

**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).

9811-100 Avenue  
Peace River, Alberta  
www.peacevalleydental.com  
780.624.3355 • info@peacevalleydental.com

OUR TEAM HAS BEEN SERVING THE COMMUNITY FOR 20 YEARS

**Informative, insightful reading**  
from author **Stephen Monk**

Fascinating observations from a long time student of the workings of the human mind

Visit [www.stephenmonk.ca](http://www.stephenmonk.ca)

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

**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.

**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

**Denture & Implant Cottage**  
REPAIRS WITHIN THE HOUR! 780-624-4573  
9803 - 98 Avenue, Peace River Wheelchair friendly

Happy First Day of **SPRING**

from your friends at **Coffee News**

**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](http://www.coffee-news.ca/editions)

**SHOP ONLINE!**  
[www.scubagearcanada.ca](http://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

**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](http://www.allproglass.ca)

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

www.coffee-news.ca

Vol. 19 No. 12 March 21, 2022

**Everybody's Talking**

**Monkey business:** A sneaky little Patas monkey found a way to escape from his enclosure at the Taipei Zoo in Taiwan. Known as Nan Dao, the male primate was minding his own business when a zookeeper came into the enclosure to do some cleaning. A younger monkey managed to slip by the keeper, who took a few minutes to round him up and direct him back to the abode. In the meantime, Nan Dao, the smart little creature, opened the cage door and ran off. Luckily, zookeepers are smart, too. They set a trap filled with apples, which lured Nan Dao. He was safely captured and found to be in good condition after a couple of days in a nearby forest.

**Adrenalin rush:** A roller coaster in the vacation destination of Blackpool Pleasure Beach in England is called The Big One. While other roller coasters around the world have been built taller and steeper since this one was constructed in 1994, The Big One is still gigantic at 65 metres (213 feet) high. So when it broke down near the top, the riders on board had quite a long – and scary – walk down a steel staircase to the solid ground below. The visitors did not have to do it by themselves. Park staff members climbed up to meet them and escort them, step by step, along the steep stairs. Whether riding up or walking down, The Big One is quite an adrenaline rush!

**Lizard interloper:** When swimming in the sea, people might not be too surprised to see a few small fish sharing the water. On a Thailand beach, however, those frolicking in the surf were shocked to find a monitor lizard swimming among the humans. But there was nothing to fear: monitor lizards are big and look scary, but they are not a threat to humans. Southeast Asia is home to many of these shy reptiles, which can grow to be 2.5 metres (8 feet) long. So, while a video of the reptilian beach visitor caused alarm for the tourists, the area's wildlife officials knew about this particular male specimen, who often visits the beach looking for food leftovers.

**Border conundrum:** Who knew it could be so easy to change the border between two countries? A Belgium farmer did just that between Belgium and France, but unfortunately, the boundary change is not acknowledged by authorities. The farmer moved the stone border marker that had been sitting in place for over two centuries because it was in the path of his tractor. A local historian noticed that the stone had been moved 2.29 metres (7.5 feet), making Belgium a tiny bit bigger and France a wee bit smaller. The situation caused a few laughs between area politicians, who said that as long as the stone is moved back to its rightful place, no problems should arise.

**Quoteable Quotes**

"Don't be intimidated by what you don't know. That can be your greatest strength and ensure that you do things differently from everyone else." —Sara Blakely

"We must conquer war, or war will conquer us." —Ely Culbertson

**What's Happening**

**April 23-Tomahawk Spring Fling Market** A fundraiser spring market featuring homemade artisans and young entrepreneurs at the Tomahawk and District Sports Agra center in Tomahawk, AB. Saturday, April 23, 2022 from 10-4pm. Interested vendors can email tomahawkfriends@gmail.com for details.

**June 18-Eddies Big Run** There will be a Kids Fun Run Loop 1km, 3km walkrun, 5 km walkrun, a 10 km walkrun. Followed by a pancake breakfast, kids zone, and medal ceremony. Start/Finish is at Repsol Place 1021 49 St. Contact us 780-725-3083 or krystas@edson.ca.

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!

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. What type of food is a blini?
2. What was the name of the first U.S. space shuttle (1981)?
3. Which pop artist is well-known for his depictions of soup cans?
4. What does PTSD stand for?
5. Ty Cobb was a famous actor or baseball player?

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

Affordable-Effective-Exclusive-CALL NOW!

**BLUE BLOODS**  
MON - THURS 9:00  
yesTV

**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](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

**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](mailto: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!

**Reader of the Month**  
Chantal of Edmonton

**Coffee News®** Fun Reading. Serious Advertising.

Making peace of mind a reality

**Nahachick Adult Guardianship and Trusteeship Services**

Confidential and discreet document preparation. Available services include:  
Applications for Appointment of Guardian and Trustee | Review of Guardianship and Trusteeship Order | Urgent Guardianship and Trusteeship Orders

Flexible appointments. For non-Edmonton residents, appointments can be held via telephone or video calls. Edmonton and area clients have the option to meet face-to-face, home visits, telephone or video calls.

A complete list of our services is available at <https://nahachick.ca>

780.660.0649 | [nahachick.agt.services@gmail.com](mailto:nahachick.agt.services@gmail.com)

Coffee News is proud to support Make-A-Wish® Canada

Transform lives, one wish at a time.

**Make-A-Wish.**  
Visit [makeawish.ca](http://makeawish.ca)

**AUTOMOTIVE LIGHT TRUCK REPAIR**

- Out of Province Inspections - \$230
- Rate: \$115/hour
- We service most vehicles, beginning at \$29.95\*

\* For labour only.  
Services include up to 5L 5W/30 or 5W/20 conventional oil, oil filter and a 34 point inspection.

**TRINITY REPAIR LTD.**  
780.338.3848  
5029 - 51 Street, Berwyn, AB • [www.trinityrepair.ca](http://www.trinityrepair.ca)

**Congratulations** to January's **Coffee News® Guy** contest winners!

Your prizes are in the mail!

Sara Blom  
Ralph Lee  
Sylvia Tracey  
Maria Ernst

Enter today for your chance to win at [www.coffee-news.ca](http://www.coffee-news.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)

Feel free to take your Coffee News home!

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

**Coffee News**  
is proudly delivered by  
Blue Heron Support Services Association  
Coffee News Part of your community.

**inogen**  
**FREEDOM. TO BE YOU.**  
1-888-998-6714  
MKT-PO253

Family Owned Local Alberta Business Since 1986  
DIRECT WORKWEAR LTD. Since 1986  
We ship across Canada Huge Women's Selection XXS up to 7XL Sizing  
**WIN A \$500** Gift Certificate  
[www.directworkwear.com](http://www.directworkwear.com)  
Always low prices & great deals... save money.

**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](mailto: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.

**WEBSITES**  
From \$129/Month  
**(780) 760-6922**  
[FRONTLINECONSULTING.CA](http://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  
[priariescentedcandles@gmail.com](mailto:priariescentedcandles@gmail.com)  
[www.priariescentedcandles.com](http://www.priariescentedcandles.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>  
Visit us on Facebook-CoffeeNewsWeekly

## Your Weekly Horoscope

### ARIES (March 21 - April 20)

The Sun is in your sign, which gives energy to use to achieve your goals. However, as you pursue them, be careful of being overly aggressive in your interactions with others. Lucky numbers: 9, 14, 15, 39, 47, 48.

### TAURUS (April 21 - May 21)

You may be feeling impatient, tense, or combative. Channel these feelings positively into a project to help others. Consider how you can work within a group on this effort. Lucky numbers: 6, 7, 19, 24, 25, 36.

### GEMINI (May 22 - June 21)

A strength of your sign is the ability to see both sides. This week, however, this skill may make you feel conflicted in making decisions or bringing others to your viewpoint. Lucky numbers: 1, 8, 11, 26, 39, 40.

### CANCER (June 22 - July 22)

Your normal sensitivity to others and your environment may be heightened even more right now. To use this positively, look for information that is normally kept below the surface of consciousness. Lucky numbers: 15, 19, 24, 30, 41, 47.

### LEO (July 23 - Aug. 23)

You may be feeling frustrated by obstacles that are not allowing you to easily achieve your goals. Reexamine your attitude toward this work and you may find a solution. Lucky numbers: 4, 16, 18, 22, 44, 47.

### VIRGO (Aug. 24 - Sept. 23)

Are there areas where you don't clearly see yourself and/or your relationship partner? If so, you may need to make an adjustment in your view of the relationship. Lucky numbers: 7, 15, 20, 21, 24, 36.

Lucky numbers this week: This week's odds favour Sagittarius winners with the luckiest number being 33.

### LIBRA (Sept. 24 - Oct. 23)

This may be a busy time for you. Communicating with others is important for putting your plans for the next six months into motion. Find an outlet to reduce your stress level. Lucky numbers: 8, 17, 19, 24, 27, 35.

### SCORPIO (Oct. 24 - Nov. 22)

Your emotions may be volatile right now, especially early in the week. Your best move may be to keep a low profile and wait to act until those feelings pass. Lucky numbers: 2, 4, 6, 12, 38, 46.

### SAGITTARIUS (Nov. 23 - Dec. 21)

Your sign has a natural optimism and belief in a positive outcome. Right now that feeling may be enhanced. Use this energy to improve your home environment or work situation. Lucky numbers: 14, 16, 30, 33, 35, 43.

### CAPRICORN (Dec. 22 - Jan. 20)

This week, you may find a good integration of your mind and your emotions. This may allow you to be more flexible in looking for "outside the box" solutions. Lucky numbers: 13, 18, 26, 30, 35, 42.

### AQUARIUS (Jan. 21 - Feb. 19)

Many of those born under this sign have a strong urge to aid human advancement and evolution. At this time, various planetary energies may provide support to you for that desire. Lucky numbers: 11, 16, 21, 36, 42, 47.

### PISCES (Feb. 20 - March 20)

Many Pisces have strong intuition. If this is you, a lot of information may be coming at you right now. It will take time to sort out the meaning of it. Lucky numbers: 3, 13, 34, 39, 41, 47.

## Did You Know...

**Versatile song:** British rocker Elton John, with writing partner Bernie Taupin, penned "Candle in the Wind" in the early 1970s, to honour the late American actress Marilyn Monroe. He performed the song with rewritten lyrics at Princess Diana's funeral in 1997.

**Clean nails:** Nail polish can be removed using a homemade mixture of equal parts white vinegar and lemon juice. Held on the nail for a few minutes with a cotton ball, the mixture's acidic nature can get rid of chipped, old polish.

**Plant choice:** A good houseplant for beginner green thumbs is the *Pilea peperomioides*, or the Chinese money plant. With leaves that are shaped like large, round coins, they grow well in bright but indirect light and need only occasional watering.

**Lovable canine:** Many dog lovers have fallen in love with a breed called the goldendoodle. A cross between a golden retriever and a poodle, these dogs make great pets because they are smart and fun loving. Another bonus? They don't shed very much.

**Common markings:** Moles, or beauty marks, called nevi in the medical world, are clusters of pigmented cells. Usually less than six millimetres (1/4 inch) diameter, they vary in size, can be flat, raised, or hairy, and are usually harmless. But watch for any changes in the skin.

## On the Lighter Side

Knock! Knock! *Who's there?* Cantaloupe. *Cantaloupe who?* Cantaloupe tonight. I forgot the wedding ring!

New Shoelace: "Why are you crying? Can't you tie a bow?" Old Shoelace: "No, I'm a frayed knot."

Why didn't the witch wear a flat hat? Because there was no point to it!

Morning radio program: "Ready for exercises? Up, down, up, down, up, down. Now the other eyelid..."

What theory did the famous skunk philosopher propose? "I stink, therefore I am."

### Answers

**Trivia answers:** 1. Russian pancake 2. Columbia 3. Andy Warhol 4. Post traumatic stress disorder 5. Baseball player

**Recipe of the month**  
**Easter Bunny Treats**  
1/3 cup vanilla frosting  
36 large marshmallows  
36 miniature marshmallows  
Red and pink heart-shaped decorating sprinkles  
Small black nonpareils  
White sprinkles  
Pink coloured sugar  
Total Time: 15 min. Yield: 1 dozen  
1 Place frosting in piping bag.  
2 For each bunny, cut 2 mini marshmallows in half and use frosting to attach them to a large marshmallow to form arms and legs. For the face, attach 2 mini marshmallow halves for cheeks. Use white sprinkles, black nonpareils and heart-shaped sprinkles to form whiskers, eyes and nose.  
3 For the ears, cut a large marshmallow in half diagonally. Dip each sticky side in coloured sugar and use frosting to attach the ears to the top of the large marshmallow.  
4 Use frosting to connect the 2 large marshmallows; let stand until dry.  
Source: <https://www.tasteofhome.com>

Edward Jones  
**Don't just think about retirement. Plan for it.**  
Chris M Kadyk  
Financial Advisor  
780-532-2336  
[chris.kadyk@edwardjones.com](mailto:chris.kadyk@edwardjones.com)  
[edwardjones.ca/chris-kadyk](http://edwardjones.ca/chris-kadyk)  
Follow me on

**PEACE RIVER VISION CLINIC**  
Family Eye Care  
**780-624-4265**  
[www.dr.mikehopperoptometry.com](http://www.dr.mikehopperoptometry.com)  
New Patients and Walk-ins Welcome!  
Open Mon to Fri, 8:45 a.m.-5:00 p.m.  
Eye Exams  
Designer Frame Lenses  
Contact Lenses  
Glaucoma Eye Evaluations  
Diabetes Eye Evaluations  
Safety Glasses  
PROMPT APPOINTMENTS AVAILABLE  
DIRECT BILLING

**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  
PEACE RIVER REGIONAL WOMEN'S SHELTER  
1-877-624-3466  
[www.prws.com](http://www.prws.com)  
WHEN HOME IS NOT SAFE - WE HAVE A SHELTER FOR YOU

**Imagine your business here!**  
For more information:  
**780-220-6397**  
or **877-553-6397**  
[www.coffee-news.ca](http://www.coffee-news.ca)

**Condo Issues? We Have Solutions!**  
CONSULTATION MEDIATION ARBITRATION  
✓ Helping to improve the decorum, harmony, and functionality of boards  
✓ Chair hostile and difficult meetings ✓ Update condo board bylaws  
✓ We help to resolve and/or mediate issues between condo stakeholders  
**Rosetree** MEDIATION, ARBITRATION & CONSULTING SERVICES  
780.982.4355 | [rosetreemediation.com](http://rosetreemediation.com)

**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  
Call LLOYD KENNEY, Independent Associate, to find out how LegalShield can help you!  
**LegalShield** 1-877-579-9449