Affordable-Effective-Exclusive-CALL NOW!

If It Needs Glass, We Can Provide It!

Professional, top quality workmanship | Interior and exterior services | Residential and commercial applications

Mobile service and installation specialists with over 25 years of experience!

ALL PRO Glass Ltd.

Windows | Doors
Skylights | Wet Rooms
Glass Railings | Shower Doors

780.978.0088 www.allproglass.ca

Leave a legacy
and be a part of tomorrow's future, today

If you're thinking of writing or updating your will, The Alberta Lung Association is offering the chance for donors to make a simple Will for free through our partnership with the Canadian Free Wills Network.

You are not obligated to leave a gift to the Lung Association – we hope that you will see this program as the perfect way to satisfy your estate planning objectives.

FOR MORE INFO, PLEASE VISIT:

BREATHE the lung association

www.ab.lung.ca/you-can-help-change-future-today

HELP STOP THE SPREAD!

1. Wear a mask
2. Keep your distance – six feet!
3. Wash your hands
4. Take your copy of Coffee News® home with you

Stay safe!

A message from your friends at Coffee News®

Hope begins with you.

Donate at makeawish.ca/createhope

Make-A-Wish

Coffee News is proud to support Make-A-Wish Northern Alberta

Better Than Friends
LOVE SHOP

5824-51 Street, Grimshaw
780-512-6623
Better Than Friends

Come into the store!
Hours are Mon-Sat, 12-10 p.m.
and Sunday, 12-6 p.m.

Shop online at **betterthanfriends.ca**

Recipe of the month

Spring Pea Pasta

1 pound pasta
3-4 cups fresh peas
5 scallions, thinly sliced
1 shallot, very finely diced
1 cup chopped fresh mint
1 cup chopped Italian parsley
½ cup olive oil
2 lemons – zest and ¼ cup juice
2 cups fresh pea shoots, baby spinach or arugula
1 teaspoon salt (*plus more to taste*)
½ teaspoon pepper
1 tablespoon truffle oil
Optional: goat cheese crumbles

Prep Time: 15 mins. Cook time: 10 mins. Yield: 4 (main) or 8 (side)

❶ Boil pasta in a generous amount of salted water per directions.
❷ During the very last minute of cooking, if serving this as a warm entrée, add the peas to the pasta and just lightly blanch.
❸ While the pasta is cooking, prep the rest of the ingredients.
❹ Chop the scallions, shallots and herbs.
❺ Zest two lemons, and measure out ¼ cup lemon juice.
❻ Once the pasta is just about done, add the peas to the boiling pasta water and blanch for one minute, or just until bright green. Immediately drain, place pasta and peas in large bowl, drizzle with olive oil, lemon juice and season with 1 tsp salt and ½ tsp pepper.
❼ Toss in the pea shoots (or other greens) and add the scallions, shallot, herbs and lemon zest. Stir.
❽ Taste, adjusting salt and lemon juice, adding more of both, if necessary.
❾ Drizzle with truffle oil; serve immediately.

If making this as a pasta salad, rinse pasta and peas in very cold water to stop the peas from cooking any longer. Add goat cheese right before serving.

Source: www.feastingathome.com

For the first time ever...

Advertise Your Restaurant Here!*

For complete details, call Sam at 780-264-2552

Qualifying distributors of Coffee News® receive ***FIRST MONTH FREE!*****

* Space restrictions may apply.
** On 6 month term.

Coffee News® #supportlocal Initiative

FREE! New Issue Every Week!

Coffee News®

"News To Be Enjoyed Over Coffee"

Peace River Edition

877-553-6397

Est. 1988

www.coffee-news.ca

Vol. 18 No. 18 May 3, 2021

Everybody's Talking

Hot springs: In the Tuscan region of Italy, a natural hot spring near Saturnia is a sight to behold. Called Cascate del Mulino, which means "Waterfalls of the Mill," this hot spot features natural white limestone pools over which warm water flows. The turquoise liquid, at a constant 37°C (98.6°F), comes from an underground source and is full of minerals and sulphur. This beautiful natural wonder is free for users and is located downstream from a tourist complex called Terme di Saturnia Spa, where an entrance fee must be paid. The best time to visit is in fall, winter, or early spring when it is less crowded.

Nutty creation: Usually seen in landscape architecture, a gabion wall is a wire cage filled with material such as rocks or stones. But what about using such a structure as a centrepiece inside a home? Yerce Architecture and ZAAS, two Turkish design companies, did just that. A photographer, who is their client, lived in a loft apartment and wanted a natural component in the interior surroundings. The result is an accent wall like no other—a metal cage filled with walnuts. Although unconventional, the wall brings warmth from the colour of the walnuts, as well as an interesting texture that works with the streamlined furnishings.

Flower cakes: Those walking into Julie Simon Cakes in Los Angeles, California (U.S.), would be forgiven if they thought a flower arrangement on display was real. In fact, the flowers in this confectioner's shop are cakes made by Simon herself. Her designs are so intricate that viewers would swear they are looking at a cluster of peonies, a vase of tulips, or a container full of a variety of blossoms. Simon's cakes have attracted a lot of attention since she quit her corporate job in 2018. Even celebrities order cakes from her for a child's birthday or a friend's anniversary.

Fishing pool: With travel at a standstill during the COVID-19 pandemic, hotels around the world have seen a huge decrease in business. To make ends meet, the Aveda Resort, a luxury hotel in Kumarakom, Kerala, India, tried a novel approach to maintain some of its income. They repurposed the hotel's pool as a fish farm. The large pool was drained and filled with fresh water, then loaded with 16,000 young pearl spot fish. The fish can be harvested and sold, raising money to help with the hotel's expenses. The project has also helped to keep hotel staff busy.

Quoteable Quotes

"Nothing great was ever achieved without enthusiasm."
—Ralph Waldo Emerson

"To achieve great things, two things are needed: a plan, and not quite enough time." *—Leonard Bernstein*

What's Happening

Online event posting During the Pandemic, we are happy to post your online event in the What's Happening section of Coffee News. Please visit our website at www.coffee-news.ca to submit your event.

NON profit organizations may submit events for FREE at www.coffee-news.ca/whats-happening

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.

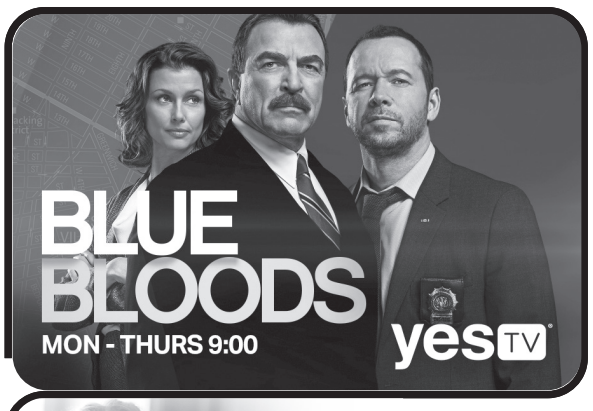
Trivia

1. Which American actress married Prince Rainier III of Monaco?
2. What is etymology?
3. Who was Kit Carson?
4. Earth Day is celebrated in April, May, or June?
5. Which new Ford vehicle of 1950 was a company disaster?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

(Over)



This Space for Rent.

877-553-6397

Real Estate Appraisals You Can Bank On!

COMMERCIAL • INDUSTRIAL • RESIDENTIAL

AGM Valuations Group Ltd.

780-624-0020
10032 - 99 Street, Peace River, AB

Servicing the Peace River area, including Fort. St. John & Dawson Creek, B.C.

RANCHLANDS
•APARTMENT HOMES•

Call or text today! 780.851.3730

Ranchlands.wah@aptleasing.info

We will do your cleaning the RIGHTWAY!

CONTACT US TODAY FOR YOUR FREE QUOTE

OFFICES | DEALERSHIPS
STORES | WAREHOUSES
SCHOOLS | INDUSTRIAL SHOPS
STEAM CLEANING | APARTMENTS

FAMILY OWNED AND OPERATED IN PEACE RIVER, ALBERTA

RIGHTWAY JANITORIAL

780-618-9755 • alana.dubeau@gmail.com

COLD SHOT
A DIVISION OF BALWARIA EMPIRE PVT. LTD.

SHIP BY BUS

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

Without our advertisers, Coffee News® would not exist

Please support them!

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
ZETTA TELECOM
587.760.2800
https://zettatelecom.com
DEDICATED TO FINDING OUR CLIENTS THE BEST SOLUTIONS WITHIN THEIR BUDGETS

Need ONE More Reason to Join?
1. You need child support enforced
2. Your landlord raises rent in violation of your verbal agreement
3. You adopt a child
4. A friend owes you money and files for bankruptcy
5. You need help with credit card liability resolution
6. Your car is vandalized in a parking lot
LegalShield™
Call LLOYD KENNEY, Independent Associate, to find out how LegalShield can help you!
1-877-579-9449

Pregnant? Facing Difficult Decisions?
We can help.
Call **780.421.1177** or text **587.596.5380**
- Confidential Pregnancy Counselling
- Support and Connection to Resources
- Adoption Information and Advice
Small Miracles Adoption
www.smallmiraclesadoption.com

SHOP ONLINE!
www.scubagearcanada.ca
SNORKELLING AND SCUBA DIVING LESSONS
• Snorkelling Gear • Reef-Safe Sunscreen
• Beach Water Shoes • Dry Bags & Wallets • UV Shirts
The Dive Outfitters
Scuba Diving & Snorkeling
11781-156 St., Edmonton
Learn to SCUBA DIVE at our Edmonton location – call for details
780.483.0044
SCUBAPRO | SHERWOOD | GARMIN | SHEARWATER | AKONA | HENDERSON | SEALIFE | TUSA

TaXcetera Inc.
P. 780 624 4388
F. 780 624 2455
PBA CERTIFIED
Bookkeeping and Payroll
Individual and Corporate Tax Returns
Corporate Registries Set Up
WCB and GST Applications
Government Forms
reception@taxcetera.ca | www.taxcetera.ca

Relish Your Independence!
Independent Supportive Living is for adults and seniors who require some support and assistance, but do not require the services of a designated supportive living or long-term care centre.
POINTS WEST LIVING
FOR INQUIRIES, PLEASE CALL
780.624.0700
or email
gm.peaceriver@pointswestliving.com
When cooking meals, cleaning the house, shoveling snow, mowing the lawn, and taking care of home repairs becomes burdensome, choose Points West Living to enjoy a carefree retirement lifestyle.

FREE Orthodontic/ Invisalign Consult
FREE Implant/ Implant Denture Consult
PEACE VALLEY DENTAL
Dr. Michael Ho, DMD
We are confident in the quality of our work and provide limited warranty for fillings (two years) and crown bridges (no charge for the first three years and 50% for up to five years from placement).
OUR TEAM HAS BEEN SERVING THE COMMUNITY FOR 20 YEARS
9811-100 Avenue
Peace River, Alberta
www.peacevalleydental.com
780.624.3355 • info@peacevalleydental.com

Feel free to take your Coffee News home!

Your Weekly Horoscope

ARIES
(March 21 - April 20)

You may have an abundance of physical energy and self-confidence to take on new challenges with ease. You might feel less dependent on the approval of others. Lucky Numbers: 22, 26, 34, 39, 42, 46.

TAURUS
(April 21 - May 21)

A significant chat with someone who has a very different perspective than you may be helpful. Try to be receptive and learn as much as you can from them. Lucky Numbers: 8, 22, 27, 31, 35, 42.

GEMINI
(May 22 - June 21)

You might feel like socializing. Enjoyment and pleasure may be emphasized. Cooperation and harmony in personal relationships may be more important to you. Lucky Numbers: 2, 20, 29, 32, 39, 40.

CANCER
(June 22 - July 22)

This might be a good time to schedule social activities where tact would be a plus. You may act as a harmonizer between people with differing viewpoints. Lucky Numbers: 6, 16, 22, 29, 35, 40.

LEO
(July 23 - Aug. 23)

An opportunity for a leadership role may be yours. There could be opportunities for meaningful contacts, especially with people who share common goals. Lucky Numbers: 10, 13, 27, 33, 41, 44.

VIRGO
(Aug. 24 - Sept. 23)

A craving for sweetness and comfort in the form of loving affection may be strong now. This might be a good week to spend time with the people who love you. Lucky Numbers: 7, 19, 25, 31, 41, 47.

LIBRA
(Sept. 24 - Oct. 23)

Both friendship and material benefits may come to you. You might feel sociable and seek company, especially with those who know how to have a good time. Lucky Numbers: 5, 8, 10, 14, 15, 21.

SCORPIO
(Oct. 24 - Nov. 22)

Contracts, negotiations, and business dealings of all kinds may be favoured. Exchanging ideas and opinions might also play an important role in your life now. Lucky Numbers: 4, 12, 24, 30, 44, 48.

SAGITTARIUS
(Nov. 23 - Dec. 21)

You may feel in harmony with the people in your life. There might be a sense of ease and flow, rather than a resistance to what is going on around you. Lucky Numbers: 3, 9, 15, 18, 30, 36.

CAPRICORN
(Dec. 22 - Jan. 20)

Spontaneity and freedom may have been your key issues. Your mood could be very upbeat. You might be funny and sometimes act out of character. Lucky Numbers: 11, 32, 36, 39, 40, 45.

AQUARIUS
(Jan. 21 - Feb. 19)

Chatting openly with loved ones may help you understand your situation. You might be more objective. This could be a favourable time to make a big decision. Lucky Numbers: 5, 8, 14, 22, 29, 38.

PISCES
(Feb. 20 - March 20)

This may be a very good time to let people know you care about them. You might be very cooperative and more interested in your similarities than your differences. Lucky Numbers: 16, 19, 33, 36, 39, 41.

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

Did You Know...

Jazz singer: American jazz singer Billie Holiday (1915-1959) had a nickname: Lady Day. Producer John Hammond discovered her when she was singing in a Harlem jazz club in New York City in the early 1930s.

Beautiful bees: Male orchid bees, found from northern Mexico to southeastern Brazil, have such vivid colouration that they're considered the closest thing to a living jewel. They also collect various fragrances to create their own perfume to attract females.

Island in a lake: Canada boasts the largest lake island in the world. Manitoulin Island is located in Lake Huron, Ontario, and encompasses an area of 2,766 square kilometres (1,068 sq. mi.) The island itself has 108 freshwater lakes.

Night fears: An extreme fear of night or darkness is a condition called "nyctophobia." It's normal for kids to be afraid of the dark, but if the fear becomes excessive and irrational, anyone—young or old—should see a doctor.

Cute bats: The tiny Honduran white bat is considered "cute" because of its fluffy white coat and orange ears and face. It roosts in green leaves. When sunshine filters through the leaves, the bat's fur appears green, making it nearly invisible.

On the Lighter Side

Who was Socrates' worst student? Mediocrities.

First Roman soldier: "What is the time?"
Second Roman soldier: "XX past VII."

Today is the day I must finally be decisive. At least I think so.

Nine-year-old: "I smiled at my daddy, and he gave me some pocket money. So I walked into the bank and smiled, but my head was below the counter level, so I didn't get anything."

What is green and jumps a lot? A frog with hiccups.

Answers

Trivia answers: 1. Grace Kelly 2. The study of word origins 3. American frontiersman 4. April 5. The Edsel

We Care About Your Smile!
- Upper/lower dentures
- Implant supported dentures
- Partial dentures (flexible or metal)
- Same day relines
- Soft denture linings for sore gums
- Natural tooth whitening kits available
- Night guards/splints

Denture & Implant Cottage™
Call today to inquire about achieving suction on your lower denture with the new SEMCD Lower Suction Technique
SEMCD CERTIFIED CLINICIAN
REPAIRS WITHIN THE HOUR! 780-624-4573
9803 - 98 Avenue, Peace River *Wheelchair friendly*

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

Let us Make YOUR Vision YOUR Reality
NO JOB TOO SMALL!
CLC CARPENTRY
RESIDENTIAL & COMMERCIAL
A DIVISION OF CLC WELDING LTD.
■ Framing ■ Drywall ■ Paint ■ Decks
■ Garage Packages ■ Home Renovations
CALL CHRIS GIRARD TODAY FOR YOUR FREE ESTIMATE: 780.618.5400

Love Coffee News®?
"We are big fans of your newspaper! It gets us through the morning and our daily commute."
Send a selfie of yourself with your weekly edition of the paper, and your picture may appear here!
Send your selfie to **contests@coffee-news.ca**
Please put "Readers" in the subject line.
Please include:
❶ Your name ❷ Your phone number *and* ❸ Your address
so that we can send you some **cool prizes** if your photo is chosen to appear in the paper!
Readers of the Month
Franz Fritzwitz & Wilbur Ramsbottom
Coffee News® Fun Reading. Serious Advertising.

AUTOMOTIVE LIGHT TRUCK REPAIR
- Out of Province Inspections - $230
- Rate: $115/hour
- We service most vehicles, beginning at $29.95*

SERVING THE COMMUNITY FOR OVER 18 YEARS
** For labour only.*
Services include up to 5L 5W/30 or 5W/20 conventional oil, oil filter and a 34 point inspection.
TRINITY REPAIR LTD.
780.338.3848
5029 - 51 Street, Berwyn, AB • www.trinityrepair.ca

Chapel of Memories
Funeral Home and On-site Crematorium
"Part of the Peace Country Since 1947"
Fairview to Peace River to High Prairie
"Your family care provider offering assistance with Personalized Funerals, Memorials, Cremations, Cremation Jewelry & Monuments"
Phone: 1.888.849.5800

Everyone has the right to live free of violence and abuse
Our shelter offers women a safe and secure environment where they can access counselling, housing and other supports
PEACE RIVER REGIONAL WOMEN'S SHELTER
1-877-624-3466
www.prrws.com
WHEN HOME IS NOT SAFE – WE HAVE A SHELTER FOR YOU

One solution for oxygen at home, away, and for travel
Introducing the INOGEN ONE – It's oxygen therapy on your terms
No more tanks to refill. No more deliveries. No more hassles with travel. The INOGEN ONE portable oxygen concentrator is designed to provide unparalleled freedom for oxygen therapy users. It's small, lightweight, clinically proven for stationary and portable use, during the day and at night, and can **go virtually anywhere — even on most airlines.** Inogen accepts Medicare and many private insurances!
Reclaim Your Freedom And Independence NOW!
Call Inogen Today To Request Your FREE Info Kit
1-888-998-6714
inogen
© 2020 Inogen, Inc. All rights reserved. MKT-P0108

© Published with Permission by Capital Marketing Ltd