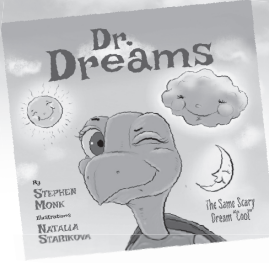


## A New Children's Book



...to delight and inform young readers from author **Stephen Monk**  
*Dr. Dreams* celebrates family, dreams, sharing and learning helpful skills  
 Visit [www.stephenmonk.ca](http://www.stephenmonk.ca)

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

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

Zone 37  
 Updated 01.10.22

We appreciate you!



- |                            |                               |
|----------------------------|-------------------------------|
| 49 Street Grill            | Mike's Pizza & Restaurant     |
| Domino's                   | Sal's Famous Pizza and Donair |
| Golden Fountain Restaurant | Subway                        |
| Grande River Saloon Café   | Tim Hortons                   |
| Happy Garden               |                               |

# Coffee News

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.



Family Owned Local Alberta Business  
 Since 1986



We ship across Canada  
 Huge Women's Selection  
 XXS up to 7XL Sizing

## WIN A \$500

[www.directworkwear.com](http://www.directworkwear.com) Gift Certificate  
 Always low prices & great deals... save money.

**FREE!** *New Issue Every Week!*  
**Coffee News**<sup>®</sup>  
 "News To Be Enjoyed Over Coffee"  
**Athabasca Edition**  
**877-553-6397**  
 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 9 to 12-Peace Country Classic Agri Show** Exhibitors inside and outside of the TARA Centre, Lewis Hawkes Pavilion, Drysdale Centre and JDA Raceway at the Evergreen Park, Grande Prairie. If you are interested in exhibitor space contact Show manager Denise Cook at 780-532-3279.

**Apr 9-Radway Easter Market** Radway Ag Centre. 5108 51 Street. 9 AM to 3 PM. 30 Vendors confirmed with onsite concessions.

**Mar 19-St. Paul Memorial Round Dance** In Support of Residential School Students and Honoring Survivors. Pipe Ceremony and Feat at 5 PM, Followed by Round Dance. Contact rd@acimowinopaspiw.ca for more info.

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!  
 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. 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)

**Faster Internet. Unlimited data.**  
**1-866-218-8782** [Xplornet.com/fast](http://Xplornet.com/fast)  
 IMPROVED!

**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](mailto: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.  
 Reader of the Month  
 Chantel of Edmonton

**Home is Where Your Story Begins.**  
 Let Me Help You Finance Your Dream Home!  
**Debbie Jacobsen, AMP**  
 780.805.8840  
 deb@dlc1st.ca | [www.dlc1st.ca](http://www.dlc1st.ca)  
 DOMINION LENDING CENTRES  
 Mortgage Mentors

**FREE 1/2 HOUR CONSULTATION**  
 BUSINESS LAW, CONTRACTS, and CORPORATE SERVICES  
 PERSONAL INJURY, EMPLOYMENT LAW  
 ENVIRONMENTAL and REGULATORY LAW  
**BIG BUFFALO LAW**  
 Rate: \$255 per hour\* \*Taxes and disbursements extra  
 Now serving Lac La Biche, Fort McMurray, Athabasca, Bonnyville, St. Paul, Cold Lake  
**587.532.9392 | [www.BigBuffalo.ca](http://www.BigBuffalo.ca)**

**BrokerLink Insurance**  
 HOME AUTO BUSINESS FARM  
**780.675.2241 | 4801-49 St. Athabasca | [BrokerLink.ca](http://BrokerLink.ca)**  
©2020 BrokerLink Inc. "BrokerLink & Design is a trademark of BrokerLink Inc. All rights reserved."

**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)**

**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

**SHOP ONLINE!**  
**[www.scubagearcanada.ca](http://www.scubagearcanada.ca)**  
 • Snorkelling Gear • Reef-Safe Sunscreen  
 • Beach Water Shoes • Dry Bags & Wallets • UV Shirts  
**The Dive Outfitters**  
 Scuba Diving & Snorkeling  
 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

The World's #1 Restaurant Publication!

**Recipe of the month**  
**Easter Bunny Treats**  
 1/3 cup vanilla frosting  
 36 large marshmallows  
 36 miniature marshmallows  
 Red and pink heart-shaped decorating sprinkles  
 Small black nonpareils  
 White sprinkles  
 Pink coloured sugar  
 Total Time: 15 min. Yield: 1 dozen  
 1 Place frosting in piping bag.  
 2 For each bunny, cut 2 mini marshmallows in half and use frosting to attach them to a large marshmallow to form arms and legs. For the face, attach 2 mini marshmallow halves for cheeks. Use white sprinkles, black nonpareils and heart-shaped sprinkles to form whiskers, eyes and nose.  
 3 For the ears, cut a large marshmallow in half diagonally. Dip each sticky side in coloured sugar and use frosting to attach the ears to the top of the large marshmallow.  
 4 Use frosting to connect the 2 large marshmallows; let stand until dry.  
 Source: <https://www.tasteofhome.com>

**QUALITY WORK. REASONABLE RATES.**  
**RRC**  
 ■ 5" Continuous Eavestrough  
 ■ Decks  
 ■ Asphalt Roofing  
 ■ Siding ■ Soffit ■ Fascia  
 CALL RYAN TODAY FOR YOUR FREE ESTIMATE:  
**780.519.1335**  
 Serving Athabasca/Slave Lake and area

**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](http://www.giftsandgadgets.ab.ca)  
 or visit us in person at 111 First Avenue, Spruce Grove

Feel free to take your Coffee News home!



Save \$100!

780-875-5181  
northview@11.com

**(780) 214-1300**

**Cedar Manor** Upgraded apartments starting at \$660!



\$399 Security Deposits

**(780) 214-1300**

**Tesla Estates** Luxury apartments starting at \$1,105!

**Northview** APARTMENT REIT

\*On approved application, while promotion lasts.



**JEOPARDY!**  
WEEKNIGHTS 7:30  
yes TV

Happy **ST. PATRICK'S DAY**

from your friends at **Coffee News**



**inogen**

**FREEDOM. TO BE YOU.**

1-888-998-6714

MKT-P0253

**Coffee News**  
is proudly delivered by



**Blue Heron Support Services Association**

Coffee News Part of your community.



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

**New Year's Special!**


<b>SOCIAL MEDIA</b> 1-2 Posts/Week (on 2-3 Platforms) Unique Content Creation & Calendar #Hashtag Strategy Monthly Reporting	<b>SEARCH ENGINE OPTIMIZATION</b> 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


## 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.


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

**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.

## 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 percussion."

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

## 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

## Making peace of mind a reality Nahachick Adult Guardianship and Trusteeship Services

Confidential and discreet document preparation. Available services include:  
Applications for Appointment of Guardian and Trustee | Review of Guardianship and Trusteeship Order | Urgent Guardianship and Trusteeship Orders

**Flexible appointments.**  
For non-Edmonton residents, appointments can be held via telephone or video calls. Edmonton and area clients have the option to meet face-to-face, home visits, telephone or video calls.

A complete list of our services is available at <https://nahachick.ca>  
**780.660.0649 | nahachick.agt.services@gmail.com**

## Like us on Facebook Coffee News

...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>

## 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!

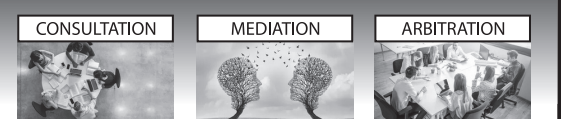


They are the next Finest candles you will EVER find!



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

## Condo Issues? We Have Solutions!



- ✓ Helping to improve the decorum, harmony, and functionality of boards
- ✓ Chair hostile and difficult meetings
- ✓ Update condo board bylaws
- ✓ We help to resolve and/or mediate issues between condo stakeholders

**Rosetree** MEDIATION, ARBITRATION & CONSULTING SERVICES  
780.982.4355 | [rosetreemediation.com](http://rosetreemediation.com)

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