

Feel free to take your Coffee News home!

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

FREE! **New Issue Every Week!**

Coffee News®
"News To Be Enjoyed
Over Coffee"

**North West
Edmonton
Edition**

780-220-6397

www.coffee-news.ca

Est. 1988

CN-Proudly printed by One to One Mailing

BRAND NEW
**Hampton
Inn & Suites**
by HILTON

128 Upscale Guest Rooms and Suites

Full Service
Restaurant and
Sports Lounge

5000 sq. ft. of
Banquet & Meeting

Wedding, Parties &
Events up to 230 People

Corporate, Event & Team Rates

780.244.9015 | frontdesk@hamptonedmontonnw.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
a RAY of Fragrance

prairiescentedcandles@gmail.com
www.prairiescentedcandles.com

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

Zone 12
Updated 07.12.21

We
appreciate
you!

A & W	Edo x 2	Mr. Sub	Tentador Latin
Albert's	Fine Pizza and	Oodle Noodle	Cuisine
Amore Pasta	Donair	Pho Du	Teriyaki Corner
Baba's Donair	Freshi	Pizza 73	The Tea Place
Banh Mi	Hakone Japanese	Pizza Hut	Tim Hortons x 8
Nhon Hoa	Cuisine	Press'd	Tutti Frutti
barBURRITO x 2	Hathaways	Richard's Donair	Urban Bite
Boston Pizza x 2	Haylong Bay	Ripe Tomato Pizza	Walmart-McDonalds
Buster's Pizza	Noodle House	Royal Pizza	Yellowhead Donair
Canyon Grill	IHOP	Safir Mediterranean	
Castle Bake	Jaybee's Diner	and Turkish	
Chattime	Joey's	Restaurant	
Chopped Leaf	Johanne's BBQ	Saij Factor	
Churchs Chicken	Jomaa's Pizza &	Shish Shawarma	
Co Do Hue	Donair	Taco Time	
Cora	KFC x 2	Taste of	
Cosmic Pizza	Manilla Grill	Mediterranean	
Donair and	McDonalds	Tasty Village	
Subs Delight	Mr. Mikes	Restaurant	

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.

Vol. 19 No. 12 March 21, 2022

Everybody's Talking

Monkey business: A sneaky little Patas monkey found a way to escape from his enclosure at the Taipei Zoo in Taiwan. Known as Nan Dao, the male primate was minding his own business when a zookeeper came into the enclosure to do some cleaning. A younger monkey managed to slip by the keeper, who took a few minutes to round him up and direct him back to the abode. In the meantime, Nan Dao, the smart little creature, opened the cage door and ran off. Luckily, zookeepers are smart, too. They set a trap filled with apples, which lured Nan Dao. He was safely captured and found to be in good condition after a couple of days in a nearby forest.

Adrenalin rush: A roller coaster in the vacation destination of Blackpool Pleasure Beach in England is called The Big One. While other roller coasters around the world have been built taller and steeper since this one was constructed in 1994, The Big One is still gigantic at 65 metres (213 feet) high. So when it broke down near the top, the riders on board had quite a long – and scary – walk down a steel staircase to the solid ground below. The visitors did not have to do it by themselves. Park staff members climbed up to meet them and escort them, step by step, along the steep stairs. Whether riding up or walking down, The Big One is quite an adrenaline rush!

Lizard interloper: When swimming in the sea, people might not be too surprised to see a few small fish sharing the water. On a Thailand beach, however, those frolicking in the surf were shocked to find a monitor lizard swimming among the humans. But there was nothing to fear: monitor lizards are big and look scary, but they are not a threat to humans. Southeast Asia is home to many of these shy reptiles, which can grow to be 2.5 metres (8 feet) long. So, while a video of the reptilian beach visitor caused alarm for the tourists, the area's wildlife officials knew about this particular male specimen, who often visits the beach looking for food leftovers.

Border conundrum: Who knew it could be so easy to change the border between two countries? A Belgium farmer did just that between Belgium and France, but unfortunately, the boundary change is not acknowledged by authorities. The farmer moved the stone border marker that had been sitting in place for over two centuries because it was in the path of his tractor. A local historian noticed that the stone had been moved 2.29 metres (7.5 feet), making Belgium a tiny bit bigger and France a wee bit smaller. The situation caused a few laughs between area politicians, who said that as long as the stone is moved back to its rightful place, no problems should arise.

Quoteable Quotes

"Don't be intimidated by what you don't know. That can be your greatest strength and ensure that you do things differently from everyone else."
—Sara Blakely

"We must conquer war, or war will conquer us."
—Ely Culbertson

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

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!

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.

4 winners (\$100 each) will be drawn on the 15th of each month from all correct entries

Trivia

1. What type of food is a blini?
2. What was the name of the first U.S. space shuttle (1981)?
3. Which pop artist is well-known for his depictions of soup cans?
4. What does PTSD stand for?
5. Ty Cobb was a famous actor or baseball player?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

(Over)

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

Give Hope. Give Today.
TheSeed.ca/donate

THE MUSTARD SEED

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

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.

Reader of the Month
Chantel of Edmonton

Beauty, by design

Whatever the occasion, we have the
ideal floral accompaniment
Fresh Flowers | Plants | Gift Baskets

**Blooms
by May**

LOCAL, FAMILY
OWNED BUSINESS

Nothing says "I Love You"
better than beautiful flowers!

CALL US MON-SAT OR ORDER ONLINE ANYTIME: 12644-137 Ave.
780-244-1834 | www.bloomsbymay.ca

**IS ADVENTURE
ON YOUR
BUCKET LIST?**

**The Dive
Outfitters**

Scuba Diving & Snorkeling
780.483.0044
11781-156 St., Edmonton

www.thediveoutfitters.ca

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

**Learn to
Scuba Dive**
Ask about our
Buddy Special

**Discover
Snorkeling**
1-Hour Lesson
at the Pool!
Snorkeling Sets for the Family

Happy
First
Day of **SPRING**

from your friends at **Coffee News**

Jennifer Miles, Agent
125-15 Circle Dr
St. Albert AB T8N 3Y7
780-460-2279
www.jmilesinsurance.com

**Desjardins
Insurance**

Desjardins Insurance refers to Certas Home and Auto Insurance Company, underwriter of automobile and property insurance or Desjardins Financial Security Life Assurance Company, underwriter of life insurance and living benefits products.
Desjardins, Desjardins Insurance and related trademarks are trademarks of the Fédération des caisses Desjardins du Québec, used under licence.

www.scubagearcanada.ca

Imagine
your
business
here!

For more information:
780-220-6397
or **877-553-6397**
www.coffee-news.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

Visit us on Facebook-CoffeeNewsWeekly

FREE ROLLING TRAY
WHEN YOU PRESENT THIS COUPON
LIMIT 1 PER CUSTOMER - SEE IN STORE FOR DETAILS

420
BUBONIC KRONIK
ECIGS - VAPORIZERS - BONGS

8060 - 167 AVE. NW
EDMONTON 780.371.0106

NO PURCHASE NECESSARY

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>

✓ 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

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**

BBB Accredited

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.

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.: Pro0094514

THE LAST CANTICLE CONSUMMATION
It all begins after the Atomic War...
A spiritual romance novel in a time when all technology has been demolished or melted.

Available on **amazonkindle**
in eBook and Paperback Versions*
or visit <https://www.facebook.com/Consummation-The-Last-Canticle-107531471775567>
* 2nd edition 8x10 | 3rd edition 6x9

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

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

The World's #1 Restaurant Publication!

Your Weekly Horoscope

ARIES
(March 21 - April 20)

The Sun is in your sign, which gives energy to use to achieve your goals. However, as you pursue them, be careful of being overly aggressive in your interactions with others. Lucky numbers: 9, 14, 15, 39, 47, 48.

TAURUS
(April 21 - May 21)

You may be feeling impatient, tense, or combative. Channel these feelings positively into a project to help others. Consider how you can work within a group on this effort. Lucky numbers: 6, 7, 19, 24, 25, 36.

GEMINI
(May 22 - June 21)

A strength of your sign is the ability to see both sides. This week, however, this skill may make you feel conflicted in making decisions or bringing others to your viewpoint. Lucky numbers: 1, 8, 11, 26, 39, 40.

CANCER
(June 22 - July 22)

Your normal sensitivity to others and your environment may be heightened even more right now. To use this positively, look for information that is normally kept below the surface of consciousness. Lucky numbers: 15, 19, 24, 30, 41, 47.

LEO
(July 23 - Aug. 23)

You may be feeling frustrated by obstacles that are not allowing you to easily achieve your goals. Reexamine your attitude toward this work and you may find a solution. Lucky numbers: 4, 16, 18, 22, 44, 47.

VIRGO
(Aug. 24 - Sept. 23)

Are there areas where you don't clearly see yourself and/or your relationship partner? If so, you may need to make an adjustment in your view of the relationship. Lucky numbers: 7, 15, 20, 21, 24, 36.

Lucky numbers this week: This week's odds favour Sagittarius winners with the luckiest number being 33.

LIBRA
(Sept. 24 - Oct. 23)

This may be a busy time for you. Communicating with others is important for putting your plans for the next six months into motion. Find an outlet to reduce your stress level. Lucky numbers: 8, 17, 19, 24, 27, 35.

SCORPIO
(Oct. 24 - Nov. 22)

Your emotions may be volatile right now, especially early in the week. Your best move may be to keep a low profile and wait to act until those feelings pass. Lucky numbers: 2, 4, 6, 12, 38, 46.

SAGITTARIUS
(Nov. 23 - Dec. 21)

Your sign has a natural optimism and belief in a positive outcome. Right now that feeling may be enhanced. Use this energy to improve your home environment or work situation. Lucky numbers: 14, 16, 30, 33, 35, 43.

CAPRICORN
(Dec. 22 - Jan. 20)

This week, you may find a good integration of your mind and your emotions. This may allow you to be more flexible in looking for "outside the box" solutions. Lucky numbers: 13, 18, 26, 30, 35, 42.

AQUARIUS
(Jan. 21 - Feb. 19)

Many of those born under this sign have a strong urge to aid human advancement and evolution. At this time, various planetary energies may provide support to you for that desire. Lucky numbers: 11, 16, 21, 36, 42, 47.

PISCES
(Feb. 20 - March 20)

Many Pisces have strong intuition. If this is you, a lot of information may be coming at you right now. It will take time to sort out the meaning of it. Lucky numbers: 3, 13, 34, 39, 41, 47.

Did You Know...

Versatile song: British rocker Elton John, with writing partner Bernie Taupin, penned "Candle in the Wind" in the early 1970s, to honour the late American actress Marilyn Monroe. He performed the song with rewritten lyrics at Princess Diana's funeral in 1997.

Clean nails: Nail polish can be removed using a homemade mixture of equal parts white vinegar and lemon juice. Held on the nail for a few minutes with a cotton ball, the mixture's acidic nature can get rid of chipped, old polish.

Plant choice: A good houseplant for beginner green thumbs is the *Pilea peperomioides*, or the Chinese money plant. With leaves that are shaped like large, round coins, they grow well in bright but indirect light and need only occasional watering.

Lovable canine: Many dog lovers have fallen in love with a breed called the goldendoodle. A cross between a golden retriever and a poodle, these dogs make great pets because they are smart and fun loving. Another bonus? They don't shed very much.

Common markings: Moles, or beauty marks, called nevi in the medical world, are clusters of pigmented cells. Usually less than six millimetres (1/4 inch) diameter, they vary in size, can be flat, raised, or hairy, and are usually harmless. But watch for any changes in the skin.

On the Lighter Side

Knock! Knock! *Who's there?* Cantaloupe. *Cantaloupe who?* Cantaloupe tonight. I forgot the wedding ring!

New Shoelace: "Why are you crying? Can't you tie a bow?"
Old Shoelace: "No, I'm a frayed knot."

Why didn't the witch wear a flat hat? Because there was no point to it!

Morning radio program: "Ready for exercises? Up, down, up, down, up, down. Now the other eyelid..."

What theory did the famous skunk philosopher propose? "I stink, therefore I am."

Answers
Trivia answers: 1. Russian pancake 2. Columbia 3. Andy Warhol 4. Post traumatic stress disorder 5. Baseball player

inogen
FREEDOM. TO BE YOU.

1-888-998-6714

MKT-P0253

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>

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

Seniors Housing

PROVIDING THE GREATEST RETURN ON YOUR GREATEST INVESTMENT!

SELLING YOUR HOME?

Invite me over for a coffee. I'll give you real estate advice and a **FREE** market evaluation.

Your Community Realtor
GEORGE VAN DE WALLE
780.982.4247 **RE/MAX**

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

ELECTRICIAN FOR HIRE

Residential
Light Commercial
Electrical Repairs and Renovations

Art de Leon ⚡ Master Electrician

780.932.3858 Cell
ajdeleon63@gmail.com

BLUE BLOODS
MON - THURS 9:00

yesTV