

**It's not just a generator. It's a power move.**

Receive a free 7-year warranty with qualifying purchase\* - valued at \$945.

Call 888-688-0973 to schedule your free quote!

\*Terms and Conditions apply.



**GENERAC**

**FREE!** *New Issue Every Week!*

# Coffee News®

"News To Be Enjoyed Over Coffee"

**St. Paul Edition**

**877-553-6397**



www.coffee-news.ca Est. 1988

## Recipe of the month

**Candied Fruit**

### Hot Cross Buns

2 packages (1/4 ounce each) active dry yeast  
2 cups warm milk (110° to 115°)  
6 tablespoons butter, softened  
2 eggs, lightly beaten  
3/4 cup sugar  
1 teaspoon salt  
6 to 6-1/2 cups all-purpose flour  
1 cup chopped mixed candied fruit


2 teaspoons ground cinnamon  
1 egg yolk  
2 tablespoons water

**Icing:**  
1-1/4 cups confectioners' sugar  
2 tablespoons milk  
1 tablespoon butter, melted  
1/4 teaspoon vanilla extract

Prep: 30 min + rising Bake: 15 min./batch + cooling Yield: 3 dozen

- In a large bowl, dissolve yeast in warm milk. Stir in the butter, eggs, sugar and salt. Combine 3 cups flour, candied fruit and cinnamon; add to yeast mixture and mix well. Stir in enough remaining flour to form a soft dough.
- Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour.
- Punch dough down; shape into 2-in. balls. Place 2 in. apart on greased baking sheets. Using a sharp knife, cut a cross on top of each bun. Cover and let rise until doubled, about 30 minutes.
- Beat egg yolk and water; brush over buns. Bake at 350° for 12-15 minutes or until golden brown. Remove from pans to cool on wire racks. Combine icing ingredients; pipe an "X" on top of each bun.

Source: <https://www.tasteofhome.com>



M-F, 10-6 | Thurs, 10-8 | Sat, 11-5 | Closed Sun & Holidays

# Farmstead

MARKET & MORE

**OVER 250 LOCAL VENDORS IN STORE!**

**VENDOR COLLECTIVE**

Clothing • Jewellery  
Home Decor • Bath & Body  
Giftware • Cleaning  
Fresh Produce • Local Meats  
Pantry & Freezer Items

**BISTRO**

Specialty Beverages  
Fresh Baked Muffins, Cookies & Pastries  
Hot Soup and Sandwiches  
(made to order with local meat & produce)  
Grab 'n Go Options • Daily \$12 Lunch Specials

780.205.3961  
4908-50 (Main) St.  
Kitscoty



# MARINE SUPPLY!

PARTS AND ACCESSORIES

**L & D**  
Marine Rentals

61116 Hwy. 28 W  
Bonnyville  
**780.201.0154**

**Oil for ALL Applications**  
Automotive • Power Sports  
Marine • Heavy Duty Diesel, etc.

**BOAT RENTALS AND REPAIRS**

**GRIGGS & STRATTON**  
DEALER

DISCOVER THE POWER OF **AMSOIL**  
The Best in Synthetic



**Lakeland EMPLOYMENT SERVICES**

Unemployed? Underemployed?  
We can help. Contact us.

**St. Paul office**

Northstar Complex, 2nd Floor  
4701 50 Avenue  
780.646.6729  
employabilities.ab.ca

**EMPLOY Abilities**



## We Need Volunteers In Your Area!

Help us to advocate for a quality of life that all Alberta seniors deserve

**Alberta Council on Aging**

Contact us:  
780.423.7781 | 1.888.423.9666

AN INDEPENDENT NON-PROFIT, CHARITABLE ORGANIZATION SINCE 1967



Alberta Council on Aging  
Let's Stop Ageism

PLEASE ASK US FOR STARTER PACK

## 200+ Delicious Meals Made for SENIORS!

NOW SERVING THIS COMMUNITY!

- ✓ Free Delivery\*
- ✓ No Obligations
- ✓ No Minimum Orders\*

\*Some conditions apply

Request your **FREE MENU Catalogue** today!  
**780-666-2336**  
TF: 1-800-704-4779

**HEART TO HOME MEALS**  
DELICIOUS MEALS MADE FOR SENIORS™  
www.hearttohomemeals.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



**DIRECT WORKWEAR**  
www.directworkwear.com

## VINTAGE 100% WOOL BLANKETS

Brand new! Step into warmth and embrace the nostalgia of the 1950s-60s with these military grade blankets. Ideal for travel emergency kits, camping or on the farm.

**\$39.95 ea.**

Scan QR Code To Visit Our Website



Vol. 21 No. 14 April 1, 2024

## Everybody's Talking

**Screen to sanctuary:** As a teen actress in the 1957 film *Loving You*, newcomer Dolores Hart kissed Elvis Presley, marking her Hollywood debut. Her nine more films hinted at a glittering career. But while portraying St. Clare in *Francis of Assisi* in 1964, she met Pope John XXIII and told him of her role. He proclaimed, "No, you are Clare!" This helped redirect her path. Hart then broke an engagement, bid adieu to acting, and became a nun at the Abbey of Regina Laudis in Connecticut (U.S.). She did attend the 2012 Academy Awards, where *God Is the Bigger Elvis*, a documentary chronicling her journey, earned an Oscar nod.

**Long and lonely road** An amazing road connects Kashgar, China, with Islamabad, Pakistan. The Karakoram Highway snakes its way around mountains and through valleys for 800 km (500 mi.). Without this highway, much of the area would not be accessible. The road was built between 1959 and 1978 through an agreement between both countries. Over the course of the construction, over 24,000 workers dodged mudslides and rockfalls to get the job done. To this day, the road requires considerable maintenance to keep it functioning. Tourists who decide to travel this road are rewarded with beautiful views of mountains, glaciers, and alpine lakes.

**Costly fix:** Hiring a tradesman to come fix something can get pretty expensive these days, but it's not usually something to go berserk about. Not so for a man in Malaga, Spain. The fellow realized he had a broken pipe that needed tending, so he called a local plumber. When the tradesman arrived, he took a look at the job and provided a quote. However, the man was not impressed and got quite angry at the cost of the job. He was so irate, in fact, that he held the plumber hostage. Luckily, neighbours in the apartment building heard the ruckus and called police, who were able to intervene and arrest the angry man.

**Shadowy art:** Can shadows made from cut up cardboard boxes be considered art? To followers of a Japanese man named Kuronushi, the answer is a resounding "yes!" Kuronushi arranges pieces of cardboard in various ways. The seemingly mismatched piles of material don't look like anything unusual. But shine a light on the creations, and the shadows on the wall become art. One of Kuronushi's shadows reveals a pirate ship and, when the pile of cardboard is rotated, the ship turns into the pirate Jack Sparrow from the movie *Pirates of the Caribbean*. The artist also created Harry Potter shadow art, to the delight of his fans.

## Quoteable Quotes

"It is only in sorrow bad weather masters us; in joy we face the storm and defy it."  
—Amelia Barr

"If you have a garden and a library, you have everything you need."  
—Cicero

## What's Happening

**Ongoing - Tuesdays Women's Wellness** Slave Lake and Area Womens Wellness workshop. St. Peters Ecumenical Church, Slave Lake. Free and includes child care. Registration is required. For topic and to register, text Rebecca at 780-240-6245

**NON PROFIT organizations may submit fundraising events for FREE at [www.coffee-news.ca](http://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](http://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. Each player in chess has how many pieces?
2. Triskaidephobia is the fear of what?
3. What was Juliet's last name in Shakespeare's *Romeo and Juliet*?
4. This is the acronym for International Business Machines Corporation.
5. Actor Boris Karloff famously portrayed Lurch, Frankenstein's monster, or Wolf Man?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

(Over)

# HAPPY Easter

from your friends at **Coffee News®**



## THIS SPACE FOR RENT

OR SCAN HERE FOR MORE INFO



**Call 780-220-6397**

**We've moved... VISIT US IN OUR NEW LOCATION!**

**Gifts and Gadgets**

**NOW AT 28-308 WESTGROVE DR., SPRUCE GROVE**  
BEHIND MCDONALD'S

**YOUR ONE STOP KITCHEN AND GIFT SHOP**  
780.962.5220 | [www.giftsandgadgets.ab.ca](http://www.giftsandgadgets.ab.ca)



**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](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




**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**



## Need Help with the Digital Side of Business?

We Can Help - for Free!

- Google My Business
- Websites
- Social Media

Contact Community Futures  
or  
mel.digitalss@cflb.com

Community Futures Digital Economy Program Alberta

## 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

## Need ONE More Reason to Join?

- 1 You don't have an up to date will
- 2 You don't understand the difference between a trust and a will
- 3 The CRA selects you for an audit
- 4 You need a letter written on your behalf by a lawyer
- 5 You receive a speeding ticket
- 6 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

yes tv

FREE LIVE STREAMING  
COMING THIS FALL

visit [yestv.com](http://yestv.com) for details

## Groggy mornings?

Imagine starting each day refreshed, ready to conquer anything!

Optimize your routine to elevate your morning and capitalize on time.



Free month trial  
then only \$1 a month

## 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)

## Memento FUNERAL CHAPEL (1975) LIMITED

owned by the Thackeray FAMILY

- FUNERALS
- CREMATION
- MONUMENTS
- PRE-PLANNING

BONNYVILLE 780-826-3113 GOLD LAKE 780-639-3113 ST. PAUL 780-615-3113

# Your Weekly Horoscope

### ARIES

(March 20 - April 19)



Your birthday month is a good time to develop new goals. In addition, the end of this week may be a good time to plan how to work toward them. Lucky numbers: 9, 12, 17, 19, 25, 38.

### TAURUS

(April 20 - May 20)



For the next few weeks, be on the lookout for an opportunity to achieve a long held or heartfelt goal. You may need to be proactive and seek it out. Lucky numbers: 8, 10, 11, 12, 21, 29.

### GEMINI

(May 21 - June 20)



You may find yourself eager to manifest everything you desire over the next few weeks. Perhaps take a step back and prioritize what is most important now. Lucky numbers: 10, 18, 24, 32, 33, 42.

### CANCER

(June 21 - July 22)



By default, Cancers often place heart over head in decision making. But early this week, you may have an opportunity to play with balancing that dynamic. Lucky numbers: 5, 10, 27, 28, 43, 44.

### LEO

(July 23 - Aug. 22)



You may have a continued opportunity to reach beyond yourself and expand your role in the world. Be sure your efforts in this regard align with your values. Lucky numbers: 2, 4, 11, 26, 27, 32.

### VIRGO

(Aug. 23 - Sept. 22)



Midweek, your normally detailed and disciplined thought process may feel confused and muddled. Take a deep breath. This might pass in a few days. Lucky numbers: 3, 4, 14, 27, 36, 39.

### LIBRA

(Sept. 23 - Oct. 22)



Over the next few weeks, you may feel in a stalemate about how to proceed in some area of your life. Be sure to look to your values in order to find a solution. Lucky numbers: 4, 6, 13, 14, 26, 29.

### SCORPIO

(Oct. 23 - Nov. 21)



Do your current endeavors reflect your heart? If not, consider making an adjustment to find the courage to bring your life in alignment with who you are now. Lucky numbers: 15, 24, 28, 32, 37, 40.

### SAGITTARIUS

(Nov. 22 - Dec. 21)



Things may go fairly smoothly for you over the next few weeks. However, there might be an opportunity, if you seek out its potential, to reach the next level. Lucky numbers: 4, 6, 13, 14, 26, 29.

### CAPRICORN

(Dec. 22 - Jan. 19)



Early in the week, your ability to dig in and push past obstacles to achieve success may be heightened. Don't neglect your connection to others in the process. Lucky numbers: 15, 24, 28, 32, 37, 40.

### AQUARIUS

(Jan. 20 - Feb. 18)



What are you passionate about achieving in the world? This week may offer an opportunity to start a process toward bringing transformational change for you and others. Lucky numbers: 13, 30, 33, 39, 44, 45.

### PISCES

(Feb. 19 - March 20)



Are you clear about how you want to proceed next? Now may be a good time to communicate with others to find an opportunity to achieve a common goal. Lucky numbers: 6, 13, 17, 35, 44, 47.

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

## Did You Know...

**To the grave:** In ancient Egypt, the dead took their recipes to the grave with them, literally. Researchers have found hieroglyphs on the walls of tombs that depict recipes for food, believed to have been used as references for the afterlife.

**The john:** Societies use many names for the word toilet, but one of the most popular is "the john." That's because Sir John Harrington designed the first flushing toilet in 1596. He was one of Queen Elizabeth I's godchildren.

**Started early:** American Selena Gomez, born in 1992, has become one of the biggest stars of her generation. She got her acting start at a young age, appearing on the children's television show *Barney and Friends* from 2002 to 2004.

**Big headache:** World War II Italian dictator Benito Mussolini wouldn't eat mashed potatoes. That's because he claimed they caused him to have migraine headaches.

**Donut lovers:** Canadians really like their donuts, those round, yummy, sweet, spongy cakes with a hole in the middle. In fact, Canada boasts more donut shops per capita than any other country in the world.

## On the Lighter Side

I tried archery, but didn't like it. There were too many drawbacks.

Mutt: "I wish I were in your shoes."

Nutt: "Why would you want to be in my shoes?"

Mutt: "Mine have holes!"

Why did the hedgehog say, "Ouch"? He put on his coat inside out!

Knock! Knock! *Who's there?* Nose. *Nose who?* Nose any knock-knock jokes?

You can have my chimney for free. It's on the house!

## Answers

Trivia answers: 1. 16 2. The number 13 3. Capulet 4. IBM 5. Frankenstein's monster

For available franchise opportunities - visit [coffeeneWSCanada.com](http://coffeeneWSCanada.com)  
© Published with Permission by Capital Marketing Ltd

The World's #1 Restaurant Publication!

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

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 Cowan Drive, Coletts, CA 95117 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.

## SHOP ONLINE!

[www.scubagearcanada.ca](http://www.scubagearcanada.ca)

SNORKELLING AND SCUBA DIVING LESSONS

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

The Dive Outfitters

Learn to SCUBA DIVE at our Edmonton location - call for details

Scuba Diving & Snorkeling

11781-156 St., Edmonton

780.483.0044

SCUBAPRO | SHERWOOD | GARMIN | SHEARWATER | AKONA | HENDERSON | SEALIFE | TUSA

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



Transform lives, one wish at a time.

Make-A-Wish.

Visit [makeawish.ca](http://makeawish.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!



[prairiescentedcandles@gmail.com](mailto:prairiescentedcandles@gmail.com)  
[www.prairiescentedcandles.com](http://www.prairiescentedcandles.com)

## 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](mailto:Leann.nrf2@gmail.com) | <https://detox.lifevantage.com>

CANADA'S BRAND YOUR COMFORT

NAPOLEON



GEMCO FIREPLACES & WHOLESALE HEATING PRODUCTS

PH: 780-465-9719 9281-50 STREET, EDMONTON, AB  
[WWW.GEMCOFIREPLACES.COM](http://WWW.GEMCOFIREPLACES.COM)

COLD SHOT A DIVISION OF BALMARIA EMPIRE PVT. LTD.

PASSENGER & PARCEL SERVICES

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