

Get Your Meters' Calibrations Right

We are committed to proving your meters accurate and on time. Since 2003, Measurement Inc. has performed over 8,250 meter proves, so we won't be practising on yours.

— RELAX WHEN YOU GET AUDITED!

MY PROMISE TO YOU: "If all you want is someone cheap to tag your meters, I respectfully ask you to call someone else. Ours will be the best proving experience you have ever had. When audited you'll see the results of excellent measurement. This will be the most complete, professional proving and calibration you have ever experienced. We do the work right or we'll redo it for FREE. I guarantee it."

— Jerry Greiner

- Mobile Bench™
- Field Provers
- High Sour/Pressure
- Chart Calibration
- Zedi Calibration

MEASUREMENT INC.



780-621-2555
www.MeasurementInc.ca

**PORTABLE
TEST
SEPARATOR
RENTALS**

BUILD YOUR SUMMER SANCTUARY

2130 2001 TWP RD 474,
LEDUC COUNTY
MLS E4203834 | \$119,900

- Mitchell Beach at Pigeon Lake
- NOT IN A SUMMER VILLAGE
- Lot measures 70 ft. wide, 180 ft. deep = 0.29 Acre
- Mother Nature offers YOU a blank slate
- Short stroll to beach via park reserve



Doreen Noppers REAL ESTATE PROFESSIONAL
C: 780-885-7398
doreen.noppers@royalpage.ca

ROYAL LEPAGE

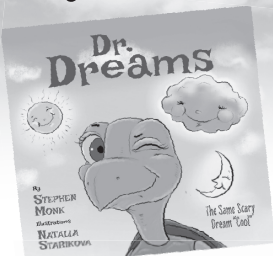
NORALTA REAL ESTATE
O: 780.962.4950
202 Main Street
Spruce Grove T7X 0G2

DIAMOND IN
THE ROUGH!



THIS SPACE FOR RENT 780-220-6397

A New Children's Book



...to delight and inform young readers from author **Stephen Monk**

Dr. Dreams celebrates family, dreams, sharing and learning helpful skills

Visit www.stephenmonk.ca

AVAILABLE THROUGH:
AMAZON | BARNES AND NOBLE | KINDLE | GOOGLE PLAY | APPLE BOOKS
FRIESENPRESS | INDIGO and at COLES GRANDE PRAIRIE

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 Bredo
Dianna Ridgeway
Carol Williams**

Leave a legacy

and be a part of
tomorrow's future, today

If you're thinking of writing or updating your will, The Alberta Lung Association is offering the chance for donors to make a simple Will for free through our partnership with the Canadian Free Wills Network.

You are not obligated to leave a gift to the Lung Association – we hope that you will see this program as the perfect way to satisfy your estate planning objectives.

FOR
MORE INFO,
PLEASE
VISIT:

BREATHE
the lung association

www.ab.lung.ca/you-can-help-change-future-today

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

FREE!

New Issue Every Week!

Coffee News®

"News To Be Enjoyed
Over Coffee"

**Drayton Valley
Edition**

877-553-6397



Est. 1988

www.coffee-news.ca

Vol. 19 No. 5 January 31, 2022

Everybody's Talking

Masked bandit: A home in North Ridgeville, Ohio (U.S.), was the site of a masked robbery. The robber was not human, and it didn't steal anything. However, it did make quite a mess. The villain was a raccoon, which had somehow found its way into the home. The owner realized something was amiss after finding the mess, and then discovering the source of the problem. A raccoon was taking a nap in the dishwasher. Police were summoned, and patrolman John Metzger answered the call. Metzger managed to get the animal out of the dishwasher without hurting it, then encouraged the animal to leave the premises. No charges were filed.

Iron shoes: There are various ways to exercise to stay strong and healthy, but a Chinese man decided to take his workout one step further, literally. Zhang Enshun, who hails from Yulin City in Guangxi province, puts on a pair of "iron shoes" and tries to walk. The iron shoes are actually steel plates that he straps to his shoes. He started with one plate and has progressed to four, which together weigh a total of 150 kilograms (330 pounds). He tries to gradually increase the distance he is able to walk in these shoes, and he practices tai chi while doing it. Exercise experts don't advise trying this type of workout without first receiving training from specialists

Garden community: An intriguing landscape design exists in Nærum, Denmark, in the northern outskirts of Copenhagen. Known as the "round gardens," they are actually oval-shaped allotment gardens, laid out between public housing and traditional housing. This creation was designed in 1948 by renowned landscape architect Søren Carl Theodor Marius Sørensen. Still in use today, the gardens consist of 40 hedge-encircled plots of land measuring approximately 25 x 15 metres (82x49 feet), within which an owner can build a cottage and design their own garden plots. The plots do not have driveways leading to them, meaning that inhabitants are encouraged to walk to their cars, which helps them get to know their neighbours in the process.

Pretty in pink: Bruna Carolina Peres, who lives in Brazil's state of Paraná, has been nicknamed "Bruna Barbie." That's because she has opted for a lifestyle with a theme that revolves around the well-known Barbie doll. She has become famous on the internet for her posts, which show her living in a world of pink. Almost everything in her house is a shade of pink, including carpets, counters, cupboards, pillows, and bedspreads. She has a few black-and-white pieces and a blue room designed with the male Ken doll in mind. Her wardrobe also is all pink, from jackets to sunglasses and from blouses to belts. Images of Bruna Barbie have garnered millions of online followers, and she earns money from her videos. Peres, the woman behind this media sensation, is a law school graduate.

Quoteable Quotes

"Words are the physicians of a mind diseased." -Aeschylus
"The older I grow the more I distrust the familiar doctrine that age brings wisdom." -H.L. Mencken

What's Happening

June 18-Eddies Big Run There will be a Kids Fun Run Loop 1km, 3km walkrun, 5 km walkrun, a 10 km walkrun. Followed by a pancake breakfast, kids zone, and medal ceremony. Start/Finish is at Repsol Place 1021 49 St. Contact us 780-725-3083 or krystas@edson.ca.

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.

Affordable-Effective-Exclusive-CALL NOW!

HAPPY

February 2

Groundhog -DAY-

from your friends at
Coffee News®



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

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



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.

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>

SHOP ONLINE!

www.scubagearcanada.ca

- Snorkelling Gear • Reef-Safe Sunscreen
- Beach Water Shoes • Dry Bags & Wallets • UV Shirts

SNORK-
ELLING
AND SCUBA
DIVING
LESSONS

**The Dive
Outfitters**

Scuba Diving & Snorkeling

11781-156 St., Edmonton

Learn to
SCUBA DIVE at
our Edmonton
location –
call for details

780.483.0044



SCUBAPRO | SHERWOOD | GARMIN | SHEARWATER | AKONA | HENDERSON | SEALIFE | TUSA

New Year's Special!

SOCIAL MEDIA

1-2 Posts/Week (on 2-3 Platforms)
Unique Content Creation & Calendar
#Hashtag Strategy
Monthly Reporting

SEARCH ENGINE OPTIMIZATION

Keyword Research & Tracking
Content Marketing
Google My Business Optimization
Technical SEO
Monthly Reporting

PLUS

\$799/MONTH - REG. \$1000/MONTH

NEED MORE SOCIAL MEDIA OR SEO? INQUIRE ABOUT A CUSTOM PACKAGE!

Frontline
web consulting

780.760.6922
info@frontlineconsulting.ca
frontlineconsulting.ca

Trivia

1. What is bonsai?
2. What is a government run by nobility called?
3. Jupiter, Saturn, Uranus, and Neptune all have rings—T/F?
4. Who discovered penicillin?
5. What is the most destructive insect in the world?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

(Over)

Feel free to take your Coffee News home!

CN-Proudly printed by One to One Mailing



FREE DESIGN CONSULTATION
COMMERCIAL • RESIDENTIAL • WHOLESALE

780.741.2376
Toll Free 1.855.846.7325
REALBLINDS.CA

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

WE OFFER **IN-HOUSE PEDICURE SERVICES**
FOR THOSE WHO ARE HOUSEBOUND

Nails
by PAM

Manicures • Pedicures
Gel Nails • Brow and Lash Tinting
Senior and Diabetic Pedicures

780.514.7990

SMALL BUSINESS BOOKKEEPING SERVICES Kate's Calculations

- Monthly Revenue and Expense Statements
- Accounts Receivable
- Accounts Payable
- GST Returns

- Payroll, T4s, ROE, Receiver General
- Summary Prep for Year End Tax Return
- Personal Tax Returns

For Service You Can **Count On**,
call **780-203-0526**

This is
Your Story

Stories of redemption,
discovery and faith
WEEKNIGHTS AT 11PM

yesTV

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

Pregnant? Facing Difficult Decisions?

We can help.
Call **780.421.1177** or text
587.596.5380

A Small Miracle Adoption

Adoption is the ultimate expression of a committed heart

- Confidential Pregnancy Counselling
- Support and Connection to Resources
- Adoption Information and Advice

www.smallmiraclesadoption.com

Thank You to these distribution
partners for continuing to support
Coffee News through these
unprecedented times...

Zone 23
Updated 06.17.21

A & W
Aladdin
Kabob House
Black Gold
Restaurant
and Bar
Boston Pizza
Burger Baron
Buster's Pizza
Canton
Restaurant
Cobblestone
Café
Dairy Queen
Dominos
Drayton
Restaurant

DV Pizza
& Donair
Foxwood Inn
& Suites
Goldie's Chicken
Plus
Home Away Inn –
Breakfast Nook
KFC
Khal's Steakhouse
and Grill
Malone Medical
Clinic
McDonalds
Mitch's Restaurant
Mr. Mikes
Oriental Express

We
appreciate
you!

Panago
Pizza Hut
River Rock
Grill
Scotty's
Servus Credit
Union
Subway x 2
Three Knights Steakhouse
Tim Hortons
Twin Dragon Dining Lounge
White Bull Café
Yozakura

Would you like to offer your customers
the opportunity to enjoy the "good news"
message of Coffee News?

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



Your Weekly Horoscope

ARIES

(March 21 - April 20)



The astrological environment now is offering you an opportunity to move toward healing. Hard work is possible at this time and may be best directed inward, rather than focusing on others. Lucky numbers: 2, 5, 7, 18, 26, 40.

TAURUS

(April 21 - May 21)



You may have high energy to apply to new endeavours. Perhaps consider how your efforts can be geared toward service to others, in a way that aligns with your values. Lucky numbers: 16, 18, 21, 22, 40, 43.

GEMINI

(May 22 - June 21)



You may feel that anything is possible right now. However, there is also the potential for being overly idealistic or optimistic. Perhaps you should consider tempering your expectations. Lucky numbers: 5, 9, 11, 23, 38, 43.

CANCER

(June 22 - July 22)



You may feel stymied in your efforts right now. If so, examine your fears. Think about how an adjustment in your view of the situation can mitigate obstacles or restrictions. Lucky numbers: 14, 15, 19, 33, 41, 43.

LEO

(July 23 - Aug. 23)



Have you recently experienced a sudden or unexpected change in your life? If that is the case, consider examining any conflicts that you feel about your life's direction. Lucky numbers: 4, 7, 11, 22, 24, 27.

VIRGO

(Aug. 24 - Sept. 23)



Some other zodiac signs are usually considered charismatic in a way that Virgo is not. Right now, however, you have the potential to be successful in persuading others to your viewpoint. Lucky numbers: 18, 20, 22, 30, 31, 46.

LIBRA

(Sept. 24 - Oct. 23)



Perhaps you are confused about a source of conflict right now? It may be best not to overly focus on it and to let the situation play out for a while. Lucky numbers: 3, 5, 8, 9, 35, 43.

SCORPIO

(Oct. 24 - Nov. 22)



An old karmic pattern may be coming to the surface at this time. Such events are lessons, meant to help you shed any unhelpful behaviours that are holding you back. Lucky numbers: 1, 8, 9, 17, 39, 41.

SAGITTARIUS

(Nov. 23 - Dec. 21)



Now is a good time to consider where you are in your profession and what you want your legacy to be. The potential exists to make some positive changes. Lucky numbers: 3, 15, 20, 29, 31, 32.

CAPRICORN

(Dec. 22 - Jan. 20)



In the last few weeks, there may have been communication difficulties or breakdowns with mechanical objects, such as your car. This should improve over the next several weeks. Lucky numbers: 13, 16, 28, 36, 40, 44.

AQUARIUS

(Jan. 21 - Feb. 19)



At the beginning of the week, there is the potential for a reset in some area of your life, possibly regarding your spouse. Don't let this opportunity slip by. Lucky numbers: 12, 19, 31, 36, 42, 44.

PISCES

(Feb. 20 - March 20)



Midweek, there is the potential to balance your ego drive and emotions. This may provide an opportunity to manifest your Pisces empathy without losing yourself in the process. Lucky numbers: 6, 8, 9, 27, 28, 31.

Lucky numbers this week: This week's odds favour Aquarius winners with the luckiest number being 31.

Did You Know...

Salty spread: Australians love their Vegemite, but visitors may have to acquire a taste for it. This brown paste is made from yeast extract, and it is very salty. It's usually enjoyed on toast or with cheese.

Thai island: There is an island in the Gulf of Thailand called Koh Chang, which means "Elephant Island" in Thai. It is known for its rugged beauty and its beaches, including Lonely Beach and White Sand Beach.

Good cooks: Many different kinds of chefs contribute to a kitchen's production. For example, a sauce chef (or saucier) prepares sauces, gravies, soups, and stews, while a pastry chef (or patissier) looks after the baking.

Sinking feeling: The captain of the *Titanic*, which sank in the Atlantic Ocean on April 15, 1912, was Edward Smith. Actor Bernard Hill portrayed him in the 1997 movie of the same name. The real captain perished when the ship sank, leaving behind a wife and daughter.

Canadian star: Mary Pickford (1892-1979) was born Gladys Smith in the city of Toronto, Ontario. She was a famous actress of the silent screen era. Movies she starred in include *Hearts Adrift* (1914) and *The Poor Little Rich Girl* (1917).

On the Lighter Side

What did the grapes say when the hippo stepped on them? Nothing. They just let out a little wine.

Barry: "That parrot is talking about American history, math problems, and English literature."

Larry: "That's because it used to be a teacher's pet."

What happens when a dog eats garlic? His bark becomes worse than his bite.

Knock! Knock! Who's there? Lion. Lion who? Lion on a block of ice can send shivers down your spine.

What do you get if you cross an antelope with a journalist? A Gnus reporter.

Answers

Trivia answers: 1. Japanese art of growing dwarf trees 2. Aristocracy 3. True 4. Sir Alexander Fleming 5. Desert locust

inogen

**FREEDOM.
TO BE YOU.**

1-888-998-6714

MKT-P0253

WE DIRECT BILL YOUR INSURANCE

*Come...
See...
Smile...*

- ◆ Our fees follow the Alberta Fee Guide

- ◆ Open Wed. & Thurs. evenings and two Saturdays per month

Devon Dental Associates

#129, 180 Miquelon Ave. Devon (beside Boston Pizza)

Dr. Maura Lavoie
Dr. Ian Orellana-Jordan
Dr. Darren Forst
(Orthodontist)

780.987.2833
www.devondentalassociates.ca

Coffee News

is proudly delivered by

BEEHIVE
Support Services Association

Coffee News Part of your community.

**WE BUY USED GOLD
AND DIAMONDS**

Blue Diamond



Jewellers

780.968.0040

Main Street, Stony Plain

www.bluediamondjewellers.com

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

**BEST OF HAWAII
FOUR-ISLAND
TOUR**

12 days, departs
year-round

VMT
vacations

1-877-699-7003
promo code N7017

* Prices are per person based on double occupancy plus up to \$299 in taxes & fees. Single supplement and seasonal surcharges may apply. Add-on airfare available. Offers apply to new bookings only, made by 9/30/21. Other terms & conditions may apply. Ask your Travel Consultant for details.

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>