



The World's #1 Restaurant Publication!

disease.Register @ https:kidneywalk.ca

FREE!

NON profit organizations may submit events for FREE at www.coffee-news.ca/whats-happening



Prize Package

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!

...or send your entry by snail mail to: CN Guy Contest, 9768 170 Street, Suite 303, Edmonton, AB TST EL4. 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

Legal Services You Can Trust C COOPER REGEL Wills, Enduring Powers of Attorney and Personal Directives Probate & Administration • Estate Litigation Real Estate Sales, Purchases and Refinance Shantelle Smith | 780.570.8453 77 Chippewa Road, Sherwood Park AB

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!

ETTA TEL

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

Affordable-Effective-Exclusive-CALL NOW!

Trivia

- 1. Mount St. Helens' most destructive, 20th-century eruption was when?
- 2. "Cannonball" Adderley is best known for playing what instrument?
- 3. Who led China during the Cultural Revolution?
- 4. In science, what does LED stand for?

ners (\$100 each) will be drawn on the 15th of each r

5. Which U.S. Constitutional Amendment includes the right to a speedy, public trial?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd (Over)



Book Barbara Today! 780-722-3188



BARBARAMAY.COM | STUMBLING-BLOCKS.COM







What's In Your Glass? with R&R

Alberta Has It All

"Flatlands and rollin' plains, clear blue skies, prairie rains; a tapestry of colours in the fall. Snow covered mountain tops, wheat fields, canola crops; Alberta has it all." This is from our Alberta provincial anthem. That's just a smidge of it, because if we wrote the whole thing, well, you would miss our monthly wit and wisdom. Okay, maybe just our wit (haha).

There's no part in the anthem about our liquid assets. We mean of the alcohol type, of course. We make some wicked products in Alberta



(March 21 - April 20)

Are you withholding forgiveness to someone who hurt you in the past? If so, now may be a good time to consider letting the

matter go, as much for yourself as for them. Lucky numbers. 16, 17, 21, 34, 38, 47. **TAURUS**

(April 21 - May 21)

Are you experiencing an unusual difficulty in a relationship? If so, thinking about whether you are going over old territory, repeating an earlier event

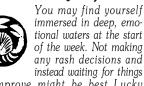
in a different guise, might be helpful. Lucky numbers: 6, 18, 27, 37, 42, 45. GEMINI

(May 22 - June 21)

For the next few weeks, you may find that people or situations might be obstacles to your goals. Try to avoid arguments that may have effects that linger after this period passes. Lucky

numbers: 13, 14, 21, 22, 24, 28. CANCER

(June 22 – July 22)



to improve might be best. Lucky numbers: 21, 25, 35, 37, 44, 47. LEO

(July 23 - Aug. 23)

The highest expression of sunny Leo is an innate joy. A period of Leo energy is coming to a close. Try to remember its pattern, and hold onto it in the days ahead. Lucky numbers: 1, 14, 18, 22, 36, 46.

VIRGO

(Aug. 24 - Sept. 23)

Your birthday month could start a new cycle for you. What do you want to accomplish? At the end of the week, you may discover a jumpstart

to this process. Lucky numbers: 7, 12, 10, 39, 42, 47,

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

Did You Know...

Public art: The word "graffiti" comes from the Italian graffio meaning "scratch." In this form of art, groups or individuals mark public spaces with messages. It is often, but not always, an illegal activity.

Rich man: Not surprisingly, American actor Michael Douglas, who is famous for such movies as Wall Street and Basic Instinct, is a millionaire many times over. His estimated net worth is between \$300 and \$350 million (USD).

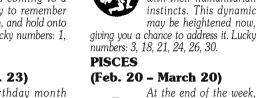
Hurting hips: People who sleep on their sides might have pain in their hips due to the pressure exerted during a long slumber. One solution: investigate different mattresses or mattress pads to find one that is neither too hard nor too firm for your body.

Spidey sense: Lots of people have spider plants (*Chlorophytum* comosum) in their homes because their care is easy for the amateur green thumb. Many people place them in plant hangers, but they also can adorn a tabletop. **Harmless bug:** Although it looks like it might be ready to take a bite, the European hornet moth (Sesia apiformis) is actually quite harmless. Its yellow and black, wasp-like features are meant to scare away predators, and it does not have a stinger.

CN-Proudly printed by One to One Mailing

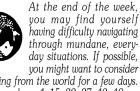






At the end of the week, retreating from the world for a few days.

Lucky numbers: 4, 15, 32, 37, 42, 48.



Libras usually have a

natural charm and grace,

and they often use these

qualities to diffuse conflict

between other people.

Your ability to communi-

Scorpios often have the

ability to see hidden truths

in others. The energy right

now may give you an

opportunity to approach

communicating with oth-

Do vou have any loose

ends in your personal or

work life that have been

dangling for a while?

Now might be a wise

time to try to wrap up

You may find some impor-

tant information at the

beginning of the week. This could provide insight,

and perhaps opportunity,

in your current life situa-

Some Aquarians may have

an emotionally detached

nature that can be at odds

with their humanitarian

instincts. This dynamic

may be heightened now,

cate in this way may be heightened now.

Lucky numbers: 12, 14, 15, 23, 33, 34.

ers in a diplomatic manner. Lucky

the situation. Lucky numbers: 2, 6, 13,

tion. How to use it is up to you. Lucky

numbers: 10, 13, 23, 28, 32, 46.

(Jan. 21 - Feb. 19)

(Oct. 24 - Nov. 22)

numbers: 5, 7, 24, 27, 31, 39.

(Nov. 23 - Dec. 21)

SAGITTARIUS

17, 34, 46.

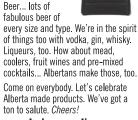
CAPRICORN

AQUARIUS

(Dec. 22 - Jan. 20)

SCORPIO





ton to salute Cheers! www.leduccoopliquor.com

• 103-100B Deer Valley Dr. • 780.980.5139



Visit us on Facebook-CoffeeNewsWeekly

On the Lighter Side

Ned: "My pet kangaroo can't wait until 2024." Ted: "Why is that?" Ned: "It's a leap year!"

Why did the upholsterer quit her job? She was worn out.

Knock! Knock! Who's there? Omega. Omega who? Omega vour mind!

What kind of books do skunks read? Best smellers.

Pirates have a hard time getting through the alphabet. They always get lost at C.

Answers

4. Light-emitting diode 5. Sixth Probas of M.S. Saxophone 3. Mao Zedong

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



Zone 41-Beaumont