

Barrhead Dental Clinic
Dr. Krishna Mudaliar | Dr. David Hamilton

We look forward to meeting you and your family!

Direct billing to insurance companies

We offer: • Emergency Treatment • Fillings • Same Day Treatment • Root Canals • Extractions • Crowns/Bridges

OUR HYGIENIST FOLLOWS THE 2020 ADA & CEE GUIDE

780.674.3161
barrheaddentclinic@gmail.com | #4, 4923-50 Ave., Barrhead

SOLVING TOOTH LOSS PROBLEMS SINCE 1993

Barrhead DENTURE CLINIC Marcel Turenne, Dentist

For a NATURAL LOOK, there are a wide variety of tooth moulds and shades available to INDIVIDUALIZE your smile

DIRECT BILLING to insurance companies upon pre-determination of benefits

5122-49A Street, Barrhead Mon-Fri, 8:30 a.m.-4 p.m. **780.674.4348**
www.barrheaddentures.ca

Bras Briefs Boxers Bikinis

Romantic Notions inc.

#30, 210 McLeod Ave., Spruce Grove

780.962.4944 | 1.855.962.4944
www.romanticnotions.ca

@romanticnotionsab @romanticnotionsboutique

30 YEARS OF EXCELLENCE FINDING THE BEST BRA FIT FOR ALL BODIES

Get More Traffic, Leads & Sales

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

SCAN ME

Frontline web consulting **780.760.6922**
frontlineconsulting.ca

BLUE BLOODS

MON - THURS 9:00 **yesTV**

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

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

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

FREE! New Issue Every Week!

Coffee News®

"News To Be Enjoyed Over Coffee"

Barrhead Edition

877-553-6397

www.coffee-news.ca

Vol. 20 No. 14 April 3, 2023

Everybody's Talking

Food history: For someone who not only likes food but enjoys learning about its history, a museum called LA Plaza Cocina may be a place to visit. Part of a larger cultural centre called LA Plaza de Cultura y Artes and calling itself the first museum dedicated to Mexican food, LA Plaza Cocina's purpose is to reveal the long history of the cuisine. Visitors to the location in downtown Los Angeles, California (U.S.), can view tools and utensils used in the distant past and discover how maize and other ingredients became important parts of the country's dishes. The museum offers cooking classes and has a shop with cookbooks, gifts, and traditional kitchenware for preparing Mexico's classic foods.

Bats and bugs: Two libraries in Portugal, both caretakers of invaluable, centuries-old manuscripts, have an extraordinary way to keep bugs from damaging the pages of their books: colonies of bats live in the rafters, swooping down at night to eat flies and other pests. The bats are thought to have lived for centuries at the Joanina Library at the University of Coimbra, in central Portugal, and at the National Palace of Mafra library, near Lisbon. Their presence has always been welcome. The bats at both libraries exit through open windows to find water, then come back to the libraries to roost. These bat colonies provide the institutions with a natural way to preserve their precious, ancient holdings.

Big bucks: Boarding schools are usually fairly expensive, but few cost as much as Institut Le Rosey in Switzerland. It welcomes students from all over the world, provided their parents can pay tuition of between CHF 87,000 and 119,000. One of the school's two campuses is in the Chateau du Rosey estate in Rolle (for the spring, summer, and fall terms), while the other is located at the ski resort of Gstaad (for the winter term). Founded in 1880, the co-ed Institut Le Rosey has many famous alumni, including kings, princes, and other world leaders. Students at this exclusive school range in age from 8 to 18, and many of them go on to prestigious universities.

Cat-loving artist: There is no question that Louis Wain (1860-1939) loved cats; the artist from London, England, loved to draw and paint them. He would put an amusing, human touch on the felines, depicting them dancing on their hind feet, playing musical instruments, making speeches, and singing carols. The artist spent a few years of his life in the Bethlem Royal Hospital in southeast England. The hospital is showing an exhibition of his work. Recently, a film was made about the artist's life, entitled The Electrical Life of Louis Wain. It starred English actors Benedict Cumberbatch as Wain and Claire Foy as Emily, his wife.

Quoteable Quotes

"The greatest mistake you can make in life is to be continually fearing that you'll make one." —Elbert Hubbard

"We must be willing to get rid of the life we've planned, so as to have the life that is waiting for us." —Joseph Campbell

What's Happening

Apr 1 - Crib Tournament Join the fun at Meadowview Hall on April 1st. Registration starts at 10am with \$25 entry fee

Apr 1 - Radway Agricultural Easter Market Free admission, variety of vendors, all day concession, beer gardens, raffle tickets for some great prizes. Call Neil at 780-938-6345 for more info. No bank machine in town, please make other arrangements

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

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.

Trivia

1. When was Guinness Book of World Records first published?
2. In which ocean is the island nation of Tuvalu?
3. Athlete Sonja Henie competed in gymnastics, figure skating, or archery?
4. What is bauxite?
5. John Montagu claimed to have invented what?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

(Over)

Affordable-Effective-Exclusive-CALL NOW!

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.

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

Transform lives, one wish at a time.

Make-A-Wish

Visit **makeawish.ca**

HIP OR KNEE REPLACEMENT?

THE DISABILITY TAX CREDIT ALLOWS FOR A

\$2,500 YEARLY TAX CREDIT

\$30,000 LUMP SUM REFUND

CPD, arthritis, and many other disabling conditions that cause **Restrictions in Walking or Dressing** may qualify.

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

THIS SPACE FOR RENT

780-220-6397

Dragons of the Past

Book Four of The Dragons of Nibiru

Available now at your local bookstore

www.dragonsofnibiru.com

Recipe of the month

Baked Ham with Honey-Chipotle Glaze

1 fully cooked bone-in ham (8 to 10 pounds) 4 chipotle peppers in adobo sauce, minced
1 cup packed brown sugar 3 garlic cloves, minced
3 tablespoons honey 1-1/2 teaspoons Dijon mustard
2 tablespoons cider vinegar 3/4 teaspoon ground cinnamon
2-1/4 cups ginger ale 3/4 teaspoon ground cumin

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

1 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.
2 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.
3 Remove from heat. Reserve 1 cup mixture for sauce; keep warm.
4 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**

WE BUY USED GOLD AND DIAMONDS

Blue Diamond Jewellers

780.968.0040
Main Street, Stony Plain
www.bluediamondjewellers.com

www.scubagearcanada.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

Need ONE More Reason to Join?

- You don't have an up to date will
- You don't understand the difference between a trust and a will
- The CRA selects you for an audit
- You need a letter written on your behalf by a lawyer
- You receive a speeding ticket
- You need a lawyer's advice on any matter

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

happy Easter

from your friends at **Coffee News**



Running for office?

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

Call for opportunities in your local community.



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

WAYFINDER
THE PROPPANT COMPANY
Submit résumé: recruit@wayfindercorp.com
Company info: www.wayfindercorp.com

STARTING FROM \$25/HOUR

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

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!

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)

 Aries are usually confident about their strengths and abilities. But you may be feeling discouraged right now. This might not last long, so try not to let it get you down. Lucky numbers: 9, 16, 21, 28, 29, 34.


TAURUS
(April 21 - May 21)

 Are you suddenly feeling eager to go on a journey? Consider planning a local trip that you can do quickly, during the short period that this energy may be in play. Lucky numbers: 11, 14, 15, 17, 35, 45.


GEMINI
(May 22 - June 21)

 Geminis usually are capable of quickly plucking a lot of information out of the ether. This week, though, you might want to slowly sift through that data before making any decisions. Lucky numbers: 5, 13, 27, 28, 43, 44.


CANCER
(June 22 - July 22)

 Are you feeling that the concerns you have expressed about a situation are not being heard? Consider trying again at week's end, and your argument may finally break through to others. Lucky numbers: 3, 4, 6, 11, 14, 15.


LEO
(July 23 - Aug. 23)

 Try to be sure that your interactions with others reflect your integrity, especially early in the week. If you don't, you may risk damaging your reputation and relationship with those involved. Lucky numbers: 12, 18, 33, 39, 41, 44.


VIRGO
(Aug. 24 - Sept. 23)

 Virgos usually can work patiently at difficult projects. Early in the week, the energy may support you in doing so. Try not to let any insecurities get in the way. Lucky numbers: 6, 14, 17, 22, 24, 40.


LIBRA
(Sept. 24 - Oct. 23)

 Look back over the last six months. What projects are ready to be brought to completion? This can free you up to begin to plan your next phase of activities. Lucky numbers: 7, 9, 10, 13, 33, 48.

SCORPIO
(Oct. 24 - Nov. 22)

 Your intuitive antenna may ping wildly toward the end of the week. If you can, try retreating from the world for a few days. This might be beneficial for your emotions. Lucky numbers: 2, 5, 7, 37, 45, 47.


SAGITTARIUS
(Nov. 23 - Dec. 21)

 Does your enthusiasm lead you to impulsive conversations with others? For the next few months, you may want to make an adjustment, and slow down when talking with them. Lucky numbers: 17, 23, 33, 36, 39, 47.

CAPRICORN
(Dec. 22 - Jan. 20)

 Capricorns generally project a stable persona to others. The energy late this week enhances this image and might reassure others in your orbit that you can be relied upon. Lucky numbers: 5, 6, 15, 17, 19, 40.

AQUARIUS
(Jan. 21 - Feb. 19)

 Aquarius can often address situations with many theoretical ideas. Early in the week, you may have an opportunity to take a more grounded approach, which others might be likely to appreciate. Lucky numbers: 15, 25, 26, 29, 34, 43.

PISCES
(Feb. 20 - March 20)

 Pisces sometimes look at people and events through rose-coloured glasses. At week's end, you may be faced with a more realistic view regarding someone or something that you love. Lucky numbers: 10, 23, 29, 30, 31, 36.

Lucky numbers this week: This week's odds favour Taurus winners with the luckiest number being 17.

Did You Know...

Long career: British actress Angela Lansbury (1925-2022) was well known for her various Broadway and movie roles. However, she'll be remembered as crime novelist Jessica Fletcher in the television series, *Murder, She Wrote*.

Good horse: Horse lovers say the Appaloosa breed is wonderful to own because of its gentle, friendly disposition. These horses have spotted coats of colourful patterns, and are intelligent and loyal.

Eye to behold: The Richat Structure is in western Mauritania. From the air, concentric rings of rock in this Sahara Desert landform look like a blue bull's-eye. The diameter of the "Eye of the Sahara" is about 40 kilometres (25 mi.).

Orange tint: Like ginger, turmeric is a root plant. With only a teaspoon or two, the dried or powdered form flavours many dishes in Southeast Asia and India with its peppery, bitter, and earthy taste.

Healthy skin: As people age, their skin may become drier because oil glands become less active. Therefore, dermatologists recommend giving the skin a boost by using moisturizer, which helps with hydration.

On the Lighter Side

What do you call an alligator in a vest? An investigator.

Customer: "Waiter, this soup tastes funny."
Waiter: "Then why aren't you laughing?"

What do you call a tiny onion? A minion.

Take it from a scientist: never believe atoms. They make up everything.

Knock! Knock! *Who's there?* Tick. Tick *who?* Is tock there? It's time we got back together!

Answers

Trivia answers: 1. 1955 2. Pacific 3. Figure skating 4. Aluminium ore 5. Sandwich

For available franchise opportunities - visit coffeeneWSCANADA.COM
© Published with Permission by Capital Marketing Ltd

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




fcSS
Barrhead & District Family and Community Support Services Society

Community and Family Programming

Hours: 8:30 a.m. - 4:30 p.m.
Closed from 12 to 1 p.m.
5103-51 St., Barrhead
780-674-3341

Barrhead and District FCSS Society

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




inogen

FREEDOM. TO BE YOU.

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

MKT-P0240



SHOP ONLINE!

www.scubagearcanada.ca

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

The Dive Outfitters
Scuba Diving & Snorkelling
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



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




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

