

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**

THIS SPACE FOR RENT

780-220-6397

MORE SELECTION THAN ANY OTHER WINDOW COVERING SOURCE!

FREE In-Home Consultation

LIFE TIME WARRANTY

REAL

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

SAVE 50%

1 8558 GO 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

Happy **Family Day!**
from your friends at **Coffee News**

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

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
Passenger Website: www.coldshot.ca

TICKETS: 587-557-7719 | PARCEL: 587-557-7718

SERVING ALBERTA'S BUSINESS COMMUNITY SINCE 2005

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

Served in **1579** 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!

Affordable-Effective-Exclusive-CALL NOW!

FREE! New Issue Every Week!

Coffee News

"News To Be Enjoyed Over Coffee"

Camrose Edition

877-553-6397

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 Tophier 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 to 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

Wednesdays-Camrose Market Downtown Winter Market. 2 - 6 PM at the Bailey Theatre. To register as a vendor visit maret.downtowncamrose.com

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 12 to Mar 2 - Tuesdays. Navigating Motherhood Are you expecting or have just had a baby? If you are having feelings of depression, anxiety or being overwhelmed, you are not alone. Join us online via Microsoft Teams or Zoom. 780-979-2385 or email frn@leduc-county.com

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)

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

Come and enjoy rural Alberta!

Tired of waiting for high cost accommodation in the big city?
We have vacancies to offer residents living outside of town!

Studio suites, all inclusive \$1981.00 (maximum) and one bedroom couples' suites \$3004.00 (maximum), all inclusive. Experience fresh air and country living.

780.853.5706
Contact Tabitha at tabitha.dykstra@vdhf.ca
www.vdhf.ca
5401-46 St., Vermilion

Vermilion & District Housing Foundation

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>

DEDICATED TO FINDING OUR CLIENTS THE BEST SOLUTIONS WITHIN THEIR BUDGETS

Call today to book your appointment!

We only want to make you SMILE

Millet Denture Clinic
780.387.3311 • 5022 - 50 Street, Millet
BARB UNGER, DD • barb@milletdenture.ca

TEST YOUR MEMORY

After reading *Coffee News*, put it aside for a moment. Then challenge yourself or a friend to remember as many ads as you can.

Your Score:
Less than 6 – Keep trying
7-10 – Getting better
11-15 – Excellent
16 or more – Genius!

BrullerCorp
FIRE RESCUE SAFETY INDUSTRIAL SUPPLY
P:780-361-8275 BRULLERCORP.COM

Select Bates Side Zip Boots \$180 - \$225

Niosh N95 Masks 50/bag \$75

"INNOVATIVE PRODUCT PLACEMENT"

BUILD YOUR SUMMER SANCTUARY

DIAMOND IN THE ROUGH!

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

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

Feel free to take your Coffee News home!

BLUE BLOODS
MON - THURS 9:00
yesTV

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
3/4 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

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

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

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

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 FRAGRANCE

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

Tinnitus Therapy available using new Stylleto

Rechargeable Hearing Aids Available

Did you know all seniors and low income adults qualify for \$900-\$2400 towards hearing aids?

Signia Stylleto
Unique and beautifully designed hearing aid

EYES + EARS
OPTICAL + HEARING CO.
403.790.2020 • 4502-50 Street, Ponoka

FINANCING FOR HEARING AIDS NOW AVAILABLE

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.

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

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.

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 Ruppee

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

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.

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

Support Coffee News!

The paper you have grown to love can't do it without readers like you...

- Visit our advertisers
- Browse our website
- Like us on Facebook

Coffee News®
"News to Enjoy Over Coffee"

Scrap Metal & Vehicle Removal

Farm Site Cleanup
Demolitions - Excavating
Brushing - Rolloff Bin Services

METALNECKS
SALVAGE, LTD.

"Bin There, Scrap That"

780-781-0087
metalnecks@gmail.com
www.metalnecks.ca

PROVEN EXPERTISE

HALAS ROOFING
Dennis Halas Agencies Ltd.
NEW & RE-ROOFING

- Top rated roofing materials
- Family run for 25+ yrs.
- Licensed, insured & WCB

Edmonton Area: 780.893.9751 • Wetaskiwin Area: 780.312.8074
dennishalass@shaw.ca • www.halasroofing.ca

Halas provides a 50 Year Extended Warranty including a 25 Year Workmanship Warranty!

Weather-Tite
CRIBBED WORLD

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

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

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

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