

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

FREE! *New Issue Every Week!*

Coffee News®

"News To Be Enjoyed Over Coffee"

Vermillion Edition

780-220-6397

www.coffee-news.ca

Est. 1988

KUZYK & MOL
A PARTNERSHIP FOR THE GENERAL PRACTICE OF LAW

Effective April 1, 2017, Daniel J. Mol has joined the partnership of Kuzyk & Bombak Law Office with the new firm to be known as **Kuzyk & Mol Law**

5038-50 Avenue
(same building as Kuzyk & Bombak)
Postal Drawer 929, Vegreville, AB T9C 1S1
Phone: 780-632-4552
Fax: 780-632-4553

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®**

SHOP ONLINE!
www.scubagearcanada.ca

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

The Dive Outfitters
Scuba Diving & Snorkeling
11781-156 St., Edmonton **780.483.0044**

Learn to **SCUBA DIVE** at our Edmonton location – call for details

SCUBAPRO | SHERWOOD | GARMIN | SHEARWATER | AKONA | HENDERSON | SEALIFE | TUSA

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

FOR MORE INFO, PLEASE VISIT:
www.ab.lung.ca/you-can-help-change-future-today

MORE SELECTION THAN ANY OTHER WINDOW COVERING SOURCE!

We make 100+ kinds of blinds
We stock 15 million feet of inventory

real blinds

WESTERN CANADA'S #1 RETAIL WINDOW COVERING FACTORY

1 855 80 REAL REALBLINDS.CA

EDMONTON 10510-107 Ave. NW 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

MUSIC | APPLIANCES | SECOND HAND STORE

Factory Direct & Consignment

5225-52 Avenue
780-632-4141

Serving Vegreville for 20+ Years!

Friendly service your family can trust!

✓ JJ's Value Drug Mart
INDEPENDENT PHARMACY

Transferring prescriptions is as easy as a phone call

#205, 5342-50 Avenue, Vegreville
Galleria Shops | 587-790-7777

JJ Begalke
20 years of experience as a pharmacist

FREE DELIVERY to Mundare

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
and • 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.

Unusual art: Artist Reijo Kela of Finland must have been a bit bored when he decided to make some friends – literally. He came up with an art installation consisting of over 1,000 "people" made of wooden frames and dressed in colourful clothing. All the figures, which have heads of peat and hair of straw, face the same direction. Called "The Silent People," the installation is situated in a field near a highway, in the Finnish municipality of Suomussalmi. Drivers who are accustomed to the sight may not look twice, but those who don't know about it experience quite a shock when they first view the army of scarecrows.

Unshorn sheep: A sheep named Prickles has become a celebrity in Tasmania (Australia). The ovine got separated from Alice Gray's family farm in 2013 during intense bush fires. A lamb at the time, the family worried that she wouldn't survive in the wilderness. However, they were buoyed by a few sightings of her over the years, and finally, they managed to catch her, put her in a truck, and get her back to the farm. Prickles had not had her wool shorn for so long that she looked like a big ball of fluff. The family sponsored a contest for people to guess how much the wool weighed, and they donated the proceeds to a COVID-19 relief fund.

Pancake perfection: The small city of Ames, Iowa (U.S.), is home to The Grove Café. This little restaurant, which was founded back in 1948, serves such good food that it has been voted one of the 20 best breakfast restaurants in the country. Pancakes are the menu item that gets diners' attention. They are enormous and barely fit on a plate. At an inch thick and with perfect fluffiness, these pancakes can be ordered as a short stack of two, for diners who are really hungry. Toppings include butter, blueberry and raspberry jam, and whipped cream.

Picturesque burglary: If you are going to rob someone, try not to take a picture of yourself on the victim's phone. That's what Ashley Keast did after breaking into a home with the intent of stealing. Keast, of Rotherham, South Yorks (England), stole a SIM card and put it into a different phone before posting a selfie. He didn't realize that the photo was seen by the victim's co-workers, who called the cops. It didn't take long to find the thief, who was caught with the victim's £4,000 Rolex watch. Keast ended up in jail for his bad deed.

Quoteable Quotes

"Anticipation was the soul of enjoyment" —Elizabeth Gaskell

"There is nothing either good or bad, but thinking makes it so." —William Shakespeare

What's Happening

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, 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. Glaucoma is a medical condition that affects the ears or the eyes?
2. A taradiddle is a petty falsehood or a type of riddle?
3. What actress played the role of Elaine in the Seinfeld sitcoms?
4. George de Mestral invented Velcro, a combination of what?
5. What is a worthless medicinal product often called?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd
(Over)

YSS CANNABIS

Where Discovery Happens.

#202, 4121 - 51 Street, Vermillion | **ysscorp.ca**

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

This Space for Rent.

877-553-6397

Cedar Manor Upgraded apartments starting at \$660!

Save **\$100!**

780-875-5181
Northview

(780) 214-1300

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

Northview APARTMENT REIT

*On approved application, while promotion lasts.

(780) 214-1300

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

OHMY VAPE LOUNGE

LET US HELP YOU QUIT SMOKING
Come learn the facts and make a plan

780-623-2158

10263-101 Ave., Lac La Biche
10 am - 6 pm, 7 days a week
Closed on holidays

MENTION THIS AD FOR A DISCOUNT!

Feel free to take your Coffee News home!

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

JEOPARDY!
WEEKNIGHTS 7:30
yes TV

Wishes are
waiting.

Help us give every eligible
child the wish they need.

Donate today:
www.makeawishna.ca

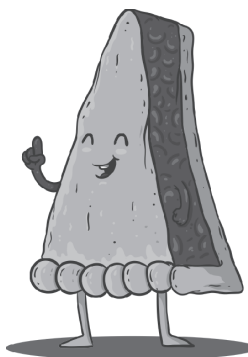
Make-A-Wish.
NORTHERN ALBERTA CANADA

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

January 23

Happy
Pie
Day

from your friends at
Coffee News



Your Weekly Horoscope

ARIES
(March 21 - April 20)



Your energy level may be high. Your ability to concentrate in your field of expertise might bring you much success. The world of imagination could seem very attractive to you. Lucky Numbers: 6, 24, 36, 40, 43, 47.

TAURUS
(April 21 - May 21)



This may be a busy time for you, with many family celebrations to attend. You might enjoy being with friends and family, sharing pleasures and fun together. Enjoy! Lucky Numbers: 1, 16, 31, 46, 47, 49.

GEMINI
(May 22 - June 21)



If you are a writer, this may be a magical time for inspiration of a very high order. Your natural sense of spiritual purpose and direction might be greatly enhanced. Lucky Numbers: 17, 20, 23, 26, 29, 32.

CANCER
(June 22 - July 22)



Your imagination and intuition may be heightened, which could benefit any creative or artistic endeavour. Your thoughts might tend to be very dreamy or fantastic. Lucky Numbers: 2, 10, 15, 36, 43, 45.

LEO
(July 23 - Aug. 23)



Be aware of your own energy level and be sure to save some energy for the near future. Time may mend wounds, but your emotional scars may need more healing. Lucky Numbers: 4, 5, 13, 26, 38, 44.

VIRGO
(Aug. 24 - Sept. 23)



You may choose to begin some sort of self-improvement effort. Once your life is put into a better perspective, you might feel more confident that your goals are attainable. Lucky Numbers: 7, 13, 17, 23, 37, 43.

LIBRA
(Sept. 24 - Oct. 23)



You may be more conscious of the price you might need to pay to realize your ultimate dreams. Don't allow it to discourage you from turning your ideas into reality. You can do it. Lucky Numbers: 4, 14, 16, 29, 32, 45.

SCORPIO
(Oct. 24 - Nov. 22)



You may attend an artistic event that exposes you to new styles that differ from your own. These new contacts may provide you with some exciting ideas. Lucky Numbers: 5, 8, 19, 25, 37, 40.

SAGITTARIUS
(Nov. 23 - Dec. 21)



Now may be a good time to have someone special to share good times. You might need to try to create a more equal sharing of love and nurturing in your relationship. Lucky Numbers: 16, 25, 26, 35, 36, 45.

CAPRICORN
(Dec. 22 - Jan. 20)



Communications may come from unexpected places. You might crave more stimulation. Your strong sense of adventure could greatly influence your imagination. Lucky Numbers: 13, 16, 22, 25, 37, 48.

AQUARIUS
(Jan. 21 - Feb. 19)



This may be a productive time to learn more about love and about what your true values may be. Remain calm and look more objectively at your relationships. Lucky Numbers: 11, 17, 30, 34, 46, 49.

PISCES
(Feb. 20 - March 20)



A conflict of interest may arise due to a lack of respect others might be showing you. Your leadership qualities might help them appreciate your professional approach. Lucky Numbers: 10, 11, 19, 30, 31, 39.

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

Did You Know...

Rare bird: The blue-throated macaw is a brightly coloured bird that lives in northern Bolivia. It grows to be 60 to 91 centimetres (two to three feet) from head to tail, and some live to be 50 years old. They are on the endangered list.

Buggy place: The city of Montréal, Québec (Canada), has a very unusual museum called the Insectarium of Montréal. This museum displays thousands of insect specimens for those who are fascinated by such creatures.

Savoury breakfast: A favourite breakfast sold by street vendors in China is jianbing. This made-to-order, crêpe-like food is filled with green onion, cilantro, and vegetables, and topped with hoisin sauce and spices.

I love you: In Paris, an art installation called *Mur des Je T'Aime* ("I Love You: The Wall") was built from lava tiles by Frédéric Baron and Claire Kito. On the tiles, the artists have written "I Love You" in 311 ways, using about 250 languages.

Born singer: Sia is a pop singer from Adelaide, Australia. After limited early success in Australia, she moved to England, where she pursued a solo career. One of her early albums, *Healing is Difficult*, was released in 2001. She now lives in the United States.

On the Lighter Side

Falling in love is awfully simple. Falling out of love is simply awful.

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

Why didn't the dinosaur cross the road? Because there weren't even any roads during the Jurassic Period!

What do lawyers wear to court? Lawsuits.

Dentist: "You need a crown."

Patient: "Finally, someone who understands me."

Answers

Trivia answers: 1. Eyes 2. Petty falsehood 3. Julia Louis-Dreyfus 4. Velvet and crochet 5. Snake oil

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

Affordable-Effective-Exclusive-CALL NOW!

**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



*A Small Miracle
Adoption*

Adoption is the ultimate expression of a committed heart

www.smallmiraclesadoption.com

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 our 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

Free Teeth Whitening
WITH EVERY ADULT CLEANING!

FREE
CONSULTATIONS

- Direct Insurance Billing • Lowered Fee Guide
- Kids and Adults Welcome
- Open Seven Days A Week



**VITAL DENTAL
HYGIENE CLINIC**
CARING FOR YOU & YOUR SMILE

587-598-4825
www.vitaldentalhygiene.ca

#120, 2457 Broadmoor Blvd, Sherwood Park



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



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

Can't get to your
Coffee News
each week?

Check out our
PDF editions
online!

New editions are
posted every
Monday

Sign up here to receive
email notifications
of new
editions.

Now you
never
have to
miss your
weekly dose of good news!



www.coffee-news.ca/editions

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!

inogen

© 2020 Inogen, Inc.
All rights reserved.

MKT-P0108

**BUILD YOUR
SUMMER
SANCTUARY**

2130 2001 TWP RD 474,
LEDUC COUNTY
MLS E4203834 | \$119,900

- Mitchell Beach at Pigeon Lake
- NOT IN A SUMMER VILLAGE
- Lot measures 70 ft. wide, 180 ft. deep = 0.29 Acre
- Mother Nature offers YOU a blank slate
- Short stroll to beach via park reserve

Doreen Noppers
REAL ESTATE
PROFESSIONAL
C: 780-885-7398
doreen.noppers@royallepage.ca

ROYAL LEPAGE
NORALTA REAL ESTATE

O: 780.962.4950
202 Main Street
Spruce Grove, T7X 0G2

DIAMOND IN
THE ROUGH!



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

20-Vegreville