

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"
St. Paul Edition
877-553-6397

www.coffee-news.ca Est. 1988

Love Coffee News?

Send a selfie of yourself with your weekly edition of the paper, and your picture may appear here!

Send your selfie to **contests@coffee-news.ca**
 Please put "Readers" in the subject line.

Please include:
 ① Your name ② Your phone number and ③ Your address so that we can send you some **cool prizes** if your photo is chosen to appear in the paper!

Reader of the Month
 Jobin Thomas from Vegreville

Coffee News Fun Reading. Serious Advertising.

Coffee News[®]
 is proudly delivered by

St. Paul Abilities Network

Coffee News Part of your community.

Recipe of the month

Macaroni Coleslaw

1 package (7 ounces) ring macaroni or ditalini
 1 package (14 ounces) coleslaw mix
 2 medium onions, finely chopped
 2 celery ribs, finely chopped
 1 medium cucumber, finely chopped
 1 medium green pepper, finely chopped

1 can (8 ounces) whole water chestnuts, drained and chopped

Dressing:
 1-1/2 cups Miracle Whip or mayonnaise
 1/3 cup sugar
 1/4 cup cider vinegar
 1/2 teaspoon salt
 1/4 teaspoon pepper

Prep Time: 25 min + chilling Yield: 16 servings

① Cook macaroni according to package directions; drain and rinse in cold water. Transfer to a large bowl; add the coleslaw mix, onions, celery, cucumber, green pepper and water chestnuts.
 ② In a small bowl, whisk the dressing ingredients. Pour over salad; toss to coat. Cover and refrigerate for at least one hour.

The perfect recipe for June 18, **National Picnic Day!** (Or anytime you're in the mood for macaroni salad, but craving slaw, too!)

Source: <https://www.tasteofhome.com>

Vol. 21 No. 26 June 24, 2024

Everybody's Talking

Unwanted advice: The British enjoy their tea and don't want outsiders telling them how to drink it. That's what American scientist and author Michelle Franci learned when she published a book that suggested adding a pinch of salt to make a cup of tea less bitter, an amount small enough that it couldn't be tasted. Good Morning Britain, a British breakfast program, said the notion felt like a crime. The controversy drew involvement from no less than the U.S. Embassy in London, which confessed Franci's suggestion had got them "in hot water." They joked that they would continue to make tea the proper way, by microwaving it. No word on how that advice landed.

Unhygienic husband: A court in Ankara, Turkey, approved a woman's request to divorce her husband, but the reason wasn't a typical one. In Turkish civil law, one reason for divorce is if life has become unbearable for one or both parties. The woman said she wanted a divorce because her husband had unbearable personal hygiene. She told a family court that her husband wore the same clothes for at least five days in a row, smelled stinky, and didn't shower often. Witnesses confirmed her claims. The court ordered her husband to pay her 500,000 Lira (TRY) for putting up with his poor personal hygiene.

Fast kid: Many people are familiar with Rubik's cube puzzles, which have six sides and 20 movable pieces. But then there's the 12-sided Megaminx, with 50 moving pieces. Aidan Granger is a 16-year-old student at Royal Wootton Bassett Academy, located in the British town of the same name. The teen cemented his status as a European Megaminx record holder and earned the 2024 title of the world's ninth fastest "speedcuber." Competitively solving puzzles like Rubik's cube or Megaminx is called speedcubing. The teen finished the Megaminx puzzle in only 31.41 seconds. He was competing against 200,000 speedcubers in the official World Cube Association competition.

Urban art: A street artist in Nerviano, a municipality in Milan, Italy, asks permission to apply his paint in public places. And because his art is so fascinating, the authorities usually say "yes" to Cosimo Cheone Caiffa. This self-taught artist makes 3D creations that look real, such as a man crawling out from under a bridge or a little boy leaning out of a window to give a flower to a passerby. His artwork really can transform dismal cityscapes into works of intriguing creativity. The artist initiates his designs on a computer, and when he's ready to hit the streets, he rounds up his paint cans and gets to work.

Quoteable Quotes

"Follow your dreams, transform your life." —Paulo Coelho
 "Only in the darkness can you see the stars." —Martin Luther King, Jr.

What's Happening

Thursdays Monthly - Evening Rhyme Storytime Join Lac La Biche County Libraries along with FCSS Young Family Connections for rhyme time. This will be held once a month on Thursdays from 6:30-7:30pm in the Wild Rose Room at Stuart MacPherson Library. Visit labclichcounty.com for all times

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

Enter one of three ways:
 1. Scan the QR code
 2. Visit www.coffee-news.ca
 3. Mail your entry*

*Mail your entry 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.

HAPPY CANADA DAY!

from your friends at **Coffee News**

THIS SPACE FOR RENT

OR SCAN HERE FOR MORE INFO

Call 780-220-6397

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

OOPS...

Want to ensure better turnout at your next event? Submit the details of your event for inclusion in our popular "What's Happening" section!

Enter your event by scanning here

Visit www.coffee-news.ca today!

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

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

CANADA'S BRAND YOUR COMFORT

NAPOLEON

GEMCO FIREPLACES & WHOLESALE HEATING PRODUCTS

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

Lakeland EMPLOYMENT SERVICES

Unemployed? Underemployed? We can help. Contact us.

St. Paul office

Northstar Complex, 2nd Floor
 4701 50 Avenue
 780.646.6729
employabilities.ab.ca

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

Need to talk? 988 is here for you. 24/7

Suicide & Crisis Helpline
 Call or text: 9-8-8

Edmonton.CMHA.ca

Trivia

1. A monk lives in a monastery and a nun lives in a ____.
2. In Disney's animated movie, Robin Hood is portrayed as a badger or a fox?
3. Shakespeare's play The Tempest is named for a storm, earthquake, or flood?
4. What is the human body's buccal cavity?
5. The minimum depth of a hole in professional golf is 3, 4, or 6 inches?

(Flip bottom of page for answers)

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

PLEASE ASK US FOR STARTER PACK

200+ Delicious Meals Made for SENIORS!

NOW SERVING THIS COMMUNITY!

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

*Some conditions apply

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

MARINE SUPPLY!

PARTS AND ACCESSORIES

L & D Marine Rentals

61116 Hwy. 28 W
 Bonnyville
780.201.0154

Oil for ALL Applications
 Automotive • Power Sports
 Marine • Heavy Duty Diesel, etc.

BOAT RENTALS AND REPAIRS

BRIGGS & STRATTON DEALER

DISCOVER THE POWER OF AMSOIL
 The World's Best Oil

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

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.

EARN UP TO \$75+ USD PER HOUR WRITING LETTERS

PAID PER Letter

ZERO Experience Required

MUST BE 18+
EDUCATIONAL PROGRAM

START HERE!

We're 20!

May 4, 2024 is Capital Marketing's 1,041st publication week, and its 20th anniversary publishing *Coffee News* in Northern Alberta!

For two decades, we've been committed to bringing smiles to our readers' faces, promoting business and strengthening our communities. We could not have done it without you!

We want to thank our advertising sponsors, readers, partners and employees for their continued support. Here's to 20 more years of success together!

Walter Heuvigh, Publisher
 Coffee News Northern Alberta

Like us on Facebook

...to keep updated on **WEEKLY contests** in which you can enter to win tickets to sports events, entertainment events, Coffee News Bucks and more!

Coffee News®

<https://www.facebook.com/CoffeeNewsWeekly>

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

Transform lives, one wish at a time.

Make-A-Wish

Visit makeawish.ca

Your Weekly Horoscope

ARIES (March 20 - April 19)

How are your past issues and wounds affecting your relationships now? This may be a good time to take a deep dive into your unconscious. Seek help, if needed. Lucky numbers: 12, 14, 16, 21, 29, 32.

TAURUS (April 20 - May 20)

Is there something you want to advance that hasn't gotten traction before? If you present it in a new way at week's end, you may find that others are more receptive. Lucky numbers: 2, 4, 8, 16, 31, 37.

GEMINI (May 21 - June 20)

Many Geminis share the quicksilver nature of Mercury, the sign's ruling planet. But over the next few months, you may be asked to slow down and reexamine your life. Lucky numbers: 11, 15, 19, 30, 44, 46.

CANCER (June 21 - July 22)

Cancers often prioritize their feelings when making decisions. Over the next few months, you may have a chance to examine where this style does or does not serve you. Lucky numbers: 10, 13, 17, 18, 31, 35.

LEO (July 23 - Aug. 22)

Your mind and emotions may be out of sync at the beginning of the week. What change could you make to reconcile the difference and achieve more balance in your life? Lucky numbers: 3, 10, 16, 31, 33, 39.

VIRGO (Aug. 23 - Sept. 22)

During the middle of the week, your energy may feel confused and murky. If it is disrupting your normally disciplined routine, wait a few days for this dynamic to pass. Lucky numbers: 9, 10, 11, 17, 31, 41.

LIBRA (Sept. 23 - Oct. 22)

Is there an outdated belief or behaviour that is holding you back from having more love in your life? How might you release it? Who could help you figure it out? Lucky numbers: 7, 22, 28, 30, 31, 38.

SCORPIO (Oct. 23 - Nov. 21)

The intensity of Scorpios interacting with others can be difficult for both parties. At week's end, however, you may have an opportunity for more pleasant social interactions. Lucky numbers: 1, 16, 17, 19, 21, 25.

SAGITTARIUS (Nov. 22 - Dec. 21)

Sagittarians sometimes closely connect their worldviews to their identities. In the next few months, you may need to reexamine where you are too rigid in this regard. Lucky numbers: 4, 5, 8, 10, 12, 34.

CAPRICORN (Dec. 22 - Jan. 19)

Hard work and discipline are key words for Capricorn's success but they can be exhausting at times. For a few months, consider how to "work smarter, not harder." Lucky numbers: 5, 9, 16, 19, 33, 36.

AQUARIUS (Jan. 20 - Feb. 18)

Early this week, you may find yourself in a centered space. How might you want to take advantage of this energy for the next few days, before it passes? Lucky numbers: 6, 30, 32, 33, 43, 44.

PISCES (Feb. 19 - March 20)

You may find yourself going back over old territory during the next four months. Have you become more disciplined over the last year in creating structure in your life? Lucky numbers: 8, 10, 15, 21, 28, 34.

Lucky numbers this week: This week's odds favour Aquarius winners with the luckiest number being 33.

Did You Know...

Green children: Historians remain baffled by tales of two green-skinned children who appeared in Woolpit, Suffolk, England in the 12th century. No one knows exactly where they came from or why their skin was green.

Maple goodness: Anyone wanting the best and purest maple syrup should look to Canada. The country is well known for the quality of this product, which is made by boiling down sap from maple trees.

Busy intersection: Shibuya Crossing, in Tokyo, Japan, is possibly the world's biggest pedestrian crossing. People come from five directions, all crossing at the same time. The "Scramble" repeats every two minutes all day.

What's in a name: In 1946, Baltimore called its National Basketball Association team the Bullets, after a nearby ammunition foundry. In 1996, the current franchise adopted the less violent name of Wizards.

Pole star: *Stella polaris* is Latin for "pole star." Polaris, more commonly known as the North Star, is the brightest in the Ursa Minor constellation. Interestingly, "Polaris" has been used as a baby's name.

On the Lighter Side

Why don't computers eat anything? They don't like what's on their menus.

Eating a clock may seem like a good idea, but it's time-consuming.

I used to run a donut shop, but I got tired of the hole business.

Principal: "This is the fourth time you've been in my office this week."
 Student: "Well, I guess I'm glad it's Friday."

Knock! Knock! Who's there? Sasha. Sasha who? You make Sasha fuss!

Answers

Trivia answers: 1. Convent 2. Fox 3. Storm 4. The mouth 5. 4 inches

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

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

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**

14-day risk-free trial: Return within 30 days of purchase for a full refund of purchase price.
 PM230469 EN, EX, USA | Rx Only © 2023 Inogen, Inc.
 303 Colorado Drive, Colton, CA 95317
 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.

owned by the **Thackeray FAMILY**

Memento FUNERAL CHAPEL (1975) LIMITED

SERVING YOUR COMMUNITY FOR THREE GENERATIONS

- FUNERALS
- CREMATION
- MONUMENTS
- PRE-PLANNING

BONNYVILLE 780-826-3113 | GOLD LAKE 780-639-3113 | ST. PAUL 780-615-3113

Need Help with the Digital Side of Business?

We Can Help - for Free!

- Google My Business
- Websites
- Social Media

Contact Community Futures OR mel.digital@cf11b.com

Community Futures | Digital Economy Program | Alberta Government

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

M-F, 10-6 | Thurs, 10-8 | Sat, 11-5 | Closed Sun & Holidays

Farmstead MARKET & MORE

OVER 250 LOCAL VENDORS IN STORE!

VENDOR COLLECTIVE

Clothing • Jewellery
 Home Decor • Bath & Body
 Giftware • Cleaning
 Fresh Produce • Local Meats
 Pantry & Freezer Items

BISTRO

Specialty Beverages
 Fresh Baked Muffins, Cookies & Pastries
 Hot Soup and Sandwiches
 (made to order with local meat & produce)
 Grab 'n Go Options • Daily \$12 Lunch Specials

780.205.3961
 4908-50 (Main) St. Kitscoty

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

Every dog deserves to thrive

Cage-free boarding in a beautiful setting
 Gentle dog training designed to bring out the best in your dog.

The CANINE FREEDOM Centre

www.caninefreedomcenter.ca

Call today! 587-398-2861

NO HARSH TRAINING TOOLS USED