

Online Counselling Alberta-wide

Complimentary 15-Minute Session



www.innatefreedomcounselling.com | 825.250.8415

THIS SPACE FOR RENT

780-220-6397

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

Tracy Lord
Real Estate Agent

SAVE UP TO 50%!

sellerdirect

Northern Homes Realty
Diana Noble Owner/Broker

780.747.8372

PROUDLY SERVING LAC LA BICHE, PLAMONDON, WANDERING RIVER & SURROUNDING AREAS

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!

We always read your news. We love the Did You Know and the Trivia. Great paper!

Readers of the Month
Ian & Emma from Edmonton, AB

Coffee News® Fun Reading. Serious Advertising.

WEBSITES From \$129/Month

(780) 760-6922

FRONTLINECONSULTING.CA



Faster Internet.
Unlimited data.

IMPROVED!



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

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. 26 June 27, 2022

Everybody's Talking

Muddy lady: An octogenarian from Sikeston, Missouri (U.S.), doesn't mind getting a bit muddy. In fact, Mildred Wilson has no problem getting really muddy, and she proved it by participating in the Tough Mudder race, not once, but twice. Encouraged by her son, Wilson first checked with her doctor to make sure she was healthy enough to get through the race, which includes wading through muddy pits and crawling under and over obstacles. Then she trained at her local gym to be sure she was fit enough to compete. Wilson completed her first Tough Mudder in 2019, then did it again in 2021, to the admiration of her family and the other competitors.

Passion for running: Wang Lang of Liaoning, China, didn't realize how much she would love running when she took it up at age 50. Twenty years later, the sport clearly is a passion for the now 70-something-year-old grandmother. She has run over 100 marathons during that time. She started running simply to keep fit, but soon found herself preparing for these long races. To stay in shape, she trains by running 20 kilometres (12 miles), six days per week. She has run even longer races, including the 168-kilometre (104 mile) Liaoning marathon. Wang Lang has become known as "Super Grannie."

Crop land: A large amount of land in India is considered desert and therefore not available for cultivation. One man, however, found a way to change that. Anand Dhawaj Negi, an ex-government worker and son of a farmer, was able to convert a few acres of desert land in Himachal Pradesh by working patiently to test farming practices and types of crops. Over a 20-year period, Negi (who passed away in early 2021) figured out how to best work the land so it would grow kidney beans, potatoes, green peas, and more. Part of his reason for taking on this project was to inspire others to successfully cultivate their own crops using his scientific practices.

Underground space: A few years ago, when Andres Canto was a young teen, he had a fight with his parents. The youngster from Alicante, Spain, was mad that his mom wouldn't let him go into town wearing a sweatsuit. So, he let his anger out in what turned out to be a productive way: he started digging a hole in his backyard with a pickaxe. Canto enjoyed digging, and a few years later, with the help of a friend he brought to the project, he ended up with a cave. Careful builders, he and his friend figured out how to support the roof. The cave now has many features, including several rooms, stairs, an oven, and a stereo. While Canto doesn't live there full time, he does like to hang out in his cave, and has found a way to bring in electricity and heating.

Quoteable Quotes

"Criticism is easy, art is difficult." —Philippe Néricault
"If you keep a thing seven years, you are sure to find a use for it." —Sir Walter Scott

What's Happening

Jul 1 to 3-Vegreville Pysanka Festival 3 days of Cultural Immersion! Rain or Shine. Grandstand shows, Dance Competitions, Folk Art Displays, Beer Gardens and more. Visit www.pysankafestival.com or call 780-632-2777 for more info.

July 16 to 17- Cold Lake Air Show a not-to-be-missed event of the summer, kicking off with the Full Throttle Festival on Friday, July 15th, which will showcase family activities, live entertainment, beer gardens, and a fly past. CFB Cold Lake. www.coldlakeairshow.com for more info

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. Which U.S. president was formerly a Hollywood actor?
2. Who wrote the songs for the 1930s Broadway musical "Anything Goes"?
3. The 1980 Winter Olympics were held in what upstate New York (U.S.) village?
4. What is the highest peak on the African continent?
5. Eli Whitney invented what?

(Flip bottom of page for answers)

CARSWANTED.CA
ALL MAKES AND MODELS ANY CONDITION
INSTANT CASH FOR ANY VEHICLE
587-805-1500
WE PICK UP YOUR VEHICLE ANYWHERE IN ALBERTA!

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!



Sunset Scents
a RAY of Fragrance
prairiescentedcandles@gmail.com
www.prairiescentedcandles.com

LARGEST SELECTION of brother Machines and Accessories

brother at your side

802450

Come in for a test drive!
Mon-Fri, 9 am - 5 pm Sat, 9 am - 3 pm
THIS LOCATION IS MOVING

CENTRAL SEWING MACHINES

SEWING | EMBROIDERY | QUILTING | INDUSTRIAL | SERVICE

8649-63 Ave., Edmonton 18514-104 Ave., Edmonton
780.469.1147 780.486.0047
www.centralesewing.com

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

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

WHEEL OF FORTUNE

WEEKNIGHTS 7PM/6PST
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
Passenger Website: www.coldshot.ca

TICKETS: 587-557-7719 | PARCEL: 587-557-7718

SERVING ALBERTA'S BUSINESS COMMUNITY SINCE 2005

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

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

Recipe of the month



Fish Tacos With Guacamole

2 cups angel hair coleslaw mix
1-1/2 teaspoons canola oil
1-1/2 teaspoons lime juice

GUACAMOLE:
1 medium ripe avocado, peeled and quartered
2 tablespoons fat-free sour cream
1 tablespoon finely chopped onion
1 tablespoon minced fresh cilantro
1/8 teaspoon salt
dash pepper

TACOS:
1 pound tilapia fillets, cut into 1-inch pieces
1/4 teaspoon salt
1/8 teaspoon pepper
2 teaspoons canola oil
8 corn tortillas (6 inches), warmed

Optional toppings: Hot pepper sauce, chopped tomatoes, green onions and jalapeno pepper


Prep: 25 min. + marinating Cook: 10 min. Yield: 4 servings

- In a small bowl, toss coleslaw mix with oil and lime juice; refrigerate until serving. In another bowl, mash avocado with a fork; stir in sour cream, onion, cilantro, salt and pepper.
- Sprinkle tilapia with salt and pepper. In a large nonstick skillet, heat oil over medium-high heat. Add tilapia; cook until fish just begins to flake easily with a fork, 3-4 minutes on each side. Serve in tortillas with coleslaw, guacamole and desired toppings.

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



BrokerLink Insurance



HOME AUTO BUSINESS FARM

780.623.4246 | Box 476, Lac La Biche | BrokerLink.ca

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 **LOYD KENNEY**, Independent Associate, to find out how LegalShield can help you!

LegalShield 1-877-579-9449

Happy **Canada Day**

from your friends at **Coffee News**



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



Family Owned Local Alberta Business Since 1986

DIRECT WORKWEAR LTD. since 1986

SCAN THIS CODE TO ENTER

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 person you have recently met may present you with an opportunity. You might want to wait a bit to be sure it is a good match for both of you. Lucky numbers: 5, 14, 18, 22, 37, 42.

TAURUS (April 21 - May 21)

Your mind may be very clear and quick this week, with a good ability to communicate well with others. In those interactions, it might help to stay alert for unexpected opportunities. Lucky numbers: 7, 13, 18, 24, 39, 41.

GEMINI (May 22 - June 21)

This week you may have an opportunity to focus on nurturing your relationships. How well do you and your partner support each other? Perhaps it is time to initiate a discussion. Lucky numbers: 4, 12, 20, 23, 26, 32.

CANCER (June 22 - July 22)

Now may be a good time to take stock of what you have accomplished over the last six months. What course correction might you need to put into effect for the future? Lucky numbers: 11, 14, 18, 29, 41, 43.

LEO (July 23 - Aug. 23)

Your mind and feelings may be in sync at the end of the week. It might be a good time to think through any issue that may have been generating conflict. Lucky numbers: 10, 11, 19, 25, 41, 47.

VIRGO (Aug. 24 - Sept. 23)

You may be frustrated by how busy and confusing things might be right now. To avoid conflict with others, perhaps look for the deeper meaning of the situation in which you find yourself. Lucky numbers: 1, 3, 17, 22, 30, 35.

LIBRA (Sept. 24 - Oct. 23)

Are you experiencing opposition to your endeavours from others? Consider digging deep to find energy to keep going, while looking at where you might need to change your plan to be successful. Lucky numbers: 8, 13, 16, 21, 22, 45.

SCORPIO (Oct. 24 - Nov. 22)

You may be experiencing greater optimism and empathy toward others. How can you use this potential to create a positive effect for you and those close to you? Lucky numbers: 3, 4, 17, 27, 30, 38.

SAGITTARIUS (Nov. 23 - Dec. 21)

Right now you may find yourself having conversations with many people. Perhaps you should listen to and consider what they say, even though you may find some of their ideas annoying. Lucky numbers: 12, 14, 17, 23, 40, 46.

CAPRICORN (Dec. 22 - Jan. 20)

Are you finding yourself feeling obsessive about a problem? You may be tempted to argue about it with others. Perhaps adjusting your view of the situation would be helpful. Lucky numbers: 15, 21, 32, 36, 37, 44.

AQUARIUS (Jan. 21 - Feb. 19)

For the next few weeks, you may feel highly ambitious to take action toward achieving your goals. Hard work and a patient attitude could allow you to make steady progress. Lucky numbers: 14, 17, 23, 24, 25, 48.

PISCES (Feb. 20 - March 20)

You may be entering a period of months in which you might find yourself examining past issues. If so, this period could offer you an opportunity to see the situation differently. Lucky numbers: 2, 14, 23, 26, 27, 36.

Lucky numbers this week: This week's odds favour Aquarius winners with the luckiest number being 17.

Did You Know...

Hurricane names: In North America, tropical storms and hurricanes have only been given names since 1953. The U.S. National Oceanic and Atmospheric Administration chose short, familiar female names to identify the storms. By the late 1970s, male names were added.

Smallest country: A country that draws the rich and famous, Monaco is also known for another reason: at just 0.77 square miles (2 sq. km), it's the second smallest country in the world. Vatican City in Rome is the smallest country, at 0.27 square miles (0.7 sq. km).

Happy purr: While pet felines often purr, their cat family relative the tiger can't do the same. Instead, tigers blow air through their nostrils and produce a hearty snort sound called a chuff.

Light sleeper: A dolphin is a light sleeper; only half of its brain is asleep at a time. This is called unihemispheric sleep and is believed to be necessary to remind the dolphin to come to the surface to breathe. It also serves as protection against predators.

Strange name: The food called Bombay Duck is not actually duck—it's fish that is often dried and salted. It may have gotten its name from the mail train, called the Bombay Daak (or Dak), that transported the odiferous fish from the ocean to India's interior cities.

On the Lighter Side

Knock! Knock! *Who's there?* Alma. *Alma who?* Alma cookies are gone, bring me some more!

Did you hear about the two boa constrictors who got married? They had a crush on each other.

What do you call a Roman emperor when he catches a cold? Julius Sneezzer.

I was going to buy some thin sandals when I went on my trip. But then I flip-flopped.

Matt: "Why are you bringing a ruler to bed?"
Pat: "I want to see how long I sleep."

Answers

Trivia answers: 1. Ronald Reagan 2. Cole Porter 3. Lake Placid 4. Mount Kilimanjaro, Tanzania 5. Cotton gin

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

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.**



BOLD CENTER

www.boldcenter.com

inogen

FREEDOM. TO BE YOU.

1-888-998-6714



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

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!

Lac La Biche Regional Humane Society

The Humane Society Will Provide:

- Required food & supplies (bedding, litter/box, etc.)
- Veterinary care & expensed
- Ongoing monitoring & support of the animal/foster home

www.llbrhs.com or on [Facebook](http://Facebook.com/LacLaBicheRegionalHumaneSociety) Lac La Biche Regional Humane Society

ZERO FUSS 100% ADVENTURE.



Plan your summer staycation:

LACLABICHEREGION.COM

MISSION VIEW FUNERAL CHAPEL LTD.

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

FUNERALS - CREMATION - MONUMENTS - PRE-PLANNING

We have a large selection of **MONUMENTS** to choose from

780-623-1815 • info@missionview.ca

Stumbling Blocks Team Building Seminars

Build a Stronger, More Resilient Team

Book Barbara Today!
780-722-3188



BARBARAMAY.COM | STUMBLING-BLOCKS.COM