

UH-OH!
DON'T WORRY –
We repair damage to leather, vinyl, plastic and fabric.

COLORGlo
 NORTH EDMONTON

For a free estimate, call 780.239.7917

AUTOMOTIVE | COMMERCIAL | RECREATIONAL | RESIDENTIAL



HIP OR KNEE REPLACEMENT?
 THE DISABILITY TAX CREDIT ALLOWS FOR A
\$2,500 YEARLY TAX CREDIT
\$30,000 LUMP SUM REFUND

COPD, arthritis, and many other disabling conditions that cause
Restrictions in Walking or Dressing may qualify.

FOR EXPERT HELP:
1-844-453-5372



Are your ducks all in a row...?
 Offering years of paralegal experience to assist you by preparing documents such as:

- Last Will and Testament
- Enduring Power of Attorney
- Personal Directives

RATES AS LOW AS \$150 FOR WILLS

WILLPOWER WILLS
 EXPERIENCED. DEDICATED. KNOWLEDGEABLE.

780-418-7611
 Call Terri today for a FREE consult.

TERRI BRUNNING




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. LICENSED • BONDED • INSURED
780.458.9778 | www.adgplumbing.com



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




Jennifer Miles, Agent
 125-15 Circle Dr
 St. Albert AB T8N 3Y7
 780-460-2279
 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.



NEED TO EXPAND YOUR MARKETING EFFORTS?
Coffee News® provides:

- ✓ Access to 520,000 loyal readers per month in 48 editions across Northern Alberta
- ✓ Access to thousands of online readers weekly
- ✓ Free ad design
- ✓ Free ad changes
- ✓ Free sponsorship in our CN Bucks program
- ✓ Exclusivity in your industry

So – you're not advertising with Coffee News® because...?

780-220-6397
coffee-news.ca




FREE! **New Issue Every Week!**
Coffee News®
 "News To Be Enjoyed Over Coffee"
St. Albert Edition
780-220-6397

www.coffee-news.ca



Vol. 20 No. 2 January 9, 2023

Everybody's Talking

Lonely house: On a rocky outcrop high in the mountains in Italy, a structure has become known as "the world's loneliest house." Called Buffa di Perrero, it is in the Dolomite Mountains on Monte Cristallo. The brick dwelling, with windows, two doors, and a slanted roof, is embedded on a ledge nearly 3,000 metres (over 9,000 feet) above sea level. Italian soldiers are thought to have built the house during World War I as a place to hide and rest. To reach it, visitors must travel on the Via Ferrata Ivano Dibona ("iron path"), which consists of steel ladders and cables. For the original builders, getting materials up the mountain would have been quite a feat.

Cow virtual reality: Virtual reality (VR) headsets aren't just for people to use to experience simulated scenes. Cows can use them, too! Izzet Kocak, a farmer from Aksaray, Turkey, wanted to encourage his cows to produce more milk in the winter, when they are cooped up in a barn. He used technology developed by veterinarians that fits VR headsets to the animals and plays scenes of green pastures. A study conducted on this unique idea showed that the cows grew calmer and less stressed. Kocak tested the devices with two cows in his herd and found that with the VR goggles they did, indeed, produce more milk.

Dancing driver: A bus driver in Orlando, Florida (U.S.), knows how to bring joy to one little girl. Mom Brette-Ashley Schmitt of Rochester, New York, was on vacation with her family, including her young daughter Emerson. As their bus arrived at their stop, Emerson's favourite song, Taylor Swift's "Shake it Off," was playing through the public address system. Excitedly, she told the driver she loved the song and started dancing. Despite what was probably a busy schedule, the driver chose to enjoy the moment; he turned up the volume and started dancing in his seat, smiling and laughing along with Emerson. Schmitt was thankful to the driver for taking the extra time to make her daughter smile.

Fingerprint island: Baljenac (or Bavljencac) Island is a fingertip-shaped island in the Adriatic Sea off Croatia's coast. The island also looks like a fingerprint when viewed from above. That's because this 0.14-square-kilometre (0.09-square-mile) island has over 23 kilometres (14 miles) of waist-high walls made of piled-up rocks. From the air, the long rows of walls look like the labyrinth of ridges on a fingerprint. The walls protect crops from the high winds common in the area. No one lives on the island, and farmers come from Kaprije, another island nearby, to plant the crops. Most likely, the walls have been there since at least the 19th century.

Quoteable Quotes

"Every right is married to a duty; every freedom owes a corresponding responsibility."
 —Russell Kirk

"I'd rather regret the risks that didn't work out than the chances I didn't take at all."
 —Simone Biles

What's Happening

Dec 1 to 31 - Youth Drop In Free drop in at the Salvation Army Community Centre 165 Liberton Dr. from 2:30-5:30pm every Tuesday is basketball and Thursday is hangouts

Jan 25 - Beppie Come join Beppie at 10:30am play for kids of all ages at the City Arts Space 105 - 125 Carleton Dr. Her multi-genre family music is modern, fun, innovative, and pushes the boundaries of childrens music to appeal to all ages.

Mar 12 -Devon Monthly Arts Market Join us for our first Spring Market from Noon to 4 pm at the Devon Community Centre. Meet our creative souls and check out unique items for any season, any occasion. Email ArtsDevon@gmail.com for more info.

NON profit organizations may submit events for FREE at 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**

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. Who wrote the Pink Panther theme?
2. Who paddled the Kon Tiki?
3. The Le Mans car race was first run in 1923, 1934, or 1950?
4. Which elephant has larger ears—African or Asian?
5. Who is the Scottish author of Treasure Island?

(Flip bottom of page for answers)
 © Published with Permission by Capital Marketing Ltd
(Over)

Offering the latest in dental technology... to make your visit as comfortable as possible!

Fillings
 Same Day Crowns
 Digital Imaging
 Digital Impressions
 Hygiene Care • Invisalign


citadel dental

#250, 665 St. Albert Trail, St. Albert
 587.805.0340 | reception@citadeldental.ca

Dr. Melonie MacDonald
 General Dentist

Book online!
www.citadeldental.ca

We are KID friendly!



THIS SPACE FOR RENT
780-220-6397

Wild Earth Bakery
 780-651-7362
 Located in the Enjoy Centre, Entrance 4 - 101 Riel Drive, St. Albert
 www.wildearthbakery.com

We've been around for a while and we've seen a lot over the years.
 The world keeps changing, but Wild Earth keeps baking.



IS ADVENTURE ON YOUR BUCKET LIST?

The Dive Outfitters
 Scuba Diving & Snorkeling
780.483.0044
 11781-156 St., Edmonton
www.thediveoutfitters.ca

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

Learn to Scuba Dive
 Ask about our Buddy Special

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




Coats for Kids & Families

We accept clean, gently used, or new winter outerwear for men, women, and children in need.

Keeping our community warm.

United Way Alberta Capital Region

coatsforkidsandfamilies.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



RBC Financial Planning
Looking for investment or retirement advice? Talk to me today.

William Reid CFP®, PFP®
 Financial Planner, Investment and Retirement Planning
 780-720-3743
 will.reid@rbc.com

RBC Financial Planning is a business name used by Royal Mutual Funds Inc. (RMI). Financial planning services and investment advice are provided by RMI, RMI, RBC Global Asset Management Inc., Royal Bank of Canada, Royal Trust Corporation of Canada and the Royal Trust Company are separate corporate entities which are affiliated. RMI is licensed as a financial services firm in the province of Quebec.
 © 17 Trademark(s) of Royal Bank of Canada.

Rediscover Your Youth and Vitality!

PhytoZon® - Science - Nutrition

- ✓ Fast Results - Brain/Body Balance
- ✓ Increased Strength, Energy, Vitality
- ✓ Joint Health, Flexibility



500+ Clinical Studies
Patented Ingredients

DOCTOR APPROVED
CLINICALLY TESTED

www.americandream4me.com/beginnow

IS THE JOB JAR FULL?

Call your home and small job specialist!



MAN ABOUT THE HOUSE

WCB INSURED - 30 YEARS' EXPERIENCE

780-660-0023

RESIDENTIAL OR COMMERCIAL

SAVE YOUR FAMILY memories

Transfer your old film, VHS, DVR, & reels to a digital format.
For more information & pricing email: info@thecreativehive.ca
780.996.7510 www.hive-media.com

BLUE BLOODS
MON - THURS 9:00
yesTV

SHOP DIRECT WORKWEAR ONLINE
www.directworkwear.com
Enter to WIN a \$500 Gift Certificate
SCAN THIS CODE TO ENTER
Where Safety Meets Savings
Direct Workwear Ltd. Since 1986
Competitive Pricing
Knowledgeable Service
Great Selection
Check Out Our Sale Page For Even Better Deals

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

Mortgage Advice
TD
We provide mortgage options, value, flexibility, and convenience.
Let's talk:
Michael Rennie
Mobile Mortgage Specialist
T: 780 499 4749
michael.rennie@td.com
mms.tdcanadatrust.com/michael.rennie

Coffee News is proud to support Make-A-Wish® Canada
Transform lives, one wish at a time.
Make-A-Wish.
Visit makeawish.ca

Your Weekly Horoscope

ARIES (March 21 - April 20)
You may be experiencing difficulty communicating with others, especially a romantic partner. Consider putting aside any old emotional wounds. Look for an opportunity that will be agreeable to all involved. Lucky numbers: 12, 16, 27, 32, 35, 44.
TAURUS (April 21 - May 21)
An unusual or unexpected event may make you see something in a relationship that was never quite visible before. Now might be a good time for a gentle conversation about it. Lucky numbers: 6, 8, 19, 21, 31, 48.
GEMINI (May 22 - June 21)
You may have a strong desire to explore possibilities for projects that are in alignment with your values. However, waiting a few weeks to implement your plans may be best. Lucky numbers: 3, 6, 16, 17, 34, 35.
CANCER (June 22 - July 22)
Cancer natives sometimes prefer to be foot soldiers rather than generals. At this time, however, you may willingly assume the mantle of leadership to achieve something important to you. Lucky numbers: 15, 16, 22, 28, 30, 37.
LEO (July 23 - Aug. 23)
How have you defined good fortune in life? Now may be a good time to reexamine that definition and to see how it fits in with your sense of self. Lucky numbers: 2, 15, 20, 23, 40, 41.
VIRGO (Aug. 24 - Sept. 23)
Virgos are known for being practical and well grounded. Those qualities might receive a boost in the middle of the week, and you may use them to complete detail-oriented tasks. Lucky numbers: 9, 21, 34, 35, 44, 45.
LIBRA (Sept. 24 - Oct. 23)
You may find that your natural ability to be diplomatic will be highlighted at the end of the week. This may be a good time to plan a social event. Lucky numbers: 11, 19, 23, 39, 41, 42.
SCORPIO (Oct. 24 - Nov. 22)
Is there an issue that keeps resurfacing and blocking you from making progress? Perhaps it is the effect of an old karmic event. Consider what steps you can take to clear it. Lucky numbers: 7, 12, 14, 15, 27, 39.
SAGITTARIUS (Nov. 23 - Dec. 21)
For the last couple of months, have you felt that your normal level of energy and ambition has been diminished? This dynamic could begin to abate over the next couple of weeks. Lucky numbers: 1, 4, 5, 8, 18, 46.
CAPRICORN (Dec. 22 - Jan. 20)
Your natural Capricorn leadership qualities may be highlighted now. You might use this to accomplish much, if you are careful not to get into an unnecessary conflict of ego with others. Lucky numbers: 16, 17, 20, 27, 31, 38.
AQUARIUS (Jan. 21 - Feb. 19)
Are you feeling out of sync now with those closest to you? Strive for clear communications and a willingness to adjust your viewpoint about something important to all of you. Lucky numbers: 10, 11, 31, 34, 40, 47.
PISCES (Feb. 20 - March 20)
You might consider taking a retreat day at the end of the week. Quiet contemplation may give you practical insight into a situation that has been confusing you until now. Lucky numbers: 6, 12, 14, 17, 18, 33.

Lucky numbers this week: This week's odds favour Capricorn winners with the luckiest number being 27.

Did You Know...

- Japanese treat:** Sashimi, the Japanese specialty, is thinly sliced, fresh, high-quality food (typically fish and seafood) that is served raw, usually with soy sauce. The types of fish used in this dish are often tuna, yellowtail, mackerel, and salmon.
- Tricky trickster:** Leprechauns are part of Irish folklore. In popular imagination, they wear green, have beards, and stand about three feet tall. The mischievous creatures make shoes for a living and keep a pot of gold in the forest.
- Dryer solution:** For environmental reasons, some people are avoiding using dryer sheets to reduce static cling in their laundry. An alternative is multiple-use, natural wool dryer balls, which fluff up the wet clothes, reducing friction.
- Cute as a puppy:** When puppies are born, they don't have teeth, and they can't see or hear. They find their mothers by using their sense of smell.
- Rubber duckies:** In 1992, containers with almost 30,000 rubber duckies, the bath toys that kids love, fell off a cargo ship in the Pacific Ocean. The currents took them around the world, helping scientists learn about ocean movements and waves.

On the Lighter Side

Mutt: "I'm learning to be a barber."
Jeff: "Will it take long?"
Mutt: "No, I'm studying all the short cuts."
Why are pickles so slow? They tend to dilly-dally.
I know lots of jokes about pole vaulters, but none of them go over well.
Knock! Knock! *Who's there?* Gucci. *Gucci who?* Gucci-gucci-goo!
What do you call a food court when you're on a diet? A craveyard.
Answers
Trivia answers: 1. Henry Mancini 2. Thor Heyerdahl 3. 1923 4. African 5. Robert Louis Stevenson

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

COLD SHOT
A DIVISION OF BALWARIA EMPIRE PVT. LTD.
SHIP BY BUS
PASSENGER & PARCEL SERVICES
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

WHY RENT ...when you can BUY?
You may be financially ready – and don't even know!
Call George about real solutions to build equity:
780.982.4247
www.georgevandewalle.com
Each office independently owned and operated
GEORGE VAN DE WALLE

ORGANIZING is my Super Power!
Decluttering & Organizing • Home Staging
Move Preparation & Packing • Unpacking & New Home Setup
Rose City
PROFESSIONAL ORGANIZING
NOW SERVING ST. ALBERT!
Christa Jones
Owner & Professional Organizer
587.600.0264
RoseCityProfessionalOrganizing.com
@RoseCityOrganizing

Exclusive Offer!
Coffee News Readers - Receive \$100 OFF their Website Development!
*Mention this ad to redeem!
Frontline
web consulting
(780) 760-6922
FRONTLINECONSULTING.CA

RETIREMENT LIVING CHRISTENSON
Optional Meals • Personalized Services • On-site Care
Join Our Safe & Social Community
1+den & 2 Bedroom suites now available
CITADEL VILLAGE
Scan QR Code
Full Kitchens • Social & Recreation • U/G Parking
15 Erin Ridge Road, St. Albert
780-267-5282
CDLhomes.com

like us
We are your Apple experts!
one bite technology
587.290.0200
www.onebitetechnology.ca
Retail store now open!
22A Muir Drive, St. Albert

Wishing my Morinville and St. Albert constituents a **Merry Christmas** and the best in the New Year
Hon. **Dale Nally**, MLA
MORINVILLE - ST. ALBERT
780-572-6161 | Morinville.StAlbert@assembly.ab.ca