

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
--	--	--

A complete list of our services is available at <https://nahachick.ca>

**780.660.0649 | nahachick.agt.services@gmail.com**

**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.

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

# Coffee News®

"News To Be Enjoyed Over Coffee"

**Vegreville Edition**

**877-553-6397**

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

Est. 1988

The World's #1 Restaurant Publication!

**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

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

Zone 20  
Updated 08.27.21

We appreciate you!

A&W	New Alberta Pub
Albert's Family Restaurant	No Frills
Bamboo Chopsticks	Perry's 2 for 1 Pizza
Boston Pizza	Pizza Hut
China Zone Restaurant	Pomeroy Inn and Suites
Chin's Restaurant	Subway
JJ's Value Drug Mart	Tim Hortons
Loco Burro	Vegreville Pizza
McDonalds	Vito's Steak and Pizza House

Vol. 19 No. 15 April 11, 2022

## Everybody's Talking

**Hair colours:** When people go to the hairdresser to have their hair dyed, it's often to cover up gray roots or to change from brunette to blond. However, those who let Ksenia Kisavna do the dye work might just end up with multi-coloured locks. Kisavna works at Cosmos Hair Lab in Moscow, Russia. She uses a rainbow of colours in streaks, stripes, and layers to turn her clients' hair into brilliant headpieces. She taught herself how to achieve the effects she wanted by first working on the hair of friends and family members, who were willing guinea pigs.

**Sinking feeling:** Farmers are facing quite a problem in the Konya Province farming area of Turkey. That problem is sinkholes. The area is known for its vast wheat fields, but because of lack of rain in recent years, the growers have been using groundwater. Thus, underground water caves are collapsing. Some of these sinkholes are quite large, deep, and dangerous, while others are shallow. Experts haven't been able to come up with a solution, so farmers have been advised to mark them with fencing so a tractor won't fall in. Experts and farmers alike are keeping a close watch on the situation.

**Chicken and cash:** Getting angry if your takeout chicken order isn't ready on time is not a good idea. A woman from Frederick, Maryland (U.S.), can attest to that. Instead of raising a ruckus with the restaurant staff, this customer decided to pass the time playing Keno, a lottery game she had never played before. Turns out she'd picked the right numbers to win an \$80,000 (USD) jackpot. She chose her numbers by using personal favourites, such as family members' birth dates. She arrived home not only with chicken wings, but with a side of extra cash! She said she wouldn't spend the money carelessly and instead would pay off some bills.

**Sign war:** Puns are fun, and business people in Listowel, Ontario (Canada), know how to use them to elicit laughter. They did it through a sign war, initiated by two businesses, Speedy Glass and Dairy Queen. The former started it all by posting on its outdoor sign: "Hey DQ wanna have a sign war?" Dairy Queen responded with: "You bet your glass we do." From there, many businesses got into the game. A church responded to Dairy Queen with: "Hey DQ, our Sundays are the best," while a funeral home warned: "Sign war with us? Grave mistake!" It was all in good fun!

SHOP DIRECT WORKWEAR ONLINE  
[www.directworkwear.com](http://www.directworkwear.com)

Enter to **WIN a \$500** Gift Certificate

SCAN THIS CODE TO ENTER

Where Safety Meets Savings

Competitive Pricing  
Knowledgeable Service  
Great Selection  
Check Out Our Sale Page For Even Better Deals

DIRECT WORKWEAR LTD. since 1986

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.

INNATE FREEDOM COUNSELLING

Access Online Therapy at Home

AVAILABLE ALBERTA-WIDE

- Individual Therapy
- Couples Therapy

[www.innatefreedomcounseling.com](http://www.innatefreedomcounseling.com) | 825.250.8415

Caring, supportive, online counselling tailored to your unique needs

## 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

## 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

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

11781-156 St., Edmonton 780.483.0044

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

# JEOPARDY!

WEEKNIGHTS 7:30 YES TV

## Quoteable Quotes

"Being entirely honest with oneself is a good exercise." —Sigmund Freud

"Be thankful for what you have. You'll end up having more. If you concentrate on what you don't have, you will never, ever have enough." —Oprah Winfrey

## Congratulations

to February's Coffee News Guy contest winners!

Your prizes are in the mail!

Odette Misiewicz  
Johanna Wilson  
Wally Malinowski  
Katarina Penfold

Enter today for your chance to win at [www.coffee-news.ca](http://www.coffee-news.ca)

## What's Happening

**Apr 29-Vegreville Legion Steak Fry** The steak fry is the last Friday of every month. We start at 5:30 and shut down 7:00. Price is \$20.00 for Steak dinner, \$15.00 for burger, and \$12.00 for salad. For more information visit their Facebook page. <https://www.facebook.com/rclbr39>

**Apr 8 to 10-2022 Great Canadian Trade Fair Sale** Over 200 exhibitor booths for you to explore. Friday 1 - 7 PM, Sat 10 am - 6 PM, Sunday 10 am - 5PM. Millennium Place 2000 Premier Way, Sherwood Park.

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

NON profit organizations may submit events for FREE at [www.coffee-news.ca/whats-happening](http://www.coffee-news.ca/whats-happening)

## Recipe of the month

### Asian-Style Salmon Packets

4 slices sweet onion	1 teaspoon mustard seed
4 salmon fillets (6 ounces each)	1 teaspoon minced fresh gingerroot
3 tablespoons chili sauce	½ teaspoon black sesame seeds
1 tablespoon lime juice	Chopped fresh mint
1 tablespoon sesame oil	Grated lime zest
1 garlic clove, minced	

Prep/Total Time: 25 min. Yield: 4 servings

- Preheat oven to 400°. Place each onion slice on a double thickness of heavy-duty foil (about 12 in. square). Top with salmon. Combine next seven ingredients; spoon over fillets. Fold foil around mixture; crimp edges to seal.
- Place on a baking sheet. Bake until fish flakes easily with a fork, 15-20 minutes. Be careful of escaping steam when opening packets. Serve with mint and lime zest.

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

Coffee News® is proudly delivered by

## VALID Association

Coffee News® Part of your community.

## 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.

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

Friendly service your family can trust!

## JJ's Value Drug Mart

INDEPENDENT PHARMACY

#205, 5342-50 Avenue, Vegreville  
Galleria Shops | 587-790-7777

Transferring prescriptions is as easy as a phone call

JJ Begalke  
20 years of experience as a pharmacist

FREE DAILY DELIVERY!

## Trivia

- Aspirin was first marketed in 1899, 1900, or 1934?
- According to The Guinness Book of World Records, the tallest cow on record is 74.8 in. (190 cm)—T/F?
- What is a deficiency in red blood cells called?
- Which actor and filmmaker directed the film A Beautiful Mind?
- What type of apparatus joins together a team of oxen?

## 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**  
Stephen Pearce, St. Albert

Coffee News® Fun Reading. Serious Advertising.

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

(Over)

# Your Weekly Horoscope

## ARIES

(March 21 - April 20)



This may be a good week to focus on completion of activities from the last six months and preparing for the next six. Don't allow small annoyances to stop your progress. Lucky numbers: 13, 14, 18, 24, 36, 37.

## TAURUS

(April 21 - May 21)



Do you feel that your life is in a holding pattern right now? Perhaps this dissatisfaction can guide you to a path that is in alignment with who you truly are. Lucky numbers: 8, 16, 19, 30, 39, 45.

## GEMINI

(May 22 - June 21)



Gemini sometimes have difficulty settling on a goal and plans to achieve it. There may be an opportunity now for you to make a positive adjustment in your approach. Lucky numbers: 2, 4, 24, 32, 33, 36.

## CANCER

(June 22 - July 22)



You may be having trouble resolving the trauma of a past wound. Now may be a good time to ferret out hidden information that provides a new perspective on it. Lucky numbers: 10, 16, 25, 28, 35, 45.

## LEO

(July 23 - Aug. 23)



Certain planetary energies now may be acting as an opposing force to your plans. It would be helpful to make sure your actions are in line with your highest values. Lucky numbers: 6, 14, 18, 32, 37, 43.

## VIRGO

(Aug. 24 - Sept. 23)



Risk taking can be scary for many Virgos. There may be a potential for an unusual but positive change, if you are willing to reach for it. Think carefully, then act. Lucky numbers: 3, 19, 26, 27, 29, 36.

## LIBRA

(Sept. 24 - Oct. 23)



This week your mind and emotions could be in sync. Perhaps use this opportunity to evaluate and wrap up your current endeavours and then plan your next steps. Lucky numbers: 11, 16, 18, 30, 36, 42.

## SCORPIO

(Oct. 24 - Nov. 22)



During the middle of the week, an old emotional issue may resurface. This may be an opportunity to seek the underlying cause, but you may want to wait to take action. Lucky numbers: 4, 10, 20, 25, 38, 42.

## SAGITTARIUS

(Nov. 23 - Dec. 21)



Are you passionate about manifesting a particular cause? There may be an opportunity now for you to lead progress toward this endeavour. Join your efforts with others in this common cause. Lucky numbers: 7, 8, 17, 18, 34, 42.

## CAPRICORN

(Dec. 22 - Jan. 20)



Is your work providing meaning in your life? If not, perhaps you should look for hidden opportunities. These may help you shift into a more positive situation. Lucky numbers: 1, 12, 16, 22, 29, 31.

## AQUARIUS

(Jan. 21 - Feb. 19)



You may find that responsibility is weighing heavily on your shoulders right now. While this is difficult, stay the course if you feel it can help you reach your long-term goals. Lucky numbers: 9, 17, 19, 23, 30, 46.

## PISCES

(Feb. 20 - March 20)



Pisces sometimes have difficulties in turning lofty goals and plans into concrete results. However, the next month may bring an energy that lets you focus on getting tasks accomplished. Lucky numbers: 5, 14, 15, 31, 32, 33.

Lucky numbers this week: This week's odds favour Aries winners with the luckiest number being 24.

## Did You Know...

**Trick or treat:** Dressing in costume and going door-to-door soliciting treats has been a part of various rituals since the Middle Ages. But the phrase "trick or treat" is thought to have been first used in the town of Blackie, Alberta (Canada), in 1927.

**Invented name:** Awkwafina is an American rapper and actress who has starred in such movies as *Ocean's 8* and *Crazy Rich Asians*. Born Nora Lum, she made up the stage name "Awkwafina" when she was a teenager.

**Green soap:** The term "green soap" refers to an environmentally friendly soap made from vegetable oil rather than animal fat. Other plant-sourced oils can also be used, such as coconut or olive oil. Green soap is often used by tattoo artists to soften the skin.

**New pasta:** Many pasta shapes are available, from spaghetti to macaroni to rigatoni. A new one on the market is cascatelli. Its name comes from the Italian word for waterfall; curved half-tubes with ruffles help hold sauce and provide texture. It was invented by Dan Pashman of New York City.

**Chocolate alternative:** Fans of having a little chocolate with their fruit might want to try eating black sapote, also known as the chocolate pudding fruit. Common in Central and South America, when ripe its flesh has a texture. Some think the taste is similar to chocolate pudding.

## On the Lighter Side

Knock! Knock! *Who's there?* Toby. *Toby who?* Toby, or not Toby, that is the question.

When should you bring your father to class? When you have a pop quiz!

Nurse: "Doctor, there is an invisible man in the waiting room." Doctor: "Tell him I can't see him."

Why did the turtle cross the road? To get to the Shell station.

Wrinkled clothing certainly is a pressing issue. It's necessary to iron out a solution.

### Answers

**Trivia answers:** 1. 1899 2. True 3. Anemia 4. Ron Howard 5. York

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

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)

Get More Traffic, Leads & Sales



- Website Development
- Google Ads
- Facebook Advertising
- Social Media Management
- SEO & Content Marketing
- Reporting & Analytics

Frontline

780.760.6922  
[frontlineconsulting.ca](http://frontlineconsulting.ca)



Imagine your business here!

For more information:  
780-220-6397  
or 877-553-6397  
[www.coffee-news.ca](http://www.coffee-news.ca)

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)

Friendly service your family can trust!  
**JJ's Value Drug Mart**  
INDEPENDENT PHARMACY

Transferring prescriptions is as easy as a phone call

#205, 5342-50 Avenue, Vegreville  
Galleria Shops | 587-790-7777

JJ Begalke  
20 years of experience as a pharmacist

FREE DAILY DELIVERY!

Inogen

FREEDOM. TO BE YOU.

1-888-998-6714

MKT-P0253

Calgary & Edmonton Outlets  
**singlecup.ca**

Mon-Sat 9-5

**500+**  
K-Cups • PODS • Syrups



FREE SHIPPING \$50+

Alberta Owned!  
Every day low prices

Feel free to take your Coffee News home!

If you liked Gold Canyon Candles, you are gonna love **Sunset Scents!**

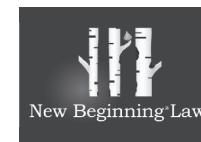
They are creating candles that have a strong scent throw and the cleanest burning scented candles out there!



They are the next Finest candles you will EVER find!



Sunset Scents  
a RAY of Fragrance  
[prairiescentedcandles@gmail.com](mailto:prairiescentedcandles@gmail.com)  
[www.prairiescentedcandles.com](http://www.prairiescentedcandles.com)



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](http://www.newbeginninglaw.ca)



airs at 7:45 am Monday through Friday

Call or text 780.632.6671 during the show or submit a birthday through the website page the day before  
<https://country106.ca/the-birthday-club/>



Are you a business owner/office manager? Have 3-20 employees in your office? Paying too much for your current phone system?

We can save you up to 50% off your current phone rates!

How? We offer:

- ✓ VOIP Solutions at a fraction of the traditional carrier cost
- ✓ Long distance rates that outcompete the competition

587.760.2800

<https://zettatelecom.com>

DEDICATED TO FINDING OUR CLIENTS THE BEST SOLUTIONS WITHIN THEIR BUDGETS

Come and enjoy rural Alberta!

Tired of waiting for high cost accommodation in the big city?

► We have vacancies to offer residents living outside of town!

Studio suites, all inclusive \$1986.00 (maximum) and one bedroom couples' suites \$3004.00 (maximum), all inclusive.

Experience fresh air and country living.

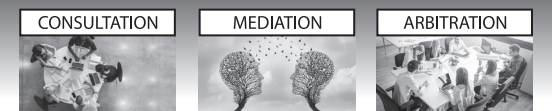
780.853.5706

Contact our office at  
[admin@vdfh.ca](mailto:admin@vdfh.ca)  
[www.vdfh.ca](http://www.vdfh.ca)

5401-46 St., Vermilion

Vermilion & District  
**Housing Foundation**

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)

**COLD SHOT**  
A DIVISION OF BALMARIA EMPIRE P.V. 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