

**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)

**FREE!** **New Issue Every Week!**

**Coffee News**<sup>®</sup>

"News To Be Enjoyed  
Over Coffee"

**Barrhead  
Edition**

**877-553-6397**

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

Est. 1988

CN-Proudly printed by One to One Mailing

Family Owned  
Local Alberta  
Business  
Since 1986

SCAN THIS CODE  
TO ENTER

**WIN A \$500**  
Gift Certificate

[www.directworkwear.com](http://www.directworkwear.com)

Always low prices & great deals... save money.

Bras Briefs Boxers Bikinis

**Romantic  
Notions inc.**

Visit us on **f**  
for promotions and gift ideas! **780.962.4944**  
**1.855.962.4944**

[www.romanticnotions.ca](http://www.romanticnotions.ca) | #30, 210 McLeod Ave., Spruce Grove

30 YRS. OF PERSONALIZED SERVICE & A REPUTATION FOR EXCELLENCE

Coffee News is proud to support  
Make-A-Wish<sup>®</sup> Canada

Transform lives,  
one wish at a time.

**Make-A-Wish.**

Visit [makeawish.ca](http://makeawish.ca)

**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 PAY | APPLE BOOKS  
FRIENSPRESS | INDIGO and at COLES GRANDE PRAIRIE

**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

**WE BUY USED GOLD  
AND DIAMONDS**

**Blue Diamond  
Jewellers**

**780.968.0040**  
Main Street, Stony Plain  
[www.bluediamondjewellers.com](http://www.bluediamondjewellers.com)

**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

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

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)

Vol. 19 No. 13 March 28, 2022

**Everybody's Talking**

**Friendly ram:** When riding a bike on back roads, cyclists are often on the alert for barking guard dogs that might run down the lane of a farm property. However, they're not usually concerned about being confronted by a ram. That's what an avid rider from Thunder Bay, Ontario (Canada), found chasing him. Keith Ailey noticed the ram on the side of the road, and he cycled by it. The next thing he knew, the ram was chasing him, grunting and baa-ing while doing so. The ram's name turned out to be Ozzy, and he lives on a family's property in the farming area. His owner says he loves people and is really very friendly.

**Lost and found:** What would you do if you lost your wallet containing not only personal ID and credit cards, but \$45,000 (USD)? Most people would freak out and think they'd never see that wallet again. But thankfully for a passenger on Vietnam Airlines, the flight attendants found the passenger's wallet on a seat with all that American cash and some Vietnamese currency, after everyone had disembarked from the flight from Hanoi to Da Nang. The attendants took the valuable find to the lost-and-found counter, and they were able to track down the owner and return it. What a relief that must have been!

**Unexpected guest:** An Australian couple, who invited both farmers and city-dwellers to their country wedding, didn't expect to welcome a brand new baby into the mix. That baby was a calf, born to one of the dairy cows on Jessa and Ben Law's organic apple farm near Portland, Victoria. The couple managed to say their vows before the baby calf made its appearance. The mama cow needed a little help, so Jessa came to the rescue, along with other dairy farmer guests who knew what to do. In the end, they named the new calf Destiny. Jessa's wedding dress, which got muddy during the proceedings, was "absolutely trashed," she said, but it was all completely worth it because the experience was unforgettable.

**Local hero:** A father from County Cork, Ireland, is glad he has a quick-thinking son. Otherwise, he may not be alive today. Declan Philpott and his 13-year-old son Brian were working on a farm in Kanturk when the elder Philpott became trapped between a piece of equipment and a tractor. Soon, Declan passed out because he was unable to breathe. Enter the younger Philpott who, with level-headed calmness, jumped on the tractor and backed it up, freeing his father and allowing him to breathe. Firefighters arriving at the scene say that Brian is a true hero. His father, who is recovering from the ordeal, wholeheartedly agrees.

**Quoteable Quotes**

"Once you replace negative thoughts with positive ones, you'll start having positive results." —Willie Nelson

"Heroism... is endurance for one moment more." —George Kennan

**What's Happening**

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

**Mar 26 - Rock Legends** This audience-customized evening is part rock concert, part rock tribute, and all rock and roll. In this unique experience the audience is given the opportunity to pick the songs and music they want to hear. Horizon Stage. 780-962-8995.

**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.

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!

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!

...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. Vidalia and Walla Walla are types of what vegetable?
2. In the novel Moby Dick, what type of creature was Captain Ahab looking for?
3. Which country uses the lek for currency?
4. A Dorgi is a dog breed that comes from mixing a Corgi and what?
5. What type of sandwich has white bread, peanut butter, and marshmallow fluff?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

**Coffee News**<sup>®</sup>  
is proudly delivered by

**Blue Heron  
Support Services  
Association**

Coffee News<sup>®</sup> Part of your community.

**Barrhead Dental Clinic**  
Dr. Krishna Mudaliar | Dr. David Hamilton

We look forward to meeting  
you and your  
family!

Direct  
billing  
to insurance  
companies

We offer: • Emergency Treatment • Fillings  
• Same Day Treatment • Root Canals  
• Extractions • Crowns/Bridges

OUR HYGIENIST FOLLOWS THE 2020  
ADA & C FEE GUIDE

**780.674.3161**  
barrheaddentclinic@gmail.com | #4, 4923-50 Ave., Barrhead

**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  
Since 1989  
100% No Franchise

**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](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

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

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**

**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.

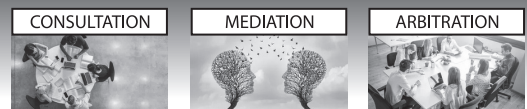
Please include:  
① Your name ② Your phone number and ③ Your address so that we can send you some cool prizes if your photo is chosen to appear in the paper!

**Reader of the Month**  
Chantel of Edmonton

**Coffee News** Fun Reading. Serious Advertising.

Feel free to take your Coffee News home!

### 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

### 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 LLOYD KENNEY, Independent Associate, to find out how LegalShield can help you!  
**LegalShield** 1-877-579-9449

### 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>

### inogen

**FREEDOM. TO BE YOU.**

1-888-998-6714

### 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)

### This is Your Story

Stories of redemption, discovery and faith  
WEEKNIGHTS AT 11PM

yesTV

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

SOLVING TOOTH LOSS PROBLEMS SINCE 1993

**Barrhead DENTURE CLINIC**

Marcel Tureme, Dentist

For a NATURAL LOOK, there are a wide variety of tooth moulds and shades available to INDIVIDUALIZE your smile

DIRECT BILLING to insurance companies upon pre-determination of benefits

INQUIRE ABOUT ALBERTA SENIORS DENTAL BENEFIT ELIGIBILITY

5122-49A Street, Barrhead Mon-Fri, 8:30 a.m.-4 p.m.

780.674.4348 [www.barrheaddentures.ca](http://www.barrheaddentures.ca)

## Your Weekly Horoscope

### ARIES (March 21 - April 20)

This week you may be provided a new opportunity for change. A teacher may appear who can help you with an issue that has been unresolved for a long time. Lucky numbers: 8, 13, 18, 31, 33, 46.

### TAURUS (April 21 - May 21)

Those born under the sign of Taurus are often concerned with the practicalities of life. Recently, however, you may be focused on a higher purpose and your role in it. Lucky numbers: 1, 10, 11, 21, 26, 45.

### GEMINI (May 22 - June 21)

Have you previously relied on your intellect and quick mind to approach life's challenges? It may now be appropriate to incorporate a more nurturing style towards yourself and others. Lucky numbers: 4, 25, 31, 32, 40, 45.

### CANCER (June 22 - July 22)

Do you feel satisfied with your work life? If not, it may be time to consider a change in job or profession that will be more in alignment with your purpose. Lucky numbers: 2, 9, 13, 16, 39, 41.

### LEO (July 23 - Aug. 23)

Are you experiencing difficulties in your relationship? You may want to examine how your work commitments are affecting your personal life. How can you achieve a better balance between the two? Lucky numbers: 3, 11, 15, 21, 33, 36.

### VIRGO (Aug. 24 - Sept. 23)

You may feel a conflict early this week between your mind and your feelings. Explore the cause of this dynamic and see how you can bridge the gap between them. Lucky numbers: 12, 15, 24, 32, 38, 43.

### LIBRA (Sept. 24 - Oct. 23)

You may find your mind and emotions are out of balance this week. Previously submerged information about an old wound may surface, helping to provide insight into the situation. Lucky numbers: 5, 17, 19, 26, 38, 40.

### SCORPIO (Oct. 24 - Nov. 22)

You may be in a period of introspection. Perhaps you should focus on your spiritual side. You may develop a deeper sense of compassion for yourself and those around you. Lucky numbers: 14, 17, 29, 39, 45, 47.

### SAGITTARIUS (Nov. 23 - Dec. 21)

Mothering may be a focus right now. This may be from your perspective as a mother or a child. Either way, being aware of it is important to help you navigate through this time. Lucky numbers: 6, 16, 17, 28, 29, 40.

### CAPRICORN (Dec. 22 - Jan. 20)

Work and career are important considerations for many Capricorns. The potential exists right now that you may be able to advance in or plan a change to your current profession. Lucky numbers: 11, 17, 19, 29, 43, 45.

### AQUARIUS (Jan. 21 - Feb. 19)

Are you feeling a conflict between a desire for fun and pleasure, versus the weight of your responsibilities? It may be helpful to give some attention to each of these needs. Lucky numbers: 7, 12, 24, 32, 36, 48.

### PISCES (Feb. 20 - March 20)

At the beginning of the week, you may feel out of balance between your head and heart. Wait a few days and the feeling should pass. A new perspective is possible. Lucky numbers: 9, 13, 15, 19, 23, 40.

Lucky numbers this week: This week's odds favour Capricorn winners with the luckiest number being 17.

## Did You Know...

**Simple stage:** If a troupe puts on a play in a black box theatre, the space is a simple, flexible one with few adornments. Usually it is painted black. Generally, black box-type theatres are used for more intimate productions that don't have many technical requirements.

**Chef's hat:** It's easy to picture a French chef in a kitchen, wearing a tall white hat. Known as a chef's toque, it has 100 pleats. That number is said to represent the 100 methods that can be used to cook an egg.

**Braiding techniques:** Many different types of braids can be used to adorn hair. Beginners can try the easy three-strand braid and move on to more complicated styles, such as the French braid, the fishtail braid, and the lattice braid.

**Red means stop:** The ubiquitous stop sign, that red placard with the word "STOP" in the middle, was once coloured yellow in the U.S. With the development of more durable coatings, these signs were changed to red in 1954.

**Bringing home the bacon:** Male lions, with their amazing manes, are impressive to look at. However, when it comes to bringing food back to the pride, female lions take on 90% of the work.

## On the Lighter Side

How does the solar system hold up its pants? With an asteroid belt!

Wise man says, "An apple a day keeps the doctor away... if it's aimed right."

Child: "My teacher can't read my handwriting."  
Parent: "That's bad. Write more clearly from now on."  
Child: "But then she'll find out that I can't spell."

Knock! Knock! Who's there? Earwig. Earwig who? Earwig go again!

How does a snake navigate the forest? He uses his GPHiss system.

### Answers

Trivia answers: 1. Onions 2. A white whale 3. Albania 4. Dachshund 5. Puffermutter

For available franchise opportunities - visit [coffeenewscanada.com](http://coffeenewscanada.com)  
© Published with Permission by Capital Marketing Ltd

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

Zone 29  
Updated 11.02.21

We appreciate you!



- |                                     |                                |                       |
|-------------------------------------|--------------------------------|-----------------------|
| A&W                                 | Laura's Steak & Pizza          | Spring Sun Restaurant |
| Barrhead & District Co-op Cafeteria | Leals & Teals Steakhouse       | Tim Hortons           |
| BTowns Grill                        | Neighbourhood Inn              |                       |
| DJ's Diner                          | Pizza O'More                   |                       |
| Freddy's 2 For 1 Pizza              | Prairie Chef Family Restaurant |                       |
| KFC                                 |                                |                       |

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.



**Barrhead Chamber**

Better together.  
join now at [barrheadchamber.ca](http://barrheadchamber.ca)

INDEPENDENT LIVING AT ITS BEST!

A Community of Vibrant, Active Seniors  
**three robins**  
ACTIVE LIVING COMMUNITY  
STONY PLAIN  
780.591.5700  
[info@threerobins.ca](mailto:info@threerobins.ca)  
[threerobins.ca](http://threerobins.ca)

**THIS SPACE FOR RENT**  
780-220-6397

## Recipe of the month

### Easter Bunny Treats

- |  |                        |
|--|------------------------|
| 1/3 cup vanilla frosting                       | Small black nonpareils |
| 36 large marshmallows                          | White sprinkles        |
| 36 miniature marshmallows                      | Pink coloured sugar    |
| Red and pink heart-shaped decorating sprinkles |                        |

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>

Westlock Ford

BUILT Ford PROUD

FORD EMPLOYEE PRICING ON NOW



UNTIL THE END OF SEPTEMBER 2020  
[westlockford.com](http://westlockford.com)  
780-349-3361 | 10835-100 Street, Westlock