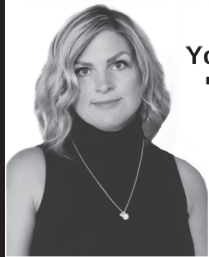


## THINKING OF BUYING OR SELLING?



CALL KATIE  
Your Central Edmonton Agent:  
**780.519.0668**  
www.realtybykatie.com

Living & working in  
Central Edmonton!

**Katie Adams**



**FREE!**

New Issue Every Week!

# Coffee News®

"News To Be Enjoyed  
Over Coffee"



Central  
Edmonton  
Edition

**780-220-6397**

www.coffee-news.ca

Vol. 20 No. 5 January 30, 2023

## Online Seated Fitness Program

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

FREE TO PARTICIPATE

Email [zoom@connectedcanadians.ca](mailto: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.

Connected Canadians

Funded in part by the Government of Canada's New Horizons for Seniors Program

Canada [www.connectedcanadians.ca](http://www.connectedcanadians.ca)

Don't know where to start...?

WE CAN HELP!  
CONTACT THE EXPERIENCED PROFESSIONALS AT

**HOME & OFFICE  
HANDYMAN  
SERVICES**

780.940.2127 | www.HOHS.ca

Give Us  
Your List.  
We'll Do  
The Rest.

## THIS SPACE FOR RENT

**780-220-6397**

## 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

Visit us at 12943-97 Street NW, Edmonton

**FREE  
TAKE HOME  
WHITENING KITS**  
WITH EVERY ANNUAL  
EXAM AND MAINTENANCE  
VISIT

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

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

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!



**Sunset Scents**  
a RAY of Fragrance

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

Affordable-Effective-Exclusive-CALL NOW!

## 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

**Until Feb 28 - Free Skating** Come down to the ICE District Plaza at 10360 102 St to take part in outdoor skating from 10am-10pm daily. Rink availability depends on weather and schedule of other events. Visit [icedistrict.comskating](http://icedistrict.comskating) for more details.

**Jan 24 - 29 - Ice on Whyte Chiseled** Join in on the 19th annual Ice on Whyte event. Teams will have 34 hours to complete their sculpture then you can view and vote for your favorite. Please visit [www.iceonwhyte.ca](http://www.iceonwhyte.ca) for all information.

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)

© Published with Permission by Capital Marketing Ltd

(Over)

When do YOU eat?  
I eat every  
other day.  
Two years so far.



## CURIOUS? QUESTIONS?

Join me in person  
at Canterra Hotel on  
**Sunday, Feb. 5, 2023**  
at 11 am or  
**Sunday, March 5, 2023**  
at 11 am.

or live online at  
**KatherineLand.net**

NO PROMISES NO CATCH

FREE  
w/

## Exclusive offer for Facebook and Google Ads



Get **FREE** set-up  
(up to a \$500 value!)

We are a local digital marketing  
agency specializing in paid ads.

Contact us today for your **FREE** no obligation consultation!

Frontline

780.760.6922

## Massage!

PAY  
FOR 10  
MESSAGES,  
GET ONE  
FREE!

Relaxation  
Deep Tissue  
Hot Stone

RMT w/2200hrs experience  
\$80 CAD for 60 mins.  
Open 9 am - 10 pm 7 days a week

## Rosewater Massage & Physio Clinic

12406-112 Ave. NW. Unit 158, Edmonton (Westmount area)  
**825.823.1818 | [rosewatermassage.ca](http://rosewatermassage.ca)**



## Coats for Kids & Families

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

Keeping our  
community  
warm.



[coatsforkidsandfamilies.ca](http://coatsforkidsandfamilies.ca)

**ELECTRICIAN  
FOR HIRE**

Residential  
Light Commercial  
Electrical Repairs and Renovations

Art de Leon Master Electrician

**780.932.3858** Cell  
[ajdeleon63@gmail.com](mailto:ajdeleon63@gmail.com)

## HIP OR KNEE REPLACEMENT?

THE DISABILITY TAX CREDIT ALLOWS FOR A

**\$2,500** YEARLY  
TAX CREDIT

**\$30,000** LUMP SUM  
REFUND

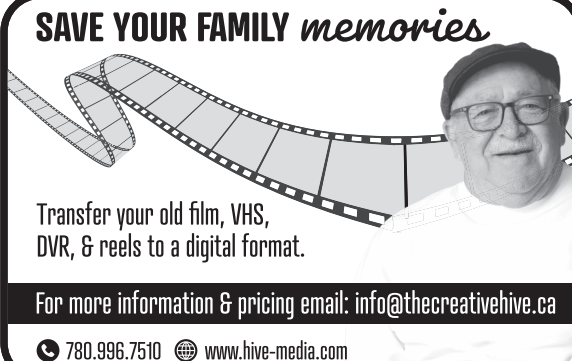
CPD, arthritis, and many other  
disabling conditions that cause  
**Restrictions in Walking  
or Dressing** may qualify.



FOR EXPERT HELP:  
**1-844-453-5372**

Visit us on Facebook-CoffeeNewsWeekly

**SAVE YOUR FAMILY memories**



Transfer your old film, VHS, DVR, & reels to a digital format.

For more information & pricing email: [info@thecreativehive.ca](mailto:info@thecreativehive.ca)

780.996.7510 [www.hive-media.com](http://www.hive-media.com)

**RETIREMENT LIVING CHRISTENSON**

Optional Meals • Personalized Services • On-site Care

**Join Our Safe & Social Community**



Scan QR Code

**VILLAGE AT Westmount**

Ask about our rental promotion

Full Kitchens • Social & Recreation • U/G Parking

13317-115th Ave, Edmonton

780-452-2030

CDLhomes.com



**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

**BLUE BLOODS**

MON - THURS 9:00

yesTV

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

**Direct Workwear Ltd.**

Always Low Prices & Great Deals... Save Money.

We Have A Large Selection Of Workwear:

- ✓ Insulated Winterwear
- ✓ Fire Resistant
- ✓ Hi-Viz
- ✓ Women's Workwear
- ✓ And So Much More!

SCAN ME Shop Online At [www.directworkwear.com](http://www.directworkwear.com)

**STOP STREAMING! IT'S FUNNIER LIVE AT THE COMIC STRIP**

BOURBON STREET, WEST EDMONTON MALL

PURCHASE TICKETS ONLINE AT [thecomicstrip.ca](http://thecomicstrip.ca)

Rick Branson's **THE COMIC STRIP**

DRINK • DINE • LAUGH

# 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

**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

**WESTMOUNT (by Pizza Hut and Dairy Queen)**

**NEW SPROUT PHARMACY** *New Open!*

13328-114 Avenue, NW Edmonton

Free prescription delivery | Rapid antigen tests for travel | Immunizations | Prescribing pharmacists

Certified diabetes educators • Senior discounts  
Free compliance packaging

**780-540-9215**  
[newsproutpharmacy@gmail.com](mailto:newsproutpharmacy@gmail.com)

Mon-Fri, 9-7 | Sat, Sun, Statutory Holidays, 10-4

Anastasia Bakunina, Owner/Clinical Pharmacist | Joseph Kamel, Owner/Clinical Pharmacist

**inogen**

**FREEDOM. TO BE YOU.**

1-888-998-6714

MKT-P0253

**DELIVERY PERSON NEEDED**

...to deliver **Coffee News!**

- Deliver CN to restaurants and other locations
- Part-time position

Interested? Please email your résumé to [info@coffee-news.ca](mailto:info@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)

**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)

**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