



CONNECTOR

CONVENIENT, RELIABLE TRANSPORTATION SERVICE
DAILY BETWEEN JASPER | HINTON | EDSON | EDMONTON
AND JASPER | LAKE LOUISE | BANFF | CALGARY

Visit our site to book
www.SunDogTours.com
or call us at 1.888.786.3641

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

PURCHASE TICKETS ONLINE AT
thecomicstrip.ca

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


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

Zone 17
Updated 08.14.21

We appreciate you!

A&W	La Poutine	Roasti Coffee Co.	Transcend Coffee
Ace Coffee	McDonalds	Rooster Café & Kitchen	Vegas Donair
Roasters	Mike's Famous	Route 99 Diner	Whyte House Café
Breadland Bakery	Donair	Second Cup	Yeg Donair
Café Mosaics	Mucho Burrito	Shimoda	Yoshi's
Canadian Pizza	Nhon Hoa	Yunnan Rice Noodle	
Checkers Pizza	Sandwich Bar	Spice Grill	
Chicago Deep Dish Pizza	Oodle Noodle	Tacos on Whyte	
Corner Hub	Papa Murphy's	Taste of Lebanon	
Cosmic Pizza	Phobulous	Tasty Tom's	
Duke's Diner	Pita Pit x 2	Tim Hortons/	
Famosa	Presotea	Wendy's	
Neapolitan Pizza	Press'd	Tokyo Noodle Shop	
Flirt Cupcakes	Quesada Tacos		
Freshii	Red Swan Pizza		
It' Dog	Remedy Café x 2		
	Ripe Tomato Pizza		

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.



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

Dementia and Continence Study

Dr. Adrian Wagg's research team at the University of Alberta is recruiting participants for a research study to understand self-management of urinary incontinence with containment products by community dwelling older people living with dementia.

You will be in the study for approximately 10 weeks. During this time, the researcher will call or visit you five times. You will be asked to fill out questionnaires, maintain a bladder diary and take part in two interviews. The study visits or calls will last between 1 to 2 hours.

 **UNIVERSITY OF ALBERTA**

► If you want to learn more about this study, please contact Dr. Wagg's research office at **780-492-6855** (24-hour confidential voicemail). University of Alberta Ethics approval Ref.: Pro00094514

This study will abide by all Covid-19 safety measures outlined by Alberta's Chief Medical Officer and Alberta Health Services.

THIS SPACE FOR RENT

780-220-6397

ELECTRICIAN FOR HIRE

Residential
Light Commercial
Electrical Repairs and Renovations

Art de Leon Master Electrician

780.932.3858 Cell
ajdeleon63@gmail.com

Feel free to take your Coffee News home!

FREE! *New Issue Every Week!*

Coffee News[®]

"News To Be Enjoyed Over Coffee"

Whyte Avenue
- U of A Edition
780-220-6397

www.coffee-news.ca



Est. 1988

Vol. 19 No. 11 March 14, 2022

Everybody's Talking

Bottled message: A little Canadian boy found a truly remarkable treasure under a pine tree in his yard. Nyima Mitchell, who lives with his family in Chéticamp on Cape Breton Island, Nova Scotia (Canada), discovered an old bottle lying on the ground. He pried off the bottle's cap, and inside was a letter written on a crumpled piece of paper. Dated August 12, 1995, the author was a then-teenage girl, Nellie Nadeau, who had tossed the bottle into the St. Lawrence River while on vacation. After some investigation, the Mitchell family was able to track down Nadeau in Alaska. Excited that her message in a bottle was found, she hopes to one day meet her new pen pal.

Surfer's surprise: Australian Danny Griffiths loves to surf big waves like those found off the southern coast of Tasmania, where he lives. Once, when surfing with friends, he had to ditch his specially made green surfboard. Usually a ditched board would be easy to locate, especially with its bright green colour, but this time Griffiths could not find it. Four years later, tourists to Tasmania mentioned to locals that fishermen had found a green board 2,700 kilometres (1,700 miles) away off the coast of North Queensland. When he looked at a photo, Griffiths knew the board was his, which made him happy. None of the replacement boards he'd used since then were as good as the lost one.

Butterfly blue: When people book rooms in luxury hotels, they can expect certain amenities, such as chocolates on the pillows, a delicious breakfast, or a free massage. But the Chaa Creek eco-resort in Belize has raised the bar: on each room's coffee table sits a glass box with a cocoon inside, and guests can watch a beautiful blue morpho butterfly emerge. Awestruck visitors are provided with instructions on how to safely release the butterfly into the wild. The resort is able to offer this experience because it runs an onsite butterfly farm, where visitors can watch the "Belizean Blue" butterflies at all stages of their life cycle.

Unique name: There are many names in many different languages that parents can bestow upon their children, but one Indonesian man may have outdone even the most bizarre choices. Samet Wahyudi, who works in Brebes, named his son after his place of employment: Statistical Information Communication Office. For Wahyudi, his job of almost two decades is something he greatly loves, and he told his wife that he wanted to honour it in this way. She agreed. Their first baby, a girl, ended up with a more conventional name, but when a boy came along later, the couple stuck to the plan. However, they nicknamed him "Dinko" to make things easier for everyone.

Quoteable Quotes

"Opportunities multiply as they are seized." —Sun Tzu
"Reality is created by the mind, we can change our reality by changing our mind." —Plato

What's Happening

Mar 25 - Kids on the Block Shows for Epilepsy Register to join this free zoom link to a live show where our puppets talk about epilepsy. Very suitable for children up to grade 3. <https://edmontonepilepsy.org> or Call 788-488-9600 for more info

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

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!

\$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

...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. On land, how fast can a crocodile move?
2. What is the oldest, continuously run thoroughbred stakes race in North America?
3. Who invented skeet shooting?
4. What year did Lambeau Field open?
5. What was the pseudonym of William Sidney Porter?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

(Over)

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 January's **Coffee News Guy** contest winners!

Your prizes are in the mail!

Sara Blom
Ralph Lee
Sylvia Tracey
Maria Ernst

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



Trustworthy, Honest and Reliable House Cleaning... *Just For You!*

- ✓ Flat and Hourly Rates Available
- ✓ Over 15 Years Experience
- ✓ Thorough, Considerate, Friendly

C: 780.239.3553 | almescape@gmail.com



- ✓ Business Immigration
- ✓ Skilled Trades Immigration
- ✓ Student Immigration
- ✓ Spousal Sponsorship
- ✓ Parents Sponsorship


MEWI
Immigration Services Inc. REGULATED CANADIAN IMMIGRATION CONSULTANTS

EMPLOYERS - NOT ABLE TO FIND EMPLOYEES? WE CAN HELP!

Phone/Whats app +1 647-702-9635 / +1 780-710-9635
info@mewiimmigration.ca | www.mewiimmigration.ca



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

FLAT RATE ALFA TAXI[®]

SERVING SHERWOOD PARK AND AREA

780.410.0667

Airport - \$40. Anywhere in Sherwood Park - up to \$10.*
* Except weekends and evenings.

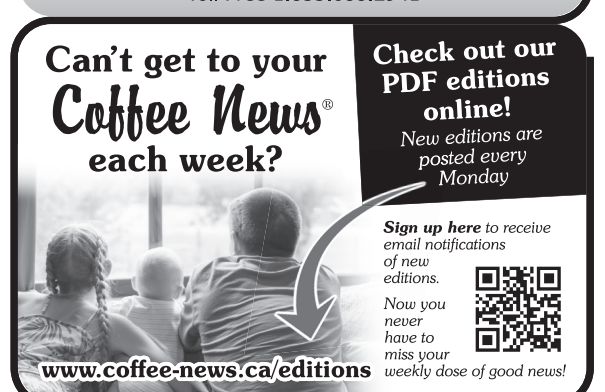
Reasonable flat rate anywhere • 24 Hr. Service.
Toll Free 1.855.688.2941

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



Coffee News®

is proudly delivered by



McMan
Coffee News® Part of your community.




FREEDOM. TO BE YOU.

1-888-998-6714



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
Chantel of Edmonton

Coffee News® Fun Reading. Serious Advertising.

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>

Affordable seniors' housing

- Apartment units
- Lodges with meals and housekeeping
- Clean, well maintained, secure buildings
- Friendly, professional staff
- Recreation activities

Call **780.482.6561** or visit us online at gef.org



A wish begins with HOPE

Hope begins with you.

Donate at makeawish.ca/createhope



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

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



Give Hope. Give Today.
TheSeed.ca/donate



Virtual! Healthy Eating & Lifestyle Certificate

Discover a new way to look at food and nutrition from Canada's largest and leading school of holistic nutrition!

Explore a variety of topics for simple, actionable nutrition information.

Classes run for a total of 21 hours over 5 weeks.



Canadian School of Natural Nutrition

www.csnn.ca/edmonton/helc

Your Weekly Horoscope

ARIES
(March 21 - April 20)



Embrace the change of seasons! An adjustment to your view of the current situation may allow you to clear out any cobwebs and get ready for a reset. Lucky numbers: 5, 15, 23, 44, 45, 47.

TAURUS
(April 21 - May 21)



If you are feeling twitchy from information overload, just wait a few days and this stress might pass. Write down as much as you can remember to review it later. Lucky numbers: 9, 12, 15, 18, 37, 39.

GEMINI
(May 22 - June 21)



For a few days this week, you may feel an equilibrium between your heart and head, which is sometimes difficult for Gemini. Enjoy the contentment of a job well done. Lucky numbers: 11, 15, 17, 24, 26, 35.

CANCER
(June 22 - July 22)



If you have been waiting to present an idea to someone, now may be a good time. Your mind could be clear, and communicating with others easier than normal. Lucky numbers: 3, 4, 10, 11, 13, 23.

LEO
(July 23 - Aug. 23)



Leadership is a hallmark of the Leo personality. Right now, you might be given an opportunity to direct your leadership qualities in service to humanity, rather than more personal goals. Lucky numbers: 4, 5, 11, 13, 21, 26.

VIRGO
(Aug. 24 - Sept. 23)



Rituals, such as journal writing, may help clear your mind and focus your attention on what is important. Find a ritual this week that allows you to complete a cycle. Lucky numbers: 6, 14, 18, 22, 29, 46.

LIBRA
(Sept. 24 - Oct. 23)



Have you found your tribe yet? If not, a new opportunity may emerge that would allow you to do so. In the process, you may find a new calling as well. Lucky numbers: 10, 13, 17, 22, 29, 42.

SCORPIO
(Oct. 24 - Nov. 22)



Do you feel your work has meaning, for yourself and for others? The potential exists to explore this question and perhaps plot a new course, if that is appropriate for you. Lucky numbers: 1, 9, 16, 19, 28, 42.

SAGITTARIUS
(Nov. 23 - Dec. 21)



Have you been feeling unsettled for a while? A new opportunity may begin. It could help you understand what is sacred to you and how it fits into your life. Lucky numbers: 8, 16, 17, 30, 42, 46.

CAPRICORN
(Dec. 22 - Jan. 20)




Other people sometimes find Capricorns to be too serious in nature. This week, though, someone may find your stoic qualities reassuring in helping to resolve a difficult situation. Lucky numbers: 7, 13, 15, 17, 21, 38.

AQUARIUS
(Jan. 21 - Feb. 19)



You may receive sudden or unexpected information about a past or present romantic relationship. The message might provide healing energy for you to move beyond any current romantic issues. Lucky numbers: 12, 14, 16, 30, 43, 44.

PISCES
(Feb. 20 - March 20)



Pisces are known for being able to receive and assimilate intuitive information. This week, though, you may receive more concrete information to apply to a mundane situation in your life. Lucky numbers: 2, 3, 27, 31, 33, 41.

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

Did You Know...

Breezy name: Actor Keanu Reeves was born in Lebanon in 1964. In Hawaiian, his first name means "cool breeze over the mountains." When his parents divorced, his mother moved the family to Toronto, Ontario (Canada).

Big bergs: A large iceberg, known as B-15, broke away from Antarctica's Ross Ice Shelf in 2000. The last bits of the huge iceberg were still drifting in currents many years later. In 2017, one called A-68 broke away from the Larsen C Ice Shelf; its fragments are now too small to track.

Blue city: The city of Chefchaouen in the Rif Mountains of Morocco is known as "the blue pearl of Morocco." That's because many of its buildings and alleys are covered with a bright blue wash that is the colour of the sky or sea.

Food for forage: Reindeer lichen (or reindeer moss) grows in the Arctic and elsewhere. A food source for reindeer, as well as for moose, caribou, and musk ox, it grows slowly and can withstand cold temperatures.

Popping snack: Popcorn pops because when heated, the little bit of water in each kernel turns into steam, which causes pressure to build up inside. Eventually, the kernel pops open, creating the well-known snack food.

On the Lighter Side

Patient: "Doctor, doctor, I feel like I've been hit over the head with some maracas."
 Doctor: "You've probably got a slight concussion."
 When is it bad luck to have a black cat cross your path? When you are a mouse.
 Knock! Knock! Who's there? Emma. Emma who? Emma bit cold out here. Can you let me in?
 What dog lives at the baseball stadium? The catcher's mutt.
 Morning is that part of the day when the rising generation retires and the retiring generation rises.

Answers

5. O. Henry
 Trivia answers: 1. 15-30 mph 2. Queen's Plate, Trois-Rivières, Québec (Canada) 3. Charles E. Davies 4. 1957 as City Stadium

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)



or visit www.susandeveney.net

NO EXPERIENCE NEEDED - WE TRAIN & MENTOR!

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**



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

Happy ST. PATRICK'S DAY

from your friends at **Coffee News®**



Recipe of the month

Valentine's Pop Hearts


1 refrigerated, ready-to-unroll piecrust | 1 large egg
 4 tbsp. 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>



Brilliant Beauty Outlook

Non-invasive treatment for beauty enhancement, boosts confidence. Outstanding results for women and men who look for shiny splendor in their life.

- Scalp Micropigmentation (SMP) • Lash Lift & Tint
- Brow Lamination • Eyebrow Tinting • BB GLOW Luxury Facial
- Eyebrows (permanent make-up)
- Lip Blush (permanent make-up)
- Hair Cuts/Colours

AND MORE!

Contact me to book your appointment:
780.908.2178 | www.brilliantbeautyoutlook.com
 @brilliantbeauty_outlook



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

