

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"

Central Edmonton Edition

780-220-6397

www.coffee-news.ca

Est. 1988

MATHESON
Affordable Seniors Living

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

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.

THIS SPACE FOR RENT

780-220-6397

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

Congratulations to December's **Coffee News Guy** contest winners!

Your prizes are in the mail!

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

Catherine Marabello
Jean Brede
Sue Goss
Lacina Barsalou



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)

- 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>



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

Coffee News® is proudly delivered by



McMan
Coffee News® Part of your community.



Everybody's Talking

Hard to eat: Sushi can be a colourful and mouth-watering menu item, but anyone who comes across sushi made by a Japanese man named Hama had better watch out. His sushi is made out of stone! Hama got his training at the Joshibi University of Art and Design in Kanagawa, Japan, and his art has attracted quite a bit of interest. The path he took to making these pieces was accidental. He noticed that a piece of red granite resembled a chunk of tuna. After that, he started searching for stones that he could combine in artful ways to appear like various bites of sushi. He uses fine tools and buffing material to create the pieces.

Dog's life: A German countess named Karlotta Leibenstein once had a pet German Shepherd named Gunther III. When the countess passed away in 1991, she left her vast wealth to her beloved pet. Fast forward a few decades, and one of Gunther III's descendants is now the recipient of the deceased countess's growing portfolio. The canine Gunther is CEO of the Gunther Corporation, whose (human) staff manage the fortune, which is worth over \$1 million (USD) today! Gunther lives in a mansion in Miami, Florida (U.S.), and is well cared for by a maid and butler. It's a dog's life for this canine!

Swan song: When Recep Mirzan rescued an injured swan in a field back in 1984, the Turkish man had no idea he'd made a lifelong friend. Mirzan did not want to leave the swan to fend for herself, so he took her home, deciding he would tend to the swan's broken wing. Almost 40 years later, the female bird, which he named Garip, is still living on Mirzan's farm in the Karaagac region of the country. She has her own coop for her nightly sleep, and during the day she follows her rescuer around as he does his chores. Garip has lived a very long time for a swan, probably because she is living in a protected environment rather than in the wild.

Sleeping beauty? People stream lots of things on the internet these days, such as movies, biographies, games, education sessions, and meetings, to name only a few. But streaming yourself sleeping? Seems a little odd to imagine that anyone would be interested. But Wang Yiming, a former member of a Taiwanese Chinese-Malaysian pop group, did just that, and she got a lot of hits. She often streams herself playing video games and participating in online chats, and she has a following. So her fans may not have found it unusual to tune in and see her sleeping. Perhaps they thought she'd wake up and talk to them. Her prank ended up attracting thousands of viewers and generating \$3,000 USD in donations.

Quoteable Quotes

"Learning without thought is labour lost; thought without learning is perilous."
-Confucius

"The responsibility of the great states is to serve and not to dominate the world."
-Harry S. Truman

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

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. What are Malbec and Shiraz?
2. How many days hath September, April, June, and November?
3. When was the Panama Canal completed?
4. Do male mosquitoes bite humans? Y/N
5. What is mycology?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

(Over)

Love Coffee News®?

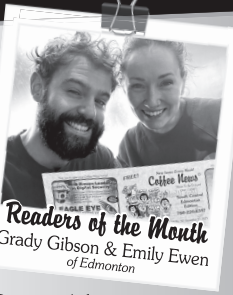
Send a selfie of yourself with your weekly edition of the paper, and your picture may appear here!

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!

Readers of the Month
Grady Gibson & Emily Ewen of Edmonton

Coffee News Fun Reading. Serious Advertising.



February 14

HAPPY Valentine's Day

from your friends at **Coffee News**



WE CLEAN YOUR HOME Like It's OUR OWN!

- ◆ Weekly/Biweekly/Monthly Personalized Cleans
- ◆ Move In/Outs
- ◆ Residential and Small Business

ASK ABOUT OUR SENIORS' RATES!

NOBODY CLEANS LIKE MOM
780.700.6686 • www.nobodycleanslikemom.com



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



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

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	Quiznos
Chateau Nova-The Pantry	KFC	Remedy Café
Chopped Leaf	Kyoto Japanese Cuisine	Ricky's
Day & Night	Little Ceasars	Royal Pizza
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.



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

Join Our Safe & Social Community




VILLAGE AT
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



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



Give Hope. Give Today.
TheSeed.ca/donate



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
--	--

\$799/MONTH - REG. \$1000/MONTH
 NEED MORE SOCIAL MEDIA OR SEO? INQUIRE ABOUT A CUSTOM PACKAGE!

Frontline 780.760.6922
 info@frontlineconsulting.ca
 frontlineconsulting.ca

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

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

JEOPARDY!
 WEEKNIGHTS 7:30
yesTV



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>


The World's #1 Restaurant Publication!

Your Weekly Horoscope


ARIES
 (March 21 - April 20)

 Are you someone who is willing to be a warrior on behalf of a particular cause or issue? If so, the opportunity to do so may exist for the near future. Lucky numbers: 18, 19, 21, 33, 34, 38.


TAURUS
 (April 21 - May 21)

 A sudden and/or unexpected opportunity may become available to you this week. Weigh the pros and cons of the offer carefully before deciding whether and how to proceed. Lucky numbers: 15, 16, 18, 19, 30, 42.


GEMINI
 (May 22 - June 21)

 You may be experiencing opposition from an authority figure, possibly male, regarding your profession or public image. Think through the underlying cause of the friction in order to find a solution. Lucky numbers: 2, 3, 7, 9, 15, 28.


CANCER
 (June 22 - July 22)

 Cancer is ruled by the Moon, which is strongly connected to the collective unconscious. You are in a period where hidden information may now be revealed for integration into your psyche. Lucky numbers: 3, 5, 10, 17, 31, 35.


LEO
 (July 23 - Aug. 23)

 You may be focused on a particular project and have put lots of energy and hard work into it. Be sure to complete it, before moving on to something new. Lucky numbers: 5, 9, 10, 17, 41, 43.


VIRGO
 (Aug. 24 - Sept. 23)

 Virgos can often be very grounded in everyday reality. This week, though, you may have the opportunity to reach for information from the ethereal plane, without losing your sense of balance. Lucky numbers: 1, 11, 30, 31, 37, 45.


LIBRA
 (Sept. 24 - Oct. 23)

 As the week unfolds, you may find that your mood lightens. A balance might be struck between what your heart wants and what your head thinks you should want. Lucky numbers: 8, 10, 15, 28, 34, 45.


SCORPIO
 (Oct. 24 - Nov. 22)

 Are you going back over an old issue regarding your sense of purpose? Scorpios are good at digging up buried truths. Now may be time to find the root cause. Lucky numbers: 12, 13, 18, 19, 26, 48.


SAGITTARIUS
 (Nov. 23 - Dec. 21)

 At this time, it may be easier to address the impact of any old wounds that are holding you back. In doing so, you may find a new image of yourself. Lucky numbers: 1, 3, 9, 12, 22, 48.


CAPRICORN
 (Dec. 22 - Jan. 20)

 Just in time for Valentine's Day, your attention may be focused on relationships. Are your values and needs in alignment regarding what you want in a partner and relationship? Lucky numbers: 14, 15, 28, 31, 37, 47.

AQUARIUS
 (Jan. 21 - Feb. 19)

 This may be a very active period for you, including a lot of calls, emails, and text messages. Luckily, your thought processes are also likely to be quick and clear. Lucky numbers: 4, 7, 16, 19, 27, 48.

PISCES
 (Feb. 20 - March 20)

 Each year, the Sun returns to the same point as when you were born, allowing a potential reset of your life path. The next month is your opportunity to do so. Lucky numbers: 21, 23, 24, 33, 34, 41.

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

Did You Know...

Turkish dish: A popular meatball dish in Turkey is called kofta, or köfte. The meat can be spicy, and the main ingredient is ground beef or lamb. Kofta comes in different shapes, including long and skinny, walnut-shaped, balls, or patties. Sold as a street food, it can be eaten at home, too.

Red beauties: Northern cardinals are found in various parts of North and Central America. They stick together as pairs and do not migrate. The male is crimson all over, while the female has a bit of crimson among mostly grayish-brown feathers.

Famous wrestler: Abraham Lincoln is most famous for being the 16th president of the United States, but he also had another claim to fame. Before he entered the political ring, he was an accomplished wrestler.

Breath holder: If a crocodile goes underwater, a couple of hours could pass before the animal surfaces again. That is because a crocodile's blood has an efficient method of conserving oxygen.

Name change: In 1919, United States President Woodrow Wilson signed an act to name an area of land in the state of Utah the Zion National Park. Previously, it had been known as Mukuntuweap National Monument.

On the Lighter Side

Those who have the most birthdays live the longest.
 First Mouse: "I finally have that scientist trained!"
 Second Mouse: "How so?"
 First Mouse: "Every time I run through the maze and ring the bell, he gives me something to eat."

Did you hear about the woman who got hurt while taking a milk bath? The cow fell on her.

When does a sandwich have a sarcastic sense of humour? When it's made of wry bread.

Knock! Knock! Who's there? Toad. Toad who? Toad you I knew some good knock-knock jokes.

Answers

Trivia answers: 1. Types of wine 2. 30 3. 1914 4. No 5. Science of fungi

inogen
FREEDOM. TO BE YOU.



1-888-998-6714

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

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



STOP STREAMING! IT'S FUNNIER LIVE
 AT THE COMIC STRIP
 BOURBON STREET, WEST EDMONTON MALL

PURCHASE TICKETS ONLINE AT
thecomicsstrip.ca

Rick Bronson's
THE COMIC STRIP
 DRINK · DINE · LAUGH



COLD SHOT
 A DIVISION OF BALWARIA EMPIRE PVT. LTD.

PASSENGER & PARCEL SERVICES

SHIP BY BUS

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

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.



ELECTRICIAN FOR HIRE

Residential
 Light Commercial
 Electrical Repairs and Renovations

Art de Leon Master Electrician

780.932.3858 Cell
 ajdeleon63@gmail.com



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

