

THIS SPACE FOR RENT
780-220-6397

FREE! *New Issue Every Week!*
Coffee News[®]
"News To Be Enjoyed Over Coffee"
St. Paul Edition
877-553-6397



www.coffee-news.ca

ESTHER BYRT
Mortgage Consultant

587.789.1707
esther@homemortgage.expert
www.homemortgage.expert

"Your Lakeland & Area Mortgage Expert"

- First Time Buyers
- Mortgage Renewal
- Refinancing
- HELOCs
- Second Homes/ Investment Properties
- Pre-Approvals
- Rate Holds & more!

powered by Axiom Mortgage Solutions

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

CENTRAL SEWING MACHINES

SEWING | EMBROIDERY | QUILTING | INDUSTRIAL | SERVICE

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**

Pregnant? Facing Difficult Decisions?

We can help.
Call **780.421.1177** or text **587.596.5380**

A Small Miracle Adoption

Adoption is the ultimate expression of a committed heart

- Confidential Pregnancy Counselling
- Support and Connection to Resources
- Adoption Information and Advice

www.smallmiraclesadoption.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

Stumbling Blocks Team Building Seminars

Build a Stronger, More Resilient Team

Book Barbara Today!
780-722-3188

BARBARAMAY.COM | STUMBLING-BLOCKS.COM

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

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

Vol. 19 No. 35 August 29, 2022

Everybody's Talking

Star-shaped sand: A particular beach in Japan looks like any other beach in the country, but this one is special to those who look closely at the sand. The beach is called Hoshizuna-no-Hama, which means "Sand in the Shape of a Star." That is exactly the situation in this little slice of paradise, located on Iriomote, an island in Okinawa prefecture. The five- or six-point grains are not really sand; they are the exoskeletons of a small organism that once lived on the ocean floor. Ocean currents bring these tiny bits of shell ashore, mixing them with the "normal" sand on the beach.

Leaning tree: A tall tree native to New Caledonia in the South Pacific is called the Cook pine (Araucaria columnaris). Due to cultivation, these trees grow in other temperate areas of the world. An interesting phenomenon is associated with them: the trees north of the equator lean south, and those south of the equator lean north. Not only that, but the farther away from the equator they are, the more acute the angle. Trees that lean usually do so because of environmental factors, such as wind or light availability. But this is not the case with Cook pines. Scientists have not been able to explain why Cook pines exhibit this distinctive peculiarity.

Mountain lake: The deepest lake in the United States is Crater Lake, located in Crater Lake National Park in the state of Oregon. This body of water is interesting because at one time, it was the top of the volcanic Mount Mazama. About 7,700 years ago, the volcano erupted and the mountain collapsed inward, forming a lake that is 1,943 feet (592 metres) deep. The clear and deep blue water has accumulated through centuries of snow and rain, attracting visitors to view its beauty during all seasons. Crater Lake rarely freezes over, even during the cold and snowy Oregon winters. In the lake sits Wizard Island, which grew from numerous volcanic eruptions over the centuries.

Grassy hill: Icelandic artist Olof Nordal had a unique vision for a work of art. He designed and built a dome-shaped hill known as Thufa. The grass-covered hill has been sitting near the old hharbour in Iceland's capital city of Reykjavik since 2013. Thufa is made of over 4,000 tonnes of gravel and stands about eight metres (26 feet) high. The artist paid tribute to the history of the country by placing an Icelandic fishing hut on top. This type of hut is important to the country's tradition of hanging salted fish to dry. Visitors can walk a spiral path to the top, and from there they can admire views of both the city and fjords.

Quoteable Quotes

"Honesty... makes me feel powerful in a difficult world." —Cher
"Do you know what my favourite part of the game is? The opportunity to play." —Mike Singletary

What's Happening

Sep 2 to 3 - Feast at the Beach Join us Labour Day Weekend on award winning Kinosoo Beach for our ultimate, FREE, 2 day Food Truck Music Festival - Feast at the Beach. This is an all ages event with something for everyone! 780 594-4747. feastatthebeach@gmail.com

Oct 1 - Support to Ride for Refuge 3 PM. Cold Lake Food Bank, 5216 55A Street.

Sep 18 - Terry Fox Run - Walk Register now for the 42nd Terry Fox Run. Lloydminster AB Bud Miller Park. Sept. 18 2022 9:00 am until 12 PM. 780 875-9757

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 the TV show All in the Family, what is Archie Bunker's daughter's name?
2. Baby bats are called _____.
3. How many watts are in a kilowatt?
4. Does the warp or the weft run lengthwise (vertically) in a loom?
5. Who composed the 1962 piano tune "Alley Cat"?

(Flip bottom of page for answers)

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

Transform lives, one wish at a time.

Make-A-Wish

Visit **makeawish.ca**

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

WHEEL OF FORTUNE

WEEKNIGHTS 7PM/6PST
yesTV

Online Counselling Alberta-wide

Complimentary 15-Minute Session

INNATE FREEDOM COUNSELLING

www.innatefreedomcounselling.com | 825.250.8415

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

MARINE SUPPLY!

L & D Marine Rentals

61116 Hwy. 28 W
Bonnyville
780.201.0154

PARTS AND ACCESSORIES

Oil for ALL Applications
Automotive • Power Sports Marine • Heavy Duty Diesel, etc.

BOAT RENTALS AND REPAIRS

BRIGGS & STRATTON DEALER

DISCOVER THE POWER OF ZUSOIA
The First in Hydroelectric

BEST OF HAWAII FOUR-ISLAND TOUR

12 days, departs year-round

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

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.

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

LOYALTY, TRUST AND EXPERIENCE SINCE 1975

owned by the **Thackeray** FAMILY

Memento FUNERAL CHAPEL (1975) LIMITED

FUNERALS • CREMATION • MONUMENTS • PRE-PLANNING

BASIC CREMATION \$3295

CURRENTLY OFFERING UP TO **35% OFF** SELECT REMCO MONUMENTS

ST. PAUL 780-615-3113 | BONNYVILLE 780-826-3113 | GOLD LAKE 780-639-3113

Fast and Reliable Wireless Home Internet

Starting at only **\$59.99** /month

Price guaranteed for 1 year!

*Offer subject to change. Tax extra. Price guaranteed for duration of 1-year term

Lock in these low prices now before they're gone!
Call 1-866-218-8782 now!

XPLORNET

inogen

FREEDOM. TO BE YOU.

1-888-998-6714

MKT-P0253

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:
• 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
Steph Seidel from Fort McMurray

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

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

Stepping Stones COACHING

Dawn Lavallee - Certified Relationship and Life Coach

780.645.8574 @dawn.lavallee
dlavallee@stepping-stonescoaching.com

Helping You Navigate Life's Challenges

Your Weekly Horoscope

ARIES (March 21 - April 20)



Are you feeling conflicted about what is best for you, versus what is best for someone else in your orbit? Perhaps having a discussion about it would help you find a compromise. Lucky numbers: 15, 21, 25, 31, 35, 46.

TAURUS (April 21 - May 21)



Your thoughts and feelings may be out of sync for a few days this week. This might not be the time to stubbornly push through. Consider waiting for the situation to improve. Lucky numbers: 9, 13, 18, 28, 32, 47.

GEMINI (May 22 - June 21)



You might have a close, personal association with a current project, and you may be proud of your efforts. But try not to let your ego get in the way. Lucky numbers: 6, 16, 22, 36, 38, 40.

CANCER (June 22 - July 22)



At times, you may feel that you are peering out from the safety of your crab's shell. This situation could provide an opportunity to explore outside your comfort zone. Lucky numbers: 2, 12, 19, 31, 32, 34.

LEO (July 23 - Aug. 23)



Any issues regarding nurturing, whether of yourself or others, may come to the surface right now. This might be a good time to examine how those issues impact your life and relationships. Lucky numbers: 23, 27, 31, 39, 43, 48.

VIRGO (Aug. 24 - Sept. 23)



On the scale of results versus relationships, do you tend to focus on results? If so, an opportunity may be presented for you to forge a more empathetic connection to others. Lucky numbers: 3, 16, 20, 30, 37, 41.

LIBRA (Sept. 24 - Oct. 23)



At the beginning of the week, you may find an emotional balance between your heart and your mind. Use this calming energy to decide what to do next. Lucky numbers: 5, 16, 18, 24, 44, 47.

SCORPIO (Oct. 24 - Nov. 22)



Your usual ability to see the hidden truths in people and situations may be particularly strong during midweek. Consider how to be judicious and compassionate in what you say to others. Lucky numbers: 1, 3, 9, 24, 25, 42.

SAGITTARIUS (Nov. 23 - Dec. 21)



Your innate enthusiasm may be stronger than usual at the end of the week. Try to use this energy to push past obstacles and to complete goals that may have gotten stuck. Lucky numbers: 7, 10, 12, 14, 45, 48.

CAPRICORN (Dec. 22 - Jan. 20)



Capricorns often have a serious attitude, both toward themselves and toward life in general. If this describes you, the energy now may help you lighten up and have some fun. Lucky numbers: 4, 16, 28, 30, 34, 44.

AQUARIUS (Jan. 21 - Feb. 19)



Perhaps you recently have felt that the world has been asking too much of you. If so, this phase may be nearing its end, but consider what you have learned during it. Lucky numbers: 11, 16, 23, 27, 29, 43.

PISCES (Feb. 20 - March 20)



The deeply intuitive nature of Pisces also can be easily discouraged sometimes. Right now, though, you may have an opportunity to make an adjustment in your view, to encourage optimism. Lucky numbers: 8, 11, 13, 17, 22, 24.

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

Did You Know...

Tree rings: The rings on a tree's trunk can indicate more than the age of the tree. They also provide information about the weather. Wide rings usually mean a year was warm and wet, while thin rings indicate a colder, drier year.

Wear your helmet! Wearing a helmet is important for bicyclists. Studies have shown that by taking this safety measure, riders can reduce their risk of head injury by about 50 percent.

Long beak: Anyone fishing should steer clear of slender fish with a beak. It could be a needlefish, with elongated, narrow jaws full of sharp teeth. These fast fish jump from water to avoid boats and other activity, and can accidentally stab humans who may be in the way.

Don't cry! The type of onion called Sunion does not make cooks cry when cutting them. Developed in the United States through cross-breeding, Sunions get sweeter and milder the longer they are stored.

Corn cobs: Popcorn is one of many types of corn. Others are field or dent corn (often used for livestock), sweet corn, flint corn (very colourful and often used for decorative purposes), flour corn, and pod corn.

On the Lighter Side

Worms make good detectives because they know how to get to the bottom of things.

Does a roller coaster like its work? It has its ups and downs.

Lou: "I've got a cat who can say his own name."
Joe: "That's great! What's your cat's name?"
Lou: "Meow!"

What did the spider bride wear when she got married? A webbing dress.

Knock! Knock! Who's there? Catch! Catch who? Bless you!

Answers

Trivia answers: 1. Gloria Stevie 2. Pups or bittens 3. 1,000 4. Warp 5. Bent Fabric

For available franchise opportunities - visit coffeeneWSCANADA.COM
© Published with Permission by Capital Marketing Ltd

Get More Traffic, Leads & Sales



- Website Development
- Google Ads
- Facebook Advertising
- Social Media Management
- SEO & Content Marketing
- Reporting & Analytics

Frontline
web consulting

780.760.6922
frontlineconsulting.ca

MORE THAN JUST BOLTS!

Nuts & Bolts

Screws

Drill Bits

Rigging

Fasteners

24/7 MOBILE DELIVERY
PARTS DELIVERED RIGHT TO YOUR JOBSITE - NO MORE WAITING IN AN EMERGENCY!

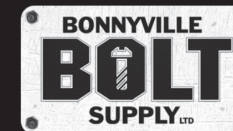
TOOLS WE CARRY:

- Drills
- Impact Drivers
- Grinders
- Polishers
- Sanders
- Grease Guns
- Circular Saws
- Reciprocating Saws
- Rotary Saws
- Hand Tools
- Blowers
- Water Pumps



WE ARE EXPANDING!

As of March 2022, you will find us at our new location **1 mile west of Bonnyville on Hwy 28** (near the Shaw House)



780.812.2922 | <https://bbsupply.ca>



- 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

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.

Reduced Rent!

(780) 207-5649

BONNYVILLE Luxury apartments starting at \$1095*! *On a 12 month term

Northview Manor 5108 - 54 Avenue 780-614-7551

Northview (780) 614-7551

ST. PAUL Upgraded apartments starting at \$850!

Northview Canadian High Yield Residential Fund *On approved application, while promotion lasts

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!



1-877-579-9449