

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**

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

www.coffee-news.ca Est. 1988

COLD SHOT
 A DIVISION OF BALWARIA EMPIRE PVT. LTD.

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

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**



Leave a legacy and be a part of tomorrow's future, today

If you're thinking of writing or updating your will, The Alberta Lung Association is offering the chance for donors to make a simple Will for free through our partnership with the Canadian Free Wills Network.

You are not obligated to leave a gift to the Lung Association – we hope that you will see this program as the perfect way to satisfy your estate planning objectives.

BREATHE
 the lung association

www.ab.lung.ca/you-can-help-change-future-today

Everybody's Talking

Plant lover: Joe Bagley lives in his own personalized jungle. His home is a one-bedroom coach house in Loughborough, Leicestershire, England, and it is filled to the rafters with all kinds of potted plants, from cacti to ivy and from tropicals to succulents. All told, he estimates that 1,400 plants live in his abode. His love of plants started when, as a boy of 13, his grandmother gave him a spider plant cutting. Since then, collecting and caring for plants has become his passion. Even his work involves plants: he works in a garden centre.

Close proximity: Those who live near busy highways may not be thrilled with traffic noise, but that's nothing compared to a situation in Cairo, Egypt. Designed to carry fast-moving vehicles, Teraet Al-Zomor Bridge is under construction just 50 centimetres (20 in.) from four high-rise apartment buildings. Apparently, the bridge is an important addition to the infrastructure, and the construction has a permit. The apartment dwellers will have to relocate, as the buildings will be torn down. For now, though, the view from some of the suites is definitely blocked, but hopefully the compensation to the renters will be worth it!

Big loaves: The country of Vietnam holds many tourist attractions, but one unlikely item has people talking – giant loaves of bread. Baker Pham Thi Bac of An Giang province in the Mekong Delta, started making the big loaves in 2018, just for fun. At about one metre (3 ft.) long and weighing approximately three kilograms (6.5 lbs.), the loaves taste great and are glazed with butter and seeds. Local people heard about the bread first and started asking for it. Then tourists joined in, wanting to take home a loaf or two as souvenirs – if they could figure out a way to carry them!

House for raffle: Katherine Jablonowska and Ryan Mclean wanted to do something different, so they took on a unique project. They bought a 19th-century cottage on the Llyn Peninsula in North Wales and renovated it. But their goal was not to live there. Instead, they plan to raffle it off for £5 per ticket, with the lucky winner becoming the new owner. Originally a working barn, the home is now a beautiful, peaceful abode, with all the "bells and whistles" of modern life. When selling tickets, the pair is requesting a £1 donation, which they will match and donate to The Children's Society.

Quoteable Quotes

"Dance to the tune that is played." —Spanish proverb
 "A little alarm now and then keeps life from stagnation."
 —Fanny Burney

What's Happening

Feb 1 to 28-Hypothermic Half Marathon 10K Virtual event - participate from any location you choose! Run in support of Justsocks.ca - a volunteer operated charity providing new socks to those in need across Canada. www.hypothermichalf.com

Jan 15 to 31 Valentails Fundraiser - Buy a Valentine, Save a Horse Valentine cards for purchase featuring animals from Out of Africa Animal Sanctuary. 75% of proceeds will directly benefit the animals who are free from harm. View our fundraiser at www.helpabuddyfund.org

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!

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!

...or send your entry by snail mail 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 does the term "ipso facto" mean?
2. Mexican American performer Carlos Santana is known for playing what instrument?
3. What does a bibliophile collect or have a love for?
4. Author Agatha Christie is best known for writing what type of novels?
5. A brouhaha is a German joke or a ruckus?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

(Over)

QUALITY WORK. REASONABLE RATES.

RRC

EXTERIOR FINISHING

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

CALL RYAN TODAY FOR YOUR FREE ESTIMATE:
780.519.1335
 Serving Athabasca/Slave Lake and area

This Space for Rent.

877-553-6397

From Port Alberni, B.C. to St. John's, Newfoundland

Served in

15796

restaurants and coffee shops

Read by over 1.25 million Canadians per week

Coffee News

is Canada's choice for positive news from around the world!



Recipe of the month

Bacon Wrapped Stuffed Mushrooms

½ cup chopped green onions 20 fresh mushrooms, stems removed
 2 (8 ounce) packages cream cheese, softened 1 pound sliced bacon, cut in half

Level: Easy Total: 30 mins Yield: 20 appetizers
 Prep: 10 mins Cook: 20 mins

1. Preheat the oven to 350 degrees F (175 degrees C).
2. In a medium bowl, mix together the green onions and cream cheese. Stuff mushroom caps with the cheese mixture. Wrap each mushroom with a half-slice of bacon, and secure with toothpicks. Place on a baking sheet.
3. Bake for 20 minutes in the preheated oven, until the bacon is cooked through.

An ideal addition to a party tray or a wonderful appetizer for a romantic Valentine Day meal.

Source: www.allrecipes.com

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

CONTINUING TO BUILD OUR FOUNDATION FOR FUTURE GENERATIONS



MCMURRAY MÉTIS
 780.743.2659
www.McMurrayMetis.org

Beading – First and third Tuesday each month, 5:30-8 p.m.
Cree Coffee Chat – every Wednesday, 5-6 p.m.
Elders' Tea – second Thursday each month, 11:30 a.m.

Cedar Manor Upgraded apartments starting at \$660!

Save \$100!

(780) 214-1300

Tesla Estates Luxury apartments starting at \$1,105!

\$399 Security Deposits

(780) 214-1300

Northview APARTMENT REIT

*On approved application, while promotion lasts.

AUTO • HOME • BUSINESS • BOAT/RV/TRAILER • FARM

Better insurance starts with a conversation.

4801-49 Street Athabasca BrokerLink.ca

BrokerLink
 Auto/Home/Business Insurance

Contact us today for a free quote: **780.675.2241**

Services available in Alberta through Canada BrokerLink Inc. *BrokerLink & Design is a trademark of Canada BrokerLink Inc. ©2011 Canada BrokerLink Inc. All rights reserved.

Affordable-Effective-Exclusive-CALL NOW!

Call for Rates-780-220-6397/877-553-6397

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

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

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

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 www.prairiescentedcandles.com

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

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



Les Helm, RPFT

Cell 780.520.4000 Office 780.623.2494 Fax 780.623.2894 l.helmsilversage@gmail.com

Land Resource Planning

- Gravel Pits
- Mapping
- Reclamation
- Road Engineering

Visit us on Facebook-CoffeeNewsWeekly

Your Weekly Horoscope

ARIES (March 21 - April 20)



Upcoming social and family gatherings may mean your schedule is full of fun activities. Your creative mind may be busy making plans.

Use this time to recharge yourself. Lucky Numbers: 2, 14, 21, 34, 40, 45.

TAURUS (April 21 - May 21)



Feelings of tenderness and love, especially for family members, may be very strong right now. You might feel very high spirits in hosting a party at home. Cheers! Lucky Numbers: 12, 17, 31, 37, 40, 42.

GEMINI (May 22 - June 21)



Take full advantage of any possible avenue of communication available to spread your message. This may be an excellent time for you to do some research or studying. Lucky Numbers: 8, 9, 16, 22, 37, 41.

CANCER (June 22 - July 22)



You may need to ask pertinent questions about your status. If you don't hold back, you might be in the driver's seat. Plan a getaway and take full advantage of some time off. Lucky Numbers: 18, 20, 22, 23, 31, 40.

LEO (July 23 - Aug. 23)



Many may try to lead, but you might have the secret to success. You usually love a happy ending, and this story could prove to be a real winner. Enjoy the success. Lucky Numbers: 10, 12, 20, 28, 34, 38.

VIRGO (Aug. 24 - Sept. 23)



Don't be overly eager to launch your work goals until you have established a healthy family foundation. You may need to balance your career and your personal affairs. Lucky Numbers: 17, 19, 27, 29, 37, 39.

Lucky numbers this week: This week's odds favour Leo winners with the luckiest number being 10.

Did You Know...

It's snowing! Accurately measuring the amount of rainfall is easier than measuring the amount of snowfall. One reason is that snow can stick to the side of the gauge, blocking falling snow from getting into the measuring container.

No arch: In people with flatfeet, the whole soles of their feet don't have arches. In some people, this condition causes problems, such as foot pain, but others don't have any symptoms.

Zucchini facts: People think of zucchini as a vegetable, but it is actually a fruit. Zucchini have beta-carotene and alpha-carotene, and the skin may be eaten along with the flesh because it is rich in antioxidants.

Funny lady: Maya Rudolph is an alumna of the famous American skit comedy show, *Saturday Night Live*. She performed on the show from 2000 to 2007 and became known for her impersonations.

Old tree: A living natural wonder of the world grows in the Abarkuh in Yazd Province, Iran. This Mediterranean cypress tree, known as Sarv-e Abarkuh, is thought to be between 4,000 and 5,000 years old.

On the Lighter Side

How are a green apple and a red apple alike? They're both red, except for the green one.

Why are movie stars so cool? They have a lot of fans.

She: "I have a doctor's appointment today, but I really don't want to go."

He: "Just call in sick then."

How do you get down from an elephant? You don't. You get down from a goose.

What disappears the second you start talking about it? Silence.

Answers

Trivia answers: 1. By the fact itself 2. Guitar 3. Books 4. Mystery 5. A ruckus

For available franchise opportunities – visit coffeenewscanada.com © Published with Permission by Capital Marketing Ltd

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

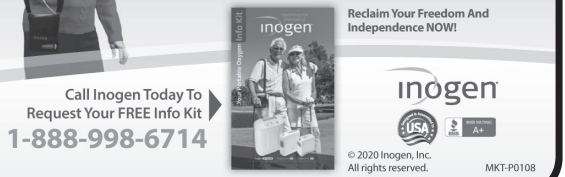
Call LLOYD KENNEY, Independent Associate, to find out how LegalShield can help you! 1-877-579-9449

LegalShield

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!



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

Reclaim Your Freedom And Independence NOW!

inogen

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

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

MORE SELECTION THAN ANY OTHER WINDOW COVERING SOURCE!

FREE In-Home Consultation

SAVE UP TO 50%

1 855 80 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

Can't get to your Coffee News® each week?

Check out our PDF editions online!

New editions are posted every Monday



www.coffee-news.ca/editions

Sign up here to receive email notifications of new editions. Now you never have to miss your weekly dose of good news!



We Print Restaurant Menus for our distribution partners

- ✓ High Quality Printing
- ✓ Professional Graphic Design
- ✓ Affordable Pricing (No hidden costs!)

Fast, Straight To Your Door Delivery

Coffee News® For full details, call 780-220-6397

Get Your Meters' Calibrations Right

We are committed to proving 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.

– 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

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

PORTABLE TEST SEPARATOR RENTALS

Zone 37-Athabasca