

We truck wild Alaskan salmon from the boat to the prairie folk!

Best quality salmon at the best price for Albertans!

Flash Frozen at Sea, which maintains its **freshness, taste and quality**, making it safer to eat.

- Volume discounts – 1000lb and up!
- Buy 10, get 1 free (includes cases, freshly smoked or fillet)
- Legal – provincial and federal inspected

778-835-0239 Follow us 

Starting at \$4.25/lb plus head off and cleaned!



FREE! *New Issue Every Week!*

Coffee News®

"News To Be Enjoyed Over Coffee"

High Prairie Edition

877-553-6397



www.coffee-news.ca Est. 1988

Affordable-Effective-Exclusive-CALL NOW!

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

Happy Holidays

Wishing you good health and happiness in 2023

Denture & Implant Cottage

(780)624-4573



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



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




Kokum's Outreach

WELLNESS CAMPS

Providing wholistic camping experiences for retreats and other group bookings.

For bookings, call **780.507.1047**

kokumsoutreach@gmail.com | <https://kokumsoutreach.wordpress.com>



Alan A. Duncan
AACI


PLANT & ASSOCIATES

APPRAISAL SERVICES INC.

Real Estate Appraisals

- ♦ Residential
- ♦ Agricultural
- ♦ Commercial

780.219.7511



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



Vol. 20 No. 5 January 30, 2023

Everybody's Talking

Big tater: A couple from a farm near Hamilton, on New Zealand's North Island, unearthed a potato they named "Doug." While weeding their garden, Colin Craig-Brown and his wife Donna discovered the gigantic tater. All lumps and bumps, it weighed 7.9 kilograms (17.4 pounds). The pair had to use a pitchfork to excavate the enormous vegetable. At first, they didn't know what they'd uncovered. They only use ordinary fertilizers to help their garden, and so they were bewildered by the size of the potato. The couple is talking to the folks at Guinness World Record to see if their potato could beat the current 4.9-kilogram record holder

All the same: People all around the globe are familiar with the experience of attempting to cut a cake, pie, or pizza into equal portions so that all diners receive the same amount. Getting the slices to be the same size is hard. Students from Kundong High School in the Oita Prefecture of Japan have found a way to do it. They designed an award-winning device that figures out the angle the cut needs to be, based on the number of slices necessary to feed the party of eaters. The student group called their device, "Get Along Well With Everyone." It uses a laser beam to direct the server where to make the cuts to obtain equal-sized pieces.

Underground swim: If visitors know where to look, they can enjoy a soak, sauna, and swim in a charming but hidden public bathhouse in Stockholm, Sweden. Called Storkyrkobadet, the bathhouse is located in the basement of a building dating back to the 1700s. Once used as a convent, the building later became a primary school. The area that is now the bathhouse has been used in the past as a wine cellar and for coal storage, with a pool added later, along with sauna, showers, and lockers. The route to Storkyrkobadet involves a narrow, cobblestone street, but visitors are rewarded with the piece of history, along with a relaxing swim.

Small quarters: Travelers who need a place to stay while visiting Colorado (U.S.), and don't mind a spot without much floor space, could stop in the town of Lyons and check out the WeeCasa Tiny House Resorts. There, guests can choose to rent one of 23 reasonably priced "tiny houses," each with a different theme. For example, the Gnome Home, which was designed after a Hobbit home in Lord of the Rings, has a front door in the shape of a circle. The houses are not all the same size or shape. Some are really tiny at 170 square feet (15.8 square metres), while a larger one is 418 square feet (38.8 square metres). The company also has locations in Tennessee and South Dakota, and plans more tiny house resorts soon.

Quoteable Quotes

"Experience is not what happens to you. It is what you do with what happens to you."
—Aldous Huxley

"Everyone talks about age, but it's not about age. It's about work ethic. Winning never gets old."
—Lisa Leslie

What's Happening

Feb 11 - Community Fun Night Rock it out dance night at the Allan Jean Millar Centre from 5:30-8:30pm. Come check out free fieldhouse activities and the inflatable obstacle course. Children under 8 must be accompanied by an adult

Feb 26 - Cross-Country Ski Try It Day Want to try cross-country skiing but not sure where to start Join us at this event! All ages welcome to this free event taking place at the Whitecourt Golf Country Club. Please pre-register at rec.whitecourt.ca

NON profit organizations may submit events for FREE at 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

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

1. What British Isles language is widely spoken in Chubut, Argentina?
2. Robert Peary is known for exploring the North or South Pole?
3. _____ is the science of human societies and culture.
4. What was Elvis Presley's first released single?
5. Who wrote the novel Anne of Green Gables?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd (Over)

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.



unleash YOUR RADIANCE

Laser Hair Removal • IPL Services

Splash of Pretty

FULL DAY SPA

780.523.3096 | splashofpretty.ca
4929-51 Avenue, High Prairie #SharpLight



LARGEST SELECTION of Machines and Notions

Your Sewing Superstore

Husqvarna

CENTRAL SEWING MACHINES

SEWING | EMBROIDERY | QUILTING | INDUSTRIAL | SERVICE

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.centraalsewing.com

WEBSITES

From \$129/Month

(780) 760-6922

FRONTLINECONSULTING.CA

Has Long Run Exploration Failed to Pay You Rent in 2020 or 2021?

We can assist with any and all unpaid rental amounts, including your entitlement to interest

LongRunClassAction.ca



Home | Auto | Business | Farm

Insurance that fits

780.523.5392

4830 51 Ave, High Prairie
BrokerLink.ca

BrokerLink Insurance

©2022 BrokerLink Inc. *BrokerLink & Design is a trademark of BrokerLink Inc. All rights reserved.

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

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

COPD, arthritis, and many other disabling conditions that cause **Restrictions in Walking or Dressing** may qualify.



FOR EXPERT HELP:
1-844-453-5372

Dragons of the Past

Book Four of
The Dragons of Nibiru

Available now at
your local bookstore

www.dragonsofnibiru.com



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



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



inogen

**FREEDOM.
TO BE YOU.**

1-888-998-6714

MKT-P0253

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

SHOP ONLINE!

www.scubagearcanada.ca

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

The Dive Outfitters
Scuba Diving & Snorkelling

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



EQUIPMENT FINANCING

with **ENTOURAGE CAPITAL GROUP**
EQUIPMENT FINANCING ♦ ASSET BASED LENDING

Cash Back Options with Sale Leasebacks & Refinancing

We Finance Used ✓ AGRICULTURE ✓ TRANSPORTATION ✓ CONSTRUCTION ✓ FORESTRY ✓ MOWERS & LANDSCAPING ✓ EQUIPMENT REPAIRS We Finance New

APPROVALS IN HOURS, NOT DAYS

Call or Text Adam Today! **780.919.2003**

adam@entouragecapitalgroup.com entouragecapitalgroup.com

Your Weekly Horoscope

ARIES

(March 21 - April 20)



If you look deeply, you may uncover a hidden opportunity to manifest something you are passionate about. Doing so might require that you forgive yourself for a past issue. Lucky numbers: 1, 13, 16, 18, 19, 20.

TAURUS

(April 21 - May 21)



Taurus is known to be a hard working, no-nonsense personality. Do you want to expand beyond that image? It's a good instinct, but you may need to wait to implement it. Lucky numbers: 10, 11, 12, 32, 33, 40.

GEMINI

(May 22 - June 21)



Are you experiencing a disconnect or conflict between what you think you should want in life, and what you actually want? This may be a good time to resolve the dilemma. Lucky numbers: 8, 10, 15, 24, 30, 45.

CANCER

(June 22 - July 22)



Cancers have a deeply emotional nature that can drive their decisions in a positive or negative way. This week, you might try to be aware of this dynamic and adjust accordingly. Lucky numbers: 5, 15, 18, 20, 28, 43.

LEO

(July 23 - Aug. 23)



Completion of a project may be in process now. It would be good to look back and evaluate how things went. Then you can begin to plan the next six months. Lucky numbers: 7, 19, 27, 38, 40, 44.

VIRGO

(Aug. 24 - Sept. 23)



Right now you may not be feeling satisfied with how your life is going. It is important to understand whether the issue is something within yourself or in your environment. Lucky numbers: 3, 13, 16, 22, 27, 42.

LIBRA

(Sept. 24 - Oct. 23)



You may find yourself in an ongoing examination of how well you nurture yourself and others. If so, making progress now might require you to let go of some old experiences. Lucky numbers: 9, 22, 23, 32, 37, 39.

SCORPIO

(Oct. 24 - Nov. 22)



Does a past karmic issue keep resurfacing in your life in different forms? Perhaps facing it head on would be best, along with doing the work necessary to heal it. Lucky numbers: 6, 8, 12, 13, 26, 38.

SAGITTARIUS

(Nov. 23 - Dec. 21)



Are you feeling blocked from achieving something, whether a project or just communicating a change within yourself? You may have to stand up to a person acting as an obstacle. Lucky numbers: 14, 16, 18, 41, 43, 46.

CAPRICORN

(Dec. 22 - Jan. 20)



The past few weeks you may have experienced problems with cars and technology, as well as in your communications with others. You now could have a green light to proceed normally. Lucky numbers: 13, 15, 20, 42, 44, 47.

AQUARIUS

(Jan. 21 - Feb. 19)



The humanitarianism of Aquarius sometimes can have an overly detached quality in the endeavours. Seek a hidden opportunity to incorporate more warmth and passionate drive into your efforts. Lucky numbers: 2, 17, 26, 30, 42, 48.

PISCES

(Feb. 20 - March 20)



You soon may reach the end of a period where your intuitive and empathetic skills have been focused on others rather than yourself. What might you have learned during this period? Lucky numbers: 4, 10, 17, 36, 38, 40.

Lucky numbers this week: This week's odds favour Capricorn winners with the luckiest number being 20.

Did You Know...

Great player: Born in 2000, Bianca Andreescu of Canada learned to play tennis when she was only 7 years old. In 2019, she became the first Canadian to win a grand slam singles title.

Tooth exchange: When children in North America lose a baby tooth, they put it under their pillows and the Tooth Fairy exchanges it for money. In France, children hope *La Petite Souris* (The Little Mouse) will leave money or treats.

Nocturnal attraction: Barnyard pests such as mice can be kept at bay if owls are present. To attract owls, property owners could consider keeping their property dark at night by using motion-activated outdoor lighting.

Green space: A five-floor condominium building in Turin, Italy, brings nature to its residents. Designed by architect Luciano Pia, the extra-wide terraces of "25 Green" hold trees and shrubs planted in large pots, turning the building into an urban jungle.

Different coffee: It's possible to make dandelion coffee out of dandelion roots. First, the roots have to be roasted in the oven, boiled in water, then strained. The beverage tastes similar to coffee without the acidic flavour.

On the Lighter Side

Knock! Knock! *Who's there?* Oscar and Greta. *Oscar and Greta who?* Oscar silly question, Greta silly answer.

Why did the mail arrive wet? There was postage dew.

Jack: "Just one big factory makes all the perfume in the world."
Jill: "Yes, it makes sense."

How do bees communicate? They use buzz words!

How did the road feel when twin chickens crossed it? Double-crossed.

Answers

Trivia answers: 1. Welsh 2. North 3. Anthropology 4. "That's All Right" 5. L.M. Montgomery

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

BLUE BLOODS
MON - THURS 9:00
yesTV

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

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

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.
780.978.0088 www.allproglass.ca

Windows	Doors
Skylights	Wet Rooms
Glass Railings	Shower Doors

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

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

Coffee News is proud to support **Make-A-Wish** Canada
Transform lives, one wish at a time.
Make-A-Wish
Visit makeawish.ca