

All services are free and confidential

PREGNANCY CARE CENTRE
Grande Prairie & Area

- Pregnancy tests
- Practical support services
- Accurate info on all options
- Post-abortion/adoption grief
- Parenting/birth parent support
- Info on pregnancy health & more

toll-free 1.844.840.2888

Safe. No judgement
call/text 780.533.2888

You have options.
We can help.

www.pccgp.ca

Keeping Your Books Crystal Clear

Remember, when in doubt...
keep the receipt!

Crystal Bookkeeping and Taxes

Lesley Coffman
780.296.6549
lesley.coffman@outlook.com

Follow us on **facebook**
@crystal.bookkeeping.taxes

Chamber of Commerce
GRANDE PRAIRIE & DISTRICT

9823-116 Avenue | Office 201 | Grande Prairie

This Space for Rent.

877-553-6397

FIND Hope WITH US

PASS IT FORWARD

CancXcancerhelp.com

Use Order Code 6902

BREAKTHROUGH IN CANCER NUTRITIONAL SUPPORT

Our shelter offers women a safe and secure environment where they can access counselling, housing and other supports

PEACE RIVER REGIONAL WOMEN'S SHELTER
EVERYONE HAS THE RIGHT TO LIVE FREE OF VIOLENCE AND ABUSE

When Home Is Not Safe - We Have A Shelter For You

1-877-624-3466 • www.prrws.com

A wish begins with **HOPE**

Hope begins with you.

Donate at makeawish.ca/createhope

Make-A-Wish

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

Without our advertisers, **Coffee News** would not exist

Please support them!

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.

BREATHE
the lung association

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

FREE! New Issue Every Week!

Coffee News[®]

"News To Be Enjoyed Over Coffee"

Grande Prairie Edition

877-553-6397

www.coffee-news.ca

Est. 1988

Vol. 18 No. 23 June 7, 2021

Everybody's Talking

Well-dressed: James Maina Mwangi of Nairobi, Kenya, came from a poor family and didn't have very many clothes as a child. Eventually, he was able to earn money as a handyman, and he started to buy interesting clothes to match his flamboyant style. Today, he can be seen on the city's streets in suits of different colours, all with matching accessories. For example, if he decides to wear a bright blue suit, he wears a tie, hat, watchband, eyeglasses, and shoes that all match. On other days, he may be dressed in pink, yellow, red plaid, or black and white. During the pandemic, he even finds facemasks to match!

Bird sport: A sport in Belgium involves birds, but very little activity. It's called vinkenspot, which translates as "finch sitting" in English. In vinkensport, competitors sit in front of cages that contain one male chaffinch (a member of the finch family). These birds sing, and their owners keep track of the number of times their bird makes a complete bird call. A distinctive "sus-k-e-wiet" marks the end of each call. The competitor whose chaffinch makes the most calls in an hour is the winner. The sport is known to have cheaters; once, a competitor put a CD player in the box instead of a bird.

Pie queen: A baker from Seattle, Washington (U.S.), has become a pie-baking celebrity. Lauren Ko once worked as an executive assistant in education, but now she bakes pies with such intricate geometric designs that people flock to see her creations. Grandma's pies may have tasted delicious, but Ko's work also appeals to the eye. One blueberry pie, dubbed "flour power," uses dozens of six-sided dough bits to hold blue petals. Others feature swirls of food-coloured dough strands or shapes that are formed into unbelievable patterns. The resulting pies are almost too incredible to eat!

Much ado about nothing: Some people may wonder what the social media world is coming to after they hear about a video posted by Muhammad Didit of Indonesia. The young man decided to post a video of himself doing absolutely nothing. He shows himself sitting on a couch and staring into the camera for over two hours! He meant to record himself doing nothing for only five or 10 minutes, but after he started, he kept going. The weird thing is that the video has garnered hundreds of thousands of views and has motivated other people to do the same thing for even longer periods of time.

Quoteable Quotes

"In a time of turbulence and change, it is more true than ever that knowledge is power."
—John Fitzgerald Kennedy

"Statues and pictures and verse may be grand, but they are not the Life for which they stand."
—James Thomson

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.

June 8-3rd 2021 Marda Loop Justice Film Festival justREEL film screening MLJFF invites you to our FREE social justice themed double feature, followed by a prerecorded QA segment with a subject matter expert. Available across Alberta from 5:30 pm to 11:59 pm. Learn more and register today at: <https://justicefilmfestival.ca>

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. French fries originated in France—T/F?
2. What glands are responsible for producing tears?
3. What is a loge?
4. Who wrote the popular novel Beloved?
5. Guinness World Records states that the first speeding ticket was written in 1896, 1920, or 1929?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

Affordable-Effective-Exclusive-CALL NOW!

HIP/KNEE REPLACEMENT?

Other medical conditions causing TROUBLE WALKING or DRESSING?

The Disability Tax Credit allows for

\$3,000 YEARLY TAX CREDIT
and **\$30,000 LUMP SUM REFUND**

For Expert Help:
1.844.453.5372

FREE ASSESSMENT CALL TODAY!

BBB ACCREDITED

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.

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

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

Like us on Facebook

...to keep updated on **WEEKLY contests** in which you can enter to win tickets to sports events, entertainment events, Coffee News Bucks and more!

<https://www.facebook.com/CoffeeNewsWeekly>

Love Coffee News?

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:
1 Your name 2 Your phone number and 3 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.

RE/MAX Slave Lake Realty

Katee Nelson 780-805-4425

Steve Adams 780-516-9000

With You Every Step of the Way

SHOP ONLINE!

www.scubagearcanada.ca

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

The Dive Outfitters
Scuba Diving & Snorkeling

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

11781-156 St., Edmonton 780.483.0044

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

EMERALD GARDENS
RETIREMENT RESIDENCE

Connect with your community
Join us for coffee & a tour today

780-539-5538 parkplaceseniorsliving.com
10402-111 Street, Grande Prairie

Helping you rediscovers **fun** in the kitchen!

Gifts and Gadgets

Your one stop kitchen and gift shop.

780.962.5220

CHECK OUT OUR EXTENSIVE ONLINE CATALOG!

Visit www.giftsandgadgets.ab.ca or visit us in person at 111 First Avenue, Spruce Grove

Norwex
IMPROVING QUALITY OF LIFE™

Real Products. REAL SOLUTIONS.

Norwex has been creating Safe Havens since 1994 – healthier homes, healthier families and a healthier world. Join us!

Christine Rideout
Norwex Independent Sales Consultant
780-933-2792
christinerideout.norwex.biz

From Port Alberni, B.C. to St. John's, Newfoundland

Served in **1579** restaurants and coffee shops

Read by over 1.25 million Canadians per week

Coffee News
is Canada's choice for positive news from around the world!

CG Cleaning Services

BEST SERVICE WITHIN YOUR BUDGET

Christine - Owner
780-518-5190
cjcleaningservices2019@gmail.com

Grande Prairie, AB

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

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!

PSC Prairie Scented Candles

Sunset Scents
a RAY of Fragrance

priariescentedcandles@gmail.com
www.priariescentedcandles.com

Ranchlands
APARTMENT HOMES

NOW LEASING

Call or text today! 780.851.3730

Ranchlandapts.com

Your Weekly Horoscope

ARIES
(March 21 - April 20)

You may feel very clear, articulate, and communicative. Public speaking or any endeavour that involves giving information to others might be favoured now. Lucky Numbers: 4, 28, 34, 42, 46, 48.

TAURUS
(April 21 - May 21)

Strong support from close friends and family may give you great confidence. It might be a good time to mend fences and improve relations in your home life. Lucky Numbers: 9, 13, 19, 23, 29, 33.

GEMINI
(May 22 - June 21)

You may feel great physically, and your confidence and optimism could be very high. You might feel that whatever you attempt now may likely succeed. Lucky Numbers: 6, 16, 26, 35, 36, 46.

CANCER
(June 22 - July 22)

Your artistic efforts may flourish. You could be moved to express your affections more openly. You also might want to be surrounded by beauty and harmonious people. Lucky Numbers: 10, 13, 18, 40, 43, 48.

LEO
(July 23 - Aug. 23)

You may benefit greatly from opportunities that occur. You might feel expansive and optimistic now. Very influential people could come into your life. Lucky Numbers: 4, 7, 16, 21, 28, 30.

VIRGO
(Aug. 24 - Sept. 23)

You may enjoy spy or mystery stories. Unsolved or puzzling problems of a situation might interest you. You may need to probe for answers in order to discover the truth. Lucky Numbers: 2, 6, 21, 25, 30, 34.

LIBRA
(Sept. 24 - Oct. 23)

You may be feeling warm, expressive, and lively. Friendships might be strengthened. Your creativity and a desire to beautify things could be stimulated. Lucky Numbers: 4, 16, 32, 38, 44, 48.

SCORPIO
(Oct. 24 - Nov. 22)

This may be time for you to shine! You might have an extra measure of energy and confidence now and could make a strong, positive impression on others. Lucky Numbers: 8, 9, 19, 24, 39, 43.

SAGITTARIUS
(Nov. 23 - Dec. 21)

You may be inclined to agree with people and situations. You also might attract what you need by letting more of the world come to you. Lucky Numbers: 10, 17, 25, 34, 41, 49.

CAPRICORN
(Dec. 22 - Jan. 20)

You may have contact with someone who is important to you. Sharing memories and reminiscing with someone you might feel you can trust could occur. Lucky Numbers: 13, 19, 32, 33, 42, 44.

AQUARIUS
(Jan. 21 - Feb. 19)

You may be capable of decisive action and the will to carry through. You might inspire others, as well. Group efforts or joint projects could be effective. Lucky Numbers: 4, 15, 19, 34, 45, 47.

PISCES
(Feb. 20 - March 20)

Cooperative endeavours may flourish now, and any social or joint activity might benefit you. You could achieve a harmonious balance of talking and listening. Lucky Numbers: 5, 6, 21, 25, 30, 40.

Lucky numbers this week: This week's odds favour Pisces winners with the luckiest number being 5.

Did You Know...

Long history: The Volkswagen Beetle, still on the roads today, is an iconic vehicle that dates back to 1938. Designed by Ferdinand Porsche, the Beetle was first built in Germany and came to North America in the 1950s.

Fun partnership: People from hometowns with dreary names can either laugh or cry. The folks in Boring, Oregon (U.S.), Dull, Perthshire (Scotland), and Bland, New South Wales (Australia), are choosing to jointly promote tourism as "The League of Extraordinary Communities."

Easy access: Japan has the highest number of vending machines in the world, with one for every 23 to 25 residents. They can be found in urban and rural areas, and play an integral role in the country's culture.

Pizzly bear: Most people know about grizzly bears and polar bears, but there is also a pizzly bear, the offspring of a polar bear and grizzly bear. They also are known as grolar bears and the *nanulak*, after the Inuit *nanuk* (polar bear) and *aklak* (grizzly bear).

More words: It's no wonder an English dictionary is so thick: the English language is believed to have the largest lexicon, or number of words, of any European language. That's due in part to accommodating so many foreign words.

On the Lighter Side

Many directors of today's comedies must be inspired by the old, silent movies. A scene is supposed to be funny, but the audience doesn't make a sound.

What's black and white and eats like a horse? A zebra.

If you had one match to light a kerosene lamp, fireplace, and wood-burning stove, which do you light first? The match.

What goes up but never comes down? Your age.

One worm to another: "Follow me. I know a restaurant where we can eat dirt cheap."

Answers

Trivia answers: 1. False 2. Lactrinal glands 3. Theatre box 4. Toni Morrison 5. 1896

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

PRESTIGE
EST. GREEN 2020

10012-99 Avenue, Unit 102
Grande Prairie
780-533-2841

@prestigegreencannabis
prestigegreen.com

COLD SHOT
A DIVISION OF BALWARIA EMPIRE PVT. LTD.

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

inogen

FREEDOM. TO BE YOU.

1-888-998-6714

Need ONE More Reason to Join?

- You need child support enforced
- Your landlord raises rent in violation of your verbal agreement
- You adopt a child
- A friend owes you money and files for bankruptcy
- You need help with credit card liability resolution
- Your car is vandalized in a parking lot

Call LLOYD KENNEY, Independent Associate, to find out how LegalShield can help you!

LegalShield 1-877-579-9449

This is **Your Story**

Stories of redemption, discovery and faith
WEEKNIGHTS AT 11PM

yesTV

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

Recipe of the month

Balsamic Watermelon Chicken Salad

1 cup balsamic vinegar 1 tablespoons olive oil
1 lb. boneless skinless chicken breasts 4 cups baby spinach or greens
2 cups cubed watermelon
3 teaspoons all purpose seasoning 1/2 cup blue cheese crumbles
1/4 cup sliced or crushed almonds

Prep Time: 10 mins. Cook time: 30 mins. Yield: 4 servings

- Pour the balsamic vinegar into a small saucepan and bring to a boil. Reduce heat and simmer for 15-20 minutes until the balsamic vinegar is significantly reduced and starting to become syrupy.
- Meanwhile, turn a grill or nonstick skillet to high heat. Sprinkle the chicken with the seasoning on both sides and drizzle with the olive oil. Transfer to the hot grill and cook until no longer pink on the inside and nicely browned on the outside. Let rest for 5 minutes; cut into small cubes.
- Layer the spinach with the chicken, watermelon, blue cheese, almonds, and drizzle with the balsamic reduction to taste. Top with additional olive oil if desired.

Source: <https://pinchofyum.com>