

PROMOTIONAL & PRINTING

OUI PRINT .COM

YOU THINK IT, OUI PRINT IT.

780 865 3212

FOR ALL YOUR SEWER, PLUMBING, HEATING & GASFITTING NEEDS

- Plumbing Repairs, Maintenance & Renovations
- Hot Water Tanks
- Plumbing Fixtures
- Furnace Install & Repair ...and more!

ADG KABAN SEWER & DRAIN LTD.

Supporting and Servicing St. Albert and Surrounding Areas For Over 27 Years

Troy 780.498.6888 Cell. **780.458.9778** | www.adgplumbing.com

LICENSED • BONDED • INSURED

GUARANTEED EXCELLENCE and 24 HR. SERVICE BY PROFESSIONAL TRADESMEN

Window Coverings That Reflect Your Style

From inspiration to installation, our team of professionals collaborate with you to deliver beautiful window treatments.

BLINDS & SHADES • SHUTTERS • CUSTOM DRAPERY

108-25 Chisholm Avenue, St. Albert

BENCHMARK WINDOW FASHIONS

833.330.0265 | sales@bmark.ca | bmark.ca

NOW ALSO OFFERING WALL PAPER!

Helping People Live Their Best Life Possible

ComForCare HOME CARE

Please contact us for all your Home Care needs

780-733-4495

yes tv

FREE LIVE STREAMING COMING THIS FALL

visit yestv.com for details

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.

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.

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

85% SUCCESS RATE!

St. Albert Sturgeon Hospice Association

SASHA

SASHA supports people in our community who are dealing with end-of-life situations by offering caregiver support, respite, and companionship.

587.921.1345
sasha-cares.com

Present to the end

FREE! *New Issue Every Week!*

Coffee News®

"News To Be Enjoyed Over Coffee"

St. Albert Edition

780-220-6397

www.coffee-news.ca

Est. 1988

Vol. 21 No. 11 March 11, 2024

Everybody's Talking

Entertaining bird: Some people like to keep chickens as pets, and one popular, though expensive, breed is the Ayam Ketawa. The breed originated in Indonesia, and its name literally means "laughing chicken." The nickname describes the fowl's most unique feature: it makes laughing sounds that are similar to a human's. They are considered "longcrowsers." As well as entertaining their owners with their laughing voice, these birds are sociable and like to hang out with their people. In Indonesia, owners of Ayam Ketawa can join clubs devoted to the breed, and they even can enter their pets into competitions in which their laughing sound is judged.

Cover charge: The owners of a high-end, historic deli in Barcelona, Spain, got so fed-up with visitors who were "just looking" that they decided to charge 5 Euros for browsers. Queviures Murria is famous for its meats and groceries, and it has many regular customers. But visitors who were coming in just to look and not buy were starting to annoy the owners and crowd the shop. As a bit of a joke, the owners put up a sign about the charge but didn't really intend to enforce the rule. Turns out they didn't have to: the presence of the sign alone discouraged non-buyers from coming in to browse. So much for the picture-takers and penny pinchers!

Black sand and diamonds: Black sand is always interesting to see, but it is stunning on a particular beach in Iceland. That's because the darkly coloured sand forms the backdrop for chunks of ice that look like diamonds of all different shapes and sizes. The beautiful beach, located on the south coast of Iceland, is close to the Jokulsarlon Glacier Lagoon. Dislodged chunks of glacial ice find their way to the beach, which is commonly known as "Diamond Beach." This stretch of sand looks different every single day because the ice chunks melt, but then more pieces of ice come ashore to replace them.

Dog deal: An Iranian real estate broker got into trouble for signing over property to a dog. The situation occurred when a couple, who owned an apartment, wanted to leave their abode to Chester, their pet dog, because they had no human heirs. They found a real estate agent who agreed to oversee the transaction, which included drawing up the papers for the deal. The couple signed, and then helped Chester sign by moving his inked paw over the signature line. A video clip of the transaction went viral on social media, drawing the attention of authorities. The boss of the real estate agency was arrested for organizing a deal that has no legal basis

Quoteable Quotes

"I've learned that making a living is not the same as making a life."
—Maya Angelou

"If you cannot do great things, do small things in a great way."
—Napoleon Hill

What's Happening

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

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. What does a konimeter measure?
2. Is dyspepsia also called indigestion or nausea?
3. An insect's hard outer shell is an exoskeleton or outer armour?
4. A misheard word, especially in a song, is called a missyllable or a mondegreen?
5. Is Santiago, Asunción, or Montevideo the capital of Uruguay?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

(Over)

Affordable-Effective-Exclusive-CALL NOW!

Enjoy the Benefits of Optimized Foot Health!

Providing in-home nursing foot care. Specializing in diabetic foot care and other high risk conditions for seniors and all others!

Book an appointment with one of our qualified nurses today.

SCAN FOR AN APPOINTMENT

All Soles FOOTCARE

780-298-0372
www.allsoles.ca

Weekly • Bi-Weekly • Monthly • One-Time Cleaning

We do one thing – Clean!

Professional and personalized cleaning service:

- Residential & Commercial Cleaning
- Detail Cleaning • Basic Cleaning
- Move In/Move Out
- New Construction

Call Lynn today for a free quote: **780.721.6789**

www.youhaveitmaid.ca

YOU HAVE IT MAID CLEANING SERVICES

2023 QUALITY BUSINESS AWARDS WINNER

WHY RENT ...when you can BUY?

You may be financially ready – and don't even know!

Call George about real solutions to build equity: **780.982.4247**

www.georgevandewalle.com

Each office independently owned and operated

RE/MAX

GEORGE VAN DE WALLE

Wild Earth Bakery

780-651-7362

Located in the Enjoy Centre, Entrance 4 - 101 Riel Drive, St. Albert

www.wildearthbakery.com

We've been around for a while and we've seen a lot over the years.

The world keeps changing, but Wild Earth keeps baking.

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>

Where your pet gets a vacation too!

BlackPaws Pet Resort & RV Storage

Why choose us for your dog boarding needs?

- Acres of play areas! • Group play all day!
- Large private indoor/outdoor rooms for each dog, or up to a family of 3!
- Management on-site 24/7

BOOK TODAY ...your pet will thank you!

26106 Twp Rd 552, Sturgeon County

780.984.5718 | blackpawspetresort.ca

Less dogs, more space... a tired dog is a good dog!

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

FIX YOUR CAR OR BUY TIRES & WHEELS NOW! WHATEVER WORKS FOR YOU

PAY LATER! FLEXITI CARD

FLEXITI COVERS ALL OF THE FOLLOWING SERVICES LISTED BELOW

COMPLETE AUTOMOTIVE SERVICE REPAIRS
TIRES | WHEELS | LIFT & LEVELLING KITS
EXTENDED WARRANTIES | MUCH MORE!

GET APPROVED FOR A FLEXITICARD IN MINUTES! THE FLEXITI CARD GIVES YOU THE PAYMENT FLEXIBILITY YOU NEED.

CANADIAN AUTO/NAPA AUTO CARE CENTRE IN ST ALBERT IS A LICENSED & APPROVED AUTO REPAIR FACILITY **780.569.0654**

ACCREDITED BUSINESS AMVIC Alberta St. Albert

SHOP WITH TOTAL CONFIDENCE! GREAT PLACE | GREAT PRODUCTS | GREAT SERVICE | GREAT PRICES | GREAT PEOPLE.

DIAMOND WAY BUDDHISM
KARMA KAGYU LINEAGE

Every WED at 7 PM:
A short introduction on a Buddhist topic, followed by a guided meditation with opportunity for Q&A.

1st WED of each month:
Introduction to Buddhism
Recommended for Newcomers

diamondway.org/edmonton

Now accepting new patients!

Green Grove DENTAL

- Invisalign
- Sedation Options
- Same-Day Crowns
- Implants
- Financing Options
- Comfort Menu

780.458.2178
Located by Drayden Insurance
greengrovedentist.com

Google ★★★★★

Where excitement and eco-friendly rides collide

E Scooters E Cycles

BOOT-N-SCOOTER

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

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

780.554.1350 | reidse@shaw.ca

UH-OH!

DON'T WORRY - We repair damage to leather, vinyl, plastic and fabric.

COLORGlo
NORTH EDMONTON

For a free estimate, call 780.239.7917

AUTOMOTIVE | COMMERCIAL | RECREATIONAL | RESIDENTIAL

PAWNSTERS INC.
YOUR LOCAL PAWN SHOP

BUY • SELL LOAN

SCAN TO VIEW OUR LATEST INVENTORY

Tues-Sat, 10:30-6 | Sun, 12-5
322 McLeod Ave., Spruce Grove
www.pawnsters.ca 587.461.1798

Security Services You Can Trust

Canadian Pardons
USA Entry Waivers
Fingerprinting • Notary Public
Commissioner of Oaths

CANADA SECURITY SERVICES

Unit 7, 9363-50 St. NW Edmonton AB T6B 2L5
780.488.1134 • www.abpardons.ca
www.canadasecurityservice.ca

Your Weekly Horoscope

ARIES

(March 20 - April 19)



The potential for you to have moments of anger is still in effect early this week. Consider focusing within. Assess where you are, and your best next step. Lucky numbers: 17, 28, 29, 30, 41, 46.

TAURUS

(April 20 - May 20)



You may be tempted at midweek to dig in your heels. If your resistance doesn't break the obstacle, consider taking a deep breath and waiting a few days to act. Lucky numbers: 2, 7, 11, 19, 30, 48.

GEMINI

(May 21 - June 20)



Take stock of where you are right now. You may have an opportunity for an emotional reset from your experiences of the last month. How do you want to make use of it? Lucky numbers: 16, 23, 25, 29, 31, 48.

CANCER

(June 21 - July 21)



The end of the week may be a good time to retreat into your shell for a few days. Nurturing yourself could allow you to re-emerge better able to help yourself or others. Lucky numbers: 4, 5, 17, 26, 27, 35.

LEO

(July 22 - Aug. 22)



Many Leos have a natural leadership skill that can rally others to a common effort. You may operate best from your highest values, adjusting as needed to do so. Lucky numbers: 3, 13, 15, 16, 21, 48.

VIRGO

(Aug. 23 - Sept. 22)



Over the next few weeks, you may run into a challenge regarding love or finances. In finding a solution, compassion toward yourself and others could be helpful. Lucky numbers: 14, 15, 16, 17, 34, 42.

LIBRA

(Sept. 23 - Oct. 22)



During the next few weeks, the universe may present a challenge regarding your relationships. Consider it an opportunity to adjust your balance of self versus others. Lucky numbers: 11, 12, 14, 15, 31, 37.

SCORPIO

(Oct. 23 - Nov. 21)



The energy at midweek is one that is well-grounded. For the few days that it is in effect, tapping into this energy may be helpful, especially if you are feeling stressed. Lucky numbers: 7, 11, 15, 17, 29, 46.

SAGITTARIUS

(Nov. 22 - Dec. 20)



You may find yourself pulled into two different directions on how to proceed. Hitting the pause button and thinking things through for a few days may be helpful. Lucky numbers: 6, 13, 19, 20, 35, 43.

CAPRICORN

(Dec. 21 - Jan. 19)



Capricorns generally value self-reliance and sufficiency, in themselves and others. At week's end, a stalemate may require you to be more nurturing to yourself or others. Lucky numbers: 4, 5, 17, 26, 27, 35.

AQUARIUS

(Jan. 20 - Feb. 18)



You may be able to see an opportunity now that could transform a situation in yourself or your life. To find it, you might need to tap into a higher octave of the celestial sphere. Lucky numbers: 1, 6, 7, 8, 11, 28.

PISCES

(Feb. 19 - March 19)



Pisces-born generally have an empathetic, compassionate nature. These traits may be heightened in the coming weeks. Be careful not to let others take advantage of you. Lucky numbers: 9, 18, 22, 32, 38, 48.

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

Did You Know...

Eye-catching building: Australia's Sydney Opera House is recognizable by its shape, like a series of shells. The now-iconic structure took 16 years to complete, from 1957 to 1973, and is a major tourist destination.

Cat-like mammal: A raccoon relative, cacomistles live in areas from the southern U.S. to Panama. Also called "miner's cat," the nocturnal animals reside high in trees. They can be tamed, but are considered exotic pets.

Needs light: Anyone wanting a bamboo plant in the house could choose a species called golden bamboo. These plants grow well in pots, but need to have a good source of light for six or eight hours per day.

Deep and dark: Photosynthesis can happen in the ocean's euphotic zone, the upper layer, which gets enough light. Deeper down is the disphotic zone, which has some light. Deeper still is aphotic zone, with no light at all.

Singing a song: The musical wren of South America is known for its amazing singing ability. This bird can sing a perfect octave, and sings in intervals of the fourth and fifth notes of the scale.

On the Lighter Side

Did you hear about the hungry clock? It went back for seconds.

A singer was locked out of her house. She broke into song and couldn't find the key.

Todd: "Do you have holes in your socks?"

Odd: "Certainly not!"

Todd: "Then how do you get your feet in them?"

Knock! Knock! *Who's there?* Habit. *Habit who?* Habit your way, I'll come back later.

Why are French goats so musically talented? Because they are born with French horns.

Answers

Trivia answers: 1. Dust in the air 2. Indigestion 3. Exoskeleton 4. Mondegreen 5. Montevideo

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

one bite technology.ca

2002 Tudor Glen, St. Albert
587-290-0200

iPhone / iPad repairs & support

Device sales

Mac + PC repairs & support

Bring this ad in for **10% OFF REPAIRS!**

Something for everybody...

Romantic Notions Inc.

#30, 210 McLeod Ave., Spruce Grove
780.962.4944 | 1.855.962.4944
@romanticnotionsab

Book your appointment:
www.romanticnotions.ca

THE ONE STOP DESTINATION FOR ALL YOUR CAR NEEDS

Auto Sales:
✓ Shop with total confidence ✓ Financing available
✓ Large selection of pre-owned cars
✓ We also buy cars - inquire for details!

CANADIAN AUTO REMARKETING
780.569.0654
#109-25 Chisholm Ave., St. Albert
WWW.CANADIANAUTOREMARKETING.CA

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

RATES AS LOW AS \$150 FOR WILLS

WILLPOWER WILLS
EXPERIENCED. DEDICATED. KNOWLEDGEABLE.
780-418-7611
Call Terri today for a FREE consult.

TERRI BRUNNING

Everitt GARDENS
An OPTIMA LIVING Community

Let us welcome you home™
780-569-2273
everittgardens.ca

Scan or call to book your visit

125 Everitt Drive North, St. Albert

Independent Senior Living
Supportive Senior Living
Private Memory Care

If you require assistance or information regarding government issues, please contact my office

Dale Nally, MLA
MORINVILLE - ST. ALBERT

780-572-6161
Morinville.StAlbert@assembly.ab.ca

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

IS ADVENTURE ON YOUR BUCKET LIST?

Learn to Scuba Dive
Ask about our Buddy Special

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

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

www.thediveoutfitters.ca
SCUBAPRO | SHERWOOD | GARMIN | SHEARWATER | AKONA | HENDERSON | SEALIFE | TUSA