

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 16 YEARS

FREE! *New Issue Every Week!*
Coffee News®
"News To Be Enjoyed Over Coffee"
Grimshaw Edition
877-553-6397

www.coffee-news.ca

THIS SPACE FOR RENT

780-220-6397

HIP OR KNEE REPLACEMENT?

THE DISABILITY TAX CREDIT ALLOWS FOR A
\$2,500 YEARLY TAX CREDIT
\$30,000 LUMP SUM REFUND

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

FOR EXPERT HELP:
1-844-453-5372

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

KMSC LAW LLP
LongRunClassAction.ca

Alan A. Duncan
AACI

PLANT & ASSOCIATES

APPRAISAL SERVICES INC.

Real Estate Appraisals

- ◆ Residential
- ◆ Agricultural
- ◆ Commercial

780.219.7511

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>

ETTA TELECOM
DEDICATED TO FINDING OUR CLIENTS THE BEST SOLUTIONS WITHIN THEIR BUDGETS

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

*To qualify, consumers must request a quote, purchase, install and activate the generator with a participating dealer. Call for a full list of terms and conditions.

WHEEL OF FORTUNE

WEEKNIGHTS 7PM/6PST
yesTV

LARGEST SELECTION of Machines and Notions

FOR THE LOVE OF SEWING

baby lock

FOR THE LOVE OF SEWING

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.centrasewing.com

SEWING | EMBROIDERY | QUILTING | INDUSTRIAL | SERVICE

Vol. 20 No. 6 February 6, 2023

Everybody's Talking

Blue cows: Black, brown, and white cows may not attract much amount of attention, but what about a blue cow? Latvia is home to such a beast. These cows can be light or dark ultramarine in colour from a pigment that affects their fur. At birth, their coats are closer to beige, then later become blue. This cattle breed produces less milk than average, and was near extinction a few decades ago. However, a play called The Blue One, by Latvian Gunars Priede, drew attention to the plight of the blue cow in the 1970s. After organized attempts to save the breed, today these resilient animals can be found in the fields of Latvia.

Standing guard: Three cats in Victoria, British Columbia (Canada), decided to take control of an unopened blender box, with the blender still inside. Max, George, and Lando took turns sitting upon and guarding the box, while owners Jessica and Nikii began posting their pets' antics on social media, garnering many amused responses. Obviously, the owners only needed to shoo the cats away, unpack the blender, and start making smoothies. But the standoff provided so much laughter that they let the cats have their way for a while. They even contacted the mixer's manufacturer with the amusing story. The company sent three empty boxes so the owners could have their blender and the cats could keep playing with the containers.

Pineapple or not? Does pineapple belong on pizza? That is what Angelo Mercuri, chef, co-owner, and co-founder of Bacaro Pizzeria in Montreal, Quebec (Canada), wanted to find out. Including the tropical fruit on pizza is a contentious issue for many, so Mercuri devised a survey that drew 5,000 responses. Of all the respondents to the heavily publicized survey, 53 percent voted against pineapple on the Italian favourite, so for now, he took it off the menu of the chain of pizza restaurants. Bacaro's "Hawaii Five-0" pizza also had included bacon, ricotta, jalapeno peppers, and tomato sauce. Now the fruit has been banned from the chain for the foreseeable future.

Open trunk: Some petty thieves work by breaking into cars, rifling around in the console and the glove compartment, and stealing change or other valuables that the hapless owner may have left inside. If the car is locked, a thief might smash a window to get inside. This is happening more than usual in San Francisco, California (U.S.), so some vehicle owners have taken the situation into their own hands: they leave their cars unlocked with the trunks open, and they ensure there's nothing worth stealing in the car. A line of driverless cars parked on the street with trunks open looks odd, and police advise against the practice.

Quoteable Quotes

"My father always used to say, 'Don't raise your voice. Improve your argument.'"
—Archbishop Desmond Tutu

"Don't give up on your daydream! That little voice inside is telling you how to live your life with intent and purpose."
—Dawn Gluskin

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
*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. The largest island of the Philippines is _____.
2. This Egyptian frog goddess represents fertility.
3. What refrigerant destroys the ozone layer?
4. The French horn is a woodwind instrument—T/F?
5. The word "cappuccino" originally referred to what brown item?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

(Over)

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

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

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.

DIRECT WORKWEAR LTD. since 1986

We ship across Canada Huge Women's Selection XXS up to 7XL Sizing

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

Transform lives, one wish at a time.

Make-A-Wish

Visit makeawish.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

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

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

Get More Traffic, Leads & Sales



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

Frontline 780.760.6922
frontlineconsulting.ca

Your Weekly Horoscope

ARIES

(March 21 - April 20)



Have you reached a place in life where service to others is a consideration for you now? In this process, try to find an opportunity to align your service with your values. Lucky numbers: 3, 7, 12, 40, 42, 47.

TAURUS

(April 21 - May 21)



Do you want to break free and pursue something new? Perhaps you should take a small step in the new direction, to make sure it is the right one for you. Lucky numbers: 21, 25, 33, 35, 41, 48.

GEMINI

(May 22 - June 21)



Resist any temptation to get into a fight with someone you perceive as an obstacle to your plans. What might be a better way to meet this challenge that will avoid conflict? Lucky numbers: 6, 17, 25, 35, 37, 43.

CANCER

(June 22 - July 22)



You may find yourself busy and stressed now. Expressing yourself is important but try not to get into unnecessary ego conflicts with others. How are you contributing to the issue? Lucky numbers: 13, 14, 33, 34, 43, 45.

LEO

(July 23 - Aug. 23)



How do you define the pot of gold at the end of the rainbow? In pursuing it, just be sure your path is in alignment with what your heart wants. Lucky numbers: 1, 3, 6, 10, 21, 39.

VIRGO

(Aug. 24 - Sept. 23)



Virgos are usually happiest when they feel grounded and things are running smoothly. The energy at the beginning of the week is supportive, so you may wish to proceed forward now. Lucky numbers: 10, 11, 13, 16, 24, 46.

LIBRA

(Sept. 24 - Oct. 23)



Seek out the beauty that is all around you in the world. Perhaps take a museum trip? Use this energy to reinforce the natural grace, kindness, and empathy within yourself. Lucky numbers: 2, 15, 17, 33, 36, 41.

SCORPIO

(Oct. 24 - Nov. 22)



Are you feeling a bit paranoid about the thoughts and actions of those around you? Take a deep breath, wait a few days, and the feeling will most likely pass. Lucky numbers: 14, 20, 21, 28, 33, 35.

SAGITTARIUS

(Nov. 23 - Dec. 21)



You may find yourself thinking now about what legacy you want to leave behind. Whatever you decide, be sure to incorporate your personal philosophy and belief system into your plans. Lucky numbers: 5, 14, 16, 19, 32, 36.

CAPRICORN

(Dec. 22 - Jan. 20)



You may have been undergoing a long period of personal transformation, which often might have been confusing. At midweek, you could receive some insights about the process. Look for them. Lucky numbers: 4, 15, 33, 39, 42, 44.

AQUARIUS

(Jan. 21 - Feb. 19)



You may find that you need to make an adjustment now to your work style. Keep your Aquarius antenna alert for new information that could help you in this process. Lucky numbers: 7, 24, 29, 30, 36, 42.

PISCES

(Feb. 20 - March 20)



You may be feeling that you are on information overload right now, and you would be correct. It may be best to wait a few days to assimilate it before acting. Lucky numbers: 12, 14, 18, 21, 33, 40.

Lucky numbers this week: This week's odds favour Virgo winners with the luckiest number being 11.

Did You Know...

Scottish saying: Most people have had the embarrassing experience of forgetting someone's name when making introductions. Scottish people ease these awkward situations by saying, "Pardon my tartle!"

Maple leaf: The Canadian Flag has a red maple leaf in the middle, which is flanked by two vertical red rectangles. Designed by Canadian George Stanley, it became official in 1965.

Poetry time: To write an acrostic poem, just pick a word or name. Then use each letter of the word or name as the first letter of each line of the poem. The word can be any length and the poem does not have to rhyme.

Bad bread move: Don't put a loaf of bread upside down on a table when dining in Italy. An Italian belief is that bread is a symbol of life, and therefore placing it upside down will bring bad luck.

Pesky stump: Tree stumps take years to rot on their own. To accelerate the process, drill holes in the stump and sprinkle Epsom salt on it. Keep the stump covered to protect from rain, and apply more salt every few weeks.

On the Lighter Side

Why did the student throw away his lunch? It was full of junk food.

Tom: "I used to have a terrible fear of hurdles."

Tim: "What did you do?"

Tom: "I got over it."

I know a woman who used to be a train driver, but she got sidetracked.

Remember: Models of dragons are not to scale.

Knock! Knock! *Who's there?* Bertha. *Bertha who?* Happy Bertha-day to you!

Answers

5. Capuchin monks' clothing
Trivia answers: 1. Luzon 2. Heget 3. Freon 4. False

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

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

SHOP ONLINE!

www.scubagearcanada.ca

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

SNORKELLING AND SCUBA DIVING LESSONS

The Dive Outfitters

Scuba Diving & Snorkeling

11781-156 St., Edmonton

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

780.483.0044

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

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!



prairiescentedcandles@gmail.com
www.prairiescentedcandles.com

PEACE RIVER VISION CLINIC

Family Eye Care

780-624-4265

www.dr.mikehopperoptometry.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

Happy Holidays

Wishing you good health and happiness in 2023

Denture & Implant Cottage

(780)624-4573

COLD SHOT
 A DIVISION OF BALWARIA EMPIRE PVT. LTD.

PASSENGER & PARCEL SERVICES

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

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

Need ONE More Reason to Join?

- 1 You don't have an up to date will
- 2 You don't understand the difference between a trust and a will
- 3 The CRA selects you for an audit
- 4 You need a letter written on your behalf by a lawyer
- 5 You receive a speeding ticket
- 6 You need a lawyer's advice on any matter

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

LegalShield 1-877-579-9449

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

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

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

inogen

FREEDOM. TO BE YOU.

1-888-998-6714

Dragons of the Past

Book Four of The Dragons of Nibiru

Available now at your local bookstore

www.dragonsofnibiru.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