

yes tv

FREE LIVE STREAMING COMING THIS FALL

visit yestv.com for details

THIS SPACE FOR RENT

OR SCAN HERE FOR MORE INFO

Call 780-220-6397

GOT SOME FREE TIME?

VOLUNTEER WITH US!

For more information, stop by our store at 5101-51 Avenue, Ponoka or call Leigh at 403-790-0012

MISSION THRIFT STORE

Save more than money!

PLEASE ASK US FOR STARTER PACK

200+ Delicious Meals Made for SENIORS!

NOW SERVING THIS COMMUNITY!

- ✓ Free Delivery*
- ✓ No Obligations
- ✓ No Minimum Orders*

*Some conditions apply

Request your **FREE MENU Catalogue** today!
780-666-2336
TF: 1-800-704-4779

HEART TO HOME MEALS
DELICIOUS MEALS MADE FOR SENIORS™
www.hearttohomemeals.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!

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

WEBSITES From \$129/Month

(780) 760-6922

FRONTLINECONSULTING.CA

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

FREE! **New Issue Every Week!**

Coffee News®

"News To Be Enjoyed Over Coffee"

Ponoka Edition
877-553-6397

www.coffee-news.ca Est. 1988

Vol. 20 No. 49 December 4, 2023

Everybody's Talking

Good driver: A little boy from Turkey is proving to be quite a good driver. Zayn Sofuoglu is under five years of age and isn't even tall enough to see out of the windshield, but that doesn't stop him from driving better than most adults with licences. Zayn comes by his talent honestly: his father is Kenan Sofuoglu, a famous motorcycle racer. Watching and getting lessons from his dad has allowed little Zayn to develop great expertise in manoeuvring vehicles. He uses a special in-car camera that shows him where he's going. The kid is so good that his dad lets him take his Ferrari out for a whirl in the driveway without a worry.

Different dish: A restaurant in Osaka, Japan, has an item on its menu that is raising eyebrows, but gaining fans. The restaurant is called Franken, and it is now serving bowls of spicy miso ramen with a slab of strawberry shortcake on top. A senior chef at Franken is sure that this is a winning combination because the spongy cake soaks up the soup to make its spiciness perfect. Called Ramen x Shortcake, the concoction was not created overnight. Rather, there were many attempts to get it right. And this bowl of soup has a unique look: white shortcake topped with a juicy strawberry, floating in a bowl of delicious red broth.

Strong man: A nonagenarian from Venice, California (U.S.) is thought to be the oldest man who is actively bodybuilding. Jim Arrington started to lift weights when he was a teenager, after spotting a bodybuilding magazine in a drug store. Using three-pound steel balls that his dad owned, he was able to begin building muscle and has been doing it ever since. Of course, he graduated to proper weights as he got stronger. At one time, he hoped to compete in the Mr. America contest, but soon realized that genetics prevented him from being in that category of bodybuilders. However, he kept it up and has remained healthy and strong well into his later years.

Strange song: Rainforest jungles in South America may sound like relaxing destinations. However, in some spots, they are also quite noisy, especially if capuchinbirds (Perissocephalus tricolour) live there. These unique birds, with their bald little heads and orange plumage, make quite a racket during mating season. The males are the ones who sing the loudest, and they do so by inflating air sacs on their throats, which help to amplify the sounds. That racket has been compared to a buzzing chain saw or even to a mooing cow. The male with the best song attracts the females, who flock around him like rock star fans.

Quoteable Quotes

"The Sun will rise and set regardless. What we choose to do with the light while it's here is up to us." —Alexandra Elle

"No one is too small to make a difference." —Greta Thunberg

What's Happening

Ongoing - Climate Cafe Chat about climate issues and anxieties in an informal, relaxed setting. Tea coffee are provided; please bring your own mug. 1st Tuesday of the month at the Camrose Public Library 4710 50 Ave

Dec 5 - First Aid CPR There is an online portion and an in class portion for this blended course. Registration is required. Please call VegMin at 780-632-7920

Ongoing Servus Free Skate Join us on the Leisure Ice at the Servus Sports Centre for free public skating Tuesday through Sunday from 9 am to 9 pm. Check www.lloydminster.caservusskate for times

NON PROFIT organizations may submit fundraising events for FREE at www.coffee-news.ca. Please submit a minimum of 4 weeks in advance.

Hidden Coffee News Guy ADVENTURE

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!

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

...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. Do a plant's leaves or roots absorb sunlight during photosynthesis?
2. An ancient warship with three banks of oars was the bark, skiff, or trireme?
3. The Tasman Sea is located between Australia and ____?
4. Hesiod or Pan was the Greek god of woods, fields, shepherds, and flocks?
5. Vinegar is an acid (acidic) or a base (alkaline)?

(Flip bottom of page for answers)

FREE COMPARATIVE MARKET ANALYSIS

Your **"SMART choice"** in Real Estate

- Serving Ponoka and Area
- 16 years experience

Call or text today:
403-325-0372

Deb Fear

ROYAL LEPAGE
LIFESTYLES REALTY

PROVEN EXPERTISE

FREE ESTIMATES

HALAS ROOFING
Dennis Halas Agencies Ltd.
NEW & RE-ROOFING

- Top rated roofing materials
- Family run for 25+ yrs.
- Licensed, insured & WCB

Edmonton Area: 780.893.9751 • Wetaskiwin Area: 780.312.8074
dennishalas@shaw.ca • www.halasroofing.ca

Halas provides a 50 Year Extended Warranty including a 25 Year Workmanship Warranty!

BBB

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

SHOP ONLINE!

www.scubagearcanada.ca

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

The Dive Outfitters

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

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

GENERAC

*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.

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

EXPECT THE UNEXPECTED

Molly's COBWEBS & CURIOSITIES

- Antique
- Vintage
- Retro
- Unique
- Hand-crafted

ANTIQUA MALL AND MERCANTILE

5010-49 Ave., Ponoka

As of Sept. 1: 10 am - 5:30 pm Tues-Sat | Closed Sun & Mon

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!
1-877-579-9449

LegalShield

GRC-RCMP

UNIFORME
À VOTRE NOM
VOUS ATTEND

A UNIFORM
WITH YOUR NAME ON IT
IS WAITING FOR YOU

carrieresgrc.ca

rcmpcareers.ca

Edward Jones

We Do Money Differently.™

Come experience the Edward Jones difference.

- Planning for & Living in Retirement
- Business Owner Considerations
- Estate & Legacy Planning



Mark Wrubleski
Financial Advisor



Jodie Feddema, CFP®
Financial Advisor

4819 68 Street, Unit 101, Camrose | 780-679-2220

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



DEDICATED TO FINDING OUR CLIENTS THE BEST SOLUTIONS WITHIN THEIR BUDGETS

587.760.2800
<https://zettatelecom.com>

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

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



Transform lives,
one wish at a time.

Make-A-Wish.

Visit makeawish.ca

THE ONE
89.7 FM
PONOKA'S BEST COUNTRY

**Call today
to book your
appointment!**

We only want to make you **SMILE**

Millet Denture Clinic

780.387.3311 • 5022 - 50 Street, Millet
BARB UNGER, DD • barb@milletdenture.ca

Affordable-Effective-Exclusive-CALL NOW!

Your Weekly Horoscope

ARIES

(March 20 - April 19)



Midweek may bring an opportunity to address an old emotional issue. The energy now might have a joyful optimism that you could use to help heal the situation, if you reach for it. Lucky numbers: 15, 25, 31, 35, 39, 44.

TAURUS

(April 20 - May 20)



Are you in a stalemate with a relationship partner? There may be an opportunity this week to improve the situation for both of you, but it could require more open communication. Lucky numbers: 4, 11, 17, 26, 34, 39.

GEMINI

(May 21 - June 20)



Gemini's approach to people and situations is often from a rational perspective. However, adjusting your style and adding more heart into your efforts may be helpful right now. Lucky numbers: 3, 6, 8, 29, 31, 47.

CANCER

(June 21 - July 21)



Have you been hiding in your shell the last few months, afraid that others will take advantage of your sensitive nature? Now may be the time to rectify the situation. Lucky numbers: 2, 24, 26, 27, 37, 39.

LEO

(July 22 - Aug. 22)



The sunny optimism of Leo sometimes cannot see the impact of their actions on other people. You may have an opportunity now to adjust this pattern. Lucky numbers: 4, 14, 18, 21, 42, 44.

VIRGO

(Aug. 23 - Sept. 22)



Is there something that you have been holding onto that you are now ready to release? The beginning of this week may be a good time to do so. Lucky numbers: 7, 24, 28, 39, 44, 46.

LIBRA

(Sept. 23 - Oct. 22)



Your natural grace and charm may shine at week's end. It might be a good time to try to resolve any thorny issues with others, to the satisfaction of all. Lucky numbers: 10, 13, 15, 19, 22, 28.

SCORPIO

(Oct. 23 - Nov. 21)



This may be a week when you are going to want answers. But be sure that you are emotionally ready for them, especially those regarding partners and close relationships. Lucky numbers: 1, 9, 14, 16, 35, 42.

SAGITTARIUS

(Nov. 22 - Dec. 20)



In recent months, you may have felt unsure about who you are and what you believe. That dynamic could start to ease, but it may take some time to do so. Lucky numbers: 9, 12, 19, 23, 33, 41.

CAPRICORN

(Dec. 21 - Jan. 19)



Capricorns are often seriously focused on successful accomplishments and legacy. However, you may have an opportunity now for some downtime with loved ones. Don't overlook it. Lucky numbers: 5, 11, 22, 34, 35, 37.

AQUARIUS

(Jan. 20 - Feb. 18)



You may experience an issue in your relationship now. If so, resist any temptation to ignore it. Consider how to resolve the conflict now in a way that works for everyone. Lucky numbers: 8, 13, 15, 18, 47, 48.

PISCES

(Feb. 19 - March 19)



Any confusion you have been experiencing could end, but it might take a while. Once things settle, consider investing your energy into something in line with your values. Lucky numbers: 12, 15, 18, 20, 34, 43.

Lucky numbers this week: This week's odds favour Libra winners with the luckiest number being 10.

Did You Know...

Fast food: Short-order cooks may get a bad rap because they often work in ordinary restaurants. But their task requires skill. They make simple meals quickly and to order, while endeavouring to maintain quality.

Long river: The Mississippi River (U.S.) is North America's second longest, 100 miles shorter than the Missouri River. Starting in Lake Itasca in Minnesota, the Mississippi runs about 2,350 mi. (3782 km) to the Gulf of Mexico.

Rules of the road: Bicyclists in Galesburg, Illinois (U.S.), need to keep both hands on the handlebars and both feet on the pedals. That's because fancy bike riding is outlawed in the city, including any kind of acrobatic actions.

Sticking together: What would the world do without Velcro to keep clothing and other things fastened together? Patented in 1955, Velcro was created by George de Mestral, a Swiss mountaineer and engineer.

Running mate: Animals who are well adapted to running, such as a horse or cheetah, are known as "cursorial" animals. The word is usually applied to animals who can run fast or for long distances at a constant speed.

On the Lighter Side

What's the best way to talk to a Viking? Norse code.

Did you hear about the kid who ran from New York to California? He needed to west.

I've just written a book on penguins. Paper would have been better.

Teacher: "I hope I didn't see you cheating on that test."
Student: "I hope you didn't either."

Knock! Knock! Who's there? X. X who? X me no questions, I'll tell you no lies.

Answers

Trivia answers: 1. Leaves 2. Treme 3. New Zealand 4. Pan 5. Acid

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

TOYS | CANDY | WOOL | YARN | GIFTS

**STAR
STORE**
Gifts & Wool

at The
Wetaskiwin
Heritage
Museum
Downtown



100% OF PROCEEDS SUPPORT OUR PROGRAMS AND SERVICES

Head for the Star on Main Street: 5007 - 50 Ave.

NOW SERVING BEANS COFFEE and TEA!

We Need Volunteers In Your Area!

Help us to advocate for a
quality of life that all
Alberta seniors deserve

Alberta Council on Aging

Contact us:
780.423.7781 | 1.888.423.9666



AN INDEPENDENT NON-PROFIT, CHARITABLE ORGANIZATION SINCE 1967

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

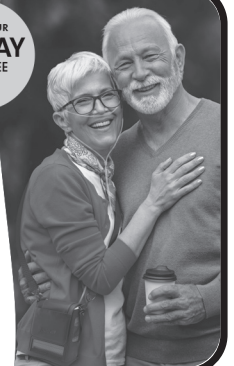
SERVING ALBERTA'S BUSINESS COMMUNITY SINCE 2005

inogen

CLAIM YOUR
**14-DAY
RISK-FREE
TRIAL!**

**PORTABLE OXYGEN
FOR YOUR ON-THE-GO
LIFESTYLE**

Call us toll-free at
1-888-998-6714



*14-day risk-free trial. Return within 30 days of purchase for a full refund of purchase price.

PM220469 EN, EX, USA | Its Only © 2023 Inogen, Inc.
301 Corporate Drive, Colorado, CO 80117
Inogen® is a trademark of Inogen, Inc. The usage of any Inogen, Inc. trademark is strictly forbidden without the prior consent of Inogen, Inc. All other trademarks are trademarks of their respective owners or holders.

Tinnitus Therapy
available using new Stytleto

Rechargeable Hearing
Aids Available

Did you know all seniors and low income adults
qualify for \$900-\$2400 towards hearing aids?



Call
for an
appointment

Unique and
beautifully
designed
hearing aid

EYES + EARS
OPTICAL + HEARING CO.

403.790.2020 • 4502-50 Street, Ponoka

FINANCING FOR HEARING AIDS NOW AVAILABLE

Congratulations
to our most
recent winners
of a prepaid
\$400 Visa card!

Braithwaite Boyle
Injury Law 800-440-8298
It's The Only Law We Do - Since 1986
Free Initial Consultation

For contest rules, visit
www.accidentinjurylawyer.com/coffeenews

Sept. 1 Draw Winners

Emily J. from Sherwood Park
Preston H. from Edson
Sandy P. from Calgary

Oct. 1 Draw Winners

Cassi S. from Edmonton
Walter A. from Calgary
Karen P. from Okotoks

Nov. 1 Draw Winners

Yolanda P. from Edmonton
Bob P. from Calgary
Sarah H. from Okotoks

**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/coffeenews

