

# THIS SPACE FOR RENT

## 780-220-6397

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>

**ETTA TELECOM**

DEDICATED TO FINDING OUR CLIENTS THE BEST SOLUTIONS WITHIN THEIR BUDGETS

### Have You Considered Adopting Your Step-Children?

We prepare and file your step-parent adoption, adult adoption, relative adoption and private direct placement adoption.

*A Small Miracle Adoption*

Adoption is the ultimate expression of a committed heart

**780.421.1177**  
[www.smallmiraclesadoption.com](http://www.smallmiraclesadoption.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

**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

## 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](http://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"

**Athabasca Edition**  
**877-553-6397**

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

Est. 1988

Vol. 20 No. 5 January 30, 2023

## Everybody's Talking

**Big tater:** A couple from a farm near Hamilton, on New Zealand's North Island, unearthed a potato they named "Doug." While weeding their garden, Colin Craig-Brown and his wife Donna discovered the gigantic tater. All lumps and bumps, it weighed 7.9 kilograms (17.4 pounds). The pair had to use a pitchfork to excavate the enormous vegetable. At first, they didn't know what they'd uncovered. They only use ordinary fertilizers to help their garden, and so they were bewildered by the size of the potato. The couple is talking to the folks at Guinness World Record to see if their potato could beat the current 4.9-kilogram record holder

**All the same:** People all around the globe are familiar with the experience of attempting to cut a cake, pie, or pizza into equal portions so that all diners receive the same amount. Getting the slices to be the same size is hard. Students from Kundong High School in the Oita Prefecture of Japan have found a way to do it. They designed an award-winning device that figures out the angle the cut needs to be, based on the number of slices necessary to feed the party of eaters. The student group called their device, "Get Along Well With Everyone." It uses a laser beam to direct the server where to make the cuts to obtain equal-sized pieces.

**Underground swim:** If visitors know where to look, they can enjoy a soak, sauna, and swim in a charming but hidden public bathhouse in Stockholm, Sweden. Called Storkyrkobadet, the bathhouse is located in the basement of a building dating back to the 1700s. Once used as a convent, the building later became a primary school. The area that is now the bathhouse has been used in the past as a wine cellar and for coal storage, with a pool added later, along with sauna, showers, and lockers. The route to Storkyrkobadet involves a narrow, cobblestone street, but visitors are rewarded with the piece of history, along with a relaxing swim.

**Small quarters:** Travelers who need a place to stay while visiting Colorado (U.S.), and don't mind a spot without much floor space, could stop in the town of Lyons and check out the WeeCasa Tiny House Resorts. There, guests can choose to rent one of 23 reasonably priced "tiny houses," each with a different theme. For example, the Gnome Home, which was designed after a Hobbit home in Lord of the Rings, has a front door in the shape of a circle. The houses are not all the same size or shape. Some are really tiny at 170 square feet (15.8 square metres), while a larger one is 418 square feet (38.8 square metres). The company also has locations in Tennessee and South Dakota, and plans more tiny house resorts soon.

## Quoteable Quotes

"Experience is not what happens to you. It is what you do with what happens to you."  
—Aldous Huxley

"Everyone talks about age, but it's not about age. It's about work ethic. Winning never gets old."  
—Lisa Leslie

## What's Happening

**Mar 9-13 - Ladies Open Bonspiel** Come to this event hosted by Athabasca Curling Club, registration includes 3 events, appetizers Friday night and banquet Saturday night. For more info visit [athabascacurling.ca](http://athabascacurling.ca)

**Feb 11 - Community Fun Night** Rock it out dance night at the Allan Jean Millar Centre from 5:30-8:30pm. Come check out free fieldhouse activities and the inflatable obstacle course. Children under 8 must be accompanied by an adult

**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 British Isles language is widely spoken in Chubut, Argentina?
2. Robert Peary is known for exploring the North or South Pole?
3. \_\_\_\_\_ is the science of human societies and culture.
4. What was Elvis Presley's first released single?
5. Who wrote the novel Anne of Green Gables?

**(Flip bottom of page for answers)**

Home | Auto | Business | Farm

## Insurance that fits

**780.675.2241**  
4801 49 St, Athabasca  
**BrokerLink.ca**

**BrokerLink Insurance**

©2022 BrokerLink Inc. "BrokerLink & Design" is a trademark of BrokerLink Inc. All rights reserved.

### 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**  
Aja Welsh & Friend from St. Albert

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

## BLUE BLOODS

MON - THURS 9:00

**yesTV**

Family Owned Local Alberta Business Since 1986

**DIRECT WORKWEAR LTD.**  
since 1986

SCAN THIS CODE TO ENTER

We ship across Canada  
Huge Women's Selection  
XXS up to 7XL Sizing

## WIN A \$500

[www.directworkwear.com](http://www.directworkwear.com) Gift Certificate

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

Home is Where **Your Story Begins.**  
Let Me Help You Finance Your Dream Home!

**Debbie Jacobsen, AMP**

**780.805.8840**  
deb@dlc1st.ca | [www.dlc1st.ca](http://www.dlc1st.ca)

**DOMINION LENDING CENTRES**  
*Mortgage Mentors*

### 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)

**Save \$100!**

**Cedar Manor** Upgraded apartments starting at \$660!

**(780) 214-1300**

**Tesla Estates** Luxury apartments starting at \$1,105!

**Northview** APARTMENT REIT

\*On approved application, while promotion lasts.

Affordable-Effective-Exclusive-CALL NOW!

Helping you rediscovers  
**fun** In the kitchen!  
**Gifts and Gadgets**  
Your one stop kitchen and gift shop.  
**780.962.5220**  
CHECK OUT OUR EXTENSIVE ONLINE CATALOG!  
Visit [www.giftsandgadgets.ab.ca](http://www.giftsandgadgets.ab.ca) or visit us in person at 111 First Avenue, Spruce Grove

**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**

**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

**QUALITY WORK. REASONABLE RATES.**  
**RRC** ■ 5" Continuous Eavestrough  
■ Decks  
■ Asphalt Roofing  
■ Siding ■ Soffit ■ Fascia  
CALL RYAN TODAY FOR YOUR FREE ESTIMATE:  
**780.519.1335**  
Serving Athabasca/Slave Lake and area

**Congratulations** to November's **Coffee News Guy** contest winners!  
Your prizes are in the mail!  
Enter today for your chance to win at [www.coffee-news.ca](http://www.coffee-news.ca)

**Peter Samel**  
**Jeanne Gulinsky**  
**Colin Walther**  
**Julia Tweedle**

**inogen**  
**FREEDOM. TO BE YOU.**  
**1-888-998-6714**  
MKT-P0253

**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

**GENERAC**  
**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**

# Your Weekly Horoscope

**ARIES** (March 21 - April 20)  
If you look deeply, you may uncover a hidden opportunity to manifest something you are passionate about. Doing so might require that you forgive yourself for a past issue. Lucky numbers: 1, 13, 16, 18, 19, 20.

**TAURUS** (April 21 - May 21)  
Taurus is known to be a hard working, no-nonsense personality. Do you want to expand beyond that image? It's a good instinct, but you may need to wait to implement it. Lucky numbers: 10, 11, 12, 32, 33, 40.

**GEMINI** (May 22 - June 21)  
Are you experiencing a disconnect or conflict between what you think you should want in life, and what you actually want? This may be a good time to resolve the dilemma. Lucky numbers: 8, 10, 15, 24, 30, 45.

**CANCER** (June 22 - July 22)  
Cancers have a deeply emotional nature that can drive their decisions in a positive or negative way. This week, you might try to be aware of this dynamic and adjust accordingly. Lucky numbers: 5, 15, 18, 20, 28, 43.

**LEO** (July 23 - Aug. 23)  
Completion of a project may be in process now. It would be good to look back and evaluate how things went. Then you can begin to plan the next six months. Lucky numbers: 7, 19, 27, 38, 40, 44.

**VIRGO** (Aug. 24 - Sept. 23)  
Right now you may not be feeling satisfied with how your life is going. It is important to understand whether the issue is something within yourself or in your environment. Lucky numbers: 3, 13, 16, 22, 27, 42.

**LIBRA** (Sept. 24 - Oct. 23)  
You may find yourself in an ongoing examination of how well you nurture yourself and others. If so, making progress now might require you to let go of some old experiences. Lucky numbers: 9, 22, 23, 32, 37, 39.

**SCORPIO** (Oct. 24 - Nov. 22)  
Does a past karmic issue keep resurfacing in your life in different forms? Perhaps facing it head on would be best, along with doing the work necessary to heal it. Lucky numbers: 6, 8, 12, 13, 26, 38.

**SAGITTARIUS** (Nov. 23 - Dec. 21)  
Are you feeling blocked from achieving something, whether a project or just communicating a change within yourself? You may have to stand up to a person acting as an obstacle. Lucky numbers: 14, 16, 18, 41, 43, 46.

**CAPRICORN** (Dec. 22 - Jan. 20)  
The past few weeks you may have experienced problems with cars and technology, as well as in your communications with others. You now could have a green light to proceed normally. Lucky numbers: 13, 15, 20, 42, 44, 47.

**AQUARIUS** (Jan. 21 - Feb. 19)  
The humanitarianism of Aquarius sometimes can have an overly detached quality in the endeavours. Seek a hidden opportunity to incorporate more warmth and passionate drive into your efforts. Lucky numbers: 2, 17, 26, 30, 42, 48.

**PISCES** (Feb. 20 - March 20)  
You soon may reach the end of a period where your intuitive and empathetic skills have been focused on others rather than yourself. What might you have learned during this period? Lucky numbers: 4, 10, 17, 36, 38, 40.

Lucky numbers this week: This week's odds favour Capricorn winners with the luckiest number being 20.

## Did You Know...

**Great player:** Born in 2000, Bianca Andreescu of Canada learned to play tennis when she was only 7 years old. In 2019, she became the first Canadian to win a grand slam singles title.

**Tooth exchange:** When children in North America lose a baby tooth, they put it under their pillows and the Tooth Fairy exchanges it for money. In France, children hope *La Petite Souris* (The Little Mouse) will leave money or treats.

**Nocturnal attraction:** Barnyard pests such as mice can be kept at bay if owls are present. To attract owls, property owners could consider keeping their property dark at night by using motion-activated outdoor lighting.

**Green space:** A five-floor condominium building in Turin, Italy, brings nature to its residents. Designed by architect Luciano Pia, the extra-wide terraces of "25 Green" hold trees and shrubs planted in large pots, turning the building into an urban jungle.

**Different coffee:** It's possible to make dandelion coffee out of dandelion roots. First, the roots have to be roasted in the oven, boiled in water, then strained. The beverage tastes similar to coffee without the acidic flavour.

## On the Lighter Side

Knock! Knock! *Who's there?* Oscar and Greta. *Oscar and Greta who?* Oscar silly question, Greta silly answer.

Why did the mail arrive wet? There was postage dew.

Jack: "Just one big factory makes all the perfume in the world."  
Jill: "Yes, it makes sense."

How do bees communicate? They use buzz words!

How did the road feel when twin chickens crossed it? Double-crossed.

## Answers

**Trivia answers:** 1. Welsh 2. North 3. Anthropology 4. "That's All Right" 5. L.M. Montgomery

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

**Dragons of the Past**  
Book Four of *The Dragons of Nibiru*  
Available now at your local bookstore  
[www.dragonsofnibiru.com](http://www.dragonsofnibiru.com)

**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**

**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](http://coffee-news.ca)

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)

**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)

**WEBSITES**  
From \$129/Month  
**(780) 760-6922**  
[FRONTLINECONSULTING.CA](http://FRONTLINECONSULTING.CA)

**COLD SHOT** A DIVISION OF BALMARIA 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