



**A wish begins with HOPE**

Hope begins with you.  
Donate at [makeawish.ca/createhope](http://makeawish.ca/createhope)

**Make-A-Wish.**

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

**FREE!** *New Issue Every Week!*

# Coffee News®

*"News To Be Enjoyed Over Coffee"*

**St. Albert Edition**

**780-220-6397**

[www.coffee-news.ca](http://www.coffee-news.ca)

Est. 1988

Feel free to take your Coffee News home!

**WHY RENT ...when you can BUY?**

You may be financially ready – and don't even know!

Call George about *real solutions* to build equity:  
**780.982.4247**  
[www.georgevandewalle.com](http://www.georgevandewalle.com)

Each office independently owned and operated

**GEORGE VAN DE WALLE**



**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](http://coatsforkidsandfamilies.ca)

**IS THE JOB JAR FULL?**

Call your home and small job specialist!

**MAN ABOUT THE HOUSE**

WCB INSURED – 30 YEARS' EXPERIENCE

**780-660-0023** RESIDENTIAL OR COMMERCIAL



**UH-OH!**

**DON'T WORRY – We repair damage to leather, vinyl, plastic and fabric.**

**COLORGlo**  
NORTH EDMONTON

► **For a free estimate, call 780.239.7917**

AUTOMOTIVE | COMMERCIAL | RECREATIONAL | RESIDENTIAL



**Recipe of the month**

**Savoury Winter Soup**


2 pounds ground beef	1 cup each diced carrots and celery
3 medium onions, chopped	1 cup fresh or frozen cut green beans
1 garlic clove, minced	1 cup cubed peeled potatoes
3 cans (10-1/2 ounces each) condensed beef broth, undiluted	2 tablespoons minced fresh parsley or 2 teaspoons dried parsley flakes
1 can (28 ounces) diced tomatoes, undrained	1 teaspoon dried basil
3 cups water	1/2 teaspoon dried thyme
	Salt and pepper to taste

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

- In a large skillet, cook beef and onions over medium heat until meat is no longer pink. Add garlic; cook 1 minute longer. Drain.
- 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>



**WEBSITES**

**From \$129/Month**

**(780) 760-6922**

**FRONTLINECONSULTING.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

**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](http://www.edmontonstampclub.com)

**NON profit organizations may submit events for FREE at**  
[www.coffee-news.ca/whats-happening](http://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](http://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.

**NEW FEATURE!**

**Wild Earth Bakery**

We've been around for a while and we've seen a lot over the years.  
The world keeps changing, but Wild Earth keeps baking.

101 Riel Drive, St. Albert  
780-651-7362  
[www.wildearthbakery.com](http://www.wildearthbakery.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](http://www.coffee-news.ca/editions)




**Imagine your business here!**

For more information:  
**780-220-6397**  
or **877-553-6397**  
[www.coffee-news.ca](http://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:**  
• Your name • Your phone number and • 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.



**Are your ducks all in a row...?**

Offering years of paralegal experience to assist you by preparing documents such as:

- Last Will and Testament
- Enduring Power of Attorney
- Personal Directives

**WILLPOWER WILLS**  
EXPERIENCED. DEDICATED. KNOWLEDGEABLE.

**780-418-7611**  
*Call Terri today for a FREE consult.*

RATES AS LOW AS \$150 FOR WILLS




**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  
a RAY of Fragrance

**Sunset Scents**  
a RAY of Fragrance

[prairiescentedcandles@gmail.com](mailto:prairiescentedcandles@gmail.com)  
[www.prairiescentedcandles.com](http://www.prairiescentedcandles.com)



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

**Give Hope. Give Today.**  
**TheSeed.ca/donate**

**THE MUSTARD SEED**





**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

**RETIREMENT LIVING  
CHRISTENSON**  
Optional Meals • Personalized Services • On-site Care

**Join Our Safe & Social Community**  
1+den & 2 Bedroom suites now available

**CITADEL VILLAGE**

Full Kitchens • Social & Recreation • U/G Parking

15 Erin Ridge Road, St. Albert

**780-267-5282**  
CDLhomes.com

Scan QR Code

**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](http://www.susandeveney.net)

**CORY KNOTT**  
MORTGAGE BROKER

- ✓ Mortgages
- ✓ Refinancing
- ✓ Investment Properties
- ✓ Renewal
- ✓ Pre-Approvals

**MAKING MORTGAGES EASY**

780.293.9212 | [cory@coryknott.ca](mailto:cory@coryknott.ca) | The Mortgage Centre

**Jennifer Miles, Agent**  
125-15 Circle Dr  
St. Albert AB T8N 3Y7  
780-460-2279  
[www.jmilesinsurance.com](http://www.jmilesinsurance.com)

**Desjardins Insurance**

Desjardins Insurance refers to Certas Home and Auto Insurance Company, underwriter of automobile and property insurance or Desjardins Financial Security Life Assurance Company, underwriter of life insurance and living benefits products. Desjardins, Desjardins Insurance and related trademarks are trademarks of the Fédération des caisses Desjardins du Québec, used under licence.

**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**

**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**

BBB Accredited Business

## 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.

### LIBRA

(Sept. 24 - Oct. 23)



Your feelings and emotions may provide the drive you need now to achieve your heart's desire. Just don't let the residue of an old wound get in the way. Lucky numbers: 17, 21, 35, 37, 41, 43.

### SCORPIO

(Oct. 24 - Nov. 22)



At this time, there is an opportunity for a balance between your mind and your emotions. This could allow a positive change in your physical and mental health. Lucky numbers: 4, 12, 25, 28, 41, 48.

### SAGITTARIUS

(Nov. 23 - Dec. 21)



You may have recently experienced greater energy and unusual vitality. If so, that period has peaked. Honour the quiet of Winter, and Spring can bring a return to greater vitality. Lucky numbers: 11, 21, 27, 32, 36, 45.

### CAPRICORN

(Dec. 22 - Jan. 20)



One or more relationships may be at a stalemate. If so, the near future can bring a breakthrough for any female partner. However, communication difficulties may continue for a while longer. Lucky numbers: 13, 28, 31, 33, 40, 47.

### AQUARIUS

(Jan. 21 - Feb. 19)



You are likely entering a period of sudden and unexpected change. While it may be disconcerting, this change could provide an opportunity for you to find out who you truly are. Lucky numbers: 14, 21, 38, 41, 42, 47.

### PISCES

(Feb. 20 - March 20)



At the beginning of the week, your thoughts and emotions are likely to be out of balance. It is important to make an adjustment in your view of a stressful situation. Lucky numbers: 7, 9, 26, 31, 34, 44.

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.

## 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

**LegalShield**

Call LLOYD KENNEY,  
Independent Associate, to find out  
how LegalShield can help you!

**1-877-579-9449**

**BLUE BLOODS**  
MON - THURS 9:00  
yesTV

**inogen**  
**FREEDOM.  
TO BE YOU.**

**1-888-998-6714**

MKT-P0253

Get a fast, secure, reliable mobile internet connection while travelling abroad

**Wi-Fi Anytime, Anywhere!**

► Turn on your **Go9Tro Hotspot** and it will automatically find the best local signal wherever you go.

- NO Sim card required
- NO commitments, NO contracts
- NO surprise roaming fees • NO overage fees
- Secured private internet network access
- Patented seamless technology

**4G LTE FAST INTERNET ACCESS IN 137 COUNTRIES**

[www.go9trowireless.com/newtech](http://www.go9trowireless.com/newtech)

**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](http://www.coldshotca.com)  
Passenger Website: [www.coldshot.ca](http://www.coldshot.ca)

**TICKETS: 587-557-7719 | PARCEL: 587-557-7718**

SERVING ALBERTA'S BUSINESS COMMUNITY SINCE 2005

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>

**IS ADVENTURE ON YOUR BUCKET LIST?**

**The Dive Outfitters**  
Scuba Diving & Snorkeling  
**780.483.0044**  
11781-156 St., Edmonton

**Learn to Scuba Dive**  
Ask about our Buddy Special

**Discover Snorkeling**  
1-Hour Lesson at the Pool!  
Snorkeling Sets for the Family

**www.thediveoutfitters.ca**  
SCUBAPRO | SHERWOOD | GARMIN | SHEARWATER | AKONA | HENDERSON | SEALIFE | TUSA

**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**