

Solving Your Employment Relationship Puzzles

Involvi
Human Resources

780-652-0928
www.involvi.ca

GO Mr. HANDYMAN

Handyman Service | Renovations
Home Repair | Construction

780-655-8402
Licensed Tradesman

FREE QUOTE
Price by the job...
No Surprises!

100% SATISFACTION GUARANTEE

womensworkwear.ca
WINTER BLOWOUT!

WOMENS PIONEER FR INSULATED PARKA OR BIBS

SKU: J-5524W, J-5523W
Available In Hi-Viz Orange or Royal Blue
Was: \$370 ea.
NOW ONLY \$100 ea.

Fit Matters Scan QR Code To Shop Online

THIS SPACE FOR RENT

Call 780-220-6397

OR SCAN HERE FOR MORE INFO

Labour shortage?

We have skilled workers waiting for you.

Scan here to learn how or visit www.chha.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
Sunset Scents a RAY of Fragrance
prairiescentedcandles@gmail.com
www.prairiescentedcandles.com

PROVIDING THE GREATEST RETURN ON YOUR GREATEST INVESTMENT!

SELLING YOUR HOME?

Invite me over for a coffee. I'll give you real estate advice and a FREE market evaluation.

Your Community Realtor
GEORGE VAN DE WALLE
780.982.4247 RE/MAX

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

FREE! New Issue Every Week!

Coffee News[®]

"News To Be Enjoyed Over Coffee"

North Central
Edmonton
Edition

780-220-6397

www.coffee-news.ca

Est. 1988

Vol. 21 No. 9 February 26, 2024

Everybody's Talking

Long live the goldfish: Many folks, or someone they know, have owned a pet goldfish. But one special goldfish, named Tish, stands out from the rest because he lived to be 43 years old. While goldfish can live for a decade or two, Tish was the oldest goldfish ever recorded in captivity, although others may have lived longer. In 1956, Gordon Hand and Hilda, his mother, won Tish at a town fair in Doncaster, South Yorkshire, England. After Gordon grew up and moved away, Hilda took care of Tish, never overfeeding him. As he aged, his colour changed from bright orange to silver. Finally, after a long, peaceful life, Tish passed away in 1999.

Bitter taste: Bitter taste: We may laugh at the stereotyped idea of shoes getting chewed to smithereens by someone's pet pooch, but gnawing on things like shoes and boots can be unhealthy for dogs. With that in mind, Brizza, a Brazilian company that makes flip-flops, teamed up with some partners to develop what they are calling the Inedible Flip-Flop. One of the partners was a pet food company, with lots of experience in knowing what dogs will and won't eat. The newly developed flip-flops include an ingredient called denatonium benzoate, which makes the footwear taste extremely bitter, yet is safe and not harmful to pets.

Beautiful berry: After much trial and error over many years, a Japanese farmer named Mikio Okuda developed an amazing strawberry called Bijin-Hime. Nicknamed "Beautiful Princess," this berry is one of a kind. It is quite large and sports a perfect strawberry shape and red colour. In other strawberry varieties, the larger fruits tend to be less sweet and flavourful. Not so with the rose-scented Beautiful Princess. The farmer takes his strawberry-growing business seriously, ensuring that conditions are right for a perfect crop. These berries go for big bucks. One can sell for as much as \$500 USD, so this variety may be out of reach for mere mortals!

Hot dog aficionado: A hungry eater named Joey Chestnut can pack in a lot of food. Specifically, he demolished 62 hot dogs, along with their buns, at the well-known event called Nathan's Famous Hot Dog Eating Contest on Coney Island in Brooklyn, New York (U.S.). He did it in a mere 10 minutes. The contest has been held on July 4 for about 50 years, and this was Chestnut's 16th win. While proud of his performance, the big eater won in 2021 by downing 76 hot dogs. And in six other competitions, he consumed more than 70 of the beloved fast food. Obviously Chestnut is a huge fan of hot dogs!

Quoteable Quotes

"Don't go through life. Grow through life." —Eric Butterworth
"Although the world is full of suffering, it is also full of the overcoming of it." —Helen Keller

What's Happening

Feb 23 - After Dark Night Market The Alt After Dark Night Market is a monthly night market. With 35 local alternative vendors, artists and distilleries you are sure to find something unique and wonderful. 8426 Gateway Blvd 7pm-11pm

Ongoing - City Hall Skating Free skating daily at City Hall rink starting at 5am until 11pm. Change room and skate rental availability differs so check edmonton.ca before heading out

Mar 16 -St. Albert Singers Irish Pub Night Join Calvin Vollrath, the North American Fiddle Champion, for a spirited evening of Irish music. Come enjoy a full family-style Irish dinner, a cash bar, raffles, and a sing-a-long. Doors open at 5:00 PM. Tickets \$40 contact Barb at sasmanager@gmail.com.

NON PROFIT organizations may submit fundraising events for FREE at www.coffee-news.ca. Please submit a minimum of 4 weeks in advance.

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. Coronal mass ejections occur from the Sun, Mercury, or Jupiter?
2. C.S. Lewis or A.A. Milne wrote The Chronicles of Narnia?
3. Albion was an ancient name for France, Canada, or Great Britain?
4. The rival gangs in West Side Story are the Jets and Sharks—T/F?
5. A ballyhoo, carnyx, or warhammer is an ancient Celtic horn?

(Flip bottom of page for answers)

WHEN YOU GET PAID We Get Paid

WHIPLASH COMPENSATION?

Get the whiplash compensation you deserve from a trusted team of experienced lawyers. You pay nothing up front. Not all injury claims are capped.

1-800-661-4902
WhiplashInformationCentre.com

Braithwaite Boyle
Injury Law 800-440-8298

It's The Only Law We Do - Since 1986
Free Initial Consultation

Offices in: Edmonton, Red Deer, and Calgary
ALBERTA OWNED AND OPERATED FOR OVER 35 YEARS

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 780.760.6922

Optimize Your Health

LIVE ACTIVATED

Unlock the health coded in your genes to fight the signs of aging and revitalize wellness at the source.

Call Leann or Dana, your local LifeVantage Consultants

780.257.4533
Leann.nrf2@gmail.com | https://detox.lifevantage.com

Grand Alaskan Cruise & Tour

12 DAYS: MAY-SEPT 2024 DEPARTURES

Starting at \$2149 \$1899 USD

YMT vacations 1-844-263-7038
USE PROMO CODE: YMT2024

Price per person based on double occupancy plus \$299 tax service/gov't fees. Ask your Travel Consultant for terms & conditions. Add on airfare with transfers available from most major gateways. Call for details.

HIP OR KNEE REPLACEMENT?

THE DISABILITY TAX CREDIT ALLOWS FOR A

\$2,500 YEARLY TAX CREDIT
\$30,000 LUMP SUM REFUND

85% SUCCESS RATE!

Restrictions in Walking or Dressing may qualify.

FOR EXPERT HELP: 1-844-453-5372

jerry forbes
Centre for Community Spirit

HOME FOR 25 CHARITIES & NON-PROFITS

93,000 SQ. FT. OF SHARED SPACE
SERVING OVER 200,000 ALBERTANS

Dear Edmonton, We're having a great time and the people here are amazing. You should come for a visit!

Sincerely, JFC

jerryforbescentre.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

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

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

Learn to Scuba Dive

Ask about our Buddy Special

Discover Snorkeling

1-Hour Lesson at the Pool!
Snorkeling Sets for the Family



\$1 OFF
ON VAPES & SMOKING ITEMS
- WHEN YOU PRESENT THIS COUPON -

LIMIT 1 COUPON PER DAY PER CUSTOMER. MUST BE 18+.

OFFER EXPIRES 01.31.24

8060 - 167 AVE. NW
420
BUBONIC KRONIK
ECIGS · VAPORIZERS · BONDS
EDMONTON
780.371.0106

yes tv

FREE LIVE STREAMING COMING THIS FALL

visit yesstv.com for details

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

Your Local 3 "R"
Plumber/Gasfitter:

✓ Repair ✓ Replace ✓ Renovate

NO OVERTIME CHARGES!

KANAN Plumbing

Call today: **780.667.5780**
EXACT PRICE BEFORE WORK STARTS
LOCALLY OWNED, OPERATED
FAMILY ORIENTED

find your smile here

Dentists: Rick Donily and Weronika Chlebek

12816-82 Street

horizon
DENTURE CENTER & IMPLANT SOLUTIONS

780.476.7929 | horizondenturecenter.com



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 Assurance 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.

Your Weekly Horoscope

ARIES
(March 20 - April 19)



What have you learned from your journey? How does it connect to what you value? This week may offer an opportunity to communicate this to others on a similar path. Lucky numbers: 5, 23, 25, 26, 37, 33.

TAURUS
(April 20 - May 20)



Sudden or unexpected opportunities may appear this week. Use your grounded Taurus nature to help sort through them. The best one should align with your values. Lucky numbers: 16, 30, 36, 41, 42, 46.

GEMINI
(May 21 - June 20)



Gemini often have a quick and sharp mind which can sometimes frustrate people who don't. You may have an opportunity to connect to others and communicate your ideas. Lucky numbers: 2, 8, 11, 16, 18, 46.

CANCER
(June 21 - July 21)



What is your most heartfelt wish? This week may be a good time for a deep dive to explore that desire and how you might be able to manifest it. Don't let fear stop you. Lucky numbers: 9, 11, 13, 24, 27, 41.

LEO
(July 22 - Aug. 22)



This week you may find yourself out of sync when communicating with others. Can you adjust your view of the situation, to communicate more effectively toward a solution? Lucky numbers: 7, 12, 14, 28, 37, 46.

VIRGO
(Aug. 23 - Sept. 22)



You may feel out of sorts and not your usual grounded self right now. While this might soon pass, consider expanding your comfort zone about the nature of reality. Lucky numbers: 4, 14, 27, 30, 37, 43.

LIBRA
(Sept. 23 - Oct. 22)



Can you manage to take a few days off at the beginning of this week? Focus on some much needed relaxation and self-care. Your mind and body will thank you. Lucky numbers: 6, 14, 24, 25, 27, 36.

SCORPIO
(Oct. 23 - Nov. 21)



Things may get very intense for you during the middle of the week. Take a deep breath and a step back. Maybe temporarily retreat from a person or situation, if necessary. Lucky numbers: 10, 14, 19, 21, 32, 43.

SAGITTARIUS
(Nov. 22 - Dec. 20)



You may be encouraged, at the end of the week, to reexamine your beliefs. Do you need to make any changes to your endeavors, to be in line with your beliefs? Lucky numbers: 8, 10, 36, 41, 42, 48.

CAPRICORN
(Dec. 21 - Jan. 19)



The Capricorn view of the world is often driven by hard facts and figures. This week you may be able to expand your world view by seeking out intuitive insights. Lucky numbers: 16, 19, 21, 27, 38, 46.

AQUARIUS
(Jan. 20 - Feb. 18)



At week's end, you may be in a verbal power struggle with others. By making a conscious effort, you might find an opportunity to forge a reasonable compromise. Lucky numbers: 1, 7, 13, 18, 41, 47.

PISCES
(Feb. 19 - March 19)



Pisces sometimes have difficulty translating their intuitive insights to others. However, this week you may find this process easier. If so, take advantage of it while you can. Lucky numbers: 3, 19, 21, 24, 25, 46.

Lucky numbers this week: This week's odds favour Taurus winners with the luckiest number being 30.

Did You Know...

Greenland trivia: Greenland, the world's largest island, is part of the North American continent. But politically, it is an independent territory of Denmark. Nuuk (Godthaab), its capital, is on the southwest coast.

Perfumed plants: Gardeners with shaded yards might want to try growing lily-of-the-valley. This ground cover does well in shade and slowly spreads. They have a pleasant, fragrant scent, but are toxic in large quantities.

Famous writer: In addition to *Breakfast at Tiffany's*, American Truman Capote (1924-1984) also wrote *In Cold Blood*. The book helped pioneer the true crime genre, as well as using fiction techniques in nonfiction stories.

Strange monkey: A monkey that lives in South America's Amazon basin is the bald uakari. They have reddish-brown, shaggy coats, but no hair on their bright red faces, looking almost as though they are wearing masks.

Time to prime: Planning to paint a room in your house? Experts recommend applying a coat of primer before applying the colour. Along with covering minor imperfections, primer helps the paint adhere to the wall.

On the Lighter Side

Knock! Knock! *Who's there?* August. *August who?* August of wind almost blew me away!

Did you hear about the founder of the flea circus? He started it from scratch.

Towels can't tell jokes. They have a dry sense of humour.

Two plants decided to grow next to each other. After all, they were buds.

Billy: "What does your mother do for a headache?"
Silly: "She sends me outside to play."

Answers

4. True
5. Carnyx
Trivia answers: 1. Sun 2. C.S. Lewis 3. Great Britain

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

Creating Smiles That Last A Lifetime...

General Dentistry • Cosmetic Dentistry • Implants
Restorative Dentistry • Botox Treatments

Dr. DEREK FIKA Family Dentistry drderekfika.com

12943-97 St NW Edmonton

Proudly Introducing **Dr. Ahmed Hussain**
SPECIALIZING IN PROSTHODONTICS

EVENING & SAT. APPTS. AVAILABLE | WE SPEAK ARABIC, SOMALI, VIETNAMESE, CHINESE & HINDI

inogen

CLAIM YOUR 14-DAY RISK-FREE TRIAL!

PORTABLE OXYGEN FOR YOUR ON-THE-GO LIFESTYLE

Call us toll-free at 1-888-998-6714

14-day risk-free trial: Return within 30 days of purchase for a full refund of purchase price.

PM230469 EN_EX_USA | Rx Only © 2023 Inogen, Inc. 303 Colorado Drive, Colton, CA 95317 Inogen is a trademark of Inogen, Inc. The usage of any Inogen, Inc. trademark is strictly forbidden without the prior consent of Inogen, Inc. All other trademarks are trademarks of their respective owners or holders.

Recipe of the month

Cheddar Broccoli Soup

- 1 small onion, chopped
- 2 garlic cloves, minced
- 2 tablespoons butter
- 2 tablespoons all-purpose flour
- 1 can (14-1/2 ounces) beef broth
- 1-1/2 cups 2% milk
- 1 package (10 ounces) frozen chopped broccoli
- 1 teaspoon ground mustard
- 1 teaspoon Worcestershire sauce
- 1/4 teaspoon ground nutmeg
- 1 cup shredded cheddar cheese
- Additional shredded cheddar cheese, optional

Prep/Total Time: 30 min. Yield: 4 servings

- In a large saucepan, saute onion and garlic in butter until tender. Stir in flour until blended. Gradually stir in broth; bring to a boil. Cook and stir for 2 minutes.
- Stir in the milk, broccoli, mustard, Worcestershire sauce and nutmeg. Bring to a boil. Reduce heat; simmer, uncovered, for 6-8 minutes or until heated through. Stir in cheese until melted. If desired, serve with additional cheese.

Ideal comfort food for chilly winter nights!

Source: <https://www.tasteofhome.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

Call **LLOYD KENNEY**, Independent Associate, to find out how LegalShield can help you!

LegalShield 1-877-579-9449

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

Everyone Welcome!

Monthly Special Events!

Branch #175 Kingsway

Legion

14339-50 Street, Edmonton
780.425.8654 | <https://kingswaylegion.ca>



Scan the QR Code to view upcoming events

✓ 3 Meat Draws/Week
✓ Thursday Night Jam with Dancing
✓ Friday & Saturday Night Dances
✓ Hall Rentals with Catering

ELECTRICIAN FOR HIRE
Residential
Light Commercial
Electrical Repairs and Renovations

Art de Leon Master Electrician

780.932.3858 Cell
ajdeleon63@gmail.com