


Call 780.645.0050 to book an office consult for family law or criminal law



New Beginning Law

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

www.newbeginninglaw.ca | 4902-50 St., St. Paul, AB



BLUE BLOODS
 MON - THURS 9:00
 yesTV

This Space for Rent.
 877-553-6397

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**

Recipe of the month

Cheesy Broccoli Soup in a Bread Bowl

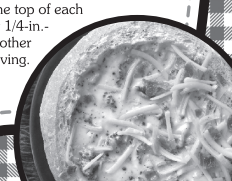
1/4 cup butter, cubed
 1/2 cup chopped onion
 2 garlic cloves, minced
 4 cups fresh broccoli florets (about 8 ounces)
 1 large carrot, finely chopped
 3 cups chicken stock
 2 cups half-and-half cream
 2 bay leaves
 1/2 teaspoon salt
 1/4 teaspoon ground nutmeg

1/4 teaspoon pepper
 1/4 cup cornstarch
 1/4 cup water or additional chicken stock
 2-1/2 cups shredded cheddar cheese
 6 small round bread loaves (about 8 ounces each), optional
 Optional toppings: Crumbled cooked bacon, additional shredded cheddar cheese, ground nutmeg and pepper

Prep Time: 15 mins. Cook time: 30 mins. Yield: 6 servings

- In a 6-qt. stockpot, heat butter over medium heat; sauté onion and garlic until tender, 6-8 minutes. Stir in broccoli, carrot, stock, cream and seasonings; bring to a boil. Simmer, uncovered, until vegetables are tender, 10-12 minutes.
- Mix cornstarch and water until smooth; stir into soup. Bring to a boil, stirring occasionally; cook and stir until thickened, 1-2 minutes. Remove bay leaves. Stir in cheese until melted.
- If using bread bowls, cut a slice off the top of each bread loaf; hollow out bottoms, leaving 1/4-in.-thick shells (save removed bread for another use). Fill with soup just before serving.
- If desired, serve soup with toppings.

Source: www.tasteofhome.com



Cedar Manor Upgraded apartments starting at \$660!

Save \$100!

780-875-5181
 Northview

(780) 214-1300

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

\$399 Security Deposits

780-875-5181
 Northview

(780) 214-1300

*On approved application, while promotion lasts.

FREE! *New Issue Every Week!*
Coffee News[®]
 "News To Be Enjoyed Over Coffee"
Cold Lake 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 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

Online event posting During the Pandemic, we are happy to post your online event in the What's Happening section of Coffee News. Please visit our website at www.coffee-news.ca to submit your event.

Feb 4 to May 29 - \$45,000.00 CASH RAFFLE Derwent Agricultural Society are raising money to repair our community hall. There are 1999 tickets printed so 1666 chance of winning. Tickets are \$50.00 call Connie at 780 977 4714

Raffle license no. 532108 Draw extended to May 29 due to Covid. **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!

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.

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

Trivia

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

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd
 (Over)

COLD SHOT
 A DIVISION OF BALMORIA 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

Go Plastic-Free!
 ...and Love the Earth

Plastic-free vegan choices for:
 • Dish Soap • Shampoo • Facial Soap
 • Body and Hand Soap • Deodorant • Lip Balm

We will deliver every month before or on the 10th day.

We are a sustainable products business located in Cold Lake.

Call or text your order **780-826-1068**
www.amsoaps.webs.com <https://www.infomall.ca/AMsoaps/>

SPECIAL OFFER!
 Monthly Subscription Box for only **\$30** plus Free Delivery
 if you live in the Lakeland AB/SK region

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

Your Trusted Source for Quality Hardware

Nuts & Bolts	Screws
Drill Bits	Tools
Rigging	Fasteners

BONNYVILLE BOLT SUPPLY LTD. **LOCALLY OWNED**

Delivery available!
780.812.2922 On call 24/7
 5603-50 Ave., Bonnyville | <https://bbsupply.ca>

Silver Sage Enterprises Ltd.

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

Concerned about costs?

No repayment for one year: www.funeralpaid.ca

Serving Bonnyville & Cold Lake since 1997

NORTHERN LIGHTS FUNERAL CHAPEL LTD.

780.826.6083 780.594.6083
info@northernlightsfs.ca

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

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!



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

Sour Gas and Odour Control Treatment

S.O.S. SOUR AND ODOUR SERVICES
1-888-909-9976
info@sourandodour.com | www.sourandodour.com

Customized Solutions to meet your specific requirements:

- Vapours emitted from sour oil and water tanks
- De-pressuring of pig senders and receivers
- Venting of liners in sour pipelines
- De-hy condensation tank vapours
- Loading and unloading tank trucks
- Vacuum truck blower discharges
- Catadyne heater fuel sweetening
- Ventilation of sewage lift-stations
- Ventilation of electrical panels

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

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!

Coffee News® Fun Reading. Serious Advertising.



Reader of the Month
Thomas Acheson • Calgary, AB

SHOP ONLINE!
www.scubagearcanada.ca

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

The Dive Outfitters
Scuba Diving & Snorkelling
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

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



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

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



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

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

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
LOYDMINSTER 780-875-1093

FREE In-Home Consultation
LIFE TIME WARRANTY
SAVE 50%

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!

LegalShield 1-877-579-9449

Happy Family Day!

from your friends at **Coffee News®**



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

Fast, Straight To Your Door Delivery



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



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"



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



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!

