

Affordable-Effective-Exclusive-CALL NOW!

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

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

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.

STOP STREAMING! IT'S FUNNIER LIVE

AT THE COMIC STRIP

BOURBON STREET, WEST EDMONTON MALL

PURCHASE TICKETS ONLINE AT **thecomicstrip.ca**

Rick Branson's **THE COMIC STRIP**

DRINK • DINE • LAUGH

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

BLUE BLOODS

MON - THURS 9:00

yesTV

WEBSITES

From \$129/Month

(780) 760-6922

FRONTLINECONSULTING.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!

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

FREE!

New Issue Every Week!

Coffee News®

"News To Be Enjoyed Over Coffee"

Central Edmonton Edition

780-220-6397

www.coffee-news.ca

Vol. 19 No. 4 January 24, 2022

Everybody's Talking

Underground garden: People living in London, England, during World War II were well aware of the city's need for underground bunkers where people could escape air raids. Today, one of these bunkers has found a new purpose. It has become a subterranean farm known as Growing Underground. Located 33 metres (108 feet) under Clapham High Street in the southwest part of London, the concept was the brainchild of co-founder Richard Ballard. The underground garden has no natural light, of course, so LED lights provide nourishment for the hydroponically grown plants, which include radishes, pea shoots, fennel, coriander, and more.

Hiding place: A car thief from the province of Alberta, Canada, didn't cover up his tracks very well, and that led to his capture. Police received word that a Jeep had been stolen from the town of Olds, about 89 kilometres (55 miles) north of Calgary. Someone also reported a vehicle in a ditch on a nearby rural road, which turned out to be the Jeep. Upon taking a closer look, police found a pretty clear clue about where the thief had gone: footprints in the snow. The officers followed by foot, and soon discovered, under a pile of hay in a barn, a young man whom they charged with the offense.

The black violin: Violinists all over the world appreciate the sound of a Stradivarius violin, made by Antonio Stradivari in the 17th and 18th centuries. A replica of one of these instruments, made in 1992 and named Blackbird (after the common bird), was created by Swedish sculptor Lars Widenfalk. The artist made the creation out of a piece of diabase, a dark-coloured, igneous rock. While using his chiseling tools, he had noticed the lovely sound the stone made, and decided to try making an instrument. Widenfalk used black ebony for a few pieces, such as the fingerboard and chin rest. Many musicians have played Blackbird over the years.

Keeping time: Budapest, Hungary, is home to a unique installment called the Timewheel, which was unveiled in 2004 to honour the country's entrance into the European Union. The Timewheel is an enormous hourglass in which small pieces of glass, rather than sand, trickle from the top v-shaped reservoir to the bottom one. A computerized system assists with the release of the glass, which takes an entire year to drop from top to bottom. Every year on December 31, the Timewheel must be manually rotated 180 degrees, with the help of a four-person team using steel cables. Then the glass begins keeping time for the next year.

Quoteable Quotes

"To teach is to learn twice." -Joseph Joubert

"We should all be concerned about the future because we will have to spend the rest of our lives there." -Charles Franklin Kettering

What's Happening

Family Literacy Carnival Join us on Zoom and explore the great outdoors through Story Time, Family Yoga, Rhymes. Cost to attend is free, however, registration via Eventbrite is required. Website: <https://www.eventbrite.ca/event/family-literacy-carnival-2022-tickets-222940219197>

April 2-Edmonton Spring Stamp Show Stamp circuit books, show and tell exhibits, door prizes, presentations, fun frame exhibits and junior stamp tables. No cost appraisals. Parking is Free! 11113 - 113 Street. www.edmontonstampclub.com

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. In the human body, what gland controls body temperature?
2. What is myopia?
3. Who wrote The Comedy of Errors and The Tempest?
4. Edam cheese has its origins in what country?
5. The average eagle's nest is 4-5 ft. in diameter and how many feet deep?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

(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!

Reader of the Month
Scott K. & Friend of Edmonton

Coffee News® Fun Reading. Serious Advertising.

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

ELECTRICIAN FOR HIRE

Residential
Light Commercial
Electrical Repairs and Renovations

Art de Leon ⚡ Master Electrician

780.932.3858 Cell
ajdeleon63@gmail.com

You Deserve the Best from Your Local Real Estate Company

ARC Realty www.arcre.ca

Graham Hein **780-934-2335**

Mariola Walter **780-473-4000**

Learn something new!

lifelong learners ASSOCIATION

Register now for non-credit online classes starting mid-January

Fine Arts, Humanities, Science & Wellness

my-ella.com

RETIREMENT LIVING CHRISTENSON

Optional Meals • Personalized Services • On-site Care

Join Our Safe & Social Community

Westmount

Scan QR Code

Ask about our rental promotion

Full Kitchens • Social & Recreation • U/G Parking

13317-115th Ave, Edmonton

780-452-2030

CDLhomes.com

CHRISTENSON COMMUNITIES

Visit us on Facebook-CoffeeNewsWeekly



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

Great news! We are getting ready to sing again...

The St. David's Welsh Male Voice Choir is preparing to resume choral singing

Our longstanding Edmonton choir is planning to begin rehearsals in early 2022.

If you enjoy camaraderie, making new friends and sharing joyful music with others... then we would love to meet you.

We will practice in a safe environment following strict AHS guidelines.

BARRY at 780.434.5524 or BOB at 780.475.4140

<https://stdavidswelshmalevoicechoir.ca>

FOR FURTHER INFO, CALL:

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

Give Hope. Give Today.
TheSeed.ca/donate



inogen

FREEDOM. TO BE YOU.

1-888-998-6714

MKT-P0253

MATHESON
Affordable Seniors Living

Complete Freedom, "Suite Deals!" STARTING FROM **\$490** PER MONTH
(Bachelor's / 1 Bdrms)

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.

Coffee News
is proudly delivered by



McMan
Coffee News® Part of your community.



Feel free to take your Coffee News home!

Your Weekly Horoscope

ARIES

(March 21 - April 20)



Perhaps you have been in a period of doubt and uncertainty, rooted in past negative experiences. This week may provide positive energy so that you can progress in your present efforts. Lucky numbers: 1, 5, 12, 14, 21, 30.

TAURUS

(April 21 - May 21)



You may gain insight about your life lessons and how to address them. These lessons may involve a change in your beliefs or actions regarding nurturing and/or parenthood. Lucky numbers: 6, 9, 16, 33, 38, 39.

GEMINI

(May 22 - June 21)



This week you may likely feel grounded, stable, and optimistic. There is the potential to use good judgment in building a solid foundation for future progress toward your life goals. Lucky numbers: 3, 18, 27, 37, 42, 48.

CANCER

(June 22 - July 22)



You may be experiencing a transformation that shakes up your beliefs about what is important. If so, you can find clues about your next steps by examining what you value passionately. Lucky numbers: 5, 13, 14, 21, 30, 35.

LEO

(July 23 - Aug. 23)



At the start of the week, you may experience communication difficulties that tempt you to engage aggressively with others. To avoid problems or restrictions, wait a week before you act. Lucky numbers: 8, 13, 18, 37, 42, 45.

VIRGO

(Aug. 24 - Sept. 23)



There is the potential to achieve much toward your goals now. You are likely feeling confident and energetic, but just be careful not to push yourself past your limits. Lucky numbers: 2, 10, 15, 31, 37, 41.

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

Did You Know...

Smelly fish: Visitors to Sweden can buy a can of *surströmming*, which is sea herring caught in the Baltic Sea. While Swedes say it tastes better than it smells, its odor is so pungent that people often eat it outside.

Visitor from afar: On August 6, 2012, the planet Mars received a visitor from Earth: a robotic vehicle called Curiosity. Sent to gather information about Mars, Curiosity was launched from Cape Canaveral, Florida (U.S.), on November 26, 2011.

Film buffs: The official name of the Cannes Film Festival is *Festival de Cannes*. It originated in 1946 as an alternative to the Venice Film Festival, which had promoted fascism and the Nazi agenda.

Rock on: Canadian rock and folk musician Neil Young grew up in the western Canadian city of Winnipeg. In his early years, he played with the bands Buffalo Springfield and Crosby, Stills, Nash & Young.

Women's issues: Godey's *Lady's Book* was an American magazine published between 1830 and 1898. Started by Louis A. Godey, the successful magazine benefitted and educated women, under longtime editor Sarah Josepha Hale.

On the Lighter Side

Flora: "How did you manage to graduate from Clown College?"
Dora: "The professors always laughed at my exam answers."

Knock! Knock! Who's there? Thumping. Thumping who? Thumping green and thlimy is crawling up your leg.

What did the alien put on his toast? Mars-malade.

What's black and white with splashes of red? Two skunks having a tomato fight.

Last night I saw a movie with a happy ending. Everybody was glad it was over!

Answers

Trivia answers: 1. Hypothalamus 2. Nearightedness 3. William Shakespeare 4. The Netherlands 5. 2-4 ft.

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

CN-Proudly printed by One to One Mailing

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

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

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



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

RECEIVE YOUR REFUND BY CHRISTMAS!




Recipe of the month

Savoury Winter Soup

2 pounds ground beef
3 medium onions, chopped
1 garlic clove, minced
3 cans (10-1/2 ounces each) condensed beef broth, undiluted
1 can (28 ounces) diced tomatoes, undrained
3 cups water


1 cup each diced carrots and celery
1 cup fresh or frozen cut green beans
1 cup cubed peeled potatoes
2 tablespoons minced fresh parsley or 2 teaspoons dried parsley flakes
1 teaspoon dried basil
1/2 teaspoon dried thyme
Salt and pepper to taste

Prep Time: 20 min. Cook Time: 6 hours
Yield: 14 servings (3.5 quarts)

- 1 In a large skillet, cook beef and onions over medium heat until meat is no longer pink. Add garlic; cook 1 minute longer. Drain.
- 2 Transfer to a 5-qt. slow cooker. Stir in remaining ingredients. Cover and cook on low until vegetables are tender, 6-8 hours.

The ideal pick me up for a cold winter evening!

Source: <https://www.tasteofhome.com>



Don't know what's wrong...?

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.



Congratulations to November's **Coffee News® Guy** contest winners!

Your prizes are in the mail!

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

Barry Johnson
Jenn Breto
Dianna Ridgeway
Carol Williams



13-Central Edmonton