

Thank You to these distribution partners for supporting the "good news" message of **Coffee News!**


Zone 13
Updated 07.16.21

We appreciate you!

A & W x 2	Edo	Nhatrang	Urban Diner
Basha Donair & Shawarma	Fantasia Noodle House Express	Vietnamese Restaurant	Vancia Donair and Shawarma
Blaze Pizza	Fat Burger	Original Joe's	Wendy's
Booster Juice	Freshii	Pho Hoan Pasteur	Wing Snob
Brits Fish and Chips	Grande Café & Bistro	Pizza Hut	Woodshed Burgers
Burger Baron	Haong Long	Primitime Donair	World's Finest Donair
Café Tiramisu	Harvey's	Quiznos	
Chateau Nova-The Pantry	KFC	Remedy Café	
Chopped Leaf	Kyoto Japanese Cuisine	Ricky's	
Day & Night Pizza	Little Ceasars	Royal Pizza	
Destination Doughnuts	Loblaws City Market	Second Cup	
Domino's Pizza	McDonalds	Streets	
Donair Way		Subway	
		Tim Hortons x 3	
		Toast Culture	
		Tokyo Express	
		Uncle Albert's	

Would you like to offer your valued customers the opportunity to read and enjoy Coffee News?

► For more information on becoming a distribution partner, call us at 780.220.6397 or scan the QR code at right.



FREE! **New Issue Every Week!**

Coffee News®

"News To Be Enjoyed Over Coffee"

Central Edmonton Edition

780-220-6397

www.coffee-news.ca

Est. 1988

Vol. 18 No. 42 October 18, 2021

Everybody's Talking

Hungry owls: No one wants to use chemical pesticides to protect crops, and apple farmers in Japan don't have to. That's because a natural predator is available to help keep their orchards free of field voles. That predator is the Ural owl (*Strix uralensis*). These birds build nests in the hollows of trees near the orchards, and farmers even supply manmade structures to attract them. The night hunters do swift work of nabbing voles, which can do considerable damage to apple trees and cut into the profits of the farm.

Inked all over: Some people get a tattoo (or two) somewhere on their bodies, but Kerstin Tristan decided to get her whole body tattooed. The grandmother from Leipzig, Germany, started on her tattoo odyssey in 2015 when she got her first one. Now, her arms, legs, torso, hands, and feet are almost completely covered. The tattoos range from flowers to butterflies to women's faces to leopard spots to strings of pearls. Tristan has spent, so far, about 30,000 Euro on her body art, and she doesn't regret it. She intends to keep filling the blank spots with more tattoos.

Mural mandate: A mural on the side of a building in Warsaw, Poland, helps clear the air of pollutants. Located near a busy metro station, the mural is made of special photocatalytic paint that lures pollutants from the air. The pollutants are then changed into harmless particles, which are washed away when it rains. The mural features flowers with smiling faces, with the foliage wrapped around tall buildings. The project was part of the City Forests campaign. Several other cities around the world are part of the movement, including Bogotá, Columbia; Johannesburg, South Africa; and Melbourne, Australia.

Cat lady: A woman who lives in Muscat, Oman, is a true animal lover. In fact, she loves animals so much that her home has become a shelter for homeless cats and dogs. Maryam al-Balushi didn't always appreciate animals. Her affection for felines began in 2008 when her son brought home a Persian cat, which she grew to adore. She started taking pity on strays, and today she has nearly 500 cats and about a dozen dogs. It costs almost \$8,000 per month for food and vet care, which at first she paid herself, but now donors help her with the bills. She hopes everyone will understand that animals need to be treated with compassion.

Quoteable Quotes

"We heed no instincts but our own." —Jean de La Fontaine
 "Tell him to live by yes and no—yes to everything good, no to everything bad." —William James

What's Happening

Sept 13-Old Tyme Fiddling Weekly, Monday Group Lessons - Beginner The Wild Rose Old Tyme Fiddlers Association is offering weekly adult beginner group fiddle lessons commencing September 13, 7:00-8:00 pm. Pleasantview Hall, 10860-57 Avenue, Edmonton. For more information, or to register, call Ava at 780-962-8857.

Workplace Bullying Awareness Week 2021 Please join us for Workplace Bullying Awareness Week! Follow awarenessendsbullying to participate in the conversation and share what you are doing!

Oct 17-Devon Monthly Arts Market Throughout COVID, our Artists have been couped up. Imagine what they've created! Come check out our local artists, craftspeople and artisans each month at the Devon Community Center, 20 Haven Ave, Devon. The Market runs from noon to 4 pm. Free to attend

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. Which country produces the most tea in the world—China, India, or Sri Lanka?
2. One fathom is equal to 6 ft., 8 ft., or 12 ft.?
3. What is a chanterelle?
4. The Caladrius, the Phoenix, and the Roc are types of what?
5. What creates a phenomenon called a fogbow or white rainbow?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

(Over)

No time to be handy?

We do. Give us your list and we'll get it done. Now offering 48 Hour Response Time!

www.HOHS.ca | 780.940.2127

Lights & Blinds | Furniture Assembly | Much More

ONE & OFFICE ANDYMAN SERVICES

Earn An Income Online

Join the biggest and best global online business!

NO selling | NO parties
NO inventory | NO recruiting

Register for a **FREE** info session here: (Scan this code for info)

Freedom - Flexibility - Fun

or visit www.susandeveney.net

NO EXPERIENCE NEEDED - WE TRAIN AND MENTOR

DELIVERY PERSON NEEDED

...to deliver **Coffee News®!**

- Deliver CN to restaurants and other locations
- Part-time position

Interested?
Please email your résumé to info@coffee-news.ca

Happy **Halloween**

from your friends at **Coffee News®**

BLUE BLOODS

MON - THURS 9:00

yesTV

Congratulations to the past months' **Coffee News® Guy** contest winners!

Your prizes are in the mail!

Enter today for your chance to win at www.coffee-news.ca

JULY
Koshua Kyrejto
Katarina Penfold
Lucyna Szczepanik
Tammy Werner

AUG.
Jess Boyd
Jennifer Gee
Brian Janiten
Sharon Kurceba

STERLING ADVISORY INC.

UK Pension Transfers

Personal or Company pension left behind in the UK? ...Contact us to discuss your options

Tel: 1-250-863-7766 | mark@sterlingadvisory.com
www.sterlingadvisory.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

Create a variety pack of 24 and get **24 for FREE!**

Limit 1 per customer per day, in store offer only. Expires December 31, 2021.

50+ Keto Syrups

500+ K-Cups PODS Davinci Syrups

singlecup.ca

Mon-Sat, 9-5

Calgary 403-354-4962
 #3, 401-33 St. NE

Edmonton 587-357-0955
 9754-45 Ave. NW

FREE SHIPPING \$60+

Imagine your business here!

For more information:
780-220-6397
 or **877-553-6397**
www.coffee-news.ca

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!

PSC Prairie Scented Candles

Sunset Scents a RAY of Fragrance

prairiescentedcandles@gmail.com
www.prairiescentedcandles.com

Visit us on Facebook-CoffeeNewsWeekly

Feel free to take your Coffee News home!

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



THIS SPACE FOR RENT

780-220-6397

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

ELECTRICIAN FOR HIRE

Residential
Light Commercial
Electrical Repairs and Renovations

Art de Leon  Master Electrician

780.932.3858 Cell
ajdeleon63@gmail.com

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



MATHESON

Affordable Seniors Living

Complete Freedom, STARTING FROM
"Suite Deals!" **\$475**
(Bachelor's / 1 Bdrms) PER MONTH

NEWLY RENOVATED RENTALS!
Free lunch/dinner meal with your tour

First Come First Served
Limited Time Offer

Call **780.454.5505** to book your tour!
11445 - 135 St. NW
*Utilities, Smoking floor surcharge and Reno not included in rate.




WEBSITES

From \$129/Month

(780) 760-6922
FRONTLINECONSULTING.CA


Your Weekly Horoscope

ARIES
(March 21 - April 20)




Your concentration could be very strong. You might become so engrossed in your work that you may not be able to do anything else until you find the information that you seek. Lucky Numbers: 2, 7, 12, 18, 22, 34.

TAURUS
(April 21 - May 21)



You may want to pursue the one person you desire. This could be exciting, as romance also might run high. Games or contests may provide you with an extra burst of energy. Lucky Numbers: 11, 18, 20, 25, 38, 45.

GEMINI
(May 22 - June 21)




Your ability to keep yourself on track may enable you to reach out to new resources for solutions. Your past experiences could help you see past facades to find answers. Lucky Numbers: 5, 7, 9, 10, 40, 42.

CANCER
(June 22 - July 22)




A new or renewed personal relationship may prove to be romantic and pleasing to you. You might want to look your best and behave in a friendly way. Lucky Numbers: 12, 15, 26, 31, 32, 45.

LEO
(July 23 - Aug. 23)




You may attract what you need by allowing others to approach you. You might be more inclined to go along with situations than to forcefully try to make things happen. Lucky Numbers: 6, 16, 21, 26, 36, 41.

VIRGO
(Aug. 24 - Sept. 23)




This may be a positive time, especially if you are involved in learning. Your appreciation for the warmth and assurance of a mentor could provide you with much pride. Lucky Numbers: 1, 5, 11, 13, 15, 21.

LIBRA
(Sept. 24 - Oct. 23)




Trivial battles may be obstacles. You might need to stop pushing yourself so hard. Your personal need to be nurtured could help you understand the importance of family. Lucky Numbers: 5, 23, 24, 31, 41, 45.

SCORPIO
(Oct. 24 - Nov. 22)




Some intense rivalry or personal conflict may take you by surprise. You might feel that you must stand up for your rights in the face of this opposition. Lucky Numbers: 8, 18, 28, 36, 39, 44.

SAGITTARIUS
(Nov. 23 - Dec. 21)




Interesting connections may unlock new doors. You might want to edit a proposal or in some way adjust your way of communicating in order to come to a mutual agreement. Lucky Numbers: 17, 20, 24, 25, 27, 30.

CAPRICORN
(Dec. 22 - Jan. 20)




You may need to talk about past experiences to understand the truth. Old resentments that you might have tried to conceal could resurface and cause you distress. Lucky Numbers: 13, 21, 26, 32, 41, 42.

AQUARIUS
(Jan. 21 - Feb. 19)



Your ability to converse may attract the interest of people who matter. Do not allow pressure to push your goals out of focus. Think hard and fast, remembering all the facts. Lucky Numbers: 5, 15, 16, 17, 30, 47.

PISCES
(Feb. 20 - March 20)



You may feel an urgency to eliminate negative influences. You might need to show your reliability and your willingness to perform your duties and obligations. Lucky Numbers: 16, 19, 23, 26, 33, 46.

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

Did You Know...

Famous relative: The famous F. Scott Fitzgerald was named after his distant relative, who may be even more famous. Francis Scott Key wrote the words to "The Star-Spangled Banner," America's national anthem.

Landlocked: The Lao People's Democratic Republic, known as Laos, is landlocked and shares borders with China, Vietnam, Cambodia, Thailand, and Burma (Myanmar). The capital of Laos is Vientiane, and the country's official language is Lao.

Cold lovers: Yakutian horses live in Yakutia (Sakha) Republic, in the Siberian region of Russia, where temperatures in the winter can dip to -70°C (-94°F). These small horses are heavy for their size because they have a layer of fat, as well as a thick mane, to keep them warm.

Unique design: For a unique, personalized cooking and eating space, people may choose to have a "bespoke" kitchen. That means that the area is custom designed for the owner's exact preferences.

Runny nose: Having a runny nose is a common consequence of eating spicy foods. That's because the chili peppers in spicy dishes contain the chemical capsaicin, which is a natural decongestant.

On the Lighter Side

Why did the chicken cross the playground? To get to the other slide.

A three-year-old had received a severe sunburn that reached the peeling stage. His mother heard him saying to himself as he was washing up for dinner, "Only three years old, and wearing out already."

Three men were in a boat. It capsized, but only two got their hair wet. Why? One was bald.

Dentist: "You need a crown."
Patient: "Finally, someone who understands me!"

Did you hear about the umbrella salesman who saved his money for a sunny day?

Answers

Trivia answers: 1. China 2. 6 ft. 3. Type of mushroom 4. Mythical birds 5. Light retracted in fog

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

Coffee News

is proudly delivered by



McMan
Coffee News Part of your community.



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



Give Hope. Give Today.
TheSeed.ca/donate



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
Camille Snow of Edmonton



Coffee News Fun Reading. Serious Advertising.

inogen

FREEDOM. TO BE YOU.

1-888-998-6714



MKT-P0253

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**

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

Recipe of the month



Pumpkin Spice Cupcakes

2 cups sugar
1 can (15 ounces) pumpkin
4 large eggs, room temperature
1 cup canola oil
2 cups all-purpose flour
2 teaspoons baking powder
2 teaspoons ground cinnamon
1 teaspoon baking soda
½ teaspoon salt

¼ teaspoon ground ginger
¼ teaspoon ground cloves
1 cup raisins
Cream Cheese Frosting:
1/3 cup butter, softened
3 ounces cream cheese, softened
1 teaspoon vanilla extract
2 cups confectioners' sugar
1/2 cup chopped walnuts, toasted

Prep Time: 30 min. Bake: 30 min + cooling Yield: 2 dozen

- Preheat oven to 350°. Beat sugar, pumpkin, eggs and oil until well blended. In another bowl, whisk next seven ingredients; gradually beat into pumpkin mixture. Stir in raisins.
- Fill each of 24 paper-lined muffin cups with 1/4 cup plus 1 teaspoon batter. Bake until a toothpick inserted in centre comes out clean, 28-32 minutes. Cool 10 minutes before removing from pans to wire racks to cool completely.
- For frosting, beat butter and cream cheese until smooth. Beat in vanilla. Gradually add confectioners' sugar. Frost cupcakes; sprinkle with walnuts. Refrigerate.



Source: www.fastcofhome.com