

**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](http://www.coldshotca.com)  
Passenger Website: [www.coldshot.ca](http://www.coldshot.ca)

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

SERVING ALBERTA'S BUSINESS COMMUNITY SINCE 2005

**FREE!** *New Issue Every Week!*

**Coffee News**®  
"News To Be Enjoyed Over Coffee"

**Whitecourt Edition**

**877-553-6397**

[www.coffee-news.ca](http://www.coffee-news.ca)

Est. 1988

**Dragons of the Past**  
Book Four of The Dragons of Nibiru

Available now at your local bookstore

[www.dragonsofnibiru.com](http://www.dragonsofnibiru.com)

**THIS SPACE FOR RENT**

**780-220-6397**

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](http://www.coffee-news.ca/editions)

**GENERAC**

Prepare for power outages today  
WITH A HOME STANDBY GENERATOR

**FREE** 7-Year Extended Warranty\* An \$895 Value!

REQUEST A FREE QUOTE  
CALL NOW BEFORE THE NEXT POWER OUTAGE  
**(888) 688-0973**

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

Transform lives, one wish at a time.

**Make-A-Wish**

Visit [makeawish.ca](http://makeawish.ca)

Family Owned Local Alberta Business  
Since 1986

SCAN THIS CODE TO ENTER

**WIN A \$500** Gift Certificate

[www.directworkwear.com](http://www.directworkwear.com)

Always low prices & great deals... save money.

Bras Briefs Boxers Bikinis

**Romantic Notions inc.**

#30, 210 McLeod Ave., Spruce Grove

780.962.4944 | 1.855.962.4944

[www.romanticnotions.ca](http://www.romanticnotions.ca)

30 YEARS OF EXCELLENCE FINDING THE BEST BRA FIT FOR ALL BODIES

**SHOP ONLINE!**  
[www.scubagearcanada.ca](http://www.scubagearcanada.ca)

• Snorkelling Gear • Reef-Safe Sunscreen  
• Beach Water Shoes • Dry Bags & Wallets • UV Shirts

**The Dive Outfitters**  
Scuba Diving & Snorkeling

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

11781-156 St., Edmonton 780.483.0044

Vol. 20 No. 2 January 9, 2023

**Everybody's Talking**

**Lonely house:** On a rocky outcrop high in the mountains in Italy, a structure has become known as "the world's loneliest house." Called Buffa di Perrero, it is in the Dolomite Mountains on Monte Cristallo. The brick dwelling, with windows, two doors, and a slanted roof, is embedded on a ledge nearly 3,000 metres (over 9,000 feet) above sea level. Italian soldiers are thought to have built the house during World War I as a place to hide and rest. To reach it, visitors must travel on the Via Ferrata Ivano Dibona ("iron path"), which consists of steel ladders and cables. For the original builders, getting materials up the mountain would have been quite a feat.

**Cow virtual reality:** Virtual reality (VR) headsets aren't just for people to use to experience simulated scenes. Cows can use them, too! Izzet Kocak, a farmer from Aksaray, Turkey, wanted to encourage his cows to produce more milk in the winter, when they are cooped up in a barn. He used technology developed by veterinarians that fits VR headsets to the animals and plays scenes of green pastures. A study conducted on this unique idea showed that the cows grew calmer and less stressed. Kocak tested the devices with two cows in his herd and found that with the VR goggles they did, indeed, produce more milk.

**Dancing driver:** A bus driver in Orlando, Florida (U.S.), knows how to bring joy to one little girl. Mom Brette-Ashley Schmitt of Rochester, New York, was on vacation with her family, including her young daughter Emerson. As their bus arrived at their stop, Emerson's favourite song, Taylor Swift's "Shake it Off," was playing through the public address system. Excitedly, she told the driver she loved the song and started dancing. Despite what was probably a busy schedule, the driver chose to enjoy the moment; he turned up the volume and started dancing in his seat, smiling and laughing along with Emerson. Schmitt was thankful to the driver for taking the extra time to make her daughter smile.

**Fingerprint island:** Baljenac (or Bavljencak) Island is a fingertip-shaped island in the Adriatic Sea off Croatia's coast. The island also looks like a fingerprint when viewed from above. That's because this 0.14-square-kilometre (0.09-square-mile) island has over 23 kilometres (14 miles) of waist-high walls made of piled-up rocks. From the air, the long rows of walls look like the labyrinth of ridges on a fingerprint. The walls protect crops from the high winds common in the area. No one lives on the island, and farmers come from Kaprije, another island nearby, to plant the crops. Most likely, the walls have been there since at least the 19th century.

**Quoteable Quotes**

"Every right is married to a duty; every freedom owes a corresponding responsibility."  
—Russell Kirk

"I'd rather regret the risks that didn't work out than the chances I didn't take at all."  
—Simone Biles

**What's Happening**

- Jan 30 - Will's Jams** This prodigy will give you a morning of pure fulfillment with his witty wordplay and sing-along chorusesthe perfect kick-start to the day. Horizon Stage 10am, more info at [www.horizonstage.com](http://www.horizonstage.com)
  - Dec 1 to 31 - Youth Drop In** Free drop in at the Salvation Army Community Centre 165 Liberton Dr. from 2:30-5:30pm every Tuesday is basketball and Thursday is hangouts
  - Jan 25 - Beppie** Come join Beppie at 10:30am play for kids of all ages at the City Arts Space 105 - 125 Carleton Dr. Her multi-genre family music is modern, fun, innovative, and pushes the boundaries of childrens music to appeal to all ages.
- NON profit organizations may submit events for FREE at [www.coffee-news.ca](http://www.coffee-news.ca)

**Hidden Coffee News Guy ADVENTURE**

Find the Coffee News Guy hidden in one of the ads, then enter to win!

**\$400\* Prize Package**

Submit your birth date and we'll send you a birthday card with valuable offers on your special day!

To enter, visit [www.coffee-news.ca](http://www.coffee-news.ca)

**Trivia**

1. Who wrote the Pink Panther theme?
2. Who paddled the Kon Tiki?
3. The Le Mans car race was first run in 1923, 1934, or 1950?
4. Which elephant has larger ears—African or Asian?
5. Who is the Scottish author of Treasure Island?

(Flip bottom of page for answers)  
© Published with Permission by Capital Marketing Ltd

**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](http://www.smallmiraclesadoption.com)

**Get your refund instantly.**

Walk in with your taxes and walk out with your refund.

Open year 'round. Personal, small business, corporate income tax, bookkeeping, GST and payroll services.

**H&R BLOCK**

780.778.3030  
New address: 4723-50 Ave., Whitecourt

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](http://www.giftsandgadgets.ab.ca) or visit us in person at 111 First Avenue, Spruce Grove

**BLUE BLOODS**

MON - THURS 9:00

yesTV

HOME AND LAND FOR RENT AT **RIVER VALLEY ESTATES**

Call 780.778.2901 for more information

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

**HIP OR KNEE REPLACEMENT?**

THE DISABILITY TAX CREDIT ALLOWS FOR A

**\$2,500 YEARLY TAX CREDIT**

**\$30,000 LUMP SUM REFUND**

Restrictions in Walking or Dressing may qualify.

FOR EXPERT HELP:  
**1-844-453-5372**

Affordable-Effective-Exclusive-CALL NOW!



**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

**WEBSITES**  
From \$129/Month

**(780) 760-6922**  
FRONTLINECONSULTING.CA

**NEED TO EXPAND YOUR MARKETING EFFORTS?**

**Coffee News®** provides:

- ✓ Access to 520,000 loyal readers per month in 48 editions across Northern Alberta
- ✓ Access to thousands of online readers weekly
- ✓ Free ad design
- ✓ Free ad changes
- ✓ Free sponsorship in our CN Bucks program
- ✓ Exclusivity in your industry

**So -- you're not advertising with Coffee News® because...?**



**780-220-6397**  
coffee-news.ca

**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

**Recipe of the month**

**Festive Guacamole Appetizers**

2 tubes (8 ounces each) refrigerated seamless crescent dough sheet  
1-1/2 teaspoons taco seasoning, divided  
20 pretzel sticks, broken in half  
4 ounces cream cheese, softened

1 cup guacamole  
2 medium sweet yellow peppers  
1 medium sweet red pepper  
1 medium green pepper  
Chopped fresh cilantro, optional

Prep Time: 1 hour Bake: 10 min. + cooling Yield: 40

- Preheat oven to 375°. On an ungreased baking sheet, unroll one tube of crescent dough and press into a 13x8-in. rectangle. Prick with a fork; sprinkle with 3/4 teaspoon taco seasoning. Repeat with remaining dough and seasoning.
- Bake until golden brown, 10-12 minutes. Transfer to wire racks to cool completely.
- Cut each rectangle crosswise to make 4 strips (about 8x4-in.). For trees, cut each strip into 5 triangles, reserving scraps at each end for another use. For trunks, insert a pretzel piece into the base of each triangle.
- Beat cream cheese and guacamole until smooth; spread over trees. Halve and seed peppers. Cut 40 stars from yellow peppers using a 3/4-in. star-shaped cookie cutter. Dice and julienne remaining peppers for tree decorations. Decorate trees with pepper pieces and, if desired, cilantro. Refrigerate until serving.

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

HEALTH | BEAUTY | PREVENTION

**THE IMPORTANCE OF Skin CARE**

**780.706.6690**

**Aesthetics**  
CLINIQUE

4908-51 Ave. Whitecourt

WAXING | LASER HAIR REMOVAL | FACIALS | MUCH MORE!

# Your Weekly Horoscope

**ARIES**  
(March 21 - April 20)

You may be experiencing difficulty communicating with others, especially a romantic partner. Consider putting aside any old emotional wounds. Look for an opportunity that will be agreeable to all involved. Lucky numbers: 12, 16, 27, 32, 35, 44.

**TAURUS**  
(April 21 - May 21)

An unusual or unexpected event may make you see something in a relationship that was never quite visible before. Now might be a good time for a gentle conversation about it. Lucky numbers: 6, 8, 19, 21, 31, 48.

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

You may have a strong desire to explore possibilities for projects that are in alignment with your values. However, waiting a few weeks to implement your plans may be best. Lucky numbers: 3, 6, 16, 17, 34, 35.

**CANCER**  
(June 22 - July 22)

Cancer natives sometimes prefer to be foot soldiers rather than generals. At this time, however, you may willingly assume the mantle of leadership to achieve something important to you. Lucky numbers: 15, 16, 22, 28, 30, 37.

**LEO**  
(July 23 - Aug. 23)

How have you defined good fortune in life? Now may be a good time to reexamine that definition and to see how it fits in with your sense of self. Lucky numbers: 2, 15, 20, 23, 40, 41.

**VIRGO**  
(Aug. 24 - Sept. 23)

Virgos are known for being practical and well grounded. Those qualities might receive a boost in the middle of the week, and you may use them to complete detail-oriented tasks. Lucky numbers: 9, 21, 34, 35, 44, 45.

**LIBRA**  
(Sept. 24 - Oct. 23)

You may find that your natural ability to be diplomatic will be highlighted at the end of the week. This may be a good time to plan a social event. Lucky numbers: 11, 19, 23, 39, 41, 42.

**SCORPIO**  
(Oct. 24 - Nov. 22)

Is there an issue that keeps resurfacing and blocking you from making progress? Perhaps it is the effect of an old karmic event. Consider what steps you can take to clear it. Lucky numbers: 7, 12, 14, 15, 27, 39.

**SAGITTARIUS**  
(Nov. 23 - Dec. 21)

For the last couple of months, have you felt that your normal level of energy and ambition has been diminished? This dynamic could begin to abate over the next couple of weeks. Lucky numbers: 1, 4, 5, 8, 18, 46.

**CAPRICORN**  
(Dec. 22 - Jan. 20)

Your natural Capricorn leadership qualities may be highlighted now. You might use this to accomplish much, if you are careful not to get into an unnecessary conflict of ego with others. Lucky numbers: 16, 17, 20, 27, 31, 38.

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

Are you feeling out of sync now with those closest to you? Strive for clear communications and a willingness to adjust your viewpoint about something important to all of you. Lucky numbers: 10, 11, 31, 34, 40, 47.

**PISCES**  
(Feb. 20 - March 20)

You might consider taking a retreat day at the end of the week. Quiet contemplation may give you practical insight into a situation that has been confusing you until now. Lucky numbers: 6, 12, 14, 17, 18, 33.

Lucky numbers this week: This week's odds favour Capricorn winners with the luckiest number being 27.

## Did You Know...

**Japanese treat:** Sashimi, the Japanese specialty, is thinly sliced, fresh, high-quality food (typically fish and seafood) that is served raw, usually with soy sauce. The types of fish used in this dish are often tuna, yellowtail, mackerel, and salmon.

**Tricky trickster:** Leprechauns are part of Irish folklore. In popular imagination, they wear green, have beards, and stand about three feet tall. The mischievous creatures make shoes for a living and keep a pot of gold in the forest.

**Dryer solution:** For environmental reasons, some people are avoiding using dryer sheets to reduce static cling in their laundry. An alternative is multiple-use, natural wool dryer balls, which fluff up the wet clothes, reducing friction.

**Cute as a puppy:** When puppies are born, they don't have teeth, and they can't see or hear. They find their mothers by using their sense of smell.

**Rubber duckies:** In 1992, containers with almost 30,000 rubber duckies, the bath toys that kids love, fell off a cargo ship in the Pacific Ocean. The currents took them around the world, helping scientists learn about ocean movements and waves.

## On the Lighter Side

Mutt: "I'm learning to be a barber."  
Jeff: "Will it take long?"  
Mutt: "No, I'm studying all the short cuts."

Why are pickles so slow? They tend to dilly-dally.

I know lots of jokes about pole vaulters, but none of them go over well.

Knock! Knock! Who's there? Gucci. Gucci who? Gucci-gucci-goo!

What do you call a food court when you're on a diet? A craveyard.

**Answers**  
Trivia answers: 1. Henry Mancini 2. Thor Heyerdahl 3. 1923 4. African 5. Robert Louis Stevenson

For available franchise opportunities - visit [coffeenewscanada.com](http://coffeenewscanada.com)  
© Published with Permission by Capital Marketing Ltd

**inogen**

**FREEDOM. TO BE YOU.**

1-888-998-6714



Home | Auto | Business | Farm

**Insurance that fits**

780.778.3000  
5024 51 Ave, Whitecourt  
BrokerLink.ca

**BrokerLink Insurance**

**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](mailto: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!

**Coffee News®** Fun Reading. Serious Advertising.



Reader of the Month  
Heath Bowen from Grande Prairie

**WE BUY USED GOLD AND DIAMONDS**

**Blue Diamond Jewellers**

780.968.0040  
Main Street, Stony Plain  
[www.bluediamondjewellers.com](http://www.bluediamondjewellers.com)



Call today and receive a **FREE SHOWER PACKAGE PLUS \$1600 OFF**

**SAFE STEP WALK-IN TUB**

1-855-977-9805

With purchase of a new Safe Step Walk-In Tub. Not applicable with any previous walk-in tub purchase. Offer available while supplies last. No cash value. Must present offer at time of purchase. CSLB 1082165 NSCB 0082999 0083445

**Up In Arms**

Offering the non restricted and restricted Canadian Firearms Safety Course to apply for a firearm license

Possession  
Acquisition  
License  
Training

For more info, contact Robyn at **780-977-0725**  
301 Saskatchewan Ave. Spruce Grove

**Need ONE More Reason to Join?**

- You don't have an up to date will
- 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
- You need a lawyer's advice on any matter

**LegalShield**

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

**Get Your Meters' Calibrations Right**

We are committed to proving your meters accurate and on time. Since 2003, Measurement Inc. has performed over 8,250 meter proves, so we won't be practising on yours.

— RELAX WHEN YOU GET AUDITED!  
**MY PROMISE TO YOU:** "If all you want is someone cheap to tag your meters, I respectfully ask you to call someone else. Ours will be the best proving experience you have ever had. When audited you'll see the results of excellent measurement. This will be the most complete, professional proving and calibration you have ever experienced. We do the work right or we'll redo it for FREE. I guarantee it."  
~ Jerry Greiner

**MEASUREMENT INC.**  
780-621-2555  
[www.MeasurementInc.ca](http://www.MeasurementInc.ca)

PORTABLE TEST SEPARATOR RENTALS

- Mobile Bench™
- Field Provers
- High Sour/Pressure
- Chart Calibration
- Zedi Calibration