

Recipe of the month

Summer Macaroni Salad

1 package (16 ounces) elbow macaroni	1/4 teaspoon pepper
1 cup reduced-fat mayonnaise	1 small sweet yellow, orange or red pepper, finely chopped
3 to 4 tablespoons water or 2% milk	1 small green pepper, finely chopped
2 tablespoons red wine vinegar	1 small onion, finely chopped
1 tablespoon sugar	1 celery rib, finely chopped
1-1/2 teaspoons salt	2 tablespoons minced fresh parsley
1/4 teaspoon garlic powder	

Prep: 20 min. + chilling Cook: 15 min. Yield: 16 servings

- Cook macaroni according to package directions. Drain; rinse with cold water and drain again.
- In a small bowl, mix mayonnaise, water, vinegar, sugar and seasonings until blended. In a large bowl, combine macaroni, peppers, onion and celery. Add 1 cup dressing; toss gently to coat. Refrigerate, covered, until cold, about 2 hours. Cover and refrigerate remaining dressing to add just before serving.
- To serve, stir in reserved dressing. Sprinkle with parsley.

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

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.

PEACE RIVER VISION CLINIC

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.

- Eye Exams
- Designer Frame Lenses
- Contact Lenses
- Glaucoma Eye Evaluations
- Diabetes Eye Evaluations
- Safety Glasses

PROMPT APPOINTMENTS AVAILABLE
DIRECT BILLING

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.

WE SHIP ACROSS CANADA
Huge Women's Selection
XXS up to 7XL Sizing

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

Online Counselling Alberta-wide

Complimentary 15-Minute Session

INNATE FREEDOM COUNSELLING

www.innatefreedomcounselling.com | 825.250.8415

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!

FREE! New Issue Every Week!

Coffee News®

"News To Be Enjoyed Over Coffee"

Fairview Edition
877-553-6397

www.coffee-news.ca

Vol. 19 No. 32 August 8, 2022

Everybody's Talking

Pebble pictures: Combing the beach for colourful, oddly shaped stones is always fun. For Justin Bateman, an English artist, the stones come in handy for his creations: mosaic pictures that he puts together right on the beach. He uses stones of all shapes, sizes, and colours to reproduce such masterpieces as "Mona Lisa" and "Girl With a Pearl Earring." His work is eye-catching, but viewers have to be quick because the pieces don't last long in their rugged, natural environment. Bateman can spend from one or two days to several weeks completing one of his stone works of art. He currently resides in Thailand; his artwork can be seen on beaches and surrounding areas.

Tunnel road: Guoliang is a remote village located high in the Taihang Mountains in China's Henan Province. People in the village had been quite isolated until the 1970s, when they decided to hand-dig a tunnel so cars could come and go from the scenic location. Using hammers and chisels, they succeeded in building a tunnel that is 1.2 kilometres (0.75 mi.) in length. The task took five years to accomplish and was completed in 1977. Before the tunnel's construction, the only way in and out of Guoliang was via the "Sky Ladder," a difficult climb up the mountain. Today, the tunnel is a tourist attraction, and the villagers are enjoying a more robust economy.

Unique pizza oven: Those wanting to enjoy a unique pizza might want to head to the Pacaya Volcano in Guatemala, where Chef Mario David García Mansilla uses lava from the active volcano to cook his gourmet pizzas. His restaurant is called Pizza Pacaya, and it moves according to where cooling lava can be found. The lava forms a kind of cave as it cools, creating a sort of oven where the chef can bake his pies. He also cooks the pizza directly on top of molten rocks. In either case, he wears protective gear while at work. Patrons can make a reservation for their slice of volcano-cooked pizza. Mansilla got the idea for his restaurant when he saw tourists roasting marshmallows over lava.

Two heads: The diamondback terrapin turtle is a threatened species in the United States, so researchers were excited when a two-headed specimen was born. Now in the care of the Birdsey Cape Wildlife Center in Massachusetts, the turtle is doing well. It has six legs instead of the usual four, along with two heads that move in and out of the shell independently. A barium test revealed that each head has its own gastrointestinal system, and scientists are looking for ways to learn more about this interesting creature. The turtle is growing well, with the heads seeming to work together to swim and find food.

Quoteable Quotes

"Resolve never to quit, never to give up, no matter what the situation." —Jack Nicklaus
"Long after an experience...it is seen quite differently." —Doris Lessing

What's Happening

Sept 7 - Orchard Tour - Dalen Park The City of Grande Prairie is hosting Community Orchard Tours to show residents the benefits of having over 15 orchards in our community. Dalen Park 76A Avenue and 98 Street in North Patterson 6 pm to 7 pm.

Sept 7-Edson Dance Academy used shoe sale open house Need used shoes or new tights? Want to come check out our space? Come down to our open house! Address is 4820 3 Ave, in the Hive Quarters Building, Edson.

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.

Trivia

- What is the only even prime number?
- The Argentine flag has these two colours and this celestial body.
- Who wrote the novel Breakfast at Tiffany's?
- What shape depicts psychologist Abraham Maslow's hierarchy of needs?
- What Mexican holiday originally celebrated the Battle of Puebla in 1862?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

IMPROVED!

Faster Internet. Unlimited data.

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

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

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
edwardjones.ca/chris-kadyk

Follow me on

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

Transform lives, one wish at a time.

Make-A-Wish
Visit makeawish.ca

WHEEL OF FORTUNE

WEEKNIGHTS 7PM/6PST
yesTV

2009-2022 MODELS

CARSWANTED.CA

USA BUYER WANTS YOUR VEHICLE!
TRADE IN, LEASE BUYOUTS, FLEET UNITS... ANY CONDITION!

LOCAL PICKUP • INSTANT CASH OR CERTIFIED FUNDS
587-805-1500

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

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

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

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

WEBSITES From \$129/Month

(780) 760-6922

FRONTLINECONSULTING.CA

inogen FREEDOM. TO BE YOU.

1-888-998-6714

MKT-P0253

SHOP ONLINE!

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

Learn to SCUBA DIVE at our Edmonton location - call for details

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

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

ETTA TELECOM

587.760.2800 | https://zettatelecom.com

DEDICATED TO FINDING OUR CLIENTS THE BEST SOLUTIONS WITHIN THEIR BUDGETS

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

The World's #1 Restaurant Publication!

Your Weekly Horoscope

ARIES (March 21 - April 20)

You may want to consider making an adjustment in your style of communicating with others. This could change the way that people see you, and eventually might lead to new opportunities. Lucky numbers: 4, 5, 14, 15, 26, 33.

TAURUS (April 21 - May 21)

An unusual or unexpected event in your life may be frustrating to you right now. Taking a deep breath and reflecting on your next steps before acting may be helpful. Lucky numbers: 14, 17, 24, 25, 33, 37.

GEMINI (May 22 - June 21)

Are you willing to fight for some specific issue? Gemini's ability to integrate information that may be conflicting can be useful in presenting a convincing argument on the matter. Lucky numbers: 17, 21, 22, 31, 37, 46.

CANCER (June 22 - July 22)

This week your heart may be in one place and your head in a different one. Waiting to act on anything until this dynamic passes by may be helpful. Lucky numbers: 3, 15, 19, 20, 41, 42.

LEO (July 23 - Aug. 23)

During the next month, the potential exists to reassess your values. What type of legacy do you want to leave for others, and what can you do to manifest it? Lucky numbers: 5, 7, 12, 25, 27, 48.

VIRGO (Aug. 24 - Sept. 23)

Are you having difficulty clearly communicating with your partner right now? If so, initiating a discussion about it between the two of you may be helpful in moving forward. Lucky numbers: 8, 17, 19, 33, 37, 43.

LIBRA (Sept. 24 - Oct. 23)

Libras often prefer for others to be in the limelight, rather than themselves. Right now, though, stepping into the spotlight yourself may be more comfortable than standing in the wings for others. Lucky numbers: 7, 10, 12, 14, 23, 40.

SCORPIO (Oct. 24 - Nov. 22)

An old, karmic issue may be resurfacing in your life right now. What might be helpful would be to resolve the prior consequences of this matter before trying to move forward. Lucky numbers: 12, 16, 18, 28, 29, 41.

SAGITTARIUS (Nov. 23 - Dec. 21)

Right now, there may be an opportunity to light a fire under the plans to achieve your life's dreams and wishes. However, you may need to proactively reach for it. Lucky numbers: 1, 4, 6, 16, 20, 27.

CAPRICORN (Dec. 22 - Jan. 20)

A trait of many Capricorns is to just keep putting one foot in front of the other until they get where they are going. Events this week may reinforce that pattern. Lucky numbers: 2, 4, 8, 17, 21, 31.

AQUARIUS (Jan. 21 - Feb. 19)

The full moon in your sign may provide a strong potential for you to bring a project to completion. Then you might be able to begin planning for the next six months. Lucky numbers: 22, 25, 36, 39, 40, 44.

PISCES (Feb. 20 - March 20)

Have you been in a pattern of having a difficult time getting out of your own way? You may find more endurance now to break through the obstacles that have impeded your progress. Lucky numbers: 15, 16, 19, 28, 29, 38.

Lucky numbers this week: This week's odds favour Libra winners with the luckiest number being 7.

Did You Know...

Couples only: Switzerland has many laws in place to protect animals, even guinea pigs. It's illegal to own only one. These mammals are highly social, so having only one lone(ly) guinea pig is considered animal abuse.

Waiting until the end: Going to the movies means sitting through lots of movie previews, so why are they called "trailers"? In the early days of showing movies, these film clips were shown after the main show, therefore they trailed it.

Living on air: Air plants come in many shapes and sizes, but the common denominator is that they don't need soil to grow. Just submerge and soak them for a while to water them, and mist them between soaks.

Spectacular falls: The Zambezi River flows between the borders of Zambia and Zimbabwe, and its claim to fame is the magnificent Victoria Falls. The water cascades down a ledge that is 1,708 metres (5,640 ft.) wide, into a gorge 108 metres (354 ft.) below.

Fastest man: A rare genetic disorder caused Zion Clark to be born without legs. In February 2021, he broke the Guinness World Record for the fastest 20 meter (65 ft.) walk on hands alone, finishing in under 4.8 seconds. His triumph took place at his former high school gym in Massillon, Ohio (U.S.).

On the Lighter Side

Did you hear that the fire-eater got engaged? He ran into an old flame.

I was accused of being a plagiarist. Their words, not mine.

Waiter: "What's the matter with the soup?"
Customer: "I asked for barley soup, not barely soup!"

What goes trot-dash-trot-dash-dash? Horse code.

Knock! Knock! Who's there? Decay. Decay who? Decay is after the J in the alphabet!

Answers

Trivia answers: 1. Two 2. Blue, white, sun 3. Truman Capote 4. Pyramid 5. Cinco de Mayo

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

LARGEST SELECTION of Machines and Notions

Your Sewing Superstore

CENTRAL SEWING MACHINES

SEWING | EMBROIDERY | QUILTING | INDUSTRIAL | SERVICE

Husqvarna

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 8649-63 Ave., Edmonton
WEST 780.486.0047 18514-104 Ave., Edmonton
www.centraisewing.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 or visit us in person at 111 First Avenue, Spruce Grove

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

Kim M. Maximchuk DD
Rachelle Brochu DD
Kendall Blanchette DD

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 LLOYD KENNEY, Independent Associate, to find out how LegalShield can help you!

LegalShield 1-877-579-9449

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

BEST OF HAWAII FOUR-ISLAND TOUR

12 days, departs year-round

FROM \$2,549
\$2,299 USD

VMT vacations

1-877-699-7003
promo code N7017

* Prices are per person based on double occupancy plus \$299 in taxes & fees. Single supplement and seasonal surcharges may apply. Add-on airfare available. Offers apply to new bookings only, made by 9/30/22. Other terms & conditions may apply. Ask your Travel Consultant for details.

Stumbling Blocks Team Building Seminars

Build a Stronger, More Resilient Team

Book Barbara Today!
780-722-3188

BARBARAMAY.COM | STUMBLING-BLOCKS.COM

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

OUR TEAM HAS BEEN SERVING THE COMMUNITY FOR 20 YEARS