


**Heating System Not Working? We've Got You Covered!**

**15% OFF YOUR FIRST PURCHASE**

- HVAC and Mechanical Building Maintenance
- Troubleshooting and Diagnostics
- Installations, Repairs and Maintenance on all Heating & Ventilation
- We Service all Makes and Sizes of Boilers and Furnaces
- Serving Residential and Commercial Clientele

**RELIABLE SERVICE FOR 20+ YEARS**

**RBA MECHANICAL INC.**  **780-474-7481 www.rbamech.ab.ca**

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

# Coffee News®

"News To Be Enjoyed Over Coffee"

**Edmonton Northeast Edition**

**780-220-6397**

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

Est. 1988

## Recipe of the month

### Fish Tacos With Guacamole

2 cups angel hair coleslaw mix  
1-1/2 teaspoons canola oil  
1-1/2 teaspoons lime juice

**GUACAMOLE:**  
1 medium ripe avocado, peeled and quartered  
2 tablespoons fat-free sour cream  
1 tablespoon finely chopped onion  
1 tablespoon minced fresh cilantro  
1/8 teaspoon salt  
dash pepper

**TACOS:**  
1 pound tilapia fillets, cut into 1-inch pieces  
1/4 teaspoon salt  
1/8 teaspoon pepper  
2 teaspoons canola oil  
8 corn tortillas (6 inches), warmed

**Optional toppings:** Hot pepper sauce, chopped tomatoes, green onions and jalapeno pepper

Prep: 25 min. + marinating Cook: 10 min. Yield: 4 servings

- In a small bowl, toss coleslaw mix with oil and lime juice; refrigerate until serving. In another bowl, mash avocado with a fork; stir in sour cream, onion, cilantro, salt and pepper.
- Sprinkle tilapia with salt and pepper. In a large nonstick skillet, heat oil over medium-high heat. Add tilapia; cook until fish just begins to flake easily with a fork, 3-4 minutes on each side. Serve in tortillas with coleslaw, guacamole and desired toppings.

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



## THIS SPACE FOR RENT

**780-220-6397**

Coffee News is proud to support Make-A-Wish® Canada



Transform lives, one wish at a time.

**Make-A-Wish.**

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

## ELECTRICIAN FOR HIRE

Residential  
Light Commercial  
Electrical Repairs and Renovations

Art de Leon  Master Electrician

**780.932.3858** Cell  
[ajdeleon63@gmail.com](mailto:ajdeleon63@gmail.com)

## 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)

## INTERESTED IN CRYPTO

...BUT DON'T KNOW WHERE TO START?

- Trusted cryptocurrency experts in Edmonton
- Education and support for our customers
- Easy buying and selling
- Secure storage setup

**CASH2CRYPTO**

**1.888.909.2833 | info@cash2crypto.ca**

## FREE ROLLING TRAY

WHEN YOU PRESENT THIS COUPON

LIMIT 1 PER CUSTOMER - SEE IN STORE FOR DETAILS

**BUBONIC KRONIK** EDMONTON

8060 - 167 AVE. NW

420

ECIGS - VAPORIZERS - BONGS

780.371.0106

NO PURCHASE NECESSARY

## Everybody's Talking

Grilled gold: If a grilled cheese sandwich needs to be ordered two days in advance, chances are good that it's not a normal grilled cheese sandwich. A restaurant in New York City (U.S.) called Serendipity 3 sells its "Quintessential Grilled Cheese Sandwich" for a whopping \$214 (USD). The reason for the high price is the amazing ingredients in what otherwise would be standard fare at a lunch joint. The restaurant uses bread that has champagne and edible gold flakes baked into it. The cheese is a rare Italian type called caciocavallo podolico, which is savory and complex. The dipping sauce served with the sandwich is South African Lobster Tomato Bisque. Mmmm!

**Art alternative:** A business in Japan lets people rent paintings for as long or short a period as desired. Called Casie, the service has become popular, especially for people who cannot afford to buy expensive works of art. Instead, they can pay by the month to have a painting in their home or office, and they can change it when they get tired of it, or if they want to seasonally alter their décor. The founder of the company, Sho Fujimoto, got the idea from seeing his artist father struggle to make a living selling his art. He figured that by offering paintings for rent, both the renter and the artist would benefit. Casie delivers the paintings to the renter's doorstep.

**Not just a babysitter:** Parents who want to hire a nanny to look after their children might want to consider a graduate of Norland College in Bath, England. One word of warning: these nannies cost a lot of money—somewhere in the vicinity of £78,000 or more per year—because of the special training they receive. Norland College began in the late 1800s, at a time when there was little to no official training for childcare providers. The high-quality education continues today; graduates are capable of teaching manners, various languages, and athletic pursuits, and they do all this with loving affection, in a fair, firm way. Norland nannies often find jobs with wealthy, well-known families.

**Clear and blue:** Anyone who wants to visit a lake with clear water should consider New Zealand's Blue Lake. Located in the Nelson Lakes National Park conservation area on the country's South Island, Blue Lake is said to have the clearest water of any freshwater lake in the world. The Maori name is Rotomairewhenua, meaning "Lake of Peaceful Lands." Its spring-fed water is naturally filtered through a dam formed by a landslide, so particles suspended in the water get filtered out as they pass through. Like other mountain lakes with clear water, this one has a beautiful blue hue, hence its English name.

## Quoteable Quotes

"Every day we choose who we are by how we define ourselves."  
—Angelina Jolie

"To live happily with other people, ask of them only what they can give."  
—Tristan Bernard

## 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.

**Jul 16 - Edmonton Ice Cream Run 5K, 10K Walk Run and Little Scoops Fun Run.** Great family event for all ages and all communities. Enjoy Chapmans Ice Cream Buffet at the finish line. [www.edmontonicecreamrun.ca](http://www.edmontonicecreamrun.ca)

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!

...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.

## 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@vdhf.ca](mailto:admin@vdhf.ca)  
[www.vdhf.ca](http://www.vdhf.ca)  
5401-46 St., Vermilion

**Vermilion & District Housing Foundation**

## Creating Smiles That Last A Lifetime...

BECAUSE YOUR SMILE DESERVES IT!

- General Dentistry • Cosmetic Dentistry
- Restorative Dentistry • Botox Treatments

**Dr. Derek Fika Family Dentistry**

Call today to book your appointment:  
**587-760-4227**

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

Visit us at 12943-97 Street NW, Edmonton

**FREE TAKE HOME WHITENING KITS WITH EVERY ANNUAL EXAM AND MAINTENANCE VISIT**

## WEBSITES From \$129/Month

**(780) 760-6922**

[FRONTLINECONSULTING.CA](http://FRONTLINECONSULTING.CA)

- Business Immigration
- Skilled Trades Immigration
- Student Immigration
- Spousal Sponsorship
- Parents Sponsorship

**MEWI** Immigration Services Inc. REGULATED CANADIAN IMMIGRATION CONSULTANTS

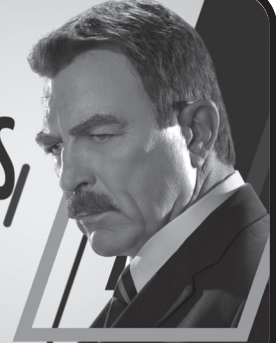
EMPLOYERS - NOT ABLE TO FIND EMPLOYEES? WE CAN HELP!

Phone/Whats app +1 647-702-9635 / +1 780-710-9635  
[info@mewiimmigration.ca](mailto:info@mewiimmigration.ca) | [www.mewiimmigration.ca](http://www.mewiimmigration.ca)

## BLUE BLOODS

MONDAY TO THURSDAY 8PM/7PST

yesTV



Jennifer Miles, Agent

125-15 Circle Dr  
St. Albert AB T8N 3Y7  
780-460-2279  
[www.jmilesinsurance.com](http://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.

## Trivia

- Where is the easternmost point of the famous U.S. Rt. 66?
- What year did the first Barbie doll debut?
- Who is the author of the novel Alaska?
- What battle did Napoleon fight on Sunday, June 18, 1815?
- A baby alpaca is called what?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

(Over)

## COMPOST Sale

**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
- Callingwood Square 6741-177 St.

**Organic Soil**  
40 lb bag for \$10  
Three for \$25 or Five for \$40

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

## 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>

## Thank You

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

Zone 77 Updated 01.17.22

We appreciate you!

A&W	Mary Brown's McDonalds x 2	Tandoori Bites
Aladdin Donair	Noodle 42	Taaste Donair
Arby's	Opa!	Tim Hortons x 4
Boston Pizza x 2	Papa's Restaurant	Totai Sushi Express
C-Lovers	Pizza 73	Uncle Ed's Restaurant
Cora	Pizza Hut	Versato's Pizza
Cork and Barrel	Popeyes Louisiana Kitchen	Wok Donair
Dairy Queen	Punjab Platter	
Domino's	Queen Donair	
Donair Lover	Red Swan Pizza	
Freshii	Saigon Flavours	
Ghost Kitchens	Subway x 3	
Humpty's	Swiss To Go	
JB's Big Boy	Taco Time	
Joyous Pizza Donair		
KFC		
Maple Pizza		

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.



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



Give Hope. Give Today.  
[TheSeed.ca/donate](http://TheSeed.ca/donate)



## Buy back your time and your mental health!

- ✓ Home cleaning you can trust
- ✓ Green, family-friendly products
- ✓ No surprise bills

[www.sparklingspaces.ca](http://www.sparklingspaces.ca)

# Sparkling Spaces

MAKING THE WORLD SPARKLE ONE SPACE AT A TIME

780.233.8560 | [info@sparklingspaces.ca](mailto:info@sparklingspaces.ca)

## FOR ALL YOUR SEWER, PLUMBING, HEATING & GASFITTING NEEDS

- Plumbing Repairs, Maintenance & Renovations
- Hot Water Tanks
- Plumbing Fixtures
- Furnace Install & Repair
- ...and more!

**GUARANTEED EXCELLENCE and 24 HR. SERVICE BY PROFESSIONAL TRADESMEN**

# ADG

KABAN SEWER & DRAIN LTD.

Supporting and Servicing St. Albert and Surrounding Areas For Over 27 Years

Troy 780.498.6888 Cell. LICENCED • BONDED • INSURED  
780.458.9778 | [www.adgplumbing.com](http://www.adgplumbing.com)

## 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**

**FREE ASSESSMENT CALL TODAY!**

For Expert Help:  
**1.844.453.5372**



# Your Weekly Horoscope

**ARIES (March 21 - April 20)**  
You may be feeling even more ambitious than usual. Look for a hidden gem of an opportunity that, along with hard work and a little luck, may allow you to succeed. Lucky numbers: 12, 19, 34, 35, 37, 45.

**LIBRA (Sept. 24 - Oct. 23)**  
Libras value smooth relationships, sometimes to the detriment of achieving their own goals. But your ambitions may be highlighted right now. Try to carefully weigh the pros and cons of potential endeavours. Lucky numbers: 6, 18, 23, 29, 31, 36.

**TAURUS (April 21 - May 21)**  
Those born under the sign of the bull value the stability of the known. Now, however, there may be a potential to develop the ability to be open to seeing new possibilities. Lucky numbers: 3, 4, 8, 41, 46, 48.

**SCORPIO (Oct. 24 - Nov. 22)**  
Scorpios often have an uncanny ability to see the underlying truth in people and circumstances. Right now you may want to weigh the risks of acting on any unexpected information you might receive. Lucky numbers: 1, 11, 20, 24, 44, 47.

**GEMINI (May 22 - June 21)**  
Have your relationships recently been based more on intellect than on feeling? You may be entering a period where this dynamic could shift to a more intuitive and emotional bent. Lucky numbers: 10, 17, 23, 32, 44, 47.

**SAGITTARIUS (Nov. 23 - Dec. 21)**  
Enthusiasm and optimism are hallmarks of Sagittarius. At the start of the week, these traits may be highlighted, perhaps giving you the opportunity to dissipate any obstacles in your current situation. Lucky numbers: 14, 15, 31, 32, 40, 43.

**CANCER (June 22 - July 22)**  
During the middle of this week, you may receive practical information that could aid you in accomplishing your objectives. The potential also exists for you to improve communications with others. Lucky numbers: 9, 13, 16, 18, 21, 43.

**CAPRICORN (Dec. 22 - Jan. 20)**  
The beginning of the week includes a potential to bring current projects to completion. However, you may need to adjust your viewpoint regarding new items on the horizon. Lucky numbers: 17, 23, 30, 33, 35, 42.

**AQUARIUS (Jan. 21 - Feb. 19)**  
An ability to quickly glean and process information in one's environment is a common Aquarius trait. The question now is this: toward what endeavour do you want to apply this knowledge? Lucky numbers: 4, 12, 22, 26, 31, 44.

**VIRGO (Aug. 24 - Sept. 23)**  
Virgos sometimes pursue a fruitless search for the perfect job, partner, and so forth. You may be entering a period that heightens your long-term efforts to develop more empathy toward yourself and others. Lucky numbers: 13, 19, 21, 27, 34, 41.

**PISCES (Feb. 20 - March 20)**  
You may find that your Pisces empathy is enhanced right now. If this energy starts to become an emotional burden, how can you focus it instead on your spiritual development? Lucky numbers: 7, 10, 33, 39, 43, 48.

Lucky numbers this week: This week's odds favour Sagittarius winners with the luckiest number being 15.

## Did You Know...

- Night vision:** Vitamin A in carrots is good for eye health, but doesn't improve night vision. To get people to eat more carrots due to a surplus during World War II, the United Kingdom Ministry of Food claimed consuming carrots improved pilots' night vision.
- Bridge city:** Venice, Italy, is known by several names, including City of Canals, Floating City, and City of Bridges. At least 400 bridges crisscross its canals. The widest is the stone arch Rialto Bridge. With footpaths and a striking view, it measures 22.9 metres (75 ft.) wide.
- Funny ears:** Grasshoppers' ears aren't on their heads, but on their bellies. Auditory organs encased in membranes are located on either side of a grasshopper's abdomen, tucked under their wings, where they vibrate in response to sound waves.
- Lots of letters:** English speakers and writers need to know 26 letters in the alphabet, but people using the Cambodian language must learn many more. The Khmer alphabet has 74 letters, the most of any language in the world.
- Hiking surprise:** In 1991, German hikers exploring the Similaun Glacier in the Alps discovered the mummified body of an estimated 5,300-year-old man. The Iceman, dubbed "Ötzi" for the area of the Alps where he was found, was very well preserved.

## On the Lighter Side

Knock! Knock! Who's there? Rhoda. Rhoda who? Rhoda horse all the way through town.

What kind of train do ballerinas ride? A tutu train.

A ship wrecked while carrying red paint. It marooned all the sailors.

Customer: "Waiter, what is this insect in my soup?"  
Waiter: "I wish you wouldn't ask me. I don't know one bug from another."

Why did the cucumber need a lawyer? It was in a pickle.

## Answers

**Trivia answers:** 1. Chicago 2. 1959 3. James A. Michener 4. Waterloo 5. Chia

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

## Congratulations

to April's **Coffee News® Guy** contest winners!

Your prizes are in the mail!

Charles Bradbrooke  
Theresa McKenzie  
Sandi Hilgardner  
Ron Diakur

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



## STOP STREAMING! IT'S FUNNIER LIVE AT THE COMIC STRIP

BOURBON STREET, WEST EDMONTON MALL

PURCHASE TICKETS ONLINE AT [thecomicstrip.ca](http://thecomicstrip.ca)

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



## IS ADVENTURE ON YOUR BUCKET LIST?

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

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

**The Dive Outfitters**  
Scuba Diving & Snorkeling  
780.483.0044  
11781-156 St., Edmonton

[www.thediveoutfitters.ca](http://www.thediveoutfitters.ca)

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

## 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!

**Readers of the Month**  
Ian & Emma from Edmonton, AB

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



## 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)



## 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**

## 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®



## inogen

# FREEDOM. TO BE YOU.

1-888-998-6714

