

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

**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

A Small Miracle Adoption

Adoption is the ultimate expression of a committed heart

www.smallmiraclesadoption.com

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

**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

If you want to be successful in this life you have to follow your passion, not a pay cheque!

Stop Waiting For Permission
www.RipThePlan.com

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

FREE!

New Issue Every Week!

Coffee News®

"News To Be Enjoyed
Over Coffee"

**Spruce Grove
Edition**

780-220-6397



www.coffee-news.ca

Est. 1988

Vol. 18 No. 8 February 22, 2021

Everybody's Talking

Unusual success: A young teen from a poor family in Lucban, a town in Quezon Province, Philippines, had an unusual opportunity for success on the modeling scene. Rita "Badjao Girl" Goviola's large family received very little income from her father's job, so she had to beg for alms on the street. One day, photographer Tophor Quinto Burgos took photos of her and posted them online. That was the beginning of Goviola's rise to success. Her natural beauty was noticed by several celebrities, who took her under their wing. Eventually, Goviola started modeling and acting, and she was able to afford to build a new home for her family.

Roadside bonfire: Toilet paper was in high demand and short supply during the COVID-19 pandemic. So when a transport truck carrying a large load of the stuff crashed on a highway in the state of Texas (U.S.), it would have been understandable if bystanders had helped themselves to a few of the rolls. Unfortunately, the toilet paper - reported to be the type used in businesses - caught fire. Instead of cleaning up the spilled load, onlookers ended up watching a bonfire of the important commodity. Thankfully, no one was hurt in the incident.

Food art: The Japanese art called kyaraben involves arranging food into interesting and fun designs. One creative kyaraben-maker, known as Etoni Mama, lives in Tokyo and has three children. She became famous on social media for her version of the art. While any kind of food can be used in kyaraben, Etoni's choice is fried eggs. She makes cartoon characters with runny egg yolks as the head and body, and then she adds harder, cooked pieces of yolk to serve as arms, legs, and feet. She dresses up characters with other food items, snipped and shaped to make clothing. Her children love it!

Fixing fences: Art Gladu has fixed a few fences during his time living in a house at a busy intersection in Winnipeg, Manitoba (Canada). The reason? Vehicles somehow miss the corner and end up in his front yard. It happened in the mid-2000s when a truck backed onto the property before driving off. In 2015, another car careened into the yard, hitting his pine tree. More recently, in the wee hours, Gladu woke to a loud noise, only to find that yet another vehicle had punched through his chain link fence before coming a stop on his tree. He's hoping the city will have a guardrail installed.

Quoteable Quotes

"Let your life lightly dance on the edges of Time like dew on the tip of a leaf."

—Rabindranath Tagore

"The fruit that can fall without shaking, Indeed is too mellow for me."

—Lady Mary Wortley Montagu

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

Edmonton's indoor, year round farmers' market! Fridays 9-5. With over 100 local vendors, We're your one-stop-shop to keep you stocked for the week. Everything from fresh local vegetables and meat, local coffee roasters, to Albertan beer and wine. 3696 97 St, Edmonton Mill Woods Town Centre

Sept 10-Bridge of Life is a suicide awareness prevention candle light vigil walk across the high level bridge. There is light music, refreshments and guest speakers. www.yegmentalhealth.com. Constable Ezio Faraone Park 7-9 PM

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. In which part of the human body will you find the anvil, hammer, and stirrup bones?
2. What is the second highest mountain in the seven continents?
3. What famous canal can be found in Egypt?
4. Cats the Musical is based on a collection of poems by which poet?
5. What is the currency of India?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

(Over)

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

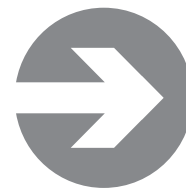
**ROUX
Denture Clinic**

New patients welcome!

YES, WE MAKE HOUSE CALLS!

Same day relines/repairs
Soft, flexible dentures - metal-free!

780.591.2260
5101-48 Street, Stony Plain



YSS
CANNABIS

Where Discovery Happens.

#112, 7 McLeod Ave, Spruce Grove | ysscpc.ca

February 14

HAPPY
Valentine's Day



from your friends at
Coffee News

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**

Bras Briefs Boxers Bikinis

Romantic Notions inc.

Visit us on **f** for promotions and gift ideas! **780.962.4944**
1.855.962.4944

www.romanticnotions.ca | #30, 210 McLeod Ave., Spruce Grove

30 YRS. OF PERSONALIZED SERVICE & A REPUTATION FOR EXCELLENCE

AUTO & HOME WINDOW REPAIR

- Replacement ■ Screens
- All kinds of flat glass and mirrors

PURE GLASS

5211-49 St. Barrhead
780.674.0130 (behind Laura's Restaurant)

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:
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.

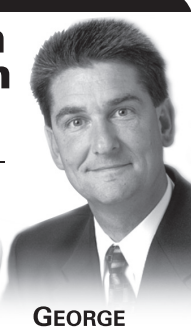
WHY RENT ...when you can BUY?

You may be financially ready - and don't even know!

Call George about **real solutions** to build equity:

780.982.4247

www.georgevandewalle.com



GEORGE VAN DE WALLE

The World's #1 Restaurant Publication!

ISP COMPUTERS

BUSINESS IT SUPPORT, COMPUTER SALES & REPAIRS

ISP COMPUTERS - Your Tech 911

780-960-2150

Email: iain@ispcomputers.ca
Website: www.ispcomputers.ca

124B South Ave., Spruce Grove, AB T7X 3A9

Helping you rediscovers **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

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

587.760.2800
<https://zettatelecom.com>

ETTA TELECOM

DEDICATED TO FINDING OUR CLIENTS THE BEST SOLUTIONS WITHIN THEIR BUDGETS

WE BUY USED GOLD AND DIAMONDS

Blue Diamond Jeweller

780.968.0040

Main Street, Stony Plain
www.bluediamondjewellers.com

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

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

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

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

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 DEADLINES!

For Expert Help:
1.844.453.5372

Your Weekly Horoscope

ARIES (March 21 - April 20)

Express yourself in writing rather than speaking. Something important may click. Reading your own thoughts could enable you to understand yourself better. Lucky numbers: 26, 29, 33, 36, 40, 43.

TAURUS (April 21 - May 21)

You may want to open your mind to new areas of communication. It might be time to convert your style by using some new technologies to get your message across. Lucky numbers: 11, 18, 22, 35, 47, 49.

GEMINI (May 22 - June 21)

Your plans may include assistance from those close to you. Insights into your dreams and the dreams of others could be a good guideline for your potential endeavours. Lucky numbers: 25, 33, 35, 38, 41, 49.

CANCER (June 22 - July 22)

You may have to make some extra time to check out health issues, within your busy schedule. Rest and relaxation might be just what the doctor orders right now. Lucky numbers: 4, 16, 25, 27, 34, 40.

LEO (July 23 - Aug. 23)

Many influences may inspire you to reach past the immediate and find new ways to express yourself. Planning travel might influence something spiritual in you. Lucky numbers: 1, 12, 23, 44, 46, 49.

VIRGO (Aug. 24 - Sept. 23)

You may need to feel that you are in control of certain aspects of your life. Strive hard to take the reins and make decisions. Your confidence should flourish as a result. Lucky numbers: 13, 25, 27, 32, 37, 44.

LIBRA (Sept. 24 - Oct. 23)

Creative new projects may be in your immediate future. Choose your teammates carefully, as someone may try to take the credit for your hard work and ideas. Lucky numbers: 15, 24, 29, 32, 37, 41.

SCORPIO (Oct. 24 - Nov. 22)

Now may be a time to laugh hard and play even harder, which might be very infectious. Recent events could show that you need to keep that child alive in yourself. Lucky numbers: 2, 19, 22, 29, 33, 42.

SAGITTARIUS (Nov. 23 - Dec. 21)

Your tight-knit circle of friends and family may hold your word in high honour. You should be able to recognize the power that you really possess within yourself. Lucky numbers: 7, 11, 24, 28, 35, 38.

CAPRICORN (Dec. 22 - Jan. 20)

Your strong spiritual feelings may help you positively reflect on your life. If others seem negative, you might encourage them to count all their blessings, too. Lucky numbers: 4, 7, 18, 19, 24, 37.

AQUARIUS (Jan. 21 - Feb. 19)

You may feel that you need to fight for what you believe in. Your message should be very clear, decisive, and convincing. Try not stir up more controversy than necessary. Lucky numbers: 5, 12, 16, 23, 41, 45.

PISCES (Feb. 20 - March 20)

Your honest heart and sense of humour may attract new friends. Play hard and work hard to help learn valuable lessons about yourself. Keep your spirit real. Lucky numbers: 13, 27, 35, 41, 42, 44.

Lucky numbers this week: This week's odds favour Cancer winners with the luckiest number being 4.

Did You Know...

Seed of Australia: Wattleseed is an Australian plant that has been used in food for 40,000 years. Pods contain small, protein-rich seeds that can be ground into powder. Used in desserts and drinks, it tastes similar to coffee, chocolate, and hazelnut.

Cheesy potatoes: In France, a favourite potato dish is called "aligot." It is made by mashing potatoes and adding quite a bit of mild cheese, along with garlic, butter, and cream. The result is a fondue-like comfort food.

Jelly's time: Jelly's Last Jam is a Broadway musical that first appeared in 1992. The music was written by Creole jazz composer Ferdinand Joseph LaMothe, known as "Jelly Roll Morton" (1890-1941). The musical tells his story of being an early jazz musician.

Plant place: The Berlin Botanical Garden started in 1679 as an expansion of the royal kitchen and flower garden. Today, it is one of the largest botanical gardens in the world and has about 20,000 species of plants.

Green treat: People in South Australia like to eat frogs - as long as they are made out of sugar! Called "frog cakes," these regional treats look like frogs, but are made of sponge cake, jam, and buttercream, topped with green fondant icing.

On the Lighter Side

Dan called the tinnitus hotline, but it just kept ringing....

Why is a moon rock tastier than an Earth rock? It's a little meteor.

Remember that you're positively unique. Just like everyone else.

Middle age: When you pick your cereal for the fibre, not for the toy.

Reporter: "How many people work for the government?"
Researcher: "About half."

Answers

Trivia answers: 1. Middle ear 2. Aconcagua 3. Suez Canal 4. T. S. Eliot 5. Indian Rupee

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

Recipe of the month

Valentine's Day Brownies

3/4 c. unsalted butter
4 oz. unsweetened chocolate
4 oz. semisweet chocolate
1/2 c. all-purpose flour
1/2 c. unsweetened cocoa powder
3/4 tsp. salt

6 large eggs
1 c. granulated sugar
1 c. packed brown sugar
2 tsp. vanilla extract
vanilla frosting, for decorating

Total time: 40 mins. Yield: 16 servings

- Heat oven to 350°F. Line 13-inch by 9-inch pan with foil; grease foil.
- In 3-quart saucepan, melt butter and chocolates on low, stirring. Remove from heat.
- In bowl, whisk flour, cocoa and salt. In large bowl, with electric mixer on high speed, beat eggs until blended. Gradually add sugars; beat until tripled in volume, about 10 minutes.
- Fold in chocolate mixture and vanilla, then flour mixture. Pour into pan. Bake until toothpick inserted near centre comes out almost clean, 28 to 32 minutes.
- Once cool, cut brownies into hearts freehand or using a heart-shaped cookie cutter. (Tip: Don't let the trimmings go to waste - you can even crumble them onto a sundae!)
- Pipe on store-bought frosting to create cute chocolate "conversation hearts."

Source: www.goodhousekeeping.com

BECOME A MEMBER

We promote the economic and social well-being of our community.

The Chamber will act as the front-door of the business community, uniting and representing the GPRC members in order to promote growth and economic contribution in the region.

gprchamber.ca

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

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

We Print Restaurant Menus for our distribution partners

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

Coffee News®

For full details, call 780-220-6397

QUEEN STREET DENTAL

We follow the Alberta Fee Guide

Located in Queen Street Place #109 - 505 Queen St., Spruce Grove
780-960-1422

COLD SHOT A DIVISION OF BALMARIA 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

Feel free to take your Coffee News home!

Affordable-Effective-Exclusive-CALL NOW!