

HELP STOP THE SPREAD!

1. Wear a mask
2. Keep your distance – six feet!
3. Wash your hands
4. Take your copy of *Coffee News* home with you

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

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

BLUE BLOODS

MON - THURS 9:00

yesTV

THIS SPACE FOR RENT

780-220-6397

START YOUR OWN BUSINESS!

FREE government funded Self-Employment Training

www.microbusiness.ca
Call: 780.482.4462

microbusiness TRAINING CENTRE INC
Suite 203 Energy Square, 10109-106 St., Edmonton AB T5J 3L7

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

COLD SHOT
A DIVISION OF BALWARIA EMPIRE PVT. LTD.

SHIP BY BUS

PASSENGER & PARCEL SERVICES

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

9754-45 Avenue NW

singlecup.ca

Mon-Sat 9-5

500+

K-Cups • PODS • Syrups

Call or text and collect
403-837-4379

FREE SHIPPING \$60+

FREE! *New Issue Every Week!*

Coffee News

"News To Be Enjoyed Over Coffee"

South Edmonton Edition

780-220-6397

www.coffee-news.ca

Est. 1988

Vol. 18 No. 2 January 11, 2021

Everybody's Talking

Underwater art: A young Bahamian girl sits beneath the sea off the coast of New Providence, an island in the Bahamas. Actually, the girl is a statue, made of sustainable materials designed to encourage the growth of coral. Named "Ocean Atlas," this statue was made by Jason deCaires Taylor, an artist and photographer. "Ocean Atlas" was installed in 2014 under the water near the city of Nassau. It is 5.5 metres (18 ft.) tall and weighs over 60 tonnes. It is possible to go snorkeling in the area to see this interesting art installment up close.

Tiny tree: Fairy Lake near the town of Port Renfrew on Victoria Island, Canada, draws people to its shores so they can view a little fir tree. This small conifer is special because it is growing out of a log that is submerged in the lake. The tree is thought to be between 30 and 40 years old, and no one is quite sure how it survives on the log, which is the source of its nutrients. The tree is the subject of many photographs, and no two are alike. In times of high water, it may be almost submerged, while on still summer mornings, it sits peacefully in the mist.

Twice lucky: His last name has not been released, but "Joe B." is one lucky fellow. From Pueblo, Colorado (U.S.), Joe bought two lottery tickets on the same day at different stores located a few blocks apart. He purchased one in the morning and one in the afternoon. Both tickets turned out to be \$1 million winners! Joe used the same numbers (his lucky ones) each time. It took him a month to claim his prizes, and when he did, it was via a drive-thru window set up during the COVID-19 pandemic.

Animal hospital: The Nairobi National Park in Kenya has a special centre for injured animals. Called the Nairobi Animal Orphanage, this centre takes in and treats animals and birds of many different species. On any one day, there may lions, hyenas, cheetahs, parrots, ostriches, and more. While the animals are ill or injured, they are nursed back to health by the orphanage's staff. The centre's goal is for the animals to be rehabilitated and returned to their natural habitats. Often, park rangers are the ones who find and bring in animals and birds that need medical treatment. The public can visit the orphanage for educational tours.

Quoteable Quotes

"Whatever is—is best." —Ella Wheeler Wilcox
"It will never rain roses: when we want To have more roses we must plant more trees." —George Eliot

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

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.

Dec 3-Jan 30-Sherwood Park Women's Group Sherwood Park Support for Women in these abnormal and uncertain times. Relationship, communication and personal

issues can be discussed. To learn more about the impacts of social isolation please call: 780-449-62-86 **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
*Coffee News Bucks
Over 150 participating sponsors!

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

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. A xylophone is a member of what class of musical instruments?
2. Where is Tasmania?
3. Lou Ferrigno is best known for his portrayal of what TV character?
4. In the periodic table of elements, what is the symbol for platinum—P, Pl, or Pt?
5. What is a snaffle?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd
(Over)

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

Funded by: Immigration, Refugees and Citizenship Canada

Clogged Drain? Broken Furnace? Leaking Pipes?

24/7 SERVICE

PLUMBER FOR HIRE

Specializing in plumbing and heating service work

Jay Smulski
Jouryman and Red Seal Plumber and Gasfitter

780-884-2372

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.

PSC Prairie Scented Candles

Sunset Scents a Ray of Progress

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
www.prairiescentedcandles.com

WE COME TO YOU!

NERDS2YOU

VIRUS REMOVAL & COMPUTER REPAIR

ONSITE COMPUTER REPAIR

Your on-site computer and network service specialists. Virus removal, network setup, repairs and more.

587-772-NERD(6373)

FAST, FRIENDLY AND PROFESSIONAL
DEBIT, VISA AND MASTERCARD ACCEPTED
NERDS2YOU.CA

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

Funded by: Immigration, Refugees and Citizenship Canada

WE CLEAN YOUR HOME LIKE IT'S OUR OWN!

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

ASK ABOUT OUR SENIORS' RATES!

NOBODY CLEANS LIKE MOM

780.700.6686 • www.nobodycleanslikemom.com

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

OPEN 7 DAYS A WEEK TO ACCOMMODATE YOUR BUSY SCHEDULE

~ Conveniently located at entrance 48 inside Pearle Vision in West Edmonton Mall ~

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

BUY TICKETS ONLINE AT thecomicstrip.ca

2 FOR 1 TICKETS
ALL SUMMER LONG
CODE: SUMMER2020

Rick Branson's
THE COMIC STRIP
DRINK · DINE · LAUGH

SOLD IN 3 DAYS!

BRAND NEW LISTING!

855 Oakland Place, Devon MLS #E4217862

Welcome to this custom-built bi-level waiting for someone to call it home. \$315,000.

- Open concept featuring high vaulted ceilings, spacious kitchen with oak cabinets
- Master bedroom and bathroom fit for royalty
- Large walk-in closet and jacuzzi bathtub
- Fully finished basement - 2 bdrms, 4-pce. bathroom
- 24x24 attached garage, beautiful landscaping

For a showing, call or text **CENTURY 21**
Bonni at 780-660-8579 Urban Realty
 Bonni Saunders | mail@bonni.ca

NOT INTENDED TO SOLICIT PROPERTIES ALREADY UNDER CONTRACT

FAST, ACCURATE, CLEAN & FRIENDLY SERVICE

MILLWOODS Bottle Depot

2830 Parsons Road
 (south extension of 99th St. above South Edmonton Common)

mybottledepot.ca

14 receiving stations to serve you **REALLY FAST!**

Bring in your bottles for a chance to win in our regular Customer Appreciation Draws!

Mon-Sat 8:30 am - 7 pm
 Sunday 10 am - 6 pm

BEST IN THE CITY!

WINTER SPECIAL

Complimentary Hair Treatment with any colour service, customized to your hair's needs OR Complimentary Paraffin, Scrub or Massage to your Manicure or Pedicure

Clarity SALON & SPA

780.761.5959
 965 James Mowatt Tr. SW
 www.claritysalonandspa.ca

Car Repair @ Your Home

15% OFF WITH MENTION OF THIS AD

By our expert mobile mechanics. No more waiting at the auto repair shop!

instamek

780-809-9613 | www.instamek.com

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

Funded by: Immigration, Refugees and Citizenship Canada / Immigration, Réfugiés et Citoyenneté Canada

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 A+ Rating

I HAVE BEEN DOING TAX RETURNS SINCE 1985

Personal Tax Returns • Corporate Tax Returns
 GST Returns • Preparation of T4s/T5s

D:V Donald B. Verbeke, CPA, CA, CFP
 PROFESSIONAL CORPORATION

1169 Tory Road NW Edmonton • don@verbeke.ca
 Cell: 780.945.6190 • www.verbeke.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:

- 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!

Reader of the Month
 Thomas Acheson • Calgary, AB

Coffee News Fun Reading. Serious Advertising.

Your Weekly Horoscope

ARIES (March 21 - April 20)

This may be a busy and active time in your personal life. Appointments to keep and a hectic schedule might leave you little time for close, personal contact with your loved ones.
 Lucky Numbers: 1, 5, 7, 9, 11, 13.

TAURUS (April 21 - May 21)

Take a break from your rigid schedule. This may be a favourable time to take a short vacation or pleasure trip, especially to visit people whose company you really enjoy. Lucky Numbers: 9, 11, 34, 41, 42, 48.

GEMINI (May 22 - June 21)

Think big – the basics of your life may be shifted. You might be more willing to take risks and speculate. This could spur you to discover ways to improve your career. Lucky Numbers: 10, 19, 22, 32, 38, 41.

CANCER (June 22 - July 22)

Your relationships may be very harmonious and positive. Humour those who need to tell you how to live your life. Shower loved ones with affection and pampering. Lucky Numbers: 11, 30, 37, 39, 42, 44.

LEO (July 23 - Aug. 23)

You might discover that the ethics you hold can radically change through some new experiences. You may find new and exciting ways to begin a high-tech adventure. Lucky Numbers: 17, 28, 33, 42, 45, 47

VIRGO (Aug. 24 - Sept. 23)

Try to focus on maintaining a healthy lifestyle. You might need to concentrate on complex concepts that can be very demanding, both mentally and physically. Lucky Numbers: 2, 15, 19, 29, 35, 48.

LIBRA (Sept. 24 - Oct. 23)

You may have a clear goal in mind and intend to succeed. You might need to use your sense of creativity to help you to appreciate and recognize each person's unique part. Lucky Numbers: 5, 7, 13, 17, 23, 34.

SCORPIO (Oct. 24 - Nov. 22)

Disputes can cause great sorrow. Uncertainties could distract you from straightening out your personal issues. Ask direct questions and insist on pertinent answers. Lucky Numbers: 6, 8, 10, 12, 14, 16.

SAGITTARIUS (Nov. 23 - Dec. 21)

You may feel optimistic, hopeful, and eager to interact with others. You might see connections and possibilities that you previously could have overlooked. Lucky Numbers: 3, 12, 40, 42, 44, 47.

CAPRICORN (Dec. 22 - Jan. 20)

You may be able to discover new methods to accomplish your own personal tasks. If you deal with words, ideas, or communication, your efforts might be very productive. Lucky Numbers: 27, 28, 32, 35, 45, 48.

AQUARIUS (Jan. 21 - Feb. 19)

Your search for a creative outlet may be realized. Express yourself about the things that are important to you. In doing this, you might become clearer about your own ideals. Lucky Numbers: 2, 6, 34, 43, 44, 49.

PISCES (Feb. 20 - March 20)

This may be the time to prove your commitment to your loved ones. Put your emotional needs into perspective. Put aside work ambitions and focus on personal issues. Lucky Numbers: 4, 16, 20, 28, 32, 41.

Lucky numbers this week: This week's odds favour Sagittarius winners with the luckiest number being 3.

Did You Know...

Snack time: Everybody loves popcorn, especially at the movies! Popcorn is a specific type of corn with a hard outside and an inside that consists of dense starch. When heated, the starch pops and turns the kernel into the familiar snack.

Mountain ranges: The country of Colombia, in the northwest corner of South America, is home to the Colombian Andes. There are three branches: Cordillera Central, Cordillera Oriental, and Cordillera Occidental.

Famous works: Composer Wolfgang Amadeus Mozart (1756-1791) was a famous Austrian composer whose works are still admired today. He wrote operas, including *The Marriage of Figaro*, as well as symphonies, such as the *Jupiter Symphony*.

Fast running bird: Ostriches are found in the wild in Africa and are also raised around the world as a farm animal. Although they can't fly, they can run faster than any other running bird.

Cotton swabs: A Polish American named Leo Gerstenzang is credited with inventing the Q-tip in the early 1920s after watching his wife use a cotton-covered toothpick as a makeshift version. That spurred him to come up with something better.

On the Lighter Side

My friend and I often laugh about how competitive we are. But I laugh more.

What has feathers but no wings? A pillow.

Man on one river bank: "I need you to help me get to the other side!"

Man on the other river bank: "You are on the other side!"

Don't you hate it when someone answers their own questions? I do.

What do Alexander the Great and Winnie the Pooh have in common? Same middle name.

Answers

Trivia answers: 1. Percussion 2. SE Australia 3. The Hulk 4. Pt 5. A bit for a horse

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

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

LegalShield 1-877-579-9449

Let's Make Your Dream Project Happen!

CARTER CAN 780.991.5989
 Construction & Renovations

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

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

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

- 1 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.
- 2 Meanwhile, add the noodles, almonds and pistachios to a large bowl and set aside.
- 3 When the chocolate has melted completely, pour over the noodle and nut mixture. Mix until everything is well coated in the melted chocolate.
- 4 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

Find it too hard to be handy anymore?

We make it look easy.
 www.HOHS.ca | 780.940.2127
 Door Replacement & Repair | Curtain Rods | Much More

HOME & OFFICE HANDYMAN SERVICES

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

Give Hope. Give Today.
TheSeed.ca/donate

THE MUSTARD SEED