MORE SELECTION
THAN ANY OTHER WINDOW COVERING SOURCE!
FREE In-Home Consultation
LIFE TIME
SINCE 1960
REAL™
We make 100+ kinds of blinds
We stock 15 million feet of inventory
SAVE up to 50%
1 8558 GO REAL REALBLINDS.CA
REAL BLINDS SUPERSTORE
EDMONTON 10510-107 Ave. NW (main floor) 780-250-7325
VEGREVILLE 5006-52 Avenue 780-632-2142
DERWENT 118 Main Road 780-741-2376
BONNYVILLE/COLD LAKE 780-826-2239
WAINWRIGHT/PROVOST 780-842-2477
LLOYDMINSTER 780-875-1093

INJURED AT WORK?
Need help with your WCB Alberta claim?
#1 choice for qualified representation reviewing decisions made on your claim and ensuring all entitlements have been granted
OVER A DECADE OF EXPERIENCE
Enabling your "capabilities"
Ability Management Solutions
For a free telephone consult, call 780.995.6509
www.abilitymgmtsolutions.ca

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:
❶ Your name ❷ Your phone number and ❸ 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
Rita Marcial from Spruce Grove
Coffee News Fun Reading. Serious Advertising.

Say "Thank You" to our advertisers
by visiting them and doing business with them.
They make this publication possible.
(And be sure to tell them you saw their ad in Coffee News®!)

This is Your Story
Stories of redemption, discovery and faith
WEEKNIGHTS AT 11PM
yesTV

Support Coffee News®!
The paper you have grown to love can't do it without readers like you...
Visit our advertisers
Browse our website
Like us on Facebook
Coffee News®
"News to Enjoy Over Coffee"

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

Ready for Your Winter Vacation?
• Snorkelling Gear & Lessons • Reef-Safe Sunscreen
• Beach Water Shoes • Dry Bags & Wallets • UV Shirts
ASK ABOUT OUR BUDDY SPECIAL
Learn to scuba dive! Start your scuba diving certification with us and finish during your holiday!
The Dive Outfitters
Scuba Diving & Snorkeling
MON - FRI, 10 am - 6 pm
SAT, 10 am - 4 pm
www.thediveoutfitters.ca | 780.483.0044 | 11781-156 St.

FREE! New Issue Every Week!
Coffee News®
"News To Be Enjoyed Over Coffee"
Cold Lake Edition
877-553-6397
Est. 1988
www.coffee-news.ca
Vol. 17 No. 19 May 11, 2020

Everybody's Talking

Sales gimmick: Alexander Kainov, the owner of a three-bedroom apartment in Chelyabinsk in western Russia, wanted to sell his abode, but was having trouble attracting interested buyers. So he tried a gimmick: he posted a photo on social media showing the famous American movie director, Quentin Tarantino (Reservoir Dogs, Once Upon a Time…in Hollywood), in the apartment. But it wasn't the real Tarantino, just a cardboard cutout. While a buyer didn't come out of the woodwork, Kainov's post went viral, and he hopes the attention will eventually attract some offers.

Beach bound: A beautiful beach in Australia was once a banana grove. In the 1930s, the Watego family set up operations on what is now Watego Beach, located on the country's most easterly point at Byron Bay. This white sand paradise is a quieter alternative to Australia's busy beach resorts. It has picnic tables and barbecues available for those who want to cook a lunch. Surfers, swimmers, and sunbathers love this spot. When they get tired of the sand, they can take a walk up the path to Cape Byron Lighthouse, which was built in 1901 and overlooks Byron Bay.

Colourful town: The town of Guatapé, Antioquia, Colombia, is said to be the most colourful in the country. That's because everyone decorates their homes and businesses with brightly coloured paint in many different designs. A home might have a background of red with orange and green flowers, while a bakery might have images of bread loaves. Known as zocalos, these paintings can even tell a story of a journey or a historical figure. Guatapé is located 82 kilometres (51 mi.) east of the big city of Medellín and is a tourist attraction for both Colombians and visitors.

Illegal bean: A bean that is native to South America is illegal in the United States. It's called the tonka bean and is known for its many scents. Looking a bit like a raisin, the tonka bean smells like a combination of vanilla, cherry, almond, and cinnamon. The bean's shavings are used in such things as ice cream, beverages, and pastries. The ban in the United States stems from the fact that the bean contains coumarin, which can cause health problems. However, aficionados say it would take a large amount of beans to cause a problem. Cooks around the world use a small amount in a variety of dishes.

Quoteable Quotes

"Beauty is in the eye of the beholder." —*Margaret Wolfe Hungerford*

"No written law has ever been more binding than unwritten custom supported by popular opinion." —*Carrie Chapman Catt*

What's Happening

Mar 15- May 20Bonnyville Health Centre Ladies Auxiliary Bursary Program B'ville Hosp. Auxiliary are offering 2 x $1000 Bursaries to students enrolled in and attending their second year of health related program. Applications are available at the Info. Desk or the Gift Shop at the B'ville Hospital. Must be rec. by May 2020

Events listed here are submitted by Event Organizers. Due to COVID 19, please ensure you contact the organizer to see if the event is still going ahead as planned.

July 18 - Cold Lake Air Show Come join in on the fun! tickets available, and more information at coldlakeairshow.com

NON profit organizations may submit events for FREE at www.coffee-news.ca/whats-happening

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
To enter, visit www.coffee-news.ca
Submit your birth date and we'll send you a birthday card with valuable offers on your special day!
NEW FEATURE!
...or send your entry by snail mail to: CN Guy Contest, 17303-107 Ave., Edmonton, AB T5S 1E5
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. If you are "cack-handed," are you lucky at cards or accident prone?
2. How many sides are there in a nonagon?
3. Cobalt and Prussian are shades of which colour?
4. Where would you find the talus bone in the human body?
5. A dendrologist studies dentures, metals, or trees?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

(Over)

THIS SPACE FOR RENT
780-220-6397

Let us free you up...
TO FOCUS ON THE IMPORTANT STUFF
Call us today to see how we can help with all your bookkeeping and financial business needs.
BOOKKEEPING PLUS SERVICES LTD.
780.623.1845 trudiger@mcsnet.ca www.terriprudiger.com
DAILY, MONTHLY, QUARTERLY BOOKKEEPING | HR MANAGEMENT
RECONCILIATIONS | PAYROLL SERVICES | GST/HST REPORTING
Non-profit? This is our specialty!

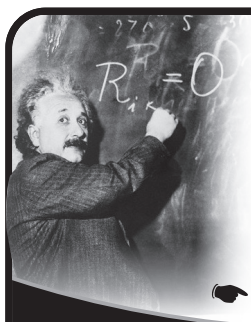
Love the Earth
...and Go Plastic-Free!
Plastic-free vegan choices for:
• Dish Soap • Shampoo • Facial Soap
• Body and Hand Soap • Deodorant • Lip Balm
Local
We will deliver every month before or on the 10th day.
We are a sustainable products business located in Cold Lake.
AM SOAPS
Call or text your order 780-826-1068
www.amsoaps.webs.com https://www.infomall.ca/AMsoaps/
SPECIAL OFFER! Monthly Subscription Box for only $30 plus Free Delivery if you live in the Lakeland AB/SK region

Traditional Funerals
Memorial Services
Cremations
Monuments
Serving Bonnyville & Cold Lake & Area for 20 Years
NORTHERN LIGHTS FUNERAL CHAPEL LTD.
780.826.6083 780.594.6083
info@northernlightsfs.ca
Value Cremation ~ $2526.00

Pregnant? Facing Difficult Decisions?
We can help.
Call 780.421.1177 or text 587.596.5380
• Confidential Pregnancy Counselling
• Support and Connection to Resources
• Adoption Information and Advice
Small Miracles Adoption
www.smallmiraclesadoption.com

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
TecWerks Inc.
WHERE TECH WORKS
780.801.1030 | www.tecwerks.ca
DEDICATED TO FINDING OUR CLIENTS THE BEST SOLUTIONS WITHIN THEIR BUDGETS

New Beginning® Law
Family Law
Criminal Defence
Jerred L.T.T. Moore B.A. (Adv.), J.D. Barrister & Solicitor
Renée L.T. Moore B.A., B.Comm.(Co-op), J.D. Barrister & Solicitor
780.645.0050
www.newbeginninglaw.ca | 4902-50 St., St. Paul, AB



DO THE MATH!

If you advertise in a monthly publication, your ad is seen 12 times a year.
If you advertise in a bimonthly publication, your ad is seen 6 times a year.

If you advertise in Coffee News, your ad is seen 52 times a year!

It takes the average person 8 - 10 times to see a message and retain it.
So, where would you want YOUR ad to be?

Coffee News = Repetition

INJURED AT WORK?

Need help with your WCB Alberta claim?

#1 choice for qualified representation reviewing decisions made on your claim and ensuring all entitlements have been granted

OVER A DECADE OF EXPERIENCE

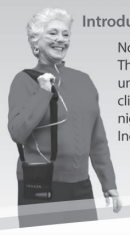
Enabling your "capabilities"

Ability Management Solutions

For a free telephone consult, call 780.995.6509

www.abilitymgmtsolutions.ca

One solution for oxygen at home, away, and for travel



Introducing the INOGEN ONE – It's oxygen therapy on your terms

No more tanks to refill. No more deliveries. No more hassles with travel. The INOGEN ONE portable oxygen concentrator is designed to provide unparalleled freedom for oxygen therapy users. It's small, lightweight, clinically proven for stationary and portable use, during the day and at night, and can **go virtually anywhere — even on most airlines.** Inogen accepts Medicare and many private insurances!

Reclaim Your Freedom And Independence NOW!

Call Inogen Today To Request Your FREE Info Kit
1-888-998-6714

inogen

© 2020 Inogen, Inc. All rights reserved. MKT-P0108

FARMERS' MARKET
OPENS APRIL 2ND

THURSDAYS
3:30-6:30PM

$12 TABLES / SEASONAL INCENTIVES - CALL 780-826-9364

COLD LAKE AG SOCIETY
COLD LAKE EXHIBITION PARK
SPRING BULLARAMA
ADULTS $20
KIDS FREE

Recipe of the month

Creamy Strawberry Crepes

3 eggs
½ cup milk
½ cup water
3 tablespoons butter, melted
3/4 cup all-purpose flour
½ teaspoon salt
1 (8 ounce) package cream cheese, softened
11/4 cups sifted confectioners' sugar
1 tablespoon lemon juice
1 teaspoon lemon zest
½ teaspoon vanilla extract
1 cup heavy cream, whipped
4 cups sliced strawberries

Prep: 30 min Cook 30 min Ready in 1 h

1. Place the eggs, milk, water, melted butter, flour, and salt in the pitcher of a blender; blend until smooth.
2. Blend the cream cheese, confectioners' sugar, lemon juice, lemon zest, and vanilla with an electric mixer until smooth. Gently fold in the whipped cream.
3. Heat a lightly oiled griddle or non-stick skillet over medium heat. Pour or scoop the batter onto the griddle, using approximately 2 tablespoons for each crepe. Tip and rotate pan to spread batter as thinly as possible. Flip over when the batter is set and the edges are beginning to brown. Cook until the other side begins to brown. Stack finished crepes on a plate, cover with a damp towel and set aside.
4. To serve, fill each crepe with 1/4 cup sliced strawberries and 1/3 cup of the cream cheese filling, roll up and top with a small dollop of the cream cheese filling and more sliced strawberries.

Source: www.allrecipes.com

Just hatching a new business?

CHECK OUT **Coffee News®** ADVERTISING!

- People need to know about you!
- Reach thousands of local readers every single week
- Exclusive, affordable advertising

It's a crackin' good deal!

Need ONE More Reason to Join?

1. You need child support enforced
2. Your landlord raises rent in violation of your verbal agreement
3. You adopt a child
4. A friend owes you money and files for bankruptcy
5. You need help with credit card liability resolution
6. Your car is vandalized in a parking lot

Call LLOYD KENNEY, Independent Associate, to find out how LegalShield can help you!

LegalShield™

1-877-579-9449

Your Weekly Horoscope

ARIES
(March 21 - April 20)

You may find great satisfaction in spending time with family and friends. You might be able to develop a better understanding of your personal desires and those of others. Lucky Numbers: 2, 10, 18, 40, 44, 47.

TAURUS
(April 21 - May 21)

If you have a change of heart about making career moves, that may give you some special benefits. You might receive a major salary raise or a more lucrative position. Lucky Numbers: 4, 9, 11, 18, 35, 37.

GEMINI
(May 22 - June 21)

With insight, you may be able to find new ways to deal with life's issues. Identifying problems now might encourage you to move forward with different perspectives. Lucky Numbers: 12, 20, 36, 37, 39, 47.

CANCER
(June 22 - July 22)

You may be called upon to assume a position of leadership and social importance. In this role, you might be able to wield considerable influence over others. Lucky Numbers: 8, 12, 20, 32, 41, 43.

LEO
(July 23 - Aug. 23)

You may seek a deeper level of awareness from within or receive guidance from other people. Your thoughts and ideas might turn to resolutions and problem-solving. Lucky Numbers: 12, 23, 38, 43, 46, 47.

VIRGO
(Aug. 24 - Sept. 23)

You may be able to bring a new perspective to many issues. Your intuition could be strong. This might be a time to be brilliant, original, and exciting in your thinking. Lucky Numbers: 6, 13, 17, 26, 33, 46.

LIBRA
(Sept. 24 - Oct. 23)

Doors may open and new opportunities may present themselves. Any initiative or action you feel inclined to take right now might likely lead to a positive outcome for you. Lucky Numbers: 4, 14, 15, 20, 46, 48.

SCORPIO
(Oct. 24 - Nov. 22)

You may be eager to lend a helping hand and be very generous. More than likely, you might make charitable donations or spend time with those who can use your help. Lucky Numbers: 3, 6, 42, 43, 46, 47.

SAGITTARIUS
(Nov. 23 - Dec. 21)

Some offbeat or inventive ideas may stimulate your inner spirit. You might seek friends who can present you with different ways of looking at your situation. Lucky Numbers: 10, 11, 16, 24, 28, 29.

CAPRICORN
(Dec. 22 - Jan. 20)

Try to put your practicality and self-reliance to work. The more logical side of your brain may be working. If you trust your judgment, others might trust you as well. Lucky Numbers: 32, 35, 37, 42, 45, 47.

AQUARIUS
(Jan. 21 - Feb. 19)

This may be a time when precision, patience, and seriousness are required. If you can do this, you might be able to successfully deal with any complex problems that come up. Lucky Numbers: 3, 4, 6, 8, 34, 36.

PISCES
(Feb. 20 - March 20)

Your imagination may run high and optimism could be contagious. You might be able to become who you want to be. Try not to lose touch with the inner you. Lucky Numbers: 2, 4, 22, 23, 44, 46.

Lucky numbers this week: This week's odds favour Pisces winners with the luckiest number being 2.

Did You Know...

Staying active: A volcano is deemed "active" if it has erupted in the last 10,000 years. The world has approximately 1,500 active volcanoes. Many of these are located in what is known as "the Pacific ring of fire."

Ouch! Most people occasionally get canker sores, also called aphthous ulcers, somewhere in their mouth. They are not contagious, and the exact cause isn't known. Fortunately, they usually go away on their own within a few days.

Sweet and good: Cannoli is an Italian dessert. A fried, tube-shaped pastry is filled with sweetened ricotta cheese. There are many variations with additions such as chocolate chips, almonds, or candied fruit.

Frequent fliers: Magnificent Frigatebirds are "magnificent" to watch as they soar the skies along the coasts of the Caribbean Sea. Males have a big red pouch on their throats, which can be inflated to attract a mate.

French fame: Kayden Boche of France is a famous model best known for being in advertisements for a Christian Dior fragrance. He is also a music producer and songwriter.

On the Lighter Side

Does a pink candle burn longer than a blue one? No, they both burn shorter!

How many economists does it take to change a light bulb? None. If the light bulb needed changing, the market would have already done it.

What disappears as soon as you say its name? Silence.

Snake to another snake: "Are we poisonous? I just bit my lip."

When can you physically stand behind someone who is standing behind you? When you're standing back-to-back.

Answers

Trivia answers: 1. Accident prone 2. Nine 3. Blue 4. The ankle 5. Trees

Looking for a good **dentist?**

SO ARE WE!

Dental Practice category now available in this edition.

CONTACT **Coffee News®** TODAY at **780-220-6397** to reserve your **EXCLUSIVE** advertising space... ***before*** *your competition does!*

Vegreville Kinsmen GOLF COURSE

VISITORS WELCOME

Modern clubhouse featuring licensed lounge patio and BBQ area
Pro Shop with power carts and equipment rentals
Restaurant and catering • Meeting room

CALL FOR TEE TIMES:
780.632.3140
14432 Township Road 524, Vegreville

www.vegkgc.com

Helping you rediscover **fun** *in the kitchen!*

Gifts and Gadgets

Your one stop kitchen and gift shop.
780.962.5220

CHECK OUT OUR EXTENSIVE **ONLINE CATALOG!**

Visit www.giftsandgadgets.ab.ca *or visit us in person at 111 First Avenue, Spruce Grove*

Feeling a little **stressed?**

Relax with...

Coffee News®

Lock Out Your Competition !

Coffee News only allows one advertiser from each industry, so when you advertise your business, your competitors can't.

Call to lock out your Competitor - before they do!

HIP/KNEE REPLACEMENT?

Other medical conditions causing TROUBLE WALKING or DRESSING?

The Disability Tax Credit allows for

$3,000 YEARLY TAX CREDIT

and **$30,000 LUMP SUM REFUND**

APPLY NOW TO MEET 2019 TAX DEAD-LINES!

BBB ACCREDITED BUSINESS

For Expert Help:
1.844.453.5372

Wishes are *waiting.*

Help us give every eligible child the wish they need.

Donate today: www.makeawishna.ca

Make-A-Wish® NORTHERN ALBERTA CANADA

Coffee News is proud to support Make-A-Wish Northern Alberta

Support Your Community

by visiting local businesses that advertise in Coffee News.

After all, they are making this publication possible for your enjoyment!

Tell them you saw their ad in Coffee News!

For available franchise opportunities – visit coffeenewscanada.com

© Published with Permission by Capital Marketing Ltd