

This Space for Rent.
877-553-6397

FREE! *New Issue Every Week!*
Coffee News[®]
"News To Be Enjoyed Over Coffee"
Vegreville, Mundare Edition
877-553-6397
 www.coffee-news.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.
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**[®]

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

MUSIC | APPLIANCES | SECOND HAND STORE

Factory Direct & Consignment

5225-52 Avenue
 780-632-4141

Serving Vegreville for 20+ Years!

New Beginning Law

**Family Law
 Criminal Defence**

Jerred L.T.T. Moore
 B.A. (Adv.), J.D.
 Barrister & Solicitor

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

780.645.0050
www.newbeginninglaw.ca | 4902-50 St., St. Paul, AB

COLD SHOT
 A DIVISION OF BALWARIA EMPIRE PVT. LTD.

PASSENGER & PARCEL SERVICES

SHIP BY BUS
 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

UP TO 50% OFF

YOUR FIRST 3 MONTHS OF STORAGE!

Call 780.872.3299

HEATED STORAGE UNITS!
 PARKING FOR RVs, CARS AND BOATS
 MONTH TO MONTH NO LONG TERM CONTRACTS

SCAN HERE FOR RESERVATIONS

LLOYDMINSTER Vaultra STORAGE
 We've Got Room For That!

<https://vaultraelfstorage.ca/locations/alberta/lloydminster>

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

Everybody's Talking

Glow in the dark: An American artist with a love of photography and black light found a new canvas to create images: the human body. John Poppleton uses UV body paint in a dark studio to create incredible scenery and imagery on the backs of his models. He paints balmy sunsets, purple clouds, rolling waves, and shimmering waterfalls that glow luminously under black light. Viewers describe the results as magical. He was once a wedding and portrait photographer and uses his extensive photography experience to prepare his surreal pieces.

Fake food: In Japan, restaurant owners often use plastic food to portray the dishes on their menus. Some of this fake food, known as sampuru, appears very realistic. One woman from Chiba Prefecture thinks sampuru is so interesting that she started collecting it. Akiko Obata boasts a collection of about 8,000 pieces. She has a special love for the displays of fake desserts, but she has everything from spaghetti and sushi to French bread, hamburgers, and pizza. She keeps her huge assortment of authentic-looking, fake food in a room in her home.

Lost and found: A three-year-old boy named James O'Reilly wandered away from the home where his family was vacationing in Wyadup, South Australia, one day around 7:30 a.m., and was missing until 7 p.m. His parents were frantic, but the story has a happy ending: he was found by his grandfather and uncle. That was after police were called in and a search party was organized, which included dozens of people from the area who volunteered to help. It also included the police dog squad and helicopter. Despite being out in chilly rain for 12 hours, James was healthy and happy to see his family after his ordeal.

Forehead photos: A Greek man, Georgios Schieich, posts images of himself on social media, but his photos are not the usual smile-at-the-camera selfies. Rather, they are pictures of his forehead, with various environments in the background. Behind his forehead, the photo may show a city street, a building's façade, a harbour, or a blank wall. Schieich says he started posting his forehead in response to a girlfriend asking, "Where are you?" That was over six years ago, and while the girlfriend is long gone, Schieich is enjoying the game of taking the same kind of photo for his social media posts.

Quoteable Quotes

"When you have nothing to say, say nothing." *Charles Caleb Cotton*
 "These are all our children. We will profit by, or pay for, whatever they become." *James Baldwin*

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>

Oct 1 to 31-The Haunted Hike It's scary good time at this one-of-a-kind Haunted House located in a giant warehouse in Vegreville. Do not miss this event, open every weekend in October. This is a tentative date. Exact dates and hours TBA. www.thehauntedhike.ca

Oct 1-Sight Night fun run after dark, in support of visually impaired Albertans! The event raises funds and awareness for the Alberta Sports and Recreation Association for the Blind. The event features distances for all abilities. For more info www.asrab.ab.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!

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.

4 winners (\$100 each) will be drawn on the 15th of each month from all correct entries

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!

At Seller Direct 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%!**

SELLER DIRECT
 Diana Noble Owner/Broker
780.747.8372
 PROUDLY SERVING LAC LA BICHE, PLAMONDON, WANDERING RIVER & SURROUNDING AREAS

Tracy Lord
 Real Estate Agent

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!

Coffee News[®]

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

MORE SELECTION THAN ANY OTHER WINDOW COVERING SOURCE!

We make 100+ kinds of blinds
 We stock 15 million feet of inventory

real blinds

WESTERN CANADA'S #1 RETAIL WINDOW COVERING FACTORY

1 8558 GO REAL REALBLINDS.CA

EDMONTON 10510-107 Ave. NW 780-250-7325
 VEGREVILLE 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

FREE In-Home Consultation
 LIFE TIME WARRANTY
 SAVE UP TO 50%

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

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

Feel free to take your Coffee News home!

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

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

SHOP ONLINE!
www.scubagearcanada.ca

- 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
11781-156 St., Edmonton 780.483.0044

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

CRAVING COUNTRY?
106.5 COUNTRY

PLAYS THE COUNTRY THAT SATISFIES YOUR APPETITE!

Join **Renée** weekdays for
THE WAKE UP SHOW from 6 a.m. to 9 a.m.,
THE TRADING POST at 9 a.m., and
THE COUNTRY CRAVINGS REQUEST SHOW at 12:30 p.m.!

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:
• Your name • Your phone number and • 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.

inogen

FREEDOM. TO BE YOU.

1-888-998-6714

MKT-P0253

Your Weekly Horoscope

ARIES
(March 21 - April 20)

You may need to take advantage of opportunities to help some neglected people in your community. Your efforts could be met with interest and great support. Lucky Numbers: 6, 9, 24, 37, 42, 48.

TAURUS
(April 21 - May 21)

This might be a good time for you to work on your own. You may really know just what you want to do, and woe to anyone or anything that gets in your way! Lucky Numbers: 2, 16, 17, 32, 36, 37.

GEMINI
(May 22 - June 21)

You may feel creatively inspired and could express your feelings quite openly. You might enjoy artistic, musical, or cultural activities in your community. Lucky Numbers: 5, 16, 42, 43, 44, 45.

CANCER
(June 22 - July 22)

Your feelings may run hot and you may be more likely to act on instinct, rather than on reason. Your responses to life could be passionate and based on natural impulses. Lucky Numbers: 8, 17, 23, 29, 36, 44.

LEO
(July 23 - Aug. 23)

You might be interested in the big picture and less in the small details. You could feel quite ready for a vacation. Anything that broadens your world may appeal to you. Lucky Numbers: 1, 19, 34, 35, 46, 49.

VIRGO
(Aug. 24 - Sept. 23)

You may want to avoid social events that distract your focus. You should be able to concentrate on work that requires patience, attention to detail, and precision. Lucky Numbers: 8, 9, 10, 32, 36, 43.

LIBRA
(Sept. 24 - Oct. 23)

You may feel quite amorous and may want to share your time with someone you love. This may be a good time to make connections and discover emotional fulfillment. Lucky Numbers: 9, 19, 23, 25, 26, 29.

SCORPIO
(Oct. 24 - Nov. 22)

Competitive energies may run high, so taking a stand on your own could likely work out well. Your deepest motivations may help you reach your goals. Lucky Numbers: 5, 17, 28, 30, 44, 45.

SAGITTARIUS
(Nov. 23 - Dec. 21)

An inviting atmosphere and appreciation for work well done may be indicated. You could sign new contracts, which could be good for future endeavours. Lucky Numbers: 2, 8, 16, 21, 32, 33.

CAPRICORN
(Dec. 22 - Jan. 20)

You may make your influence felt and any efforts to advance your career could be very effective. You could receive a green light to take on a leadership role. Lucky Numbers: 4, 6, 15, 17, 22, 23.

AQUARIUS
(Jan. 21 - Feb. 19)

Financial security and practical matters may be your focus now. Try not to be too extravagant or generous. You might begin to see the light at the end of the tunnel. Lucky Numbers: 3, 18, 29, 30, 45, 47.

PISCES
(Feb. 20 - March 20)

You may be cooperative and more interested in similarities than in differences. You could let people know you care about them. Contact them or send them a letter. Lucky Numbers: 13, 14, 15, 21, 30, 47.

Lucky numbers this week: This week's odds favour Cancer winners with the luckiest number being 8.

Did You Know...

Light the way: The Fisgard Lighthouse, located near Victoria, British Columbia (Canada), started guiding boats into Esquimalt Harbour in 1860. Automated in 1929, the lighthouse is still operating today and is a National Historic Site.

Small island: Barbados is the most easterly of the Caribbean islands and is located in the Atlantic Ocean, northeast of Venezuela. It is small, at only 34 kilometres (21 mi.) long and 23 kilometres (14 mi.) wide.

Save the frogs: The Togo slippery frog lives in lush highland regions along the border of Ghana and Togo in western Africa. This amphibian is endangered because its habitat is being destroyed by human activity.

Early gig: Stevie Nicks, of Fleetwood Mac fame, was once a member of the psychedelic rock band Fritz. Leader Lindsey Buckingham called her to join after the pair met in 1966. Fritz used to open for big acts, such as Santana and Janis Joplin.

Big money: The town of Campbellford, Ontario (Canada), is home to a giant statue of a Toonie, the country's two-dollar coin. Like the real thing, the statue has silver around the edges with a gold disk in the middle. It is 8.2 metres (27 ft.) tall.

On the Lighter Side

Hotel clerk: "Would you like the \$80 room or the \$100 room?"
Guest: "What's the difference?"
Clerk: "The \$100 room comes with free TV."

Show me a good loser, and I'll show you someone playing golf with the boss.

What does the winner of the race lose? Her breath.

Reporter on the campaign trail: "After all is said and done, more is usually said than done."

Worry is the interest you pay on trouble before it's due.

Answers

Trivia answers: 1. High cholesterol 2. Nuts 3. Perjury 4. Ox 5. Puerto Rico

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

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
prairiescentedcandles@gmail.com
www.prairiescentedcandles.com

Sunset Scents
a RAY of Fragrance

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

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.tastefhome.com

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

OHMY VAPE LOUNGE

Save \$100!

Cedar Manor Upgraded apartments starting at \$660!

780-875-5181
cedarmanor.ca

\$399 Security Deposits

Tesla Estates Luxury apartments starting at \$1,105!

(780) 214-1300

Northview APARTMENT REIT

*On approved application, while promotion lasts.

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