

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

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

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

Heal Your Gut, Improve Your Well Being!

REBECCA MCCORD
gut health coach

250.329.8116 | www.HealthyBellyCoach.com

Bras are just the beginning...



Romantic Notions Inc.

#30, 210 McLeod Avenue
Spruce Grove
780.962.4944
1.855.962.4944

@romanticnotionsab
@romanticnotionsboutique

Book your appointment now at www.romanticnotions.ca

PROVIDING EMERGENCY FOOD SERVICES TO THE CITIZENS OF HINTON AND AREA SINCE 1986

For Service:

Tuesday walks-ins 6:30 pm - 8 pm
or call 780-856-6256 for more information

Volunteers Needed:

Tuesdays, 5:45 pm - 8 pm

Donations Welcomed:

Call 780-865-6256 or email hintonfoodbank@gmail.com for more info



www.hintonfoodbank.ca Hinton Food Bank

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

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



www.scubagearcanada.ca

FREE!

New Issue Every Week!

Coffee News

"News To Be Enjoyed Over Coffee"

Hinton Edition

877-553-6397



Est. 1988

www.coffee-news.ca

Vol. 21 No. 38 September 16, 2024

Everybody's Talking

Horn reform: In Cambodia, if you install a musical horn in your vehicle, you will be in trouble. The prime minister has ordered police across the country to enforce an order that car owners replace musical horns with normal horns. The leader had seen videos on social media of "inappropriate activity" associated with the musical horns, such as people, especially children and youth, dancing on the roads and roadsides as passing vehicles play tunes, creating a serious safety hazard. He has mandated that any musical horn should be ripped out and replaced with the standard honking kind. While this new law may take away some music from the streets, it aims to significantly improve road safety.

Camelids year: The year 2024 has been designated as the Year of the Camelids, a diverse group of animals including camels, guanacos, and vicunas, which are all part of the camel family, as well as llamas and alpacas. Recognizing their vital role in sustaining the livelihoods of millions of people across 90 countries in harsh environments, the United Nations has bestowed this honour upon them. These remarkable creatures provide essential resources such as food, milk, transportation, fibres, and fertilizer. Particularly notable is the camel's ability to thrive in arid regions with minimal water requirements, which makes them invaluable for transportation across deserts and drylands.

Learn to drive: A woman from Colorado (U.S.), who had been arrested in the past for car theft and spent time in jail, attempted to steal another vehicle shortly after her release. However, police weren't the ones who foiled her plan. The issue arose when she realized the vehicle she'd stolen was a pickup truck with a stick shift. Lacking the skill to operate a vehicle with a manual transmission, she abandoned it, leading to the truck rolling and hitting a fire hydrant. Subsequently, she was arrested again and faced new charges of motor vehicle theft, careless driving, driving without a licence, and failing to report a crash. The stolen truck was returned to its owner.

Rare birth: In the confines of Thomas Belt Zoo in Juigalpa, Nicaragua, a mother puma welcomed three adorable cubs into the world. Two of them boasted a striking golden hue adorned with dark brown spots, while the third stood out due to its pristine white fur. This rare white cub was born with albinism, a condition believed to be shared by only a handful of pumas worldwide. Dubbed Itzae, meaning "Gift from God" in the Mayan language, the cub has quickly become a star attraction since her introduction to the public. Visitors flock to catch a glimpse of this extraordinary feline, marveling at her uncommon beauty and significance in the animal kingdom.

Quoteable Quotes

"Friendship is serious affection; the most sublime of all affections, because it is founded on principle, and cemented by time." —Mary Wollstonecraft Shelley

"You're only given a little spark of madness. You mustn't lose it." —Robin Williams

What's Happening

Sept 13 to 15 - Fall Book Sale Sale hours are Friday noon-6pm; Saturday 10am-6pm; Sunday noon-4pm. Take what you want, donate what you can. Spruce Grove Public Library.

Seniors Whist Card Group Meets at the Pioneers Cabin of Edmonton 9430 - 99 Street N.W. Edmonton, every Tuesday, starting Sept 3 to May 27 from noon to 2:30 pm. Cost is \$3 per week person provides 20 games of whist with cash prizes. Contact Bruce at 780-463-2347 for info.

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.

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



Transform lives, one wish at a time.

Make-A-Wish

Visit makeawish.ca

OR SCAN HERE FOR MORE INFO



THIS SPACE FOR RENT

Call 780-220-6397

Good Times Start Here!

RANCHERS SPORTS BAR & GRILL

Open Daily,
7 am - 10 pm
780.865.9785

Open Daily,
11 am - 11 pm

RANCHERS SPIRITS

780.817.2356

DINE IN AND TAKE OUT AVAILABLE

BOTH LOCATED AT:

438 Smith Street, Hinton

SHOP ONLINE!

www.scubagearcanada.ca

- Snorkelling Gear • Reef-Safe Sunscreen
- Beach Water Shoes • Dry Bags & Wallets • UV Shirts

SNORKELLING AND SCUBA DIVING LESSONS

The Dive Outfitters

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

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

WHAT DO YOU WANT TO DO TODAY?



BOOK NOW!

WILDLIFE DISCOVERY | HALFDAY TRAIN TOURS | DOGSLEDDING
SIGHTSEEING TOURS | MALIGNE CANYON ICEWALKS

SUNDOG
TRANSPORTATION AND TOURS LTD.

Visit our site to book www.SunDogTours.com or call us at 1.888.786.3641

Join us for Coffee Group!

Hosted by Yellowhead Emergency Shelter

Facilitator: Tannis Arseneault R.S.W

Topics include: Healthy Relationships, Dating Red Flags, Setting Boundaries, Online Dating Safety

• Tuesdays - 10:30-11:30 at Bridges Hinton AB

• Wednesdays - 9:30-10:30 at Yellowhead Emergency Shelter



Drop by for groups welcomed

YES for Women Society
Coffee, tea, and snacks provided

Call or text 780.817.8177 for more info!

Trivia

1. A snow crystal has how many sides?
2. Zone Improvement Plan is more commonly known as the ____ code.
3. The pig in Charlotte's Web was named Babe, Wilbur, or Major?
4. Those with sitomania have an abnormal craving for what?
5. "Pong" was among the first of this type of game.

(Flip bottom of page for answers)

Home | Auto | Business | Farm

We're in your community

780.865.4631
112 Macleod Ave, Hinton
BrokerLink.ca

BrokerLink
Insurance

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

We Nail the Details

BLUE LINE EXTERIORS LTD.

- Roofing
- Exterior Siding
- Windows & Doors

780.517.3904

WCB
Liability Insurance

bluelineexteriors.ca

FREE ESTIMATES
FINANCING AVAILABLE

Need to talk?

988 is here for you. 24/7

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

Edmonton.CMHA.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

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>

CANADA'S BRAND YOUR COMFORT

NAPOLEON

GEMCO FIREPLACES & WHOLESALE HEATING PRODUCTS

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

inogen

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.

PH: 204-669-EN, EX, USA | Ex Only © 2024 Inogen, Inc. 859 Wind 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.

Your Weekly Horoscope

ARIES
(March 20 - April 19)

This week you may be more focused than usual on your emotional reactions. What adjustment in attitude might help you act in more alignment with your highest values? Lucky numbers: 7, 9, 14, 24, 47, 48.

TAURUS
(April 20 - May 20)

An unexpected opportunity may surface mid-week that helps you achieve something close to your heart. However, you might need to adjust your viewpoint in order to see it. Lucky numbers: 2, 16, 18, 23, 27, 35.

GEMINI
(May 21 - June 20)

Information overload can easily happen to Gemini, and you may find yourself in this situation at midweek. Take a deep breath, step back, then focus on your highest priority. Lucky numbers: 3, 9, 10, 11, 15, 26.

CANCER
(June 21 - July 22)

Since 2008, you may have had intense periods of transformation. Pluto was in your opposite sign but this transit ends soon. What have you learned? What still needs completion? Lucky numbers: 11, 12, 23, 29, 43, 45.

LEO
(July 23 - Aug. 22)

Over the next 20 years, Pluto will reside in Aquarius. At times, there may be a stalemate between your needs and those of others. Cultivating maturity could ease this dynamic. Lucky numbers: 4, 6, 9, 17, 34, 36.

VIRGO
(Aug. 23 - Sept. 22)

Like your opposite sign, Pisces, you may be at a turning point over the next year, with major beginnings and endings. These changes may encourage you to be of service. Lucky numbers: 8, 10, 19, 24, 35, 43.

LIBRA
(Sept. 23 - Oct. 22)

What has worked well or poorly for you since your last birthday? Now is a good time to set new goals. But you may wish to wait a bit before starting to implement them. Lucky numbers: 6, 14, 15, 17, 24, 34.

SCORPIO
(Oct. 23 - Nov. 21)

This month you may find yourself drawn into universal mysteries. Following where they lead may give you powerful insights. Be careful of being pulled under too deeply. Lucky numbers: 1, 8, 26, 27, 35, 45.

SAGITTARIUS
(Nov. 22 - Dec. 21)

Your mind may be racing in many directions at week's end, which could make decisions difficult. You might want to wait a few days for this energy to pass. Lucky numbers: 10, 14, 16, 17, 29, 39.

CAPRICORN
(Dec. 22 - Jan. 19)

As Pluto makes its last pass through Capricorn, you may be asked to shed the vestiges of an old pattern. Let what you love most be your compass in this transformation. Lucky numbers: 8, 12, 14, 18, 23, 30.

AQUARIUS
(Jan. 20 - Feb. 18)

Pluto will soon reenter Aquarius and reside in your sign for the next 20 years. This heralds a period of transformation that could bring significant changes in your life. Lucky numbers: 7, 8, 9, 18, 30, 36.

PISCES
(Feb. 19 - March 20)

Like your opposite sign, Virgo, you may find yourself at a turning point over the next year, with major beginnings and endings. Let your highest vision be your North Star. Lucky numbers: 5, 9, 12, 18, 23, 25.

Lucky numbers this week: This week's odds favour Taurus winners with the luckiest number being 23.

Did You Know...

Java reborn: In Berlin, Germany, bicycle couriers collect used coffee grounds from coffee shops and roasters, and deliver them to a social enterprise called Kaffeeform. The grounds are dried, preserved, and used to craft unique coffee cups.

Round safety: Have you ever pondered why manhole covers are round? It's because they require no rotation to fit properly. Additionally, circular covers are inherently the strongest shape.

Extreme means: If you are serious about dieting, you might be interested in U.S. Patent 4344424, issued in 1982. It is an anti-eating mouth cage! You can breathe and speak, but can't enjoy your favourite meal, an extreme form of self-control!

Morning ritual: Did you know that making your bed each morning may have mental health benefits? Scientists suggest that this simple act can enhance productivity, induce calmness, contribute to improved sleep quality, and reduce stress.

Beloved beverage: In Canada, a popular drink is called the Caesar, a blend of clam juice, tomato juice, vodka, and Worcestershire sauce. It originated in Calgary, Alberta, in 1969. About 400 million of these drinks are consumed each year.

On the Lighter Side

Some mornings I wake up grouchy. Other mornings I leave him alone.

Diner: "Waiter, there's a footprint on my omelet."
Waiter: "Well, when you ordered you told me to step on it."

Knock! Knock! Who's there? Dragon. Dragon who? These jokes dragon and on and on.

What goes up and down but doesn't move? A staircase.

What did the email say to the document? All good things come to a send.

Answers

5. Video game
Trivia answers: 1. Six 2. ZIP 3. Wilbur 4. Food

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

Learn From the Best!

Explore the possibilities

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

wixy Soap

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

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

PRIVATE CLASSES AVAILABLE

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

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

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.

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

Need ONE More Reason to Join?

- You don't have an up to date will
- You don't understand the difference between a trust and a will
- The CRA selects you for an audit
- You need a letter written on your behalf by a lawyer
- You receive a speeding ticket
- You need a lawyer's advice on any matter

Call **LOYD KENNEY**, Independent Associate, to find out how LegalShield can help you!
1-877-579-9449

LegalShield

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

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