

**LIFE HAPPENS AT THE BOLD CENTER.**

www.boldcenter.ca




**Recipe of the month**

**Strawberry-Rhubarb Pops**

3 cups chopped fresh or frozen rhubarb (½ inch)  
1/4 cup sugar  
3 tablespoons water  
1 cup strawberry yogurt  
½ cup unsweetened applesauce

1/4 cup finely chopped fresh strawberries  
2 drops red food colouring, optional  
8 freezer pop molds or 8 paper cups (3 ounces each) and wooden pop sticks

Prep: 10 min. + freezing Cook: 15 min. + cooling  
Yield: 8 pops

- Place rhubarb, sugar and water in a large saucepan; bring to a boil. Reduce heat; simmer, uncovered, until thick and blended, 10-15 minutes. Remove 3/4 cup mixture to a bowl; cool completely. (Save remaining rhubarb for another use.)
- Add yogurt, applesauce and strawberries to bowl; stir until blended. If desired, tint with food colouring. Fill each mold or cup with about 1/4 cup rhubarb mixture. Top molds with holders; top cups with foil and insert sticks through foil. Freeze until firm.

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



Family Owned Local Alberta Business Since 1986

SCAN THIS CODE TO ENTER

**WIN A \$500** Gift Certificate

[www.directworkwear.com](http://www.directworkwear.com)

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



**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)



**Stumbling Blocks Team Building Seminars**

**Build a Stronger, More Resilient Team**

Book Barbara Today!  
780-722-3188

BARBARAMAY.COM | STUMBLING-BLOCKS.COM



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](mailto:info@missionview.ca)



**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**  
Drina P. (age 8) from Edmonton, AB

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




**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. 30 July 25, 2022

**Everybody's Talking**

**Great big worm:** Most people have seen a robin plucking an earthworm from the ground. Those worms are not usually very long. But there is a region in Australia where the earthworms are so big that a robin would have difficulty catching one for dinner. Called Giant Gippsland Earthworms, these squiggly creatures are now found only around south and west Gippsland, in the state of Victoria. They can grow to be as long as two meters (6.6 ft.) in length. They are elusive, living in underground burrows, only appearing on the surface during times of heavy rain. It is thought that these worms live to be 10 to even 20 years old.

**Narrow city:** Yanjin, in China's Yunnan Province, sits along both sides of the Nanxi River. What's spectacular about this city is its narrowness. On both sides of the Nanxi are rocky cliffs that drop to the water, with steep mountains behind, leaving very little land upon which to build. However, structures have been erected; many are numerous stories high. These buildings commonly have stilts at their bases to protect them from rising river waters. The city is only 30 meters (98 ft.) at its narrowest point, and about 300 meters (985 ft.) at the widest part. Only one main road goes along the river on either side; the city stretches alongside for many kilometers, but with few bridges.

**Real-life hermit:** A Serbian man named Panta Petrovic got tired of living a normal life in the city, where money was king and material possessions were important. So, over 15 years ago, he retreated from city life and started living as a hermit. For part of the year, he lives in a hidden cave, and for the other part, he stays in a tree house. Petrovic lives simply, sleeping on the ground and bathing in the river. He shares his life with many pets, including dogs, cats, and ducks, and he even has a wild boar named Mara whom he acquired as a piglet. He is well known in the area, and local folk occasionally come to visit, bringing food for the animals.

**Spidermania:** People who love tattoos have lots of options for designs: flowers, birds, celebrity faces, skulls, and crossbones. The choices are endless. But Jesse Garcia, a tattoo artist in Los Angeles, California (U.S.), specializes in inking black widow spiders onto his clients' skin. These tattoo spiders are extremely realistic, have a 3D element to them, and look like they are actually sitting on the person's arm, shoulder, or leg. On many of his designs, Garcia will add a web as well. It may not be for everyone, especially those who are afraid of spiders. But for those who want an attention-getting tattoo, Garcia's studio may be the place to consider.

**Quoteable Quotes**

"Step by step the ladder is ascended." —George Herbert  
"Oh, it's nice to get up in the mornin',  
But it's nicer to lie in bed." —Sir Harry Lauder

**What's Happening**

**Aug 11 to 14 - Extreme Mudfest** Extreme Mudfest is a 4-day mud and music festival located in Cold Lake Alberta, Canada. In addition to nightly performers, we bring you a beer fest, Slow-pitch soft ball tournament, Extreme MudRun, and of course lots of Mud! 825 459-7645

**Aug 11 to 14-Tofield Western Days** Outdoor Bill Riding, Cabaret with DJ, Main Street Promenade, Pancake Breakfast and a whole lot more. Visit us on facebook for full details. [www.facebook.com/TownofTofield](http://www.facebook.com/TownofTofield)

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. In military lingo, what does the acronym MASH stand for?
2. The hottest planet in our solar system is Venus, Jupiter, or Neptune?
3. May Day is celebrated on what day?
4. This is the longest golf club in a golf set.
5. The state flower of Wisconsin (U.S.) is the wood violet, daisy, or buttercup?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd (Over)

**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 **SAVE UP TO 50%!**

**señerdirect** Northern Homes Realty  
Diana Noble Owner/Broker

780.747.8372

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

Tracy Lord  
Real Estate Agent




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)



**WEBSITES**

From \$129/Month

**(780) 760-6922**

FRONTLINECONSULTING.CA

**Coffee News** is proudly delivered by

**ilbds** LAC LA BICHE DISABILITY SERVICES focusing on abilities

Coffee News Part of your community.




**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

Scuba Diving & Snorkeling  
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)






## Online Counselling Alberta-wide

Complimentary 15-Minute Session



**INNATE FREEDOM**  
COUNSELLING

www.innatefreedomcounselling.com | 825.250.8415



**New Beginning Law**

- Separation Agreements
- Divorces
- Common Law
- Restraining orders
- Emergency Protection Orders
- Driving Offences
- Criminal Defence

**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

**BrokerLink Insurance**



HOME AUTO BUSINESS FARM

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

**Faster Internet. Unlimited data.**

IMPROVED!



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

**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

**OHMY VAPE LOUNGE**

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

**25 WORDS OR LESS**

WEEKDAYS 3PM

yesTV



**ZERO FUSS 100% ADVENTURE.**



Plan your summer staycation:  
**LACLABICHEREGION.COM**

Lac La Biche County  
www.laclabichecounty.com

# Your Weekly Horoscope

## ARIES

(March 21 - April 20)



You may be entering a period with a possible opportunity to heal a past wound. You might want to resolve this issue now, before striking out into new territory. Lucky numbers: 2, 31, 36, 40, 41, 47.

## TAURUS

(April 21 - May 21)



This week you may find that the pace of activity in your day-to-day routine significantly increases. If you dig in, you might find the energy to successfully work through this period. Lucky numbers: 3, 8, 13, 22, 26, 28.

## GEMINI

(May 22 - June 21)



Try looking for an opportunity to express yourself in a new way. This may allow you to show others your ability to create progress on an issue of great importance to you. Lucky numbers: 5, 10, 17, 40, 41, 46.

## CANCER

(June 22 - July 22)



You may find that your emotions are heightened this week, and they could provide insights to you. You might want to wait until these feelings pass before you take action. Lucky numbers: 9, 11, 15, 24, 41, 42.

## LEO

(July 23 - Aug. 23)



This week holds the potential for you to enter a new phase of your life. Try to look for an opportunity to do so, but be careful not to overreach in risk taking. Lucky numbers: 6, 8, 9, 25, 30, 35.

## VIRGO

(Aug. 24 - Sept. 23)



Are you encountering opposition from your partner? If you look to a past issue, you might find the source of the problem. This information could point the way to a solution. Lucky numbers: 8, 11, 15, 20, 36, 41.

## LIBRA

(Sept. 24 - Oct. 23)



Issues may arise in your relationships right now. Try to take a deep breath and step back. How could you create a dialogue, rather than digging in your heels about your viewpoint? Lucky numbers: 7, 10, 19, 37, 44, 45.

## SCORPIO

(Oct. 24 - Nov. 22)



You may experience unexpected or unusual events that could cause you to rethink your direction in life. This might help to release your perspective and seek to understand the message. Lucky numbers: 10, 18, 22, 26, 30, 48.

## SAGITTARIUS

(Nov. 23 - Dec. 21)



Right now you may find yourself going over old ground again. Try to be aware of allowing your reaction to grow out of proportion to the reality of the situation. Lucky numbers: 4, 11, 16, 20, 34, 36.

## CAPRICORN

(Dec. 22 - Jan. 20)



At the beginning of the week, you may find that your mind and emotions are out of sync. Perhaps you could wait a few days before making any significant decisions. Lucky numbers: 1, 21, 26, 37, 38, 39.

## AQUARIUS

(Jan. 21 - Feb. 19)



Are you discouraged about a particular situation in your life right now? If so, reaching out to others may help provide you with a more positive perspective about things. Lucky numbers: 12, 22, 26, 34, 37, 38.

## PISCES

(Feb. 20 - March 20)



Service to others is often an important consideration for Pisces. At this time, finding a form of service that you feel you can personally identify with may be important for you. Lucky numbers: 21, 29, 31, 32, 40, 43.

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

## Did You Know...

**Nose print:** Humans leave fingerprints on everything they touch, and because these are unique, fingerprints can be used to identify people. A dog's nose print is the same: its lines and patterns can be used to prove the canine's identity.

**Tasty stamps:** In 2013, Belgium issued a half million stamps with glue that smelled and tasted like chocolate. This was not a surprising move, since Belgium is known for producing some of the world's most delicious chocolate.

**Soothing gel:** The houseplant aloe vera can be used to heal scrapes and burns. A gel found inside the fleshy leaves of this succulent can be used as an ointment. Aloe vera plants are easy to care for.

**Ticklish situation:** Humans can have many types of phobias. One type is pteronophobia, which is the fear of feathers or of being tickled by feathers. Merely thinking of the possibility of such a thing can cause someone with the phobia to feel anxious.

**Skinny house:** A one-time hat shop is now billed as the skinniest house in London, England. Its 96 square metres (1,034 sq. ft.) have three bedrooms and one bathroom. The catch is that most of the five-story house is only 1.8 metres (6 ft.) wide.

## On the Lighter Side

Why couldn't the Tin Man join in the card game? They were playing Hearts.

Knock! Knock! *Who's there?* Butter. *Butter who?* Butter late than never.

Why couldn't the sailors play cards? Because they were standing on the deck.

Veterinarian: "Has your dog ever had fleas?"  
Child: "No, only puppies."

Being kissed by a vampire is a real pain in the neck.

## Answers

**Trivia answers:** 1. Mobile Army Surgical Unit 2. Venus 3. May 1 4. Driver 5. Wood violet

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

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

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

## 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!




Happy **HERITAGE** Day

from your friends at **Coffee News**



**Congratulations** to May's **Coffee News Guy** contest winners!

Your prizes are in the mail!

Jeffrey Smith  
Claire Boisvert  
Desiree Gauthier  
Linda Kondysar

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

**LARGEST SELECTION of Machines and Notions**

**Husqvarna**

**CENTRAL SEWING MACHINES**

SEWING | EMBROIDERY | QUILTING | INDUSTRIAL | SERVICE

Mon-Fri, 9 am - 5 pm Sat, 9 am - 3 pm

NEW LOCATION NOW OPEN!

SOUTH 780.469.1147 8649-63 Ave., Edmonton

WEST 780.486.0047 18514-104 Ave., Edmonton

[www.centralesewing.com](http://www.centralesewing.com)

**inogen**

**FREEDOM. TO BE YOU.**

1-888-998-6714

MKT-P0253



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

**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.llbrhs.com or on [Facebook](https://www.facebook.com/LacLaBicheRegionalHumaneSociety)

