

CANADA'S BRAND YOUR COMFORT

NAPOLEON



GEMCO FIREPLACES
& WHOLESALE HEATING PRODUCTS

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

THIS SPACE FOR RENT

OR SCAN HERE FOR MORE INFO



Call 780-220-6397

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



FREE COMPARATIVE MARKET ANALYSIS

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

• Serving Ponoka and Area
• 16 years experience

Call or text today:
403-325-0372



ROYAL LEPAGE
LIFESTYLES REALTY

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
www.prairiescentedcandles.com

Sunset Scents
a RAY of Fragrance
prairiescentedcandles@gmail.com
www.prairiescentedcandles.com

PROVEN EXPERTISE

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!




THE ONE 89.7 FM

PONOKA'S BEST COUNTRY

Edward Jones

At Edward Jones, we do money differently.



Garet Wood
Financial Advisor
780-679-2220

- Planning for Retirement
- Wealth Strategies
- Business Owner Strategies

Let's talk


www.edwardjones.ca/ca-en/financial-advisor/garet-wood

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. 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 - 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

Apr 12 - Centra Cams 27th Annual Bowlathon Fundraiser Help us reach our goal of \$26,000, with proceeds going towards improving client experiences. Please support our clients when you see them out in the community. For more info or to make a donation, contact Centra Cam @ 780-672-9995

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

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. 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)

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

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



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?

Signia Stytleto

Unique and beautifully designed hearing aid

EYES + EARS
OPTICAL + HEARING CO.
403.790.2020 • 4502-50 Street, Ponoka

FINANCING FOR HEARING AIDS NOW AVAILABLE



yes tv

FREE LIVE STREAMING COMING THIS FALL

visit yestv.com for details



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

587.760.2800
<https://zettatelecom.com>

DEDICATED TO FINDING OUR CLIENTS THE BEST SOLUTIONS WITHIN THEIR BUDGETS



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!



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!



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

Alberta Council on Aging
Let's Stop Ageism

AN INDEPENDENT NON-PROFIT, CHARITABLE ORGANIZATION SINCE 1967



EXPECT THE UNEXPECTED At Molly's **COBWEBS & CURIOSITIES**

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

ANTIQUE MALL AND MERCANTILE

5010-49 Ave., Ponoka

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

SHOP ONLINE!
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

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

Transform lives, one wish at a time.

Make-A-Wish.
Visit makeawish.ca

Groggy mornings?

Imagine starting each day refreshed, ready to conquer anything!

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

RISE UP

Free month trial then only \$1 a month

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

200+ Delicious Meals Made for SENIORS!

PLEASE ASK US FOR STARTER PACK

NOW SERVING THIS COMMUNITY!

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

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

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.
PHE220469 EN, US, USA Do Only © 2023 Inogen, Inc.
303 Commerce Drive, Golden, CO 80117
Inogen® is a trademark of Inogen, Inc. The usage of any Inogen, Inc. trademark is strictly forbidden without the consent of Inogen, Inc. All other trademarks are trademarks of their respective owners or holders.

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. Bathtub 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

HIP OR KNEE REPLACEMENT?
THE DISABILITY TAX CREDIT ALLOWS FOR A

\$2,500 YEARLY TAX CREDIT
\$30,000 LUMP SUM REFUND

85% SUCCESS RATE!

Restrictions in Walking or Dressing may qualify.

FOR EXPERT HELP:
1-844-453-5372

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

WEBSITES
From \$129/Month

(780) 760-6922
FRONTLINECONSULTING.CA

We design and build High Quality, Fast **CUSTOM BUILT COMPUTERS**

We also fix your computers and laptops!

> We find affordable, powerful LAPTOPS to meet your needs
> There are still good, fast low priced sweet spots available

Marg's Computers
780.678.2338 | 4608-39 St., Camrose

IN STOCK NOW!
REFURBISHED COMPUTERS WITH 3 YR WARRANTY

We've got the inside track on your outdoor needs!

FIREWOOD SALES

Countryboy PROJECTS

CALL STEVE AT **780.608.8256**
countryboyprojects22@gmail.com

GENERAL YARD & PROPERTY MAINTENANCE

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

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

Affordable-Effective-Exclusive-CALL NOW!