

**THIS SPACE FOR RENT**

Call 780-220-6397

OR SCAN HERE FOR MORE INFO



**WESTLOCK & DISTRICT CHAMBER OF COMMERCE**  
Our community Your business

LUNCH MEETINGS ON THE SECOND LAST TUESDAY OF EVERY MONTH 12-1 p.m.

Westlock Legion 10004-106 St.

westlockchamberofcommerce@gmail.com  
www.westlockchamber.com

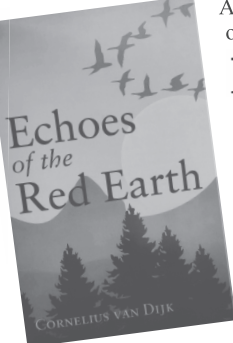

Visit our website for more information

A Bold and Imaginative Collection of Post-Apocalyptic Tales

**Echoes of the Red Earth**

Written By Canadian Author Cornelius van Dijk

Available in paperback and digital copy

**Management Software**  
ensuring world class professional management

**MADE IN CANADA**  
with Canadian companies in mind

NOT a subscription!  
NO monthly user fee!

**ZAZRA**

- No surprises
- Web-based, installed on your own local server or with your cloud-based server
- Completely customizable and adaptable to your company needs

Book a demo at [zazra.ca](http://zazra.ca) or call 780.702.9900

The kids are back to school...

Now it's your turn for something **fabulous!**

Find your fit with our amazing team and treat yo'self!

Call now to book your fitting: 780-962-4944

**Romantic Notions Inc.**

#30, 210 McLeod Ave., Spruce Grove  
Toll Free: 1.855.962.4944  
@romanticnotionsab

Learn From the Best!

Explore the possibilities

of DIY soap making, lotion making, and bath product creation

**wixy Soap**

Our classes are fully hands-on and also available online!

Sherwood Park 587.785.8878  
shop@wixysoap.com | www.wixysoap.com



**NOW OPEN!**

**St. Albert Hearing**

50 585 St. Albert Trail  
Right off St. Albert Trail near Summit Centre and Boston Pizza

- Hearing Tests, Adjustments and Repairs
- Easy Access from Northern AB
- No Referral Needed
- Affordable Hearing Aid Prices
- We Bill AADL/WCB/DVA/NHIB

Amazing Customer Service

Klinton Pilling has moved to a New Location

1-877-906-0605 | stalberhearing.com

**NOW ACCEPTING ARI CARDS**  
Auto • Commercial • Residential

**Advanced Glass Inc.**

CALL MARC CLOUTIER TODAY:  
780-961-2276

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


**FREE!** New Issue Every Week!

**Coffee News**<sup>®</sup>

"News To Be Enjoyed Over Coffee"

Westlock Edition

877-553-6397



www.coffee-news.ca

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

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

877-553-6397

www.barrheaddentures.ca

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

Receive a free 5-year warranty with qualifying purchase\* - valued at \$715.

Call 888-716-3428 to schedule your free quote!

\*Terms and Conditions apply.

**GENERAC**



**Boost Your Career From Home!**

Did you know that you can take Business and IT certification exams from Microsoft, Cisco and other vendors right from the comfort of your home?

Check us out today and add new certifications to your résumé before fall!

**Know it Sooner**  
Computer Training

www.knowitsooner.com/get-certified

IMPROVING EFFICIENCY SINCE 2006



**HERE WHEN YOU NEED US**

When You Get Paid, We Get Paid

**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

1-800-440-8298

ALBERTA OWNED AND OPERATED FOR OVER 35 YEARS



Not sure what your marketing needs are?

Transform your business today with our Elite Pro Marketing Package!

Get a whole digital marketing team of specialists on your side.

Contact us for a FREE consultation today!

**Frontline**  
web consulting  
(780) 760-6922  
frontlineconsulting.ca

SCAN ME




PLEASE ASK US FOR STARTER PACK

**200+ Delicious Meals Made for SENIORS!**

NOW SERVING THIS COMMUNITY!

- Free Delivery\*
- No Obligations
- No Minimum Orders\*

\*Some conditions apply

Request your FREE MENU Catalogue today!  
780-666-2336  
TF: 1-800-704-4779

**HEART TO HOME MEALS**  
DELICIOUS MEALS MADE FOR SENIORS™

www.hearttohomemeals.ca



Vol. 21 No. 41 October 7, 2024

**Everybody's Talking**

**Sausage stop:** While inserting money to get chocolate bars or chips from a vending machine might be familiar, if you happen to be in Germany, you also can get bratwurst and bockwurst sausages. These unusual vending machines have been around for a few years and are both popular and convenient, especially late at night when someone is craving a sausage. People who work late also appreciate the machines if grocery stores are closed by the time they have a chance to get food. Some of the machines even offer eggs, milk, produce, butter, and prepared sides like potato salad. The products are vacuum-sealed, and the machines are temperature-controlled to ensure safety.

**Bee delay:** You often hear of weather halting outdoor sports events, but this time it was buzzing bees that stopped the play. During a quarterfinal tennis match at the BNP Paribas Open in Indian Wells, California (U.S.), play was interrupted for nearly two hours. The players had to pause their game while a worker used a vacuum to remove bees that had swarmed onto the overhead camera. The unexpected delay provided an unusual spectacle for the audience, who watched as the court was carefully cleared of the insects. The players, who had been swatting away the bees, were fortunate that no one was stung.

**Tourist trouble:** Residents of Fujikawaguchiko (Japan), a town about 62 miles (100 km) west of Tokyo, were fed up with tourists who littered, trespassed, parked illegally, and broke other traffic rules. Tourists, eager to capture a perfect view of Mount Fuji, would flock to the town with their cameras, causing disruption. In response, the town installed a large, 66-foot (20-m) by 8-foot (2.5-m) mesh barrier to block the view of the snow-capped mountain. An official stated it was regrettable that it had come to this, adding that over-tourism is the biggest problem facing the iconic mountain. The measure aims to restore peace and order for the local community.

**Ring recovered:** A woman in Wales lost her engagement ring in 1970, while feeding hay to cattle on her family farm. She now has it back, thanks to a detectorist, which is someone who explores the ground with a metal detector. Marilyn Birch, a senior resident of Pontardawe in Neath-Port Talbot, described recovering the ring as an emotional reunion. All those years ago, she had retraced her steps in hopes of finding the ring, but to no avail. Recently, detectorist Keith Phillips obtained permission to search the land for treasures and found the ring buried about 8 inches (20 cm) deep in a field, a discovery that left its owner speechless.

**Quoteable Quotes**

"Reality itself is gorgeous. It is the plenum; the fullness of total joy."  
—Alan Watts

"The whole future lies in uncertainty: live immediately."  
—Seneca

**What's Happening**

**Nov 2 - CWL Craft Bake Sale** Holy Family CWL Craft Bake Sale 10:00 a.m.-2:00 p.m. at Holy Family Parish Hall, 75 Poirier Ave. Vendors selling a great variety of items. Also will have baked goods for sale. Raffle tickets for 3 great cash prizes and for vendors donated raffle items.

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**

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

Enter one of three ways:  
1. Scan the QR code  
2. Visit [www.coffee-news.ca](http://www.coffee-news.ca)  
3. Mail your entry\*

\*Mail your entry 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 1982 film Conan the \_\_\_\_\_ starred Arnold Schwarzenegger and James Earl Jones.
- Sleeping Beauty fell asleep when she pricked her finger on a rose thorn—T/F?
- A pinochle deck has 26, 48, or 52 cards?
- What is the capital of Portugal?
- The "V" in the acronym ROYGBIV stands for what?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

(Over)

**Recipe of the month**

**Fall Garden Medley**

4 large carrots, cut into 1-1/2-inch pieces  
3 fresh beets, peeled and cut into 1-1/2-inch pieces  
2 medium sweet potatoes, peeled and cut into 1-1/2-inch pieces  
2 medium onions, peeled and quartered

1/2 cup water  
2 teaspoons salt  
1/2 teaspoon pepper  
1/4 teaspoon dried thyme  
1 tablespoon olive oil  
Fresh parsley or dried parsley flakes, optional

Prep Time: 20 min Cook: 5 hours Yield: 8 servings

- Place the carrots, beets, sweet potatoes, onions and water in a greased 3-qt. slow cooker. Sprinkle with salt, pepper and thyme. Drizzle with olive oil. Cover and cook on low for 5-6 hours or until tender.
- Stir vegetables and, if desired, sprinkle with parsley.

The perfect Fall side - colourful, tasty and healthy and complements many different meat dishes.

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



CN-Proudly printed by One to One Mailing

CANADA'S BRAND YOUR COMFORT

**NAPOLEON**



**GEMCO FIREPLACES**  
& WHOLESALE HEATING PRODUCTS

PH: 780-465-9719 9281-50 STREET, EDMONTON, AB  
WWW.GEMCOFIREPLACES.COM

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)

**LEAKY GUT?**

DO YOU SUFFER WITH ANY OF THESE...

1. Digestive issues (gas, bloating, diarrhea, irritable bowel syndrome)
2. Autoimmune disease (arthritis, lupus, psoriasis, celiac disease)
3. Depression, anxiety, ADD or ADHD
4. Seasonal allergies or asthma
5. Chronic fatigue or fibromyalgia
6. Hormonal imbalances (PMS, PCOS)
7. Skin issues
8. Food allergies/intolerances

"Death begins in the colon" ~ Mechnikov

LEARN MORE HERE

Heal Your Gut, Improve Your Well Being!

**Rebecca McCord**  
gut health coach

250.329.8116 | [www.HealthyBellyCoach.com](http://www.HealthyBellyCoach.com)

**yes tv**

FREE LIVE STREAMING COMING THIS FALL

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

**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](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

Specializing in Home Health Care Since 1970

- Ostomy
- Incontinence
- Mastectomy
- Compression
- Walkers
- Rentals
- Wheelchairs
- Accessibility
- Repairs
- ...and more!

PICK UP AND DELIVERY

Visit us at 10550 Mayfield Road NW

**Congdon's** Aids to Daily Living | 780.483.1762 | [congdons.ca](http://congdons.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

**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 & Snorkeling

Learn to SCUBA DIVE at our Edmonton location - call for details

11781-156 St., Edmonton 780.483.0044

SCUBAPRO | SHERWOOD | GARMIN | SHEARWATER | AKONA | HENDERSON | SEALIFE | TUSA

# Your Weekly Horoscope

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

Lots of energy swirls around you this week. You may be tempted to take an aggressive stand. But you might want to consider where forgiveness could serve you better. Lucky numbers: 10, 18, 25, 34, 42, 48.

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

Did you pay attention to the hard truth that may have been revealed to you last week? This information could follow you, so you might want to address it now. Lucky numbers: 12, 14, 19, 34, 40, 42.

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

You may be presented with many ideas and opportunities this week. Take time to sort through and evaluate them against your values and goals. But maybe wait to take action. Lucky numbers: 13, 14, 17, 27, 33, 45.

**CANCER**  
(June 21 - July 22)

Cancers can be introverted by nature. But this week you may have a desire to expand your social circle and participate more fully. What might be the best way to manifest it? Lucky numbers: 9, 20, 25, 30, 40, 48.

**LEO**  
(July 23 - Aug. 22)

Your thoughts and feelings might be out of sync for a few days at week's end. Can you reconcile this stalemate? If not, then waiting for this dynamic to pass may be best. Lucky numbers: 2, 4, 16, 17, 25, 39.

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

Virgos often focus on precise facts and details. But sometimes, consider trying an intuitive leap of faith. The next few weeks may provide an opportunity to test this premise. Lucky numbers: 11, 25, 26, 28, 33, 40.

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

Libras gravitate to beauty and may avoid the darker parts of their unconscious. At week's end, an opportunity may arise to unearth information that can help your development. Lucky numbers: 4, 7, 10, 13, 18, 40.

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

For the next few weeks, you may feel an urgency to blurt out whatever insights you have, no matter how dark, to others. Thinking before speaking could be important. Lucky numbers: 8, 11, 19, 36, 43, 46.

**SAGITTARIUS**  
(Nov. 22 - Dec. 21)

You may feel the need to bust out of restrictions at the beginning of the week. Consider taking a time-out to analyze what changes you might truly need in your life. Lucky numbers: 1, 10, 14, 24, 32, 44.

**CAPRICORN**  
(Dec. 22 - Jan. 19)

This may be a week of two steps forward and one step back. Though frustrating, you may want to consider postponing important discussions or decisions for a couple of weeks. Lucky numbers: 6, 8, 15, 32, 37, 41.

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

Are you digging in your heels now because you have a strong feeling about something? Finding some detachment about the matter could help point the way to a solution. Lucky numbers: 7, 19, 32, 38, 41, 42.

**PISCES**  
(Feb. 19 - March 20)

Are you experiencing an issue in a relationship now? Are there ways you could adjust your communication style to more clearly express your thoughts to the other party? Lucky numbers: 5, 15, 28, 38, 43, 48.

Lucky numbers this week: This week's odds favour Cancer winners with the luckiest number being 30.

## Did You Know...

**Space growth:** Scientists have discovered that astronauts can grow taller in space. In fact, living in microgravity can increase their height by up to 3%. A man who is 6 feet tall (1.8 m) could gain 2 inches (5 cm) in height!

**Avocado truth:** You might not think of avocados as fruit, like apples or oranges. But biologically, that's exactly what they are because they contain seeds. Their unsaturated fats are a healthy benefit of eating them.

**Frightening frog:** The tiny 1-inch (2.5 cm) poison dart frog has enough poison to kill 20,000 mice. It safely stores toxins in its skin to fend off predators. The species have brightly coloured bodies and are native to Central and South America.

**Fierce predator:** The giant Allosaurus dinosaur, with its 8-inch (20.3-cm) claws and 70 teeth, could hunt prey easily by running at 21 miles (33 km) per hour. All those teeth meant it was built to eat meat.

**Sound sensitivity:** If you can't stand certain sounds that don't bother other people, you may have a condition called misophonia. It's when a person is emotionally affected by common sounds like eating or even breathing.

## On the Lighter Side

Knock! Knock! Who's there? Ogre. Ogre who? I'm ogre here, come find me!

Why was the broom confused? It didn't know which witch was which.

Swimmers do pool-ups to get strong.

Our poodle is like one of the family, but which one?

Barber: "Your hair is getting thin."  
Customer: "Who wants fat hair?"

## Answers

Trivia answers: 1. Barbarian 2. False 3. 48 4. Lisbon 5. Violet

For available franchise opportunities - visit [coffeenewscanada.com](http://coffeenewscanada.com)

© Published with Permission by Capital Marketing Ltd

**WE BUY USED GOLD AND DIAMONDS**

Blue Diamond Jeweller

780.968.0040  
Main Street, Stony Plain  
[www.bluediamondjewellers.com](http://www.bluediamondjewellers.com)

**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

**LegalShield**  
Call LLOYD KENNEY, Independent Associate, to find out how LegalShield can help you!  
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](http://www.coffee-news.ca/editions)

**TIMELESS EXTERIORS**

- ✓ Specializing in Continuous Eavestrough
- ✓ Leaf Guard on New and Existing Trough

780.721.8704  
WESTLOCK, AB

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)

**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)

**Need to talk?**  
988 is here for you. 24/7

Suicide & Crisis Helpline  
Call or text: 9-8-8

[Edmonton.CMHA.ca](http://Edmonton.CMHA.ca)

Renting at \$2700

**55+ Retirement Luxury Living**

**CAREADON VILLAGE**  
2 Inglewood Dr. St. Albert

Open House every Saturday 12-4 p.m.

- On the River
- Close to Trails, Shopping
- Underground Parking
- Incredible Amenities, including Theatre Room, Library, Salon, 24 Hr. Gym, more

[careadonvillage.com](http://careadonvillage.com) 780.470.2330