

HERE WHEN YOU NEED US
When You Get Paid, We Get Paid

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
1-800-440-8298
ALBERTA OWNED AND OPERATED FOR OVER 35 YEARS



FREE! *New Issue Every Week!*

Coffee News®

"News To Be Enjoyed Over Coffee"

Bonnyville Edition
877-553-6397



www.coffee-news.ca Est. 1988

Lakeland EMPLOYMENT SERVICES

Unemployed? Underemployed? We can help. Contact us.

Bonnyville office

5110A 54 Avenue
780.343.0924
employabilities.ab.ca



Get Your Summer Groove On!

Licensed Bistro & Outdoor Patio featuring lattes, soup, sandwiches and baking

Farmstead Market & More
MAIN STREET SCOOPS

OVER 300 LOCAL/CND. VENDORS IN STORE!

- Outdoor Markets every second Tuesday May-September
- Vendors • BBQ
- Live Entertainment

780.205.3961
4908-50 (Main) St., Kitscoty

M-F, 10-6 | Sat. 11-5 | Outdoor Patio with Main Street Scoops open until 9 p.m. daily

Home | Auto | Business | Farm

We're in your community

780.826.4160

2 - 4428 50 Ave, Bonnyville

BrokerLink Insurance

BrokerLink.ca

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

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



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

LEAKY GUT?

DO YOU SUFFER WITH ANY OF THESE...

- Digestive issues (gas, bloating, diarrhea, irritable bowel syndrome)
- Autoimmune disease (arthritis, lupus, psoriasis, celiac disease)
- Depression, anxiety, ADD or ADHD
- Seasonal allergies or asthma
- Chronic fatigue or fibromyalgia
- Hormonal imbalances (PMS, PCOS)
- Skin issues
- Food allergies/intolerances

"Death begins in the colon" ~ Mechnikov

LEARN MORE HERE

Rebecca McCord gut health coach

250.329.8116 | www.HealthyBellyCoach.com



Management Software ensuring world class professional management

MADE IN CANADA with Canadian companies in mind

NOT a subscription! NO monthly user fee!

ZAZRA

- No surprises
- Web-based, installed on your own local server or with your cloud-based server
- Completely customizable and adaptable to your company needs

Book a demo at zazra.ca or call 780.702.9900

Learn From the Best!

Explore the possibilities of DIY soap making, lotion making, and bath product creation

wixy Private Soap

Our classes are fully hands-on and also available online!

Sherwood Park
587.785.8878
shop@wixysoap.com | www.wixysoap.com



Vol. 21 No. 37 September 9, 2024

Everybody's Talking

GPS groceries: In Australia, a grocery chain called Drakes Supermarkets is taking measures it deems necessary to prevent the theft of expensive items, particularly meat products. To combat this issue, the chain has started embedding GPS trackers in its meat packaging. If the tracker hasn't been deactivated by the cashier at the register, it will trigger an alarm when a customer leaves the store with the item. While shoppers say they understand the need for such measures, many view it as a sad sign of the times. However, the initiative has shown promise in reducing theft and ensuring that products remain available for paying customers.

Super sale: Superman comic books are certainly collectors' items, and a copy featuring Superman for the very first time, 86 years ago, has become the world's most valuable comic edition. It was recently sold at auction for \$6 million (USD). The Texas-based Heritage Auctions, which sold the comic book, said the sale price surpassed the previous record for a comic book sale. The version that broke the sales record came out in 1938 and was part of the Kansas City Pedigree collection. The previous record-holder sold for \$5.3 million in 2022. This recent landmark sale does indeed underscore the enduring legacy and immense value of vintage comic books.

Coffee race: Attention all servers in restaurants and cafes: This race is tailor-made for you. In the heart of Paris, France, participants don their signature attire of crisp white shirts, black trousers, and aprons as they assemble at the starting line near Paris City Hall. Their mission? To partake in a venerable tradition dating back 110 years, known as the Course des Cafés coffee race. With precision and skill, they navigate a 1.2-mile (1.9 km) course while delicately balancing a tray bearing a glass of water, a cup of coffee, and a croissant. The challenge? To complete the race without spilling a drop and without breaking into a run, showcasing both agility and finesse in this unique competition.

One smart girl: By the age of six, she had progressed to grade four, as she demonstrated a remarkable pace of learning. Hailing from Canada's Ottawa Valley, this extraordinary student attained her Honours Bachelor's degree in biomedical science from the University of Ottawa at a mere 12 years old. Anthaea-Grace said she firmly believes that age should never be a barrier to achieving one's rightful place and aspirations. Her journey certainly underscores the power of determination and intellect in defying conventional expectations.

Quoteable Quotes

"There will come a time when you believe everything is finished. That will be the beginning."
—Louis L'Amour

"If you tell the truth, you don't have to remember anything."
—Mark Twain

What's Happening

Sep 15: Terry Fox Run for Cancer Research The 44th Terry Fox Run Walk for Cancer Research will take place in Bud Miller Park, Lloydminster. 9 AM registration with a 10 AM start. On paved paths, scooters, wheelchairs, baby strollers and dogs on leashes. Online <https://run.terryfox.ca/Lloydminster>

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

Enter one of three ways:

- Scan the QR code
- Visit www.coffee-news.ca
- Mail your entry*

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



*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.

Trivia

- Historic Bridgetown, a UNESCO heritage site, is located in what island nation?
- A frog in the larval stage of development is called a _____.
- Who wrote the novel Mary Poppins, published in 1934?
- She was the first woman to be prime minister of India.
- The banana is an herb—T/F?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

(Over)

Make Your Marketing Work For You!



SCAN ME

- Website Development
- Google Ads
- Facebook Advertising
- Social Media Management
- SEO & Content Marketing
- Reporting & Analytics

Frontline 780.760.6922

200+ Delicious Meals Made for SENIORS!

PLEASE ASK US FOR STARTER PACK

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

THIS SPACE FOR RENT

OR SCAN HERE FOR MORE INFO



Call 780-220-6397

Take our quick survey, it's under 2 minutes

Help Us Improve - and Win!

Your feedback will help us make **Coffee News®** better for you.

PLUS you could win a \$200 gift card and limited edition **Coffee News®** swag!



Take Survey here

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

SERVING YOUR COMMUNITY FOR THREE GENERATIONS

Thackeray FUNERAL CHAPEL (1975) LIMITED

FUNERALS - CREMATION - MONUMENTS - PRE-PLANNING

CURRENTLY OFFERING UP TO **35% OFF** SELECT REMCO MONUMENTS

BONNYVILLE 780-826-3113 COLD LAKE 780-639-3113 ST. PAUL 780-615-3113

Boost Your Career From Home!

Did you know that you can take Business and IT certification exams from Microsoft, Cisco and other vendors right from the comfort of your home?

Check us out today and add new certifications to your résumé before fall!



Know it Sooner Computer Training

www.knowitsooner.com/get-certified

IMPROVING EFFICIENCY SINCE 2006



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

CANADA'S BRAND YOUR COMFORT



NAPOLEON



GEMCO FIREPLACES
& WHOLESALE HEATING PRODUCTS
PH: 780-465-9719 9281-50 STREET, EDMONTON, AB
WWW.GEMCOFIREPLACES.COM

Are you or someone you know struggling with drugs?
We can help.

Narcotics Anonymous



1.855.421.4429
www.eana.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



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!



Readers of the Month
Todd & Julia Lewis from Ponoka

Coffee News® Fun Reading. Serious Advertising.

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

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



Edmonton.CMHA.ca

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



Transform lives, one wish at a time.

Make-A-Wish
Visit makeawish.ca

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!

LegalShield 1-877-579-9449

Your Weekly Horoscope

ARIES
(March 20 - April 19)

You may find that your confidence is shaken during the middle of the week. Resolve to seek out the source of this feeling and make any emotional adjustments that are needed. Lucky numbers: 4, 5, 7, 12, 15, 18.

TAURUS
(April 20 - May 20)

Taurus-born usually value a stable and grounded environment in life. This desire may be supported over the next few weeks, particularly in communications with others. Lucky numbers: 1, 14, 27, 29, 32, 48.

GEMINI
(May 21 - June 20)

This week you may find an expanded optimism and that things easily go your way. How might you apply this energy to endeavours that align with your highest values? Lucky numbers: 3, 17, 25, 43, 44, 45.

CANCER
(June 21 - July 22)

At midweek, you may find yourself writing down ideas that suddenly come to you. Whether starting a book or recording random thoughts, don't overlook this opportunity. Lucky numbers: 10, 14, 15, 17, 23, 44.

LEO
(July 23 - Aug. 22)

You may find that your head and your heart are out of sync at week's end. Can you find a way to resolve this stalemate? If not, take a deep breath and wait a few days. Lucky numbers: 9, 10, 13, 28, 30, 34.

VIRGO
(Aug. 23 - Sept. 22)

Many Virgos have a natural attention to details. This skill may be heightened for the next few weeks. Others might seek your help with issues that require this skill set. Lucky numbers: 6, 14, 21, 22, 29, 35.

LIBRA
(Sept. 23 - Oct. 22)

Libra's tact and diplomacy are strengths in relationships with others. For the next few weeks, precise communication and knowing details of situations may be important. Lucky numbers: 13, 22, 27, 29, 41, 42.

SCORPIO
(Oct. 23 - Nov. 21)

Sometimes Scorpios have difficulty in effectively translating their intuitive insights to others. For the next few weeks, communicating this information may be easier for you. Lucky numbers: 2, 3, 8, 28, 42, 47.

SAGITTARIUS
(Nov. 22 - Dec. 21)

If you feel wanderlust early this week, stop for a moment before you pack your bags. Would travel truly provide satisfaction or is this feeling driven by something else? Lucky numbers: 7, 13, 17, 23, 28, 36.

CAPRICORN
(Dec. 22 - Jan. 19)

Is your desire for stability grounded in fear or in a desire to build a positive structure in your life? Answering this question may guide you in making any necessary adjustment. Lucky numbers: 8, 16, 18, 19, 30, 47.

AQUARIUS
(Jan. 20 - Feb. 18)

If tempers have been flying in your world lately, the end of the week may offer an opportunity to cool the situation. Your calm demeanour could aid this process. Lucky numbers: 15, 22, 24, 25, 29, 44.

PISCES
(Feb. 19 - March 20)

Are you running into obstacles in manifesting a dream or vision that is close to your heart? What adjustment in your view of the situation might make achieving it more likely? Lucky numbers: 5, 9, 23, 27, 29, 31.

Lucky numbers this week: This week's odds favour Gemini winners with the luckiest number being 17.

Did You Know...

Tongue tradition: In North American culture, sticking your tongue out at someone is considered rude. But in Tibetan culture, it's a way of greeting others and is a sign of respect or agreement, a tradition since the ninth century.

Beatle's bite: John Lennon's molar sold at auction in 2011 for just over \$31,000 (USD). Lennon, who died in 1980, had given his tooth to his housekeeper after a dentist visit and suggested she give it to her daughter, a Beatles fan.

Big shoes: Spider-Man walked up walls because he could. But scientists at Cambridge University (U.K.) have estimated that he would have needed unbelievably huge, sticky foot pads requiring size 114 shoes (U.S.)

Good sense: In the fourth century B.C.E., Aristotle identified the human senses of sight, hearing, smell, taste, and touch. Today, depending on the classifications, some scientists say we have as many as 33 senses, including the senses of balance and heat.

Handcrafted history: In the early 1500s in Paris, France, the first union of hand-knitters was established. Once the knitting machine was invented in the late 1500s, knitting by hand became more of a hobby than an occupation.

On the Lighter Side

Pat: "Does your teacher talk to herself?"
Matt: "Yes, but she thinks we're listening."

Knock! Knock! Who's there? Hugh. Hugh who? Well, hello there!

What can you hold without ever touching it? A conversation.

How do knights change channels? With a re-moat.

It's a small world, but I wouldn't want to vacuum it.

Answers

Trivia answers: 1. Barbados 2. Tadpole 3. P.L. Travers 4. Indra Gandhi 5. True

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

COLD SHOT
A DIVISION OF BALWARIA EMPIRE PVT. LTD.



PASSENGER & PARCEL SERVICES

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

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

DISCOVER THE POWER OF **AMSOIL**

Coffee News®

is proudly delivered by



Dove Centre

Reaching Communities, Enhancing Lives

Coffee News® Part of your community.



Gaming Events Every day!



Pokemon
D & D
Magic
Warhammer

PAINTING COMPETITION DURING JULY

5123-50 Avenue Cold Lake 780.840.0150 | <https://arkane-angel.net/>

Recipe of the month

Harvest Salad with Cherry Vinaigrette

3 medium fresh beets (about 1 pound)
1 package (5 ounces) spring mix salad greens
2 medium apples, thinly sliced
1 medium carrot, shredded
1/2 cup grape tomatoes, halved
1/2 cup yellow grape tomatoes or pear tomatoes, halved
1/2 cup chickpeas, rinsed and drained
1/2 cup coarsely chopped walnuts, toasted

4 thick-sliced bacon strips, cooked and crumbled

Cherry Vinaigrette:
1/2 cup tart cherry preserves
3 tablespoons olive oil
2 tablespoons red wine vinegar
2 teaspoons Dijon mustard
1 garlic clove, minced
1/4 teaspoon salt
1/8 teaspoon pepper

Prep Time: 10 min Bake: 50 min. + cooling Yield: 10 servings

- 1 Preheat oven to 400°. Scrub beets and trim tops to 1 in. Wrap in foil; place on a baking sheet. Bake 50-60 minutes or until tender. Remove foil; cool completely. Peel beets and cut into 1/2-in. pieces.
- 2 In a large bowl, combine salad greens, apples, carrot, tomatoes, chickpeas, walnuts, bacon and cooled beets. In small bowl, whisk vinaigrette ingredients until blended. Serve with salad.

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



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

inogen

INOGEN® PORTABLE OXYGEN CONCENTRATORS

Call us toll-free at 1-888-998-6714

130-day risk-free trial! Return within 30 days of purchase for a full refund of purchase price.

PH: 204-669-EN, EX, USA | By Only © 2024 Inogen, Inc.
459 Wood Drive, Suite 200, Coletta, CA 93111
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.


