

**Don't know where to start...?**

**WE CAN HELP!**  
CONTACT THE EXPERIENCED PROFESSIONALS AT

**HOME & OFFICE  
ANDYMAN  
services**

780.940.2127 | www.HOHS.ca

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

**25 WORDS OR LESS**

WEEKDAYS 3PM

yesTV

**ComPost Sale**

**Organic Soil**

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

Visit one of our locations or go to [cleanitgreent.net](http://cleanitgreent.net) to order bagged or bulk compost

**HELP YOUR GARDEN THRIVE!**  
Every Friday and Saturday 9 am - 5 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
- Edmonton Academy 810 Saddleback Rd. (S parking lot)
- Callington Square 6741-177 St.

**Dementia and Continence Study**

Dr. Adrian Waggs' 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.

**University of Alberta**

If you want to learn more about this study, please contact Dr. Waggs' research office at **780-492-6855** (24-hour confidential voicemail).

University of Alberta Ethics approval Ref.: Pro0094514

**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

**Get More Traffic, Leads & Sales**

SCAN ME

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

**Frontline** web consulting

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

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>

**ETTA TELECOM**

DEDICATED TO FINDING OUR CLIENTS THE BEST SOLUTIONS WITHIN THEIR BUDGETS

**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!

**PSC** Prairie Scented Candles

**Sunset Scents** a RAY of Fragrance

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

**FREE!**

**New Issue Every Week!**

**Coffee News®**

"News To Be Enjoyed Over Coffee"

**Central  
Edmonton  
Edition**

**780-220-6397**

www.coffee-news.ca

Est. 1988

Vol. 19 No. 21 May 23, 2022

**Everybody's Talking**

**Monumental monolith:** Mumbai, India, may have lots of tall buildings and apartments, but within one of its suburbs is a natural wonder called Gilbert Hill. Looking like a gigantic monolith, this hill stands 60 metres (200 feet) high and is thought to be 66 million years old. It formed from lava that erupted eons ago. Developers have erected buildings close to the base of this geographic marvel, but in the 1950s, the government banned quarrying its black basalt. On top of Gilbert Hill stand two Hindu temples, open to visitors. From this vantage point, the view of Mumbai is striking. Locals say that Gilbert Hill is a hidden treasure amidst the urban environment.

**Dressing room drama:** Giavanna Diesso was doing something very ordinary—trying on clothes in the dressing room of a store in New York City. However, the situation turned scary when her little brother closed the door of the room, which was actually an old bank vault, and locked the teen inside. Her mom panicked when she was unable to open the door. The fire department was called, and a crew immediately started drilling a hole in the vault. Eventually, they made an opening large enough for Giavanna to get through. A locksmith had to be called to open the old lock, which had been disabled but then inexplicably locked that day.

**Skin diving:** Japan has a centuries-old method of collecting things from the bottom of the sea. Women who are called ama, meaning "sea women," dive down to collect such resources as shellfish, seaweed, and pearls. In the old days, ama, who can hold their breath for a minute or more and have trained themselves to withstand the cold water, would wear traditional garments called fundoshi and a bandana to cover their hair. Some of today's ama divers wear wetsuits, but they don't use air tanks. In the 1950s, there were over 17,000 ama who made their living diving for resources, but today there are only about 2,000 in the business. Some are able to continue their work until they are elderly.

**Four-year break:** A French newspaper called La Bougie du Sapeur was published on February 29, 2020, and it won't hit the newsstands again until that same date in 2024. That's because it appears only on the leap day of each leap year. So far, 11 issues of this satirical periodical have been published; the first one was in 1980. In English, the broadsheet's name is The Sapper's Candle, referring to a late 19th-century cartoon character who was born on February 29. Jean d'Indy, the current editor, enjoys amusing readers by doing things like promising crossword answers in the "next" edition!

**Quoteable Quotes**

"Good judgment comes from experience, and a lot of that comes from bad judgment."  
—Will Rogers

"Write it on your heart that every day is the best day of the year."  
—Ralph Waldo Emerson

**What's Happening**

**July 15 to 17-Edmonton Carnaval** a Latin festival that serves as a platform for local artists and artisan, creates spaces of culture and entertainment for the whole family. [www.edmontoncarnaval.com](http://www.edmontoncarnaval.com). 9210 118 Avenue.

**Apr 23 to Jun 19-5050 Playground Fundraiser!** The St. Elizabeth Seton K-9 School is currently raising funds for a NEW PLAYGROUND! Our outdated playground is falling apart, and we need your help to make it shine again! Sales end Sunday, June 19, 2021. Go to [rafflebox.ca/rafflesesfa](http://rafflebox.ca/rafflesesfa) to buy tickets.

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. In ancient Egypt, who was the daughter of the sun god and usually represented by a cat?
2. What is a bridewell?
3. What canal had its grand opening in 1825?
4. Who played Mrs. Robinson in the movie The Graduate?
5. The planet Mercury has how many moons?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

(Over)

**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](http://TheSeed.ca/donate)

THE MUSTARD SEED

**RETIREMENT LIVING CHRISTENSON**

Optional Meals • Personalized Services • On-site Care

**Join Our Safe & Social Community**

**VILLAGE AT Westmount**

Scan QR Code

Ask about our rental promotion

**Full Kitchens • Social & Recreation • U/G Parking**

**13317-115th Ave, Edmonton**

**780-452-2030**  
[CDLhomes.com](http://CDLhomes.com)

CHRISTENSON COMMUNITIES

**MATHESON**

Affordable Seniors Living

**"Suite Deals!"** (Studio Suites)

STARTING FROM **\$490** PER MONTH

**Free Meals & Free Laundry For a Month!**

Call **780.454.5505** to book your tour!

**11445 - 135 St. NW**

\*Utilities, Smoking floor surcharge and Reno not included in rate.

**Coffee News®**

is proudly delivered by

**McMan**

Coffee News® Part of your community.

**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



**You Deserve the Best  
from Your Local Real  
Estate Company**



**ARC Realty** **780-473-4000**

**Mariola Walter** marwalter360@hotmail.com  
Put my two decades of experience to work for you!

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

Zone 13  
Updated 07.16.21

**We  
appreciate  
you!**

A & W x 2 Basha Donair & Shawarma Blaze Pizza Booster Juice Brits Fish and Chips Burger Baron Café Tiramisu Chateau Nova- The Pantry Chopped Leaf Day & Night Pizza Destination Doughnuts Domino's Pizza Donair Way	Edo Fantasia Noodle House Express Fat Burger Freshii Grande Café & Bistro Haong Long Harvey's KFC Kyoto Japanese Cuisine Little Ceasars Loblaws City Market Marcos Famous McDonalds	Nhatrang Vietnamese Restaurant Original Joe's Pho Hoan Pasteur Pizza Hut Primetime Donair Quiznos Remedy Café Ricky's Royal Pizza Second Cup Streets Subway Tim Hortons x 3 Toast Culture Tokyo Express Uncle Albert's	Urban Diner Vancia Donair and Shawarma Wendy's Wing Snob Woodshed Burgers World's Finest Donair
--	---	---	--

**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.



**inogen**  
**FREEDOM.  
TO BE YOU.**

**1-888-998-6714**

MKT-P0253

**Happy  
Victoria  
Day**

from your friends at  
**Coffee News®**



**STERLING  
ADVISORY INC**

**UK Pension Transfers**

Personal or Company pension left behind in  
the UK? ...Contact us to discuss your options

Tel: 1-250-863-7766 | mark@sterlingadvisory.com  
**www.sterlingadvisory.com**



**ELECTRICIAN  
FOR HIRE**

Residential  
Light Commercial  
Electrical Repairs and Renovations

Art de Leon **Master Electrician**

**780.932.3858** Cell  
ajdeleon63@gmail.com

**INTERESTED IN CRYPTO?**

DON'T KNOW WHERE TO BEGIN?

**WE CAN HELP!**



- ✓ Buy Crypto online or at  
one of our 10 locations
- ✓ The easiest way to buy  
cryptocurrencies!



**CASH2CRYPTO**

**1.888.909.2833 | info@cash2Crypto.ca**

# Your Weekly Horoscope

**ARIES**

**(March 21 - April 20)**



Your emotions may be  
running high, especially  
early in the week. Be  
careful about being impu-  
sive in your response to  
them. Try to keep your eyes

open for less-than-obvious opportunities.  
Lucky numbers: 5, 11, 16, 31, 34, 37.

**TAURUS**

**(April 21 - May 21)**



For the next few weeks, your  
relationships may be the  
primary focus in your life. Be  
calm regarding any issues,  
and try to concentrate on  
improving your communica-  
tion with others who are involved. Lucky  
numbers: 9, 12, 23, 37, 40, 44.

**GEMINI**

**(May 22 - June 21)**



You may be feeling highly  
energetic right now. Other  
people might be drawn to  
you. They could provide  
you with information that  
expands your potential  
opportunities to achieve your goals.  
Lucky numbers: 7, 20, 26, 32, 40, 46.

**CANCER**

**(June 22 - July 22)**



Is there someone not  
being supportive of you,  
perhaps one of your  
parents? You may want to  
find a way to address it,  
so that you might find  
more emotional balance. Lucky numbers:  
16, 17, 29, 33, 46, 48.

**LEO**

**(July 23 - Aug. 23)**



If you are frustrated in  
your career, what change  
might make you happy?  
This may range from a  
shakeup in your current  
job to thinking about a  
new career. Lucky numbers: 2, 6, 9, 30,  
33, 39.

**VIRGO**

**(Aug. 24 - Sept. 23)**



Virgos are usually very  
practical. Recently, how-  
ever, your ambitions may  
have been more focused on  
understanding the unseen,  
ethereal plane. This might  
give you a more balanced view of the world.  
Lucky numbers: 3, 12, 15, 36, 40, 45.

**LIBRA**

**(Sept. 24 - Oct. 23)**



You may receive impor-  
tant information that  
could create a conflict  
between your head and  
your heart. An adjustment  
in your way of seeing the  
situation might help resolve the issue.  
Lucky numbers: 13, 16, 17, 21, 23, 37.

**SCORPIO**

**(Oct. 24 - Nov. 22)**



Toward the end of the  
week, your thoughts and  
emotions may be out of  
sync. Consider waiting a  
few days before you take  
action, and the situation  
might start to ease up. Lucky numbers:  
11, 13, 19, 22, 31, 46.

**SAGITTARIUS**

**(Nov. 23 - Dec. 21)**



You have a long-held  
dream that hasn't mani-  
fested, no matter how  
hard you try? Perhaps an  
old, emotional wound  
may be blocking you.  
Working to release it might help. Lucky  
numbers: 3, 8, 9, 13, 31, 32.

**CAPRICORN**

**(Dec. 22 - Jan. 20)**



You recently may have  
received insight from your  
unconscious that caused you  
to focus on what you value.  
Take time to figure out how  
you might positively inte-  
grate this information into your life. Lucky  
numbers: 4, 11, 16, 25, 33, 43.

**AQUARIUS**

**(Jan. 21 - Feb. 19)**



What are you passionate  
about accomplishing in  
your life? Hard work and  
focus at this time may  
allow you to achieve your  
dreams and goals in this  
regard. Lucky numbers: 6, 8, 15, 18,  
30, 41.

**PISCES**

**(Feb. 20 - March 20)**



You might be entering a  
period where your focus  
could shift toward being of  
service to others. You may  
receive insight about how  
to do so. Try to ponder it  
before proceeding. Lucky numbers: 1,  
13, 16, 19, 21, 26.

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

## Did You Know...

**Grammy winners:** The late conductor Georg Solti holds  
the record for the highest number of Grammy wins: 31,  
with most being in the classical field. Just after him are  
musician/producer Quincy Jones and singer Beyoncé, both  
with 28.

**Big bite:** Mosquitoes are annoying. Their itchy bites come  
not from teeth, but from a proboscis, a tubular mouthpiece that  
punctures the skin, inserts saliva as a coagulant, and draws  
blood. The saliva causes the itch. Females use protein in blood  
for their eggs; males cannot bite.

**Short life:** A baseball has a very short life span. In  
professional use, it lasts about seven pitches and then needs to  
be replaced. An average baseball game uses between 60 and  
70 balls.

**Tiny nests:** Hummingbirds are tiny, and so are their nests,  
which are about 1.5 to 2 inches (3.8 to 5 cm) across. They  
are made from a variety of natural materials, including spider  
webs that allow the nest to expand to accommodate the  
rapidly growing babies.

**Coffee supplier:** Those who enjoy coffee would love to live  
in Brazil. This South American country has been the world's  
largest coffee producer for over 150 years.

## On the Lighter Side

How do gymnasts feel after a routine? Head over heels.

"Can I borrow five dollars? I'm a little short today."  
"Will you be a little taller tomorrow?"

What do you get when you cross Cinderella with a barber?  
Glass clippers.

Knock! Knock! Who's there? Avenue. Avenue who? Avenue  
heard enough of these jokes?

Teacher: "What did Caesar say when Brutus stabbed him?"  
Student: "Ouch!"

## Answers

**Trivia answers:** 1. Bastet (or Bast) 2. A prison for petty  
offenders. 3. Erie 4. Anne Bancroft 5. None

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

Affordable-Effective-Exclusive-CALL NOW!

**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!



**Readers of the Month**  
from Millet, AB

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

**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



**LegalShield®**

Call **LOYD KENNEY**,  
Independent Associate, to find out  
how LegalShield can help you!

**1-877-579-9449**

- ✓ 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**

**Congratulations**  
to March's  
**Coffee News® Guy**  
contest winners!

Your prizes  
are in the mail!

**Patrick Cole  
Colton Huber  
Maureen Johnson  
Graham Harbak**



Enter today for  
your chance to win at  
**www.coffee-news.ca**

**STOP STREAMING!  
IT'S FUNNIER LIVE  
AT THE COMIC STRIP**  
BOURBON STREET, WEST EDMONTON MALL

PURCHASE TICKETS ONLINE AT  
**thecomicrostrip.ca**

*Rick Bronson's*  
**THE COMIC STRIP**  
DRINK • DINE • LAUGH



**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**



**Recipe of the month**

**Grilled Huli  
Huli Chicken**

1 cup packed brown sugar	2-1/2 teaspoons minced
3/4 cup ketchup	fresh gingerroot
3/4 cup reduced-sodium	1-1/2 teaspoons minced
soy sauce	garlic
1/3 cup sherry or chicken	24 boneless skinless chicken
broth	thighs (about 6 pounds)

Prep: 15 min. + marinating Grill: 15 min. Yield: 12 servings

- ① In a small bowl, mix the first 6 ingredients. Reserve  
1-1/3 cups for basting; cover and refrigerate. Divide  
remaining marinade between two large shallow dishes.  
Add 12 chicken thighs to each; turn to coat. Refrigerate,  
covered, for eight hours or overnight.
- ② Drain chicken, discarding marinade.
- ③ Grill chicken, covered, on an oiled rack over medium  
heat for 6-8 minutes on each side or until  
a thermometer inserted into chicken  
reads 170°; baste occasionally with  
reserved marinade during the  
last five minutes.

An ideal recipe to try during  
May, Barbecue Month!

Source:  
**https://www.tasteofhome.com**

