

THIS SPACE FOR RENT

Call 780-220-6397

OR SCAN HERE FOR MORE INFO



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



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

SCAN ME




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

Suicide & Crisis Helpline

Call or text: 9-8-8

Edmonton.CMHA.ca





Specializing in Home Health Care Since 1970

- Ostomy
- Incontinence
- Mastectomy
- Compression
- Walkers
- Rentals
- Wheelchairs
- Accessibility
- Repairs
- ...and more!

PICK UP AND DELIVERY

Visit us at 10550 Mayfield Road NW

Congdon's Since 1970 Aids to Daily Living 780.483.1762 congdons.ca



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

Heal Your Gut, Improve Your Well Being!

Rebecca McCord gut health coach

250.329.8116 | www.HealthyBellyCoach.com



INSIGHT BUSINESS SOLUTIONS

Business Consulting
CRA Consulting

Full Cycle Bookkeeping
Payroll
CRA Audits
GST Filing

Excel Spreadsheets
Commissioner of Oath
Budgets

Ronda Coates
ronda.insight@gmail.com
780.228.5058



REAL ESTATE APPRAISALS

COMMERCIAL • INDUSTRIAL • RESIDENTIAL

AGM VALUATIONS GROUP LTD.

OFFICES IN GRANDE PRAIRIE AND PEACE RIVER

Phone: 780.624.0020 Andre Cell: 780.274.1133 Adam Cell: 780.897.0391

www.amvaluationsgroup.com

SERVING: Grande Prairie, Sexsmith, Clairmont, Wembley, Beaver Lodge, Hythe, Grovedale, Rycroft, Spirit River, Fox Creek, Whitecourt, Peace River, Grimshaw, Fairview, High Prairie, Valleyview, Manning, Slave Lake, High Level, La Crete, Fort Vermilion, Rainbow Lake, Dixonville, Hines Creek, Fahler, Donnelly, Nampa, Girouxville, Eaglesham, McLennan, St. Isidore.

FREE! *New Issue Every Week!*

Coffee News®

"News To Be Enjoyed Over Coffee"

Grande Prairie Edition

877-553-6397



www.coffee-news.ca Est. 1988

Vol. 21 No. 39 September 23, 2024

Everybody's Talking

Young pilot: Promising aviator Lucien Distler has been soaring through the skies solo since his early years. At just 14 years old, this Oakville, Ontario (Canada), native boldly piloted a Cessna aircraft, marking his independent flight debut. While he was too young to operate a car, he possessed the necessary skills to command an airplane. According to him, achieving such a feat at a young age is entirely feasible with diligent training and determination. Lucien attributes his passion for aviation to his regular attendance at air shows alongside his father, an experience that ignited his fascination with airplanes and flying. Their shared enthusiasm continues to fuel his aspirations in the world of aviation.

Not in vane: A decades-long search for a stolen weathervane is over. Recently, a 114-year-old antique copper weathervane surfaced at Sotheby's in New York, N.Y. (U.S.). The auction house, which maintains a database of stolen items, alerted officials in Hartford, Vermont, who confirmed that it was the one stolen from the White River Junction train station in 1983. The weathervane was modeled after a steam locomotive and coal tender, and was crafted by W.A. Snow Iron Works, Inc. It is considered a valuable historic artifact and a beautiful piece of art. The weathervane will be remounted and returned to Vermont to be enjoyed once more.

Gator grab: When angler Justin Wyrick set out for a typical day of bass fishing, he was expecting nothing out of the ordinary. However, his routine excursion took an unexpected turn when he reeled in a surprising catch, a nearly 4-foot-long (1.2m) alligator while fishing with his brother at a lake north of Knoxville, Tennessee (U.S.). The brothers promptly contacted the local wildlife agency. Officers intervened, safely removing the reptile from the scene. Subsequently, the alligator found temporary refuge at a local zoo until arrangements could be made for relocation to a more natural habitat.

High-tech hoax: A university hopeful in Isparta, Turkey, was apprehended for using an artificial intelligence system to cheat on an entrance exam. The candidate, known by the initials M.E.E., was detected during the test due to his suspicious behaviour. Hidden inside his sneaker was a small router, and he had a high-definition camera disguised as a shirt button. The AI provided real-time answers via a tiny headset. Turkish authorities have not disclosed full details of the cheating system, but M.E.E. faces jail time and a ban from taking future exams. In the end, it seems his artificial intelligence couldn't outsmart human vigilance.

Quoteable Quotes

"There's a responsibility in being a person. It's more than just taking up space where air used to be." —John Steinbeck

"Don't be pushed around by the fears in your mind. Be led by the dreams in your heart." —Roy T. Bennett

What's Happening

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

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:

- Scan the QR code
- Visit www.coffee-news.ca
- 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

- In Bermuda, do drivers use the right or left side of the road?
- Nitrous oxide (N2O) is more commonly called what?
- How many legs does a spider have?
- The musician Liberace played the piccolo-T/F?
- Vaarwel is "goodbye" in Dutch, Swedish, or Finnish?

(Flip bottom of page for answers)


© Published with Permission by Capital Marketing Ltd

(Over)

yes tv

FREE LIVE STREAMING COMING THIS FALL

visit yestv.com for details



Management Software

ensuring world class professional management

ZAZRA

Book a demo at zazra.ca or call 780.702.9900

Made in Canada with Canadian companies in mind

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

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



Has Long Run Exploration Failed to Pay You Rent in 2020 or 2021?

We can assist with any and all unpaid rental amounts, including your entitlement to interest

KMSC LAW LLP

LongRunClassAction.ca



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!

PRIVATE CLASSES AVAILABLE

Sherwood Park 587.785.8878

shop@wixysoap.com | www.wixysoap.com




If It Needs Glass, We Can Provide It!

Professional, top quality workmanship

Interior and exterior services

Residential and commercial applications

Mobile service and installation specialists with over 25 years of experience!

ALL PRO Glass Ltd.

Windows	Doors
Skylights	Wet Rooms
Glass Railings	Shower Doors

780.978.0088 www.allproglass.ca



Recipe of the month

Fall Garden Medley

4 large carrots, cut into 1-1/2-inch pieces

3 fresh beets, peeled and cut into 1-1/2-inch pieces

2 medium sweet potatoes, peeled and cut into 1-1/2-inch pieces

2 medium onions, peeled and quartered

1/2 cup water

2 teaspoons salt

1/2 teaspoon pepper

1/4 teaspoon dried thyme

1 tablespoon olive oil

Fresh parsley or dried parsley flakes, optional

Prep Time: 20 min Cook: 5 hours Yield: 8 servings

- Place the carrots, beets, sweet potatoes, onions and water in a greased 3-qt. slow cooker. Sprinkle with salt, pepper and thyme. Drizzle with olive oil. Cover and cook on low for 5-6 hours or until tender.
- Stir vegetables and, if desired, sprinkle with parsley.

The perfect Fall side - colourful, tasty and healthy and complements many different meat dishes.

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



Affordable-Effective-Exclusive-CALL NOW!

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

It's not just a generator. It's a power move.

Receive a free 5-year warranty with qualifying purchase* - valued at \$715.

Call 888-716-3428 to schedule your free quote!

*Terms and Conditions apply.

GENERAC



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

Your Weekly Horoscope

ARIES

(March 20 - April 19)



Any stalemate with others in upcoming weeks may offer an opportunity for more tact and diplomacy in your communication. Consider taking advantage of this potential. Lucky numbers: 7, 10, 12, 14, 33, 42.

TAURUS

(April 20 - May 20)



Things may be busy, even chaotic, for you this week. A new idea may emerge, but consider it carefully before deciding whether or not to implement it. Look before you leap. Lucky numbers: 1, 2, 7, 38, 44, 46.

GEMINI

(May 21 - June 20)



Your ability to argue both sides of an issue may annoy others with more fixed world viewpoints. The energy of the next few weeks could temporarily ease this dynamic. Lucky numbers: 2, 5, 9, 26, 39, 45.

CANCER

(June 21 - July 22)



You may feel tired and stressed at midweek. Might you be able to find a way to carve out some time for self care? Doing so could mean you're better able to help others. Lucky numbers: 8, 12, 16, 19, 29, 30.

LEO

(July 23 - Aug. 22)



The energy this weekend may make this a good moment to take time out to play and have fun. Remember, though, that you probably need to get back to work soon. Lucky numbers: 12, 25, 28, 31, 37, 47.

VIRGO

(Aug. 23 - Sept. 22)



You might find yourself feeling introspective at the end of the week. If you can retreat for a couple of days, you may find that important information can surface. Lucky numbers: 3, 7, 12, 18, 30, 43.

LIBRA

(Sept. 23 - Oct. 22)



Is there a thorny relationship issue that you have been avoiding? The next few weeks may provide an opportunity for progress, using your skills of tact and diplomacy. Lucky numbers: 15, 27, 28, 30, 35, 43.

SCORPIO

(Oct. 23 - Nov. 21)



The intensity of Scorpio can intimidate others. But the energy now may soften this dynamic. If you consciously incorporate it, you might be able to retain it going forward. Lucky numbers: 10, 13, 15, 26, 29, 40.

SAGITTARIUS

(Nov. 22 - Dec. 21)



Your natural friendliness and optimism may get an extra boost for the next three weeks. How can you use this energy to create a win-win opportunity for your goals? Lucky numbers: 4, 16, 20, 21, 27, 44.

CAPRICORN

(Dec. 22 - Jan. 19)



Important information may emerge from your unconscious at midweek. You might be tempted to ignore it, but you also could use it positively in your personal development. Lucky numbers: 11, 17, 22, 27, 44, 48.

AQUARIUS

(Jan. 20 - Feb. 18)



Your heart and mind may be out of sync at week's end. If your default is to usually choose your mind, perhaps consider leaning toward the side of your heart this time instead. Lucky numbers: 9, 10, 18, 39, 40, 48.

PISCES

(Feb. 19 - March 20)



Everything may be confusing for you this week. Knowing what is real and truthful vs. what is not might be difficult. Perhaps postpone important decisions for at least a week. Lucky numbers: 6, 7, 19, 22, 33, 34.

Lucky numbers this week: This week's odds favour Sagittarius winners with the luckiest number being 21.

Did You Know...

Olympic art: The Olympics weren't always just for sports. Beginning in 1912, 151 medals were awarded in painting, sculpture, architecture, literature, and music for work inspired by athleticism. Art exhibits replaced the medals in 1954.

Lefties: Only about 10% of people worldwide are left-handed. About 1% are ambidextrous, able to use either hand effectively. This means the rest of us are predominantly right-handed.

Chair evolution: We may have Charles Darwin to thank for our office chairs. He is often credited with the idea of using wheeled legs to replace regular legs on his office chair. This let him move easily and quickly around his lab.

Youthful success: Stevie Wonder was only 13 years old in 1963 when he earned his first No. 1 hit on the Billboard Hot 100 with "Fingertips." He has since added many more hits to his resume!

Gator aid: In the 1960s, scientists at the University of Florida (U.S.) invented the popular sports drink Gatorade. In the 1970s, they also created Gatorade gum, but it was discontinued by 1989.

On the Lighter Side

A man sued an airline after they lost his luggage. Unfortunately, he lost his case.

Our son at college said he grew a whole foot. So we sent him a third sock.

Art: "Why did you name your son Bill?"
Marty: "Because he arrived at the beginning of the month."

Knock! Knock! Who's there? Cheese. Cheese who? Cheese a very smart girl!

How did the owl with laryngitis feel? He couldn't give a hoot!

Answers

Trivia answers: 1. Left 2. Laughing gas 3. Eight 4. False 5. Dutch

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

Vacation Getaway!

COMPETITIVE RATES!

Condo in Mazatlan, Mexico available for short or long term stays

- ✓ 2 bedrooms, 2 full bathrooms
- ✓ 9 minutes walking distance from the nearest beach
- ✓ Designed to host 4 adults comfortably
- ✓ Located in a serene, quiet street incl. gated access to the building.

CHECK OUT OUR POSITIVE REVIEWS...



Questions? 780.228.0954
brendanker@gmail.com

ELEVATE RETREATS

Call us for all your safety training needs



Scan for courses and dates

Public, private and on site classes available

TRAINING SESSIONS

BOOK 5, GET THE 6th FREE

CALL US FOR DETAILS!



Servicing from Whitecourt to High Level, Grande Prairie to Fort Nelson, we call the Peace Region our Home

DXP | HSE INTEGRATED

780.532.2088
<https://hseintegrated.com>
gptraining@dxpe.com

Visit BNI Grande Prairie

- ✓ and get access to:
- ✓ Unparalleled Business Networking
- ✓ Exclusive Referral System
- ✓ Professional Development

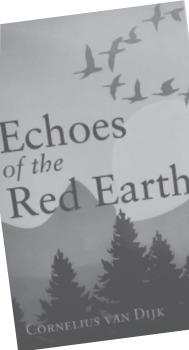


BNI



JOIN OVER 60 LOCAL MEMBERS

Scan the QR code or visit www.bnialberta.ca for details



A Bold and Imaginative Collection of Post-Apocalyptic Tales

Echoes of the Red Earth

Written By Canadian Author Cornelius van Dijk

Available in paperback and digital copy



Covering the Peace Country and beyond... for 45+ years

Sterling Upholstery .ca

AND MORE!

- Oilfield
- Marine
- Restaurant
- Trucking
- Residential

780.539.0444

CANADA'S BRAND YOUR COMFORT

NAPOLEON



GEMCO FIREPLACES & WHOLESALE HEATING PRODUCTS

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

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

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



Transform lives, one wish at a time.

Make-A-Wish.

Visit makeawish.ca

We've moved... VISIT US IN OUR NEW LOCATION!



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

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

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

GOT SOME FREE TIME? **VOLUNTEER WITH US!**



For more information, stop by our store at 9845-99 Avenue, Grande Prairie, or call Rochelle at 587-259-8861

MISSION THRIFT STORE
Save more than money!