

**THIS SPACE FOR RENT**  
**780-220-6397**

**Natural, Attractive and Comfortable Dentures**

**WE ARE A FULL SERVICE DENTURE CLINIC**  
 Implant Supported Dentures | Lower Suction Dentures  
 Standard & Precision Complete & Partial Dentures  
 Surgical Immediate Dentures | Permanent Relines  
 Denture Repairs | Denture Polishing | Soft Denture Linings  
 Night Guards & Splints  
 Natural Tooth Whitening Kits  
**Your comfort and smile are our top priority!**  
 9803-98 Ave. Peace River  
**SEMCD**  
 CALL US TO DISCOVER HOW DENTURES CAN AFFECT YOUR CONFIDENCE & HEALTH!  
**Dentureimplantcottage.ca | 780.624.4573**



*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  
 A complete list of our services is available at <https://nahachick.ca>  
**780.660.0649 | nahachick.agt.services@gmail.com**

**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.

**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**  
 Scuba Diving & Snorkeling  
 11781-156 St., Edmonton **780.483.0044**  
 SCUBAPRO | SHERWOOD | GARMIN | SHEARWATER | AKONA | HENDERSON | SEALIFE | TUSA

**PEACE RIVER VISION CLINIC**

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

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

Happy **Canada Day**  
 from your friends at **Coffee News**

**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 20 YEARS  
 9811-100 Avenue Peace River, Alberta  
[www.peacevalleydental.com](http://www.peacevalleydental.com)  
**780.624.3355 • info@peacevalleydental.com**

**FREE!** *New Issue Every Week!*  
**Coffee News**<sup>®</sup>  
*"News To Be Enjoyed Over Coffee"*  
**Peace River Edition**  
**877-553-6397**  
[www.coffee-news.ca](http://www.coffee-news.ca)  
 Est. 1988

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 Granny." **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**

**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](http://www.coldlakeairshow.com) for more info

**Tuesdays-Dementia Care Partner Support Group** If you are caring for someone living with Dementia, come join our Dementia Care Partner Support Group, Tuesdays, from 7 to 9 p.m., at BRIDGES 102, 111 Government Road, Hinton, AB. For more information, please call 780-223-8009.

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. 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)

The World's #1 Restaurant Publication!

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

**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

**Online Counselling Alberta-wide**  
 Complimentary 15-Minute Session  
  
**INNATE FREEDOM COUNSELLING**  
[www.innatefreedomcounselling.com](http://www.innatefreedomcounselling.com) | 825.250.8415

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

**Faster Internet. Unlimited data.**  
**Xplornet.com/fast**  
**1-866-218-8782**  
 IMPROVED!

**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:  
 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!  
**Readers of the Month**  
 Ian & Emma from Edmonton, AB  
**Coffee News** Fun Reading. Serious Advertising.

Family Owned Local Alberta Business Since 1986  
**DIRECT WORKWEAR LTD.**  
 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.

**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)

# 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 filets, 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>

# Your Weekly Horoscope

**ARIES**  
(March 21 - April 20)



A person you have recently met may present you with an opportunity. You might 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](http://coffeenewscanada.com)  
© Published with Permission by Capital Marketing Ltd

## 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)

## 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)



## 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.

**LARGEST SELECTION of Machines and Notions**

**Husqvarna**

*Your Sewing Superstore*

**CENTRAL SEWING MACHINES**

SEWING | EMBROIDERY | QUILTING | INDUSTRIAL | SERVICE

Come in for a test drive!  
Mon-Fri, 9 am - 5 pm Sat, 9 am - 3 pm  
THIS LOCATION IS MOVING  
SOUTH 780.469.1147 WEST 780.486.0047  
8649-63 Ave., Edmonton 18514-104 Ave., Edmonton  
[www.centralesewing.com](http://www.centralesewing.com)

**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

**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](mailto:prairiescentedcandles@gmail.com)  
[www.prairiescentedcandles.com](http://www.prairiescentedcandles.com)

**inogen**

**FREEDOM. TO BE YOU.**

**1-888-998-6714**

MKT-P0253

**WHEEL OF FORTUNE**

WEEKNIGHTS 7PM/6PST

**yesTV**

## 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**

## 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**

## WEBSITES From \$129/Month

**(780) 760-6922**  
[FRONTLINECONSULTING.CA](http://FRONTLINECONSULTING.CA)

## 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.prrws.com](http://www.prrws.com)

WHEN HOME IS NOT SAFE - WE HAVE A SHELTER FOR YOU

## Chapel of Memories Funeral Home and On-site Crematorium

*"Part of the Peace Country Since 1947"*  
*Fairview to Peace River to High Prairie*

*"Your family care provider offering assistance with Personalized Funerals, Memorials, Cremations, Cremation Jewelry & Monuments"*

Phone: 1.888.849.5800

## Stumbling Blocks Team Building Seminars

**Build a Stronger, More Resilient Team**

Book Barbara Today!  
**780-722-3188**



[BARBARAMAY.COM](http://BARBARAMAY.COM) | [STUMBLING-BLOCKS.COM](http://STUMBLING-BLOCKS.COM)

Visit us on Facebook-CoffeeNewsWeekly