

**THIS SPACE
FOR RENT
780-220-6397**

Recipe of the month

Creamy Strawberry Crepes

3 eggs
1/2 cup milk
1/2 cup water
3 tablespoons butter, melted
3/4 cup all-purpose flour
1/2 teaspoon salt
1 (8 ounce) package cream cheese, softened

1 1/4 cups sifted confectioners' sugar
1 tablespoon lemon juice
1 teaspoon lemon zest
1/2 teaspoon vanilla extract
1 cup heavy cream, whipped
4 cups sliced strawberries

Prep: 30 min Cook 30 min Ready in 1 h

- Place the eggs, milk, water, melted butter, flour, and salt in the pitcher of a blender; blend until smooth.
- Blend the cream cheese, confectioners' sugar, lemon juice, lemon zest, and vanilla with an electric mixer until smooth. Gently fold in the whipped cream.
- 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.
- 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

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:

- Your name
- Your phone number
- Your address

so that we can send you some **cool prizes** if your photo is chosen to appear in the paper!

Coffee News Fun Reading. Serious Advertising.



Rita Marcial
from Spruce Grove

SPRING OVERSTOCK BLOWOUT SALE!

WHILE QUANTITIES LAST

GI

Your One Stop Shop for:

- Industrial Parts and Accessories
- Consumable and Janitorial Products
- Hydraulic Hoses
- Safety Supplies

FREE DELIVERY IN THE HINTON AREA

GRANDE INDUSTRIAL LTD.
LOCALLY OWNED AND OPERATED

HINTON: 780.865.2440 GRANDE CACHE: 780.827.2793

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**!)



FREE UPGRADE TO ONE OF OUR PREMIUM COLOURS

STOR-X

CUSTOM CLOSETS AND STORAGE FOR HOME AND COMMERCIAL

YVONNE BARKER - 780.865.6200
YVONNE.BARKER@STOR-X.COM

Helping you rediscover fun in the kitchen!

Gifts and Gadgets

CELEBRATE OUR ANNIVERSARY WITH US JUNE 1

Your one stop kitchen and gift shop.

780.962.5220

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

FREE! New Issue Every Week!

Coffee News

"News To Be Enjoyed Over Coffee"

Hinton Edition
877-553-6397



www.coffee-news.ca

Vol. 17 No. 20 May 18, 2020

Everybody's Talking

Bear scare Two women in the northern Canadian city of Whitehorse, Yukon, had to take evasive action to get away from a mama bear, which had two cubs in tow. Michelle Beaulieu and Anya Zimmerman were biking along a narrow trail near the Yukon River when the protective mother confronted them. The women ended up abandoning their bikes and swimming across the river to the other side. Luckily, a boat came along. The driver picked them up, retrieved their bikes, and got them safely out of the area.

Looking for dinner Diners in a restaurant in the town of Canmore, Alberta (Canada), got quite a surprise when a bear wandered in through the open doors to check things out. The cooking aroma coming from the Gaucho Brazilian Barbecue must have been too much to resist. The young bear scared the restaurant's customers, but didn't stay long. After only a few seconds, it turned around and walked out, taking another look through the window before running away. Peter Holub, the restaurant's owner, plans to keep the front door closed from now on.

Sticky stuff A certain type of glue made by an industrial adhesives company in Germany really sticks. DELO went to great lengths to show the strength of its brand of strong glue. Company representatives arranged to suspend a truck, which weighed over 17.20 metric tonnes (37,919 lbs.), one metre above the ground by attaching it to a crane using a small amount of their glue. The stunt worked. The glue held the truck off the ground for an hour. Because this adhesive is used in the automotive industry and is not commercially available, it's not possible to get it at a local hardware store!

Waterlogged Television reporters will do lots of things to get their stories to viewers, but Azadar Hussain of Pakistan did something unique to bring the plight of his country into the limelight. Kot Chatta, in Pakistan's Punjab region had experienced damaging flooding, so Hussain decided to stand in floodwaters, with only his head, hand, and microphone above water. From there, he proceeded to do his report of the repercussions of the flooding. Although what he did could be perceived as dangerous, the reporter was able to attract worldwide attention from his on-location newscast.

Quoteable Quotes

"Power tends to corrupt and absolute power corrupts absolutely."
—Lord Acton

"...we find at the end of a perfect day
When Silence speaks for Love she has much to say."
—Richard Garnett

What's Happening

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.

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

Hidden Coffee News Guy ADVENTURE

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!

\$400 Prize Package

Find the Coffee News Guy hidden in one of the ads, then enter to win!

4 winners (\$100 each) will be drawn on the 15th of each month from all correct entries

Trivia

1. What is wasabi?
2. Is our "funny bone" a bone or a nerve?
3. Identical twins have identical fingerprints—T/F?
4. In which sea would you find the Great Barrier Reef?
5. Who said, "Everything is funny as long as it is happening to somebody else"?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

(Over)

Ready for Your Winter Vacation?

- Snorkelling Gear & Lessons • Reef-Safe Sunscreen
- Beach Water Shoes • Dry Bags & Wallets • UV Shirts

Learn to scuba dive! Start your scuba diving certification with us and finish during your holiday!

ASK ABOUT OUR BUDDY SPECIAL

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.



ROCKY MOUNTAIN COLLECTIVE

Legal Cannabis and CBD Retail in Hinton

Locally Owned & Operated

780-800-4093 www.rmcollective.ca 780-800-4290

Valley Store
(Beside Opa's bakeshop)
393 Drinnan Way
Hinton, AB, T7V 2A3

Hill Store
(Beside Smitty's Restaurant)
437 Gregg Avenue
Hinton, AB, T7V 1N1

We make every woman feel *Beautiful* from the inside out

Visit us on **f** for promotions and gift ideas!
www.facebook.com/RomanticNotionsAlberta

Romantic Notions inc.

Bras... and so much more!

780.962.4944
1.855.962.4944
#30, 210 McLeod Ave., Spruce Grove

20 YRS. OF PERSONALIZED SERVICE & A REPUTATION FOR EXCELLENCE

For him for her, for couples, for you!



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 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"



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!

For Expert Help:
1.844.453.5372



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!



Wellspring's Twice is Nice THRIFT STORE

MONTHLY \$10 BAG SALE

VOLUNTEERS WELCOME!
DONATIONS ACCEPTED DURING STORE HOURS
PROCEEDS TO WELLSRING FAMILY RESOURCE & CRISIS CENTRE

HOURS: Mon-Sat, 10-5 Thurs, 10-6
780-706-3181
5115-49 St., Whitecourt Midtown Mall

Wellspring's Twice Is Nice Whitecourt

The World's #1 Restaurant Publication!

Affordable-Effective-Exclusive-CALL NOW!

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!

Need ONE More Reason to Join?

- You need child support enforced
- Your landlord raises rent in violation of your verbal agreement
- You adopt a child
- A friend owes you money and files for bankruptcy
- You need help with credit card liability resolution
- 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

WHAT DO YOU WANT TO DO TODAY?

WILDLIFE DISCOVERY | HALFDAY TRAIN TOURS | DOGSLEDDING
SIGHTSEEING TOURS | MALIGNE CANYON ICEWALKS

BOOK NOW!

Visit our site to book www.SunDogTours.com or call us at **1.888.786.3641**

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

Enabling your "capabilities" **Ability Management Solutions**

For a free telephone consult, call 780.995.6509

www.abilitymgmtsolutions.ca

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

Enabling your "capabilities" **Ability Management Solutions**

For a free telephone consult, call 780.995.6509

www.abilitymgmtsolutions.ca

Connecting you to the World

ISP COMPUTERS

- New computers, laptops, tablets
- Custom desktops & laptops
- Repairs on all PC brands
- Complete diagnosis
- Virus & spyware removal
- Data backup & restore
- Laptop screen replacements
- Onsite & networking services
- Business IT solutions & management

NEW LOCATION!

780-960-2150 #204 - 205 Jennifer Heil Way
www.ispcomputers.ca Spruce Grove, Alberta T7X 0T3

QUIT SMOKING

CLICK HERE www.mainstreetlasertherapy.ca

780.278.9767 TODAY!

Two locations to serve you:
~ Stony Plain
~ Spruce Grove

Mainstreet Laser Therapy

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!

- ✓ 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

Unit 3, 401-33 Street NE

singlecup.ca
Mon-Sat 9-5

500+

K-Cups • PODS • Davinci Syrups

FREE SHIPPING \$60+

Call or text and collect **403-837-4379**

Zone 32-Hinton

Your Weekly Horoscope

ARIES (March 21 - April 20)

You may be decisive and translate your ideas into action. You might be eager to confront conceptual problems and could likely produce very workable plans. Lucky Numbers: 6, 21, 25, 36, 39, 42.

TAURUS (April 21 - May 21)

You might want to take time for quiet study and inward reflection. Your intuition and your sensitivity to deep aspects of your situation may be very strong. Lucky Numbers: 4, 5, 18, 29, 34, 39.

GEMINI (May 22 - June 21)

This may be a good time to share your goals with someone in a position to help you. Thinking of concrete ways to turn your dreams into realities might be very fruitful. Lucky Numbers: 1, 2, 9, 11, 16, 22.

CANCER (June 22 - July 22)

You may need to lift yourself out of your usual, everyday concerns to get a better perspective. Try to focus on new horizons through travel or study about other cultures. Lucky Numbers: 10, 12, 20, 24, 30, 36.

LEO (July 23 - Aug. 23)

Now may be the time to communicate your passion and share your dreams for the future. You might see connections and possibilities that you previously may have overlooked. Lucky Numbers: 7, 9, 13, 14, 34, 44.

VIRGO (Aug. 24 - Sept. 23)

Your enthusiasm and zest for living may be very high. You could feel more alive and interested in the world about you. Your relationships might be exciting and harmonious. Lucky Numbers: 3, 12, 22, 42, 43, 47.

LIBRA (Sept. 24 - Oct. 23)

Doing your best work and taking pride in it may be a focus for you. This might be a good time to analyze your time and energy, with an eye to improving your productivity. Lucky Numbers: 5, 14, 22, 31, 37, 43.

SCORPIO (Oct. 24 - Nov. 22)

You might be less inclined to speak your mind or take a definite stand on important matters. Your wait-and-see attitude may be the best option for you to take. Lucky Numbers: 4, 12, 17, 23, 34, 42.

SAGITTARIUS (Nov. 23 - Dec. 21)

You may feel clear and objective about personal matters and your relationships. This might be a favourable time to iron out differences or come to a decision. Lucky Numbers: 6, 13, 18, 25, 33, 48.

CAPRICORN (Dec. 22 - Jan. 20)

Your energy level may be high, so this might be a good time for physical work or team sports. Partnerships or joining others for mutual benefit could go well. Lucky Numbers: 8, 14, 26, 29, 35, 44.

AQUARIUS (Jan. 21 - Feb. 19)

You may feel an urgency to take positive steps to achieve your goals. You might be in tune with the people in your environment who are most able to benefit you. Lucky Numbers: 10, 12, 19, 24, 32, 46.

PISCES (Feb. 20 - March 20)

You may be a sympathetic listener, drawing out the personal experiences of others. You might feel inclined to share your deepest feelings, building trust in your relationships. Lucky Numbers: 8, 16, 19, 38, 46, 49.

Lucky numbers this week: This week's odds favour Capricorn winners with the luckiest number being 8.

Did You Know...

Eye acronyms: On prescriptions for eyeglasses, the acronym "OS" means oculus sinister, which is Latin for left eye. "OD" is for oculus dextrus, which is Latin for right eye.

Unreal: A work of art is called "abstract" when artists portray interpretations of their subjects, rather than revealing the actual details. Colour, shapes, or patterns may dominate.

Seedy goodness: Banana passionfruit grows in several South American countries. Smelling a bit like an orange and looking like a small banana, this fruit's orange pulp has black seeds. Its tangy flavour is good in smoothies and desserts.

Cat problem: If you get scratched by a cat and a few days later notice a sore or blister, you may have cat scratch disease (CSD). This is an infection caused by bacteria in the cat's saliva. It usually goes away on its own but can be treated if necessary.

Colourful bird: The mulga parrot is a colourful bird found in semi-arid areas of Australia. Its call isn't loud, but its brilliant emerald feathers and spots of orange, yellow, and violet are easy to see.

On the Lighter Side

What travels around the world but stays in one corner?
A stamp.

Teacher: "What part of the body is affected by glandular fever?"
Student: "The glandular."

You find me in December, but not in any other month.
What am I?
The letter D!

How do you prevent a summer cold? Catch it in the winter!
Which is closer, Florida or the moon? The moon. You can't see Florida from here.

Answers

Trivia answers: 1. Japanese horse 2. Nerve 3. False 4. Coral Sea 5. Will Rogers

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

Get Your Meters' Calibrations Right

We are committed to providing your meters accurate and on time. Since 2003, Measurement Inc. has performed over 8,250 meter proves, so we won't be practising on yours.

MEASUREMENT INC.
780-621-2555
www.MeasurementInc.ca

PORTABLE TEST SEPARATOR RENTALS

RELAX WHEN YOU GET AUDITED!

MY PROMISE TO YOU: "If all you want is someone cheap to tag your meters, I respectfully ask you to call someone else. Ours will be the best proving experience you have ever had. When audited you'll see the results of excellent measurement. This will be the most complete, professional proving and calibration you have ever experienced. We do the work right or we'll redo it for FREE. I guarantee it!"
- Jerry Greiner

FRASIER

WEEKNIGHTS 6:00(EST) / 6:30(MT)

yesTV

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

Enabling your "capabilities" **Ability Management Solutions**

For a free telephone consult, call 780.995.6509

www.abilitymgmtsolutions.ca

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

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

NANTUCKET

ANTIQUES & COLLECTABLES

204 - 86 Boulder Blvd. Stony Plain, Alberta

780.916.5133
Open Fri., Sat. & Sun., 10 a.m.-3 p.m.