

Alan A. Duncan
AACI

PLANT & ASSOCIATES

APPRAISAL SERVICES INC.

Real Estate Appraisals

- Residential
- Agricultural
- Commercial

780.219.7511

FREE! *New Issue Every Week!*

Coffee News®

"News To Be Enjoyed Over Coffee"

Fairview Edition

877-553-6397

www.coffee-news.ca

Vol. 20 No. 49 December 4, 2023

Affordable-Effective-Exclusive-CALL NOW!

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

Return to a Gentler Time...

Stay in one of our cozy rooms with delightful vintage detail. Invite your friends for breakfast, or for charcuterie by the fire, or plan a dinner party.

We'll prepare a sit down meal for up to 10, or a fireside schmooze for as many as 30. Or plan something al fresco and we'll prepare a gourmet picnic for you!

Miramichi House

BED & BREAKFAST

11120-103 Avenue, Fairview

miramichihouse@gmail.com | www.mhbnb.ca

Canadian Mental Health Association

Alberta Northwest Region

Through your donations, CMHA ANWR supports all people in our communities to experience good mental health and well being.

9713-100 Avenue, Grande Prairie, AB T8V 0T5

780.814.2349 | www.gpcmha.ca

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.

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

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

Denture & Implant Cottage

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

9803 - 98 Avenue, Peace River Wheelchair friendly

We've moved...

Gifts and Gadgets

NOW AT 28-308 WESTGROVE DR., SPRUCE GROVE BEHIND McDONALD'S

YOUR ONE STOP KITCHEN AND GIFT SHOP

780.962.5220 | www.giftsandgadgets.ab.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

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 Drop-in Art Time The Lesser Slave Lake Regional Arts Council is holding free drop-in art times for people to work on any project they have on the go. On Wednesdays from 7-9pm at Old Tru Value, Main St. Slave Lake

Dec 12 Main Street Craft Sale Main Street Craft Sale has local artist, crafters, and other people who have made the products that they are selling. Slake Lake Legion from 11am-3pm

Dec 8 - Merry Christmas Market Welcome to Drayton Valley Farmers Market annual Christmas night market! Taking place at the MacKenzie Conference Centre, 5737 45 Ave Drayton Valley, from 2-7pm

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

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. 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)

© Published with Permission by Capital Marketing Ltd

OR SCAN HERE FOR MORE INFO

THIS SPACE FOR RENT

Call 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

Call us for all your safety training needs

TRAINING SESSIONS

BOOK 5, GET THE 6th FREE

CALL US FOR DETAILS!

Public, private and on site classes available

DXP | HSE INTEGRATED

780.532.2088
<https://hseintegrated.com>
gptraining@dxpe.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

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

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

THC POTTERIE

open Everyday
10 a.m. to 8 p.m.
until 10 p.m. on Fridays
(except Rycroft)

Fairview 10916-102 Ave.
Falher 113 Main St. SW
Rycroft Husky Esso
Grimshaw 4905-55 Ave.

www.thepotterie.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

KMSC LAW LLP LongRunClassAction.ca

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

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

Alberta's Best SENIORS' INTERNET PLAN

- \$70/MONTH - VERY FAST SPEED, UNLIMITED USAGE
- FREE HOME PHONE SERVICE
- FREE NETWORK PROTECTION

NORTHERN LIGHTS FIBER

FREE HOME PHONE! SIGN UP TODAY!

NORTHERNLIGHTSFIBER.CA

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

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**

ANGEL FLIGHT

Travel Assistance for Remote Medical Appointments

Do you need to travel for medical reasons? Angel Flight Alberta can possibly assist.

If you:
• are in need of transportation to a medical appointment
• are a pilot and would like to join our flight team
• would like to make a donation...then contact us today!

We are an organization of volunteer pilots, aircraft owners and ground support. We are unified to help Albertans get to and from their medical appointments efficiently, reducing stress, and at NO COST to the patient or family.

780.756.0086 | info@angelflightab.ca | www.angelflightab.ca

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. Tireme 3. New Zealand 4. Pan 5. Acid

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

Radio BINGO
NORD-OUEST FM

DIMANCHE SOIR A 19H
SUNDAY EVENINGS 7 P.M.

DANS LE CONFORT DE VOTRE FOYER IN THE COMFORT OF YOUR HOME

POUR PLUS D'INFORMATION SCANNEZ LE CODE QR SCAN THE QR CODE FOR MORE INFORMATION

NORD-OUEST FM CKRP 95.7

EN SYNTONISANT LE 95.7 FM ON THE FM DIAL A L'AIDE DE L'APPLICATION USING THE APP RADIO PLACE EN DIRECT SUR NOTRE SITE WEB LIVE STREAM THROUGH OUR WEB PAGE

www.nordouestfm.ca

OU COMPOSEZ LE/ OR CALL 780.837.2346

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

Transform lives, one wish at a time.

Make-A-Wish

Visit makeawish.ca

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

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

yes tv

FREE LIVE STREAMING COMING THIS FALL

visit.yestv.com for details

WEBSITES

From \$129/Month

(780) 760-6922

FRONTLINECONSULTING.CA

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 9996

AN INDEPENDENT NON-PROFIT, CHARITABLE ORGANIZATION SINCE 1967