

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

FOR MORE INFO, PLEASE VISIT:
www.ab.lung.ca/you-can-help-change-future-today

RE/MAX
Slave Lake Realty

Katee Nelson
780-805-4425

Steve Adams
780-516-9000

With You Every Step of the Way

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

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

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

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!

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.

FREE! *New Issue Every Week!*
Coffee News
"News To Be Enjoyed Over Coffee"
Grande Prairie Edition
877-553-6397

www.coffee-news.ca

Vol. 18 No. 31 August 2, 2021

Everybody's Talking

Bird art: When Hannah Bullen-Ryner goes for a walk in the woods, she looks for more than just nice scenery. She scours the earth for petals, seeds, evergreen sprigs, sticks, and berries. From these natural items, she creates images of different kinds of birds, such as owls, chickadees, and hummingbirds. She crafts some as they are in flight, while others sit calmly on a branch. The birds are known as land art because she arranges her masterpieces on the ground. With a background in painting and photography, Bullen-Ryner's work is rich in detail and colour.

Long course: Golfers accustomed to 18-hole courses that take a few hours to complete might want to challenge themselves at Nullarbor Links in Australia. This course is 1,365 kilometres (848 mi.) long. It is located along the Eyre Highway, which runs between Ceduna in South Australia to Kalgoorlie in Western Australia. And no, golfers do not have to walk all that distance! They can drive from one hole to the next as they make their way along the highway, which can take up to five days. There are 18 holes; 11 were created for the course and seven are on established courses.

Birds of a feather: Oluwageorge Johnson learned the hard way that when leaving an apartment vacant for any length of time, it's best to be sure to close the windows. Johnson is a student in Nottingham, England, but his parents wanted him to go home to London during the COVID-19 epidemic. The man was away for five months. Before his return, workers in the building heard weird noises coming from the flat. When they investigated, they found that pigeons had taken over the cozy spot. Johnson had quite a mess to clean up when he returned.

Love of animals: Ricardo Pimentel Cordero, an animal lover from Leona Vicario, Quintana Roo, Mexico, is the founder of Tierra de Animales, a shelter that looks after stray animals. As a hurricane was about to make landfall, he grew worried about animals that might not survive on the street. So he opened his own home to more than 300 stray dogs, as well as a few other creatures, such as cats and rabbits. He was lauded on social media for his commitment to these animals, and donations started arriving to help pay for food and cleanup.

Quoteable Quotes

"No one can build his security upon the nobleness of another person."
—Willa Cather

"It's not that I'm so smart, it's just that I stay with problems longer."
—Albert Einstein

What's Happening

Aug 4 to 8-Vegreville Country Fair It will look different this year, but there's still much to take in! Chuckwagon Races, Drive-In Movie, Horse Show, Parade, Fireworks and more. Watch the Vegreville Ag Society for updates on events. <https://www.facebook.com/VegrevilleAgSociety>

Tuesdays-Cruise Night Meet at the DQ and cruise around town with your favorite ride. 6-8 PM. Organized by the Northern Thunder Classic Auto Club. www.northernthunderclub.com

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!

...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. If you are supercilious, are you quite silly or extremely proud?
2. Nora Ephron and Erma Bombeck were popular writers of what type of genre?
3. A spit rod is used with what cooking device?
4. Cuttlefish, jellyfish, and starfish are not actually fish—T/F?
5. Which U.S. president is known as "Honest Abe"?

(Flip bottom of page for answers)
© Published with Permission by Capital Marketing Ltd
(Over)

Call for Rates-780-220-6397/877-553-6397

This is Your Story
Stories of redemption, discovery and faith
WEEKNIGHTS AT 11PM
YES TV

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

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
- 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

"We are big fans of your newspaper! It gets us through the morning and our daily commute."

Coffee News Fun Reading. Serious Advertising.

This Space for Rent.
877-553-6397

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 780.483.0044

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

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

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

They are the next Finest candles you will EVER find!

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 or visit us in person at 111 First Avenue, Spruce Grove

FIND Hope WITH US

CancXcancerhelp.com
Use Order Code 6902
BREAKTHROUGH IN CANCER NUTRITIONAL SUPPORT

www.scubagearcanada.ca

Affordable-Effective-Exclusive-CALL NOW!



PEACE RIVER REGIONAL WOMEN'S SHELTER
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

When Home Is Not Safe – We Have A Shelter For You
1-877-624-3466 • www.prrws.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

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

A Small Miracle Adoption

Adoption is the ultimate expression of a committed heart

www.smallmiraclesadoption.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

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



RANCHLANDS
APARTMENT HOMES

Call or text today! 780.851.3730

Ranchlandapts.com

Congratulations to this month's **Coffee News Guy** contest winners!

Your prizes are in the mail!

Nancy Preece
Mara De Leon
Carmelle Zurowski
Gloria Barrios

Enter today for your chance to win at www.coffee-news.ca

Your Weekly Horoscope

ARIES
(March 21 - April 20)

Making worthwhile professional contacts, reaching out to others who can help you in your work, and taking care of business in a clear, orderly way may occur. Lucky Numbers: 7, 10, 12, 13, 15, 42.

TAURUS
(April 21 - May 21)

You may decide to change the decor of your home, or you may attend an artistic event that exposes you to new styles that are different from your customary tastes. Lucky Numbers: 2, 11, 18, 19, 41, 44.

GEMINI
(May 22 - June 21)

Your imagination, intuition, and sensitivity may be very high now. You might find yourself wanting to paint, listen to music, or daydream, rather than concentrate. Lucky Numbers: 11, 15, 20, 23, 24, 34.

CANCER
(June 22 - July 22)

Friendships and supportive endeavours might flourish now. You may achieve a harmonious balance of cooperation that could benefit any social or joint activity. Lucky Numbers: 6, 9, 10, 18, 19, 36.

LEO
(July 23 - Aug. 23)

A significant discussion or exchange of information may likely happen. This also might be an excellent time to pay attention to the views of someone you respect. Lucky Numbers: 12, 16, 22, 26, 28, 49.

VIRGO
(Aug. 24 - Sept. 23)

This may be a good time for relaxing recreation to refresh and rejuvenate yourself and to do the things you most enjoy. Good humour and optimism could prevail. Lucky Numbers: 3, 6, 8, 18, 40, 43.

LIBRA
(Sept. 24 - Oct. 23)

An honest part of you, which is usually in the background, could emerge now. Make a positive effort to show your true colours and be confident in all of who you are. Lucky Numbers: 5, 12, 14, 31, 34, 49.

SCORPIO
(Oct. 24 - Nov. 22)

This might be a good time for any competitive endeavour or anything that requires a large amount of energy. You may be able to gain a wider perspective on your situation. Lucky Numbers: 4, 24, 28, 42, 43, 46.

SAGITTARIUS
(Nov. 23 - Dec. 21)

Your desire for companionship may predominate. A new friendship or romance could begin, or an established relationship may be revitalized and enhanced. Lucky Numbers: 15, 17, 18, 27, 36, 46.

CAPRICORN
(Dec. 22 - Jan. 20)

Reminiscing, remembering, and daydreaming about or reflecting on the past may occur. Family and personal subjects could also be topics of discussions now. Lucky Numbers: 3, 4, 6, 14, 27, 38.

AQUARIUS
(Jan. 21 - Feb. 19)

Friendships and cooperative endeavours may flourish. This might be a good time to approach someone who is in a position to benefit from your support. Lucky Numbers: 17, 19, 29, 34, 35, 38.

PISCES
(Feb. 20 - March 20)

You may readily discuss your needs and desires. You might be more aware of beauty and may want to rearrange your decor or buy something to beautify your home. Lucky Numbers: 19, 34, 40, 42, 43, 45.

Lucky numbers this week: This week's odds favour Capricorn winners with the luckiest number being 3.

Did You Know...

Long fish: The European eel lives in freshwater streams and rivers, returning to the ocean to lay its eggs. The eels are nocturnal, coming out from under mud and stones at night to feed on other fish and crustaceans. They are an endangered species.

Croatia's symbols: The national anthem of the southern European nation of Croatia is "Our Beautiful Homeland" (*Lijepa naša domovino*). Its nation animal is the European pine marten, and its national flower is the iris (*Iris croatica*).

Metal men: Famous American singer and songwriter Billy Joel was once in a heavy metal duo called Attila. His partner was drummer Jon Small. The band had a short life, splitting up in 1970 after only a year.

Round rolls: Visitors to Norway who crave a cinnamon roll can get a facsimile of this pastry. It's called a *skillingsboller*. This version has cardamom and almonds, and is brushed, top and bottom, with butter while it's still hot.

Happy marriage: Actress Nicole Kidman and country music star Keith Urban, both Australians, got married in June 2006 after having met each other the previous year. They now have two children, Sunday Rose and Faith Margaret.

On the Lighter Side

Reporter to 95-year-old: "To what do you credit your long life?"

Senior: "Not sure yet. My lawyer's negotiating with two breakfast cereal companies."

By all means go ahead and mellow with age. Just be wary of getting rotten.

What do you use to fix a broken tomato? Tomato paste.

If ignorance is bliss, why aren't there more happy people?

Computers can never completely replace humans. They may become capable of artificial intelligence, but they will never master real stupidity.

Answers

Trivia answers: 1. Extremely proud 2. Humour 3. Barbecue grill 4. True 5. Abraham Lincoln



FREEDOM. TO BE YOU.

1-888-998-6714

PRESTIGE

EST. **GREEN** 2020

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

@prestigegreencannabis
prestigegreen.com

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

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

Recipe of the month

Spicy Cajun Potato Salad

5 pounds medium Yukon Gold potatoes, peeled and cut into 3/4-inch cubes
1 large yellow onion
1/2 medium lemon
1/2 teaspoon salt
8 hard-boiled large eggs, chopped

1-1/2 cups mayonnaise with olive oil and coarsely ground pepper
1 cup dill pickle relish
1/4 cup yellow mustard
1 to 2 tablespoons Cajun seasoning
1/4 cup minced fresh parsley
Paprika

Prep Time: 20 min. Cook Time: 10 min. + chilling Yield: 20 servings

- Place potatoes in a Dutch oven; add water to cover. Cut onion in half crosswise; add one half to saucepan. Bring to a boil. Add lemon and salt to cooking water. Reduce heat; cook, uncovered, until potatoes tender, 5-6 minutes.
- Meanwhile, chop remaining onion. Combine with eggs, mayonnaise, dill pickle relish, mustard and Cajun seasoning.
- Drain potatoes; rinse under cold water. Discard onion and lemon. Add potatoes to egg mixture; gently toss until well mixed (do not overmix, or potatoes will break down). Refrigerate, covered, 1-2 hours. Just before serving, sprinkle with parsley and paprika.

Source: www.tasteofhome.com

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>

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