

WHEN YOU GET PAID We Get Paid

WHIPLASH COMPENSATION?

Get the whiplash compensation you deserve from a trusted team of experienced lawyers. You pay nothing up front. Not all injury claims are capped.

1-800-661-4902
WhiplashInformationCentre.com

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
ALBERTA OWNED AND OPERATED FOR OVER 35 YEARS

FREE! *New Issue Every Week!*
Coffee News®
"News To Be Enjoyed Over Coffee"
Peace River Edition
877-553-6397
www.coffee-news.ca

Vol. 21 No. 10 March 4, 2024

Everybody's Talking

Windy ride: For a bike ride, most people choose a calm day with not much wind to slow them down. However, anyone who likes windy rides might enjoy participating in the Dutch Headwind Time Trial Championship. Participants all ride the same type of bike: upright and with only one speed. They ride an 8.5-kilometre (5.3-mi.) course located on the Oosterscheldekering storm barrier near the southwest city of Vrouwenpolder, Netherlands. The race originated in 2013 and is only held during storms when winds are expected to reach up to 120 km/h (74 mph). Only 300 participants are allowed, and the winner is the rider who completes the course with the fastest time.

Running away: Lots of young kids hate doing their homework, but most would choose to do their school work over being sent to an orphanage. Not so for a school boy in Chongqing, China. He was so angry at his mother for pestering him to do his homework that he went to a local police station to complain. He told the police that he wanted to go to an orphanage instead of living at home. The officers helped him calm down, got his address, and contacted the parents. With the father on the way, the officers had a little chat with the boy to convince him that returning home was a better choice.

Perfectly round: In the U.S. state of Florida is a lake so round that pilots gave it the nickname "Silver Dollar Lake." Officially called Kingsley Lake, it is located in the northeastern part of the state. The flocks of people who visit the lake on the ground may not be able to see its round shape, which is obvious from the air. The perfectly round shape is not artificial, but was formed by an ancient, spring-fed sinkhole. Ringing the lake are houses and cottages, all the way around the 2-mile (3.2-km) wide lake, which is 90 feet (27.4 m) deep at its centre. The homes have docks for swimming and boating

Fruit artist: Someone looking at the flowers sculpted by Vietnamese artist Nguyen Thi Thu could be forgiven for not realizing that the blooms emerge from papaya fruits. She has been practicing this traditional art for many years, with a 15-year break when she moved to another country where green papaya was not readily available. Glad to be back in Hanoi, she picked up the art again. This time, along with sculpting primroses, lotuses, and water lilies, she challenged herself to create many different types of chrysanthemums, which is a complicated process. The artist shows her work at public events, and she also teaches classes to show others the delicate art of sculpting papaya

Quoteable Quotes

"At some point, you've got to let go, and sit still, and allow contentment to come to you."
—Elizabeth Gilbert
"What wisdom can you find that is greater than kindness?" —Jean-Jacques Rousseau

What's Happening

Ongoing - Tuesdays Women's Wellness Slave Lake and Area Womens Wellness workshop. St. Peters Ecumenical Church, Slave Lake. Free and includes child care. Registration is required. For topic and to register, text Rebecca at 780-240-6245

Feb 17 - Hinton Fish Game Scoring Come and have your big game animals scored by an official scorer. Didn't fill your tags That's okay, bring them and be entered in a draw for a prize! 9am-3pm, Hinton Fish Game Clubhouse 7km East of Hinton

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!
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. Annular, glove, or wedded is the medical term for the ring finger?
2. Cut, clarity, colour, and carat (the 4 Cs) refer to what stone?
3. The scientific name for a bird's wishbone is furcula, tibia, or aloha?
4. The spots on dice are called what?
5. Herpetophobia is the fear of foot pain, freckles, or reptiles?

(Flip bottom of page for answers)

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

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.gpchma.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.drmikeyhopperoptometry.com
Open Mon to Fri, 8:45 a.m.-5:00 p.m.

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

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

Canada's expert provider of onsite health and safety services

Whether it's upstream, midstream, downstream, or industrial, HSE has you covered

- Fire & Medical Services
- H2S Safety • Breathing Air
- Confined Space & High Angle Rescue
- Environmental Monitoring & Gas Detection

INDUSTRIAL HEALTH, SAFETY AND ENVIRONMENT EXPERTS

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

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

The staff at Denture & Implant Cottage hope your homes are filled with **Laughter and Love** your hearts are filled with **Joy and Peace** this wonderful Christmas Season!

Wishing you all things Bright, Happy & Healthy in the coming New Year!

With Gratitude

9803-98 Ave., Peace River T8S 1J5 | 780.624.4573

HIP OR KNEE REPLACEMENT?

THE DISABILITY TAX CREDIT ALLOWS FOR A

\$2,500 YEARLY TAX CREDIT

\$30,000 LUMP SUM REFUND

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

FOR EXPERT HELP: **1-844-453-5372**

85% SUCCESS RATE!

THIS SPACE FOR RENT

OR SCAN HERE FOR MORE INFO

Call **780-220-6397**

yes tv

FREE LIVE STREAMING COMING THIS FALL

visit yestv.com for details

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

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

Chapel of Memories Funeral Home and On-site Crematorium

"Part of the Peace Country Since 1947"
Fairview to Peace River to High Prairie

"Your family care provider offering assistance with Personalized Funerals, Memorials, Cremations, Cremation Jewelry & Monuments"

Phone: 1.888.849.5800

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

Communities in Mind

Co-op is working with the Mental Health Foundation to raise funds for mental health services in your community. Donate at your local Co-op food store, gas bar, liquor store, home centre, or scan the QR code to **DONATE TODAY!**





Central Alberta, Cornerstone, New Horizon, South Country, Westview

SUPPORT YOUR SPORT



ALBERTA SNOWMOBILE
EST. 1971

ONLY \$90! ...and get access to over 6,500 km of groomed trails!



WOMENS WORKWEAR



www.womensworkwear.ca

Workwear Built For Women
STORE NOW OPEN!
5403 Gateway Blvd NW, Edmonton
Enjoy The Experience

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

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

WHEN HOME IS NOT SAFE - WE HAVE A SHELTER FOR YOU

1-877-624-3466
www.prrws.com

We've moved... VISIT US IN OUR NEW LOCATION!



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

SHOP ONLINE!

www.scubagearcanada.ca

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

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

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

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

Groggy mornings?

Imagine starting each day refreshed, ready to conquer anything!

Optimize your routine to elevate your morning and capitalize on time.



Free month trial then only \$1 a month



RISE UP

Your Weekly Horoscope

ARIES
(March 20 - April 19)



For the next several weeks, be careful of impulsive speech or actions. You may find that you are easily angered, so take a deep breath and retreat if needed. Lucky numbers: 12, 14, 19, 22, 37, 41.

TAURUS
(April 20 - May 20)



The universe may continue to present you with many opportunities, a rare and unusual situation. Perhaps consider one that will expand you beyond your comfort zone. Lucky numbers: 4, 7, 8, 11, 18, 24.

GEMINI
(May 21 - June 20)



For the next few weeks, be extra cautious in your communications. Your quick mind and wit could put you in danger of saying something you might regret. Lucky numbers: 3, 13, 14, 20, 42, 45.

CANCER
(June 21 - July 21)



The Cancer-born can tend to lead with their feelings. At the beginning of the week, you may be challenged to approach a situation with a more balanced heart and mind. Lucky numbers: 17, 18, 24, 35, 37, 39.

LEO
(July 22 - Aug. 22)



Midweek, your thoughts and feelings may be out of sync for a few days. If you feel like you're at a stalemate, move beyond your own desires and help someone else. Lucky numbers: 10, 21, 37, 31, 33, 38.

VIRGO
(Aug. 23 - Sept. 22)



You may have an opportunity at the end of the week to expand your comfort zone and tap more into your intuition. This might feel awkward and could require practice. Lucky numbers: 6, 12, 14, 20, 41, 43.

LIBRA
(Sept. 23 - Oct. 22)



For the next several weeks, you may be seeing people "put their foot in their mouth." Therefore, leaning into your natural diplomatic nature might be even more important. Lucky numbers: 5, 14, 18, 27, 29, 32.

SCORPIO
(Oct. 23 - Nov. 21)



Have you been reluctant to take off your safe mask and authentically face the world? Doing so is never easy, but this week might prove to be better than most. Lucky numbers: 7, 13, 17, 19, 27, 34.

SAGITTARIUS
(Nov. 22 - Dec. 20)



Your natural optimism and enthusiasm may get a boost for the next several weeks. If new opportunities come up, carefully examine them and look before you leap. Lucky numbers: 9, 11, 21, 22, 31, 32.

CAPRICORN
(Dec. 21 - Jan. 19)



Early in the week may be a good time to connect with those whose cooperation and assistance you need. Your serious demeanour and strong work ethic may be highlighted. Lucky numbers: 1, 3, 17, 37, 40, 48.

AQUARIUS
(Jan. 20 - Feb. 18)



Things may be very busy for you this week. Consider prioritizing what serves your highest values, rather than someone else's agenda. This may be scary to do. Lucky numbers: 2, 12, 17, 18, 22, 38.

PISCES
(Feb. 19 - March 19)



This may be a good time to evaluate your current endeavours. Are some less important now? Consider completing your critical projects and letting go of the rest. Lucky numbers: 11, 24, 27, 33, 36, 48.

Lucky numbers this week: This week's odds favour Capricorn winners with the luckiest number being 3.

Did You Know...

Islands in the sea: The island nation of the Maldives, in the north-central part of the Indian Ocean, includes approximately 1,200 islands. About 200 of the sandbanks and coral islands are inhabited.

Saving energy: Similar to hibernation, an animal going into a dormant state because the environment is too hot or dry is called aestivation. The aestivating animal stops eating and does not move around.

Small but mighty: A tiny insect called the oribatid mite can lift over 1,000 times its own body weight. Also called the armoured or beetle mite, is only about the size of a grain of sand or two human hairs placed side by side.

Popular condiment: In Mexico, a condiment called chamoy is very popular. This hot, sweet, tangy sauce contains dried chilies, lime juice, and some kind of fruit, such as mango, apricot, or plum.

Talented man: Brian May, who became famous as a member of the British rock band Queen, is regarded as one of the best guitarists around. May earned a Ph.D. in astrophysics from Imperial College London.

On the Lighter Side

Why were the scissors smiling? Because they have their work cut out for them.

An astronomer watched the moon rotate for 24 hours. Then he got bored and called it a day.

My new diet consists of only aircraft. It's a bit plane.

Diner: "I'd like an elephant sandwich, please."
Waiter: "I'm sorry, sir, we've just run out of bread."

Knock! Knock! Who's there? Hugo. Hugo who? Hugo first and I'll go second.

Answers

Trivia answers: 1. Annular 2. Diamond 3. Furla 4. Pips 5. Reptiles

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

Registered Swedish Massage at Graceful Lilac Massage

in Peace River



Massage helps improve posture, reduce pain and increase range of motion.

Direct billing available

Text/call **780-837-5233**
Bookings at gracefullilac.janeapp.com

AUTOMOTIVE LIGHT TRUCK REPAIR



- Out of Province Inspections - \$225
- Rate: \$125/hour
- We service most vehicles, beginning at \$39.95*

* For labour only. Services include a 34 point inspection. Oil and filters extra.

TRINITY REPAIR LTD.
780.338.3848
Open Tuesday - Friday, 8 a.m. - 5 p.m.
5029 - 51 Street, Berwyn, AB • www.trinityrepair.ca

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

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

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 SYNCHRONISANT LE 95.7 97.5 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

Home | Auto | Business | Farm

We're in your community

780.837.2171
2 Main St NE, Falher

BrokerLink Insurance

©2023 BrokerLink Inc. *BrokerLink & Design is a registered trademark of BrokerLink Inc. All rights reserved.

REAL ESTATE APPRAISALS

COMMERCIAL • INDUSTRIAL • RESIDENTIAL

AGM VALUATIONS GROUP LTD.
OFFICES IN GRANDE PRAIRIE AND PEACE RIVER

Phone: 780.624.0020 Andre Cell: 780.274.1133 Adam Cell: 780.897.0391
www.amvaluationsgroup.com

SERVING: Grande Prairie, Sexsmith, Clairmont, Wembley, Beaverlodge, Hythe, Grovedale, Rycroft, Spirit River, Fox Creek, Whitecourt, Peace River, Grimshaw, Fairview, High Prairie, Valleyview, Manning, Slave Lake, High Level, La Crete, Fort Vermilion, Rainbow Lake, Dixonville, Hines Creek, Falher, Donnelly, Nampa, Girouxville, Eaglesham, McLennan, St. Isidore.