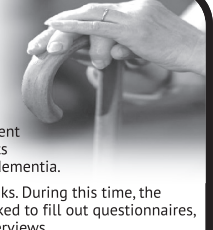


**THIS SPACE FOR RENT**  
**780-220-6397**

**Dementia and Continence Study**

Dr. Adrian Wagg's research team at the University of Alberta is recruiting participants for a research study to understand self-management of urinary incontinence with containment products by community dwelling older people living with dementia. You will be in the study for approximately 10 weeks. During this time, the researcher will visit you five times. You will be asked to fill out questionnaires, maintain a bladder diary and take part in two interviews. The study visits will last between 1 to 2 hours.

**If you want to learn more about this study, please contact Dr. Wagg's research office at 780-492-6855 (24-hour confidential voicemail).** University of Alberta Ethics approval Ref.: Pro0094514



**IS ADVENTURE ON YOUR BUCKET LIST? Discover Scuba**

Try **Scuba Diving** and see what it's like to breathe underwater! \$50 per person. Save \$10 each when you register two or more!

Or, discover **Snorkelling!** \$30 per person. Save \$5 each when you register two or more!

**www.thediveoutfitters.ca**

**HELP STOP THE SPREAD!**

**Stay safe!**  
 A message from your friends at **Coffee News**

**Are your ducks all in a row...?**

Offering years of paralegal experience to assist you by preparing documents such as:

- Last Will and Testament
- Enduring Power of Attorney
- Personal Directives

**WILLPOWER WILLS**  
 EXPERIENCED. DEDICATED. KNOWLEDGEABLE.  
**780-418-7611**  
 Call Terri today for a FREE consult.

**Here to help you see the world**

We provide the technology to give you and your family the eye care you expect and need. We direct bill to most insurance companies.

**Call today to book your appointment: 780-487-5986**

**SPECTRUM FAMILY OPTOMETRY**  
 1188, 8882-170 Street NW, Edmonton

**singlecup.ca**  
 Mon-Sat 9-5

**500+**  
 K-Cups • PODS • Syrups

**FREE SHIPPING \$60+**

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

**FREE ROLLING TRAY**  
 - WHEN YOU PRESENT THIS COUPON -

LIMIT 1 PER CUSTOMER - SEE IN STORE FOR DETAILS

**BUBONIC KRONIK**  
 ECIGS • VAPORIZERS • BONGS

8060 - 167 AVE. NW | 420 | EDMONTON | 780.371.0106

**FREE!** **New Issue Every Week!**

**Coffee News**  
 "News To Be Enjoyed Over Coffee"

**North West Edmonton Edition**  
**780-220-6397**

www.coffee-news.ca

Vol. 17 No. 52 December 28, 2020

**Everybody's Talking**

**Stone artist:** Akie Nakata is an artist who makes her creations out of the unusual medium of small rocks or stones. As a child, Akie, as she is known, loved to draw animals and birds, and a few years ago she decided to paint them on rocks and stones. She has an uncanny ability to choose exactly the right stone for her subject, be it an owl, a puppy, a pigeon, or a kitten. She never changes the stone by chipping any of it away to suit the design. Instead, she leaves the rock as she found it. Once complete, her creatures seem alive, with the eyes looking out at the viewer.

**Weather dog:** During the COVID-19 pandemic, a weatherman in Tampa, Florida (U.S.), got some help with his broadcast from a furry friend. Paul Dellegatto was on camera in his home office, with the cameraman aiming the lens at him from outside his window. Suddenly, Dellegatto's golden retriever, Brody, entered the frame. In doing so, he nudged the computer, and the weather map blinked off. Dellegatto soldiered on, reading the material instead. Brody then decided to go to the window to greet the cameraman, blocking the camera's view. No matter - viewers loved the interruption!

**Tile creations:** A mosaic artist in the city of Chicago, Illinois (U.S.), not only makes works of art, but does a service to his city at the same time. Jim Bachor learned about the beauty and durability of mosaics after taking courses in Italy. Back home, he decided to use the tough material to beautify his neighbourhood while fixing a pothole. One thing led to another, and soon Bachor had become a street artist. He started looking for potholes and designing custom mosaics to decorate them. He uses traffic cones to protect his work while it sets.

**Desert island:** An island off the coast of Senegal, in northwest Africa, is home to the Viana Desert. The island is Boa Vista, which is part of Cape Verde, an archipelago of nine islands. The Viana Desert is actually an extension of the Sahara Desert, with the wind carrying sand from mainland Africa. This small desert is about 5 kilometres (3 mi.) long and has dunes, volcanic rocks, and sparse vegetation. The hiking is not difficult for adventurers, and outfitters are available to take visitors on excursions.

**Quoteable Quotes**

"Light tomorrow with today" —Elizabeth Barrett Browning  
 "Too low they build who build beneath the stars." —Edward Young

**What's Happening**

**Nov 19 to Jan 18-Mom to Mom Online Group** Online group where Moms can get together to talk about successes and difficulties of being a mom and sharing stories, each week working on a different topic. Thursdays 1-2 pm. Register at jasperplace-CFC.com

**Nov 20 to Jan 2-Magic of Lights** Head to Castrol Raceway for a new holiday tradition! You'll embark on a 2.5 KM drive through experience from the comfort of your own vehicle. Be mesmerized as multiple holiday themes come to life with hundreds of thousands of sparkling LED lights!

**Dec 1-Dec 31-Luminaria** Stroll through the candle-lit pathways of the snow-covered Kurimoto Japanese Garden. University of Alberta Botanic Gardens - 51227 Hwy 60, Parkland County.

**Jan 16 to 17-Deep Freeze: A Byzantine Winter Adventure** This two-day festival brings together diverse cultures and revels in the magic and beauty of winter. Alberta Avenue - 118 Avenue NW and 91 Street, Edmonton.

**NON profit organizations may submit events for FREE at**  
[www.coffee-news.ca/whats-happening](http://www.coffee-news.ca/whats-happening)

**Hidden Coffee News Guy ADVENTURE**

To enter, visit [www.coffee-news.ca](http://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!

\*Coffee News Bucks  
 Over 150 participating sponsors!  
 4 winners (\$100 each) will be drawn on the 15th of each month from all correct entries.

**Trivia**

1. Cocobolo, Ebony, and Mopane are all types of what product?
2. Which American poet wrote "Mending Wall"?
3. Name the person who said, "The only thing we have to fear is fear itself."
4. What is the capital of Somalia?
5. In terms of navigation, what do the letters GPS stand for?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd  
**(Over)**

Feel free to take your Coffee News home!

**YSS CANNABIS**

Where Discovery Happens.

737 Mistatim Way NW, Edmonton | [ysscCorp.ca](http://ysscCorp.ca)

**PSC Prairie Scented Candles**

Did you know Gold Canyon Candles went out of business in March 2020? Sunset Scents is a new candle company that was formed by two former Gold Canyon executives who have over 20 years in the candle industry.

We are recreating your Gold Canyon favourites like Fall Leaves (aka Autumn Walk), Hot Apple Cider (aka Mulled Cider), Christmas Wreath (aka Holiday Wreath), Ginger Lime and many more!

[prairiescentedcandles@gmail.com](mailto:prairiescentedcandles@gmail.com)  
[www.prairiescentedcandles.com](http://www.prairiescentedcandles.com)

**PSC Prairie Scented Candles**

Did you know Gold Canyon Candles went out of business in March 2020? Sunset Scents is a new candle company that was formed by two former Gold Canyon executives who have over 20 years in the candle industry.

We are recreating your Gold Canyon favourites like Fall Leaves (aka Autumn Walk), Hot Apple Cider (aka Mulled Cider), Christmas Wreath (aka Holiday Wreath), Ginger Lime and many more!

[prairiescentedcandles@gmail.com](mailto:prairiescentedcandles@gmail.com)  
[www.prairiescentedcandles.com](http://www.prairiescentedcandles.com)

**Over 20 Yrs. of Great Service!**

HVAC and Mechanical Building Maintenance  
 Air Conditioning Repairs and Installations  
 Troubleshooting and Diagnostics  
 Serving Residential and Commercial Clientele

**RBA MECHANICAL INC.**  
**780-474-7481**  
[www.rbamech.ab.ca](http://www.rbamech.ab.ca)

**WE CLEAN YOUR HOME LIKE IT'S OUR OWN!**

◆ Weekly/Biweekly/Monthly Personalized Cleans  
 ◆ Move In/Outs  
 ◆ Residential and Small Business

**NOBODY CLEANS LIKE MOM**  
**780.700.6686 • www.nobodycleanslikemom.com**

**Calling all Fishermen**  
 50 YEARS & OVER

Come find fishing buddies at **THE EDMONTON Old Timers' FISHING CLUB**

Monthly meetings | Monthly newsletter

...with guest speaker, free coffee & donuts.

For more info, call or text Gary Preece at 780.940.6679

Every \$3.51 You Give = **1 MEAL FOR A HOMELESS NEIGHBOUR**

Give Hope. Give Today.  
**TheSeed.ca/donate**

THE MUSTARD SEED

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

PLEASE ASK US FOR STARTER PACK

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](http://www.hearttohomemeals.ca)



# Recipe of the month



## Holiday Haystack Cookies

1 cup semisweet chocolate chips      ½ cup roughly chopped almonds  
1 cup milk chocolate chips      ½ cup shelled pistachios  
3 cups chow mein noodles      2 tablespoons assorted holiday sprinkles

Level: Easy    Total: 1 hr 15 mins    Yield: 24 cookies  
Active: 15 mins

- Heat 2 inches of water in a pot to a simmer. Add the semisweet and milk chocolate to a bowl and place over the pot of simmering water. Allow to melt, stirring occasionally, 4 to 5 minutes.
- Meanwhile, add the noodles, almonds and pistachios to a large bowl and set aside.
- When the chocolate has melted completely, pour over the noodle and nut mixture. Mix until everything is well coated in the melted chocolate.
- Using 2 spoons, drop tablespoon mounds onto 2 parchment-lined baking sheets. Sprinkle the holiday sprinkles over the top. Allow to dry completely before storing, about 1 hour.

Source: [www.foodnetwork.com](http://www.foodnetwork.com)



## BLUE BLOODS

MON - THURS 9:00

yesTV

**SPECIAL!**  
40 GALLON NATURAL GAS JOHN WOOD PROLINE WATER HEATERS \$999 INSTALLED + GST

**SENIOR DISCOUNTS OFFERED**

**YOUR DEPENDABLE NEIGHBOURHOOD PLUMBER**

*Clover*

**PLUMBING & HEATING**

Call David Martin  
**780.935.4445**

- Residential and Commercial Plumbing Services
- Furnace Repair and Replacement
- Garage Heaters
- Boiler Repair and Replacement
- Gasfitting

RED SEAL W/PLUMBING & GAS TICKET

PROVIDING THE GREATEST RETURN ON YOUR GREATEST INVESTMENT!



**SELLING YOUR HOME?**

Invite me over for a coffee. I'll give you real estate advice and a FREE market evaluation.

Your Community Realtor  
**GEORGE VAN DE WALLE**  
780.982.4247 RE/MAX®

**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

## 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**

BBB ACCREDITED

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


## Your Weekly Horoscope

**ARIES**  
(March 21 - April 20)




Take pride in your ability to overcome current adversities. This may help you find the confidence to display your talents to friends or colleagues. Lucky Numbers: 2, 13, 24, 29, 36, 43.

**TAURUS**  
(April 21 - May 21)




Your mind may be focused on creativity in music and art. You might need to speak up and clear the air of any injustice you have been holding onto for some time. Lucky Numbers: 10, 16, 22, 39, 41, 47.

**GEMINI**  
(May 22 - June 21)




Domestic matters may take up a great deal of your time. You might be a peacemaker now, since harmony in your environment could seem more important to you than ever. Lucky Numbers: 3, 12, 14, 24, 26, 38.

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




Cherishing people in your life who really care about you is good for your spirit. Take this feeling to the next level and support others to follow your lead. Lucky Numbers: 13, 16, 22, 26, 31, 32.

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




Listen well and learn. You may be fascinated by powerful people with powerful ideas. You might be attracted to those who have high degrees of self-confidence. Lucky Numbers: 2, 6, 17, 22, 45, 49.

**VIRGO**  
(Aug. 24 - Sept. 23)



Patience may be required if you want to find answers that are locked in your past. You might need to reach deep to find the best route to attain your immediate goals. Lucky Numbers: 6, 8, 10, 12, 14, 16.

**LIBRA**  
(Sept. 24 - Oct. 23)




Your mood may be a clear indicator of optimism and enthusiasm. You might want to accept invitations and go to important social events in order to be noticed. Lucky Numbers: 4, 6, 11, 22, 33, 44.

**SCORPIO**  
(Oct. 24 - Nov. 22)



Others may feel your strong influence when you express yourself through your thoughtful and caring ways. You might feel great and be able to enjoy yourself. Lucky Numbers: 9, 15, 20, 23, 24, 43.

**SAGITTARIUS**  
(Nov. 23 - Dec. 21)




Conversations may spark your mind to find simple ways to handle your personal and business affairs. You might be more open to original concepts or new techniques. Lucky Numbers: 1, 5, 21, 25, 31, 35.

**CAPRICORN**  
(Dec. 22 - Jan. 20)




You may find it hard to deal with your workload. You might need to pay more attention to small details. Try exploring your mental depths to find additional inspiration. Lucky Numbers: 10, 16, 20, 37, 40, 43.

**AQUARIUS**  
(Jan. 21 - Feb. 19)



You may be able to see your labour of love from a different perspective. You might likely be busy with telephone calls, meetings, or some commercial transactions. Lucky Numbers: 15, 16, 32, 34, 36, 38.

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



You may be a little subjective and your mood or feelings might tend to rule your thoughts. You may be especially perceptive and sensitive to everyone around you. Lucky Numbers: 1, 2, 13, 19, 40, 43.

Lucky numbers this week: This week's odds favour Pisces winners with the luckiest number being 1.

## Did You Know...

**Buckle up:** Seatbelts were used in aircraft before they were used in automobiles. The idea of using them in cars was not even presented until the early 1950s. The Ford car company started offering them in 1956.

**Weather forecast:** A barometer is a tool that meteorologists use to measure the pressure in the atmosphere. This instrument, which is used to make short-term weather forecasts, was invented in the 1600s.

**Thorny story:** Colleen McCullough (1937-2015) comes from New South Wales, Australia. The author is best known for *The Thorn Birds*, which was published in 1977. It was made into a TV miniseries in 1983.

**Skunky scent:** No one wants to get sprayed by a skunk. If you encounter one of these small, black and white animals and it starts hissing and stomping its feet, get away from it as fast as you can!

**Solar system discovery:** Uranus is the seventh planet from the Sun. It was discovered, with the help of a telescope, in 1781 by German-born British astronomer William Herschel.

## On the Lighter Side

Teacher: "What is your favourite instrument?"  
Student: "The school bell."

Who earns money without working a single day? The night watchman.

How many opticians does it take to change a lightbulb? Is it one or two? One... or two?

Inflation: the process that enables you to live in a more expensive neighbourhood without going to the trouble of moving.

If you think talk is cheap, you haven't talked to a lawyer.

## Answers

Trivia answers: 1. Wood 2. Robert Frost 3. Winston Churchill 4. Mogadishu 5. Global Positioning System

For available franchise opportunities – visit [coffeenewscanada.com](http://coffeenewscanada.com)  
© Published with Permission by Capital Marketing Ltd

The World's #1 Restaurant Publication!

**EMPLOY Abilities FOR NEWCOMERS**

**LOOKING FOR HELP? NEW TO ALBERTA?**  
We provide services for newcomers with permanent barriers with a fast, pre-employment program, to help you get ahead!

This program offers the following FREE services:

- Private one-on-one job search advice
- Training to get you ahead with your job search
- Strategies to help you succeed at work
- Networking to help you with your goals

**CONTACT EMPLOYABILITIES TODAY!**

Contact us by phone at 780.945.4643 or email [michael@employabilities.ab.ca](mailto:michael@employabilities.ab.ca)

Funded by: Immigration, Refugees and Citizenship Canada

**NEW PATIENTS WELCOME!**

**Experienced dental care**



**DEREK FIKA**  
Dr. Derek Fika  
Family Dentistry  
Creating Beautiful Smiles  
587-760-3454  
[drderekfika@shaw.ca](mailto:drderekfika@shaw.ca)  
Visit us at 12943-97 Street NW, Edmonton

**NOW OFFERING COSMETIC AND THERAPEUTIC BOTOX!**

**STOP STREAMING! IT'S FUNNIER LIVE**  
AT THE COMIC STRIP  
ON BOURBON STREET, WEST EDMONTON MALL

BUY TICKETS ONLINE AT [thecomicrostrip.ca](http://thecomicrostrip.ca)

**2 FOR 1**  
ALL SUMMER LONG  
CODE: SUMMER2020


*Rick Bronson's*  
**THE COMIC STRIP**  
DRINK · DINE · LAUGH

**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](mailto: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!



**Reader of the Month**  
Thomas Acheson • Calgary, AB

**Coffee News** Fun Reading. Serious Advertising.

**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 **LOYD KENNEY**, Independent Associate, to find out how LegalShield can help you!

**LegalShield** 1-877-579-9449

**CORY KNOTT**  
MORTGAGE BROKER

- Mortgages
- Refinancing
- Debt Consolidation
- Renewal
- Credit Repair

**MAKING MORTGAGES EASY**

780.293.9212 | [cory@coryknott.ca](mailto:cory@coryknott.ca) | The Mortgage Centre

**Supporting you is my priority**

Please contact me if there is anything I can do to help you during this difficult time.



**Jennifer Miles, Agent**  
780-460-2279

**Desjardins Insurance**

**Wishes are waiting.**

Help us give every eligible child the wish they need.

Donate today:  
[www.makeawishna.ca](http://www.makeawishna.ca)



**Make-A-Wish**  
NORTHERN ALBERTA CANADA

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