

# Recipe of the month

## Stuffed Pizza Bites


1 tube (13.80 ounces) refrigerated pizza crust	1/4 cup thinly sliced green onions
1/4 cup prepared ranch salad dressing	1/4 cup chopped green pepper
6 ounces pepperoni, finely chopped	4 cooked bacon strips, chopped
1 cup shredded pepper jack cheese	2 teaspoons Italian seasoning
1/4 cup shredded Romano cheese	1 teaspoon garlic powder

Optional: Marinara sauce or Alfredo sauce, warmed

Total Time: 30 min. Yield: 1 dozen

- Preheat oven to 350°. Grease 12 muffin cups; set aside.
- On a lightly floured surface, unroll pizza crust. Spread ranch to within 1/2-in. of edge. Sprinkle with pepperoni, cheeses, green onions, green pepper, bacon and seasonings. Roll up jelly-roll style; pinch the edge closed. Cut crosswise into 12 slices. Place 1 slice in each prepared muffin cup.
- Bake until lightly browned, 20-25 minutes. Serve rolls warm, with marinara or Alfredo sauce if desired.

Source: <https://www.tasteofhome.com>



### 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

## Congratulations

to November's **Coffee News Guy** contest winners!

Your prizes are in the mail!



- Louise Ennis
- Eugene Tywoniuk
- Richard Hall
- Colette Van den Biggelaar

Enter today for your chance to win at [www.coffee-news.ca](http://www.coffee-news.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

## 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)

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!

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


# Coffee News®

"News To Be Enjoyed Over Coffee"

**Athabasca Edition**

**877-553-6397**

www.coffee-news.ca Est. 1988



Vol. 21 No. 6 February 5, 2024

## Everybody's Talking

**Underground accommodation:** Wales is home to a hotel that is purported to be the deepest in the world. Aptly named the Deep Sleep Hotel, it is located in an abandoned slate mine in the Snowdonia mountains. At 1,375 feet (419 m) below ground, getting there is quite an adventure for overnight guests. Guided by a trip leader, they have to hike for 45 minutes on mountain paths. Then, they are suited up with gear and taken down a challenging descent path in the mine. After that, they settle into very comfortable cabins and are provided with an expedition-style meal. The next day, staff members wake the visitors for the steep trek back up to the surface.

**Shoddy work:** In a village in India's Maharashtra state, residents have every right to complain about poorly done work. Folks in Karjat-Hast Pokhari had been looking forward to getting blacktop installed on the area's rough roads. So they were thrilled when a construction company arrived to do the work. However, the residents soon realized that the company had taken a huge shortcut in the job: they put down canvas material, then covered it with a very thin layer of asphalt. Several locals soon realized the situation when they lifted up a corner and it folded like a carpet. Villagers have made complaints against the contractor and the government department that hired them.

**White line fever:** The town may be small, but its authorities decided to fight hard to encourage speeding motorists to slow down. Baune, located in western France, sees many motorists speed over its streets as they navigate through the town's crossroads. Despite clear speed limit signs, drivers pay no heed and drive as fast as 100 km/h (60 mph) through the small town of 1,700 residents. To try to remedy the situation, the town painted confusing road lines. The continuous lines go this way and that, and often overlap. Drivers are slowing down to try to figure out what they are supposed to do. Hopefully motorists won't go back to their old ways anytime soon

**Long race** One ultramarathon starts from the pier in Santa Monica, California (U.S.), and ends at the welcome sign to the city of Las Vegas, Utah. Called The Speed Project, the length of the run is 340 miles (548 km) through the area's hot deserts, including Death Valley. The race is not advertised, there are no rules, and the participants must be invited to compete. Runners do not have to follow a particular route, but they are not allowed to run on highways. Started by Nils Arend and Blue Benadum in 2013, the race can be run solo, but it started out as a relay race for six team members

## Quoteable Quotes

"Whether or not you know it, you're the infinite potential of love, peace, and joy."  
—Amit Ray

"Everything that irritates us about others can lead us to an understanding of ourselves."  
—Carl Jung

## What's Happening

**Feb 17 - Winter Carnival** Taking place in Festival Park from noon to 4pm. Come down for a free Winter Carnival in Whitecourt

**Feb 19 - Family Day Fun** Free Family Day fun at the Westlock Rotary Spirit Centre. 9603 100 St Westlock AB

**Feb 19 - Witbit Swim** Free Wubit Swim at the Westlock Aquatic Centre. February 19, 2024, from 12 to 5 p.m.

**Feb 19 - Family Day Hayride** Brought to you by the Town of Westlock Community Events Committee, sponsors, and many dedicated volunteers. For more info visit [westlock.cafestivals-and-events](http://westlock.cafestivals-and-events)

**NON PROFIT organizations may submit fundraising events for FREE at [www.coffee-news.ca](http://www.coffee-news.ca). Please submit a minimum of 4 weeks in advance.**

**Hidden Coffee News Guy ADVENTURE**

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!

**\$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

- The Greek goddess of peace was Athena, Eirene, or Aphrodite?
- Singer Elvis Presley had a twin brother—T/F?
- How many limbs does a squid have?
- Toad Hall is featured in this children's book.
- "The Lady and the Unicorn" tapestry is Musee de Cluny, the Met, or the Smithsonian?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd (Over)

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)

**It's not just a generator. It's a power move.**

Receive a free 7-year warranty with qualifying purchase\* - valued at \$945.

Call 888-688-0973 to schedule your free quote!

\*Terms and Conditions apply. **GENERAC**



**yes tv**

**FREE LIVE STREAMING COMING THIS FALL**

visit [yestv.com](http://yestv.com) for details



## THIS SPACE FOR RENT

OR SCAN HERE FOR MORE INFO



Call 780-220-6397

**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](http://www.giftsandgadgets.ab.ca)



**Groggy mornings?**

Imagine starting each day refreshed, ready to conquer anything!

Optimize your routine to elevate your morning and capitalize on time.

**Free month trial then only \$1 a month**

**RISE UP**



Home | Auto | Business | Farm

## We're in your community

780.675.2241

4801 49 St, Athabasca

**BrokerLink Insurance**

©2023 BrokerLink Inc. \*BrokerLink & Design is a registered trademark of BrokerLink Inc. All rights reserved.

Looking for a Good **Realtor?**

So are we.

Exclusive space now available in this edition for a realtor

Call 780.220.6397 or visit [www.coffee-news.ca](http://www.coffee-news.ca)



**WOMENS WORKWEAR**  
[www.womensworkwear.ca](http://www.womensworkwear.ca)  
Workwear Built For Women  
**STORE NOW OPEN!**  
5403 Gateway Blvd NW, Edmonton  
*Enjoy The Experience*



**inogen**  
PORTABLE OXYGEN FOR YOUR ON-THE-GO LIFESTYLE  
Call us toll-free at 1-888-998-6714  
**CLAIM YOUR 14-DAY RISK-FREE TRIAL!**



**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](mailto: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**  
Grady Stromsroe from Medicine Hat

**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)



**CONGRATULATIONS** to all the 2023 monthly winners of a \$400 prepaid Visa card:

**May 1 Draw Winners:**  
Chelsey M. from Edmonton  
Cindy C. from Sylvan Lake  
Jay Z. from Edmonton

**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  
Elery T. from Calgary

**September 1 Draw Winners:**  
Emily J. from Sherwood Park  
Preston H. from Edson  
Sandy P. from Calgary

**October 1 Draw Winners:**  
Cassi S. from Edmonton  
Walter A. from Calgary  
Karen P. from Okotoks

**November 1 Draw Winners:**  
Yolanda P. from Edmonton  
Bob P. from Calgary  
Sarah H. from Okotoks

**December 1 Draw Winners:**  
Keisha W. from Edmonton  
Wendy W. from Camrose  
Tanya M. from Rimbey

**You could be our next winner!**  
SCAN HERE: 

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

**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



**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](mailto:prairiescentedcandles@gmail.com)  
[www.prairiescentedcandles.com](http://www.prairiescentedcandles.com)




# Your Weekly Horoscope


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

 How can you bring your purpose in line with your values? Look to any old wounds that may be clouding your judgment about next steps to achieve something worthwhile. Lucky numbers: 10, 11, 21, 30, 39, 40.


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

 A sudden or unexpected opportunity may surface this week. You might want to examine it carefully, especially if you are unsure if this possibility is what you want. Lucky numbers: 11, 16, 22, 27, 33, 41.


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

 Your intuitive and intellectual skills may be heightened in the next few weeks via the placement of Mercury, your ruling planet. How could you use these additional energies? Lucky numbers: 13, 17, 24, 26, 30, 32.

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

 At midweek, your heart may be pulled in one direction and your head in another. You might consider waiting a few days to see if the current stalemate will ease. Lucky numbers: 5, 6, 9, 11, 20, 25.


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

 For the next several weeks, you may have an opportunity to reach for a goal that aids others. But this might require that you put aside your own goals for now. Lucky numbers: 7, 11, 20, 25, 36, 43.


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

 Virgos often focus on small goals and objectives. For the next few weeks, you may have an opportunity to envision something larger. It might require that you adjust your viewpoint. Lucky numbers: 9, 12, 26, 36, 39, 44.


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

 For the next two weeks, addressing any challenges to your finances or in a relationship may be important. Making needed changes now could reduce potential future issues. Lucky numbers: 12, 19, 20, 21, 37, 40.


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

 For the next few weeks, you may feel conflicted about who you are. Consider a deep dive into your psyche to gain understanding, seeking help if you need it. Lucky numbers: 3, 12, 15, 24, 38, 47.


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

 Your thought processes may be sharper and more clear for the next several weeks. How can you use this opportunity to initiate positive change within yourself, heading into the future? Lucky numbers: 7, 11, 19, 25, 31, 36.


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

 At midweek, your mind and emotions may be in sync. For a few days, this might provide an opportunity to start a project in alignment with your values. Lucky numbers: 8, 10, 13, 14, 23, 30.

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

 The end of the week may be a good time to communicate your goals to others, including those that will aid your community. Outline a plan they can help manifest. Lucky numbers: 6, 14, 15, 18, 24, 39.

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

 This week is full of energies that may help you find new opportunities, initiate action, and ask others to help. You might need to adjust your view of the goal. Lucky numbers: 1, 7, 15, 21, 36, 40.

Lucky numbers this week: This week's odds favour Aquarius winners with the luckiest number being 39.

## Did You Know...

**Garlicky goodness:** While white garlic is well known, black garlic is made by carefully aging raw bulbs for a few weeks in hot and humid conditions. This process gives them a sweet and savoury flavour.

**Boundary:** The region between the U.S. and South America is called "Central America." But geographically, the North-South boundary is Panama's southern border, so Central America technically is in North America.

**Plant meanings:** Over eons, different flowers and plants carried different meanings, like red roses for love and orchids for beauty. Less positive associations include aloe for grief and striped carnation for refusal.

**Unfinished palace:** Neuschwanstein Castle in Schwangau, Bavaria, Germany, looks like the quintessential fairy tale castle. Bavarian King Ludwig II commissioned the palace, but died in 1886 before it was completed.

**Five kids:** Paul McCartney of Beatles fame has five children: Heather, Mary, Stella, and James (whose mother was Linda McCartney), and Beatrice (whose mother is Heather Mills). Beatrice was born in 2003.

## On the Lighter Side

Never was there a more groundbreaking invention than the shovel.

My cellar is so damp that when I lay down some mouse traps, I catch fish!

Ernie: "Does your dog have a licence?"  
Bernie: "No, she's not old enough to drive."

Knock! Knock! Who's there? Rice. Rice who? Rice and shine, it's the first day of school!

Einstein developed a theory of space. And it was about time, too!

### Answers

**Trivia answers:** 1. Eirene 2. True 3. 10 4. The Wind in the Willows 5. Musée de Cluny

For available franchise opportunities – visit [coffeenewscanada.com](http://coffeenewscanada.com)  
© Published with Permission by Capital Marketing Ltd

**QUALITY WORK. REASONABLE RATES.**

**RRC EXTERIOR FINISHING**

- 5" Continuous Eavestrough
- Asphalt Roofing
- 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**  
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



**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)



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](http://www.accidentinjurylawyer.com/coffeenews)

<b>Oct. 1 Draw Winners</b> Cassi S. from Edmonton Walter A. from Calgary Karen P. from Okotoks	<b>Nov. 1 Draw Winners</b> Yolanda P. from Edmonton Bob P. from Calgary Sarah H. from Okotoks	<b>Dec. 1 Draw Winners</b> Keisha W. from Edmonton Wendy W. from Camrose Tanya M. from Rimbey
---	--	--

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

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



**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 & Snorkelling  
11781-156 St., Edmonton  
Learn to SCUBA DIVE at our Edmonton location – call for details  
780.483.0044



**Like us on Facebook**  
...to keep updated on **WEEKLY** contests in which you can enter to win tickets to sports events, entertainment events, Coffee News Bucks and more!

<https://www.facebook.com/CoffeeNewsWeekly>



**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

