

25 WORDS OR LESS
WEEKDAYS 3PM
yesTV

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

Transform lives, one wish at a time.

Make-A-Wish.
Visit makeawish.ca

WEBSITES
From \$129/Month

(780) 760-6922
FRONTLINECONSULTING.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
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.

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

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
prairiescentedcandles@gmail.com
www.prairiescentedcandles.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

SERVING THE COMMUNITY FOR OVER 18 YEARS

Online Counselling Alberta-wide
Complimentary 15-Minute Session

INNATE FREEDOM
COUNSELLING

www.innatefreedomcounselling.com | 825.250.8415

FREE! *New Issue Every Week!*
Coffee News®
"News To Be Enjoyed Over Coffee"
Grimshaw 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 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 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

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!

...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)

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

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.

Faster Internet. Unlimited data.

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

THIS SPACE FOR RENT
780-220-6397

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.drmikeyhopperoptometry.com

New Patients and Walk-ins Welcome!

Open Mon to Fri, 8:45 a.m.-5:00 p.m.

PROMPT APPOINTMENTS AVAILABLE
DIRECT BILLING

Stumbling Blocks Team Building Seminars

Build a Stronger, More Resilient Team

Book Barbara Today!
780-722-3188

BARBARAMAY.COM | STUMBLING-BLOCKS.COM

Coffee News® is proudly delivered by

Blue Heron Support Services Association

Coffee News Part of your community.

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

inogen
**FREEDOM.
 TO BE YOU.**
 1-888-998-6714
 MKT-P0253

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
 CERTIFIED CLINICIAN
 CALL US TO DISCOVER HOW DENTURES CAN AFFECT YOUR CONFIDENCE & HEALTH!
 Dentureimplantcottage.ca | 780.624.4573

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

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

Recipe of the month
Strawberry-Rhubarb Pops
 3 cups chopped fresh or frozen rhubarb (1/2 inch)
 1/4 cup sugar
 3 tablespoons water
 1 cup strawberry yogurt
 1/2 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
 1 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.)
 2 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>

LARGEST SELECTION of Machines and Notions
baby lock
 FOR THE LOVE OF SEWING
 Come in for a test drive!
 Mon-Fri, 9 am - 5 pm Sat, 9 am - 3 pm
 NEW LOCATION NOW OPEN!
 SOUTH 780.469.1147 WEST 780.486.0047
 8649-63 Ave., Edmonton 18514-104 Ave., Edmonton
 www.centrawsewing.com
 SEWING | EMBROIDERY | QUILTING | INDUSTRIAL | SERVICE

Family Owned Local Alberta Business Since 1986
 SCAN THIS CODE TO ENTER
WIN A \$500
 www.directworkwear.com Gift Certificate
 Always low prices & great deals... save money.

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

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

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

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

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

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

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).

9811-100 Avenue Peace River, Alberta
 www.peacevalleydental.com
 780.624.3355 • info@peacevalleydental.com

COLD SHOT
 A DIVISION OF BALWARIA EMPIRE PVT. LTD.

PASSENGER & PARCEL SERVICES
 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
 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

Edward Jones

Don't just think about retirement. Plan for it.

Chris M Kadyk
 Financial Advisor
 780-532-2336
chris.kadyk@edwardjones.com
edwardjones.ca/chris-kadyk

Follow me on

Affordable-Effective-Exclusive-CALL NOW!