

WEBSITES
From \$129/Month
(780) 760-6922
FRONTLINECONSULTING.CA

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

Recipe of the month
Asian-Style Salmon Packets
4 slices sweet onion 1 teaspoon mustard seed
4 salmon fillets 1 teaspoon minced fresh gingerroot
(6 ounces each) 1/2 teaspoon black sesame seeds
3 tablespoons chili sauce 1 tablespoon lime juice
1 tablespoon sesame oil 1 garlic clove, minced
Prep/Total Time: 25 min. Yield: 4 servings
1 Preheat oven to 400°. Place each onion slice on a double thickness of heavy-duty foil (about 12 in. square). Top with salmon. Combine next seven ingredients; spoon over fillets. Fold foil around mixture; crimp edges to seal.
2 Place on a baking sheet. Bake until fish flakes easily with a fork, 15-20 minutes. Be careful of escaping steam when opening packets. Serve with mint and lime zest.
Source: <https://www.tasteofhome.com>

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

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!
FIND OUT HOW YOU CAN SAVE UP TO 50%!
SELLER DIRECT Tracy Lord Real Estate Agent
Diana Noble Owner/Broker
780.747.8372
PROUDLY SERVING LAC LA BICHE, PLAMONDON, WANDERING RIVER & SURROUNDING AREAS

BLUE BLOODS
MON - THURS 9:00
yesTV

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. 19 No. 16 April 18, 2022

Everybody's Talking

Cat walk: Pet kitties are usually of the house cat variety, those furry felines that like to purr and cuddle on their owners' beds. But two folks from Penza, Russia, have a different kind of feline companion. Maria and Aleksandr Dmitriev heard the news that a newborn cougar named Messi, at the Penza zoo, was sick. The couple offered to buy the little (at the time) critter, and they took him home. He's grown to be a big cat now, and has had specialized training by a dog trainer. Messi knows a number of commands, such as "sit" and "stay," and his owners can take him for a walk using a leash. What a sight that would be!

Mango mania: A young woman from Dimbulah, Queensland, Australia, wanted to prove that food waste is not necessary. Jessica Collins lives on her family's mango farm. Her chores include getting the fruit packed and ready for market, but she hates the fact that many mangos are rejected by stores because they aren't perfect. So for a high school project, she dried 1,400 mango seeds, cut them in half, and sewed them together to make a ball gown. The whole process took over four months. While it's unlikely that mango-seed dresses will catch on as a new fashion, Collins believes her project shows that imperfect produce may have alternate uses.

Lucky model: Even if you think your luck is running out, you never know what may lie around the next corner. A homeless man in Nigeria was definitely not out of luck in his life, even though he slept under a bridge. Ali Olakunmi was approached by a creative director, Afolabi, who was getting ready for a fashion shoot at the same bridge. When the model whom Afolabi had hired did not show up on time, he asked the sleepy Olakunmi if he would mind trying on some of the clothes and posing. The young man did so, and the rest is history. Now, this newly minted, once-homeless model has his own social media account and a management company to help him.

Trail dog: If you don't have a dog, but would like to go on a hike with one, then a visit to the Equinox Golf Resort and Spa is in order. Located in Manchester Village, Vermont (U.S.), guests can book a "Golden Hike" with a golden retriever named Cooper, for free. This friendly pooch is owned by Jay Sheldon, the resort's general manager. Sheldon realized that Cooper makes people happy, so the dog is allowed to roam the grounds to visit guests. If they wish, guests can attend the weekly Golden Hike, with Cooper in the lead. Needless to say, this resort is pet-friendly, and guests are encouraged to bring their own pets along for their vacation.

Quoteable Quotes

"The trick for grown-ups is to make the effort to recapture what we knew automatically as children."
—Carol Lawrence
"One changes from day to day...every few years one becomes a new being."
—George Sand

What's Happening

April 23-The Alan Jackson Experience 2022 7 - 10 PM. Aaron Halliday and his band The Longhorns, will pay tribute to Country Music Icon Alan Jackson. Along with some of Aaron's own music in the mix. St Paul Recreation Centre, 4802 53 Street.

Apr 27-Family Fun Night Family Fun Night is an evening of dinner and themed activities for the entire family! Register for one, or all of these fun-tastic Wednesday nights! Cold Lake Family Connections. 5220 54 Street Cold Lake. 780-594-4495

May 7-Free Community Shredding Event 9 Am to 1 PM. There is absolutely NO COST or LIMIT. Bring as much as you have. All are welcome. Donations to the the Fort Saskatchewan Food Bank are appreciated. 11090 86 Avenue, Fort Saskatchewan

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. By elevation, what is the highest capital city in the world?
2. An Appaloosa is what type of animal?
3. What type of crime does an arsonist commit?
4. The Macarena is a South American cookie, song, or dance?
5. According to the song he made famous, where was Bruce Springsteen born?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd
(Over)

Calgary & Edmonton Outlets
singlecup.ca
Mon-Sat 9-5
500+
K-Cups • PODS • Syrups
FREE SHIPPING \$50+
Alberta Owned!
Every day low prices

SERVING LAC LA BICHE, PLAMONDON, BOYLE, GRASSLAND AND SURROUNDING AREAS FOR OVER 25 YEARS
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

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

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

Imagine your business here!
For more information:
780-220-6397
or 877-553-6397
www.coffee-news.ca

HAPPY Easter
from your friends at **Coffee News**

LARGEST SELECTION of Machines and Notions
baby lock FOR THE LOVE OF SEWING
Your Sewing Superstore
CENTRAL SEWING MACHINES
Come in for a test drive!
Mon-Fri, 9 am - 5 pm Sat, 9 am - 3 pm
SOUTH 780.469.1147 WEST 780.486.0047
8649-63 Ave., Edmonton 10642-170 St., Edmonton
www.centralesewing.com
SEWING | EMBROIDERY | QUILTING | INDUSTRIAL | SERVICE

BrokerLink Insurance
HOME AUTO BUSINESS FARM
780.623.4246 | Box 476, Lac La Biche | BrokerLink.ca
©2020 BrokerLink Inc. *BrokerLink & Design is a trademark of BrokerLink Inc. All rights reserved.

Affordable-Effective-Exclusive-CALL NOW!

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

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

FREE 1/2 HOUR CONSULTATION

BUSINESS LAW, CONTRACTS, and CORPORATE SERVICES
PERSONAL INJURY, EMPLOYMENT LAW
ENVIRONMENTAL and REGULATORY LAW

BIG BUFFALO LAW

Rate: \$255 per hour* *Taxes and disbursements extra

Now serving Lac La Biche, Fort McMurray, Athabasca, Bonnyville, St. Paul, Cold Lake

587.532.9392 | www.BigBuffalo.ca

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.l1brhs.com or on [Facebook](https://www.facebook.com/LacLaBicheRegionalHumaneSociety) Lac La Biche Regional Humane Society

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

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.

Reader of the Month
Stephen Pearce, St. Albert

inogen

FREEDOM. TO BE YOU.

1-888-998-6714 MKT-P0253

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

Always low prices & great deals... save money.

Your Weekly Horoscope

ARIES
(March 21 - April 20)

A lot of energy may be in flux in your astrological environment now. You may go your own way, relying on your strengths. Make sure to avoid power struggles with others. Lucky numbers: 4, 5, 10, 11, 19, 44.

TAURUS
(April 21 - May 21)

The Sun is moving into your sign, which may allow you to feel more optimistic. You may also have sudden or unexpected insights on how to proceed with an important matter. Lucky numbers: 5, 6, 12, 15, 28, 46.

GEMINI
(May 22 - June 21)

Are you passionate about a project, but haven't been able to bring it to fruition? Understanding the conflict that could be holding you back may help you move forward. Lucky numbers: 12, 23, 31, 40, 41, 43.

CANCER
(June 22 - July 22)

If you pursue it diligently, there is an opportunity now for you to address an old emotional wound. Seek out a teacher to help guide you in the process. Lucky numbers: 8, 11, 13, 39, 41, 48.

LEO
(July 23 - Aug. 23)

You may be continuing to experience opposition to your plans. Are you trying to push open the wrong door? Think about whether your goals are in alignment with your highest purpose. Lucky numbers: 6, 9, 10, 22, 26, 47.

VIRGO
(Aug. 24 - Sept. 23)

At this time, your thought processes may be quicker than normal, allowing you to clearly communicate with others. However, you may need to be proactive to successfully apply these benefits. Lucky numbers: 11, 28, 32, 33, 43, 45.

LIBRA
(Sept. 24 - Oct. 23)

You may be focused on your public persona now. If you face a challenge in that regard, work to ease any conflicts with others who could unfairly damage your reputation. Lucky numbers: 7, 15, 22, 30, 31, 38.

SCORPIO
(Oct. 24 - Nov. 22)

You may be feeling pessimistic and annoyed with the view of others regarding your plans or actions. Be patient right now and this pattern may shift in the near future. Lucky numbers: 3, 9, 14, 26, 27, 48.

SAGITTARIUS
(Nov. 23 - Dec. 21)

This week you may hit the reset button on your current situation. Your head and heart are in sync, which may give you the ability to see things in a new light. Lucky numbers: 9, 10, 17, 20, 38.

CAPRICORN
(Dec. 22 - Jan. 20)

You may have been through a roller coaster of emotions recently. During this week, you may experience a calm period that will allow you to evaluate where you are now. Lucky numbers: 10, 14, 15, 19, 22, 33.

AQUARIUS
(Jan. 21 - Feb. 19)

Do you feel like Sisyphus pushing that rock up the mountain one more time? Moving past obstacles may require more hard work. In the meantime, avoid arguing with others. Lucky numbers: 1, 9, 11, 28, 33, 43.

PISCES
(Feb. 20 - March 20)

You may be of two minds right now. You may receive clear information, or it may seem too idealistic and imaginative. Choose how to forge a middle path. Lucky numbers: 2, 7, 10, 14, 34, 44.

Lucky numbers this week: This week's odds favour Taurus winners with the luckiest number being 15.

Did You Know...

Big eyes: Giant squids are huge creatures, and their eyes are thought to be the largest of any in the animal kingdom. They can be as big as 27 centimetres (11 in.) wide. Their eyes help them see well when they are deep in the ocean.

Close up and personal: Many concert fans and theatregoers have seen a show that uses a thrust stage. This type of stage sticks out into the main audience area, with three sides surrounded by viewers.

Irish band: An alternative rock band that came out of Dublin, Ireland, in 2001 is The Script. The band is comprised of Danny O'Donoghue, Mark Sheehan, and Glen Power. One of their hit songs is "Hall of Fame."

Hairbrush trivia: A brush that is specifically designed to be used with short hair is called a military hairbrush. It is round or oval, has no handle, and is therefore considered more compact for travel. These have been made since the 1700s, often with wild boar bristles.

Long time running: Siegfried and Roy was a performing duo that put on many shows in Las Vegas, Nevada (U.S.). They were Siegfried Fischbacher (1939-2021) and Roy Horn (1944-2020). The pair met while working on an ocean liner in 1957.

On the Lighter Side

Iggy: "Where do all the bugs go in the winter?"

Ziggy: "Search me."

Iggy: "No, thanks. I just wanted to know."

Why can you always tell what Dick and Jane are going to do next? They're easy to read.

Pat got into a car and forgot how to buckle the seatbelt... until it finally clicked.

What is a shark's favourite game? Swallow the reader.

Knock! Knock! Who's there? Pecan. Pecan who? Pecan on someone your own size.

Answers

Trivia answers: 1. La Paz, Bolivia 2. Spotted breed of horse 3. Deliberately sets fires 4. Dance 5. The USA

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

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

Lac La Biche County
welcoming by nature.

Your playground of opportunity.

www.laclabichecounty.com

INNATE FREEDOM
COUNSELLING

Access Online Therapy at Home
AVAILABLE ALBERTA-WIDE

- Individual Therapy
- Couples Therapy

www.innatefreedomcounseling.com | 825.250.8415

Caring, supportive, online counselling tailored to your unique needs

MENTION THIS AD FOR A DISCOUNT!

LET US HELP YOU QUIT SMOKING

Come learn the facts and make a plan

780-623-2158

OHMY VAPE LOUNGE

10263-101 Ave., Lac La Biche
10 am - 6 pm, 7 days a week
Closed on holidays

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

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

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

www.boldcenter.com

BOLD CENTER

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