

**STARTING FROM \$25/HOUR**



**WE'RE HIRING**

- Hiring multiple positions for Wash Plant Operators, Dry Plant Operators, Loader Operators, Jr. Tech, Millwright
- Hiring seasonal positions for 8-month term as well as permanent positions
- Lac Ste. Anne County

Submit résumé: [recruit@wayfindercorp.com](mailto:recruit@wayfindercorp.com)  
Company info: [www.wayfindercorp.com](http://www.wayfindercorp.com)


**FREE!** *New Issue Every Week!*

# Coffee News®

*"News To Be Enjoyed Over Coffee"*

**Whitecourt Edition**

**877-553-6397**



www.coffee-news.ca

**Get your refund instantly.**

Walk in with your taxes and walk out with your refund.

Open year 'round. Personal, small business, corporate income tax, bookkeeping, GST and payroll services.

**H&R BLOCK**

**780.778.3030**  
New address: 4723-50 Ave., Whitecourt

**THIS SPACE FOR RENT**

**780-220-6397**

**WE BUY USED GOLD AND DIAMONDS**

Blue Diamond Jewellers

**780.968.0040**  
Main Street, Stony Plain  
[www.bluediamondjewellers.com](http://www.bluediamondjewellers.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](http://www.microbusiness.ca)**



*Creating memories* ...one vacation at a time!

**NORDEGG VACATION RENTALS**

Far from the hustle and bustle of city life, Nordegg is nestled in the peace and quiet of the Rocky Mountains. Whether you're interested in a weekend getaway or a longer vacation, we have the perfect house for you.

For more information: 1-855-NORDEGG (667-3344)

**[nordeggvacationrentals.ca](http://nordeggvacationrentals.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)



**Dragons of the Past**

Book Four of The Dragons of Nibiru

Available now at your local bookstore

[www.dragonsofnibiru.com](http://www.dragonsofnibiru.com)



Vol. 20 No. 11 March 13, 2023

## Everybody's Talking

**Sparkly crime:** The glitter is what gave them away. Police were able to pin a crime on two Florida (U.S.) women because the sparkly stuff was all over the inside of their car. The crime was burglary. Sarah Franks and Kaitlin O'Donovan had an argument with a man named Jacob Colon, who was standing on the balcony of his apartment in the city of Clearwater. One of the angry pair got into Colon's apartment, tossing glitter all over the place. With a licence plate number, the authorities traced the women to their home, where they found the car with glitter inside. Franks and O'Donovan face felony charges for the incident.

**Fun with food:** Japanese artist Gaku can eat his art after creating it. This is because he makes art out of food. He uses an X-Acto knife to carve intricate designs into all kinds of vegetables and fruit, including apples, broccoli, zucchini, lemons, avocados, and more. He might cut the food item in half first, and then carve elaborate geometrical patterns into the flesh. Other times, he'll carve the designs in the skin of the food. He's been known to turn a broccoli spear into an eagle and has etched a cartoon character into a banana. He shoots photos of his creations before the food spoils, and then eats them if he is so inclined.

**Human shape:** On the Italian island of Sicily, not far from Mount Etna, a small town named Centuripe has an interesting shape when observed from the air. While viewing the town on Google Earth, photographer Pio Andrea Peri realized that Centuripe, which is perched on a hill, looked like a person with outstretched arms and legs. He decided to take photos with his drone to try to reproduce this sight. But his drone couldn't get high enough to take pictures of the whole town, so he had to use several images and piece them together. The night shots are especially interesting because the lights of the town stand out from the black surroundings.

**Insect phobia:** What better way to get over a fear of insects than to face them every day. Michael Amoia of New York City did just that by covering most of his skin with tattoos of insects and bugs. In fact, he has 864 tattoos of insects, plus spiders and millipedes, one of which is 17 x 19 inches (43 x 48 cm) and another is 50 inches (127 cm). A spider and web are under his arm, a dragonfly perches on his temple, and a gigantic fly graces his foot. Amoia has earned a place in the Guinness World Records book for this feat, which he began almost 30 years ago when he was 21. His first bug tattoo was a red queen ant on his forearm.

## Quoteable Quotes

"Don't sit down and wait for the opportunities to come. Get up and make them."  
—Madam C.J. Walker

"Keep on going and the chances are you will stumble on something... I have never heard of anyone stumbling on something sitting down."  
—Charles F. Kettering

## What's Happening

**Mar 16-May 4 - 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>

**Mar 15-23 - Rotary Music Festival** Join us in encouraging and promoting the development and appreciation of music, drama, speech, arts, and cultural activities at the Barrhead Rotary Music Festival. Email [barrheadrotarymusicfestival@gmail.com](mailto:barrheadrotarymusicfestival@gmail.com) for more info

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!

...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. This is an enclosed portico attached to a church.
2. The Greek goddess of hearth and home is Hera, Persephone, or Hestia?
3. Where is Mt. Joffre?
4. The study of a country's overall economic activity is called what?
5. Ancient Rome's open-air, public gathering centre was The \_\_\_\_.

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd


(Over)

**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)



**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



Home | Auto | Business | Farm

**Insurance that fits**

**780.778.3000**  
5024 51 Ave, Whitecourt  
BrokerLink.ca

**BrokerLink Insurance**

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



**HIP OR KNEE REPLACEMENT?**

THE DISABILITY TAX CREDIT ALLOWS FOR A

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

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

Restrictions in Walking or Dressing may qualify.

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



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](http://www.giftsandgadgets.ab.ca) or visit us in person at 111 First Avenue, Spruce Grove



HOME AND LAND FOR RENT AT

**RIVER VALLEY ESTATES**

Call 780.778.2901 for more information



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)





## Congratulations

to January's **Coffee News Guy** contest winners!

Your prizes are in the mail!

**Fay Masse  
Diana Dohei  
Ron Diakur  
Brian Dompe**

Enter today for your chance to win at [www.coffee-news.ca](http://www.coffee-news.ca)

## Get Your Meters' Calibrations Right

We are committed to proving your meters accurate and on time. Since 2003, Measurement Inc. has performed over 8,250 meter proves, so we won't be practising on yours.

**— RELAX WHEN YOU GET AUDITED!**

**MY PROMISE TO YOU:** "If all you want is someone cheap to tag your meters, I respectfully ask you to call someone else. Ours will be the best proving experience you have ever had. When audited you'll see the results of excellent measurement. This will be the most complete, professional proving and calibration you have ever experienced. We do the work right or we'll redo it for FREE. I guarantee it!"

~ Jerry Greiner

**MEASUREMENT INC.**  
780-621-2555  
[www.MeasurementInc.ca](http://www.MeasurementInc.ca)

**PORTABLE TEST SEPARATOR RENTALS**

HEALTH | BEAUTY | PREVENTION

## THE IMPORTANCE OF Skin CARE

780.706.6690

**Aesthetics CLINIQUE**  
4908-51 Ave. Whitecourt

WAXING | LASER HAIR REMOVAL | FACIALS | MUCH MORE!

## BLUE BLOODS

MON - THURS 9:00

yesTV

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**  
[www.prairiescentedcandles.com](http://www.prairiescentedcandles.com)

**Sunset Scents**  
a RAY of Fragrance  
[prairiescentedcandles@gmail.com](mailto:prairiescentedcandles@gmail.com)

**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](http://www.smallmiraclesadoption.com)

**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](mailto: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!

## 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

# Your Weekly Horoscope

**ARIES**  
(March 21 - April 20)

Over the next two weeks, be careful about your communication style with others. Being overly assertive could alienate the people you are trying to cultivate to help accomplish your goal. Lucky numbers: 5, 10, 13, 26, 28, 43.

**TAURUS**  
(April 21 - May 21)

Those born under Taurus are often cautious about risk taking. Right now, you may feel a higher level of optimism and courage, which you might use to unearth an unusual opportunity. Lucky numbers: 9, 14, 15, 16, 25, 48.

**GEMINI**  
(May 22 - June 21)

Your mental process is something you rely on as a Gemini. This ability may be disrupted for a few days early in the week. Be patient until this dynamic passes. Lucky numbers: 11, 15, 17, 26, 32, 43.

**CANCER**  
(June 22 - July 22)

Cancers can be introverted. Right now, however, the energy is favourable to socializing with others. How could you be encouraged to come out of your shell and have some fun? Lucky numbers: 6, 7, 12, 15, 41, 44.

**LEO**  
(July 23 - Aug. 23)

Leos are known to lead from the heart. But right now, your mind may be in opposition to your emotions. How might you be able to find a way to balance the two? Lucky numbers: 12, 15, 25, 27, 29, 33.

**VIRGO**  
(Aug. 24 - Sept. 23)

"Slow and steady wins the race" might be your motto for a few weeks. How might you use this patient energy to make progress on something that is close to your heart? Lucky numbers: 1, 4, 20, 44, 45, 47.

**LIBRA**  
(Sept. 24 - Oct. 23)

You may find that your diplomatic way of interacting with others suddenly abandons you over the next two weeks. Try to dig into your empathetic nature to help the situation improve. Lucky numbers: 10, 12, 17, 32, 36, 44.

**SCORPIO**  
(Oct. 24 - Nov. 22)

Do you sometimes get tired of being so intense, with yourself and others? Now may be a good time to find a way to slow down and simply enjoy being alive. Lucky numbers: 14, 31, 34, 40, 43, 45.

**SAGITTARIUS**  
(Nov. 23 - Dec. 21)

An important theme for Sagittarius is having a personal philosophy or belief system. Now may be a good time to contemplate how to manifest your beliefs into the world at large. Lucky numbers: 16, 17, 21, 26, 29, 41.

**CAPRICORN**  
(Dec. 22 - Jan. 20)

Opportunities may continue to expand your intuition. Be aware of how this affects those in your life. You might consider having an honest discussion about how it impacts their expectations of you. Lucky numbers: 12, 17, 19, 22, 38, 43.

**AQUARIUS**  
(Jan. 21 - Feb. 19)

Now may be a good time for a personality reset. Remember those qualities that make you uniquely you. Then plan what you want to do next to express your authentic self. Lucky numbers: 10, 13, 23, 25, 31, 42.

**PISCES**  
(Feb. 20 - March 20)

This week your sign is being buffeted about by a lot of planetary energies. You may feel overwhelmed. This might be a good time to do a retreat, if you can. Lucky numbers: 6, 22, 23, 29, 38, 40.

Lucky numbers this week: This week's odds favour Taurus winners with the luckiest number being 25.

## Did You Know...

**Wandering soul:** In the American legend "The Leatherman," a mid-1800s man wore a handmade leather suit as he continually walked a 365-mile (587-km) circuit between the Hudson and the Connecticut rivers.

**Blue hunter:** The Bluetick Coonhound is a dog bred for its hunting ability. They need a lot of exercise, but make good pets because they are affectionate and loyal. Their coats have a blue tinge with black and tan markings.

**Staying still:** During the rapid eye movement (REM) part of sleep, which is when dreams occur, people don't usually move much because their arms and legs are temporarily paralyzed. This is called "atonia."

**Garden getaway:** In Toronto, Ontario (Canada), the Allan Gardens Conservatory is warm, even on a cold winter day. Full of tropical plants and flowers such as cacti and orchids, it's open year round.

**Scoop uses:** An ice cream scoop can be used for more than just portioning out the creamy treat into a bowl or cone. It also works well for scooping out uniform amounts of cookie dough for a batch of same-sized cookies.

## On the Lighter Side

What did one unicorn say to the other? You've got a point!

Most people prefer summer to winter. Yet snow happens, weather you like it or not.

Knock! Knock! *Who's there?* Wendy Katz. *Wendy Katz who?* Wendy Katz away, the mice will play!

Can I fill you in on my trip to the dentist?

Customer: "Waiter, there's a fly in my soup!"  
Waiter: "Don't worry, the spider on the bread will take care of it."

## Answers

**Trivia answers:** 1. North America 2. Hestia 3. Western Canada 4. Macroeconomics 5. Forum

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

Bras Briefs Boxers Bikinis

## Romantic Notions inc.

#30, 210 McLeod Ave., Spruce Grove  
780.962.4944 | 1.855.962.4944  
[www.romanticnotions.ca](http://www.romanticnotions.ca)  
@romanticnotionsab @romanticnotionsboutique  
30 YEARS OF EXCELLENCE FINDING THE BEST BRA FIT FOR ALL BODIES

## Recipe of the month

### Baked Ham with Honey-Chipotle Glaze

1 fully cooked bone-in ham (8 to 10 pounds)  
1 cup packed brown sugar  
3 tablespoons honey  
2 tablespoons cider vinegar  
2-1/4 cups ginger ale

4 chipotle peppers in adobo sauce, minced  
3 garlic cloves, minced  
1-1/2 teaspoons Dijon mustard  
3/4 teaspoon ground cinnamon  
3/4 teaspoon ground cumin

Prep Time: 10 min. Cook Time: 2 hours Yield: 16 servings

- Preheat oven to 325°. Place ham on a rack in a roasting pan. Using a sharp knife, score surface of ham with 1/2-in.-deep cuts in a diamond pattern. Bake, uncovered, 1-1/2 hours.
- Meanwhile, for glaze, in a small saucepan, mix brown sugar, honey, vinegar and ginger ale. Bring to a boil; cook until mixture is reduced by half, about 15 minutes. Stir in remaining ingredients. Reduce heat; simmer, uncovered, 5 minutes. Remove from heat. Reserve 1 cup mixture for sauce; keep warm.
- Brush ham with some of the remaining glaze. Bake, uncovered, until a thermometer reads 140°, about 30 minutes, brushing twice with additional glaze. Serve with reserved sauce.

An Ideal Easter showstopper!

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  
11781-156 St., Edmonton 780.483.0044

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

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

## Running for office?

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

Call for opportunities in your local community.

## Get More Traffic, Leads & Sales

SCAN ME

- Website Development
- Google Ads
- Facebook Advertising
- Social Media Management
- SEO & Content Marketing
- Reporting & Analytics

**Frontline** 780.760.6922  
web consulting frontlinereconsulting.ca

## NWT SAFETY SUPPLIES

### FIRE SALES & SERVICE

EXTINGUISHER

BAY 2, 1906-4 ST. NISKU 780 955 8797  
X  
50 SHEP ST. SPRUCE GROVE 780 962 1778

## 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!

**Reader of the Month**  
Kelly Kadla from Edmonton

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