

**THIS SPACE FOR RENT**

Call 780-220-6397

OR SCAN HERE FOR MORE INFO



**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**

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

SERVING LAC LA BICHE, PLAMONDON, BOYLE, GRASSLAND AND SURROUNDING COMMUNITIES FOR OVER 25 YEARS

**MISSION VIEW FUNERAL CHAPEL LTD.**

FUNERALS - CREMATION - MONUMENTS - PRE-PLANNING

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

780-623-1815 • [info@missionview.ca](mailto:info@missionview.ca)

**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)

**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](http://www.HealthyBellyCoach.com)

**OHMY VAPE LOUNGE**

LET US HELP YOU QUIT SMOKING

Come learn the facts and make a plan

780-623-2158

10208-101 Ave., Lac La Biche  
10 am - 6 pm, 7 days a week  
Closed on holidays

**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

**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](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

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

**Coffee News**®

"News To Be Enjoyed Over Coffee"

**Lac La Biche and Area Edition**

877-553-6397

www.coffee-news.ca

Est. 1988

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**

**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](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**

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.

**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)

© Published with Permission by Capital Marketing Ltd (Over)

The World's #1 Restaurant Publication!

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](http://www.wixysoap.com)

PRIVATE CLASSES AVAILABLE

**HIGHEST QUALITY FEED FOR YOUR ANIMALS**

We only carry Canadian made dog and cat food!

**THE PET & FARM SUPPLY**

104 10 Nipewon Rd Lac La Biche 780-623-3181

<https://thepetandfarmsupply.com/>

Dollars off Firstmate puppy formulas!\*

EVERY DAY 5% OFF BAGS OF LIVE-STOCK FEED, BLOCKS AND BEDDING

BUY TWO CAREFRESH SMALL ANIMAL BEDDING BAGS GET 1 FREE (10L or 14L)

FOR ALL YOUR FARMING, SMALL ANIMAL, LIVESTOCK, DOG, CAT AND AQUATIC NEEDS

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

**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)

**Coffee News**® is proudly delivered by

**ilbds** LAC LA BICHE DISABILITY SERVICES focusing on abilities

Coffee News Part of your community.

**Home hardware building centre**

Your Complete Home Building Centre

**Venture Home Hardware Building Centre Inc.**

| Mon-Fri               | Saturday              | Sunday |
|-----------------------|-----------------------|--------|
| 8:00 a.m. - 5:30 p.m. | 8:30 a.m. - 5:00 p.m. | Closed |

780.623.4663 | 9112 Beaver Hill Rd., Lac La Biche

BEST MANAGED COMPANIES Platinum member

BeautiOne, JKO, Milwaukee, STEEL CRAFT

**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 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.

CANADA'S BRAND YOUR COMFORT



**EMCO FIREPLACES**  
& WHOLESALE HEATING PRODUCTS

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

**Lakeland EMPLOYMENT SERVICES**

Unemployed? Underemployed? We can help. Contact us.

Lac La Biche office

10263 101 Avenue  
780.627.3071  
employabilities.ab.ca



**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 resumé before fall!



**Know it Sooner**  
Computer Training

www.knowitsooner.com/get-certified

IMPROVING EFFICIENCY SINCE 2006

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!

ONLINE SURVEY



Take Survey here

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!



Subscribe Here

www.coffee-news.ca/editions

**Silver Sage Enterprises Ltd**

**Les Helm, RPFT**

Cell 780.520.4000  
Office 780.623.2494  
Fax 780.623.2894  
l.helmsilversage@gmail.com

**Land Resource Planning**

- Gravel Pits
- Mapping
- Reclamation
- Road Engineering

**Refreshing Pure Hydration**

- 3 & 5 Gals of Reverse Osmosis & Alkalized Water
- 5lb & 20lb Bags of Ice

Wholesale and Retail Sales  
Residential and Commercial Delivery Available



**Pure**  
PREMIUM WATER & ICE

9609-100 Street, Plamondon  
780.798.0444 | www.purepremiumwater.ca

Proudly serving Lac La Biche County, Athabasca County, Boyle, Wandering River, Grassland, Plamondon

**Inogen**

**INOGEN PORTABLE OXYGEN CONCENTRATORS**

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



30-DAY RISK-FREE TRIAL

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 95113. 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 proudly. 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

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

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

**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>

**BUY A HOME, BRING YOUR HOME OR RENT A HOME AT DEER MEADOWS**



Call 780.594.4101 for more information




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)

Home | Auto | Business | Farm

**We're in your community**

780.623.4246

10117 101 Ave, Lac La Biche

**BrokerLink Insurance**

BrokerLink.ca

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

**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

**At Seller Direct® Northern Homes Realty, It's Not About Discounts, It's About OPTIONS!**

**How We Get Your House SOLD:**

- 3D Tours & Professional Photos
- 300+ websites
- Social media ads
- 24/7 Info Direct # for your home ...and MORE!

**WE HELP BUYERS, TOO!**

FIND OUT HOW YOU CAN **SAVE UP TO 50%!**

**señerdirect**  
Northern Homes Realty  
Diana Noble Owner/Broker

780.747.8372

PROUDLY SERVING LAC LA BICHE, PLAMONDON, WANDERING RIVER & SURROUNDING AREAS



Tracy Lord  
Real Estate Agent