

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 10 YEARS

9811-100 Avenue
Peace River, Alberta
www.peacevalleydental.com

780.624.3355 • info@peacevalleydental.com

APARTMENTS FOR RENT

Multiple Size Apartments Available:

STUDIO \$750	1 BDRM + DEN \$900
1 BDRM \$845	2 BDRM \$950

- ✓ Apartments are well sized; rent includes heat and water
- ✓ Each apartment has a good sized balcony

Tenant Referral Incentives Available

Call 780-994-9213 today!

Real Estate Appraisals You Can Bank On!

COMMERCIAL • INDUSTRIAL • RESIDENTIAL

AGM VALUATIONS GROUP LTD.

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

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

Edward Jones

Don't just think about retirement. Plan for it.

Chris M Kadyk
Financial Advisor
780-532-2336
chris.kadyk@edwardjones.com
edwardjones.ca/chris-kadyk

Follow me on  

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

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

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

FREE! New Issue Every Week!

Coffee News®

"News To Be Enjoyed Over Coffee"

High Prairie Edition
877-553-6397

www.coffee-news.ca

Est. 1988

This is Your Story

Stories of redemption, discovery and faith
WEEKNIGHTS AT 11PM

YES TV

A New Children's Book

...to delight and inform young readers from author **Stephen Monk**

Dr. Dreams celebrates family, dreams, sharing and learning helpful skills

Visit www.stephenmonk.ca

AVAILABLE THROUGH:
AMAZON | BARNES AND NOBLE | KINDLE | GOOGLE PAY | APPLE BOOKS
FRIESENPRESS | INDIGO and at COLES GRANDE PRAIRIE

PEACE RIVER VISION CLINIC

Family Eye Care
780-624-4265
www.dr.mikehopperoptometry.com

New Patients and Walk-ins Welcome!

Open Mon to Fri, 8:45 a.m.-5:00 p.m.

PROMPT APPOINTMENTS AVAILABLE
DIRECT BILLING

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

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

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

THIS SPACE FOR RENT

780-220-6397

New Year's Special!

SOCIAL MEDIA
1-2 Posts/Week (on 2-3 Platforms)
Unique Content Creation & Calendar
#Hashtag Strategy
Monthly Reporting

SEARCH ENGINE OPTIMIZATION
Keyword Research & Tracking
Content Marketing
Google My Business Optimization
Technical SEO
Monthly Reporting

\$799/MONTH - REG. \$1000/MONTH
NEED MORE SOCIAL MEDIA OR SEO? INQUIRE ABOUT A CUSTOM PACKAGE!

Frontline web consulting
780.760.6922
info@frontlineconsulting.ca
frontlineconsulting.ca

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

Vol. 19 No. 9 February 28, 2022

Everybody's Talking

Muffin madness: A neighbourhood in Bangkok, Thailand, is known for its Siamese-Portuguese culture. In the area called Kudeejeen, residents and visitors can enjoy a special treat that can be found in a small number of local bakeries. This is the khamom farang Kudeejeen, or the Kudeejeen "foreigner cake." Made from eggs, wheat flour, and sugar, these muffins provide a satisfying crunch on the outside that gives way to a fluffy interior. Little pieces of dried fruit, such as raisins, adorn. The origins of this treat date back 250 years to the time when Portuguese settlers arrived in the area.

Dangerous road: A particular road in France is respected by the locals, who know how and when to safely travel on it. Called Passage du Gois, it connects the town of Beauvoir-sur-Mer on the eastern mainland to Île de Noirmoutier. The road is dangerous to use because it floods twice a day. If travelers are halfway across this approximately 4.5-kilometre (2.8-mile) road when the tidewater flows, they may face the danger of being submerged. Digital signs warn drivers about timing and conditions, and rescue towers are available in case people get caught in the middle.

Floating Forest: Homebush Bay in Sydney, Australia, has seen many retired ships pass through on their way to be disassembled. One, however, was saved from the wrecking ball. Called the SS Ayrfield, it still floats in this harbour today, and it is quite a sight. The rusted hull may not be pretty by itself, but the ship has been abandoned for so long that vegetation grows from it, and it has become known as the Floating Forest. Originally called the Corrimal, it was built in 1911 and was used as a transport ship. Visiting the ship is free, and it has become a popular tourist attraction for locals, visitors, and photographers.

Wandering moose: If you are a moose looking for a new home, why wouldn't you trot up and down the streets of a town? That's what a 400-kilogram (900-pound) male moose did in Centreville, Utah (U.S.). The young bull ventured into the town early one morning, just as everyone was waking up and heading out for a jog or to walk a dog. These big male moose can be dangerous creatures if frightened, so someone called the police and the Utah Division of Wildlife Resources. The police and biologists were able to tranquilize the visitor and transport him safely back to the wilderness.

Quoteable Quotes

"Never tell people how to do things. Tell them what to do and they will surprise you with their ingenuity." -George S. Patten
"We seek the truth and will endure the consequences." -Charles Seymour

What's Happening

Mar 9 to 12-Peace Country Classic Agri Show Exhibitors inside and outside of the TARA Centre, Lewis Hawkes Pavilion, Drysdale Centre and JDA Raceway at the Evergreen Park, Grande Prairie. If you are interested in exhibitor space contact Show manager Denise Cook at 780-532-3279.

Feb 26-Jake Saufert Annual Memorial Ice Fishing Derby 7:30 AM to 4:30 PM. \$25/person, Junior Anglers free. All money raised from our event will be placed in an endowment fund to provide future support to those seeking funding for Mental Health Initiatives. Contact Tamara 403-598-5588

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. The fifth planet from the sun is Mars, Saturn, or Jupiter?
2. What is progeria?
3. A hockey rink might use what type of machinery to smooth its ice surface?
4. Officially used by the APCO in radio transmission, what does the code "10-4" mean?
5. What type of sporting equipment would Olympic gold medalist Lindsey Vonn use?

(Flip bottom of page for answers)

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!



Coffee News Fun Reading. Serious Advertising.

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>

UNLIMITED LASER HAIR REMOVAL MEMBERSHIP!

Join our program, get your face, arm pits, legs, Brazilian - whatever we can do in 1 hour is included in the price.



780.523.3096 | splashofpretty.ca
4929-51 Avenue, High Prairie

NORTH WEST FUNERAL CHAPEL LTD.

Serving in the Peace County.

Our Family Serving Yours

www.nwfuneralchapel.ca
Valleyview: 1-780-524-2388 | @nwfuneralchapel

Kokum's Outreach

WELLNESS CAMPS

Providing opportunities for Emotional, Spiritual, Physical, and Mental Healing with day, weekend or week-long wellness camps

Kokum's Outreach also offers: All Men's Camps, All Women's Camps, Child & Youth Camps, Family Camps as well as Staff Retreats

For bookings, call 780.507.1047
kokumsoutreach@gmail.com | <https://kokumsoutreach.wordpress.com>

Congratulations

to December's **Coffee News Guy** contest winners!

Your prizes are in the mail!

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

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

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

www.scubagearcanada.ca

Your Weekly Horoscope

ARIES (March 21 - April 20)

At the end of the week, you may experience a reset in your emotional view of life. Perhaps you should use this opportunity to address any issues at home. Lucky numbers: 3, 4, 22, 31, 32, 45.

TAURUS (April 21 - May 21)

The astrological environment now offers you the potential to manifest your unique personality. When you can relax and be yourself, there is an opportunity to interact successfully with others. Lucky numbers: 5, 7, 8, 23, 25, 47.

GEMINI (May 22 - June 21)

You may be in an energetic period where you are laser-focused on taking action to achieve your goals. However, showing empathy toward yourself and others is important as well. Lucky numbers: 14, 15, 18, 26, 30, 37.

CANCER (June 22 - July 22)

Feeling a conflict between what you want for yourself and a desire to be of service to others? Find a positive outlet to reduce stress and explore your spiritual side. Lucky numbers: 6, 11, 12, 14, 18, 27.

LEO (July 23 - Aug. 23)

You may feel a lack of emotional and mental balance at the beginning of the week. Arguing with others won't help. Instead, think through the underlying cause of the issue. Lucky numbers: 9, 11, 17, 24, 45, 47.

VIRGO (Aug. 24 - Sept. 23)

If you have been feeling discouraged, there is an opportunity now for a positive emotional recharge. Be careful, though, not to see-saw too far the other way and overreach. Lucky numbers: 7, 17, 32, 33, 35, 39.

Lucky numbers this week: This week's odds favour Aquarius winners with the luckiest number being 30.

LIBRA (Sept. 24 - Oct. 23)

Does it seem that you have been engaged in conflict recently? Use the volatility you may be experiencing to bring information to the surface, in order to address old issues. Lucky numbers: 1, 12, 21, 25, 26, 41.

SCORPIO (Oct. 24 - Nov. 22)

Sudden or unexpected events may point you in the direction of a new purpose for your life. An adjustment in your view might be needed to follow this new path. Lucky numbers: 15, 17, 20, 26, 30, 43.

SAGITTARIUS (Nov. 23 - Dec. 21)

Are you tempted to buy something extravagant? You may want to think through the deeper meaning of this itch and do something that will have a more positive impact on your life. Lucky numbers: 13, 14, 17, 19, 31, 36.

CAPRICORN (Dec. 22 - Jan. 20)

During the last few weeks, you may have been focused on relationships and exploring uncomfortable emotions. This situation should ease soon, so be careful about making any unconscious choices right now. Lucky numbers: 2, 13, 23, 31, 46, 47.

AQUARIUS (Jan. 21 - Feb. 19)

Mental work may be fairly easy now, with your thoughts focused and disciplined. Just don't dwell on any setbacks or be overly critical of yourself and others. Lucky numbers: 4, 14, 22, 30, 39, 48.

PISCES (Feb. 20 - March 20)

Every decade or so, each of us is given an opportunity for renewed optimism and confidence to help set a new path. This may be yours, so how do you want to use it? Lucky numbers: 8, 9, 23, 34, 44, 47.

Did You Know...

Beautiful place: In Mozambique, Bazaruto Archipelago is a beautiful national park. Located off the coast, the park consists of five main islands that are home to many types of wildlife. Visitors to the islands often like to dive and snorkel.

Berry tart: Cloudberry are known to people who live in the far northern areas of Canada, Scandinavia, and Siberia. These berries are small and golden, and are tart when eaten raw. Some people use them to make jam.

Take a nap: The United States acknowledges the need for people to catch up on their sleep. In March, the first Monday after clocks are moved ahead for daylight saving time has been designated "National Napping Day."

Waffly nice: Bubble waffles originated in Hong Kong. Made of eggs, milk, and flour, they are cooked in a waffle iron that has ball-shaped indentations, rather than the usual, square-shaped ones.

Started small: Well-known American actor Leonardo DiCaprio, who starred in such blockbusters as *Titanic* and *Once Upon a Time in Hollywood*, started his career with small roles in old television series, such as *Growing Pains* and *Roseanne*.

On the Lighter Side

Why didn't the two 4s go to the cafeteria for lunch? They already 8!

Patient: "Doctor, I can't stop thinking I'm a goat."
 Doctor: "How long have you had this problem?"
 Patient: "Ever since I was a kid."

What kind of dog does a Yeti have? A chilly dog.

Knock! Knock! Who's there? Anya. Anya who? Anya mark, get set, go!

Why was the computer tired when it got home? It had a hard drive.

Answers

Trivia answers: 1. Jupiter 2. Premature old age 3. Zamboni! 4. Message received 5. Alpine skis

Coffee News

is proudly delivered by

Marigold Enterprises

Coffee News Part of your community.

BrokerLink Insurance



HOME



AUTO



BUSINESS



FARM

780.523.5392 | 4830-51 Ave., High Prairie | BrokerLink.ca

BEST OF HAWAII FOUR-ISLAND TOUR

12 days, departs year-round



FROM \$2,549 USD \$2,299 USD

VMT vacations

1-877-699-7003 promo code N7017

* Prices are per person based on double occupancy plus up to \$299 in taxes & fees. Single supplement and seasonal surcharges may apply. Add-on airfare available. Offers apply to new bookings only, made by 9/30/21. Other terms & conditions may apply. Ask your Travel Consultant for details.

inogen FREEDOM. TO BE YOU.

1-888-998-6714



unleash YOUR RADIANCE

Laser Hair Removal • IPL Services

Splash of Pretty FULL DAY SPA

780.523.3096 | splashofpretty.ca
4929-51 Avenue, High Prairie

Recipe of the month

Valentine's Pop Hearts

1 refrigerated, ready-to-unroll piecrust | 1 large egg | 4 tbsp. raspberry jam

Prep Time: 10 min. Cook Time: 13 minutes Yield: 4

- Preheat the oven to 425 degrees F. Line a jelly-roll pan with parchment paper.
- Unroll the piecrust and cut into 8 rectangles or hearts. Use a small heart-shaped cookie cutter to stamp out smaller hearts from half the hearts (these will be your peekaboo top crusts); brush edges with egg.
- Spread 1 heaping teaspoon raspberry jam in the centre of the 4 solid hearts. Put the peekaboo crusts on top; seal the edges by crimping them with a fork (lightly floured, if needed). Transfer to prepared jelly-roll pan.
- Bake 10 to 13 minutes or until golden. Transfer to wire racks to cool.

Forego the store bought chocolates and impress your Valentine with these treats!

Source: <https://www.womansday.com>

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