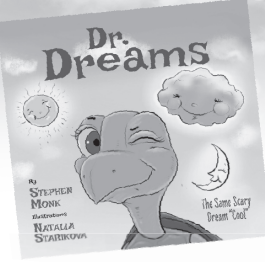


A New Children's Book



...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



New Beginning Law

- Separation Agreements
- Divorces
- Common Law
- Restraining orders
- Emergency Protection Orders
- Criminal Defence
- Driving Offences

Renée L.T. Moore
 B.A., B.Comm.(Co-op), J.D.
 Barrister & Solicitor

Jerred L.T.T. Moore
 B.A. (Adv.), J.D.
 Barrister & Solicitor

4802-49 Avenue, St. Paul (Located behind ATB)
780.645.0050 | www.newbeginninglaw.ca

SHOP ONLINE!

www.scubagearcanada.ca

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

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

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

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

BORDER CITY FARMERS MARKET

Hallway in the Servus Sports Centre
 (Back to our previous location for many years prior to Covid!)

THURSDAY
 12-5 p.m. Cake & Coffee 2-4 p.m.

SATURDAY - 11 a.m.-4 p.m.

FOR MORE INFORMATION:
 call Loris at 639-536-0387, email bordecityfarmersmarket@outlook.com or visit bordercityfarmersmarket.ca

Lloydminster Christmas Craft Fair & Chamber Expo
 NOVEMBER 19-21, 2021

Recipe of the month

Valentine's Pop Hearts

1 refrigerated, ready-to-unroll piecrust | 1 large egg
 4 tsp. raspberry jam

Prep Time: 10 min. Cook Time: 13 minutes Yield: 4

- Preheat the oven to 425 degrees F. Line a jelly-roll pan with parchment paper.
- Unroll the piecrust and cut into 8 rectangles or hearts. Use a small heart-shaped cookie cutter to stamp out smaller hearts from half the hearts (these will be your peekaboo top crusts); brush edges with egg.
- Spread 1 heaping teaspoon raspberry jam in the centre of the 4 solid hearts. Put the peekaboo crusts on top; seal the edges by crimping them with a fork (lightly floured, if needed). Transfer to prepared jelly-roll pan.
- Bake 10 to 13 minutes or until golden. Transfer to wire racks to cool.

Forego the store bought chocolates and impress your Valentine with these treats!

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

Love the Earth ...and Go Plastic-Free!

Plastic-free vegan choices for:

- Dish Soap • Shampoo • Facial Soap
- Body and Hand Soap • Deodorant • Lip Balm

We will deliver every month before or on the 10th day.

We are a sustainable products business located in Cold Lake.

AM SOAPS

Call or text your order: **780-826-1068**
www.amsoaps.webs.com <https://www.infomall.ca/AMsoaps/>

SPECIAL OFFER!
 Monthly Subscription Box for only **\$30** plus Free Delivery if you live in the Lakehead AB/SK region

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

FREE! **New Issue Every Week!**

Coffee News®

"News To Be Enjoyed Over Coffee"

St. Paul Edition
877-553-6397



www.coffee-news.ca Est. 1988

Affordable-Effective-Exclusive-CALL NOW!

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

Vol. 19 No. 7 February 14, 2022

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 Joshiki 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 23-The Alan Jackson Experience 2022 7 - 10 PM.
 Aaron Halliday and his band The Longhorns, will pay tribute to Country Music Icon Alan Jackson. Along with some of Aaron's own music in the mix. St Paul Recreation Centre, 4802 53 Street.

June 10 to 11 - Cold Lake Treaty Six Contemporary Art Festival
 This event is a showcase of Contemporary Indigenous Art from all across Western Treaty Six Territory. It is a celebration of Indigenous Artists working in the mediums of visual art, spoken-word, performance art, and music. www.treatysixcontemporary.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.

SOLD!

Ryley Trenchuk

REALTOR®

MaxWell
 Devonshire Realty
 Where Real Estate Happens

780.945.0090
RyleyRealty@gmail.com
RyleyTrenchuk.com

A Proven System That Will Sell Your Home

BONNYVILLE Luxury apartments starting at \$1060

ST. PAUL Upgrad apartments starting at \$850!

Northview
 Canadian High Yield Residential Fund

Reduced Rent!
 \$199 Security Deposits

(780) 207-5649
 (780) 614-7551

*On approved application, while promotion lasts

Thank You

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

Zone 22
 Updated 09/24/21

We appreciate you!

| | | |
|--|-------------------------------|-------------|
| A&W | JP's Submarine | UFO Pizza |
| Burger Baron | KFC | Wrap N Roll |
| Co-op Cafeteria | McDonald's | |
| Dairy Queen | Pita Pit | |
| Express Pizza Plus | Silver Star Family Restaurant | |
| FOB Food & Drink | Smitty's Subway | |
| Fu Lum Chinese Golden Gate Family Restaurant | Tim Hortons | |

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.



Coffee News®

is proudly delivered by

St. Paul Abilities Network

Coffee News® Part of your community.



Stepping Stones COACHING

Dawn Lavallee - Certified Relationship and Life Coach
 780.645.8574 @dawn.lavallee
dlavallee@stepping-stonescoaching.com

Helping You Navigate Life's Challenges

Visit us on Facebook-CoffeeNewsWeekly

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

THIS SPACE FOR RENT
780-220-6397

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

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.

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

February 14
HAPPY Valentine's Day
 from your friends at **Coffee News**

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!

Coffee News Fun Reading. Serious Advertising.

Readers of the Month
 Grady Gibson & Emily Ewen of Edmonton

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 **LOYD KENNEY**, Independent Associate, to find out how LegalShield can help you!

LegalShield 1-877-579-9449

CANADA'S #1 RETAIL WINDOW COVERING FACTORY

real blinds

FREE DESIGN CONSULTATION
 COMMERCIAL • RESIDENTIAL • WHOLESALE

780.741.2376
 Toll Free 1.855.846.7325
REALBLINDS.CA

Made in Canada

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

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

BEST OF HAWAII FOUR-ISLAND TOUR
 12 days, departs year-round
YAT vacations
1-877-699-7003
 promo code N7017

FROM \$2,549
\$2,299
 USD

* 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.

LOYALTY, TRUST AND EXPERIENCE SINCE 1975

Thackeray FUNERAL CHAPEL
 (1975) LIMITED

FUNERALS • CREMATION • MONUMENTS • PRE-PLANNING

BASIC CREMATION \$2995

CURRENTLY OFFERING UP TO **35% OFF** SELECT REMO MONUMENTS

BONNYVILLE 780-826-3113 COLD LAKE 780-639-3113 ST. PAUL 780-615-3113

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!

PSC Prairie Scented Candles
 Sunset Scents a RAY of Fragrance
prairiescentedcandles@gmail.com
www.prairiescentedcandles.com

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!

Coffee News

<https://www.facebook.com/CoffeeNewsWeekly>

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

JEOPARDY!
 WEEKNIGHTS 7:30
yesTV

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 web consulting
 780.760.6922
info@frontlineconsulting.ca
frontlineconsulting.ca

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

Your prizes are in the mail!

Catherine Marabello
Jean Bredo
Sue Goss
Lacina Barsalou

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