

## A Place To Call Home

Let us welcome you to your new home at the Homestead Lodge in Vegreville!

Independent Living Lodge Facility  
Single or Double Rooms Offered  
Homecare Services  
Homestyle Meals, Dietician Approved  
Housekeeping Services

**Book A Tour Today!**

Call 780-632-6211 or email [admin@minburnfoundation.ca](mailto:admin@minburnfoundation.ca)



**FREE!** *New Issue Every Week!*

# Coffee News®

"News To Be Enjoyed Over Coffee"

**Vegreville Edition**

**877-553-6397**

[www.coffee-news.ca](http://www.coffee-news.ca)



The World's #1 Restaurant Publication!

# THIS SPACE FOR RENT

Call 780-220-6397

OR SCAN HERE FOR MORE INFO



Home | Auto | Life | RRSP/TFSA | Group | Business | Farm | Travel

## All Your Investing and Insurance Needs All In One Place

Personalized Investment Solutions  
Home and Auto Insurance  
Farm & Commercial Insurance Specialists

# co-operators®

Investments. Insurance. Advice.

**Todd T. Fournier**  
Owner | Financial Advisor  
Fournier Financial & Insurance Inc.

Vegreville 780.632.3240  
Ardrossan 780.922.1788  
Lamont 780.895.7303

Claims Line 1.877.682.5246



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.

**Come and enjoy rural Alberta!**

We have vacancies!

Studio suites and one bedroom couples' suites in our Lodge and one bedroom suites in our Self-Contained Manors. Experience fresh air and country living.

Call our office today!  
**780.853.5706**  
or contact our office at [admin@vdhf.ca](mailto:admin@vdhf.ca)  
[www.vdhf.ca](http://www.vdhf.ca)

5401-46 St., Vermilion



**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.

*Friendly service your family can trust!*

## JJ's Value Drug Mart

INDEPENDENT PHARMACY

#205, 5342-50 Avenue, Vegreville  
Galleria Shops | 587-790-7777

Transferring prescriptions is as easy as a phone call

**JJ Begalke**  
Over 20 years of experience as a pharmacist

FREE DAILY DELIVERY!



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



**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.

## Management Software

ensuring world class professional management

**ZAZRA**

Book a demo at [zazra.ca](http://zazra.ca) or call 780.702.9900

NOT a subscription!  
NO monthly user fee!

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



Learn From the Best!

## Explore the possibilities

of DIY soap making, lotion making, and bath product creation

**wixy Soap**

Sherwood Park  
**587.785.8878**  
[shop@wixysoap.com](http://shop@wixysoap.com) | [www.wixysoap.com](http://www.wixysoap.com)

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

PRIVATE CLASSES AVAILABLE



**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.

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](http://www.hearttohomemeals.ca)



**We've moved...**

**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](http://www.giftsandgadgets.ab.ca)



## 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

## 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](http://www.knowitsooner.com/get-certified)

IMPROVING EFFICIENCY SINCE 2006



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)



**NON PROFIT organizations may submit fundraising events for FREE at [www.coffee-news.ca](http://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](http://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.



Not sure what your marketing needs are?

Transform your business today with our **Elite Pro Marketing Package!**

Get a whole digital marketing team of specialists on your side.

Contact us for a **FREE consultation today!**

**Frontline**  
web consulting  
(780) 760-6922  
[FRONTLINECONSULTING.CA](http://FRONTLINECONSULTING.CA)

SCAN ME



CANADA'S BRAND YOUR COMFORT

# NAPOLEON

**GEMCO FIREPLACES**  
& WHOLESALE HEATING PRODUCTS

PH: 780-465-9719 9281-50 STREET, EDMONTON, AB  
[WWW.GEMCOFIREPLACES.COM](http://WWW.GEMCOFIREPLACES.COM)



## Trivia

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

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

## 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

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

11781-156 St., Edmonton 780.483.0044

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



### 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](mailto:contests@coffee-news.ca)

Please put "Readers" in the subject line.

**Please include:**

- 1 Your name
- 2 Your phone number
- 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.

### 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)



**INOGEN® PORTABLE OXYGEN CONCENTRATORS**

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

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



PM230469 EN, EX, USA | © 2024 Inogen, Inc. 859 West Civic Suite 200, Costa, CA 95012 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.

### We Unleash Your Business's Full Potential

Transforming Business Owner Challenges Into Triumphs with Expert Coaching and Support



**FourTree COACHING**

587-986-5543 [don@fourtreecoaching.com](http://don@fourtreecoaching.com)  
[www.fourtreecoaching.com](http://www.fourtreecoaching.com)

Don Vierboom, MBA Business Coach

### 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](http://www.coldshotca.com)  
Passenger Website: [www.coldshot.ca](http://www.coldshot.ca)

TICKETS: 587-557-7719 | PARCEL: 587-557-7718

SERVING ALBERTA'S BUSINESS COMMUNITY SINCE 2005

### Coffee News

is proudly delivered by



**VALID Association**

Coffee News Part of your community.

### Friendly service your family can trust!

### JJ's Value Drug Mart

INDEPENDENT PHARMACY

#205, 5342-50 Avenue, Vegreville  
Galleria Shops | 587-790-7777

Transferring prescriptions is as easy as a phone call

JJ Begalke  
Over 20 years of experience as a pharmacist

FREE DAILY DELIVERY!

### HERE WHEN YOU NEED US

When You Get Paid, We Get Paid

### Braithwaite Boyle Injury Law

300-440-8298

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

# 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](http://coffeenewscanada.com)  
© Published with Permission by Capital Marketing Ltd

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

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

[Edmonton.CMHA.ca](http://Edmonton.CMHA.ca)

### THE PERRY'S 2 FOR 1 Pizza & Pasta BIRTHDAY CLUB

airs at 7:45 am Monday through Friday

Call or text **780.632.6671** during the show or submit a birthday through the website page the day before  
<https://country106.ca/the-birthday-club/>

### GRAVING COUNTRY?



### 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](http://www.coffee-news.ca/editions)

### Lakeland EMPLOYMENT SERVICES

Unemployed? Underemployed? We can help. Contact us.

Vegreville office

5025 50 Street  
780.631.1471  
[employabilities.ab.ca](http://employabilities.ab.ca)

### LEAKY GUT?

DO YOU SUFFER WITH ANY OF THESE...

1. Digestive issues (gas, bloating, diarrhea, irritable bowel syndrome)
2. Autoimmune disease (arthritis, lupus, psoriasis, celiac disease)
3. Depression, anxiety, ADD or ADHD
4. Seasonal allergies or asthma
5. Chronic fatigue or fibromyalgia
6. Hormonal imbalances (PMS, PCOS)
7. Skin issues
8. Food allergies/intolerances

Death begins in the colon" - Mechnikov

LEARN MORE HERE

Rebecca McCord  
gut health coach

250.329.8116 | [www.HealthyBellyCoach.com](http://www.HealthyBellyCoach.com)

### 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: [www.tasteofhome.com](http://www.tasteofhome.com)