

Coffee News
is so popular...
even our
competitors
read it!

FREE! **New Issue Every Week!**
Coffee News[®]
"News To Be Enjoyed
Over Coffee"
**Vegreville,
Mundare
Edition**
877-553-6397
www.coffee-news.ca

CRAVING COUNTRY?
106.5 COUNTRY
PLAYS THE COUNTRY THAT
SATISFIES YOUR APPETITE!
Join **Renée** weekdays for
THE WAKE UP SHOW
from 6 a.m. to 9 a.m.,
THE TRADING POST
at 9 a.m., and
**THE COUNTRY
CRAVINGS
REQUEST SHOW**
at 12:30 p.m.!

**This Space
for Rent.**
877-553-6397

**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

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**[®]

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

**MORE SELECTION
THAN ANY OTHER WINDOW
COVERING SOURCE!**
FREE In-Home
Consultation
We make 100+ kinds of blinds
We stock 15 million feet of inventory
real blinds
WESTERN CANADA'S #1 RETAIL
WINDOW COVERING FACTORY
1 8558 GO 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
SAVE 50%

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

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

Everybody's Talking
Raining chocolate: People might use the expression, "It's raining cats and dogs," but no one ever says, "It's raining chocolate!" That's what happened in the town of Olten, Switzerland, recently. Many people reported seeing chocolate powder in the air, and others mentioned that vehicles were covered with an accumulation of the sweet, brown stuff. Turns out that there was a logical reason for the phenomena. The town is home to a chocolate factory that had a problem with its ventilation system. The chocolate powder made its way outside and was blown around by strong winds.

Working the land: Apartment dwellers in cities expect to look out their windows to see such things as parking lots, malls, stores, and gas stations. At one apartment complex in Lublin, Poland, the view is a little different. At harvest time, the buildings' occupants can look out and see a farmer in a combine harvesting the crop. While other farmers in the area sold their land to urban developers, this one decided to keep his property so he could keep farming. Most people living in the nearby buildings don't seem to mind at all; they like seeing agriculture in action, rather than asphalt and urban sprawl.

Artsy hairstyle: Clients who get haircuts from stylist Truong Xuan Tuan wish their hair would never grow again! That's because the stylist, of Hanoi, Vietnam, creates works of art on the backs of people's heads using razors and trimmers. He might trim hair to form a celebrity's face, a cartoon character, a spider, or an urban scene. Because he cannot simply rub out any mistakes, he only creates designs that he has practiced making in the past. Those coming into his shop can browse through a portfolio and pick something they like. Warning: the designs become a bit fuzzy as the person's hair grows back!

Manhole lights: City planners in Tokorozawa, Japan, have a novel idea to decorate manhole covers. They outfitted 27 of these necessary, but usually unattractive, pieces of the city's infrastructure with solar-powered LED lights. The lights reveal designs that incorporate anime characters, which are popular in Japan. The 27 artistic designs are illuminated every evening at 5 p.m., and those who are out late can enjoy them until they go off at 2 a.m. Another motive that inspired the city's planners is that the extra lighting may help to prevent nighttime crime.

Quoteable Quotes
"The plants have enough spirit to transform our limited vision."
—Rosemary Gladstar
"Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do." —Mark Twain

What's Happening
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 1 in 666 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.

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.

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. Zane Grey was a popular American author of what type of novel?
2. What are small plates of Spanish appetizers/snack foods called?
3. What is the favourite food of pandas?
4. In which sport would you see a "flying mare"?
5. The ATM is a feature of most banks today. What does ATM stand for?

(Flip bottom of page for answers)

(Over)

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!
Readers of the Month
Franz Fritzitz & Wilbur Ramsbottom
Coffee News Fun Reading. Serious Advertising.

From Port Alberni, B.C. to St. John's, Newfoundland
Served in
15796
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!

SHOP ONLINE!
www.scubagearcanada.ca
• Snorkelling Gear • Reef-Safe Sunscreen
• Beach Water Shoes • Dry Bags & Wallets • UV Shirts
**The Dive
Outfitters**
Learn to
SCUBA DIVE at
our Edmonton
location –
call for details
Scuba Diving & Snorkeling
11781-156 St., Edmonton 780.483.0044
SCUBAPRO | SHERWOOD | GARMIN | SHEARWATER | AKONA | HENDERSON | SEALIFE | TUSA

DO THE MATH!
If you advertise in a monthly publication,
your ad is seen 12 times a year.
If you advertise in a bimonthly publication,
your ad is seen 6 times a year.
If you advertise in **Coffee News**,
your ad is seen 52 times a year!
It takes the average person 8 - 10 times
to see a message and retain it.
So, where would you want YOUR ad to be?

**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

Recipe of the month

Spring Pea Pasta

1 pound pasta
3-4 cups fresh peas
5 shallots, thinly sliced
1 shallot, very finely diced
1 cup chopped fresh mint
1 cup chopped Italian parsley
½ cup olive oil

2 lemons – zest and ¼ cup juice
2 cups fresh pea shoots, baby spinach or arugula
1 teaspoon salt (plus more to taste)
½ teaspoon pepper
1 tablespoon truffle oil
Optional: goat cheese crumbles

Prep Time: 15 mins. Cook time: 10 mins. Yield: 4 (main) or 8 (side)

- Boil pasta in a generous amount of salted water per directions.
- During the very last minute of cooking, if serving this as a warm entrée, add the peas to the pasta and just lightly blanch.
- While the pasta is cooking, prep the rest of the ingredients.
- Chop the shallots, shallots and herbs.
- Zest two lemons, and measure out ¼ cup lemon juice.
- Once the pasta is just about done, add the peas to the boiling pasta water and blanch for one minute, or just until bright green. Immediately drain, place pasta and peas in large bowl, drizzle with olive oil, lemon juice and season with 1 tsp salt and ½ tsp pepper.
- Toss in the pea shoots (or other greens) and add the shallots, shallot, herbs and lemon zest. Stir.
- Taste, adjusting salt and lemon juice, adding more of both, if necessary.
- Drizzle with truffle oil, serve immediately.

If making this as a pasta salad, rinse pasta and peas in very cold water to stop the peas from cooking any longer. Add goat cheese right before serving.

Source: www.feastingathome.com

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

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

MUSIC | APPLIANCES | SECOND HAND STORE

Factory Direct & Consignment

5225-52 Avenue
780-632-4141

Serving Vegreville for 20+ Years!

If you liked Gold Canyon Candles, you are gonna love Sunset Scents!

They are creating candles that have a strong scent throw and the cleanest burning scented candles out there!

They are the next Finest candles you will EVER find!

PSC Prairie Scented Candles

Sunset Scents a RAY of Fragrance

prairiescentedcandles@gmail.com
www.prairiescentedcandles.com

A wish begins with HOPE

Hope begins with you.

Donate at makeawish.ca/createhope

Make-A-Wish.

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

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**

FREE ASSESSMENT CALL TODAY!

For Expert Help:
1.844.453.5372

BBB Accredited Business

Affordable-Effective-Exclusive-CALL NOW!

Your Weekly Horoscope

ARIES (March 21 - April 20)



Adapting to new information may be a challenge for you. While you might be excited about new ideas, you may be hesitant to embrace them. Lucky Numbers: 8, 11, 16, 22, 24, 34.

TAURUS (April 21 - May 21)



You may have important discussions with people you are very close to. Connecting with your roots might be the theme, with an emphasis on looking objectively at the past. Lucky Numbers: 1, 2, 9, 12, 32, 42.

GEMINI (May 22 - June 21)



You may be more perceptive than usual. You could see other people's true colours more clearly, and you might discover the hidden aspect of the situation. Lucky Numbers: 6, 19, 24, 36, 40, 47.

CANCER (June 22 - July 22)



Superficial answers may not satisfy you. This might be an ideal time to look for something that could have been hidden, in order to learn more about your true feelings. Lucky Numbers: 11, 16, 21, 26, 31, 36.

LEO (July 23 - Aug. 23)



You may start to feel as if you have been following the crowd for far too long. You might now seek a more spontaneous and creative lifestyle for yourself. Lucky Numbers: 5, 15, 25, 30, 35, 40.

VIRGO (Aug. 24 - Sept. 23)



Your efforts may be well received, allowing your inner harmony to prevail. You could move forward with creative projects and express yourself more comfortably. Lucky Numbers: 14, 27, 29, 35, 41, 47.

Lucky numbers this week: This week's odds favour Gemini winners with the luckiest number being 6.

Did You Know...

Powerful quote: Sir Francis Bacon is famous for first using the phrase "knowledge is power," in 1597. He was an English philosopher, statesman, and essayist, and known for ardently supporting the scientific revolution.

Transparent car: For the 1939 World's Fair, General Motors built the Pontiac Ghost Car, billed as the first transparent car. Created in partnership with Rohm and Hass, which invented plexiglass, the Ghost Car offered a clear view of the vehicle's engine.

Big bill: A shoebill is a large bird with stalk-like legs and a huge bill that resembles a shoe. These birds live in parts of East Africa, usually close to where they can find fish and other small prey, such as frogs and snails.

Old gum: When enjoying your next stick of gum, here is something to think about. The oldest chewing gum ever found dates back 5,000 years! It was found in a lump of bark tar that showed well-defined tooth prints.

Take a swing: It's generally agreed that the game of golf originated in Scotland during the 15th century. But there's also evidence that the Scots' game was inspired by stick-and-ball games played at the time in France, Germany, and the Low Countries.

On the Lighter Side

Teacher: "I hope I didn't see you looking at Fred's test paper."
Student: "I hope you didn't see me either."

Stop playing at being so serious and start playing seriously.

If it's zero degrees outside today, and it's supposed to be twice as cold tomorrow, how cold it is going to be?

Genius may have its limitations, but stupidity is not thus handicapped.

What did the two strings do in the race? They tied.

Answers
4. Wrestling 5. Automatic Teller Machine
Trivia answers: 1. Westons 2. Tapas 3. Bamboo

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

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

For the first time ever...

Advertise Your Restaurant Here!*

For complete details, call Sam at 780-264-2552

Qualifying distributors of **Coffee News**® receive **FIRST MONTH FREE! ****

Coffee News® #supportlocal Initiative

Without our advertisers, **Coffee News**® would not exist

Please support them!

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

Cedar Manor Upgraded apartments starting at \$660!

Save \$100!

(780) 214-1300

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

\$399 Security Deposits

(780) 214-1300

Northview APARTMENT REIT

*On approved application, while promotion lasts.

Friendly service your family can trust!

JJ's Value Drug Mart

INDEPENDENT PHARMACY

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

Transferring prescriptions is as easy as a phone call

JJ Begalke
20 years of experience as a pharmacist

FREE DELIVERY to Mundare

This is Your Story

Stories of redemption, discovery and faith
WEEKNIGHTS AT 11PM

yesTV