

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

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

FOR EXPERT HELP:
1-844-453-5372

WIPE OUT INFLATION, GET THE CREDIT!

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

We Care About Your Smile!

- Upper/lower dentures
- Implant supported dentures
- Partial dentures (flexible or metal)
- Same day relines
- Soft denture linings for sore gums
- Natural tooth whitening kits available
- Night guards/splints

Call today to inquire about achieving suction on your lower denture with the new SEMCD Lower Suction Technique

SEMCD CERTIFIED CLINICIAN

REPAIRS WITHIN THE HOUR! **780-624-4573**

9803 - 98 Avenue, Peace River Wheelchair friendly

Alan A. Duncan AACI

PLANT & ASSOCIATES APPRAISAL SERVICES INC.

Real Estate Appraisals

- ◆ Residential
- ◆ Agricultural
- ◆ Commercial

780.219.7511

PEACE RIVER VISION CLINIC

Eye Exams
Designer Frame Lenses
Contact Lenses
Glaucoma Eye Evaluations
Diabetes Eye Evaluations
Safety Glasses

Family Eye Care

- New Patients and Walk-ins Welcome!
- Direct Billing

780-624-4265
www.drmikehopperoptometry.com
Open Mon to Fri, 8:45 a.m.-5:00 p.m.

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

Venner Brand Labs

A carefully curated wellness brand dedicated to prioritizing how best to support the concept of mind, body and spirit connections.

vennerbrandlabs.com

780.441.1891 vennerbrand@gmail.com
vennerbrandinc

Create vibrancy and well being in your life.

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

Vol. 20 No. 24 June 12, 2023

Everybody's Talking

Burnt offerings: Crusty on the outside and chewy on the inside sound like a perfect combination for dinner rolls. However, the bread product in question is known as "heavy-fired" or "well-fired" rolls, and they can be as black as extremely burnt toast on the outside. Bakeries in Scotland have made these buns for many decades, and often sell out of their day's supply early in the morning. Some people love the charred offerings, finding them addictive. Others think the buns are a huge joke, wondering how a bakery could possibly get away with burning their wares, and then selling them. There is even some debate about whether the burnt tops are carcinogenic.

Meme mark: Anyone who subscribes to a stock photograph site can obtain an image and use it for their own purposes, such as to accompany a magazine article or illustrate a concept in an advertisement. But a man from Molins de Rei near Barcelona, Spain, was surprised to discover that his face had become a meme for "the worst person you know." It happened because Josep Maria Garcia had submitted his portrait to a photo site, where it was picked up and used to accompany a satirical magazine article. After getting used to the idea, Garcia decided to joke about it, as he knows he is not a bad person

Walking dog: A dog from Ouray, Colorado (U.S.), is a celebrity, but not as part of a circus act. Dexter, a Brittany spaniel and beloved pet of Kentee Pasek, walks on his two hind legs. It's not a trick. As a pup, Dexter was injured in a mishap with a car, leaving him with the use of only his hind legs. Pasek got him a doggy wheelchair, but before long, Dexter had abandoned the chair in favour of walking upright on his hind legs. Today, he is well known through social media and by taking part in parades. His loving human takes good care of him and ensures that Dexter regularly sees the vet for check ups.

Dumpling drink: Lots of people enjoy eating gyoza, which are fried, boiled, or steamed meat dumplings that originated in China, where they are called jiaozi. Usually spiked with a bit of chili, ginger, and garlic, they are served with a vinegary sauce, making the flavour combination quite satisfying. A beverage company in Japan launched a soda they claimed tastes like gyoza, but the feedback has been mixed. Many people find the taste incongruent with a carbonated beverage, and say they prefer to eat their gyoza, not drink it. The bottled soda does attract the curious, who might dare friends and family members to give it a try.

Quoteable Quotes

"Stand for something or you will fall for anything." —Rosa Parks
"You can make more friends...by becoming interested in other people than you can...by trying to get other people interested in you."
— Dale Carnegie

What's Happening

Jun 8 - Teddy Bear Picnic Bring your favorite stuffed friend from 10am-2pm and join the Peace Region Family Resource Network for games, music and more! Taking place at the Baytex Energy Centre call 780-624-0770 for more info.

Jul 22-23 - Peace Regional Air Show Sky dives n wheels up! A thrilling aerobatic show featuring pilots from all over Canada, the US and local Peace Region flyers. Freestyle motocross show, childrens activities, outdoor market, food vendors and more! Full details at peaceregionalairshow.com

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!

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. _____ is when a caterpillar transforms into a butterfly.
2. A hock, knee, or elbow joint connects a chicken's drumstick and ankle joint?
3. This is a large body of ice that moves over land.
4. The Battle of Waterloo was fought in present-day England, Belgium, or France?
5. What is a southerly buster?

(Flip bottom of page for answers)

(Over)

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

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

WIPE OUT INFLATION, GET THE CREDIT!

45th ANNUAL NORTH COUNTRY FAIR

THE SOLSTICE SUN barely sets and the music plays on til dawn!

Delicious food, work-shops, craft vendors and children's activities

Weekend Adult - \$200
Youth/Senior - \$120
Saturday Adult - \$140
Youth/Senior - \$60
Kids 12 & Under Attend Free
Sunday gate sales are donated to Kokum's Outreach in Driftpile

Tickets on sale now at www.northcountryfair.ca

THIS SPACE FOR RENT

780-220-6397

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

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).

OUR TEAM HAS BEEN SERVING THE COMMUNITY FOR 20 YEARS

9811-100 Avenue Peace River, Alberta
www.peacevalleydental.com
780.624.3355 • info@peacevalleydental.com

FREE HEARING TEST

NORTH STAR HEARING

#110, 9719-98 Avenue, Grande Prairie

780.533.3444 | www.northstarhearing.ca

THE ONLY LOCALLY OWNED AND OPERATED HEARING CLINIC IN NORTHERN AB

Kokum's Outreach WELLNESS CAMPS

Providing wholistic camping experiences for retreats and other group bookings.

For bookings, call **780.507.1047**

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

Proud member of Indigenous Tourism of Alberta (ITA) as well as Indigenous Tourism of Canada (ITAC)

WHEEL OF FORTUNE
WEEKNIGHTS 7PM/6PST
yesTV

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

KMSC LAW LLP

Ignite Centre for eLearning
...where community and connection IGNITE learning!

Re-ignite Your Child's Love of Learning!
Spaces for the 2023-24 school year are limited - learn more today!

Join us for an Info Session to learn more about our gold-standard, inclusive online school for Grades 1 to 12
ignitecentre.ca

Home | Auto | Business | Farm

Insurance that fits

780.523.5392
4830 51 Ave, High Prairie
BrokerLink.ca

BrokerLink Insurance

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

Injured? Now What? We Help - A Lot!

Braithwaite Boyle Injury Law 800-440-8298

It's The Only Law We Do - Since 1986
Free Initial Consultation

Offices in: Edmonton, Red Deer, and Calgary

WIN one of three \$400 prepaid Visa cards awarded monthly

Scan Once Weekly for Max. Entries
YOUR CONTACT INFORMATION IS SAFE WITH US!

For contest rules and recent winners, visit www.accidentinjurylawyer.com/coffeeneews

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

Your Weekly Horoscope

ARIES
(March 20 - April 19)



Be aware of your mood, especially at the beginning of the week, particularly your temper. If you are feeling aggressive toward others, look inward rather

than starting an argument. Lucky numbers: 8, 19, 22, 28, 35, 43.

TAURUS
(April 20 - May 20)



This week may present a new opportunity for you to manifest something that advances your personal philosophy or beliefs. If you don't actively seek it out, it might pass by. Lucky numbers: 4, 5, 17, 25, 35, 36.

GEMINI
(May 21 - June 20)



At midweek, you may have an opportunity to set a new intention and develop a plan around it. This may require that you focus and decide among a group of options. Lucky numbers: 2, 3, 9, 18, 24, 47.

CANCER
(June 21 - July 21)



Emotions are usually close to the surface for Cancers. This may be especially true at the end of the week. Take deep breaths and wait for these feelings to subside. Lucky numbers: 11, 16, 31, 36, 37, 41.

LEO
(July 22 - Aug. 22)



Leos have a natural charisma that may be highlighted now in conversations with others. If you are looking for assistance, this may be the right time to ask for it. Lucky numbers: 9, 12, 18, 39, 40, 43.

VIRGO
(Aug. 23 - Sept. 22)



A nine-month phase is ending. The focus may have been on your role as a mother and/or as a child. What have you learned? How can it improve your relationships? Lucky numbers: 6, 7, 8, 20, 36, 37.

LIBRA
(Sept. 23 - Oct. 22)



Balance is an important theme for Libras. The start of this week may highlight an imbalance in your life. It may be within yourself or in a relationship with others. Lucky numbers: 5, 8, 22, 34, 37, 46.

SCORPIO
(Oct. 23 - Nov. 21)



For the past two-plus years, you may have felt pressured by an old karmic pattern. While this dynamic is ending soon, the pattern won't end if you haven't addressed it. Lucky numbers: 14, 16, 17, 26, 35, 40.

SAGITTARIUS
(Nov. 22 - Dec. 20)



At the end of the week, your mind and emotions may be out of sync. Perhaps you want to postpone important decisions for a few days until this disconnect passes. Lucky numbers: 15, 26, 28, 29, 34, 37.

CAPRICORN
(Dec. 21 - Jan. 19)



There may be an opportunity toward the end of the week to step outside the comfort zone of your stable Capricorn nature. You might see the situation from a new angle. Lucky numbers: 1, 5, 7, 14, 24, 28.

AQUARIUS
(Jan. 20 - Feb. 18)



For the last month, your focus may have been on your career or legacy. Now is the last week of this dynamic, so it is time to consolidate any gains. Lucky numbers: 3, 6, 18, 27, 31, 47.

PISCES
(Feb. 19 - March 19)



You may be feeling stuck, but this could give you an opportunity to see the details of an old personality issue. How might you make a positive adjustment related to it? Lucky numbers: 7, 8, 13, 18, 19, 34.

Lucky numbers this week: This week's odds favour Leo winners with the luckiest number being 9.

Did You Know...

Magical place: Parque Francisco Alvarado in Zarcero, Costa Rica, is quite a sight. That's because gardener and artist Evangelisto Blanco shapes hedges and shrubs into all manner of magical and abstract figures, such as animals, people, and archways.

Sweet heat: The datil pepper is grown near St. Augustine, Florida (U.S.). It is quite hot, like a habanero, with a sweet, fruity flavour. Cooks like to use these peppers in hot sauces, pickles, and mustards.

Upright duck: A certain breed of duck actually looks more like a penguin. The Indian Runner duck's posture is upright. Rather than waddling, they can run but they cannot fly. They are raised mostly for their egg production.

Safest shelter: If a tornado is coming your way, the best place to shelter is in a basement or on the lowest level of the house or building. Choose a room without windows, such as a bathroom or closet.

The best: Only three movies have won all of the five major Academy Awards: Best Picture, Best Director, Best Screenplay, Best Actor, Best Actress. They are *It Happened One Night* (1934), *One Flew Over the Cuckoo's Nest* (1975), and *Silence of the Lambs* (1991).

On the Lighter Side

Knock! Knock! Who's there? Ooze. Ooze who? Ooze been telling you these terrible jokes?

We hired a doormaker the other day. She really knew how to make an entrance.

Bill: "What do you think of artificial respiration?"

Will: "I'd rather have the real one."

A fisherman baits his hooks, but a bad student hates his books.

The chocolate lover moved to Canada. She heard it was full of mousse!

Answers

Trivia answers: 1. Metamorphosis 2. Hock 3. Glacier 4. Belgium 5. Strong southerly wind

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

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

All you need is a **Splash of Pretty**
Pampering makes people happy

4929-51 Avenue High Prairie
780.523.3096
info@splashofpretty.ca | splashofpretty.ca

- Laser Hair Removal
- Facials/IPL
- Microchaneling
- Permanent Makeup
- Skin Tag Removal
- Spider Vein Treatment
- Manicures and Pedicures
- ...and more!

Get More Traffic, Leads & Sales

SCAN ME

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

Frontline 780.760.6922
frontlineconsulting.ca

Dragons of the Past
Book Four of The Dragons of Nibiru

Available now at your local bookstore
www.dragonsofnibiru.com

SHOP ONLINE!
www.scubagearcanada.ca

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

The Dive Outfitters
Scuba Diving & Snorkeling
11781-156 St., Edmonton 780.483.0044

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

inogen

FREEDOM. TO BE YOU.

Call 1-888-998-6714 for a free consultation.

MKT-P0240

AN INDEPENDENT NON-PROFIT, CHARITABLE ORGANIZATION SINCE 1967

Alberta Council on Aging

An aging demographic is changing the face of Alberta. Alberta Council on Aging, with regional representation across the province, addresses many of the challenges our older population faces. We engage in conversation with various organizations addressing relevant research-based matters, communications, and programs. ACA is committed to providing support and resources to all Alberta communities.

For a presentation in your community contact us or visit our website:
www.acaging.ca

780-423-7781 or toll free 1-888-423-9666
Email: office@acaging.ca

Be the voice for your community.
Become a Volunteer!

A wide range of safety training programs for industrial applications

2 FOR 1 TRAINING
BEING OFFERED FOR FEBRUARY and MARCH
CALL US FOR DETAILS!

Scan for courses
Don't see the course you need? Call us - we will work with you to find it.
Have new hires? Ask about our multi class discount. Special rates for local on site equipment courses with a class minimum

DXP | HSE INTEGRATED 780.532.2088
<https://hseintegrated.com>
gptraining@dxpe.com

Servicing from Whitecourt to High Level, Grande Prairie to Fort Nelson, we call the Peace Region our Home