

Feel free to take your Coffee News home!

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"

Whyte Avenue
- U of A
Edition

780-220-6397



Est. 1988

www.coffee-news.ca

Vol. 18 No. 14 April 5, 2021

Everybody's Talking

Odd shape: Square watermelons actually exist in Japan, but they don't come from special seeds. They are created when a watermelon of the usual variety is grown inside a box so that the final product is square. Watermelons of this shape have the advantage of being stackable, so therefore are more easily transported and stored. The taste of these watermelons isn't like regular ones because they're harvested before they become mature. People buy them as ornamental gifts, parting with as much as \$100 USD if purchasing from a Japanese store, and for much more from specialty stores in other countries.

A place for books: There is a library like no other in Stockholm, Sweden. Stadsbiblioteket (City Library) was designed by architect Gunnar Asplund in the 1920s. Its round shape is unusual, with stacks of books encircling the huge room. Above the stacks is a viewing area, allowing visitors to take a bird's-eye look at the hundreds of thousands of books available for reading and loaning. The architectural style is known as Nordic Classicism; some people call it "Swedish Grace." Both inside and out, the building is a photographer's dream, not to mention a reader's fantasy.

Wild winds: On New Zealand's South Island is a windswept area called Slope Point. This forbidding place on the island's most southern tip, almost midway between the Equator and the South Pole, experiences relentless, howling winds that come across the ocean, uninterrupted, from Antarctica. Sheep graze there, and years ago farmers decided to plant trees to act as shelters for the animals. Today, those trees are a tourist attraction because the wind has forced them to grow sideways – literally. While people like to come to see the trees, they must make day trips because there are no accommodations on this wild, windy point.

Sink art: An artist in Milan, Spain, didn't let the coronavirus pandemic get in her way. During the shutdown in that country, Marta Grossi used an everyday home feature as her canvas: the sink. Normally used for the drab tasks of doing dishes and personal care regimes, Grossi decided to breathe creative life into the basins by using watercolour paints. From sea anemones to butterflies to floral designs and animal life, she created bright, colourful scenes. She left each painting intact for 24 hours, but took photos before washing each design down the drain.

Quoteable Quotes

"Thinking is the talking of the soul with itself." —Plato

"There is no chance, no destiny, no fate that can circumvent or hinder or control the firm resolve of a determined soul." —Ella Wheeler Wilcox

What's Happening

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.

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!

...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.

The World's #1 Restaurant Publication!

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**

For Expert Help:

1.844.453.5372

APPLY NOW TO MEET 2019 TAX DEAD-LINES!

THIS SPACE FOR RENT

780-220-6397

Edmonton Community Foundation is pleased to present free seminars on estate administration.

April 12 - 16, 2021

Find out how to be an executor, how to choose an executor, and many important topics.

Registration is required. For session descriptions and to register, go to ecfoundation.org

Clogged Drain? Broken Furnace? Leaking Pipes?

24/7 SERVICE

PLUMBER FOR HIRE

Specializing in plumbing and heating service work

Jay Smulski
Journeyman and Red Seal Plumber and Gasfitter

780-884-2372

EMPLOY Abilities FOR NEWCOMERS

LOOKING FOR HELP? NEW TO ALBERTA?

We provide services for newcomers with permanent barriers with a fast, pre-employment program, to help you get ahead!

This program offers the following FREE services:

- Private one-on-one job search advice
- Training to get you ahead with your job search
- Strategies to help you succeed at work
- Networking to help you with your goals

CONTACT EMPLOYABILITIES TODAY!

Contact us by phone at 780.945.4643 or email michael@employabilities.ab.ca

Funded by: Immigration, Refugees and Citizenship Canada

Financed per: Immigration, Refugees and Citizenship Canada

Recipe of the month

Cheesy Broccoli Soup in a Bread Bowl

1/4 cup butter, cubed	1/4 teaspoon pepper
1/2 cup chopped onion	1/4 cup cornstarch
2 garlic cloves, minced	1/4 cup water or additional chicken stock
4 cups fresh broccoli florets (about 8 ounces)	2-1/2 cups shredded cheddar cheese
1 large carrot, finely chopped	6 small round bread loaves (about 8 ounces each), optional
3 cups chicken stock	Optional toppings: Crumbled cooked bacon, additional shredded cheddar cheese, ground nutmeg and pepper
2 cups half-and-half cream	
2 bay leaves	
1/2 teaspoon salt	
1/4 teaspoon ground nutmeg	

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

- 1 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.
- 2 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.
- 3 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.
- 4 If desired, serve soup with toppings.

Source: www.fasttohome.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

Dementia and Continence Study

Dr. Adrian Wagg's research team at the University of Alberta is recruiting participants for a research study to understand self-management of urinary incontinence with containment products by community dwelling older people living with dementia.

You will be in the study for approximately 10 weeks. During this time, the researcher will visit you five times. You will be asked to fill out questionnaires, maintain a bladder diary and take part in two interviews. The study visits will last between 1 to 2 hours.

If you want to learn more about this study, please contact Dr. Wagg's research office at **780-492-6855** (24-hour confidential voicemail).

UNIVERSITY OF ALBERTA

This study will abide by all Covid-19 safety measures outlined by Alberta's Chief Medical Officer and Alberta Health Services.

University of Alberta Ethics approval Ref.: Pro00094514

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
• 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
Trevor Hickey reads CN in St. Albert!

Coffee News® Fun Reading. Serious Advertising.

STOP STREAMING!
IT'S FUNNIER LIVE
AT THE COMIC STRIP
BOURBON STREET, WEST EDMONTON MALL

PURCHASE TICKETS ONLINE AT
thecomicstrip.ca

Rick Bronson's
THE COMIC STRIP
DRINK • DINE • LAUGH



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

Like us on Facebook

...to keep updated on **WEEKLY contests** in which you can enter to win tickets to sports events, entertainment events, Coffee News Bucks and more!



<https://www.facebook.com/CoffeeNewsWeekly>

Trivia

1. What type of insect is said to be responsible for spreading Lyme disease?
2. Where is the popular U.S. theme park called Epcot located?
3. Gorp is a popular trail mix. What do the letters represent?
4. What is an octet?
5. What do mini, midi, and maxi refer to in the fashion world?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

(Over)

Visit us on Facebook-CoffeeNewsWeekly

CONNECTOR

CONVENIENT, RELIABLE TRANSPORTATION SERVICE
DAILY BETWEEN JASPER | HINTON | EDSON | EDMONTON
AND JASPER | LAKE LOUISE | BANFF | CALGARY

SUNDOG
TRANSPORTATION AND TOURS LTD.

Visit our site to book
www.SunDogTours.com
or call us at 1.888.786.3641

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

Every \$3.51 You Give =
**1 MEAL FOR A
HOMELESS NEIGHBOUR**

Give Hope. Give Today.
TheSeed.ca/donate



**WE BUY USED GOLD
AND DIAMONDS**

Blue Diamond
Jewellers

780.968.0040

Main Street, Stony Plain

www.bluediamondjewellers.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 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

FRASIER WEEKNIGHTS
6:00(EST) / 6:30(MT)
yesTV

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

Your Weekly Horoscope

ARIES

(March 21 - April 20)



Look beyond your own expectations. Your perspective may need a little widening so that you start to appreciate the contributions of others for what they really are. Lucky numbers: 10, 14, 27, 31, 37, 43.

TAURUS

(April 21 - May 21)



Some people may not understand your talent, but they know what they like. If you take your time, your creativeness could help you surpass all expectations. Lucky numbers: 3, 6, 9, 12, 15, 18.

GEMINI

(May 22 - June 21)



You may need patience and a sense of humour when dealing with those who have no idea about the true value of things. Try a different perspective and you could learn more. Lucky numbers: 4, 21, 24, 27, 30, 36.

CANCER

(June 22 - July 22)



You may need to express your ideas more clearly, as you shouldn't expect others to understand your inner emotions. Good communication may be very important right now. Lucky numbers: 8, 14, 23, 24, 28, 40.

LEO

(July 23 - Aug. 23)



Keep up the positive flow and you may be able to give others some insight. You could meet some really interesting people who touch something special in your heart. Lucky numbers: 8, 12, 22, 25, 47, 49.

VIRGO

(Aug. 24 - Sept. 23)



Analyze all of your available options. Your modesty could attract important people to your cause. Your bright ideas may enlighten the lives of others. Lucky numbers: 12, 14, 27, 34, 37, 43.

LIBRA

(Sept. 24 - Oct. 23)



Relax and be yourself. Time may find a way to make things right. Your fears could be blown all out of proportion. Don't allow your imagination to work overtime. Lucky numbers: 3, 5, 18, 29, 35, 37.

SCORPIO

(Oct. 24 - Nov. 22)



This may be the time for making long-range plans and thinking about what is really important now. The trivial details of day-to-day living should not dominate your attention. Lucky numbers: 11, 13, 16, 27, 34, 38.

SAGITTARIUS

(Nov. 23 - Dec. 21)



A change of residence or workplace may give you all the freedom you require. Your talents could flourish within a more mindful, spiritual framework. Lucky numbers: 19, 21, 23, 35, 44, 48.

CAPRICORN

(Dec. 22 - Jan. 20)



You may need to look past the negative and come up with a more positive future scenario. Your creative mind might help you change your inner expectations. Lucky numbers: 1, 6, 19, 23, 26, 34.

AQUARIUS

(Jan. 21 - Feb. 19)



You may feel like you're in the middle of a controversial situation. You might want to keep your distance from negative influences. Your positive flow could prevail. Lucky numbers: 6, 13, 26, 34, 36, 38.

PISCES

(Feb. 20 - March 20)



You may have some big decisions to make right now. Others might try to influence your actions, but only you can decide in which direction you want to proceed. Lucky numbers: 19, 22, 24, 27, 34, 44.

Lucky numbers this week: This week's odds favour Leo winners with the luckiest number being 8.

Did You Know...

Underground spectacle: The state of Kentucky (U.S.) is home to Mammoth Cave, a cave system that spans more than 400 miles (644 km). Cave explorers can visit some of these caverns at Mammoth Cave National Park.

Too hot: A restaurant in Jakarta, Indonesia, is rumoured to serve up the spiciest noodle dish ever. Called Mie Goreng Pedas Mampus, or "Death Noodles," the dish uses common packaged noodles, but serves them with a sauce made from as many as 150 bird's eye chilies.

Snowy occurrence: When gusts of wind pick up dry snow, a snow devil may occur. Although rare, they can happen when cold air moves over a warm surface, causing an updraft that can rotate, bringing with it swirls of snow.

Straddling two continents: A few cities in the world are located in two continents. For example, Suez is in Africa and Asia, Panama City is in North and South America, and Istanbul is in Europe and Asia.

Personal tree space: In some forests, there is a phenomenon called "crown shyness." This happens when the upper branches of trees don't touch their neighbours, so there are gaps in the canopy when looking upwards.

On the Lighter Side

Why don't oysters give to charity? Because they're shellfish.

Middle age: When the narrow waist and the broad mind begin to change places.

Opportunity may knock only once, but temptation bangs on the door forever!

If you see an ocean but not water, where are you? In front of a map.

How is a hospital gown like insurance? You're never covered as much as you think you are.

Answers

Trivia answers: 1. Tick 2. Bay Lake, Fla. (U.S.) 3. Good ol' raisins and peanuts 4. Group of eight 5. Skirt lengths

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

**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

Trustworthy, Honest and Reliable House Cleaning...

- ✓ Flat and Hourly Rates Available
- ✓ Over 15 Years Experience
- ✓ Thorough, Considerate, Friendly

*Just
For
You!*

C: 780.239.3553 | almescape@gmail.com

EMPLOY
Abilities
**FOR
NEWCOMERS**

**LOOKING FOR HELP?
NEW TO ALBERTA?**

We provide services for newcomers with permanent barriers with a fast, pre-employment program, to help you get ahead!

- This program offers the following FREE services:*
- Private one-on-one job search advice
 - Training to get you ahead with your job search
 - Strategies to help you succeed at work
 - Networking to help you with your goals

CONTACT EMPLOYABILITIES TODAY!

Contact us by phone at
780.945.4643 or email
michael@employabilities.ab.ca

Financed by:
Immigration, Refugees
and Citizenship Canada

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

**FIND Hope
WITH US**

CancXcancerhelp.com
Use Order Code 6902

BREAKTHROUGH IN CANCER NUTRITIONAL SUPPORT

PASS IT FORWARD

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.

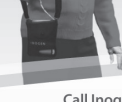
Now you
never
have to
miss your
weekly dose of good news!

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!



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

**happy
Easter**

from your friends at
Coffee News®

Zone 17-Whyte Avenue/University