: 3, 6, 12, 15, 22, 32.

CAPRICORN (Dec. 21 - Jan. 19)

Are you continuing a recent process of dealing with a long-standing issue? If you are obsessing about a particular situation, now may be a good time to break the pattern. Lucky numbers: 10, 28, 32, 33, 41, 43.

AQUARIUS (Jan. 20 - Feb. 18)

Are you afraid of allowing yourself to feel so optimistic right now? Perhaps you might try to figure out where that feeling comes from, and how to move past it. Lucky numbers: 1, 12, 26, 41, 42, 43.

PISCES (Feb. 19 - March 19)

A challenge for Pisces is harnessing your will power to manifest things in the world. The energy right now encourages you to take charge of situations in your life. Lucky numbers: 13, 19, 26, 31, 39, 48.

Lucky numbers this week: This week's odds favour Aquarius winners with the luckiest number being 12.

Did You Know...

Mighty museum: Fossils, bones, footprints, and reproductions of many kinds of dinosaurs are on display at the Museo Del Jurásico (Jurassic Museum) of Asturias, Spain. The building is even shaped like a tridactyl footprint.

Tiny snake: The Barbados threadsnake (*Tetracheilostoma carlae*) is the world's smallest known snake and actually looks more like a worm. They are about as thick as a piece of spaghetti and live in tropical climates in the Caribbean.

Unwanted weed: Check your city's parks and green spaces for a plant called garlic mustard (*Alliaria petiolata*). Crushing its leaves releases a garlic smell. Young plants are edible, but it is considered an invasive species.

Wrong winner: The 2017 Academy Awards Best Picture was *Moonlight*. But announcers Faye Dunaway and Warren Beatty were handed the wrong envelope. They told the audience that *La La Land* had won. The embarrassing error was soon corrected.

Keeping the beat: A metronome is a device that makes a sound, often a click, to help musicians keep the beat. A musician can set it to a certain number of beats per second, depending on the speed of the music.

On the Lighter Side

Knock! Knock! Who's there? Freeze. Freeze who? Freeze a jolly good fellow...

A doctor broke his leg auditioning for a play. Luckily, he still made the cast.

Parent: "Why are you staring at that carton of orange juice?"
Kid: "Because it says concentrate."

What did the doorknob say to the door? It's your turn.

Optometrist's office: "If you don't see what you're looking for, you've come to the right place."

Answers

Trivia answers: 1. True 2. Atlantic 3. Cheese 4. Ireland 5. Stone

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

We've moved... VISIT US IN OUR NEW LOCATION!

Gifts and Gadgets

NOW AT 28-308 WESTGROVE DR., SPRUCE GROVE BEHIND MCDONALD'S

YOUR ONE STOP KITCHEN AND GIFT SHOP
780.962.5220 | www.giftsandgadgets.ab.ca

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

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

SHOP ONLINE!

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

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

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.

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

780.441.1891 | vennerbrand@gmail.com
vennerbrandinc

Create vibrancy and well being in your life.