

**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

**BLUE BLOODS**

MONDAY TO THURSDAY 8PM/7PST

yesTV

**THIS SPACE FOR RENT**

**780-220-6397**

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

**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](mailto:info@peacevalleydental.com)

**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.

**Splash of Pretty**

**FULL DAY SPA**

780.523.3096 | [splashofpretty.ca](http://splashofpretty.ca)  
4929-51 Avenue, High Prairie #SharpLight

**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

**FREE!** **New Issue Every Week!**

**Coffee News**<sup>®</sup>

"News To Be Enjoyed Over Coffee"

**High Prairie Edition**

**877-553-6397**

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

Est. 1988

Vol. 19 No. 28 July 11, 2022

**Everybody's Talking**

**Grilled gold:** If a grilled cheese sandwich needs to be ordered two days in advance, chances are good that it's not a normal grilled cheese sandwich. A restaurant in New York City (U.S.) called Serendipity 3 sells its "Quintessential Grilled Cheese Sandwich" for a whopping \$214 (USD). The reason for the high price is the amazing ingredients in what otherwise would be standard fare at a lunch joint. The restaurant uses bread that has champagne and edible gold flakes baked into it. The cheese is a rare Italian type called cacioavallo podolico, which is savory and complex. The dipping sauce served with the sandwich is South African Lobster Tomato Bisque. Mmmm!

**Art alternative:** A business in Japan lets people rent paintings for as long or short a period as desired. Called Casie, the service has become popular, especially for people who cannot afford to buy expensive works of art. Instead, they can pay by the month to have a painting in their home or office, and they can change it when they get tired of it, or if they want to seasonally alter their décor. The founder of the company, Sho Fujimoto, got the idea from seeing his artist father struggle to make a living selling his art. He figured that by offering paintings for rent, both the renter and the artist would benefit. Casie delivers the paintings to the renter's doorstep.

**Not just a babysitter:** Parents who want to hire a nanny to look after their children might want to consider a graduate of Norland College in Bath, England. One word of warning: these nannies cost a lot of money—somewhere in the vicinity of £78,000 or more per year—because of the special training they receive. Norland College began in the late 1800s, at a time when there was little to no official training for childcare providers. The high-quality education continues today; graduates are capable of teaching manners, various languages, and athletic pursuits, and they do all this with loving affection, in a fair, firm way. Norland nannies often find jobs with wealthy, well-known families.

**Clear and blue:** Anyone who wants to visit a lake with clear water should consider New Zealand's Blue Lake. Located in the Nelson Lakes National Park conservation area on the country's South Island, Blue Lake is said to have the clearest water of any freshwater lake in the world. The Maori name is Rotomairewhenua, meaning "Lake of Peaceful Lands." Its spring-fed water is naturally filtered through a dam formed by a landslide, so particles suspended in the water get filtered out as they pass through. Like other mountain lakes with clear water, this one has a beautiful blue hue, hence its English name.

**Quoteable Quotes**

"Every day we choose who we are by how we define ourselves."  
—Angelina Jolie

"To live happily with other people, ask of them only what they can give."  
—Tristan Bernard

**What's Happening**

**Aug 2 to Aug 3 - High Prairie Rodeo** West Coast Amusements is on location next to the Rodeo Grounds, nightly dancing on location and beer gardens round out the fun. High Prairie Elks Campground, 5211 49 Street. [www.hpelks.carodeo](http://www.hpelks.carodeo) 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](http://www.coldlakeairshow.com) for more info

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. Where is the easternmost point of the famous U.S. Rt. 66?
2. What year did the first Barbie doll debut?
3. Who is the author of the novel Alaska?
4. What battle did Napoleon fight on Sunday, June 18, 1815?
5. A baby alpaca is called what?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

(Over)

**Start Your Own Business!**

FREE government funded Self-Employment Training

NOW ONLINE

**microbusiness TRAINING CENTRE INC**

Suite 203 Energy Square, 10109-106 St., Edmonton AB T5J 3L7  
780.482.4462 | [www.microbusiness.ca](http://www.microbusiness.ca)

**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  
NEW LOCATION NOW OPEN!

**CENTRAL SEWING MACHINES**

SEWING | EMBROIDERY | QUILTING | INDUSTRIAL | SERVICE

SOUTH 780.469.1147 8649-63 Ave., Edmonton  
WEST 780.486.0047 18514-104 Ave., Edmonton  
[www.centraalsewing.com](http://www.centraalsewing.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](http://www.coffee-news.ca/editions)

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)

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

**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 & Snorkelling

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

**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)

**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

Proud member of Indigenous Tourism of Alberta (ITA) as well as Indigenous Tourism of Canada (ITAC)

Kokum's Outreach is in the process of being accredited with CAC (Canadian Accreditation Council)


For bookings, call 780.507.1047  
[kokumso Outreach@gmail.com](mailto:kokumso Outreach@gmail.com) | <https://kokumso Outreach.wordpress.com>



## Stumbling Blocks Team Building Seminars

**Build a Stronger, More Resilient Team**

Book Barbara Today!  
780-722-3188



BARBARAMAY.COM | STUMBLING-BLOCKS.COM

## WEBSITES From \$129/Month

**(780) 760-6922**  
FRONTLINECONSULTING.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 LLOYD KENNEY, Independent Associate, to find out how LegalShield can help you!

**LegalShield 1-877-579-9449**

### 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




## inogen FREEDOM. TO BE YOU.

1-888-998-6714



### Faster Internet. Unlimited data.

IMPROVED!

1-866-218-8782 Xplornet.com/fast



### unleash YOUR RADIANCE

Laser Hair Removal • IPL Services

Splash of Pretty FULL DAY SPA

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



### 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**

For Expert Help: **1.844.453.5372**


FREE ASSESSMENT CALL TODAY!



# Your Weekly Horoscope


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

You may be feeling even more ambitious than usual. Look for a hidden gem of an opportunity that, along with hard work and a little luck, may allow you to succeed. Lucky numbers: 12, 19, 34, 35, 37, 45.




**TAURUS (April 21 - May 21)**

Those born under the sign of the bull value the stability of the known. Now, however, there may be a potential to develop the ability to be open to seeing new possibilities. Lucky numbers: 3, 4, 8, 41, 46, 48.




**GEMINI (May 22 - June 21)**

Have your relationships recently been based more on intellect than on feeling? You may be entering a period where this dynamic could shift to a more intuitive and emotional bent. Lucky numbers: 10, 17, 23, 32, 44, 47.




**CANCER (June 22 - July 22)**

During the middle of this week, you may receive practical information that could aid you in accomplishing your objectives. The potential also exists for you to improve communications with others. Lucky numbers: 9, 13, 16, 18, 21, 43.



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

Are you in a phase where hard work doesn't bring rewards? Perhaps a better course would be acting from what you feel, rather than from what you think you should want. Lucky numbers: 8, 15, 17, 31, 33, 46.




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

Virgos sometimes pursue a fruitless search for the perfect job, partner, and so forth. You may be entering a period that heightens your long-term efforts to develop more empathy toward yourself and others. Lucky numbers: 13, 19, 21, 27, 34, 41.




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

Libras value smooth relationships, sometimes to the detriment of achieving their own goals. But your ambitions may be highlighted right now. Try to carefully weigh the pros and cons of potential endeavours. Lucky numbers: 6, 18, 23, 29, 31, 36.




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

Scorpios often have an uncanny ability to see the underlying truth in people and circumstances. Right now you may want to weigh the risks of acting on any unexpected information you might receive. Lucky numbers: 1, 11, 20, 24, 44, 47.




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

Enthusiasm and optimism are hallmarks of Sagittarius. At the start of the week, these traits may be highlighted, perhaps giving you the opportunity to dissipate any obstacles in your current situation. Lucky numbers: 14, 15, 31, 32, 40, 43.




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

The beginning of the week includes a potential to bring current projects to completion. However, you may need to adjust your viewpoint regarding new items on the horizon. Lucky numbers: 17, 23, 30, 33, 35, 42.




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

An ability to quickly glean and process information in one's environment is a common Aquarius trait. The question now is this: toward what endeavour do you want to apply this knowledge? Lucky numbers: 4, 12, 22, 26, 31, 44.



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

You may find that your Pisces empathy is enhanced right now. If this energy starts to become an emotional burden, how can you focus it instead on your spiritual development? Lucky numbers: 7, 10, 33, 39, 43, 48.



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

## Did You Know...

**Night vision:** Vitamin A in carrots is good for eye health, but doesn't improve night vision. To get people to eat more carrots due to a surplus during World War II, the United Kingdom Ministry of Food claimed consuming carrots improved pilots' night vision.

**Bridge city:** Venice, Italy, is known by several names, including City of Canals, Floating City, and City of Bridges. At least 400 bridges crisscross its canals. The widest is the stone arch Rialto Bridge. With footpaths and a striking view, it measures 22.9 metres (75 ft.) wide.

**Funny ears:** Grasshoppers' ears aren't on their heads, but on their bellies. Auditory organs encased in membranes are located on either side of a grasshopper's abdomen, tucked under their wings, where they vibrate in response to sound waves.

**Lots of letters:** English speakers and writers need to know 26 letters in the alphabet, but people using the Cambodian language must learn many more. The Khmer alphabet has 74 letters, the most of any language in the world.

**Hiking surprise:** In 1991, German hikers exploring the Similaun Glacier in the Alps discovered the mummified body of an estimated 5,300-year-old man. The Iceman, dubbed "Ötzi" for the area of the Alps where he was found, was very well preserved.

## On the Lighter Side

Knock! Knock! Who's there? Rhoda. Rhoda who? Rhoda horse all the way through town.

What kind of train do ballerinas ride? A tutu train.

A ship wrecked while carrying red paint. It marooned all the sailors.

Customer: "Waiter, what is this insect in my soup?"  
Waiter: "I wish you wouldn't ask me. I don't know one bug from another."

Why did the cucumber need a lawyer? It was in a pickle.

### Answers

Trivia answers: 1. Chicago 2. 1959 3. James A. Michener 4. Waterloo 5. Cria

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

## BrokerLink Insurance

HOME AUTO BUSINESS FARM

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




### 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.

780.978.0088 www.allproglass.ca

Windows	Doors
Skylights	Wet Rooms
Glass Railings	Shower Doors

Family Owned Local Alberta Business Since 1986

SCAN THIS CODE TO ENTER

**WIN A \$500 Gift Certificate**

www.directworkwear.com

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




### APARTMENTS FOR RENT

Multiple Size Apartments Available:

<b>STUDIO</b> \$750	<b>1 BDRM + DEN</b> \$900
<b>1 BDRM</b> \$845	<b>2 BDRM</b> \$950

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

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

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



### 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.



### 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



## NORTHWEST FUNERAL CHAPEL LTD.

Serving in the Peace County.

### Our Family Serving Yours

www.nwfuneralchapel.ca  
Valleyview: 780-524-2338 | @nwfuneralchapel

