

**BEST OF HAWAII  
FOUR-ISLAND  
TOUR**

12 days, departs  
year-round



FROM  
\$2,549  
\$2,299\*  
USD



**1-877-699-7003**  
promo code N7017

\* Prices are per person based on double occupancy plus \$299 in taxes & fees. Single supplement and seasonal surcharges may apply. Add-on airfare available. Offers apply to new bookings only, made by 9/30/22. Other terms & conditions may apply. Ask your Travel Consultant for details.

**STOP STREAMING!  
IT'S FUNNIER LIVE**

AT THE COMIC STRIP  
BOURBON STREET, WEST EDMONTON MALL

PURCHASE TICKETS ONLINE AT  
**thecomicstrip.ca**

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



**RIVERPOINT PLUMBING LTD.**



Drain Clearing • Hot Water Tanks  
Appliance Installation • Clogged Toilet  
Running Toilet • Leaking Pipes  
Sump Pumps • Shower Rough-ins  
Outdoor Taps • Humidifiers  
Water Line for Fridge  
Garburators • Dishwashers

CALL THE RELIABLE  
PROFESSIONALS  
**825-439-7425**

FREE QUOTES | SENIOR DISCOUNTS  
OPEN 7 DAYS A WEEK!

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!**



- ✓ 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

**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:**

- 📞 Your name
- 📍 Your phone number and 📍 Your address
- 🎁 You can send you some **cool prizes** if your photo is chosen to appear in the paper!



**Reader of the Month**  
Jessica Montgomery from Hinton

**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)



**BLUE  
BLOODS**

MON - THURS 9:00

yesTV

**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®

The World's #1 Restaurant Publication!

**FREE!**

**New Issue Every Week!**

**Coffee News**®

"News To Be Enjoyed  
Over Coffee"



**North Central  
Edmonton  
Edition**

**780-220-6397**

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

Vol. 19 No. 48 November 28, 2022

**Everybody's Talking**

**Old mine:** A spooky but intriguing place can be found in an isolated part of northeast Ireland. It is the remains of the once-active Benbulbin Barite mine, which was in operation from the late 1800s to 1979. Barite (which also is called baryte) is a mineral that has many uses in a number of industries, such as aggregate in cement and as an aid in taking gastrointestinal x-rays. Today, the mine's buildings are gone, but many pylons, wire ropes, and wooden planks remain on the site. The mine is dangerous and is on private property, so anyone who wishes to visit needs to obtain permission from the owner.

**Colourful addition:** Gardeners wanting to spruce up their flower beds with some startling colours might want to look into Brassica oleracea, ornamental cabbage and kale. That's right, these vegetables are not just for eating. The most common colours for these plants are purple, white, and pink, and all three might be layered throughout the leaves in one cabbage or kale plant. The leaves of ornamental cabbage are flat, while in the ornamental kale they are frilly or ruffled. They are good plants to grow in cooler areas because they can survive temperatures well below freezing.

**Wild race:** A mountain biking race like no other has been taking place in France each year since 1995. It's called "Megavalanche" and requires contestants to race 2,600 metres (8,530 feet) down a glacier called Pic Blanc. What makes this race stand out is the mass start: about 2,000 riders all begin at the same time at the top, racing down, virtually out of control, at speeds of up to 120 kph (75 mph). The route is slushy and at some points riders actually have to touch their feet to the ground to keep from falling. All the while, helicopters are buzzing overhead and loud music plays, adding to the electric atmosphere.

**Name calling:** What's in a name? In the case of a young Indonesian boy from South Sumatra, it's his father's penchant for crossword puzzles and his love of the English alphabet. That's why the father, Zulfahmi, decided on "ABCDEF GHIJK" as a name for his son. As the child grew and started school, his friends laughed at him, but today he actually likes his unusual name. Day to day, he is known by the nickname "Adef." Luckily for Adef's two younger brothers, someone in the family must have objected: they are named Ammar and Attar, but Zulfahmi reportedly had wanted to name them "NOPQRSTUV" and "XYZ."

**Quoteable Quotes**

"Conscience is the inner voice that warns us somebody may be looking."  
—H.L. Mencken  
"So absolutely good is truth, truth never hurts the teller."  
—Robert Browning

**What's Happening**

**Nov 26 - Christmas in November - Arts Crafts Sale** FREE admission and parking. Vendor information online or at the front desk. Northgate Lions Seniors Recreation Center, 7524 - 139 Avenue, 780-496-6969, [www.nesa1.ca](http://www.nesa1.ca)

**Nov 26 to 27 - SCARS Jolly Bright Gift Market** Shop for your friends, family, and fur-babies! We have 90 vendors, door prizes, raffles, more. Join us at the Alberta Aviation Museum, 11410 Kingsway NW; Saturday 10-5 and Sunday 11-4. Free admission. Hosted by Second Chance Animal Rescue Society

**Matheson Christmas Bazaar** Come and join us at our Christmas bazaar at 11445-135 street nw 1-3 pm December 3, 2022. All types of vendors, homemade items, you will not be disappointed!!

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

**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. What does the Oort Cloud surround?
2. Who was the first woman to be chancellor of Germany?
3. The Egyptian Sphinx body was based on an elephant, lion, or scorpion?
4. Where are the Spanish Steps?
5. Mathematician William Oughtred designed this in 1632.

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

(Over)

Affordable-Effective-Exclusive-CALL NOW!

**Congratulations**

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



Marlys Zee  
Marilyn Eschysshyn  
Cathy Blachand  
Melanie Spence

Your prizes  
are in the mail!



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

**Reliable Service for 25+ Years**

Expert repairs, maintenance and installations on any residential or commercial plumbing or HVAC equipment.



**RBA MECHANICAL INC.**

780.474.7481 | [www.rbamechanical.ca](http://www.rbamechanical.ca)

**THIS SPACE  
FOR RENT**

**780-220-6397**

**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!



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

**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.

**WE CLEAN YOUR HOME  
LIKE IT'S OUR OWN!**

- ◆ Weekly/Biweekly/ Monthly Personalized Cleans
- ◆ Move In/Outs
- ◆ Residential and Small Business

**ASK ABOUT OUR SENIORS' RATES!**

**NOBODY CLEANS LIKE MOM**  
780.700.6686 • [www.nobodycleanslikemom.com](http://www.nobodycleanslikemom.com)

Call today and receive a  
**FREE SHOWER PACKAGE  
PLUS \$1600 OFF**

**SAFE STEP WALK-IN TUB**  
1-855-977-9805

With purchase of a new Safe Step Walk-In Tub. Not applicable with any previous walk-in tub purchase. Offer available while supplies last. No cash value. Must present offer at time of purchase. CSLB 1082165 NSCB 0082999 0083445

**Do you remember the bus driver you had for school?  
Everybody does! Get on board with Cunningham Transport today! And be that person for the kids of your community.**

We provide training at no cost to you. 1S or 2S License holders can start immediately. Class 5 advanced, we have the tools to get you trained and out there.

If you are a reliable, friendly individual looking for part-time employment, we have the perfect job for you!  
20 hours of work per week – or more if you prefer.  
Charters are available between school runs.

Be a part of the Cunningham Transport Family today.

**CUNNINGHAM TRANSPORT**

Call 780.458.3255 or email [KristenK@cunninghamtransport.ca](mailto:KristenK@cunninghamtransport.ca)

WHERE ALL OUR EMPLOYEES ARE LIKE FAMILY!

Visit us on Facebook-CoffeeNewsWeekly



## Need ONE More Reason to Join?

- 1 You don't have an up to date will
- 2 You don't understand the difference between a trust and a will
- 3 The CRA selects you for an audit
- 4 You need a letter written on your behalf by a lawyer
- 5 You receive a speeding ticket
- 6 You need a lawyer's advice on any matter

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

**LegalShield**

1-877-579-9449

### ST. DAVID'S WELSH MALE VOICE CHOIR

(DIRECTOR GLENDA MURPHY) ALONG WITH  
OPUS @ 12 STRINGS AND FLUTE, AND  
THE SHERWOOD PARK UNITED HARMONY HANDBELLS  
(DIRECTOR SUSAN GALLOWAY) PRESENT

## THE SOUNDS OF

# Christmas

2022

SUN., DECEMBER 4 • 2:30 P.M.

Trinity Evangelical Lutheran Church  
10014-81 Avenue, Edmonton

ADMISSION \$20  
Join us for a delightful  
afternoon of friend-  
ship and musical  
entertainment!

Tickets from any choir member or call Bob at 780.475.4140

## 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

## 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**

## Calling all Fishermen

50 YEARS & OVER

Come find fishing buddies at

THE EDMONTON  
**Old Timers'**  
FISHING CLUB

Monthly meetings

Monthly newsletter

...with guest speaker,  
free coffee & donuts.

For more info, call or text  
Gary Preece at 780.940.6679

## Legal Services You Can Trust

**COOPER REGEL**  
LAWYERS

- 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

## 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

# Your Weekly Horoscope

### ARIES

(March 21 - April 20)



Your Aries traits, positive and negative, may be heightened this week. Your energy level could be high, which you might channel into successful endeavours.

Try not to be hampered by past insecurities. Lucky numbers: 6, 9, 10, 15, 45, 48.

### TAURUS

(April 21 - May 21)



Most Taurus-born feel deeply but may not know how to clearly express emotions. You might get another chance now, particularly in a romantic situation. Adjust your approach as needed. Lucky numbers: 12, 14, 16, 23, 28, 30.

### GEMINI

(May 22 - June 21)



Have you recently found yourself in conflict with others about an important matter? Perhaps try a less intellectual approach. Sometimes humour can break the ice in tense situations. Lucky numbers: 11, 18, 27, 40, 41, 43.

### CANCER

(June 22 - July 22)



Cancers easily sympathize with the problems of family and friends, wanting to fix the situations for them. That dynamic can have pitfalls, particularly now. You may want to tread carefully. Lucky numbers: 7, 11, 20, 22, 24, 28.

### LEO

(July 23 - Aug. 23)



Are you frustrated right now by obstacles preventing you from getting what you desire? If you can't change your plans, you may want to wait a few days before continuing. Lucky numbers: 10, 15, 26, 28, 34, 41.

### VIRGO

(Aug. 24 - Sept. 23)



Is your work no longer providing a sense of satisfaction to you? Perhaps you could consider a change that might make you happier and allow you to be of service to others. Lucky numbers: 9, 15, 16, 33, 41, 46.

### LIBRA

(Sept. 24 - Oct. 23)



Look inside for any unacknowledged anger about a person or situation. If you can address it calmly, try to do so. Otherwise, consider waiting until next week to resolve it. Lucky numbers: 1, 3, 32, 39, 43, 45.

### SCORPIO

(Oct. 24 - Nov. 22)



At the end of the week, your highly sensitive antenna about others may be out of whack. This might feel disconcerting, but in a few days things could return to normal. Lucky numbers: 6, 14, 16, 18, 26, 33.

### SAGITTARIUS

(Nov. 23 - Dec. 21)



If you have been having a difficult time connecting with someone, especially a romantic partner, now may be time to resolve a problem. Your communication skills might receive a boost. Lucky numbers: 2, 8, 18, 23, 34, 44.

### CAPRICORN

(Dec. 22 - Jan. 20)



A conversation at the end of the week may uncover a new opportunity for you. Be aware of your environment and open in your interactions with others. Lucky numbers: 4, 7, 25, 34, 41, 42.

### AQUARIUS

(Jan. 21 - Feb. 19)



Is there something you have always wanted to do, but it seemed too overwhelming? Now may be the right time to put in the hard work necessary to achieve it. Lucky numbers: 8, 12, 18, 21, 45, 47.

### PISCES

(Feb. 20 - March 20)



If you recently have been feeling confused and out of sorts, that may begin to pass. However, it might take the next several weeks for things to settle, so don't act quickly. Lucky numbers: 1, 5, 8, 14, 24, 35.

Lucky numbers this week: This week's odds favour Aries winners with the luckiest number being 9.

## Did You Know...

**Dangerous dust:** In the United States in the 1930s, the name "Dust Bowl" was used to depict the region in the southern plains that was hit by extreme drought. Dust storms, known as "black blizzards," were common.

**Ad hoc meaning:** When a company or organization spontaneously forms a group to deal with a specific issue, it's usually called an "ad hoc" committee. In Latin, the phrase means "for this situation."

**Tall falls:** Even cliff divers should be afraid of this waterfall. Angel Falls in Canaima National Park in Venezuela is the tallest uninterrupted waterfall in the world at a height of 979 metres (3,212 feet).

**Food boss:** Kitchens in restaurants can have a variety of different chefs with unique training and experience. A sous chef, for example, looks after the details of the dishes and is the boss of the cooks on the food lines.

**Eye-catching bark:** The rainbow eucalyptus tree (*Eucalyptus deglupta*) would be quite a sight in a garden. As this huge tree's bark is shed, it changes colour, first to green and then to other bright colours, such as oranges, reds, pinks, and purples.

## On the Lighter Side

Why was the pantry so good at telling the future? It knew what was in store.

Knock! Knock! *Who's there?* Bashful. *Bashful who?* I can't say. I'm too embarrassed.

How does a mirror travel on an airplane? First glass.

Person: "You ate the dictionary? Bad dog! Spit it up!"  
Dog: "You took the words right out of my mouth."

What do you get if you cross a small rodent with an oil can?  
A mouse that never squeaks again.

## Answers

**Trivia answers:** 1. Solar system 2. Angela Merkel 3. Lion 4. Rome, Italy 5. Linear slide rule

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

inogen

**FREEDOM.  
TO BE YOU.**

1-888-998-6714

MKT-PO253

## Recipe of the month

### Pumpkin Lasagna

- |                                      |  |
|--------------------------------------|--|
| 1/2 pound sliced fresh mushrooms     | Dash pepper                                |
| 1 small onion, chopped               | 9 no-cook lasagna noodles                  |
| 1/2 teaspoon salt, divided           | 1 cup reduced-fat ricotta cheese           |
| 2 teaspoons olive oil                | 1 cup shredded part-skim mozzarella cheese |
| 1 can (15 ounces) solid-pack pumpkin | 3/4 cup shredded Parmesan cheese           |
| 1/2 cup half-and-half cream          |  |
| 1 teaspoon dried sage leaves         |  |

Prep Time: 25 min. Bake: 55 min. + standing  
Yield: 6 servings

- 1 In a small skillet, saute the mushrooms, onion and 1/4 teaspoon salt in oil until tender; set aside. In a small bowl, combine pumpkin, cream, sage, pepper and remaining salt.
- 2 Spread 1/2 cup pumpkin sauce in an 11x7-in. baking dish coated with cooking spray. Top with 3 noodles (noodles will overlap slightly). Spread 1/2 cup pumpkin sauce to edges of noodles. Top with half of mushroom mixture, 1/2 cup ricotta, 1/2 cup mozzarella and 1/4 cup Parmesan cheese. Repeat layers. Top with remaining noodles and sauce.
- 3 Cover and bake at 375° for 45 minutes. Uncover; sprinkle with remaining Parmesan cheese. Bake 10-15 minutes longer or until cheese is melted. Let stand for 10 minutes before cutting.

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

## Exclusive Offer!



**Frontline**  
web consulting  
(780) 760-6922  
FRONTLINECONSULTING.CA

Coffee News  
Readers - Receive  
**\$100 OFF** their  
Website  
Development!



\*Mention this ad to redeem!

## ELECTRICIAN FOR HIRE

Residential  
Light Commercial  
Electrical Repairs and Renovations

Art de Leon Master Electrician

**780.932.3858** Cell  
ajdeleon63@gmail.com

## 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

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)

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

**Vermilion & District  
Housing Foundation**

Zone 18-Northcentral Edmonton

## FREE ROLLING TRAY

- WHEN YOU PRESENT THIS COUPON -

LIMIT 1 PER CUSTOMER - SEE IN STORE FOR DETAILS

NO  
PURCHASE  
NECESSARY

8060 -  
167 AVE.  
NW

420  
**BUBONIC KRONIK**  
ECIGS - VAPORIZERS - BONGS

EDMONTON  
780.371.0106