









YOUR ONE STOP KITCHEN AND GIFT SHOP

780.962.5220 | www.giftsandgadgets.ab.ca

- · Social Media Management
- SEO & Content Marketing Reporting & Analytics

780.760.6922 Frontline| frontlineconsulting.ca

Visit us on Facebook-CoffeeNewsWeekly

SCAN ME



# Everybody's Talking

New Issue Every Week!

"News To Be Enjoyed

Westlock

**Edition** 

877-553-6397

Vol. 21 No. 10 March 4, 2024

Over Coffee"

FREE!

www.coffee-news.ca

Windy ride: For a bike ride, most people choose a calm day with not much wind to slow them down. However, anyone who likes windy rides might enjoy participating in the Dutch Headwind Time Trial Championship. Participants all ride the same type of bike: upright and with only one speed. They ride an 8.5-kilometre (5.3-mi.) course located on the Oosterscheldekering storm barrier near the southwest city of Vrouwenpolder, Netherlands. The race originated in 2013 and is only held during storms when winds are expected to reach up to 120 km/h (74 mph). Only 300 participants are allowed, and the winner is the rider who completes the course

Running away: Lots of young kids hate doing their homework, but most would choose to do their school work over being sent to an orphanage. Not so for a school boy in Chongqing, China. He was so angry at his mother for pestering him to do his homework that he went to a local police station to complain. He told the police that he wanted to go to an orphanage instead of living at home. The officers helped him calm down, got his address, and contacted the parents. With the father on the way, the officers had a little chat with the boy to convince him that returning home was a better

**Perfectly round:** In the U.S. state of Florida is a lake so round that pilots gave it the nickname "Silver Dollar Lake." Officially called Kingsley Lake, it is located in the northeastern part of the state. The flocks of people who visit the lake on the ground may not be able to see its round shape, which is obvious from the air. The perfectly round shape is not artificial, but was formed by an ancient, spring-fed sinkhole. Ringing the lake are houses and cottages, all the way around the 2-mile (3.2-km) wide lake, which is 90 feet (27.4 m) deep at its centre. The homes have docks for swimming

Vietnamese artist Nguyen Thi Thu could be forgiven for not realizing that the blooms emerge from papaya fruits. She has been practicing this traditional art for many years, with a 15-year break when she moved to another country where green papaya was not readily available. Glad to be back in Hanoi, she picked up the art again. This time, along with sculpting primroses, lotuses, and water lilies, she challenged herself to create many different types of chrysanthemums, which is a complicated process. The artist shows her work at public events, and she also teaches classes to show

# Quoteable Quotes

"At some point, you've got to let go, and sit still, and allow contentment to come to you." —Elizabeth Gilbert "What wisdom can you find that is greater than kindness?"—Jean-Jacques Rousseau

# What's Happening

Feb 17 - Hinton Fish Game Scoring Come and have your big game animals scored by an official scorer. Didnt fill your tags Thats okay, bring them and be entered in a draw for a prize! 9am-3pm, Hinton Fish Game Clubhouse 7km East of Hinton

Ongoing - Tuesdays Women's Wellness Slave Lake and Area Womens Wellness workshop. St. Peters Ecumenical Church, Slave Lake. Free and includes child care. Registration is required. For topic and to register, text Rebecca at 780-240-6245

NON P{ROFIT organizations may submit fundraising events for FREE at www.coffee-news.ca. Please submit a minimum of 4 weeks in advance.



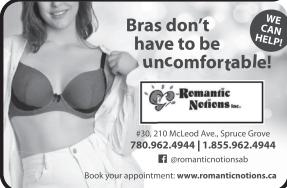
## Trivia

- 1. Annulary, glove, or wedded is the medical term for the ring finger?
- 2. Cut, clarity, colour, and carat (the 4 Cs) refer to what stone?
- 3. The scientific name for a bird's wishbone is furcula, tibia, or aloha?
- 4. The spots on dice are called what?
- 5. Herpetophobia is the fear of foot pain, freckles, or reptiles?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd (Over)







**THIS SPACE** RENT



Call 780-220-6397





Coffee News Fun Reading. Serious Advertising

Reader of the Month

contests@coffee-news.ca Please put "Readers" in the subject li

rease Include:
Your name ② Your phone number
d ③ Your address
Your phone send you some cool prizes
Your photo is chosen to appear in the



## We Need Volunteers In Your Area! Help us to advocate for a quality of life that all Alberta seniors deserve Alberta Council on Aging

# 780.423.7781 | 1.888.423.9666

AN INDEPENDENT NON-PROFIT, CHARITABLE ORGANIZATION SINCE 1967













raise funds for mental health services in your community. Donate at your local Co-op food store, gas bar, liquor store, home centre,

DONATE TODAY!







# Your Weekly Horoscope

## (March 20 - April 19)



For the next several weeks, be careful of impulsive speech or actions. You may find that you are easily angered, so take a deep breath and retreat if

needed. Lucky numbers: 12, 14, 19, 22, 37, 41,

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



The universe may continue to present you with many opportunities, a rare and unusual situation. Perhaps consider one that will expand you

beyond your comfort zone. Lucky numbers: 4, 7, 8, 11, 18, 24.

#### **GEMINI**

#### (May 21 - June 20)



For the next few weeks, be extra cautious in your communications. Your quick mind and wit could put you in danger of saying something you might regret. Lucky numbers: 3, 13, 14,

#### 20, 42, 45. **CANCER** (June 21 - July 21)



The Cancer-born can tend to lead with their feelings. At the beginning of the week, you may be challenged to approach a situation with a more bal-

anced heart and mind. Lucky numbers: 17, 18, 24, 35, 37, 39.

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



Midweek, your thoughts and feelings may be out of sunc for a few days. If you feel like you're at a stalemate, move beyond your own desires and help

someone else. Lucky numbers: 10, 21, 37, 31, 33, 38. **VIRGO** 

## (Aug. 23 - Sept. 22)



You may have an opportunity at the end of the week to expand your comfort zone and tap more into your intuition. This might feel awkward and

could require practice. Lucky numbers: 6, 12, 14, 20, 41, 43.

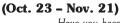
# (Sept. 23 - Oct. 22)



For the next several weeks, you may be seeing people "put their foot in their mouth." Therefore, leaning into your natural diplomatic nature might be

even more important. Lucky numbers: 5, 14, 18, 27, 29, 32.

## **SCORPIO**





Have you been reluctant to take off your safe mask and authentically face the world? Doing so is never easy, but this week might prove to be better than

most. Lucky numbers: 7, 13, 17, 19,

## **SAGITTARIUS**

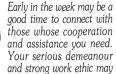
(Nov. 22 - Dec. 20)



Your natural optimism and enthusiasm may get a boost for the next several weeks. If new opportunities come up, carefully examine them and look

before you leap. Lucky numbers: 9, 11, 21, 22, 31, 32. **CAPRICORN** 

# (Dec. 21 - Jan. 19)



and strong work ethic may be highlighted. Lucky numbers: 1, 3, 17, 37, 40, 48.

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



Things may be very busy for you this week. Consider prioritizing what serves your highest values, rather than someone else's agenda. This may

be scary to do. Lucky numbers: 2, 12, 17, 18, 22, 38.

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



This may be a good time to evaluate your current endeavours. Are some less important now? Consider completing your critical projects and letting go of the rest. Lucky numbers: 11, 24, 27,

33, 36, 48.

Lucky numbers this week: This week's odds favour Capricorn winners with the luckiest number being 3.

# Did You Know...

**Islands in the sea:** The island nation of the Maldives, in the north-central part of the Indian Ocean, includes approximately 1,200 islands. About 200 of the sandbanks and coral islands are inhabited.

**Saving energy:** Similar to hibernation, an animal going into a dormant state because the environment is too hot or dry is called aestivation. The aestivating animal stops eating and does not move around.

**Small but mighty:** A tiny insect called the oribatid mite can lift over 1,000 times its own body weight. Also called the armoured or beetle mite, is only about the size of a grain of sand or two human hairs placed side by side.

**Popular condiment:** In Mexico, a condiment called chamoy is very popular. This hot, sweet, tangy sauce contains dried chilies, lime juice, and some kind of fruit, such as mango, apricot, or plum.

**Talented man:** Brian May, who became famous as a member of the British rock band Queen, is regarded as one of the best guitarists around. May earned a Ph.D. in astrophysics from Imperial College London.

# On the Lighter Side

Why were the scissors smiling? Because they have their work cut out for them.

An astronomer watched the moon rotate for 24 hours. Then he got bored and called it a day.

My new diet consists of only aircraft. It's a bit plane.

Diner: "I'd like an elephant sandwich, please." Waiter: "I'm sorry, sir, we've just run out of bread."

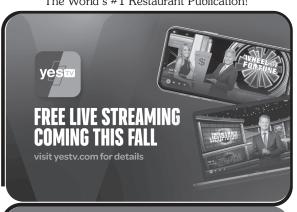
Knock! Knock! Who's there? Hugo. Hugo who? Hugo first and I'll go second.

### Auswers

4. Pips 5. Reptiles

I rivia answers: 1. Annulary 2. Diamond 3. Furcula

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





advancedglassinc.ca • 5514 - 50 Avenue, Legal AB Morinville Location: Bay #2, 9702-90 Ave. Call 587-985-4427



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







# **OWOMENS**



Workwear Built For Women

STORE NOW OPEN!

5403 Gateway Blvd NW, Edmonton Enjoy The Experience



Check out our PDF editions online! New editions are osted every Monday

Sign up here to receive editions. Now you

never have to miss your www.coffee-news.ca/editions weekly dose of good news!

30 - Westlock