

**MENTION THIS AD FOR A DISCOUNT!**



**LET US HELP YOU QUIT SMOKING**  
Come learn the facts and make a plan  
**780-623-2158**  
10263-101 Ave., Lac La Biche  
10 am - 6 pm, 7 days a week  
Closed on holidays

**For All Your Protection Needs**

- Overnight Mobile Patrols (currently in Elk Point, expanding to Bonnyville soon with K9 Officers)
- Event Security (within Alberta)
- Static (stationary) officers (anywhere in Lakeland area, short or long term)
- Loss Prevention
- Drug detection dog(s) in training
- Process serving
- Alarm response

**Private Investigations coming soon**  
Any other security related service needed, we will attempt to accommodate

**780.615.2101**

**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**

**FREE ASSESSMENT CALL TODAY!**

**For Expert Help: 1.844.453.5372**

**MORE SELECTION THAN ANY OTHER WINDOW COVERING SOURCE!**

**REAL**™  
1 8558 GO REAL REALBLINDS.CA  
REAL BLINDS SUPERSTORE

EDMONTON 10510-107 Ave. NW (main floor) 780-250-7325  
VEGDEVILLE 5006-52 Avenue 780-632-2142  
DERWENT 118 Main Road 780-741-2376  
BONNYVILLE/COLD LAKE 780-826-2239  
WAINWRIGHT/PROVOST 780-842-2477  
LLOYDMINSTER 780-875-1093

**Recipe of the month**

**Jalapeno-Lime Chicken Drumsticks**

1 jar (10 ounces) red jalapeno pepper jelly  
1/4 cup lime juice  
12 chicken drumsticks (about 3 pounds)  
1 teaspoon salt  
1/2 teaspoon pepper

Prep/Total Time: 25 mins. Yield: 6 servings

- In a small saucepan, heat jelly and lime juice over medium heat until melted. Set aside 1/2 cup for serving.
- Sprinkle chicken with salt and pepper. On a greased grill rack, grill chicken, covered, over medium heat 15-20 minutes or until a thermometer reads 170°-175°, turning occasionally and basting with remaining jelly mixture during the last 5 minutes of cooking. Serve with reserved jelly mixture.

Source: [www.tasteofhome.com](http://www.tasteofhome.com)

**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**  
prairiescentedcandles@gmail.com  
www.prairiescentedcandles.com

**DROP IN, SIGN UP, AND GET ACTIVE.**

**BOLD CENTER**  
www.boldcenter.com

**FREE! New Issue Every Week!**

**Coffee News**®  
"News To Be Enjoyed Over Coffee"

**Lac La Biche and Area Edition**  
**877-553-6397**

www.coffee-news.ca

Vol. 18 No. 28 July 12, 2021

**Everybody's Talking**

**Different ice cream:** The ice cream in Turkey isn't the Western-style cold, smooth scoop in a cone. Called dondurma (which means "freezing" in Turkish), the ice cream in this transcontinental country includes the usual milk and sugar, as well as two unique ingredients: mastic, a resin from the mastic tree; and salep, powdered orchid bulb. The former makes the ice cream stretchy and sticky, and the latter is a thickening agent. Dondurma comes in lots of flavours and doesn't melt as quickly as regular ice cream. One type, called Maras dondurma, uses more salep, and diners use a knife and fork to eat it.

**Tall hedge:** In Scotland, a huge hedge is deemed to stand higher than any other hedge in the world. Called the Meikleour Beech Hedge, it is located about 90 kilometres (56 mi.) north of Edinburgh near the village of Meikleour. Standing 30 metres (100 ft.) high and stretching for a length of 530 metres (one-third mile), this hedge has been growing since 1745. It is quite a sight, especially in spring, when light reflects on its new green leaves, and in fall, when it turns to rust and gold. The hedge is trimmed about once every 10 years, requiring the efforts of four workers over a period of about six weeks using hydraulic lifts and cutters.

**Fantastic flowers:** Stress at her job as a civil engineer drove Luciana Gonzalez to a new career, one she could not have imagined. The Brazilian woman became an artistic confectionery master, making art out of food. Her specialty is making sugar flowers, and her creations look so real that viewers can't believe the bouquets are edible. She did not get into her new job because of a love of cooking; rather, it was because the Senac Campos do Jordão school of gastronomy was nearby, so she took some courses. Although only working for a short time in the industry, Gonzalez has gained a well-known reputation.

**Fine art:** Using coloured pencils, Australian artist Shaun McKenzie creates portraits that, when complete, appear to be photographs. Known as NeeYellow on social media, McKenzie has great patience, working for an average of 60 to 80 hours on each of his pieces. One portrait of Jim Carrey realistically reveals the comedian's iconic grin, while another of actor Rupert Grint, who played Ron Weasley in the Harry Potter movies, seems to show every strand of his messy red hair. This talented artist likes to share some of his tricks on social media, including time-lapse videos that show a portrait coming to life.

**Quoteable Quotes**

"Character consists of what you do on the third and fourth tries."  
—James A. Michener

"The obstacle is the path."  
—Zen proverb

**What's Happening**

**Jun 10 to Aug 12 - Lac La Biche Biking Group** Thursdays from 6:30-7:30 Explore the trails of Lac La Biche County. 8702 91 Avenue Bold Centre

**July 17 to 18-37th ANNUAL Grand North American Old Time FIDDLE CHAMPIONSHIP WATCH** online on Facebook on July 17-18, 2021. Check the Facebook page -or- go to [www.wildrosefiddlers.org](http://www.wildrosefiddlers.org) for more event details. Next year join us live at the Dow Centre in Fort Saskatchewan for this terrific weekend of music and dance.

NON profit organizations may submit events for FREE at [www.coffee-news.ca/whats-happening](http://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](http://www.coffee-news.ca)

Submit your birth date and we'll send you a birthday card with valuable offers on your special day!

...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. Nelson Mandela was once president of what country?
2. What is a bride's wardrobe (clothing, linens, etc.) called?
3. A round, portable, tent-like dwelling with its origins in central Asia is known as what?
4. Okra is a fruit or a vegetable?
5. How many astronauts can the International Space Station accommodate?

(Flip bottom of page for answers)

**FRASIER** WEEKNIGHTS 6:00 (EST) / 6:30 (MT)  
**yesTV**

**Silver Sage Enterprises Ltd**

**Les Helm, RPFT**  
Cell 780.520.4000  
Office 780.623.2494  
Fax 780.623.2894  
l.helmsilversage@gmail.com

**Land Resource Planning**

- Gravel Pits
- Mapping
- Reclamation
- Road Engineering

**This Space for Rent.**  
**877-553-6397**

**New Beginning Law**

- Separation Agreements
- Divorces
- Common Law
- Restraining orders
- Emergency Protection Orders
- Criminal Defence
- Driving Offences

**Renée L.T. Moore** B.A., B.Comm.(Co-op), J.D. Barrister & Solicitor  
**Jerred L.T.T. Moore** B.A. (Adv.), J.D. Barrister & Solicitor

4802-49 Avenue, St. Paul (Located behind ATB)  
**780.645.0050 | www.newbeginninglaw.ca**

**Have You Considered Adopting Your Step-Children?**

We prepare and file your step-parent adoption, adult adoption, relative adoption and private direct placement adoption.

**A Small Miracle Adoption**  
Adoption is the ultimate expression of a committed heart  
**780.421.1177**  
[www.smallmiraclesadoption.com](http://www.smallmiraclesadoption.com)

**Pharmacist-owned, community-minded service**

**JJ's Value Drug Mart**  
INDEPENDENT PHARMACY  
#205, 5342-50 Ave., Vegreville  
Galleria Shops | 587-790-7777

**JJ Begalke**  
20 years of experience as a pharmacist.  
Friendly service your family can trust!

**If You Have Room In Your Heart To:**

- Provide a safe, loving, stable temporary home to an animal in need
- Care for an injured animal, expectant mom, abandoned senior or animal needing rehab;
- Nurture a young animal until it reaches an adoptable age;

**BECOME A FOSTER!**

The Humane Society Will Provide:  
• Required food & supplies (bedding, litter/box, etc.)  
• Veterinary care & expensed  
• Ongoing monitoring & support of the animal/foster home

**Lac La Biche REGIONAL HUMANE SOCIETY**  
www.llbrhs.com or on Facebook Lac La Biche Regional Humane Society

**Helping you rediscover 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](http://www.giftsandgadgets.ab.ca) or visit us in person at 111 First Avenue, Spruce Grove

### 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

### 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

CONTINUING TO BUILD OUR FOUNDATION FOR FUTURE GENERATIONS



### MCMURRAY METIS

780.743.2659  
www.McMurrayMetis.org

Beading - First and third Tuesday each month, 5:30-8 p.m.

Cree Coffee Chat - every Wednesday, 5-6 p.m.

Elders' Tea - second Thursday each month, 11:30 a.m.

## inogen

# FREEDOM. TO BE YOU.

1-888-998-6714

MKT-P0253

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

### At Seller Direct<sup>®</sup> Northern Homes Realty, It's Not About Discounts, It's About OPTIONS!

How We Get Your House

### SOLD:

- ✓ 3D Tours & Professional Photos
- ✓ 300+ websites
- ✓ Social media ads
- ✓ 24/7 Info Direct # for your home ...and MORE!

WE HELP BUYERS, TOO!

FIND OUT HOW YOU CAN SAVE UP TO 50%!



Tracy Lord  
Real Estate Agent

780.747.8372

PROUDLY SERVING LAC LA BICHE, PLAMONDON, WANDERING RIVER & SURROUNDING AREAS

### 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.

## Your Weekly Horoscope

### ARIES

(March 21 - April 20)



You may feel very clear and perceptive now. This could be an especially productive time for you to make a decision or to come to an agreement with those around you. Lucky Numbers: 1, 2, 3, 28, 48, 49.

### TAURUS

(April 21 - May 21)



Your need for love and intimacy could strongly emerge. You might channel some of these feelings into creative work that expresses your deepest self. Lucky Numbers: 2, 8, 18, 25, 30, 34.

### GEMINI

(May 22 - June 21)



You may successfully begin a change of routine. A regimen of self-improvement could help you feel free to concentrate on the things that feel most important to you. Lucky Numbers: 12, 13, 19, 21, 38, 46.

### CANCER

(June 22 - July 22)



You might not want to follow anybody else's lead. Fortunately, you may be able to find ways to be yourself, and maybe even let loose a little bit, without offending anyone. Lucky Numbers: 1, 6, 12, 27, 39, 46.

### LEO

(July 23 - Aug. 23)



Business meetings might begin with a positive, harmonious feel that fosters good understanding between all. Your professional associations could be beneficial to you. Lucky Numbers: 5, 19, 21, 25, 26, 35.

### VIRGO

(Aug. 24 - Sept. 23)



This may be an excellent time to spread your wings, to travel, and to visit new places. Giving and receiving appreciation, love, and happiness could come into your life now. Lucky Numbers: 7, 9, 17, 36, 38, 39.

### LIBRA

(Sept. 24 - Oct. 23)



Getting what you want and moving toward achieving the things that are important to you may involve surrendering something or eliminating something from your life. Lucky Numbers: 3, 6, 13, 20, 28, 42.

### SCORPIO

(Oct. 24 - Nov. 22)



Contracts, negotiations, and business dealings of all kinds may be favoured now. You might want to share plans or dreams and be more receptive to others' points of view. Lucky Numbers: 12, 17, 20, 25, 28, 40.

### SAGITTARIUS

(Nov. 23 - Dec. 21)



The positive feelings you generate now may likely aid you in the future. Gathering information regarding your career or your long-range goals could be favoured. Lucky Numbers: 1, 5, 17, 26, 30, 38.

### CAPRICORN

(Dec. 22 - Jan. 20)



Conversations right now may go smoothly, and agreements could be reached. You may not want to tolerate being idle, but be ready to attack difficult problems on the job. Lucky Numbers: 1, 15, 19, 39, 41, 49.

### AQUARIUS

(Jan. 21 - Feb. 19)



Cooperation and successful collaboration in the business and professional world may be highlighted. Legal and governmental matters of all kinds might run very smoothly. Lucky Numbers: 9, 19, 26, 28, 35, 48.

### PISCES

(Feb. 20 - March 20)



You may be a sympathetic listener, drawing out feelings and experiences from others. You might feel inclined to speak to them about your personal subjects, which builds trust. Lucky Numbers: 4, 5, 8, 22, 36, 44.

Lucky numbers this week: This week's odds favour Virgo winners with the luckiest number being 9.

## Did You Know...

**Rock and wire:** A gabion wall is used by landscape architects and home designers. It is a container made of wire that is filled with materials like rocks or stones. They are easy to make and last a long time.

**Stressing the words:** Shakespeare is known for using iambic pentameter in his sonnets. An "iamb" is an unstressed syllable followed by a syllable that is stressed. Therefore, an iambic pentameter means there are five sets of syllables, with the second syllable of each set being stressed.

**Volcanic moon:** Scientists think that the planet Jupiter has 79 moons, one being Io. This moon, the fifth largest and the closest one to the planet, has about 400 active volcanoes, and there are lava flows and lava lakes on it.

**Rare snail:** The fire snail (*Platymma tweediei*) is found only in the Cameron Highlands area of Malaysia. These snails have a black shell and a bright red foot, and they can survive only when the conditions are very cool and humid.

**Comparing condiments:** Regular mustard is made from powdered white or yellow mustard seeds and vinegar or water. It is more mildly flavoured than Dijon mustard, which is made from black or brown mustard seeds and white wine.

## On the Lighter Side

In the desk drawer of a retired accountant was this note: "Debits in the column toward the file cabinet. Credits in the column toward the window."

Wooley caterpillar: a worm in a fur coat.

The town I live in is so small, the road map is actual size.

What did one octopus say to another? I want to hold your hand, hand, hand, hand, hand, hand, hand, hand.

Terry: "Say something soft and sweet."

Jerry: "Marshmallow."

### Answers

Trivia answers: 1. South Africa 2. A trossseau 3. A yurt 4. Fruit 5. Six

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

Feel free to take your Coffee News home!

### Can't get to your Coffee News<sup>®</sup> 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



### 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<sup>®</sup>

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

1-877-579-9449

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<sup>™</sup>

www.hearttohomemeals.ca

## SHOP ONLINE!

www.scubagearcanada.ca

- 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



Lac La Biche County  
welcoming by nature.

### Your playground of opportunity.



www.laclabichecounty.com



### A wish begins with HOPE

Hope begins with you.

Donate at [makeawish.ca/createhope](http://makeawish.ca/createhope)

Make-A-Wish

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

### 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](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

## MISSION VIEW FUNERAL CHAPEL LTD.

FUNERALS - CREMATION - MONUMENTS - PRE-PLANNING

We have a large selection of MONUMENTS to choose from

780-623-1815 • [info@missionview.ca](mailto:info@missionview.ca)

Zone 79-Lac La Biche