

Braithwaite Boyle Injury Law 800-440-8298

It's The Only Law We Do - Since 1986

Free Initial Consultation

Offices in: Red Deer, Edmonton, and Calgary

one of three \$400 prepaid Visa cards awarded monthly

For contest rules and recent winners, visit .accidentinjurylawyer.com/coffeen







403.786.2020 • 3-5832 Hwy 2A, Lacombe | 403.887.5073 • #425, 3715-47 Ave., Sylvan Lake



Estate Sale

auction now open

Soft closes Dec. 6, 7 p.m.

www.crendeavors.ca

Online timed

To bid, visit

and click on the link

403.340.0109

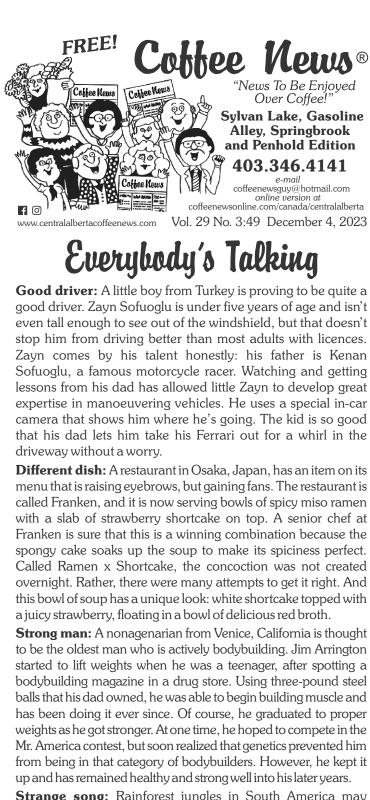
Onsite

Viewing

Monday, Dec. 4

5215B - 54 Ave.

C & R Endeavors Ltd.



menu that is raising eyebrows, but gaining fans. The restaurant is called Franken, and it is now serving bowls of spicy miso ramen with a slab of strawberry shortcake on top. A senior chef at Franken is sure that this is a winning combination because the spongy cake soaks up the soup to make its spiciness perfect. Called Ramen x Shortcake, the concoction was not created overnight. Rather, there were many attempts to get it right. And this bowl of soup has a unique look: white shortcake topped with a juicy strawberry, floating in a bowl of delicious red broth. Strong man: A nonagenarian from Venice, California is thought

Over Coffee!

Sylvan Lake, Gasoline

Alley, Springbrook

and Penhold Edition

403.346.4141

e-mail coffeenewsguy@hotmail.com

online version at

to be the oldest man who is actively bodybuilding. Jim Arrington started to lift weights when he was a teenager, after spotting a bodybuilding magazine in a drug store. Using three-pound steel balls that his dad owned, he was able to begin building muscle and has been doing it ever since. Of course, he graduated to proper weights as he got stronger. At one time, he hoped to compete in the Mr. America contest, but soon realized that genetics prevented him from being in that category of bodybuilders. However, he kept it up and has remained healthy and strong well into his later years.

Strange song: Rainforest jungles in South America may sound like relaxing destinations. However, in some spots, they are also guite noisy, especially if capuchinbirds (Perissocephalus tricolour) live there. These unique birds, with their bald little heads and orange plumage, make quite a racket during mating season. The males are the ones who sing the loudest, and they do so by inflating air sacs on their throats, which help to amplify the sounds. That racket has been compared to a buzzing chain saw or even to a mooing cow. The male with the best song attracts the females, who flock around him like rock star fans.

Quoteable Quotes

"The Sun will rise and set regardless. What we choose to do with the light while it's here is up to us." "No one is too small to make a difference." ~ Greta Thunberg

What's Happening

charge! Complete our event submission page at www.centralalbertacoffeenews.com. Please allow three to four weeks' notice.

- Family Services of Central Alberta reminds you that **Gifts for Grandparents** is here once again. Donations will be collected through December 13. For requested donation items and drop off locations, please visit fsca.ca.
- Sylvan Lake Municipal Library presents its Mystery Book Club Monday, December 11 at 5:30 p.m. Drop-in. Calling all mystery fans! For December's meeting, we will be discussing Apples Never Fall by Liane Moriarty. Refreshments provided. Visit the library website for complete details.



Irivia

- 1. Do a plant's leaves or roots absorb sunlight during photosunthesis?
- 2. An ancient warship with three banks of oars was the bark, skiff, or trireme?
- 3. The Tasman Sea is located between Australia and
- 4. Hesiod or Pan was the Greek god of woods, fields, shepherds, and flocks?
- 5. Vinegar is an acid (acidic) or a base (alkaline)?

(Flip bottom of page for answers)

© Published with permission by Costain Corp.





For advertising info, call Bryon today at **403.346.4141**



MEGAN BAILEY is our October Rural Contest Winner!

Megan will receive a \$50 gift certificate from our

403.782.9988 contest sponsor 5846 Hwy 2A, Lacombe









dose pouch tailored to your pharmacy needs.

CORP



Enjoy worry-free organized daily dosing at **no** additional cost.

www.costaincorp.ca

EXCLUSIVE

587.457.0933 | pharmacy@sagewoodrx.com | sagewoodrx.com





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

Braithwaite Boyle Injury Law 💩 It's The Only Law We Do - Since 1986 Free Initial Consultation

For contest rules, visit www.accidentinjury lawyer.com/coffeenews

Sept. I Draw Winners ton H. from Edson Sandy P. from Calgary

Cassi S. from Edmonton Walter A. from Calgary Karen P. from Okotoks

Oct. I Draw Winners Nov. I Draw Winners Bob P. from Calgary Sarah H. from Okotoks

• Christmas • New Year's Make Your Special Occasion Weddings • Valentine's Grad * ...and more!

SEDAN AND PARTY BUS LTD.

Call 403-346-0034 to reserve





The benefits of advertising Coffee News*



Channel

Custom Shapes

Vehicle Graphics

Custom Pylon Signs

Retro-fit to LED

WINNER

SMALL

BUSINESS



F 403.346.1011

office@questsigns.ca | www.questsigns.ca #6, 7476-49 Avenue, Red Deer

Award-Winning





- Window Tinting Shower Doors Residential Windows
- Commercial Storefronts
- **403.887.0190** Bay #1, #2 Erickson Crescent

Your Weekly Horoscope

(Sept. 23 - Oct. 22)

(Oct. 23 - Nov. 21)

emotionally ready for them,

and close relationships. Lucky

numbers: 1, 9, 14, 16, 35, 42.

so. Lucky numbers: 9, 12, 19,

ever, you may have an opportunity now for some downtime with loved

ones. Don't overlook it. Luckv

to ignore it. Consider how to

resolve the conflict now in a way

that works for everyone. Lucky

numbers: 8, 13, 15, 18, 47, 48.

numbers: 5, 11, 22, 34, 35, 37.

SAGITTARIUS

23, 33, 41.

CAPRICORN

AQUARIUS

(Jan. 20 - Feb. 18)

(Dec. 21 - Jan. 19)

(Nov. 22 - Dec. 20)

19, 22, 28. **SCORPIO**

Your natural grace

at week's end. It

This may be a week

when you are going

to want answers. But

about who you are

successful accomplish-

ments and legacy. How-

You may experience

relationship now. If so,

resist any temptation

an issue in your

all. Lucky numbers: 10, 13, 15,

(March 20 - April 19)



Midweek may bring an opportunity to address an old emotional issue. The energy now might

have a joyful optimism that you could use to help heal the situation, with others, to the satisfaction of if you reach for it. Lucky numbers: 15, 25, 31, 35, 39, 44.

TAURUS

(April 20 - May 20)



Are you in a stalemate with a relationship partner? There may be an opportunity this

week to improve the situation for both of you, but it could require more open communication. Luckv numbers: 4, 11, 17, 26, 34, 39.

GEMINI

(May 21 - June 20)



Gemini's approach to people and situations is often from a rational perspective. However,

adjusting your style and adding more heart into your efforts may be helpful right now. Lucky numbers: 3, 6, 8, 29, 31, 47.

CANCER

(June 21 - July 21)



Have you been hiding in your shell the last few months, afraid that others will take

advantage of your sensitive nature? Now may be the time to rectify the situation. Lucky numbers: 2, 24, 26, 27, 37, 39.

LEO

(July 22 - Aug. 22)



The sunny optimism of Leo sometimes cannot see the impact of their actions on other

people. You may have an opportunity now to adjust this pattern. Lucky numbers: 4, 14, 18, 21, 42, 44.

VIRGO

(Aug. 23 - Sept. 22)



Is there something that you have been holding onto that you are now ready to

release? The beginning of this week may be a good time to do so. Lucky numbers: 7, 24, 28, 39, 44.46.



PISCES

(Feb. 19 - March 19) Any confusion you have been experiencing could end, but it might take a while.

Once things settle, consider investing your energy into something in line with your values. Lucky numbers: 12, 15, 18, 20, 34, 43,

Lucky numbers this week: This week's odds favour Libra winners, with the luckiest number being 10.

Did You Know...

Fast food: Short-order cooks may get a bad rap because they often work in ordinary restaurants. But their task requires skill. They make simple meals quickly and to order, while endeavouring to maintain quality.

Long river: The Mississippi River is North America's second longest, 100 miles shorter than the Missouri River. Starting in Lake Itasca in Minnesota, the Mississippi runs about 2,350 mi. (3782 km) to the Gulf of Mexico.

Rules of the road: Bicyclists in Galesburg, Illinois, need to keep both hands on the handlebars and both feet on the pedals. That's because fancy bike riding is outlawed in the city, including any kind of acrobatic actions.

Sticking together: What would the world do without Velcro to keep clothing and other things fastened together? Patented in 1955, Velcro was created by George de Mestral, a Swiss mountaineer and engineer.

Running mate: Animals who are well adapted to running, such as a horse or cheetah, are known as "cursorial" animals. The word is usually applied to animals who can run fast or for long distances at a constant speed.

On the Lighter Side

What's the best way to talk to a Viking? Norse code. Did you hear about the kid who ran from New York to California? He needed to west.

I've just written a book on penguins. Paper would have been better. Teacher: "I hope I didn't see you cheating on that test."

Student: "I hope you didn't either." Knock! Knock! Who's there? X. X who? X me no questions, I'll tell you no lies.

Auswers

4. Pan 5. Acid

Trivia answers: 1. Leaves 2. Trireme 3. New Zealand

 $\ensuremath{\mathbb{C}}$ Published with permission by Costain Corp. For available franchise opportunities, visit www.coffeenewscanada.com

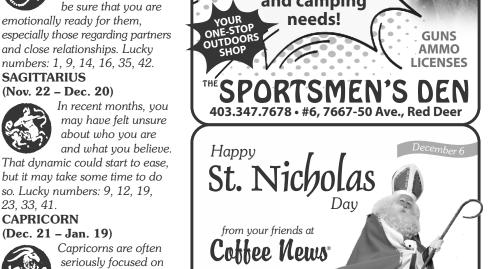


See us

for all your

hunting, fishing

and camping



H&R BLOCK®

OPEN

YEAR

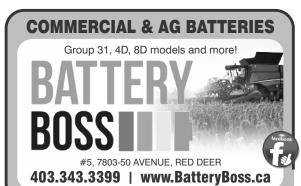
ROUND

A2, 5043 - 50A Street, Sylvan Lake

P: 403-887-2234

F: 403-887-3223 E: HRBLOCKSL@telus.net

Tuesday, Wednesday, Thursday: 10 am-5 pm



This Space Is Available

Book NOW to ensure a spot in upcoming issues





ROOFING → SIDING → FRAMING → DRYWALL → MORE

CALL US FOR YOUR FREE, NO OBLIGATION QUOTE:

587.378.7663 • www.JVRoofingSiding.com

to grow your business online! A CDAP micro-grant of up to \$2,400 can help with the costs related to Looking to implement e-commerce capabilities to remain competitive? Need to serve existing customers more idopting digital technologies! effectively and attract new ones?



COSTAIN 403.597.3372 CORP

Contact