

Tinnitus Therapy
available using new Stytleto

Rechargeable Hearing Aids Available

Did you know all seniors and low income adults qualify for \$900-\$2400 towards hearing aids?

EYES + EARS
OPTICAL + HEARING CO.
403.790.2020 • 4502-50 Street, Ponoka

FINANCING FOR HEARING AIDS NOW AVAILABLE

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

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

BLUE BLOODS

MON - THURS 9:00

yesTV

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

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

WEBSITES
From \$129/Month

(780) 760-6922
FRONTLINECONSULTING.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

FREE! New Issue Every Week!

Coffee News[®]

"News To Be Enjoyed Over Coffee"

Ponoka Edition
877-553-6397

www.coffee-news.ca

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 12 -Devon Monthly Arts Market Join us for our first Spring 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.

Apr 14 -Centra Cam's Annual Bowl-a-thon Fundraiser Help us reach our goal of \$23,000 in 2023 to purchase a 7 passenger van plus related expenses. Please support our clients when you see them out in the community For more info or to make a donation contact Centra Cam @ 780 672-9995

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!

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

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)

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!

Reader of the Month
Kelly Kadla from Edmonton

Coffee News Fun Reading. Serious Advertising.

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

Call today to book your appointment!

We only want to make you SMILE

Millet Denture Clinic
780.387.3311 • 5022 - 50 Street, Millet
BARB UNGER, DD • barb@milletdenture.ca

THIS SPACE FOR RENT

780-220-6397

Coffee News[®]

is proudly delivered by

WDACS
Wetaskiwin and District Association for Community Service

Coffee News Part of your community.

TOYS | CANDY | WOOL | YARN | GIFTS

STAR STORE
Gifts & Wool

at The Wetaskiwin Heritage Museum Downtown

100% OF PROCEEDS SUPPORT OUR PROGRAMS AND SERVICES

Head for the Star on Main Street: 5007 - 50 Ave.

NOW SERVING BEANS COFFEE and TEA!

FREE COMPARATIVE MARKET ANALYSIS

Your "SMART choice" in Real Estate

• Serving Ponoka and Area
• 16 years experience

Call or text today:
403-325-0372

Deb Hoar
ROYAL LEPAGE LIFESTYLES REALTY

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!

www.scubagearcanada.ca

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



Transform lives,
one wish at a time.

Make-A-Wish.
Visit makeawish.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



inogen

**FREEDOM.
TO BE YOU.**

Call 1-888-998-6714
for a free consultation.



MKT-P0240

Dragons of the Past

Book Four of
The Dragons of Nibiru

Available now at
your local bookstore

www.dragonsofnibiru.com



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



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



THE ONE

89.7 FM


PONOKA'S BEST COUNTRY

The World's #1 Restaurant Publication!

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 2. Hestia 3. Western Canada 4. Macroeconomics 5. Forum

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

GOT SOME FREE TIME?

VOLUNTEER WITH US!

For more information, stop by our store at 5101-51 Avenue, Ponoka or call Leigh at 403-790-0012

MISSION THRIFT STORE
Save more than money!



Running for office?

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

Call for opportunities in your local community.



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>



PROVEN EXPERTISE

HALAS ROOFING
Dennis Halas Agencies Ltd.
NEW & RE-ROOFING

Edmonton Area: 780.893.9751 • Wetaskiwin Area: 780.312.8074
dennishalas@shaw.ca • www.halasroofing.ca

Halas provides a 50 Year Extended Warranty including a 25 Year Workmanship Warranty!

FREE ESTIMATES

- Top rated roofing materials
- Family run for 25+ yrs.
- Licensed, insured & WCB

Weather-Proof Your Home



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 **LOYD KENNEY**, Independent Associate, to find out how LegalShield can help you!
1-877-579-9449

LegalShield



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



SHOP ONLINE!
www.scubagearcanada.ca

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

The Dive Outfitters
Scuba Diving & Snorkeling Lessons

Learn to SCUBA DIVE at our Edmonton location - call for details
780.483.0044

11781-156 St., Edmonton

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

