

CANADA'S #1 RETAIL WINDOW COVERING FACTORY

real blinds

FREE DESIGN CONSULTATION
COMMERCIAL • RESIDENTIAL • WHOLESALE

780.741.2376
Toll Free 1.855.846.7325
REALBLINDS.CA

Made in Canada
Produced in Alberta

FREE! **New Issue Every Week!**

Coffee News®

"News To Be Enjoyed
Over Coffee"

Hinton Edition
877-553-6397

www.coffee-news.ca

Est. 1988

Join us for Coffee Group!

Hosted by Yellowhead Emergency Shelter
Facilitator: Tannis Arsenault R.S.W

Topics include: Healthy Relationships, Dating Red Flags, Setting Boundaries, Online Dating Safety

• Tuesdays - 10:30-11:30 at Bridges Hinton AB
• Wednesdays - 9:30-10:30 at Yellowhead Emergency Shelter

Drop by for groups welcomed

Call or text 780.817.8177 for more info!

YES for Women Society
Coffee, tea, and snacks provided

DELIVERY PERSON NEEDED

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

- Deliver CN to restaurants and other locations
- Currently part-time position, 2-4 hours/month; strong possibility of increased hours as Covid restrictions are lifted

Interested?
Please email your résumé to info@coffee-news.ca

Dragons of the Past

Book Four of The Dragons of Nibiru

Available now at your local bookstore

www.dragonsofnibiru.com

Helping you rediscover **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 or visit us in person at 111 First Avenue, Spruce Grove

Home | Auto | Business | Farm

Insurance that fits

780.865.4631

112 Macleod Ave, Hinton
BrokerLink.ca

BrokerLink Insurance

CONNECTOR

CONVENIENT, RELIABLE TRANSPORTATION SERVICE
DAILY BETWEEN JASPER | HINTON | EDSON | EDMONTON
AND JASPER | LAKE LOUISE | BANFF | CALGARY

SUNDOG TRANSPORTATION AND TOURS LTD.

Visit our site to book www.SunDogTours.com or call us at 1.888.786.3641

Open House:
March 2, 6 pm - 8 pm at 124 Market Street in Hinton. Everyone welcome!

For Service:
Tuesday walks-ins 6:30 pm - 8 pm or call 780-856-6256 for more information

Volunteers Needed:
Tuesdays, 5:45 pm - 8 pm

Donations Welcomed:
Call 780-865-6256 or email hintonfoodbank@gmail.com for more info

HINTON FOOD BANK

PROVIDING EMERGENCY FOOD SERVICES TO THE CITIZENS OF HINTON AND AREA SINCE 1986

Everybody's Talking

Hanging loose: A sloth found itself in a little bit of trouble when it made its way up an electrical pole in Taraza, a town in northwestern Colombia. Perhaps disoriented, it swung itself out onto live wires. Town locals noticed the animal's predicament and worried for the animal's safety. They called electrical workers to come to the rescue. The Empresas Publicas de Medellin public safety workers were extremely careful with their attempts to get the sloth to safety, an operation that took about 20 minutes. Everyone witnessing the event was pleased to know that the animal was released back into the wild, where it could find plenty of safer "wires" to crawl around and hang on.

Good food: On the Caribbean island of Puerto Rico, food stalls called chinchorros are part of the local economy. These ubiquitous stands serve all kinds of fare, ranging from bowls of rice and peas, to skewers of beef, to decadent fritters and croquetas de jamón y queso (ham, cheese, and potato croquettes). The food stalls are not fancy, but they attract locals and tourists alike, who might wander or even dance between the stalls. Live bands sometimes play, and children romp around together while their parents visit. Some chinchorros have been owned by the same family for many generations, and all of them contribute to preserving the island's vibrant food culture.

Pig visitor: A men's club in County Durham in England got a surprise visitor: a pig! The Easington Colliery Club's members couldn't believe their eyes when the black-and-tan farm animal sauntered into the premises. The animal turned out to be a friendly critter, as he strolled through the facility looking for an ear rub and a meal. Eventually, patrons managed to lure the little porker outside using a few morsels of food. They confined him to a nearby garden and posted the story on social media. In only about 15 minutes, someone identified the pig, who was believed to have been named Roddy. The owner soon arrived to take him home.

Sweeping success: Most people think brooms are primarily for sweeping floors, and they may be right. However, the brooms made at Berea College in the U.S. state of Kentucky are so beautifully crafted that they are more apt to be hung as decoration. These unique brooms are handmade by students at this liberal arts college. Broomcorn (Sorghum vulgare) is dyed various colours, which the students might braid into elaborate designs. They make 15 different types of brooms of various sizes. Founded in 1855, Berea was the South's first interracial, co-educational institution, and began making brooms in 1920. Today, students produce about 5,000 of these well-made brooms every year, and the product is in high demand.

Quoteable Quotes

"I never lose. I either win or learn." —Nelson Mandela
"Never fear shadows. They simply mean there's a light shining somewhere nearby." —Ruth E. Renkel

What's Happening

Jan 11-Mar 1 - Anxiety Workshop Anxiety to Calm is a free, in-person, 8-week workshop. Learning exercises to help manage anxiety, understand thoughts, behaviors, and emotions more deeply, and learn healthy lifestyle choices. To register visit <https://mrpcn.cagroups/anxiety-to-calm>

April 18 - Volunteer Recruitment Fair for the Performing Arts Theatre of Hinton. Call 780-865-6036 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 won the 1989 Booker Prize for The Remains of the Day?
2. If one of a mammal's jaws is wider than the other, the condition is _____.
3. The Pipiles are Indigenous people in what country?
4. What year was The Jazz Singer, the first talking movie, released?
5. This era is known as "Age of the Dinosaurs."

(Flip bottom of page for answers)

THIS SPACE FOR RENT

780-220-6397

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

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

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

Running for office?

Give your campaign a kickstart with **Coffee News**!

Call for opportunities in your local community.

VOTE

WEBSITES

From \$129/Month

(780) 760-6922

FRONTLINECONSULTING.CA

Good Times Start Here!

RANCHERS SPORTS BAR & GRILL

Open Daily,
6 am - 10 pm
780.865.9785

DINE IN AND TAKE OUT AVAILABLE



Open Daily,
10 am - 10 pm

RANCHERS SPIRITS

780.817.2356

BOTH LOCATED AT:

438 Smith Street, Hinton

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



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

Are You A Good Fit?

Capital Marketing, publishers of **Coffee News** in Northern Alberta, is looking for partners in rural areas in Northern Alberta to promote the paper in their region.

If you love to meet new people, are entrepreneurial in spirit, and have some sales background, we would love to have a chat with you. Email info@coffee-news.ca and tell us why you love **Coffee News**, and why you would like to share the good news stores we provide with your community. We'll be in touch after we get your email. Don't forget to include your name and phone number!

CN IS HIRING CONDUCTORS

✓ **Paid training**
Great pay and benefits

cn.ca/careers



Helping With Your Safety Needs

SAFETY LOGIC
Service Provider Corp.

Courses: First Aid • H2S Alive • Equipment
Field Services: Medics • Confined Space
Safety Programs: SECOR/COR • Audits

AND MORE! Health Assessments: Drug & Alcohol • Audio Custom Plugs

780-712-6602

booking@safetylogic.info



QR Code Website

Your Weekly Horoscope

ARIES

(March 21 - April 20)



This week you may uncover a hidden opportunity, allowing you to make progress on a goal. Finding it might require facing and addressing an unresolved wound from the past. Lucky numbers: 1, 12, 19, 25, 38, 40.

TAURUS

(April 21 - May 21)



For the next few weeks, keep your eyes open for an unusual or unexpected opportunity. Taurus can tend to overanalyze things, but this opportunity may not last long. Lucky numbers: 12, 13, 14, 18, 27, 36.

GEMINI

(May 22 - June 21)



Your antenna for picking up data from the ether may be particularly sensitive at the beginning of the week. Evaluate the information for a few days before deciding how to proceed. Lucky numbers: 5, 8, 22, 29, 33, 41.

CANCER

(June 22 - July 22)



You may find that your emotions are strong and close to the surface at the beginning of the week. If this causes you stress, breathe deeply and wait a few days. Lucky numbers: 6, 7, 28, 29, 40, 42.

LEO

(July 23 - Aug. 23)



Added Leo energy at midweek may be favourable for getting what you want in a particular situation. Just be sure that it doesn't come at a high cost for someone else. Lucky numbers: 11, 13, 14, 20, 25, 46.

VIRGO

(Aug. 24 - Sept. 23)



Virgos are usually well grounded. For the next couple of weeks, though, your thoughts and ability to communicate clearly may be muddled. Use this as an opportunity to expand your comfort zone. Lucky numbers: 5, 15, 20, 29, 37, 42.

LIBRA

(Sept. 24 - Oct. 23)



Libras' diplomatic nature helps them try to avoid conflict in relationships. Right now, though, you may find you have a strong urge for an honest discussion to resolve an issue. Lucky numbers: 3, 12, 17, 19, 28, 32.

SCORPIO

(Oct. 24 - Nov. 22)



Are you possibly feeling restricted by your partner and/or relationship? Consider where a change in viewpoint could improve the situation, and discuss that change with the other person. Lucky numbers: 2, 13, 17, 18, 26, 33.

SAGITTARIUS

(Nov. 23 - Dec. 21)



Your mind and emotions may be in conflict at the beginning of the week. Take a deep breath and wait a few days before taking action on any important issue. Lucky numbers: 17, 20, 23, 33, 39, 45.

CAPRICORN

(Dec. 22 - Jan. 20)



Pluto entered Capricorn in 2008, catalyzing a deep transformation for you. It will soon begin to dip its toe into Aquarius. You may now begin to feel a change in the pattern. Lucky numbers: 2, 11, 12, 14, 15, 27.

AQUARIUS

(Jan. 21 - Feb. 19)



Do you have a project that requires the support of others? Midweek could be a good time to reach out, as your ability to successfully communicate may be heightened. Lucky numbers: 7, 13, 17, 24, 25, 26.

PISCES

(Feb. 20 - March 20)



Are you having a difficult time making a decision about an important matter? Keep your eyes open for information that might help clarify your intuitive sense of the situation. Lucky numbers: 4, 7, 10, 21, 32, 33.

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

Did You Know...

Island city: A popular tourist destination, Venice, Italy, is built on 118 small islands connected by bridges. Popular beaches are found on the islands of Lido and Pellestrina, while Murano is known for its glass-making industry.

Teary times: Humans have three types of tears with very different functions. Basal tears moisten the eye, while irritant (or reflex) tears rid the eye of dirt, protecting it from infections. Other tears reveal emotions like joy or sadness.

Ouch! Among the uncomfortable fashion trends was the corset, which Western women wore from the 16th to early 20th centuries. Designed to shape the body, corsets could be so tight that breaking a rib was a real danger.

Cheese peeler: Most people are familiar with those handy vegetable peelers that make easy work of peeling potatoes and carrots. They can also be used to "peel" strips from a block of cheese to use in salads or pasta dishes.

Pumpkin facts: Because they are full of seeds, pumpkins are a fruit. Like zucchini, they belong to the squash family. They ripen in the fall (in time for Halloween!), and are known as a "winter squash."

On the Lighter Side

The failed poet decided to leave the writing to the prose.

Ned: "Can you skate?"
Fred: "I don't know. I can't stand up long enough to find out!"

What was Rumpelstiltskin doing in the Olympics? Going for gold!

A broken can opener is really just a can't opener.

Knock! Knock! *Who's there?* Breed. *Breed who?* Breed deep and say "Ahh!"

Answers

Trivia answers: 1. Kazuo Ishiguro 2. Antisocialism 3. El Salvador 4. 1927 5. Mesozoic

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

SHOP ONLINE!

www.scubagearcanada.ca

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



The Dive Outfitters

Scuba Diving & Snorkeling

11781-156 St., Edmonton

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

780.483.0044



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

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

LARGEST SELECTION of brother Machines and Accessories

brother at your side



Come in for a test drive!

Mon-Fri, 9 am - 5 pm Sat, 9 am - 3 pm

NEW LOCATION NOW OPEN!

SOUTH 780.469.1147 WEST 780.486.0047

8649-63 Ave., Edmonton 18514-104 Ave., Edmonton

www.centralsewing.com

SEWING | EMBROIDERY | QUILTING | INDUSTRIAL | SERVICE

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



Machining | Welding | Fabrication



• Ramps
• Flywheels
• Farming Equipment
• Gear Parts
...and more



First Time Customers: 10% Off*

780-962-1772

CALL US TO DISCUSS YOUR PROJECT! *To a maximum of \$300

www.grovemachwelding.com | 35 South Ave., Spruce Grove

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



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

WHEEL OF FORTUNE

WEEKNIGHTS 7PM/6PST

yesTV

