

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.



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



www.coffee-news.ca Est. 1988

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

CANADA'S BRAND YOUR COMFORT

NAPOLEON



GEMCO FIREPLACES
& WHOLESALE HEATING PRODUCTS

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

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

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



yes tv

FREE LIVE STREAMING COMING THIS FALL
visit yestv.com for details



WEBSITES

From \$129/Month

(780) 760-6922
FRONTLINECONSULTING.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

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



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

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. 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)

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



THIS SPACE FOR RENT

Call **780-220-6397**

OR SCAN HERE FOR MORE INFO



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



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



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



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



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

Gifts and Gadgets

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 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

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

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

NORD-OUEST FM CKRP 95.7
EN SYNTONISANT 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

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

HIP OR KNEE REPLACEMENT?
THE DISABILITY TAX CREDIT ALLOWS FOR A
\$2,500 YEARLY TAX CREDIT
\$30,000 LUMP SUM REFUND

85% SUCCESS RATE!

FOR EXPERT HELP: 1-844-453-5372

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)
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
© Published with Permission by Capital Marketing Ltd

Home | Auto | Business | Farm

We're in your community

780.837.2171
2 Main St NE, Falher
BrokerLink.ca
BrokerLink Insurance

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

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

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!

PSC Prairie Scented Candles
Sunset Scents a RAY of Fragrance

prairiescentedcandles@gmail.com
www.prairiescentedcandles.com

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, Fahler, Donnelly, Nampa, Girouxville, Eaglesham, McLennan, St. Isidore.

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

OUR TEAM HAS BEEN SERVING THE COMMUNITY FOR 20 YEARS

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

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).

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

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

DIRECT WORKWEAR
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