

Get More Traffic, Leads & Sales



- Website Development
- Google Ads
- Facebook Advertising
- Social Media Management
- SEO & Content Marketing
- Reporting & Analytics

Frontline web consulting
780.760.6922
frontlineconsulting.ca

FREE! *New Issue Every Week!*


Coffee News®

"News To Be Enjoyed Over Coffee"

Downtown Edmonton Edition

780-220-6397

www.coffee-news.ca



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
Lea Castillo of Grande Prairie

Coffee News Fun Reading. Serious Advertising.



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**

RECEIVE YOUR REFUND BY CHRISTMAS!

For Expert Help:
1.844.453.5372



Coats for Kids & Families

We accept clean, gently used, or new winter outerwear for men, women, and children in need.



Keeping our community warm.

United Way
Alberta Capital Region

coatsforkidsandfamilies.ca



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

Zone 14 Updated 07.26.21

We appreciate you!

A & G Burgers	Commerce Place - Chopped Leaf	Matrix Hotel	Scotia Place - Y Not Indian
BAO BAO	Commodore Restaurant	Mondo Cafe	The Creperie
Boston Pizza	Cookie Love Café	Oodle Noodle	Top Donair
Canada Place - Mr. Donair	Copper Branch	Papa John's	Wok Box
Canada Place - Picklewhich	Cora	Queen Donair	XO Bistro and Bar
Canada Place - Pizza Pasta Express	Del Poste	Quesada Tacos	Zuppa Café
Canada Place - Timothy's	Italian Kitchen	Remedy Café	
Canada Place - Treats	Delicious Pho	Russian Tea Room	
Capital Coffee House	Freshii x 2	Sabor Divino	
	Iland Vybres Café	Scotia Place - Aegean Greek Kitchen	
	KB & Co.	Scotia Place - Good Earth	
	La Carraia	Scotia Place - SUSHI	
	L'Espresso		
	Let's Grill		
	Maria's Mexican		

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.



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



STRATHCONA SPIRITS

DISTILLATIONS & EXCITATIONS

Shop online & book your Distillery Tour & Tasting at strathconaspirits.ca



Everybody's Talking

Staying fresh: Imagine buying grapes at the grocery store and being able to keep them fresh for several months. Farmers in Afghanistan employ an age-old method to do just that. It's called gangina, a technique that involves using two layers of wet soil as a container for the fruit. The soil, which is formed into the shape of a saucer, is then stored in a cool place, sometimes even underground. The fresh grapes placed inside the container must not be spoiled, squashed, or broken, or the rest of the healthy grapes will spoil as well.

Tiny fruit: Coconuts, those large balls with the brown shells and the white milk and meat hidden inside, bring thoughts of warm climes and interesting cuisine. But big, familiar coconuts aren't the only variety available. A relative of the coconut is the coquito. This marble-sized fruit is also called pigmy coconut or dwarf coconut, and grows on Jubaea chilensis palm trees that are common in Chile. Unlike the fruit, these trees are huge and can live for many decades. The tiny fruit looks and tastes like its bigger counterpart, but doesn't have milk inside the shell. A coquito can be used in a variety of dishes, including desserts, snacks, and drinks.

Wild chickens: There are feral cats and there are feral dogs, but feral chickens? On the Hawaiian island of Kauai (U.S.), these wild birds do, indeed, exist. They can be found everywhere, from the beach to the street to parking lots, which is an odd sight for visitors who are accustomed to seeing chickens in chicken coops. According to the locals, these free-roaming chickens and roosters came into existence after two hurricanes in the 1980s and 1990s wrecked the coops. The homeless domestic birds then mated with other wild fowl already on the island, leading to a poultry population boom.

Water tower home: Lots of people make homes out of abandoned buildings, such as old churches or schoolhouses. But a pair of cousins from Nieuw-Lekkerland, Zuid-Holland, Netherlands, made a unique transformation. They turned an unused water tower into a home. The cousins are Sven and Lennart de Jong, who lived near the tower as children. When the tower came on the real estate market, they bought it, then spent 10 years making it into beautiful living quarters with their own hands. In the middle of the renovation, they both met and married their spouses, both of whom loved the idea. Now, the two couples and their children each have their own living spaces in their distinctive home.

Quoteable Quotes

"Common sense is not so common." —Voltaire
 "The whole secret of the study of nature lies in learning how to use one's eyes." —George Sand

What's Happening

Dec 9 to Jan 17-Online Classes open for registration-Adults 50 plus Learn something new! Classes start January 17-something for almost every interest. Non-credit classes in sciences, humanities, arts leisure. ELLA offers education, affordable, fun, non-credit courses for adults. Register now MY_ELLA.COM.

Dec 4-A.C.U.A. Christmas Market Join A.C.U.A. for our 7th annual Christmas Market! In addition to our regular gallery and boutique offerings, we will host several vendors in our large gallery who will be selling art, crafts, food, and Ukrainian goods. Contact info@acuarts.ca for more info.

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. Honus Wagner was a famous basketball, soccer, or baseball star?
2. Jellyfish are 95% water—T/F?
3. Grape Nuts cereal was created by Charles Post in 1897, 1920, or 1950?
4. What is a sailor's emergency signal?
5. Orange is the combination of what two colours?

(Flip bottom of page for answers)

RETIREMENT LIVING CHRISTENSON

Optional Meals • Personalized Services • On-site Care

Join Our Safe & Social Community




Scan QR Code

Ask about our rental promotion

Full Kitchens • Social & Recreation • U/G Parking

13317-115th Ave, Edmonton

780-452-2030

CDLhomes.com



NOTICE to Russell John Lucyk

An Application by Glenda Lorraine Abbott for a grant of probate of the Will of Yardley Harry Lucyk will be heard on Wednesday November 24, 2021, at the Law Courts Building, in Edmonton.

Copies of documents are available at Major Case Law, Attention: Curtis Long
Tel: (780) 485-3098
116, 160 Broadway Blvd., Sherwood Park, Alberta T8H 2A3

BY ORDER: Court of Queen's Bench of Alberta
Madam Justice Debbie A. Yungwirth

Learn to Earn Online with a Digital Business

Join the biggest and best global online business!

- ✓ Freedom
- ✓ Flexibility
- ✓ Fun

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



NO EXPERIENCE NEEDED - WE TRAIN & MENTOR!

or visit www.susandeveney.net



Imagine your business here!

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



Affordable seniors accommodation

- Apartment units
- Lodges with meals and housekeeping
- Clean, well maintained, secure buildings
- Friendly, professional staff
- Recreation activities

Call **780.482.6561** or visit us online at gef.org



THIS SPACE FOR RENT

780-220-6397

inogen
FREEDOM. TO BE YOU.
 1-888-998-6714
 MKT-P0253

Learn something new!
 EDMONTON **lifelong learners** ASSOCIATION
 Register now for non-credit online classes starting mid-January
 Fine Arts, Humanities, Science & Wellness
my-ella.com

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

QUIT SMOKING TODAY!
 Free juice bar with over 200 flavours to sample
 Incredibly helpful staff who will set up your new device and teach you how to use it
Liberty Vape
 eCig • eJuice • Tech
 about 20 steps north of Jasper Ave. on 105 St.
780.893.1838
 libertyvape.ca

ELECTRICIAN FOR HIRE
 Residential Light Commercial Electrical Repairs and Renovations
 Art de Leon Master Electrician
780.932.3858 Cell
 ajdeleon63@gmail.com

Coffee News®
 is proudly delivered by
McMan
 Coffee News® Part of your community.

Recipe of the month
Chocolate Covered Strawberry Christmas Trees
 12 ounces dark green candy melts
 1 pound of strawberries, stems removed
 24 Oreo cookies
 white icing
 sprinkles
 candy stars
 Prep Time: 15 min. Cook Time: 10 min. Yield: 24
 1. Set a heat proof bowl over a small pot of simmering water on the stovepot (double boiler). Slowly melt the candy melts in the bowl, stirring occasionally. Do not allow moisture to come in contact with the candy.
 2. Spoon or pipe a small amount of icing onto the top of each Oreo. This will adhere the strawberry to the cookie base.
 3. Once the candy melts are fully melted, turn the heat to low while you dip the strawberries using a toothpick inserted into the cut end.
 4. Shake off excess candy coating gently. Using a second toothpick inserted into the pointed end of the dipped strawberry, carefully place the strawberry on top of the icing on the Oreo.
 5. Decorate with sprinkles and a candy star while the candy coating is still wet. It will usually dry in about 10 minutes.
 Source: <https://lovelylittlekitchen.com>

Your Weekly Horoscope

ARIES
 (March 21 - April 20)

You may have a strong drive to take a big risk to go after what you desire. It may be better to develop a strategy rather than making an impulsive move. Lucky numbers: 3, 29, 30, 43, 45, 46.

TAURUS
 (April 21 - May 21)

You may feel stymied in your efforts right now. Have a discussion with those you trust on where an adjustment in your plans could give you a better result. Lucky numbers: 8, 10, 15, 22, 25, 27.

GEMINI
 (May 22 - June 21)

Your usual ability to readily pick up information from your environment may be on the fritz right now. If so, you will need discernment in your judgment of upcoming situations. Lucky numbers: 4, 9, 23, 24, 37, 45.

CANCER
 (June 22 - July 22)

You may be currently focused on how best to keep the home fires burning smoothly. Think through where your viewpoint may need to be changed to achieve this outcome. Lucky numbers: 1, 2, 6, 10, 40, 45.

LEO
 (July 23 - Aug. 23)

You may easily communicate your ideas to others. However, don't self-identify so strongly with those ideas that you end up arguing with others. Listen to their viewpoints as well. Lucky numbers: 16, 18, 21, 23, 25, 35.

VIRGO
 (Aug. 24 - Sept. 23)

You may be uncertain about what you want in a situation. If so, decide what next step is best in alignment with your heart's desire, and the uncertainty should recede. Lucky numbers: 6, 17, 20, 23, 38, 46.

LIBRA
 (Sept. 24 - Oct. 23)

You may be experiencing a calm, smooth environment right now. If so, you may want to take this opportunity to expand outside of your comfort zone to do something different. Lucky numbers: 3, 6, 7, 19, 22, 27.

SCORPIO
 (Oct. 24 - Nov. 22)

Your plans may not be manifesting as you hoped. If so, be careful of getting angry, which may only make matters worse. Better to wait and reassess the situation. Lucky numbers: 2, 14, 18, 19, 35, 42.

SAGITTARIUS
 (Nov. 23 - Dec. 21)

This time holds a potential for achieving your deeply felt hopes and wishes. To do so, let go of any old karmic patterns and beliefs that are holding you back. Lucky numbers: 4, 7, 18, 23, 31, 43.

CAPRICORN
 (Dec. 22 - Jan. 20)

A focus on your relationships may be ongoing. If so, be aware of your emotions and feelings. How are they influencing your interactions with others? What changes need to be made? Lucky numbers: 1, 10, 14, 35, 36, 46.

AQUARIUS
 (Jan. 21 - Feb. 19)

Your focus may be on how to improve the lives of others. If so, you may need to wait a bit before the conflicting elements of your plan come together. Lucky numbers: 2, 6, 11, 14, 18, 48.

PISCES
 (Feb. 20 - March 20)

Your energy level may be low, leaving you feeling tired. If so, think of where you can reduce your commitments so that you can lower stress and get more rest. Lucky numbers: 3, 5, 7, 25, 36, 48.

Lucky numbers this week: This week's odds favour Aries winners with the luckiest number being 3.

Did You Know...

Rock star: British rock star Rod Stewart was born in London, England, in 1945. He was involved in several bands during his youth, including the Jeff Beck Group and The Faces, before becoming a solo artist with such singles as "Maggie May" and "Tonight's the Night."

Ouchy elbow: Tennis elbow, or lateral epicondylitis, means the forearm muscles are being overused, causing damage and pain in the tendons. The condition is caused by repetitive motions, such as painting, repeatedly using a tool and, yes, playing tennis.

Lovely linen: Many people may wonder where the linen fabric in their sheets, suits, and napkins originates. This fabric comes from the flax plant. Its fibres are woven to make a durable, moisture-resistant material.

Migrating mammals: Another name for the wildebeest is the gnu. These hooved mammals live in the open plains of Africa, such as the Serengeti. They eat grasses and seasonally migrate to find food.

Tough game: While most people are familiar with 5-pin and 10-pin bowling, there is also a game called candlepin bowling. The pins in this game are tall and slender and are frustratingly hard to knock over with the small bowling balls used in the game.

On the Lighter Side

What do you get if you cross an octopus with a piece of furniture? An arm, arm, arm, arm, arm, arm, arm, armchair.

Why did Dracula run out of the garden? He saw sunflowers coming up.

Instructor: What is the most common reason for dry skin? Medical student: Towels.

Knock! Knock! Who's there? Hiatus. Hiatus who? Hiatus lunch and now the school bully is after me.

Where did the smart cat go to school? Purr-due.

Answers

Trivia answers: 1. Baseball star 2. True 3. 1897 4. SOS 5. Red and yellow

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

WIN
 a 26-week advertising package in *Coffee News* for your NON-PROFIT organization!
 To enter, simply visit our website at www.coffee-news.ca and submit an upcoming event that your non-profit is holding in the near future. All submissions until March 30 will be counted as one entry. The more submissions you make, the more entries you get!
 Submission approval is based on specific criteria. For your submission to qualify, you must meet these criteria. Space and category restrictions may apply to prize.

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

You Used To Do It Yourself...
WE CAN HELP!
 CONTACT THE EXPERIENCED PROFESSIONALS AT
HOME & OFFICE HANDYMAN SERVICES
 780.940.2127 | www.HOHS.ca
 Give Us Your List. We'll Do The Rest.

WE COME TO YOU!
NERDS2YOU
 VIRUS REMOVAL & COMPUTER REPAIR
ONSITE COMPUTER REPAIR
 Your on-site computer and network service specialists. Virus removal, network setup, repairs and more.
587-772-NERD(6373)
 FAST, FRIENDLY AND PROFESSIONAL DEBIT, VISA AND MASTERCARD ACCEPTED
NERDS2YOU.CA

This is Your Story
 Stories of redemption, discovery and faith
WEEKNIGHTS AT 11PM
yesTV

MATHESON
 Affordable Seniors Living
Complete Freedom, STARTING FROM \$490
 "Suite Deals!"
 (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.

Congratulations
 to October's **Coffee News® Guy** contest winners!
 Your prizes are in the mail!
Manson Langman
Shamas Arshad
Raelyn Crush
Wendy Lehman
 Enter today for your chance to win at www.coffee-news.ca