

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.

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, optional
	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>

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



Transform lives, one wish at a time.

Make-A-Wish

Visit makeawish.ca

WE COME TO YOU!

NERDS2YOU

VIRUS REMOVAL & COMPUTER REPAIR

ONSITE COMPUTER REPAIR

Your on-site computer and network service specialists. Virus removal, network setup, repairs and more.

587-772-NERD(6373)

FAST, FRIENDLY AND PROFESSIONAL
DEBIT, VISA AND MASTERCARD ACCEPTED

NERDS2YOU.CA

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

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

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
a RAY of Fragrance

prairiescentedcandles@gmail.com
www.prairiescentedcandles.com

FREE! New Issue Every Week!


Coffee News®

"News To Be Enjoyed Over Coffee"

Whyte Avenue - U of A Edition

780-220-6397

www.coffee-news.ca



Est. 1988

Vol. 20 No. 6 February 6, 2023

Everybody's Talking

Blue cows: Black, brown, and white cows may not attract much amount of attention, but what about a blue cow? Latvia is home to such a beast. These cows can be light or dark ultramarine in colour from a pigment that affects their fur. At birth, their coats are closer to beige, then later become blue. This cattle breed produces less milk than average, and was near extinction a few decades ago. However, a play called *The Blue One*, by Latvian Gunars Priede, drew attention to the plight of the blue cow in the 1970s. After organized attempts to save the breed, today these resilient animals can be found in the fields of Latvia.

Standing guard: Three cats in Victoria, British Columbia (Canada), decided to take control of an unopened blender box, with the blender still inside. Max, George, and Lando took turns sitting upon and guarding the box, while owners Jessica and Nikii began posting their pets' antics on social media, garnering many amused responses. Obviously, the owners only needed to shoo the cats away, unpack the blender, and start making smoothies. But the standoff provided so much laughter that they let the cats have their way for a while. They even contacted the mixer's manufacturer with the amusing story. The company sent three empty boxes so the owners could have their blender and the cats could keep playing with the containers.

Pineapple or not? Does pineapple belong on pizza? That is what Angelo Mercuri, chef, co-owner, and co-founder of Bacaro Pizzeria in Montreal, Quebec (Canada), wanted to find out. Including the tropical fruit on pizza is a contentious issue for many, so Mercuri devised a survey that drew 5,000 responses. Of all the respondents to the heavily publicized survey, 53 percent voted against pineapple on the Italian favourite, so for now, he took it off the menu of the chain of pizza restaurants. Bacaro's "Hawaii Five-0" pizza also had included bacon, ricotta, jalapeno peppers, and tomato sauce. Now the fruit has been banned from the chain for the foreseeable future.

Open trunk: Some petty thieves work by breaking into cars, rifling around in the console and the glove compartment, and stealing change or other valuables that the hapless owner may have left inside. If the car is locked, a thief might smash a window to get inside. This is happening more than usual in San Francisco, California (U.S.), so some vehicle owners have taken the situation into their own hands: they leave their cars unlocked with the trunks open, and they ensure there's nothing worth stealing in the car. A line of driverless cars parked on the street with trunks open looks odd, and police advise against the practice.

Quoteable Quotes

"My father always used to say, 'Don't raise your voice. Improve your argument.'"
—Archbishop Desmond Tutu

"Don't give up on your daydream! That little voice inside is telling you how to live your life with intent and purpose."
—Dawn Gluskin

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 for more details.

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.

NON profit organizations may submit events for FREE at www.coffee-news.ca

Hidden Coffee News Guy ADVENTURE

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!

\$400* Prize Package
*Coffee Neus Bucks
Over 150 participating sponsors!

4 winners (\$100 each) will be drawn on the 15th of each month from all correct entries

Trivia

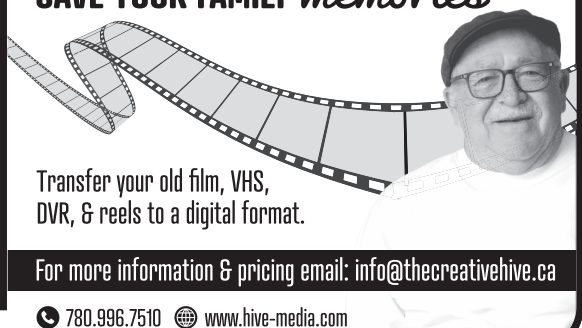
1. The largest island of the Philippines is _____.
2. This Egyptian frog goddess represents fertility.
3. What refrigerant destroys the ozone layer?
4. The French horn is a woodwind instrument—T/F?
5. The word "cappuccino" originally referred to what brown item?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

(Over)

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

THIS SPACE FOR RENT

780-220-6397

STOP STREAMING!
IT'S FUNNIER LIVE
AT THE COMIC STRIP
BOURBON STREET, WEST EDMONTON MALL

PURCHASE TICKETS ONLINE AT thecomicrostrip.ca

Rick Bronson's
THE COMIC STRIP
DRINK · DINE · LAUGH



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




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

WHAT YOU SAY MATTERS

At iListen we step into your world to listen to you.



CONVENIENT Telephone, virtual or chat
OFFERS Value that works for you
PEACE OF MIND Feel welcomed, safe and heard

Toll Free: 1.877.757.0350
www.ilistencanada.com

iListen 

Visit us on Facebook-CoffeeNewsWeekly

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/techexpert

Coffee News®
is proudly delivered by

McMan
Coffee News® Part of your community.

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

ELECTRICIAN FOR HIRE

Residential
Light Commercial
Electrical Repairs and Renovations

Art de Leon Master Electrician

780.932.3858 Cell
ajdeleon63@gmail.com

COLD SHOT
A DIVISION OF BALWARIA EMPIRE PVT. LTD.

PASSENGER & PARCEL SERVICES

SHIP BY BUS
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

inogen

FREEDOM. TO BE YOU.

1-888-998-6714

MKT-P0253

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

Your Weekly Horoscope

ARIES
(March 21 - April 20)

Have you reached a place in life where service to others is a consideration for you now? In this process, try to find an opportunity to align your service with your values. Lucky numbers: 3, 7, 12, 40, 42, 47.

TAURUS
(April 21 - May 21)

Do you want to break free and pursue something new? Perhaps you should take a small step in the new direction, to make sure it is the right one for you. Lucky numbers: 21, 25, 33, 35, 41, 48.

GEMINI
(May 22 - June 21)

Resist any temptation to get into a fight with someone you perceive as an obstacle to your plans. What might be a better way to meet this challenge that will avoid conflict? Lucky numbers: 6, 17, 25, 35, 37, 43.

CANCER
(June 22 - July 22)

You may find yourself busy and stressed now. Expressing yourself is important but try not to get into unnecessary ego conflicts with others. How are you contributing to the issue? Lucky numbers: 13, 14, 33, 34, 43, 45.

LEO
(July 23 - Aug. 23)

How do you define the pot of gold at the end of the rainbow? In pursuing it, just be sure your path is in alignment with what your heart wants. Lucky numbers: 1, 3, 6, 10, 21, 39.

VIRGO
(Aug. 24 - Sept. 23)

Virgos are usually happiest when they feel grounded and things are running smoothly. The energy at the beginning of the week is supportive, so you may wish to proceed forward now. Lucky numbers: 10, 11, 13, 16, 24, 46.

Lucky numbers this week: This week's odds favour Virgo winners with the luckiest number being 11.

LIBRA
(Sept. 24 - Oct. 23)

Seek out the beauty that is all around you in the world. Perhaps take a museum trip? Use this energy to reinforce the natural grace, kindness, and empathy within yourself. Lucky numbers: 2, 15, 17, 33, 36, 41.

SCORPIO
(Oct. 24 - Nov. 22)

Are you feeling a bit paranoid about the thoughts and actions of those around you? Take a deep breath, wait a few days, and the feeling will most likely pass. Lucky numbers: 14, 20, 21, 28, 33, 35.

SAGITTARIUS
(Nov. 23 - Dec. 21)

You may find yourself thinking now about what legacy you want to leave behind. Whatever you decide, be sure to incorporate your personal philosophy and belief system into your plans. Lucky numbers: 5, 14, 16, 19, 32, 36.

CAPRICORN
(Dec. 22 - Jan. 20)

You may have been undergoing a long period of personal transformation, which often might have been confusing. At midweek, you could receive some insights about the process. Look for them. Lucky numbers: 4, 15, 33, 39, 42, 44.

AQUARIUS
(Jan. 21 - Feb. 19)

You may find that you need to make an adjustment now to your work style. Keep your Aquarius antenna alert for new information that could help you in this process. Lucky numbers: 7, 24, 29, 30, 36, 42.

PISCES
(Feb. 20 - March 20)

You may be feeling that you are on information overload right now, and you would be correct. It may be best to wait a few days to assimilate it before acting. Lucky numbers: 12, 14, 18, 21, 33, 40.

Did You Know...

Scottish saying: Most people have had the embarrassing experience of forgetting someone's name when making introductions. Scottish people ease these awkward situations by saying, "Pardon my tartle!"

Maple leaf: The Canadian Flag has a red maple leaf in the middle, which is flanked by two vertical red rectangles. Designed by Canadian George Stanley, it became official in 1965.

Poetry time: To write an acrostic poem, just pick a word or name. Then use each letter of the word or name as the first letter of each line of the poem. The word can be any length and the poem does not have to rhyme.

Bad bread move: Don't put a loaf of bread upside down on a table when dining in Italy. An Italian belief is that bread is a symbol of life, and therefore placing it upside down will bring bad luck.

Pesky stump: Tree stumps take years to rot on their own. To accelerate the process, drill holes in the stump and sprinkle Epsom salt on it. Keep the stump covered to protect from rain, and apply more salt every few weeks.

On the Lighter Side

Why did the student throw away his lunch? It was full of junk food.

Tom: "I used to have a terrible fear of hurdles."
Tim: "What did you do?"
Tom: "I got over it."

I know a woman who used to be a train driver, but she got sidetracked.

Remember: Models of dragons are not to scale.

Knock! Knock! Who's there? Bertha. Bertha who? Happy Bertha-day to you!

Answers
Trivia answers: 1. Luzon 2. Heget 3. Freon 4. False 5. Capuchin monks' clothing

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

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

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

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

RETIREMENT LIVING CHRISTENSON

Optional Meals • Personalized Services • On-site Care

Join Our Safe & Social Community

W
VILLAGE AT
Westmount

Scan QR Code

Ask about our rental promotion

Full Kitchens • Social & Recreation • U/G Parking

13317-115th Ave, Edmonton

780-452-2030
CDLhomes.com

CHRISTENSON COMMUNITIES

Exclusive Offer!

Coffee News Readers - Receive \$100 OFF their Website Development!

*Mention this ad to redeem!

Frontline
web consulting
(780) 760-6922
FRONTLINECONSULTING.CA

SCAN ME

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

Zone 17-Whyte Avenue/University