

**THIS SPACE
FOR RENT**
780-220-6397

You Used
To Do It
Yourself...

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.



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

THINKING OF BUYING OR SELLING?



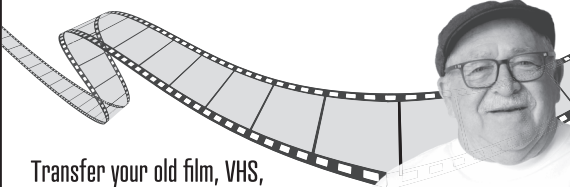
Katie Adams

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

Living & working in
Central Edmonton!



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

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



Transform lives,
one wish at a time.

Make-A-Wish.

Visit makeawish.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

FREE!

New Issue Every Week!

Coffee News®

"News To Be Enjoyed
Over Coffee"



www.coffee-news.ca

**Central
Edmonton
Edition**

780-220-6397

Vol. 20 No. 7 February 13, 2023

Everybody's Talking

Smart birds: A cleaning company based in Sweden is testing a way to get rid of a certain kind of garbage that tends to be strewn on the street by litterers: cigarette butts. Called "Corvid Cleaning," the company has devised a way to use wild crows as street maids. Crows are smart birds, and company founder Christian Gunther-Hanssen is tapping into their intelligence by rewarding them for their work. After several steps of training, he and his team hope the birds will eventually learn to drop the butts in a garbage can in exchange for food dispensed from a machine. Testing of the idea will take place in Sodertalje, not far from Stockholm.

Well water: A vast artesian well on the arid continent of Australia stretches about 1.7 million square kilometres (670,000 sq. mi.). Called the Great Artesian Basin, this source of groundwater lies under parts of several states in the east part of the country. One of the largest underground freshwater resources in the world, the Basin's water can be accessed by drilling a well. The water also creeps up through natural cracks in the rock, emerging as springs, creeks, and rivers. This happens more toward the southern part of the Basin because the water lies closer to the surface. Conservation of the Great Artesian Basin is a priority in the country.

Soccer sleuths: Soccer is a sport loved all around the world, with India being no exception. But humans aren't the only creatures that enjoy kicking around a ball. In the village of Sukhigaon, Odisha, in the Nabarangpur forest area, a group of children was playing soccer when one of them accidentally kicked the ball into a forested area adjacent to the field. To the surprise of both players and spectators, a mother bear and her young cub emerged from the woods, found the ball and started playing with it. Now, instead of cheering on their team, everyone cheered for the bears and filmed their antics. Eventually, the bear family returned to the forest

Fortunate win: Gabriel Fierro, of Cornelius, North Carolina (U.S.), likes to take his wife out for lunch on Saturdays. Their usual haunt is an Asian restaurant in nearby Charlotte, where they order their favourite dishes, and end the meal with a fortune cookie. After one recent lunch, Fierro decided to use the numbers from his fortune cookie to play the Mega Millions lottery. The fortune cookie numbers turned out to be, indeed, quite fortunate. They were winners! Fierro's prize, before tax, was \$4 million (USD). The big winner and his wife plan to use some of the money to build a new home and then invest the rest. They'll probably buy themselves a few more meals at their favourite restaurant, too.

Quoteable Quotes

"You do not find the happy life. You make it." —Camilla Eyring Kimball

"Morale is when your hands and feet keep on working when your head says it can't be done." —Benjamin Morrell

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.

Volunteer drivers urgently needed to drive cancer patients The Canadian Cancer Society is urgently needing volunteer drivers in Edmonton and area to take people to the Cross Cancer for their treatment. Mileage reimbursement provided. Please inquire at volunteer@cancer.ca or call us at 1-888-939-3333.

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 year was George Orwell's Animal Farm first published?
2. This is the highest peak in South America.
3. The only North American marsupial is _____.
4. Do adult humans commonly have 29, 32, or 36 teeth?
5. Approximately how deep is the ocean's epipelagic zone?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

(Over)

Affordable-Effective-Exclusive-CALL NOW!

Massage!

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

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

**ELECTRICIAN
FOR HIRE**

Residential
Light Commercial
Electrical Repairs and Renovations

Art de Leon ⚡ Master Electrician

780.932.3858 Cell
ajdeleon63@gmail.com

Happy
**Family
Day!**

from your friends at
Coffee News®

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

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	1 hot cooked egg noodle
	1 minced fresh oregano, optional

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

- 1 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.
- 2 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.
- 3 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>

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

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

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

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

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

Anastasia Bakumina, Owner/Clinical Pharmacist
Joseph Kamel, Owner/Clinical Pharmacist

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

BOURBON STREET, WEST EDMONTON MALL

PURCHASE TICKETS ONLINE AT thecomicstrip.ca

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

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

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.



SCAN ME

Contact us today for your FREE no obligation consultation!

Frontline web consulting **780.760.6922**

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**

Your Weekly Horoscope

ARIES (March 21 – April 20)

Keep your eyes open this week for an opportunity that can manifest a successful endeavour. It may be subtle, so pay close attention to be sure you don't miss it. Lucky numbers: 7, 19, 29, 33, 36, 47.

TAURUS (April 21 – May 21)

Many factors are in flux in your environment right now. If you can stay centered in the chaos, you may be able to identify which factor could provide a new opportunity. Lucky numbers: 2, 6, 9, 20, 25, 27.

GEMINI (May 22 – June 21)

You may be feeling argumentative and out of sorts at the beginning of the week. Wait a few days and things might improve. In the meantime, don't engage negatively with others. Lucky numbers: 3, 10, 13, 18, 30, 35.

CANCER (June 22 – July 22)

You may have recently felt emotionally overwhelmed by others' pain. The energies are shifting in a positive direction. You still can't help everyone, but the burden might be lighter for you. Lucky numbers: 11, 16, 21, 28, 43, 44.

LEO (July 23 – Aug. 23)

Your heart and mind may be out of sync right now. Consider how you can bridge the gap between the two, but try waiting a few days before you act. Lucky numbers: 10, 12, 21, 23, 39, 41.

VIRGO (Aug. 24 – Sept. 23)

Did you set up a plan about six months ago on your birthday? If so, how are you progressing with it? Where do you need to make changes to stay on track? Lucky numbers: 25, 34, 41, 46, 47, 48.

LIBRA (Sept. 24 – Oct. 23)

For the next couple of weeks, you may be able to easily communicate your ideas to people. This might be a good time to ask others for what you want. Lucky numbers: 8, 13, 14, 17, 23, 31.

SCORPIO (Oct. 24 – Nov. 22)

You may have a lot of energy to accomplish something right now. Just consider where you should make an adjustment, in order to garner the support of others whose help you need. Lucky numbers: 5, 8, 11, 17, 25, 32.

SAGITTARIUS (Nov. 23 – Dec. 21)

For a few days at the beginning of the week, you may feel particularly enthusiastic and optimistic. How do you want to take advantage of this to achieve something positive? Lucky numbers: 1, 15, 17, 22, 25, 34.

CAPRICORN (Dec. 22 – Jan. 20)

You may feel the need to forge an intense psychological connection to your romantic partner. However, first make sure they are receptive to this level of interaction in the relationship. Lucky numbers: 9, 20, 21, 22, 32, 46.

AQUARIUS (Jan. 21 – Feb. 19)

Are you caught between your work and romantic commitments? Look for opportunities that might allow you to accommodate both, while neither is neglected. This may take some creative thinking! Lucky numbers: 6, 19, 33, 40, 41, 43.

PISCES (Feb. 20 – March 20)

The Sun is returning to the position where it was when you were born. This gives you the opportunity to plan your new year. Include values that you are passionate about. Lucky numbers: 4, 10, 22, 23, 36, 37.

Lucky numbers this week: This week's odds favour Pisces winners with the luckiest number being 37.

Did You Know...

Sour to sweet: A berry that grows in West Africa makes sour foods taste sweet. Known commonly as "miracle fruit" or "miracle berry" (*Synsepalum dulcificum*), it contains a special protein that works by activating the sweet receptors on the tongue.

Favourite veggie: Known as the *Le Roi Soleil* (The Sun King), France's Louis XIV (1638-1715) had a fondness for green peas, which were considered a gourmet treat. They were imported to his court from Italy, wrapped in roses to keep them fresh.

Special coin: Queen Isabella of Spain appeared on the American quarter in 1893. She was the first real woman to appear on a U.S. coin. The occasion was the World's Columbian Exhibition in Chicago, Illinois.

Just visiting: The late American musician Elvis Presley was world famous, but never performed in England. He stopped in the U.K. during his time serving in the U.S. Army, but not as a performer.

Sweet side dish: The long and slender green zucchini is commonly used in many different dishes. Golden zucchini is shaped just like the green variety and is just as appealing. It can be a little bit sweeter than the green one.

On the Lighter Side

Pat: "The last time I sang my voice fell on a thousand ears."
Pam: "Were you singing in a cornfield?"

What do you call a silly pickle? A daffy dill.

My grandfather keeps his gingerbread recipe secret. He shares on a knead-to-know basis.

Knock! Knock! Who's there? Fangs. Fangs who? Fangs for opening the door!

When construction workers party, they raise the roof.

Answers

Trivia answers: 1. 1945 2. Cerro Aconcagua, Argentina 3. Common (Virginia) opossum 4. 32 5. 650 feet

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

inogen

FREEDOM. TO BE YOU.

1-888-998-6714

MKT-PO253

RETIREMENT LIVING CHRISTENSON

Optional Meals • Personalized Services • On-site Care

Join Our Safe & Social Community



Scan QR Code

Westmount

Ask about our rental promotion

Full Kitchens • Social & Recreation • U/G Parking

13317-115th Ave, Edmonton

780-452-2030

CDLhomes.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

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

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

BEFORE AFTER

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

25 WORDS OR LESS

WEEKDAYS 3PM

yes tv