

5120-41 Street
(Located in Gibbons Industrial Park)

STORAGE UNITS
STARTING AT **\$85 PER MONTH**

GIBBONS MINI STORAGE

24 HR. SURVEILLANCE

KEYPAD ACCESS

LOCALLY OWNED AND OPERATED

Country Pricing...
with City Service!

O: 780-271-0469
C: 780-916-5843

www.gibbonsministorage.ca

FREE! *New Issue Every Week!*

Coffee News®

"News To Be Enjoyed Over Coffee"

Sturgeon County Edition

780-220-6397

www.coffee-news.ca

Est. 1988

Dare To Be Plastic-Free!

Vegan products in compostable or recyclable packaging

AM SOAPS Sustainable Products

Shop now at amsosaps.com

or at Tilley Auctions: 4728-50 Avenue, Redwater
Phone 780-201-8585

Zero Waste Vegan:

- Solid Dish Soap
- Solid Shampoo
- Solid Body and Face Soaps
- Aluminum-free, baking soda-free Deodorant
- Solid Lotions

Are your ducks all in a row...?

Offering years of paralegal experience to assist you by preparing documents such as:

- Last Will and Testament
- Enduring Power of Attorney
- Personal Directives

WILLPOWER WILLS
EXPERIENCED. DEDICATED. KNOWLEDGEABLE.

780-418-7611

Call Terri today for a FREE consult.

TERRI BRUNNING

Vol. 20 No. 12 March 20, 2023

Everybody's Talking

Tiny tail: One breed of cat has been loved by people in Japan for centuries. Called the Japanese bobtail, this feline's tail is much shorter than other breeds, looking a bit like a bunny's tail. They have strong hind legs and can jump to high perches. These cats once were prized for their ability to control the rodent population, especially in silkworm barns; in temples, they kept rats away from rice paper scrolls. They are known as lovable, intelligent animals who make good pets, and can even be taught to fetch! Owners can enjoy "conversations" with them as they like to verbally respond. Rarely found outside of Japan, the Japanese bobtail is expensive to purchase from a breeder.

Fast service: A restaurant in Guadalajara, Mexico, is known for having the fastest service available anywhere. In fact, Karnes Garibaldi holds a Guinness World Record for the feat of getting an order to the table in 13.5 seconds. The way it's done is through excellent training of their servers, and by having the slow-cooked specialties ready to go. One of the restaurant's specialties is carne en su jugo, which means "meat in its juice." Other favourites are refried beans and enfrijoladas (fried tortillas covered in beans). The fast and efficient process of getting the dishes plated and on the table has amazed many of the restaurant's patrons.

Caught again: An escaped criminal, who had been in hiding with a new name for 20 years, was finally caught with the help of Google Maps Street View. Gioacchino Gammino was discovered in the town of Galapagar, located not far from Madrid, Spain. Investigators suspected that the gangster was in the area, and they confirmed it through the photo on the map site. Gammino had been working in a local restaurant as a chef and had not even called his family for many years. The convict had somehow escaped from the Rebibbia jail in Rome. A scar on his face was an identifying feature that helped with his identification.

Peter Rabbit creator: Many people know and love the children's stories of author Beatrix Potter (1866-1943), whose numerous publications include The Tailor of Gloucester and The Tale of Peter Rabbit. Not only was Potter a writer, she was an artist, scientist, and conservationist, too. The Victoria and Albert Museum in London, England, has featured multiple exhibitions of her work. A recent one was called "Beatrix Potter: Drawn to Nature," and the show displayed her diaries written in code, illustrations she drew as a child, and clothes, letters, and other items from her family life in London. There was even a photograph of the author at age 15, with her dog.

Jennifer Miles, Agent
125-15 Circle Dr
St. Albert AB T8N 3Y7
780-460-2279
www.jmilesinsurance.com

Desjardins Insurance

Desjardins Insurance refers to Certas Home and Auto Insurance Company, underwriter of automobile and property insurance or Desjardins Financial Security Life Insurance Company, underwriter of life insurance and living benefits products. Desjardins, Desjardins Insurance and related trademarks are trademarks of the Fédération des caisses Desjardins du Québec, used under licence.

Running for office?

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

Call for opportunities in your local community.

IS ADVENTURE ON YOUR BUCKET LIST?

The Dive Outfitters
Scuba Diving & Snorkeling
780.483.0044
11781-156 St., Edmonton

www.thediveoutfitters.ca

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

THIS SPACE FOR RENT

780-220-6397

Western Equine Facility
BOARDING | LESSONS

KG COUNTRY STABLES

Lessons ranging from beginner and up, tailored to your specific needs and offered in a beautiful outdoor setting, providing therapy for your soul through horses and nature...

780.265.4371 | kgcountry@gmail.com

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

Quoteable Quotes

"Optimism is the one quality more associated with success and happiness than any other."
—Brian Tracy

"Happiness is not something ready-made. It comes from your own actions."
—Dalai Lama

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

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

What's Happening

Apr 8 - Gibbons Easter Egg Hunt Taking place at the cultural centre from 11am-1pm. Hosted by the Sturgeon River Agricultural Society. Free activities and paid concession

Apr 8 - Gibbons Pancake Breakfast This fundraising pancake breakfast will be taking place at the legion from 8am-10am. Hosted by the Ladies Auxillary 226

Mar 17 - 2023 Ron Falls Memorial Cribbage Tournament at the Alcomdale Hall, Alcomdale. Doors open at 7:00, games begin at 7:30. \$7.50 per person to play. Cash prizes, booby prize, concession. No preregistration, pay at the door.

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

Submit your birth date and we'll send you a birthday card with valuable offers on your special day!

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.

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

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

Your Favourite Auction House
NOW SERVING STURGEON COUNTY

View and bid at our upcoming auctions online! Links at: www.tilleyauctions.com

Find us live at 4728-50 Avenue, Redwater

Tilley Auctions

Phone Aaron Tilley with all inquiries or to consign at 780-792-8679

PROUDLY SERVING NORTHERN AB: Cold Lake • Bonnyville • Fort McMurray • Lac La Biche • St. Paul • Elk Point • Sturgeon County

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!

PSC Prairie Scented Candles

Sunset Scents
a RAY of Fragrance

prairiescentedcandles@gmail.com
www.prairiescentedcandles.com

- Trivia**
1. What does a chirogymnast device do?
 2. The New Stone Age, beginning about 10,000 BCE, is also called what?
 3. Where is Manning Strait—Solomon Islands, Bering Sea, Mediterranean Sea?
 4. When did Western Samoa become independent from New Zealand?
 5. In Roman mythology, he was the twin brother of Remus.

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

End of Life - Death Doula Care

If you or a family member require support after a terminal diagnosis or are at end of life, I provide a free/donation-based End of Life - Death Doula Care Service. I am a non-medical Spiritual Practitioner providing holistic spiritual support, light respite care for family, practical daily assistance and end-of-life vigil.

The Healing Ways HEALING CENTER

For more information, call/text 587.207.4134 or visit thehealingways-healingcenter.vpweb.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

like us

- Mac & PC Repair, Tech Support
- iPhone & iPad Repair
- Used Apple Device Sales
- Upgrades, Repairs, and (Used) Sales

We are your Apple experts!

one bite technology

587.290.0200
www.onebitechtechnology.ca

Retail store now open!
22A Muir Drive, St. Albert

PRAIRIE SUNSET

Funeral Home and Cremation Services
A DIVISION OF THE CARINGROUP INC.

780-470-5005 St. Albert
780-349-5006 Westlock
www.psfh.ca

Support for Albertans is here!

- As of January 1, fuel tax has been suspended, saving Albertans 13 cents/litre until June 30.
- Price Protection for Natural Gas is in effect and Electricity Rebates will continue with \$75 rebate in January & February and \$25 rebate in March & April.

For more details:
Affordability Action Plan | Alberta.ca

Hon. **Dale Nally**, MLA
MORINVILLE - ST. ALBERT
780-572-6161
Morinville.Stalbert@assembly.ab.ca

Dragons of the Past

Book Four of The Dragons of Nibiru

Available now at your local bookstore
www.dragonsofnibiru.com

ET Calls You Home!

780.907.2537 | ericathiering@hotmail.com
Call or text Erica and let me bring you to your new home.

Erica Thiering
ASSOCIATE

NOW
REAL ESTATE GROUP

Don't let interest rates scare you from finding your dream home!

Your Weekly Horoscope

ARIES
(March 21 - April 20)

During the next month, the Sun will return to the same position as at your birth. This is an annual reset moment. What do you want to accomplish this solar year? Lucky numbers: 9, 18, 24, 36, 44, 48.

TAURUS
(April 21 - May 21)

Early in the week is conducive to getting out and socializing with others. A few days later, you may want to nest at home, so take advantage of the opportunity. Lucky numbers: 8, 14, 18, 20, 23, 26.

GEMINI
(May 22 - June 21)

Geminis often approach their interactions with others from a mental perspective. If you work at it, you may now have an opportunity to expand your persona to be more nurturing. Lucky numbers: 5, 7, 9, 12, 13, 43.

CANCER
(June 22 - July 22)

Are you angry about an unresolved situation? Try to be careful about it blowing up over the next two months. How might you proactively work with others to find a resolution? Lucky numbers: 6, 9, 17, 18, 33, 45.

LEO
(July 23 - Aug. 23)

Leos are known for their confidence. You are entering an era that might test that and reshape your sense of self. The more self-aware you are, the easier this may be. Lucky numbers: 12, 18, 19, 26, 33, 42.

VIRGO
(Aug. 24 - Sept. 23)

You may find your emotions focused on the idea of mothering. Your role could be as a mother or as a child. You might be going back over old territory. Lucky numbers: 4, 9, 13, 15, 24, 42.

LIBRA
(Sept. 24 - Oct. 23)

At the beginning of the week, you may feel a high level of ambition to make a change. Now might be a good time to develop a plan of action for that. Lucky numbers: 7, 8, 11, 22, 36, 46.

SCORPIO
(Oct. 24 - Nov. 22)

At midweek, you may experience a situation where your mind denies the impressions of your intuition. If you allow this conflict to simmer, it might pass in a few days. Lucky numbers: 3, 6, 8, 26, 38, 43.

SAGITTARIUS
(Nov. 23 - Dec. 21)

Spirituality is an important focus for many Sagittarians. Now you may find multiple opportunities in this regard, both for your soul growth and that of humanity in general. Lucky numbers: 2, 16, 18, 22, 37, 41.

CAPRICORN
(Dec. 22 - Jan. 20)

You may want to review how your life and your sense of self have changed since 2008. What do you want to keep and what do you want to let go? Lucky numbers: 10, 18, 24, 38, 44, 46.

AQUARIUS
(Jan. 21 - Feb. 19)

A major theme for Aquarius is humanity's evolution. For the next two months, you may get a sense of how this could play out for you over the next decade. Lucky numbers: 8, 13, 18, 21, 30, 32.

PISCES
(Feb. 20 - March 20)

The challenge for Pisces at this time may be to increase the discipline and structure in your life. The universe is providing energy now for you to begin to do so. Lucky numbers: 1, 13, 27, 35, 39, 47.

Lucky numbers this week: This week's odds favour Libra winners with the luckiest number being 7.

Did You Know...

Mushroom madness: "Burn morels" are mushrooms that grow exclusively in burned conifer forest areas in the western United States. Many mushroom foragers scour burned areas to find the delicacy.

Fabric fight: During World War II, wool, silk, and other materials were rationed or unavailable. Clothing made of alternate fabrics became common, such as viscose, rayon, or fabric found in the home, like curtains.

Bothersome thumb: A common spot for osteoarthritis is the thumb joint. The associated pain can make opening jars or turning doorknobs difficult. Treatments include medications and the use of a splint to stabilize the thumb.

Race horse: Seabiscuit was a famous racehorse during the Great Depression in the 1930s. He won 33 of the 89 races in which he participated. He was the father of 108 foals.

Colourful place: At Pigment, an art store in Tokyo, artists can find thousands of colours in the form of pigment, a concentrated dust that is used to give colour to such things as paint, fabric, and ink.

On the Lighter Side

Gardeners hate weeds because if you give them an inch, they'll take a yard.

Knock! Knock! *Who's there?* Myth. *Myth who?* I myth you when you're gone.

Did you hear about the restaurant on the moon? The food is good but it has no atmosphere.

Juliet: "Romeo, oh Romeo, wherefore art thou?"
Romeo: "Down here in the flowers. The trellis broke!"

How does Big Foot tell time? With a Sasquatch.

Answers

Trivia answers: Exercises pianists' fingers 2. Neolithic 3. Solomon Islands 4. 1962 5. Romulus

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

Get More Traffic, Leads & Sales

SCAN ME

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

Frontline web consulting
780.760.6922
frontlineconsulting.ca

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

NOW ACCEPTING ARI CARDS

Auto • Commercial • Residential

Advanced Glass Inc.

CALL MARC CLOUTIER TODAY:
780-961-2276
advancedglassinc.ca • 5514 - 50 Avenue, Legal AB
Morinville Location: Bay #2, 9702-90 Ave. Call 587-985-4427

Sil Industrial Minerals We're Ready.

Western Canada's leader in industrial sands, blasting abrasives and equipment

WE'RE HIRING

Lamont County, AB
(Hwy 38 & RR204)

To find out more, visit sil.ab.ca/careers or call us at 780-796-3939

HIP OR KNEE REPLACEMENT?

THE DISABILITY TAX CREDIT ALLOWS FOR A
\$2,500
YEARLY TAX CREDIT
\$30,000
LUMP SUM REFUND

COVD, 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

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

INDIVIDUALS | FAMILIES | BUSINESSES

Be Better Prepared For The Unexpected

We help individuals, families and employers through challenging times. Our policies pay cash benefits for covered accidents and illnesses — to help you out with your everyday costs while you get back on your feet.

To learn more about Supplemental Insurance coverage, call Christina at 780.934.4249

COMBINED INSURANCE
A Chubb Company