

**You Used To Do It Yourself...**



**WE CAN HELP!**  
CONTACT THE EXPERIENCED PROFESSIONALS AT

**HOME & OFFICE**  
**ANDYMAN**  
services

780.940.2127 | www.HOHS.ca

Give Us Your List. We'll Do The Rest.

LIVE AT

## HOLYROOD SQUARE!

- In-suite Laundry
- Rooftop Deck and BBQ
- Full-sized Kitchen Appliances




Call 780-229-6099 for more information

Real Estate | Wills | Contracts



## HOMESTEAD

..... L A W .....

Tamara D. Epple B.A., J.D.

780.243.2116  
www.homesteadlaw.ca

"OUR GOAL IS TO MAKE CLIENTS FEEL LIKE FAMILY"

## THIS SPACE FOR RENT

OR SCAN HERE FOR MORE INFO



Call 780-220-6397

## Best Kept Secret in the Park!

The community thrift store with heart



County Clothes-Line

CELEBRATING 40 YEARS OF GIVING

Looking to join a great team?  
**Store Associates**  
3-4 days/wk  
Contact us today:  
clothes1@telusplanet.net

201 Athabasca Ave. Sherwood Park  
780.464.7786  
www.countyclotesh-line.com

## 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

## The perfect cup ...every time

Each cup up to 75% Less than leading coffee retailers

**Kofe** Corporation

Benefits of our in office coffee system:

- Convenient and hassle-free
- No delivery charge • No service charge
- No installation charge • Fresh coffee

We keep your machine clean and filled with product!

780.718.7212 / www.kofekorp.com

INDOOR YEAR ROUND MARKET!

## CAPILANO FARMERS' MARKET

Saturdays  
9:30 a.m.-3 p.m.


5004-98 Ave. (Capilano Mall)

**FREE!** New Issue Every Week!

# Coffee News

"News To Be Enjoyed Over Coffee"

East Edmonton Edition  
780-220-6397



www.coffee-news.ca

Vol. 21 No. 10 March 4, 2024

## Everybody's Talking

**Windy ride:** For a bike ride, most people choose a calm day with not much wind to slow them down. However, anyone who likes windy rides might enjoy participating in the Dutch Headwind Time Trial Championship. Participants all ride the same type of bike: upright and with only one speed. They ride an 8.5-kilometre (5.3-mi.) course located on the Oosterscheldekering storm barrier near the southwest city of Vrouwenpolder, Netherlands. The race originated in 2013 and is only held during storms when winds are expected to reach up to 120 km/h (74 mph). Only 300 participants are allowed, and the winner is the rider who completes the course with the fastest time.

**Running away:** Lots of young kids hate doing their homework, but most would choose to do their school work over being sent to an orphanage. Not so for a school boy in Chongqing, China. He was so angry at his mother for pestering him to do his homework that he went to a local police station to complain. He told the police that he wanted to go to an orphanage instead of living at home. The officers helped him calm down, got his address, and contacted the parents. With the father on the way, the officers had a little chat with the boy to convince him that returning home was a better choice.

**Perfectly round:** In the U.S. state of Florida is a lake so round that pilots gave it the nickname "Silver Dollar Lake." Officially called Kingsley Lake, it is located in the northeastern part of the state. The flocks of people who visit the lake on the ground may not be able to see its round shape, which is obvious from the air. The perfectly round shape is not artificial, but was formed by an ancient, spring-fed sinkhole. Ringing the lake are houses and cottages, all the way around the 2-mile (3.2-km) wide lake, which is 90 feet (27.4 m) deep at its centre. The homes have docks for swimming and boating

**Fruit artist:** Someone looking at the flowers sculpted by Vietnamese artist Nguyen Thi Thu could be forgiven for not realizing that the blooms emerge from papaya fruits. She has been practicing this traditional art for many years, with a 15-year break when she moved to another country where green papaya was not readily available. Glad to be back in Hanoi, she picked up the art again. This time, along with sculpting primroses, lotuses, and water lilies, she challenged herself to create many different types of chrysanthemums, which is a complicated process. The artist shows her work at public events, and she also teaches classes to show others the delicate art of sculpting papaya

## Quoteable Quotes

"At some point, you've got to let go, and sit still, and allow contentment to come to you."  
—Elizabeth Gilbert

"What wisdom can you find that is greater than kindness?"  
—Jean-Jacques Rousseau

## What's Happening

**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 sasgmanager@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](http://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

NEW FEATURE!

...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

- Annulry, glove, or wedded is the medical term for the ring finger?
- Cut, clarity, colour, and carat (the 4 Cs) refer to what stone?
- The scientific name for a bird's wishbone is furcula, tibia, or aloha?
- The spots on dice are called what?
- Herpetophobia is the fear of foot pain, freckles, or reptiles?

(Flip bottom of page for answers)

EDMONTON HOME + GARDEN SHOW

MARCH 21 - 24  
Edmonton Expo Centre

**2-FOR-1 BUY TICKETS ONLINE**

\*On Regular Adult Admission Only Promo Code: COFFEENEWS

EDMONTONHOMEANDGARDENSHOW.COM

## Get The Smile You Deserve!

\$99 New Patient Exam | Lower Than Current Fee Guide | Complimentary Teeth Whitening



## Floss Bosses.ca

Your. New. Routine.

825.901.GUMS | #207, 6958-76 Ave. NW



Come To You!

## MOBILE AUTO TECHNICIAN

FOR ALL YOUR REPAIR AND DIAGNOSTIC NEEDS



**SIMBA PERFORMANCE AND MOTOR SPORTS**

Simba Panesar  
Licensed Automotive Technician - 310S 310T

416.909.4039

A full line of natural products for your home and family



Since 1868 TRADE MARK

YOUR INDEPENDENT WATKINS CONSULTANT


**Donna Ouellette**  
ID# 029268N

780-469-5715  
www.RespectedHomeBusiness.com/enter29268



## Clinical Optometry and Support

...for glaucoma, eye pain, diabetic care and blurry vision, and more



From simple issues such as irritating floaters to more serious diseases of the retina, it is important to deal with any issue as soon as possible, before it can escalate to a more serious condition.

**DR. GREGORY KING** BSC/OD

Optometric Assistants:  
Lise MOA, Amanda MOA, Rachid

OPEN M-F 10-5 | SATURDAY 11-4  
8130-82 Ave., beside TD Bank  
(Inside Bonnie Doon Medical Centre)

Book an appointment today: 780.465.7600

## Labour shortage?

We have skilled workers waiting for you.



Scan here to learn how or visit [www.chha.ca](http://www.chha.ca)



## Less Stress, More Smiles

ORAL HEALTH AND WELLNESS CENTRE

From routine preventative care, to cosmetic improvements and orthodontics, we have you covered.

910 Roper Rd. NW  
Edmonton

780.465.0994  
avalondentalreception@gmail.com

AVALON DENTAL SERVICES  
BRACES 4 ALL ORTHODONTICS  
MERRELL SLEEP CLINIC  
INFANT FREN-ECTOMY

Proudly providing excellence in dentistry to Edmontonians since 1966.

Do you have a favourite quilt that needs repair?

## Longarm Quilting Services

Offering a variety of quilting services

- Longarm Quilting • Digital Edge2Edge
- Competitive Rates
- Friendly Environment

Free Quoter

780.554.1350 | reidse@shaw.ca



# Your Weekly Horoscope

## ARIES

(March 20 - April 19)



For the next several weeks, be careful of impulsive speech or actions. You may find that you are easily angered, so take a deep breath and retreat if needed. Lucky numbers: 12, 14, 19, 22, 37, 41.

## TAURUS

(April 20 - May 20)



The universe may continue to present you with many opportunities, a rare and unusual situation. Perhaps consider one that will expand you beyond your comfort zone. Lucky numbers: 4, 7, 8, 11, 18, 24.

## GEMINI

(May 21 - June 20)



For the next few weeks, be extra cautious in your communications. Your quick mind and wit could put you in danger of saying something you might regret. Lucky numbers: 3, 13, 14, 20, 42, 45.

## CANCER

(June 21 - July 21)



The Cancer-born can tend to lead with their feelings. At the beginning of the week, you may be challenged to approach a situation with a more balanced heart and mind. Lucky numbers: 17, 18, 24, 35, 37, 39.

## LEO

(July 22 - Aug. 22)



Midweek, your thoughts and feelings may be out of sync for a few days. If you feel like you're at a stalemate, move beyond your own desires and help someone else. Lucky numbers: 10, 21, 37, 31, 33, 38.

## VIRGO

(Aug. 23 - Sept. 22)



You may have an opportunity at the end of the week to expand your comfort zone and tap more into your intuition. This might feel awkward and could require practice. Lucky numbers: 6, 12, 14, 20, 41, 43.

## LIBRA

(Sept. 23 - Oct. 22)



For the next several weeks, you may be seeing people "put their foot in their mouth." Therefore, leaning into your natural diplomatic nature might be even more important. Lucky numbers: 5, 14, 18, 27, 29, 32.

## SCORPIO

(Oct. 23 - Nov. 21)



Have you been reluctant to take off your safe mask and authentically face the world? Doing so is never easy, but this week might prove to be better than most. Lucky numbers: 7, 13, 17, 19, 27, 34.

## SAGITTARIUS

(Nov. 22 - Dec. 20)



Your natural optimism and enthusiasm may get a boost for the next several weeks. If new opportunities come up, carefully examine them and look before you leap. Lucky numbers: 9, 11, 21, 22, 31, 32.

## CAPRICORN

(Dec. 21 - Jan. 19)



Early in the week may be a good time to connect with those whose cooperation and assistance you need. Your serious demeanour and strong work ethic may be highlighted. Lucky numbers: 1, 3, 17, 37, 40, 48.

## AQUARIUS

(Jan. 20 - Feb. 18)



Things may be very busy for you this week. Consider prioritizing what serves your highest values, rather than someone else's agenda. This may be scary to do. Lucky numbers: 2, 12, 17, 18, 22, 38.

## PISCES

(Feb. 19 - March 19)



This may be a good time to evaluate your current endeavours. Are some less important now? Consider completing your critical projects and letting go of the rest. Lucky numbers: 11, 24, 27, 33, 36, 48.

Lucky numbers this week: This week's odds favour Capricorn winners with the luckiest number being 3.

## Did You Know...

**Islands in the sea:** The island nation of the Maldives, in the north-central part of the Indian Ocean, includes approximately 1,200 islands. About 200 of the sandbanks and coral islands are inhabited.

**Saving energy:** Similar to hibernation, an animal going into a dormant state because the environment is too hot or dry is called aestivation. The aestivating animal stops eating and does not move around.

**Small but mighty:** A tiny insect called the oribatid mite can lift over 1,000 times its own body weight. Also called the armoured or beetle mite, is only about the size of a grain of sand or two human hairs placed side by side.

**Popular condiment:** In Mexico, a condiment called chamoy is very popular. This hot, sweet, tangy sauce contains dried chilies, lime juice, and some kind of fruit, such as mango, apricot, or plum.

**Talented man:** Brian May, who became famous as a member of the British rock band Queen, is regarded as one of the best guitarists around. May earned a Ph.D. in astrophysics from Imperial College London.

## On the Lighter Side

Why were the scissors smiling? Because they have their work cut out for them.

An astronomer watched the moon rotate for 24 hours. Then he got bored and called it a day.

My new diet consists of only aircraft. It's a bit plane.

Diner: "I'd like an elephant sandwich, please."  
Waiter: "I'm sorry, sir, we've just run out of bread."

Knock! Knock! Who's there? Hugo. Hugo who? Hugo first and I'll go second.

## Answers

**Trivia answers:** 1. Annular 2. Diamond 3. Furcula 4. Pips 5. Reptiles

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

Visit us on Facebook-CoffeeNewsWeekly

**yes TV**

**FREE LIVE STREAMING COMING THIS FALL**

visit yestv.com for details

**PERIPHERAL NEUROPATHY BREAKTHROUGH!**

Dr. Melanie Morrill Ac. Stops Numbness, Tingling and Burning in Hands and Feet.

Call 587-879-7122 to schedule your consultation.

accessiblecupuncture.ca

"To anyone reading this, it can not hurt to try, there is nothing worse than painful feet and trying to live your life."  
Darlene G. Google Review. ★★★★★

**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)

**FEEL THE BEAT!**

- Car Audio
- Remote Starters
- Window Tint
- Tire Change/Balance
- Car Detailing ...and more

**DANCY**

CAR AUDIO INSTALLATION AND MORE

**STOP BY FOR A FREE CONSULT**

587.735.2839 | 7400-52 St. Edmonton

Ever dreamed of being an **ARTIST?**

Or perhaps you're an experienced artist looking for something different?

**A.Z.**

The Adrian Zorzut School of Fine Art

Edmonton has an art school conveniently located in the downtown area, and it might just be the perfect environment to help you realize your artistic potential!

780.660.0044 | 10248-106 St. NW

[theadrianzorzutchooloffineart.ca](http://theadrianzorzutchooloffineart.ca)

**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

**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.

85% SUCCESS RATE!

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

**ELECTRICIAN FOR HIRE**

Residential Light Commercial Electrical Repairs and Renovations

Art de Leon Master Electrician

**780.932.3858** Cell

ajdeleon63@gmail.com

**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.

While Quantities Last. Sale May End Without Notice.

Fit Matters Scan QR Code To Shop Online

**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](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

**FIND OUT HOW YOU CAN SAVE UP TO 50% ON COMMISSIONS!**

At Seller Direct® Northern Homes Realty, It's Not About Discounts, It's About OPTIONS!

How We SELL Your Home:

- ✓ 300+ Websites
- ✓ Social Media Ads
- ✓ QR Code to Home's Features
- ✓ 3D Tours & Professional Photos

**seilerdirect**

Diana Noble Owner/Broker

Northern Homes Realty

780.638.4800 | [seilerdirectnorthernhomes.com](http://seilerdirectnorthernhomes.com)

PROUDLY SERVING EDMONTON & SURROUNDING AREAS

**TileTown** 50 years

Your Space. Your Style. Your Way.

Bring this ad into one of our 2 Edmonton Locations & Receive **20% OFF**

All Regular Priced, in Stock Tile

8219 Argyll Rd., Edmonton • 780-466-1343

11478-156th St., Edmonton • 780-451-7744

**Come Home to Quality**

- ✓ Home Renovations
- ✓ Basement Development

**Bergenham Builders**

[bergenhambuilders.ca](http://bergenhambuilders.ca)

587.986.5309 | [dbergenham24@gmail.com](mailto:dbergenham24@gmail.com)

**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](http://WhiplashInformationCentre.com)

**Braithwaite Boyle Injury Law** 800-440-9298

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

**10% OFF SUPPLIES** When you mention this ad. In-store only.

**CAPITAL CITY SPORTS CARDS**

BUY SELL TRADE

Sports Cards of all Eras

Vintage Cards • Memorabilia  
Figurines • TCG Cards • Pokemon  
Mystery Packs • Auctions • Box Breaks

7633-50 St. NW Unit 101

1.825.480.1886

[capitalcitysportscards21@outlook.com](mailto:capitalcitysportscards21@outlook.com)

We can also Grade your cards for you. We recommend The Canadian Graders along with these guys!

TAG BECKETT PSA