

Get Your BUZZ Back!
with  **QUEEN BEE FOOT CARE**

- Diabetic Foot Exams
- Callus and Corn Reduction
- Thinning and Trimming Toenails
- Ingrown Toenail Treatment (Onyfix)

780.327.9944
www.queenbeefootcare.ca

SLAVE LAKE
Downtown
Physiotherapy
Unit 1-1 321
Main Street NE
Mondays, 10-6

ATHABASCA
Queen Bee
Footcare
Unit 1
4810-49 Street
Tues & Wed, 9-5
Thurs, 12-8

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



www.coffee-news.ca Est. 1988

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

Home | Auto | Business | Farm

We're in your community

780.675.2241
4801 49 St, Athabasca
BrokerLink.ca

BrokerLink Insurance

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

THIS SPACE FOR RENT

OR SCAN HERE FOR MORE INFO



Call **780-220-6397**

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



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

CANADA'S BRAND YOUR COMFORT

NAPOLEON



GEMCO FIREPLACES & WHOLESALE HEATING PRODUCTS

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

R&C STORAGE

3606-53 St. Athabasca



Call, text or email for inquiries
780.689.9876
rncstorageab@gmail.com
www.rcstorage.net

ON AND OFF SITE STORAGE

Everybody's Talking

Bird blockade: Trains traveling between the English centres of Brighton and London were delayed for at least 90 minutes for an unusual reason: a baby herring gull on the tracks needed to be removed. Officials turned off the power to the track during the removal process. Herring gulls are a common sight in the seaside town of Brighton, but they are on the red list compiled by the Birds of Conservation Concern, due to their declining population numbers. The incident initially led many to believe the reason for the train delays was a joke. The delayed passengers, though inconvenienced, were relieved to learn that the young bird was safely rescued and was unharmed.

Madonna superfan: Tara Berry, a dedicated Madonna fan, holds the Guinness World Record for the most tattoos of the same musician on the body, proudly displaying 18 portraits of the iconic singer. Her tattoo journey began in 2016 when Madonna sought out fans with tattoos of her image for a video. Inspired, Berry started with two tattoos, and then her collection rapidly expanded. She was motivated to surpass Nikki Paterson's record of 15 Eminem tattoos, leading her to invest nearly \$10,000 (USD) and 110 hours over six months. Despite her mother's shock, Berry's friends admired the artistic tribute. Her tattoos capture Madonna's memorable moments from the singer's worldwide career.

Alpaca escape: A herd of alpacas executed a daring escape plan, causing havoc on a highway near Cambridge, England. The animals had broken free from a local farm and were obstructing traffic on the busy road. Although police were called to the scene, by the time they arrived, the alpacas had been safely corralled back into their fenced field by the farmer. Motorists captured footage that showed the curious alpacas gazing at drivers, seemingly intrigued by the commotion they were unaware that they had caused. Meanwhile, some of the animals were happily munching on grass by the roadside, which added a touch of charm to the unexpected traffic jam.

Lucky lady: If you believe that good luck comes in pairs, then Christine Wilson is proof of that theory. The woman from Attleborough, Massachusetts (U.S.), won the lottery twice. The first time, she won \$1 million (USD) and she used some of her windfall to buy a car. Then, 10 weeks later, the lucky lady won another cool million dollars. In both cases, she had opted to receive her winnings as one-time payouts. Wilson earned her first lottery win by buying a \$50 ticket, and then she bought a \$10 instant ticket, which brought her the second big win. She said she plans to put her second windfall into savings.

Quoteable Quotes

"A lily or a rose never pretends, and its beauty is that it is what it is."
—Jiddu Krishnamurti

"Look closely. The beautiful may be small."
—Immanuel Kant

What's Happening

Nov 1 - Shine A Light 6pm: Residents are asked to turn on an outdoor light, hang a glowstick in a window or plug in holiday lights for the duration of the night to shed light on the issue of family violence in our community.

Nov 16 - Santa Claus Parade Starting at 5:30pm, the Whitecourt and District Chamber of Commerce is hosting the Annual Santa Claus Parade! The lineup starts at Festival Park and will make its way through the downtown core. Join us for a night of fun, candy, fires and Christmas cheer!

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

Hidden Coffee News Guy ADVENTURE

Enter one of three ways:
1. Scan the QR code
2. Visit www.coffee-news.ca
3. Mail your entry*

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



*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

1. What kind of food is gazpacho?
2. If a carnivore eats meat, what is a frugivore?
3. This is the easternmost city in the U.S.
4. What is a female rabbit called?
5. How many years are in an undecennial—9, 11, or 20?

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

Reach out to us for free dementia-friendly guidance, resources, and a community that understands.



Alzheimer Society

ALBERTA AND NORTHWEST TERRITORIES

Contact us today at **1-866-950-5465** or visit alzheimer.ab.ca to learn more.

QUALITY WORK. REASONABLE RATES.



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

CALL RYAN TODAY FOR YOUR FREE ESTIMATE:
780.519.1335

Serving Athabasca/Slave Lake and area

LEAKY GUT? "Death begins in the colon" ~ Mechnikov

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

Heal Your Gut, Improve Your Well Being!
Rebecca McCord gut health coach

250.329.8116 | www.HealthyBellyCoach.com



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

BUYING A HOUSE?
START HERE



SELLING A HOUSE?
FREE EVALUATION HERE



Questions? Call 780-982-4247. George Van De Walle, Re/Max Professionals

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




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 or call **780.702.9900**

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

Transform lives, one wish at a time.

Make-A-Wish

Visit makeawish.ca

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

PRIVATE CLASSES AVAILABLE

inogen

INOGEN® PORTABLE OXYGEN CONCENTRATORS

Call us toll-free at **1-888-998-6714**

30-DAY RISK-FREE TRIAL

30-day risk-free trial - Return within 30 days of purchase for a full refund of purchase price.
PM230469 EN, EX, USA (Ex Only) © 2024 Inogen, Inc. 859 Wood Drive, Suite 200, Costa, CA 93112
Inogen® is a trademark of Inogen, Inc. The usage of any Inogen, Inc. trademark is strictly forbidden without the prior consent of Inogen, Inc. All other trademarks are trademarks of their respective owners or holders.

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

yes tv

FREE LIVE STREAMING COMING THIS FALL

visit yestv.com for details

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

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

Edmonton.CMHA.ca

Need ONE More Reason to Join?

- 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!

LegalShield 1-877-579-9449

SHOP ONLINE!
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)

Important information may emerge from your unconscious at the end of the week. Pay attention to it because it might help you find a new solution to an old issue. Lucky numbers: 2, 4, 14, 30, 40, 45.

TAURUS
(April 20 - May 20)

Surprises may abound for you as the week begins. The Taurus-born generally are not fond of change, but going with the flow right now may be in your best interests. Lucky numbers: 7, 13, 14, 21, 31, 48.

GEMINI
(May 21 - June 20)

Do you feel your confidence is being shaken now? What adjustment might allow you to express your authentic self? To do so, you may need to push past your fear. Lucky numbers: 4, 6, 10, 13, 19, 23.

CANCER
(June 21 - July 22)

You may feel the desire to retreat for a few days this week. If that's possible, honouring this need and decompressing from your daily routine might be helpful to you. Lucky numbers: 8, 12, 30, 38, 39, 41.

LEO
(July 23 - Aug. 22)

A desire for having fun may continue this week. If possible, try to accommodate this, if you haven't done so yet. If you have, is now the time to get back to work? Lucky numbers: 1, 5, 27, 28, 39, 48.

VIRGO
(Aug. 23 - Sept. 22)

This weekend may be a good time to tackle something that needs to be organized. This could be anything from a closet to thoughts that are running around in your head. Lucky numbers: 9, 15, 20, 33, 38, 45.

LIBRA
(Sept. 23 - Oct. 22)

The week may offer an opportunity to unearth information from the depths of your unconscious mind. This process is intended to serve your spiritual development. Lucky numbers: 11, 15, 33, 37, 40, 48.

SCORPIO
(Oct. 23 - Nov. 21)

If you set goals at the time of your birthday last year, how well did you succeed at them? This month may be a good time to establish new ones for the next year. Lucky numbers: 12, 13, 15, 17, 19, 26.

SAGITTARIUS
(Nov. 22 - Dec. 21)

The eternal optimism of Sagittarius may want to ignore the hard truth of a situation in their life. Right now, though, you may be given opportunities to finally face it. Lucky numbers: 14, 16, 19, 28, 39, 45.

CAPRICORN
(Dec. 22 - Jan. 19)

If you are in conflict with yourself or someone else this week, step back and take a deep breath. Ask yourself what this dynamic might be trying to tell you right now. Lucky numbers: 10, 13, 22, 23, 31, 40.

AQUARIUS
(Jan. 20 - Feb. 18)

Are you experiencing a conflict with someone in a position of authority? Think carefully about whether your position is correct or the other person has a valid argument. Lucky numbers: 1, 10, 15, 22, 37, 41.

PISCES
(Feb. 19 - March 20)

Organization is generally not a Pisces strong suit. At the beginning of this week, the energy supports catching up on your outstanding tasks, so take advantage of it. Lucky numbers: 3, 10, 17, 20, 35, 46.

Lucky numbers this week: This week's odds favour Taurus winners with the luckiest number being 21.

Did You Know...

Pocket watch: The small pocket inside the right side pocket of blue jeans is called a watch pocket. When Levi Strauss designed the trousers back in the late 1800s, men used pocket watches and could safely store them there.

Clay comforts: Baby pacifiers have been around for at least 3,000 years. They once were made of all sorts of materials that neither parents nor pediatricians would recommend today, such as clay, silver, and coral.

Loonie legacy: In Canada, the one-dollar coin, which replaced the paper bill in 1987, quickly gained the nickname "loonie" because it has a loon on the coin's reverse side. The image was created by wildlife artist Robert-Ralph Carmichael.

Presidential whiskey: After his tenure as U.S. president from 1789 to 1797, George Washington operated a highly lucrative whiskey distillery on his farm in Mount Vernon, Virginia. Today, staff continue to produce this historic whiskey.

Same birthday: Unless you were born on February 29, you are sharing your birthday with a lot of people around the globe: around 20 million people! If you are a Leap Year baby, then you share your special day with about 5 million people.

On the Lighter Side

One day the office computers broke down. Everyone had to think.

Doctor: "How is the patient who swallowed the coins?"
Nurse: "No change yet."

Knock! Knock! Who's there? Quiche. Quiche who? Want a hug and quiche?

What goes around the yard but stays in place? A fence.

The tree was glad when fall and winter passed. In fact, it was re-leafed.

Answers

4. Doe 5. 11
Trivia answers: 1. Soup 2. Fruit eater 3. Eastport, Maine

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!

Readers of the Month
Todd & Julia Lewis from Ponoka

Coffee News Fun Reading. Serious Advertising.

Take care of your hearing health today!

Hearing Tests • Hearing Aids • Repairs
Batteries • Home Visits

Ears 2 Hear

Your local hearing aid provider

3rd party billing available
AADL, NIHB, WCB, VAC

Athabasca Location - 3rd Tuesday of every month at the Athabasca United Church 10 a.m.-1 p.m. Walk-ins welcome
587.746.0540 | ears2hearalberta@gmail.com

Bethiny Plante
BC-HIS Registered Hearing Aid Practitioner

2 for 1 Hearing Tests for spouses

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>

MS Office Training

Live FREE Sessions on Fridays during October & November

Scan QR Code below to attend

Explore the possibilities...
• Excel • Word • Outlook • PowerPoint
• Teams • OneNote • Smart Phones

BOOST YOUR CAREER - FROM HOME!

Know it Sooner
Computer Training

www.knowitsooner.com/events

We've moved...

Gifts and Gadgets

VISIT US IN OUR NEW LOCATION!

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

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

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