

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

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

Transform lives, one wish at a time.

Make-A-Wish.
Visit makeawish.ca

Congratulations to our most recent winners of a prepaid \$400 Visa card!

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/coffee

| June Draw Winners | July Draw Winners | August Draw Winners |
|---|---|--|
| Frank H. from Sylvan Lake Sandy P. from Calgary Steven R. from Lethbridge | Rodney B. from Lethbridge Brian P. from Edmonton Natasha W. from Red Deer | Fiona L. from Edmonton Paige H. From Red Deer Ellery T. from Calgary |

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

Barrhead Dental Clinic
Dr. Krishna Mudaliar | Dr. David Hamilton

We look forward to meeting you and your family!

Direct billing to insurance companies

We offer: • Emergency Treatment • Fillings
• Same Day Treatment • Root Canals
• Extractions • Crowns/Bridges

NOW ACCEPTING NEW PATIENTS!

OUR HYGIENIST FOLLOWS THE 2020 ADA & CEE FEE GUIDE

780.674.3161
barrheaddentclinic@gmail.com | #4, 4923-50 Ave., Barrhead

Improve Your Overall Health & Performance!

Support your active lifestyle by empowering your joints and bones.

Choose one of our Collagen supplement(s) to help to promote mobility, strength and vitality.
Go ahead and embrace that youthful glow!

venerbrandlabs.com

780.441.1891 venerbrand@gmail.com
[venerbrandinc](https://www.facebook.com/venerbrandinc)

FREE SHIPPING ON ORDERS OVER \$150

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

FREE! **New Issue Every Week!**

Coffee News®
"News To Be Enjoyed Over Coffee"

Barrhead Edition
877-553-6397

www.coffee-news.ca

Vol. 20 No. 39 September 25, 2023

Everybody's Talking

Straight arrow: If you want to get into an archery competition with someone, stay clear of Lars Andersen because he is bound to come out on top. The Danish archer has proven time and time again that his archery skills are exceptional. For example, he broke a record when he consecutively shot seven arrows through a very small keyhole from 30 feet away. The wee opening, which was located in a door, was less than one centimetre in diameter. Anderson shot his seven arrows with barely a break between each successful attempt. He is also capable of shooting 10 arrows in less than five seconds. He is interested in historic archery and uses traditional methods in the sport.

Furry feel: What if you love cats, but your rented accommodation won't allow pets? Or what if you wish to stroke a cat, but are allergic to felines? Worse yet, what if petting a cat eases your stress, but for the above reasons, you can't have one? Then you might want to try bed linens and blankets made by a Japanese company called Nissen. To help cat lovers who can't have a cat, these products are made with material that feels like a cat's coat. When designing the artificial feline fur, the company asked cat-loving employees to test it for everything from softness to thickness, and even colour. The products in the line, called Neko Feel, sell very fast!

Ardent fan: People in Argentina love soccer, and for many, missing a World Cup soccer game would be a travesty. When the Argentina-versus-Croatia game was set to start on television during the last World Cup, an ardent fan in Buenos Aires realized that the bus he was riding during rush hour would never get him home in time. So, when the driver got off for a minute, the fan took advantage of the moment, jumped in the driver's seat, and hijacked the bus! He drove it as close to his home as possible. Meanwhile, the driver called police, who managed to apprehend the man before he reached his house. After all this, the fan missed the game!

Cell phone theft: Getting your cell phone stolen is one thing, but having 125 of them snatched in a grab-and-run theft is quite another. That happened to an unnamed New York City man. The fellow was a regular at a Fifth Avenue electronics store. He would buy many phones for the purpose of reselling them through his business. At the time of the theft, he had just left the store with three bags of the devices. A car pulled up and two men emerged, demanding the bags. The victim put up a fight, but the thieves got away with one bag, which contained 125 phones worth \$95,000 (USD). Police are looking into the matter.

Quoteable Quotes

"If I create from the heart, nearly everything works; if from the head, almost nothing."
— Marc Chagall

"Knowledge will give you power, but character respect."
— Bruce Lee

What's Happening

Sep 22-23 - Throwback to the Future Step into the past at a vintage collectibles, pop culture, and antique market held at the Barrhead Curling Rink. Explore a world of nostalgia with retro diners, free movie nights, and a treasure trove of unique finds. Starting 5pm Sep 22

Oct 1 - Family Free Swim All Ages swim for free at the Barrhead Regional Aquatics Centre located at 5607 47 Street from 4:30pm-6pm. Sponsored by Pembina West Co-op and Servus Credit Union

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. The Comoro Islands are in the Atlantic, Indian, or Pacific Ocean?
2. What does a pedometer record?
3. Is baking yeast single-celled or multicellular?
4. The Brachioradialis muscle helps you breathe—T/F?
5. The first roller coaster debuted in 1817, 1907, or 1960?

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

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

THIS SPACE FOR RENT

OR SCAN HERE FOR MORE INFO

Call 780-220-6397

Recipe of the month

Apple Cider Pork Chops

2 tablespoons olive oil
6 boneless pork loin chops (6 to 8 ounces each), about 3/4 inch thick
1 garlic clove, minced
1 tablespoon Dijon mustard
1 teaspoon honey
1/2 teaspoon apple pie spice

1/2 teaspoon coarsely ground pepper
1/4 teaspoon dried thyme
1/4 teaspoon salt
1 cup apple cider
1 tablespoon plus 1 teaspoon cornstarch
2 tablespoons water
Minced fresh parsley

Prep/Total Time: 25 min. Yield: 6 servings

- 1 In a large skillet, heat olive oil over medium heat. Brown pork chops on both sides.
- 2 Meanwhile, in a small bowl, combine next 7 ingredients; stir in apple cider. Pour over pork chops. Reduce heat to medium-low; cook, covered, until a thermometer inserted into chops reads 145°, 4-5 minutes. Remove chops from skillet; let stand for 5 minutes.
- 3 In a small bowl, mix cornstarch and water until smooth; stir into cider mixture in skillet. Return to a boil, stirring constantly; cook and stir until thickened, 1-2 minutes. Pour over chops; sprinkle with fresh parsley.

Source: <https://www.tasteofhome.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
Kaleb Garratt from Wabamun

Coffee News® Fun Reading. Serious Advertising.

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

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

780.674.4348
www.barrheaddentures.ca

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

We Need Volunteers In Your Area!

Help us to advocate for a quality of life that all Alberta seniors deserve

Alberta Council on Aging
Contact us: 780.423.7781 | 1.888.423.9666

AN INDEPENDENT NON-PROFIT, CHARITABLE ORGANIZATION SINCE 1967

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

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!

Happy First Day of
Autumn

from your friends at
Coffee News



Find Your Best Fit With Us!

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



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!
1-877-579-9449

LegalShield



inogen

FREEDOM. TO BE YOU.

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



fcss
 Barrhead & District Family and Community Support Services Society

Community and Family Programming

Hours (Mon-Fri): 8:30 a.m. - 4:30 p.m.
 Closed from 12 to 1 p.m.

5103-51 St., Barrhead
 780-674-3341

Barrhead and District FCSS Society



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 20 - April 19)

The end of the week may be a good time to evaluate whether your efforts have borne fruit or not. What lessons from your experiences can you pass along to others? Lucky numbers: 5, 9, 10, 14, 19, 48.




TAURUS
 (April 20 - May 20)

A lot of energy is in flux this week, whirling around you. Be conscious of how unexpected information suddenly may come to you. Examine it, but be cautious of acting now. Lucky numbers: 3, 7, 19, 40, 43, 48.




GEMINI
 (May 21 - June 20)

Gemini usually have a quick mind that processes a lot of information from the ether. Energy at the end of the week may ramp up this quality. Be aware of overload. Lucky numbers: 2, 10, 15, 16, 26, 41.




CANCER
 (June 21 - July 21)

Be aware of your mood at the week's end. If you are tempted to argue about something that is irritating you, seeking a more positive approach may be better. Lucky numbers: 12, 14, 17, 18, 33, 44.




LEO
 (July 22 - Aug. 22)

At the end of the week, you may find yourself talking about your values, particularly regarding relationships. Discussions with others now may help you uncover what is important to you. Lucky numbers: 9, 10, 35, 37, 38, 39.




VIRGO
 (Aug. 23 - Sept. 22)

You may find that you encounter opposition to your efforts at midweek. The universe may be asking you to consider how to integrate more intuition into your thought process. Lucky numbers: 10, 13, 15, 23, 28, 48.



LIBRA
 (Sept. 23 - Oct. 22)

Keep your eyes open for a new opportunity at the end of the week. There is a potential for you to clearly and precisely communicate your needs to others. Lucky numbers: 8, 12, 13, 20, 29, 44.



SCORPIO
 (Oct. 23 - Nov. 21)

Scorpios can often come across very intensely to others. There may be an opportunity for you to incorporate more diplomacy into your communications style. How might you keep this going forward? Lucky numbers: 6, 9, 14, 18, 32, 44.



SAGITTARIUS
 (Nov. 22 - Dec. 20)

You may feel an urge toward impulsive action this week. Your desired outcome may be positive for you, but look before you leap. First carefully consider the pros and cons. Lucky numbers: 7, 8, 32, 33, 42, 44.




CAPRICORN
 (Dec. 21 - Jan. 19)

Your Capricorn desire for achievement may receive an extra boost of ambition at the end of the week. Avoid conflict by focusing on areas of common ground with others. Lucky numbers: 4, 18, 20, 37, 46, 47.




AQUARIUS
 (Jan. 20 - Feb. 18)

This may be a good time to begin new endeavours. You may want to ask for assistance from others. Focus on how these efforts can make a difference in their lives. Lucky numbers: 8, 11, 19, 39, 41, 43.



PISCES
 (Feb. 19 - March 19)

The Chinese character for crisis represents both danger and opportunity. Both qualities are potential outcomes for you at midweek. Therefore, wisely choosing your path is important. Lucky numbers: 1, 3, 4, 31, 47, 48.



Lucky numbers this week: This week's odds favour Aquarius winners with the luckiest number being 11.

Did You Know...

Beloved tree: The Angel Oak Tree is a landmark tree on John's Island, South Carolina (U.S.). Estimated to be 300 to 400 years old, it is 65 ft. (19.8 m) tall with wide branches that shade a 17,000-sq. ft. (1,579.4-sq. m) area.

Young star: Billie Eilish started becoming famous as a musician at a young age. The American singer-songwriter's "Ocean Eyes" was an online hit in 2015 when she was only 13. She creates music with her brother Finneas.

Remote and beautiful: The Gates of the Arctic is a national park in the U.S. Situated in Alaska, the country's northernmost state, it receives the fewest annual visitors of any U.S. national park, due to its far-flung location.

Lush eyelashes: Some people have two sets of eyelashes. The condition, distichiasis, can be either acquired or present at birth, and may need to be treated if it causes eye irritation.

Fruity-tooty: The fruit called feijoa is also known as pineapple guava. Native to some South American countries, it resembles a lime, but is eaten by scooping out the flesh with a spoon.

On the Lighter Side

Patient: "Doctor, I've got a scone in my ear."
 Doctor: "Don't worry, I've got some cream for that."

My new girlfriend tends to bees all day. She's a real keeper.

Don't corner something that is meaner than you.

Knock! Knock! *Who's there?* Oldest. *Oldest who?* Oldest knocking wears me out!

I bought a wooden whistle. But it wooden whistle.

Answers

Trivia answers: 1. Indian 2. Distance by number of steps 3. Single 4. False 5. 1817

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

WEBSITES
 From \$129/Month

(780) 760-6922
FRONTLINECONSULTING.CA

WHEEL OF FORTUNE
 WEEKNIGHTS 7PM/6PST
yesTV



GENERAC

Prepare for power outages today

WITH A HOME STANDBY GENERATOR

FREE 7-Year Extended Warranty* An \$899 Value!

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



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



We Pay CASH For Your Scrap Metal!

Yes!

We accept ALL scrap metals

RICHMOND STEEL RECYCLING

16610-129 Avenue NW, Edmonton
587.689.3100 | richmondsteel.ca

BRING THIS AD IN WITH YOUR SCRAP AND GET \$5/NT MORE ON STEEL SCRAP AND/OR 0.05/LBS MORE ON COPPER SCRAP



Ray's Coins and Stamps
 THE CHOICE OF DISCERNING COLLECTORS

Coins
 Graded coins and collectible coins from the Royal Canadian Mint and a few other mints

Tim Hortons Hockey Cards
 ...available to finish your set. Text 780.2619.2929 with your list!

Paper Money
 Graded Canadian currency

Cell.: 780-619-2928
rgrikinis@yahoo.com | www.rayscoinsandstamps.com
 Check our showcase # letter "I" at Old Strathcona Antique Market, 10323-78 Ave.



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



WE BUY USED GOLD AND DIAMONDS

Blue Diamond Jewellers

780.968.0040
 Main Street, Stony Plain
www.bluediamondjewellers.com

