

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



We truck wild Alaskan salmon from the boat to the prairie folk!

Best quality salmon at the best price for Albertans!

Flash Frozen at Sea, which maintains its freshness, taste and quality, making it safer to eat.

- Volume discounts – 1000lb and up!
- Buy 10, get 1 free (includes cases, freshly smoked or fillet)
- Legal – provincial and federal inspected

778-835-0239 Follow us 

Starting at \$4.25/lb plus head off and cleaned



Bras Briefs Boxers Bikinis

Romantic Notions inc.

#30, 210 McLeod Ave., Spruce Grove

780.962.4944 | 1.855.962.4944
www.romanticnotions.ca

 @romanticnotionsab  @romanticnotionsboutique

30 YEARS OF EXCELLENCE FINDING THE BEST BRA FIT FOR ALL BODIES



THIS SPACE FOR RENT

780-220-6397

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

Recipe of the month



Citrus-Herb Pork Roast

1 boneless pork sirloin roast (3 to 4 pounds)	1 tablespoon white grapefruit juice
1 teaspoon dried oregano	1 tablespoon steak sauce
1/2 teaspoon ground ginger	1 tablespoon reduced-sodium soy sauce
1/2 teaspoon pepper	1 teaspoon grated orange zest
2 medium onions, cut into thin wedges	1/2 teaspoon salt
1 cup plus 3 tablespoons orange juice, divided	3 tablespoons cornstarch
1 tablespoon sugar	Hot cooked egg noodles
	Minced fresh oregano, optional

Prep Time: 25 min. Cook: 4 hours Yield: 8 servings

- Cut roast in half. In a small bowl, combine the oregano, ginger and pepper; rub over pork. In a large nonstick skillet coated with cooking spray, brown roast on all sides. Transfer to a 4-qt. slow cooker; add onions.
- In a small bowl, combine 1 cup orange juice, sugar, grapefruit juice, steak sauce and soy sauce; pour over top. Cover and cook on low for 4-5 hours or until meat is tender. Remove meat and onions to a serving platter; keep warm.
- Skim fat from cooking juices; transfer to a small saucepan. Add orange zest and salt. Bring to a boil. Combine cornstarch and the remaining orange juice until smooth. Gradually stir into the pan. Bring to a boil; cook and stir for 2 minutes or until thickened. Serve with pork and noodles; if desired, sprinkle with fresh oregano.

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

SHOP ONLINE!

www.scubagearcanada.ca

- Snorkelling Gear • Reef-Safe Sunscreen
- Beach Water Shoes • Dry Bags & Wallets • UV Shirts

The Dive Outfitters
Scuba Diving & Snorkeling

Learn to SCUBA DIVE at our Edmonton location – call for details

11781-156 St., Edmonton 780.483.0044

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




FREE! New Issue Every Week!

Coffee News®

"News To Be Enjoyed Over Coffee"

Barrhead Edition

877-553-6397



www.coffee-news.ca Est. 1988

Vol. 20 No. 4 January 23, 2023

Everybody's Talking

Fun houses: Parents who want to impress their kids with a playhouse that will tickle their imaginations need only call a company in Lethbridge, Alberta (Canada). The brainchild of Tyson Leavitt, Charmed Playhouses produces custom-made structures that can cost anywhere from a few thousand dollars to several hundred thousand. One might resemble a castle, while another might look like a cabin in the woods. They even make "Harry Potter" and "Star Wars" structures. But whatever form they take, the attention to detail is amazing, from windows to furnishings to interior design details. The Charmed Playhouse team builds the structure, takes it apart to move it to the buyer's location, then puts it back together.

Pet problem: When Wyverne Flatt got his beloved potbellied pig Ellie in 2018 when she was quite small, as an emotional support animal, he was living in the U.S. state of South Carolina. But when he moved to the town of Canajoharie, New York, he ran into trouble. Officials in that area consider Ellie a farm animal, and keeping her in the town is illegal. But Flatt refused to give up his 110-pound (50-kilogram) ovine companion, whom he claims is affectionate, smart, and clean. The pet owner, who also has two dogs and a cat, is willing to go to court in an attempt to keep Ellie as part of his household.

False alarm: A concerned driver spotted something that caused her great worry. She thought she saw a swan caught on a fence in the flooded River Stour, in County Dorset, England. The animal lover called the Royal Society for the Prevention of Cruelty to Animals (RSPCA), which immediately sent help. As Officer Graham Hammond prepared to summon a rescue team, he found a closer vantage point to check out the swan's predicament. Luckily, he was able to cancel the team before they started on their way because he discovered that the trapped feathered friend was actually a white plastic lawn chair. In its topsy-turvy position in the water, it did indeed resemble a swan.

Balcony living: People have been known to live in vans or motor homes or lean-to huts, but how about paying rent to live in a tent on the balcony of someone's apartment? That is what a woman is advertising in Zurich, Switzerland. Places to live in this city are scarce and expensive, so the apartment dweller decided to try subsidizing her rent while providing "living space" for someone in need. The lucky candidate will receive a two-person, waterproof tent, with bedding, and will have access to the kitchen, bathroom, and living room of the apartment. Her advertised rate for the opportunity is 500 Swiss francs per month. The unusual idea apparently is legal in the city.

Quoteable Quotes

"Every exit is an entry somewhere else." —Tom Stoppard
 "If you keep going with a definite purpose, you will find the way and reach the destination." —Debasish Mridha

What's Happening

Feb 12 - Devon Monthly Arts Market Join us for our Pre-Valentine 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.

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!

...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 is a group of islands called?
2. Who was Gerardus Mercator?
3. What colour tongues do Chow Chows and Shar-Peis have?
4. What is the acronym for the colours of the rainbow?
5. Who was the first U.S. president to hold a live TV press conference?

(Flip bottom of page for answers)

Affordable-Effective-Exclusive-CALL NOW!

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
 Passenger Website: www.coldshot.ca

TICKETS: 587-557-7719 | PARCEL: 587-557-7718

SERVING ALBERTA'S BUSINESS COMMUNITY SINCE 2005



Prepare for power outages today

WITH A HOME STANDBY GENERATOR

FREE 7-Year Extended Warranty* An \$895 Value!

REQUEST A FREE QUOTE
CALL NOW BEFORE THE NEXT POWER OUTAGE
(888) 688-0973

*To qualify, consumers must request a quote, purchase, install and activate the generator with a participating dealer. Call for a full list of terms and conditions.




Dragons of the Past

Book Four of The Dragons of Nibiru

Available now at your local bookstore

www.dragonsofnibiru.com



Pregnant? Facing Difficult Decisions?

We can help.
Call **780.421.1177** or text **587.596.5380**

A Small Miracle Adoption

Adoption is the ultimate expression of a committed heart

- Confidential Pregnancy Counselling
- Support and Connection to Resources
- Adoption Information and Advice

www.smallmiraclesadoption.com



Helping you rediscover fun in the kitchen!

Gifts and Gadgets

Your one stop kitchen and gift shop.

780.962.5220

Visit www.giftsandgadgets.ab.ca or visit us in person at 111 First Avenue, Spruce Grove

CHECK OUT OUR EXTENSIVE ONLINE CATALOG!



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>

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!

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



Family Owned Local Alberta Business Since 1986

SCAN THIS CODE TO ENTER

WIN A \$500

www.directworkwear.com Gift Certificate

Always low prices & great deals... save money.



25 WORDS OR LESS
WEEKDAYS 3PM
yesTV

Up In Arms
Offering the non restricted and restricted Canadian Firearms Safety Course to apply for a firearm license

Possession
Acquisition
License
Training

For more info, contact Robyn at
780-977-0725
301 Saskatchewan Ave. Spruce Grove

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
Aja Welsh & Friend from St. Albert

Coffee News Fun Reading. Serious Advertising.

inogen
FREEDOM. TO BE YOU.

1-888-998-6714

Online Seated Fitness Program

✓ Three classes weekly via Zoom
✓ Ends March 15, 2023

FREE TO PARTICIPATE

Email zoom@connectedcanadians.ca, subject line "Move More", with your name and phone number to be added to the class list!

Connected Canadians, a nonprofit organization that provides free technology training and support to older adults across Canada, is offering these classes thanks to funding from the New Horizons for Seniors Program.

Canada www.connectedcanadians.ca

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

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

Need ONE More Reason to Join?

- You don't have an up to date will
- You don't understand the difference between a trust and a will
- The CRA selects you for an audit
- You need a letter written on your behalf by a lawyer
- You receive a speeding ticket
- 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

Your Weekly Horoscope

ARIES
(March 21 - April 20)

Aries are often very focused on self achievements that provide a sense of success. Right now, though, it may be time to expand your sense of self through humanitarian endeavours. Lucky numbers: 9, 17, 19, 21, 46, 48.

TAURUS
(April 21 - May 21)

This week you may receive sudden or unusual insights. This information is a gift. Use your steady, practical nature to evaluate how you could use it positively, and then act. Lucky numbers: 4, 11, 14, 16, 32, 37.

GEMINI
(May 22 - June 21)

While Gemini thought processes are rapid and insightful, execution of plans can be spotty. If you are presented with an opportunity that resonates with your nature, resist the urge to procrastinate. Lucky numbers: 3, 8, 10, 13, 14, 17.

CANCER
(June 22 - July 22)

Protecting yourself and those you love is an important focus for the Cancer-born. Are you feeling confident about your life situation now? If not, what can you do to improve it? Lucky numbers: 6, 9, 11, 12, 21, 39.

LEO
(July 23 - Aug. 23)

Leo is known as the Pied Piper of the zodiac for your ability to draw people to you. How can you make sure your interactions with others are a win-win for everyone? Lucky numbers: 8, 10, 16, 19, 38, 40.

VIRGO
(Aug. 24 - Sept. 23)

The work Virgo chooses to do is often a form of service to others. Do you need to make an adjustment in the type of service or how you provide it? Lucky numbers: 1, 7, 20, 22, 42, 43.

LIBRA
(Sept. 24 - Oct. 23)

Right now a focus may be on your relationship to your mother or your children. Remember that how well you were nurtured influences how well you are able to do so yourself. Lucky numbers: 12, 19, 27, 29, 41, 47.

SCORPIO
(Oct. 24 - Nov. 22)

Scorpions sometimes have difficulty reaching out and connecting with others. However, the Universe may be asking you to do exactly that right now. How can you feel safe in doing so? Lucky numbers: 5, 6, 20, 30, 35, 45.

SAGITTARIUS
(Nov. 23 - Dec. 21)

A personal philosophy or belief system is important to many Sagittarians. Now may be a good time for you to explore and then act on those beliefs to help humanity. Lucky numbers: 2, 4, 6, 7, 23, 44.

CAPRICORN
(Dec. 22 - Jan. 20)

Capricorns usually focus on practical accomplishments. Now, however, you may have the opportunity to unearth a different type of success that is in alignment with your heart, perhaps in the arts. Lucky numbers: 15, 16, 30, 31, 42, 46.

AQUARIUS
(Jan 21 - Feb. 19)

The planetary energies right now are strongly Aquarian. How might you be able to use this energy to shine a spotlight on yourself, so that others can see who you truly are? Lucky numbers: 11, 12, 25, 40, 42, 45.

PISCES
(Feb. 20 - March 20)

You are entering a period of several months where you may want to be sure that you see any romantic partner clearly. Dig deep to understand the truth of a relationship. Lucky numbers: 13, 17, 18, 27, 37, 42.

Lucky numbers this week: This week's odds favour Gemini winners with the luckiest number being 17.

Did You Know...

Friendly goat: Originating in the Cameroon Valley of West Africa, pygmy goats have been found to make good pets. They are cute and playful, and also very friendly and social. They need a big yard with a high fence, and grass or hay to eat.

Smelly basement: One way to reduce the musty smell that sometimes plagues basements is to use a dehumidifier. These appliances remove mildew-inducing moisture from the air, which contributes to the musty odor.

Very big berry: Eggplants are considered berries because they come from a single flower. However, with all the grilling, frying, baking, and roasting that occurs in the kitchen, they are often thought of as a vegetable.

Busy volcano: Mauna Loa in Hawaii (U.S.) is the largest volcano in the world. It is 13,681 feet (4,170 m) above sea level. Although its last eruption was in 1984, it has erupted 33 times since 1843, an average of every five years.

Moldable toy: Silly Putty was created in the 1940s, and is still available today. Made from boric acid and silicone oil, its invention was an accident. When it didn't work as a synthetic rubber substitute, it was marketed as a toy.

On the Lighter Side

Did you hear about the skeleton comedian? He tried tibia little humerus.

Knock! Knock! *Who's there? Zombies. Zombies who? Zombies make honey, others don't.*

When I saw the pile of free pants on the street, I really picked up the slack.

Student: "The moon was full the other day, but now it's only a crescent."

Teacher: "Don't worry. It's just a phase."

What kinds of haircuts do sponges get? Bobs.

Answers

Trivia answers: 1. Archipelago 2. Cartographer 3. Blue-black 4. ROYGBIV 5. John F. Kennedy

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

WE BUY USED GOLD AND DIAMONDS

Blue Diamond Jeweller

780.968.0040
Main Street, Stony Plain
www.bluediamondjewellers.com

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

Transform lives, one wish at a time.

Make-A-Wish.
Visit makeawish.ca

SOLVING TOOTH LOSS PROBLEMS SINCE 1993

Barrhead DENTURE CLINIC Marcel Turenne, Denturist

For a NATURAL LOOK, there are a wide variety of tooth moulds and shades available to INDIVIDUALIZE your smile

DIRECT BILLING to insurance companies upon pre-determination of benefits

INCLUDE ABOUT ALBERTA SENIORS DENTAL BENEFIT ELIGIBILITY

5122-49A Street, Barrhead Mon-Fri, 8:30 a.m.-4 p.m. **780.674.4348**
www.barrheaddentures.ca

Start Your Own Business!

FREE government funded Self-Employment Training

NOW ONLINE

microbusiness TRAINING CENTRE INC
Suite 203 Energy Square, 10109-106 St., Edmonton AB T5J 3L7
780.482.4462 | www.microbusiness.ca

Congratulations to November's **Coffee News Guy** contest winners!

Your prizes are in the mail!

Peter Samel
Jeanne Gulinsky
Colin Walther
Julia Tweedle

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

Barrhead Dental Clinic
Dr. Krishna Mudaliar | Dr. David Hamilton

We look forward to meeting you and your family!

Direct billing to insurance companies

We offer: • Emergency Treatment • Fillings • Same Day Treatment • Root Canals • Extractions • Crowns/Bridges

OUR HYGIENIST FOLLOWS THE 2020 ADA & C FEE GUIDE

780.674.3161
barrheaddentalclinic@gmail.com | #4, 4923-50 Ave., Barrhead

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