

#### Les Helm, RPFT

780.520.4000 Office 780.623.2494 780.623.2894 I.helmsilversage@gmail.com

#### **Land Resource Planning**

- Gravel Pits
- Mapping
- Reclamation Road Engineering





















"News To Be Enjoyed Over Coffee"

Lac La Biche and Area **Edition** 877-553-6397

www.coffee-news.ca

Vol. 19 No. 42 October 17, 2022

## Everybody's Talking

**Great view:** A tall, skinny structure in Brighton, England, looks like a needle rising toward the sky. It is the British Airways i360 observation tower, and it stands 162 metres (531 feet) tall. Only 3.9 metres (12.8 feet) at its widest point, this small diameter is what makes it appear to be a needle. Visitors ride up in a pod that uses technology similar to that of cable cars. Once on top, up to 200 tourists can wander around a moving glass deck that affords 360-degree views of this seaside city and the English Channel. The tower, designed by Marks Barfield Architects, is engineered to withstand the high winds blowing in from the sea.

**Lots of food:** Anyone who wants to indulge in a plethora of French cuisine should visit Narbonne, France. There, Les Grands Buffets serves a large variety of French-inspired food concocted by experienced chefs, at a reasonable price. The guests can choose to indulge in their favourites or may opt to try something new. There are hors d'oeuvres, seafood choices, meats, cheeses, and more. The menu includes dessert, of course, with delectable cakes and pastries to finish off the meal (or to eat first, if one so desires). The surroundings, which include chandeliers and tapestries, are opulent as well.

**Expensive wood:** A rare kind of wood from East Asia called "kynam" is a type of agarwood. It has been part of the culture of many Asian countries, such as Vietnam, China, and Japan, for centuries. This precious commodity comes from the heartwood of the aguilaria tree, but only when the tree produces a darkcoloured resin. This happens when the tree is damaged, perhaps by lightning or by insects. The resin causes a strong aroma in the wood, and therefore the wood is used to create items such as high quality perfume and incense. Some farms produce this wood, but if found in the wild, it sells for more than gold.

To the rescue: Dogs may be many a human's best friend, but they'll stand by their canine friends, as well. This was the case with Winston, a dachshund who lives with his human family and his tiny Chihuahua pal, Mijo, in Evergreen, Colorado (U.S.). The four-footed pair got out of their house at the moment that a mountain lion sauntered by. The large feline snatched Mijo, but Winston would not stand for it. He charged and growled until the cat let go of his best buddy. Owner Lindsay Golden took her pets to the vet. While Winston was no worse for wear, Mijo needed tending, but is definitely on the road to recovery, thanks to Winston's quick actions.

## Ouoteable Quotes

"Spring is nature's way of saying, 'Let's party!" Robin Williams

"If you do not think of the future, you cannot have one." John Galsworthy

# What's Happening

**Thursdays - Rhyme Time** Sessions are held on Thursdays from 10:30-11:30am in the Wild Rose Room at the Lac La Biche Library. Designed for ages 0 to 5 and they must be accompanied by a caregiver. Call 780-623-7467 for more details. No registration required.

> NON profit organizations may submit events for FREE at www.coffee-news.ca/whats-happening



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 TST 51.4. 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. Angkor Wat temple complex is near what major Cambodian city?
- 2. Halley's Comet is named for what English astronomer?
- 3. Poet Pablo Neruda is from Chile, Uruguay, or Argentina?
- 4. Tomatoes, potatoes, and eggplants belong to which plant family? 5. The Sun is about 93 million miles (150 million km) from Earth—T/F?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

(Over)







THIS SPACE

**FOR RENT** 780-220-6397



Fast wireless home Internet with truly unlimited data.

Call 1-866-218-8782 to sign up

Go beyond. > xplore.ca

Xplore



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** 

Visit us on Facebook-CoffeeNewsWeekly



12 days, departs



year-round

1-877-699-7003

promo code N7017

\* Prices are per person based on double occupancy plus \$299 in taxes & fees. Single supplement and seas 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.

### 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 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!

VAPE LOUNGE





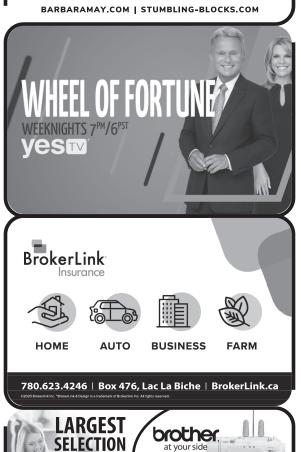
LET US HELP YOU QUIT SMOKING

Reader of the Month

and make a plan

10263-101 Ave., Lac La Biche 10 am - 6 pm, 7 days a week Closed on holidays





of brother

Accessories

Your Sewing

SOUTH

SEWING | EMBROIDERY | QUILTING | INDUSTRIAL | SERVICE

The World's #1 Restaurant Publication!

NEW LOCATION NOW OPEN!

WEST

780.469.1147 780.486.0047 8649-63 Ave., Edmonton 18514-104 Ave., Edmonton ©

www.centralsewing.com

**Machines and** 

CENTRAL SEWING

MACHINES

Your Weekly Horoscope

(March 21 - April 20)



Aries usually have a strong ego and confidence. Right now, however, you may be feeling anxious or uncertain. Adapting to the situation might require that

you adjust your viewpoint about it. Lucky numbers: 7, 11, 12, 16, 41, 48.

**TAURUS** 

(April 21 - May 21)



Usually Taurus folks can be described as loyal foot soldiers. However, now may be a time for you to step up to leadership, to seek justice on a matter of

importance. Lucky numbers: 12, 14,

**GEMINI** (May 22 - June 21)



The comfort zone of Gemini is often within one's own thoughts. This week may offer a good chance to explore life from the perspective of your feelings and those closest to you.

Lucky numbers: 5, 8, 9, 21, 23, 41. **CANCER** 

(June 22 - July 22)



Finding your particular pot of gold at the end of the rainbow may be a focus for you at this time. Consider how this desire might be connected to

your life purpose. Lucky numbers: 11, 15, 18, 21, 24, 30. **LEO** 

(July 23 - Aug. 23)



At the beginning of the week, your heart and mind may be in sync and well balanced. In what ways could you use this time to accomplish some-

thing positive in your life? Lucky numbers: 10, 13, 17, 20, 25, 42.

**VIRGO** 

(Aug. 24 - Sept. 23)



Your thought processes may be particularly wellgrounded at the start of the week. This dynamic might be good for any detailed work that you

may need to complete right now. Lucky numbers: 9, 17, 21, 31, 42, 43.

(Sept. 24 - Oct. 23)



You may be feeling extra confidence and optimism toward the end of the week. It might be a good time to repair a relationship or to mediate a con-

flict between other people. Lucky numbers: 15, 17, 26, 28, 36, 40.

**SCORPIO** 

(Oct. 24 - Nov. 22)



You may be entering a period of a few weeks where you might want to deeply examine issues with others regarding your relationships. Try to be

sure they are open to doing so. Lucky numbers: 4, 7, 10, 13, 14, 21.

**SAGITTARIUS** 

(Nov. 23 - Dec. 21)



Having a philosophical or spiritual belief system can be more important to Sagittarians than to other signs. A sudden or unexpected event may trigger

an adjustment in your world view. Lucky numbers: 8, 11, 23, 29, 30, 44.

**CAPRICORN** 

(Dec. 22 - Jan. 20)



You may be undergoing a period of transformation that can be frustrating. Try to avoid a clash of egos right now, especially with anyone with more power in

the situation than you. Lucky numbers: 3, 12, 13, 27, 40, 47

#### **AQUARIUS** (Jan. 21 - Feb. 19)



Have you been feeling like Sisyphus lately, rolling that rock up the mountain with no success? The energy pattern may begin to move things forward for

you in the near future. Lucky numbers: 2, 11, 18, 23, 34, 42.

**PISCES** 

(Feb. 20 - March 20)



Relationships can provide an opportunity to work on our issues as individuals. The potential for doing this may exist now for Pisces. Just be careful of triggering

a mirror effect. Lucky numbers: 1, 3, 5,

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

# Did You Know...

Green space: Little Island, located in the Hudson River in New York City, is a new park built upon a pier. It has trails, many species of plants and flowers, and an amphitheatre.

**Same cause:** Anyone who's had chickenpox may someday get shingles, with its red rash and blisters. That's because shingles is caused by reactivation of the same varicella-zoster virus that causes chickenpox.

For peat's sake: Canada is home to over one-third of the world's peatlands, a type of wetland where a variety of mosses and sedges grow. Dead Sphagnum moss accumulates under the living layer of vegetation.

**Classic literature:** English writer Jane Austen (1775-1817) is known for her vivid depictions of middle-class life in England. Two of her famous novels are Sense and Sensibility and Pride and Prejudice.

**Frothy delight:** Teh tarik is a popular beverage in Southeast Asian countries, especially Malaysia. This frothy drink, also known as "pulled tea," is made from tea, condensed milk, sugar, and water. It is poured back and forth between two mugs until it froths.

# On the Lighter Side

Why do elephants drive Volkswagens? There's room for four and the rest is trunk space.

Customer: "Waiter, this meat is bad." Waiter: "Who told you?"

Customer: "A little swallow."

What's a father's favourite food? Poppy seeds.

Once again someone has added more soil to my garden. The plot thickens.

Knock! Knock! Who's there? Mission. Mission who? Mission you a lot. Wish you were here.

#### Auswers

Halley 3. Chile 4. Nightshade 5. True Trivia answers: 1. Siem Reap, Cambodia 2. Edmond

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



Nurture a young animal until it reaches an adoptable age:

#### BECOME A FOSTER!



Required food & supplies (bedding, litter/box, etc. Veterinary care & expensed • Ongoing monitoring & support of the animal/foster home

Lac La Biche

WWW.llbrhs.com or on El Lac La Biche Regional Humane Society

### Get More Traffic, Leads & Sales



Frontline|

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

Reporting & Analytics

780.760.6922 frontlineconsulting.ca





You don't have an up to date will 2 You don't understand the difference

between a trust and a will The CRA selects you for an audit
You need a letter written on your behalf by a lawyer

You receive a speeding ticket 6 You need a lawyer's advice on any matter

LegalShield

Call LLOYD KENNEY, ndependent Associate, to find out how LegalShield can help you! 1-877-579-9449

**Start Your Own Business! FREE** government funded Self-Employment Training

**NOW ONLINE** TRAINING CENTRE INC

Suite 203 Energy Square, 10109-106 St., Edmonton AB T5J 3L7 780.482.4462 | www.microbusiness.ca

## HIP/KNEE REPLA



TROUBLE WALKING or DRESSING? The Disability Tax Credit allows for \$3,000 YEARLY TAX CREDIT

Other medical conditions causing

and \$30,000 LUMP SUM REFUND For Expert Help: 1.844.453.5372



Zone 79-Lac La Biche