


Deaf or Hard of Hearing?

We can help you boost your resume.

Scan here to learn how or visit www.chha.ca



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

AND MORE!

WE HELP BUYERS TOO!

sellerdirect
Northern Homes Realty

Diana Noble Owner/Broker



780.638.4800 | sellerdirectnorthernhomes.com

PROUDLY SERVING EDMONTON & SURROUNDING AREAS

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>

WE COME TO YOU!

NERDS2YOU
VIRUS REMOVAL & COMPUTER REPAIR

ONSITE COMPUTER REPAIR

Your on-site computer and network service specialists. Virus removal, network setup, repairs and more.

587-772-NERD(6373)

FAST, FRIENDLY AND PROFESSIONAL
DEBIT, VISA AND MASTERCARD ACCEPTED

NERDS2YOU.CA

WE COME TO YOU - HOME, OFFICE, COFFEE SHOP OR VIRTUALLY!

I HAVE BEEN DOING TAX RETURNS SINCE 1985

Personal Tax Returns • Corporate Tax Returns
GST Returns • Preparation of T4s/T5s

D:V Donald B. Verbeke
PROFESSIONAL CORPORATION

CPA
CHARTERED PROFESSIONAL ACCOUNTANT
CHARTERED ACCOUNTANT
CERTIFIED FINANCIAL PLANNER

Terwillegar Gardens, Edmonton • don@verbeke.ca

Cell: 780.945.6190 • www.verbeke.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

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

priariescentedcandles@gmail.com
www.priariescentedcandles.com

You Used To Do It Yourself...

WE CAN HELP!
CONTACT THE EXPERIENCED PROFESSIONALS AT

HOME & OFFICE HANDYMAN SERVICES

780.940.2127 | www.HOHS.ca

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

FREE! **New Issue Every Week!**


Coffee News®

"News To Be Enjoyed Over Coffee"

South Edmonton Edition

780-220-6397

www.coffee-news.ca



Est. 1988

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.

May 1-7 - Mental Health Week Mental Health Week is an annual national event that takes place the first week in May to encourage people from all walks of life to learn, talk, reflect, and engage with others on all issues relating to mental health. Visit fortask.ca for more info

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

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

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!

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

1. Annulry, glove, or wedded is the medical term for the ring finger?
2. Cut, clarity, colour, and carat (the 4 Cs) refer to what stone?
3. The scientific name for a bird's wishbone is furcula, tibia, or aloha?
4. The spots on dice are called what?
5. 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

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

Solving Your Employment Relationship Puzzles



Involvi
Human Resources

780-652-0928
www.involvi.ca

HR SUPPORT
LEARNING AND DEVELOPMENT
COMPENSATION ANALYSIS
WORKPLACE INVESTIGATIONS

THIS SPACE FOR RENT

OR SCAN HERE FOR MORE INFO



Call 780-220-6397

WE CLEAN YOUR HOME LIKE IT'S OUR OWN!

- ◆ Weekly/Biweekly/Monthly Personalized Cleans
- ◆ Residential and Small Business
- ◆ Move In/Outs
- ◆ Pest Control Clean Up

ASK ABOUT OUR SENIORS' RATES!

NOBODY CLEANS LIKE MOM

780.700.6686 • www.nobodycleanslikemom.com

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

85% SUCCESS RATE!

Do you have a favourite quilt that needs repair?

Longarm Quilting Services

QUILTING

Offering a variety of quilting services

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

780.554.1350 | reidse@shaw.ca

yes tv

FREE LIVE STREAMING COMING THIS FALL

visit yestv.com for details



Where excitement and eco-friendly rides collide
Long Boards Go Carts

NOW OPEN

TAKE IT TO TRACK

2530 Tudor Glen, St. Albert | bootscooters.com
Tues-Thurs, 10 am - 7 pm | Fri, 10 am - 6 pm | Sat, 10 am - 5 pm
FREE DEMO RIDES Thursdays at 7 pm. Register at 6:30 pm

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

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

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

ELECTRICIAN FOR HIRE

Residential Light Commercial Electrical Repairs and Renovations

Art de Leon Master Electrician
780.932.3858 Cell
ajdeleon63@gmail.com

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

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

The World's #1 Restaurant Publication!

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. Furlca 4. Pips 5. Reptiles

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

pure DENTURE CLINIC

Helping To Create Beautiful Smiles!

- Full and Partial Dentures
- Denture Repairs
- Night Guards
- Certified Denturist
- Direct Billing For Insurance

FREE CONSULTATIONS

780-477-6850
www.puredenture.ca
18336 Lessard Rd. NW, Edmonton

Ray's Coins and Stamps
THE CHOICE OF DISCERNING COLLECTORS

Coins
Graded coins and collectible coins from the Royal Canadian Mint and a few other mints

Tim Hortons Hockey Cards
...available to finish your set. Text 780.2619.2929 with your list!

Paper Money
Graded Canadian currency

Cell: 780-619-2928
rgrikinis@yahoo.com | www.rayscoinsandstamps.com
Check our showcase # letter "i" at Old Strathcona Antique Market, 10323-78 Ave.

Flash Travel SALES
Cruise | Sun/Winter Destinations | Tours | Resorts | Sightseeing

Travelmart | 780.487.1034
www.bit.ly/flashtravelsales

*Limited availability. Dates subject to change without notice.

FAST, ACCURATE, CLEAN & FRIENDLY SERVICE

MILLWOODS Bottle Depot

2830 Parsons Road
(south extension of 99th St. above South Edmonton Common)

mybottledepot.ca
14 receiving stations to serve you REALLY FAST!

Bring in your bottles for a chance to win in our regular Customer Appreciation Draws!

Mon-Sat 8:30 am - 7 pm
Sunday 10 am - 6 pm

BEST IN THE CITY!

RETIREMENT LIVING CHRISTENSON
Optional Meals • Personalized Services • On-site Care

Join Our Vibrant Community

DEVONSHIRE VILLAGE

Full Kitchens • Social & Recreation • U/G Parking
1728 Rabbit Hill Road, Edmonton
780-540-9500
CDLhomes.com

STOP STREAMING! IT'S FUNNIER LIVE AT THE COMIC STRIP
BOURBON STREET, WEST EDMONTON MALL

PURCHASE TICKETS ONLINE AT **thecomicrostrip.ca**

Rick Bronson's THE COMIC STRIP
DRINK • DINE • LAUGH

Winter Is Coming...

Have you had your furnace serviced?

HVAC • Heating • Cooling
Refrigeration • Gas Fitting
Boilers • Building Management

DHR Daniels Heating & Refrigeration Ltd. Residential & Commercial Service

24/7 On Call Service: 1-587-785-6033

09-South Edmonton