

**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**

85% SUCCESS RATE!



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

www.coffee-news.ca Est. 1988



The World's #1 Restaurant Publication!

**GRATUIT FREE** Canadiens Branchés Connected Canadians

**Améliorez vos compétences technologiques**  
 Séances de soutien individuelles pour les personnes âgées.

**Improve your technology skills**  
 One-on-one support sessions for older adults.

Financé en partie par le gouvernement du Canada par le biais du programme Nouveaux Horizons pour les aînés | Canada

connectedcanadians.ca/fr/seances-individuelles  
**1-877-304-5813**



**WEBSITES**  
 From \$129/Month

**(780) 760-6922**  
 FRONTLINECONSULTING.CA

**QUALITY WORK. REASONABLE RATES.**

**RRC**  
 EXTERIOR FINISHING

- 5" Continuous Eavestrough
- Asphalt Roofing
- Soffit ■ Fascia

CALL RYAN TODAY FOR YOUR FREE ESTIMATE:  
**780.519.1335**  
 Serving Athabasca/Slave Lake and area



**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



**BUYING A HOUSE?**  
 START HERE



Questions? Call 780-982-4247. George Van De Walle, Re/Max Professionals

**SELLING A HOUSE?**  
 FREE EVALUATION HERE



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



**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**



**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



Vol. 21 No. 13 March 25, 2024

**Everybody's Talking**

**Belly dance:** Massachusetts Institute of Technology has developed a new high-tech diet pill that vibrates after it's swallowed. VIBES (Vibrating Ingestible BioElectronic Stimulator) activates stomach receptors to induce a sense of fullness. Featured in the journal Science Advances, VIBES is hailed as a potential breakthrough in weight loss technology. With human trials pending, initial tests on pigs showed that 30 minutes of VIBES activity resulted in a 40% drop in food consumption. The mechanism works by tricking stomach stretch receptors. This signals the hypothalamus to produce hormones that create the sensation of being full. The innovation holds promise as a novel approach to trimming down, with a dance-worthy twist.

**Autumn colours:** Many countries take pride in their colourful autumn foliage, but nothing can really beat the gingko biloba tree in the village of Bangye-ri in Gangwon Province, South Korea. The tree is thought to be over 800 years old, and is a designated national monument. It measures 33 metres (108 ft.) high. In the fall, its leaves turn a blazing yellow-gold. As they fall, they leave a yellow carpet on the ground around the tree. In the last few years, visitors have been flocking to the tree, even though no restaurants or convenience stores are nearby. Legend has it that the tree grew from the cane of an ancient Buddhist monk.

**Alligator trick:** If the temperature drops low enough in Ocean Isle Beach, North Carolina (U.S.), the ponds at Swamp Park Outdoor Adventure Center can freeze. So what are the 12 resident alligators to do? The animals have an ability to go into a state called brumation. They can survive because they protect themselves by sticking their snouts up into the air above the water. That way, they can breathe while the water freezes around them. Visitors to the park can just see the snouts peeking above the ice. The alligators at the park can't be returned to the wild for various reasons, so the park protects and cares for them.

**Ugly fountain:** Sculptures are often commissioned for special anniversaries. That's what happened in Vienna, Austria, when authorities wanted to mark 150 years of the city's renowned modern water system. The commissioned piece is a fountain, but critics say it is extremely ugly. Costing 1.8 million Euros, the fountain consists of 33 very unusual "humanoid" figures that encircle the spouting water. Gelitin is the Viennese artist group that designed the piece. While the selection jury liked the "togetherness" idea of the design, the public does not like it at all. There has been much backlash, including by opposing political parties, about the installment.

**Quoteable Quotes**

"Joy is not in things; it is in us." —Richard Wagner  
 "One changes from day to day ... every few years one becomes a new being." —George Sand

**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

**Ongoing - Seniors Walk in Anzac** Every Tuesday Thursday from 11:00am-1:00pm Seniors can walk the track at no charge with complimentary coffee tea service! 237 Stony Mountain Rd, Anzac AB T0P1J0. Call 780-334-2424 for more info

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!

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. What horse race was established at Pimlico Race Course, in Maryland (U.S.), in 1873?
2. Ben Franklin, Thomas Edison, or Albert Einstein invented the phonograph?
3. Australia and Antarctica are drifting apart—T/F?
4. In 1928, Col. Jacob Schick patented the hair dryer, electric razor, or blender?
5. Who wrote The Metamorphosis?

(Flip bottom of page for answers)

**THIS SPACE FOR RENT**

OR SCAN HERE FOR MORE INFO



Call **780-220-6397**

**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



**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



**R&C STORAGE**

Call, text or email for inquiries  
**780.689.9876**  
 mcstorageab@gmail.com  
 3606-53 Street, Athabasca

ON AND OFF SITE STORAGE



CANADA'S BRAND YOUR COMFORT

**NAPOLEON**

**GEMCO FIREPLACES & WHOLESALE HEATING PRODUCTS**

PH: 780-465-9719 9281-50 STREET, EDMONTON, AB  
 WWW.GEMCOFIREPLACES.COM




**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



**It's not just a generator. It's a power move.**  
 Receive a free 7-year warranty with qualifying purchase\* - valued at \$945.  
 Call 888-688-0973 to schedule your free quote!



**GENERAC**

\*Terms and Conditions apply.

**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](http://www.smallmiraclesadoption.com)

**Home is Where Your Story Begins.**  
 Let Me Help You Finance Your Dream Home!



**Debbie Jacobsen, AMP**  
 780.805.8840  
 deb@dlc1st.ca | www.dlc1st.ca

**DOMINION LENDING CENTRES**  
 Mortgage Mentors

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



*Transform lives, one wish at a time.*

**Make-A-Wish**  
 Visit [makeawish.ca](http://makeawish.ca)

**Need ONE More Reason to Join?**

- You don't have an up to date will
- You don't understand the difference between a trust and a will
- The CRA selects you for an audit
- You need a letter written on your behalf by a lawyer
- You receive a speeding ticket
- 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**

**inogen**

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

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

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.  
 PMS20469 EN, EN, USA | © Only © 2023 Inogen, Inc.  
 303 Cameron Drive, Colorado, CA 91317  
 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.

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

**ETTA TELECOM**  
 587.760.2800  
<https://zettatelecom.com>

DEDICATED TO FINDING OUR CLIENTS THE BEST SOLUTIONS WITHIN THEIR BUDGETS


**yes tv**

**FREE LIVE STREAMING COMING THIS FALL**  
 visit [yestv.com](http://yestv.com) for details



# Your Weekly Horoscope


**ARIES**  
**(March 20 - April 19)**



Unresolved wounds from the past often block our compassion for others. This week may be a good time to work on breaking through this dynamic.

Lucky numbers: 12, 13, 15, 17, 29, 33.

**TAURUS**  
**(April 20 - May 20)**




At midweek, look for an opportunity to accomplish a goal that is close to your heart. This may require you to take a risk outside of your comfort zone. Lucky numbers: 6, 8, 16, 21, 32, 37.

**GEMINI**  
**(May 21 - June 20)**




Your head and heart may be out of sync at week's end. If you can't resolve this stalemate, you may want to wait a few days to make important decisions. Lucky numbers: 7, 13, 18, 32, 41, 48.

**CANCER**  
**(June 21 - July 22)**



The Cancer-born often focus on home and family. At week's end, however, you may find that you have a desire for a journey, for either travel or study. Lucky numbers: 10, 11, 13, 17, 23, 41.

**LEO**  
**(July 23 - Aug. 22)**




An event this week may encourage you to reach outside yourself and consider your role in the world. Achieving this may require an adjustment in your viewpoint. Lucky numbers: 1, 9, 30, 31, 37, 45.

**VIRGO**  
**(Aug. 23 - Sept. 22)**




Virgos can be reluctant to act unless everything perfectly lines up, which might be rare. Consider taking a leap of faith in the coming weeks, but bring a parachute. Lucky numbers: 4, 10, 12, 26, 40, 47.

**LIBRA**  
**(Sept. 23 - Oct. 22)**




Have you reviewed the goals and plans you set at your birthday? Is one of them close to completion? If so, now may be a good week to cross the finish line. Lucky numbers: 5, 6, 15, 20, 35, 39.

**SCORPIO**  
**(Oct. 23 - Nov. 21)**



Midweek, others may refuse to see the truth of a situation. If you can't achieve consensus, consider stepping back for a few days until this energy passes. Lucky numbers: 8, 13, 14, 29, 37, 38.

**SAGITTARIUS**  
**(Nov. 22 - Dec. 21)**




Week's end may provide a monthly opportunity to make an emotional reset. Is there an issue about which you should take a deep breath and find a new approach? Lucky numbers: 3, 4, 10, 15, 29, 31.

**CAPRICORN**  
**(Dec. 22 - Jan. 19)**




Capricorns often have a serious demeanour, aimed at accomplishment. Sometimes cutting loose and being joyful is OK. Week's end may be a good time for that. Lucky numbers: 9, 14, 23, 31, 35, 36.

**AQUARIUS**  
**(Jan. 20 - Feb. 18)**



In 2024, Pluto begins a 20-year journey through your sign, inspiring a humanitarian evolution. How can you contribute to this and where should you begin? Lucky numbers: 11, 16, 18, 23, 27, 29.

**PISCES**  
**(Feb. 19 - March 20)**



Pisces can fall into a navel gazing trap, excessively contemplating the state of the world. The next few weeks may offer a strong opportunity for action. Lucky numbers: 2, 8, 16, 29, 32, 37.

Lucky numbers this week: This week's odds favour Capricorn winners with the luckiest number being 31.

## Did You Know...

**Getting rich:** National Basketball Association All-Star LeBron James's 2015 Nike sneakers endorsement deal could earn the U.S. basketball star over \$1 billion before retirement. That's a lucrative business arrangement and a big number!

**Saving whales:** Mr. Splashy Pants was the name given to a humpback whale by Greenpeace in its 2007 Great Whale Trail Expedition campaign to raise awareness about the threatened whales. The campaign was successful: the whales are no longer hunted.

**Borrowed words:** About 60% of English words have Greek or Latin roots. In science and technology, that figure is over 90%. The direct influence of the classical languages began in the Renaissance and continues today.

**Hit the road:** Route 66 is one of the most famous highways in the U.S. The 2,448-mile (3,940 km) road was featured in the 1946 hit song "(Get Your Kicks On) Route 66," as well as the *Route 66* television series.

**Bath time:** Canada has a unique place for people who like to bathe in cold water. Bathub Island in Lake Superior, in Ontario, is so named because high waves from the lake wash over and fill its basin shape, creating a natural bathtub.

## On the Lighter Side

Why couldn't Dracula's wife get to sleep? Because of his coffin.  
 Tom couldn't figure out how to repair the washing machine, so he threw in the towel.

Did the drill finally finish its supper? Every last bit.

Mother: "Can you explain this D and F on your report card?"  
 Child: "Yes, it stands for 'Doing Fine.'"

Knock! Knock! *Who's there?* Gable. *Gable who?* Gable to leap tall buildings in a single bound!

## Answers

**Trivia answers:** 1. Preakness 2. Thomas Edison 3. True 4. Electric razor 5. Franz Kafka

For available franchise opportunities - visit [coffeenewscanada.com](http://coffeenewscanada.com)  
 © Published with Permission by Capital Marketing Ltd

**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](http://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**




**Refreshing Pure Hydration**

- 3 & 5 Gals of Reverse Osmosis & Alkalized Water
- 5lb & 20lb Bags of Ice

✓ Wholesale and Retail Sales  
 ✓ Residential and Commercial Delivery Available



**Pure**  
 PREMIUM WATER & ICE

9609-100 Street, Plamondon  
**780.798.0444 | www.purepremiumwater.ca**

Proudly serving Lac La Biche County, Athabasca County, Boyle, Wandering River, Grassland, Plamondon

**SHOP ONLINE!**  
[www.scubagearcanada.ca](http://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

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



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

**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




Home | Auto | Business | Farm

**We're in your community**

**780.675.2241**  
 4801 49 St, Athabasca  
**BrokerLink.ca**

**BrokerLink Insurance**

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

**DIRECT WORKWEAR**  
[www.directworkwear.com](http://www.directworkwear.com)

**VINTAGE 100% WOOL BLANKETS**  
 Brand new! Step into warmth and embrace the nostalgia of the 1950s-60s with these military grade blankets. Ideal for travel emergency kits, camping or on the farm.

**\$39.95 ea.**

Scan QR Code To Visit Our Website




**happy Easter**

from your friends at **Coffee News**

