


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/coffeenews

June 1 Draw Winners: Frank H. from Sylvan Lake, Sandy P. from Calgary, Steven R. from Lethbridge
July 1 Draw Winners: Rodney B. from Lethbridge, Brian P. from Edmonton, Natasha W. from Red Deer
August 1 Draw Winners: Fiona L. from Edmonton, Paige H. From Red Deer, Ellery T. from Calgary

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



www.coffee-news.ca Est. 1988

THIS SPACE FOR RENT

OR SCAN HERE FOR MORE INFO



Call 780-220-6397

Congratulations to August's Coffee News Guy contest winners!

Your prizes are in the mail!

Sarah Zebak
Marion Coderre
Ning Guo
Brian Murphy

Enter today for your chance to win at www.coffee-news.ca




Prepare for power outages today WITH A HOME STANDBY GENERATOR

GENERAC

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.



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



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



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



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



Vol. 20 No. 42 October 16, 2023

Everybody's Talking

Aquatic rainfall: Usually the phrase "raining cats and dogs" is likely a story from someone's imagination. However, people living in the town of Lajamanu in the Australian outback report that it has rained fish in their community four times since 1974. The interesting thing is that Lajamanu, located in the Northern Territory on the edge of the Tanami Desert, is quite dry and is many miles from a lake or the sea. Weather experts think a strong storm, such as a tornado, picked up the fish from a body of water, and then dropped them a long distance away. A fish expert identified the creatures as spangled perch, a freshwater species that is common in Australia.

Cracked glass: Everyone has heard of art made of stained glass, but what about creations made by cracking the glass? That is the skill of Natnael Mekuria, an Ethiopia-born artist from Addis Ababa who lives in the U.S. It took a while for this patient fellow to find success. At first, he tended to break his laminated glass canvas instead of simply cracking it. He makes his images, which include portraits of celebrities, by using a hammer to tap a chisel into the glass and by applying different degrees of force. Mekuria has a huge following on social media and lots of interest in his unique style of art.

Clean streets: Nobody likes to see garbage on the streets. In Japan, litter collection has even become a contest. Spogomi (which means "sport" and "rubbish") entails teams of three to five people picking up as much garbage as they can within a set time frame. After collecting the garbage, team members must sort it into types, including plastic that can be recycled, metal cans, and items that can be burned. The winner is the team that not only picks up the most trash, but also correctly sorts it. Safety is a priority during the competitions; participants are required to wear gloves and stay away from busy roads. Over 88,000 people have participated since 2008.

Purple honey: The colour of honey usually ranges from dark amber to light gold, depending on the kind of flowers bees access to get nectar. But what about purple? In North Carolina (U.S.), bees are known to produce such a thing, but scientists have not been able to decipher exactly what causes the interesting hue. Purple honey, which is also called blue honey, tends to be found in the Sandhills region, but not all beekeepers or all hives produce it. This treat costs more than the typical colours, and tastes fruity. Some say it even tastes "purple," as though it was made with grapes or some kind of purple berry.

Quoteable Quotes

"Life well spent is long." —Leonardo Da Vinci
"The awareness of our own strength makes us modest." —Paul Cezanne

What's Happening

Ongoing - Tuesday Yoga Join Tuesday Yoga at Cherry Grove Hall. Every Tuesday starting at 7pm, 5011 50A Ave, Cherry Grove. \$10/class Contact Sarah 780-201-2479 for more info

Oct 26 - Sound Healing Meditation Bring your yoga mat, a blanket, and discover how the body can be relieved of stress through gentle movement and sound healing. Taking place at the Cold Lake Energy Centre, 1759 - 7825 51 St, for more info contact Lidiia at 780-453-5053

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. Marzipan is made from almonds, Brazil nuts, or hazelnuts?
2. The brisket cut of beef is from the front of the cow—T/F?
3. This tree faced extinction a century ago but is coming back.
4. The Japanese holiday Omisoka is the first or last day of the year?
5. Dean Kamen is known for inventing what two-wheeled, motorized device?

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

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

Alberta Council on Aging Let's Stop Ageism

AN INDEPENDENT NON-PROFIT, CHARITABLE ORGANIZATION SINCE 1967



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



Refreshing Pure Hydration

- 3 & 5 Gals of Reverse Osmosis & Alkalized Water
- 5lb & 20lb Bags of Ice

✓ Wholesale and Retail Sales
✓ Residential and Commercial Delivery Available

Pure PREMIUM WATER & ICE

9609-100 Street, Plamondon
780.798.0444 | www.purepremiumwater.ca

Proudly serving Lac La Biche County, Athabasca County, Boyle, Wandering River, Grassland, Plamondon



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



When YOU Get Paid We Get Paid

We're Here To Handle The Legal Complexity For You!



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



Home is Where Your Story Begins. Let Me Help You Finance Your Dream Home!

Debbie Jacobsen, AMP

780.805.8840 deb@dlc1st.ca | www.dlc1st.ca

DOMINION LENDING CENTRES Mortgage Mentors



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

inogen

FREEDOM. TO BE YOU.

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

MKT-P0240

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 Halloween

from your friends at **Coffee News®**

QUALITY WORK. REASONABLE RATES.

RRC

- 5" Continuous Eavestrough
- Decks
- Asphalt Roofing
- Siding ■ Soffit ■ Fascia

CALL RYAN TODAY FOR YOUR FREE ESTIMATE:
780.519.1335

Serving Athabasca/Slave Lake and area

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

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

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)



For the last couple of weeks, you may have found yourself in situations where you had to cultivate a more diplomatic communication style.

How is this working out for you? Lucky numbers: 3, 5, 17, 18, 20, 28.

TAURUS

(April 20 - May 20)



What are you passionate about? How can you communicate this to others so you can find an opportunity to achieve something that is in line with the values of everyone involved? Lucky numbers: 14, 15, 20, 23, 25, 33.

GEMINI

(May 21 - June 20)



At the beginning of the week, there may be an opportunity for you to express more enthusiasm. How can you use this energy to smooth over any issues with others? Lucky numbers: 3, 7, 10, 15, 27, 34.

CANCER

(June 21 - July 21)



During the middle of the week, you may feel the stress of too much going on at once. For a few days, consider retreating to whatever calms you.

Lucky numbers: 1, 11, 19, 30, 42, 46.

LEO

(July 22 - Aug. 22)



Your heart and mind may be out of sync for a few days at week's end. If you have a decision to make, perhaps consider postponing it for a bit.

Lucky numbers: 4, 11, 32, 44, 45, 48.

VIRGO

(Aug. 23 - Sept. 22)



Your role as a partner may be in focus for the next three months. The universe is providing you an opportunity and encouraging you to change and grow in this area. Lucky numbers: 2, 6, 24, 28, 31, 45.

Lucky numbers this week: This week's odds favour Taurus winners with the luckiest number being 33.

LIBRA

(Sept. 23 - Oct. 22)



At midweek, you may find others turning to you to help resolve a situation. Your tact and diplomacy might come in handy, so don't hesitate to call on these skills. Lucky numbers: 13, 14, 15, 19, 31, 46.

SCORPIO

(Oct. 23 - Nov. 21)



Others are sometimes not receptive to Scorpio's ability to see deeply into people and situations. However, for the next three weeks, they may be more receptive than usual to your insights. Lucky numbers: 5, 19, 26, 27, 42, 47.

SAGITTARIUS

(Nov. 22 - Dec. 20)



You may find that your thoughts and feelings are well balanced early in the week. How do you want to take advantage of it to achieve your heart's desire? Lucky numbers: 9, 27, 31, 33, 42, 46.

CAPRICORN

(Dec. 21 - Jan. 19)



At midweek, you may be feeling conflicted about something. Try to resolve the issue within yourself. Be careful not to project your emotional state onto others. Retreat, if needed. Lucky numbers: 6, 14, 19, 22, 39, 40.

AQUARIUS

(Jan. 20 - Feb. 18)



For a couple days in the middle of the week, you may have an opportunity to do a reset for the next month. How do you want to use this energy? Lucky numbers: 2, 4, 12, 18, 20, 43.

PISCES

(Feb. 19 - March 19)



Is there an issue in your relationships that you haven't realistically evaluated in the past? You might have an opportunity now to adjust your view and communicate it to others. Lucky numbers: 9, 19, 26, 37, 43, 47.

Did You Know...

Bachelor brothers: Wright brothers Wilbur and Orville were so involved in their work of inventing airplanes in the first part of the 20th century that neither of the brothers ever married.

Carrying device: Toboggans, used by children and adults alike, were invented by the Indigenous Anishinaabe to carry supplies and game over snow. The name is from the Chippewa *nobugidaban*, meaning "flat" and "drag."

Newsworthy channel: To news hounds, the 24-hour channel CNN (Cable News Network) seems to have been around forever. In reality, CNN first broadcast on June 1, 1980, from Atlanta, Georgia (U.S.).

Big boss on board: The captain was the boss of pirate ships that sailed on the high seas over the centuries. Next in line was the quartermaster, who made sure all orders issued by the captain were carried out.

Sweet bar: Chocolate candy was a treat for the rich before Milton Hershey first marketed his milk chocolate bar in the U.S. in 1900. Before Hershey Chocolate, he owned a company that made caramels.

On the Lighter Side

I call my alarm Jim, so I can tell people I hit the Jim every morning.

Did you hear about the man who bought a paper shop? It blew away.

Patient: "Doctor, I think I'm a moth."
Doctor: "You really need to see a psychiatrist."
Patient: "I know, but I was passing by and saw your light on."

Knock! Knock! *Who's there?* Bean. *Bean who?* Bean here ages. What took you so long?

Want to check out my mind reading machine? I'd love to hear your thoughts.

Answers

Trivia answers: 1. Almonds 2. True 3. American chestnut 4. Last 5. Segway

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

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
Kaleb Garrant from Wabamun

Coffee News® Fun Reading. Serious Advertising.

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>

WHEEL OF FORTUNE

WEEKNIGHTS 7PM/6PST
yesTV

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

Transform lives, one wish at a time.

Make-A-Wish.
Visit makeawish.ca

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!

vennerbrandlabs.com

780.441.1891 | vennerbrand@gmail.com
vennerbrandinc

FREE SHIPPING ON ORDERS OVER \$150

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

Home | Auto | Business | Farm

Insurance that fits

780.675.2241
4801 49 St, Athabasca
BrokerLink.ca

BrokerLink Insurance

©2022 BrokerLink Inc. "BrokerLink & Design" is a trademark of BrokerLink Inc. All rights reserved.