

Diabetes Remission through Diet, Weight Loss and Exercise

Researchers are examining how a low-calorie diet and exercise may help to reverse diabetes and improve heart function.

If you are 18 - 40 years of age and diagnosed with Type 2 diabetes in the last six years you may be eligible to participate.

To learn more about this study contact our research team:
780-492-8079
 rees@ualberta.ca

UNIVERSITY OF ALBERTA
 University of Alberta Ethics Approval Ref.: Pro00101088

FREE! *New Issue Every Week!*

Coffee News®

"News To Be Enjoyed Over Coffee"

South Edmonton Edition

780-220-6397

www.coffee-news.ca

Happy **VICTORIA DAY**

from your friends at **Coffee News®**



INTERESTED IN CRYPTO
 ...BUT DON'T KNOW WHERE TO START?

- ✓ The easiest way to buy cryptocurrencies!
- ✓ Simple, safe and secure - purchase the most popular cryptocurrencies with ease

CASH2CRYPTO

1.888.909.2833 | info@cash2Crypto.ca

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

THIS SPACE FOR RENT

780-220-6397

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

Give Hope. Give Today.
 TheSeed.ca/donate

THE MUSTARD SEED

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

FREE ASSESSMENT CALL TODAY!

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

WHEEL OF FORTUNE

WEEKNIGHTS 7PM/6PST

yesTV

Everybody's Talking

Dog rescues deer: Ralph Dorn of Culpeper, Virginia (U.S.), is proud of his pet, a goldendoodle named Harley. Ralph and his wife Pat always knew Harley was a caring pooch, and had been taking him to a local hospital to work as a therapy dog. But Harley went above and beyond the call of duty when he saved a fawn from drowning. He swam out to the middle of the lake near the Dorns' home and carefully guided the fawn back to shore, where Ralph helped the little creature get out and onto the grass. Soon, the fawn's mother emerged from the woods for a happy reunion. The pair came back to visit the next day, much to Harley's delight.

Crime-fighting grandpa: A great-grandfather in his 80s is being called a hero for taking action to prevent a robbery in a business in Cork, Ireland. Denis O'Connor was on the premises when three thieves arrived. They approached Tim Murphy, the manager, and demanded that he open the safe. Even though O'Connor is an elderly man, he is very fit. He tackled one of the thieves, and his action encouraged Murphy to do the same. All three thieves lost their nerve and bolted out the door. Police were glad O'Connor had stopped the robbery. But in general, law enforcement advises people in these situations to simply obey the thieves to prevent a situation from escalating.

Dry regatta: Regatta events consist of boat races on water. However, in Alice Springs, Northern Territory, Australia, in the middle of the outback, the Henley-on-Todd Regatta occurs on a dry riverbed. At the only regatta of its kind in the world, participants extend their legs through bottomless boats and race along the waterless bed of the Todd River. Owners usually make the boats, which resemble odd versions of yachts, canoes, or rowboats, decorated in any way desired. The display of entrants is quite colourful. The late August event offers other activities, like sandcastle building and mini yacht races for kids. The regatta began as a joke in 1962, and has become a large fundraiser for various humanitarian organizations and charities.

Crooked trees: Aspen trees usually grow upward toward the sky, but the trees in a grove in the province of Saskatchewan, Canada, grow every which way. Located near the town of Hafford, about 95 kilometres (60 miles) north of the city of Saskatoon, the grove has become known as The Crooked Bush, and visitors find it quite eerie, but intriguing. No one knows exactly why the trees in this spot grow this way and, curiously, aspens only a few kilometres away grow straight. The grove is located on private property, but visitors are welcome to come and take a look. A short boardwalk trail is open for all ages to use.

Quoteable Quotes

"The only real mistake is the one from which we learn nothing."
 —John Powell

"The past is a foreign country; they do things differently there."
 —Lesley Poles Hartley

What's Happening

May 19-Career Fair and Training Expo Get in front of hiring managers! Network and apply with Employer Exhibitors. Build meaningful rapport you need to advance your career in the direction that you want. Edmonton Convention Centre. 10 Am - 2 PM

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

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

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. Originating in Italy, this multi-voice song is usually based on a poem and performed without instruments.
2. Legerdemain is a writing tablet, sleight of hand, or tomorrow's plans?
3. What date did Sputnik, the world's first artificial satellite, launch?
4. Who wrote the music for the song, "The Charleston," in Broadway's 1923 "Runnin' Wild"?
5. The U.S. presidential retreat was renamed Camp David in honour of what president's grandson?

ComPost Sale

Organic Soil

40 lb bag for \$10
 Three for \$25 or Five for \$40

Check out CG website for remaining FUNDRAISER locations
 Visit www.cleanitgreenit.net to order your bagged and bulk compost

MAKE YOUR GARDENS HEALTHY AND HAPPY!

Every Friday and Saturday
 9 am-4 pm

- Duggan Community League 3728-106 St.
- Space Off Whyte - 80 Ave. 10047-80 Ave.
- St. Albert Community League 17 Perron St.
- 201 Festival Way Sherwood Park

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 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.

✓ 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

Ingrown toenails, diabetic feet, hardened, thickened nails, fungal nails, corns, calluses, nails you cannot trim and file?

Take a step to healthier feet!

Kimberly Hudson LPN/Foot Care Nurse

STEP UP FOOT CARE

780.297.7027 | stepupfootcare@shaw.ca

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

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

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

University of Alberta Ethics approval Ref.: Pro0094514

Relocating? Downsizing? First-time home buying?
Searching for an investment property?

**Life is complicated.
Real estate doesn't
have to be.**

Please call me today to discuss
your real estate needs.



Kelly Krueger
Associate, REALTOR®
schmidt REALTY GROUP INC.
780.952.8085
kellykrueger.ca

**ELECTRICIAN
FOR HIRE**
Residential
Light Commercial
Electrical Repairs and Renovations

Art de Leon Master Electrician

780.932.3858 Cell
ajdeleon63@gmail.com

**WE CLEAN YOUR HOME
Like It's OUR OWN!**

- Weekly/Biweekly/Monthly Personalized Cleans
- Residential and Small Business
- Move In/Outs
- Pest Control
- Clean Up

ASK ABOUT OUR SENIORS' RATES!

NOBODY CLEANS LIKE MOM
780.700.6686 • www.nobodycleanslikemom.com

Happy
VICTORIA DAY

from your friends at
Coffee News®

Ray's Coins and Stamps
THE CHOICE OF DISCERNING COLLECTORS

Coins Graded coins and collectible coins from the Royal Canadian Mint and a few other mints

Tim Hortons Hockey Cards ...available to finish your set. Text 780.2619.2929 with your list!

Paper Money Graded Canadian currency

Cell.: 780-619-2928
rgrikinis@yahoo.com | www.rayscoinsandstamps.com
Check our showcase # letter "I" at Old Strathcona Antique Market, 10323-78 Ave.

WINTER SPECIAL
Complimentary Hair Treatment with any colour service, customized to your hair's needs OR Complimentary Paraffin, Scrub or Massage to your Manicure or Pedicure

Clarity
SALON & SPA
780.761.5959
965 James Mowatt Tr. SW
www.claritysalonandspa.ca

**RETIREMENT LIVING
CHRISTENSON**
Optional Meals • Personalized Services • On-site Care

Join Our Safe & Social Community
1 and 2 Bedroom suites now available

DEVONSHIRE VILLAGE

Full Kitchens • Social & Recreation • U/G Parking

1728 Rabbit Hill Road, Edmonton
780-934-6636
CDLhomes.com

The World's #1 Restaurant Publication!

Your Weekly Horoscope

ARIES

(March 21 - April 20)



Any issues you run into now may seem overwhelming. Rather than acting impulsively, you may want to wait a while to see if the situation clears up on its own. Lucky numbers: 6, 12, 13, 16, 36, 38.

TAURUS

(April 21 - May 21)



You may receive insight about your past this week. Rather than immediately rejecting it, consider how you might use it to create a more positive outcome in your life. Lucky numbers: 11, 18, 21, 31, 36, 41.

GEMINI

(May 22 - June 21)



The Sun is moving into your sign, which could provide you with more energy. How do you want to use this new phase to change whatever may not be working well for you? Lucky numbers: 7, 18, 21, 29, 36, 42.

CANCER

(June 22 - July 22)



Recently, you may have taken a deep dive into your unconscious, whether you wanted to or not. This phase may be ending, and you might be able to integrate what you learned. Lucky numbers: 14, 19, 23, 37, 45, 48.

LEO

(July 23 - Aug. 23)



You may be feeling weighed down by responsibilities at this time. It might be helpful to find a mentor, perhaps someone older, to help guide you toward your goal. Lucky numbers: 1, 2, 25, 30, 31, 45.

VIRGO

(Aug. 24 - Sept. 23)



Are you running into obstacles in your day-to-day activities? If so, perhaps your frustration is a sign that you might be bored and may need to expand your horizons into new areas. Lucky numbers: 4, 30, 34, 41, 42, 44.

Lucky numbers this week: This week's odds favour Gemini winners with the luckiest number being 7.

Did You Know...

Not lazy: A sloth is far from lazy and slow-moving, at least not when it's in water. Sloths move three times faster in water than on land because they have long, strong arms and can hold their breath for up to 40 minutes.

One long jump: American track and field athlete Mike Powell holds the world record for long jump, leaping 8.95 metres (29' 4.36") at the World Championships in Athletics in Tokyo in 1991.

Shooting for the moon: Golf is one of two sports to have been played on the moon. In 1971, astronaut Alan Shepard hit a golf ball through the low-gravity environment using a six-iron club. Astronaut Edgar Mitchell used a lunar scoop handle to throw a javelin.

Chins unique: The only living beings who can stroke their chins are humans because they're the only ones with chins. While monkeys are a lot like humans, they don't have chins. This point baffles biologists!

Tasty cake: German Chocolate Cake originated in the U.S. in the 1950s, but is named for confectioner Sam German. He created the dark chocolate bar used to make it, and the recipe was printed in U.S. newspapers. The recipe's huge success dramatically increased chocolate sales.

On the Lighter Side

Knock! Knock! Who's there? Pencil. Pencil who? Pencil fall down if you don't wear a belt.

Bob: "You remind me of a pie."

Rob: "You mean I'm sweet?"

Bob: "No, you have a crust."

Did you hear how hard it is to get a job as a sword-swallower? It's a cutthroat competition.

What kind of cheese did the lunch lady serve to the basketball team? Swish cheese.

How much deeper would the ocean be without sponges?

Answers

Trivia answers: 1. Madrigal 2. Sleight of hand 3. Oct. 4, 1957 4. James P. Johnson 5. Dwight D. Eisenhower

© Published with Permission by (Your Business Name)
For available franchise opportunities - visit www.coffeenewscanada.com

(Over)

For available franchise opportunities - visit coffeenewscanada.com
© Published with Permission by Capital Marketing Ltd

WEBSITES
From \$129/Month

(780) 760-6922
FRONTLINECONSULTING.CA

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

LegalShield 1-877-579-9449

FAST, ACCURATE, CLEAN & FRIENDLY SERVICE

MILLWOODS Bottle Depot

2830 Parsons Road
(south extension of 99th St. above South Edmonton Common)

mybottledepot.ca

14 receiving stations to serve you REALLY FAST!

Mon - Sat 8:30 am - 7 pm
Sunday 10 am - 6 pm

BEST IN THE CITY!

Bring in your bottles for a chance to win in our regular Customer Appreciation Draws!

Don't know what's wrong...?

WE CAN HELP!
CONTACT THE EXPERIENCED PROFESSIONALS AT

HOME & OFFICE HANDYMAN SERVICES

780.940.2127 | www.HOHS.ca

Give Us Your List. We'll Do The Rest.

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

inogen

FREEDOM. TO BE YOU.

1-888-998-6714

Recipe of the month

Asian-Style Salmon Packets

4 slices sweet onion
4 salmon fillets (6 ounces each)
3 tablespoons chili sauce
1 tablespoon lime juice
1 tablespoon sesame oil
1 garlic clove, minced

1 teaspoon mustard seed
1 teaspoon minced fresh gingerroot
½ teaspoon black sesame seeds
Chopped fresh mint
Grated lime zest

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>

09-South Edmonton