

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

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

Friendly service your family can trust!
JJ's Value Drug Mart

INDEPENDENT PHARMACY

#205, 5342-50 Avenue, Vegreville
Galleria Shops | 587-790-7777

Transferring
prescriptions is as
easy as a phone
call

JJ Begalke
20 years of
experience as
a pharmacist

**FREE
DAILY
DELIVERY!**



Vegreville Kinsmen

14432 Township Rd 524
Vegreville

Golf Course

Booking for golf events, weddings, parties,
meetings, etc.

CLUBHOUSE
HOURS
9-9
7 DAYS A
WEEK

BOOK VIA PHONE OR ONLINE:

780.632.3140 | vegkgc.com

SHOP ONLINE!
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 & Snorkelling
11781-156 St., Edmonton 780.483.0044

SCUBAPRO | SHERWOOD | GARMIN | SHEARWATER | AKONA | HENDERSON | SEALIFE | TUSA

Coffee News is proud to support
Make-A-Wish® Canada



*Transform lives,
one wish at a time.*

Make-A-Wish.

Visit makeawish.ca

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

Congratulations

to May's
Coffee News Guy
contest winners!

Your prizes
are in the mail!



Enter today for
your chance to win at
www.coffee-news.ca



**Jeffrey Smith
Claire Boisvert
Desiree Gauthier
Linda Kondysar**

FREE!

New Issue Every Week!

Coffee News®

"News To Be Enjoyed
Over Coffee"

**Vegreville
Edition**

877-553-6397



www.coffee-news.ca

Est. 1988

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 3 to 7 - Vegreville Country Fair With tons to see and do make sure you don't miss the Vegreville Country Fair this summer. www.vegag.ca for more info. Vegreville Fair Grounds

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

Aug 12-Movie Under the Stars Round up your family, snacks, and lawn chairs for an enchanting evening you wont forget. Join us at Legacy Park for this unique experience. Activities 7 to 9 PM. Pre Show 9 PM. Movie Start 9:15 PM.

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.

25 WORDS OR LESS
WEEKDAYS 3PM
yesTV

**Online Counselling
Alberta-wide**
Complimentary 15-Minute Session

**INNATE FREEDOM
COUNSELLING**

www.innatefreedomcounselling.com | 825.250.8415

SHOP DIRECT WORKWEAR ONLINE
www.directworkwear.com

Enter to
WIN a \$500
Gift Certificate

SCAN THIS CODE
TO ENTER

Where Safety
Meets Savings

- ✓ Competitive Pricing
- ✓ Knowledgeable Service
- ✓ Great Selection
- ✓ Check Out Our Sale Page For Even Better Deals

Coffee News®
is proudly delivered by

VALID
— Association —

Coffee News® Part of your community.

**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

**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

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
or visit us in person at 111 First Avenue, Spruce Grove

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

(Over)

Visit us on Facebook-CoffeeNewsWeekly

Legal Services You Can Trust

COOPER REGEL
LAWYERS



- Wills, Enduring Powers of Attorney and Personal Directives
- Probate & Administration • Estate Litigation
- Real Estate Sales, Purchases and Refinance

Shantelle Smith | 780.570.8453
77 Chippewa Road, Sherwood Park AB

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**



Happy HERITAGE Day

from your friends at **Coffee News**



Friendly service your family can trust!

JJ's Value Drug Mart

INDEPENDENT PHARMACY

Transferring prescriptions is as easy as a phone call

#205, 5342-50 Avenue, Vegreville
Galleria Shops | 587-790-7777

JJ Begalke
20 years of experience as a pharmacist

FREE DAILY DELIVERY!



Recipe of the month

Strawberry-Rhubarb Pops

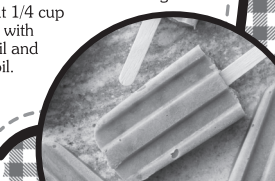
3 cups chopped fresh or frozen rhubarb (½ inch)
1/4 cup sugar
3 tablespoons water
1 cup strawberry yogurt
½ cup unsweetened applesauce

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>



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
a RAY of Fragrance

Sunset Scents
a RAY of Fragrance

prairiescentedcandles@gmail.com
www.prairiescentedcandles.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
Passenger Website: www.coldshot.ca

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

SERVING ALBERTA'S BUSINESS COMMUNITY SINCE 2005



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

inogen

FREEDOM. TO BE YOU.


1-888-998-6714



THE PERRY'S 2 FOR 1 Pizza & Pasta BIRTHDAY CLUB

Starts at 7:45 am Monday through Friday

Call or text **780.632.6671** during the show or submit a birthday through the website page the day before
<https://country106.ca/the-birthday-club/>



GRAVING COUNTRY?

106.5 COUNTRY



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!

Reader of the Month
Drina P. (age 8) from Edmonton, AB

Coffee News Fun Reading. Serious Advertising.



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



CANADA'S #1 RETAIL WINDOW COVERING FACTORY

real blinds

FREE DESIGN CONSULTATION
COMMERCIAL • RESIDENTIAL • WHOLESALE

780.741.2376
Toll Free 1.855.846.7325
REALBLINDS.CA

Made in Canada



IMPROVED!

Faster Internet. Unlimited data.

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



Come and enjoy rural Alberta!

Tired of waiting for high cost accommodation in the big city?
We have vacancies to offer residents living outside of town!

Studio suites, all inclusive \$1986.00 (maximum) and one bedroom couples' suites \$3004.00 (maximum), all inclusive.
Experience fresh air and country living.

780.853.5706
Contact our office at admin@vdhf.ca
www.vdhf.ca
5401-46 St., Vermilion

Vermilion & District Housing Foundation

