

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




FREE! New Issue Every Week!

Coffee News

"News To Be Enjoyed Over Coffee"

High Prairie Edition

877-553-6397



www.coffee-news.ca Est. 1988

Visit us on Facebook-CoffeeNewsWeekly

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




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



THIS SPACE FOR RENT

OR SCAN HERE FOR MORE INFO



Call 780-220-6397

Your Comfort and Your Smile Are Our Top Priorities!

Irreparably broken or lost dentures? We have the solution for you!

We will scan your existing dentures and save it in our digital library for your peace of mind.

We can use the scan to make you a new set with minimal chair time.

Call us today to schedule your scan appointment.

SEMCD CERTIFIED CLINICIAN

Denture & Implant Cottage

Wheelchair friendly 780-624-4573

9803 - 98 Ave., Peace River | Dentureimplantcottage.ca



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



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

SCAN ME




Recipe of the month

Fall Garden Medley

4 large carrots, cut into 1-1/2-inch pieces	1/2 cup water
3 fresh beets, peeled and cut into 1-1/2-inch pieces	2 teaspoons salt
2 medium sweet potatoes, peeled and cut into 1-1/2-inch pieces	1/2 teaspoon pepper
2 medium onions, peeled and quartered	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>



Everybody's Talking

Sausage stop: While inserting money to get chocolate bars or chips from a vending machine might be familiar, if you happen to be in Germany, you also can get bratwurst and bockwurst sausages. These unusual vending machines have been around for a few years and are both popular and convenient, especially late at night when someone is craving a sausage. People who work late also appreciate the machines if grocery stores are closed by the time they have a chance to get food. Some of the machines even offer eggs, milk, produce, butter, and prepared sides like potato salad. The products are vacuum-sealed, and the machines are temperature-controlled to ensure safety.

Bee delay: You often hear of weather halting outdoor sports events, but this time it was buzzing bees that stopped the play. During a quarterfinal tennis match at the BNP Paribas Open in Indian Wells, California (U.S.), play was interrupted for nearly two hours. The players had to pause their game while a worker used a vacuum to remove bees that had swarmed onto the overhead camera. The unexpected delay provided an unusual spectacle for the audience, who watched as the court was carefully cleared of the insects. The players, who had been swatting away the bees, were fortunate that no one was stung.

Tourist trouble: Residents of Fujikawaguchiko (Japan), a town about 62 miles (100 km) west of Tokyo, were fed up with tourists who littered, trespassed, parked illegally, and broke other traffic rules. Tourists, eager to capture a perfect view of Mount Fuji, would flock to the town with their cameras, causing disruption. In response, the town installed a large, 66-foot (20-m) by 8-foot (2.5-m) mesh barrier to block the view of the snow-capped mountain. An official stated it was regrettable that it had come to this, adding that over-tourism is the biggest problem facing the iconic mountain. The measure aims to restore peace and order for the local community.

Ring recovered: A woman in Wales lost her engagement ring in 1970, while feeding hay to cattle on her family farm. She now has it back, thanks to a detectorist, which is someone who explores the ground with a metal detector. Marilyn Birch, a senior resident of Pontardawe in Neath-Port Talbot, described recovering the ring as an emotional reunion. All those years ago, she had retraced her steps in hopes of finding the ring, but to no avail. Recently, detectorist Keith Phillips obtained permission to search the land for treasures and found the ring buried about 8 inches (20 cm) deep in a field, a discovery that left its owner speechless.

Quoteable Quotes

"Reality itself is gorgeous. It is the plenum; the fullness of total joy."
—Alan Watts

"The whole future lies in uncertainty: live immediately."
—Seneca

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:

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.



Trivia

1. The 1982 film Conan the _____ starred Arnold Schwarzenegger and James Earl Jones.
2. Sleeping Beauty fell asleep when she pricked her finger on a rose thorn—T/F?
3. A pinochle deck has 26, 48, or 52 cards?
4. What is the capital of Portugal?
5. The "V" in the acronym ROYGBIV stands for what?

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

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




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, Beaverlodge, 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.



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




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



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.



Call us for all your safety training needs

TRAINING SESSIONS

BOOK 5, GET THE 6th FREE

CALL US FOR DETAILS!

Public, private and on site classes available

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




CANADA'S BRAND YOUR COMFORT

NAPOLEON



GEMCO FIREPLACES
& WHOLESALE HEATING PRODUCTS

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

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

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

SHOP ONLINE!
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

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!



GENERAC

*Terms and Conditions apply.

PEACE RIVER VISION CLINIC

Family Eye Care

- Eye Exams
- Designer Frame Lenses
- Contact Lenses
- Glaucoma Eye Evaluations
- Diabetes Eye Evaluations
- Safety Glasses

■ New Patients Welcome!
■ Direct Billing

780-624-4265
www.drmmikehopperoptometry.com

Open Mon to Fri, 8:45 a.m.-5:00 p.m.



YES YOU CAN!

Want to brighten your future with new opportunities? Academic Upgrading has a pathway for you!

NORTHERN LAKES COLLEGE

Apply online **www.northernlakescollege.ca/apply-now**
Select Academic Upgrading as the program and NLC will contact you about your Completion Plan.

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




Transform lives, one wish at a time.

Make-A-Wish

Visit **makeawish.ca**


Your Weekly Horoscope

ARIES
(March 20 - April 19)




Lots of energy swirls around you this week. You may be tempted to take an aggressive stand. But you might want to consider where forgiveness could serve you better. Lucky numbers: 10, 18, 25, 34, 42, 48.

TAURUS
(April 20 - May 20)




Did you pay attention to the hard truth that may have been revealed to you last week? This information could follow you, so you might want to address it now. Lucky numbers: 12, 14, 19, 34, 40, 42.

GEMINI
(May 21 - June 20)




You may be presented with many ideas and opportunities this week. Take time to sort through and evaluate them against your values and goals. But maybe wait to take action. Lucky numbers: 13, 14, 17, 27, 33, 45.

CANCER
(June 21 - July 22)



Cancers can be introverted by nature. But this week you may have a desire to expand your social circle and participate more fully. What might be the best way to manifest it? Lucky numbers: 9, 20, 25, 30, 40, 48.

LEO
(July 23 - Aug. 22)



Your thoughts and feelings might be out of sync for a few days at week's end. Can you reconcile this stalemate? If not, then waiting for this dynamic to pass may be best. Lucky numbers: 2, 4, 16, 17, 25, 39.


VIRGO
(Aug. 23 - Sept. 22)



Virgos often focus on precise facts and details. But sometimes, consider trying an intuitive leap of faith. The next few weeks may provide an opportunity to test this premise. Lucky numbers: 11, 25, 26, 28, 33, 40.

Lucky numbers this week: This week's odds favour Cancer winners with the luckiest number being 30.

LIBRA
(Sept. 23 - Oct. 22)




Libras gravitate to beauty and may avoid the darker parts of their unconscious. At week's end, an opportunity may arise to unearth information that can help your development. Lucky numbers: 4, 7, 10, 13, 18, 40.

SCORPIO
(Oct. 23 - Nov. 21)



For the next few weeks, you may feel an urgency to blurt out whatever insights you have, no matter how dark, to others. Thinking before speaking could be important. Lucky numbers: 8, 11, 19, 36, 43, 46.

SAGITTARIUS
(Nov. 22 - Dec. 21)




You may feel the need to bust out of restrictions at the beginning of the week. Consider taking a time-out to analyze what changes you might truly need in your life. Lucky numbers: 1, 10, 14, 24, 32, 44.

CAPRICORN
(Dec. 22 - Jan. 19)




This may be a week of two steps forward and one step back. Though frustrating, you may want to consider postponing important discussions or decisions for a couple of weeks. Lucky numbers: 6, 8, 15, 32, 37, 41.

AQUARIUS
(Jan. 20 - Feb. 18)



Are you digging in your heels now because you have a strong feeling about something? Finding some detachment about the matter could help point the way to a solution. Lucky numbers: 7, 19, 32, 38, 41, 42.

PISCES
(Feb. 19 - March 20)



Are you experiencing an issue in a relationship now? Are there ways you could adjust your communication style to more clearly express your thoughts to the other party? Lucky numbers: 5, 15, 28, 38, 43, 48.

Did You Know...

Space growth: Scientists have discovered that astronauts can grow taller in space. In fact, living in microgravity can increase their height by up to 3%. A man who is 6 feet tall (1.8 m) could gain 2 inches (5 cm) in height!

Avocado truth: You might not think of avocados as fruit, like apples or oranges. But biologically, that's exactly what they are because they contain seeds. Their unsaturated fats are a healthy benefit of eating them.

Frightening frog: The tiny 1-inch (2.5 cm) poison dart frog has enough poison to kill 20,000 mice. It safely stores toxins in its skin to fend off predators. The species have brightly coloured bodies and are native to Central and South America.

Fierce predator: The giant Allosaurus dinosaur, with its 8-inch (20.3-cm) claws and 70 teeth, could hunt prey easily by running at 21 miles (33 km) per hour. All those teeth meant it was built to eat meat.

Sound sensitivity: If you can't stand certain sounds that don't bother other people, you may have a condition called misophonia. It's when a person is emotionally affected by common sounds like eating or even breathing.

On the Lighter Side

Knock! Knock! *Who's there?* Ogre. *Ogre who?* I'm ogre here, come find me!

Why was the broom confused? It didn't know which witch was which.

Swimmers do pool-ups to get strong.

Our poodle is like one of the family, but which one?

Barber: "Your hair is getting thin."
Customer: "Who wants fat hair?"

Answers

Trivia answers: 1. Barbarian 2. False 3. 48 4. Lisbon 5. Violet

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

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

IMPROVING EFFICIENCY SINCE 2006

www.knowitsooner.com/get-certified

ATB Equipment Finance can offer financing and leasing solutions for any equipment intensive industry to secure all your new or used heavy equipment needs.



ATB

Give me a call today and stay ready for any business opportunity that comes your way!

Zac Michalko - Director
ATB Equipment Finance
Grande Prairie & Peace Region

780-940-6681
zmichalko@atb.com

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, ADD or ADHD)
3. Seasonal allergies or asthma
4. Chronic fatigue or fibromyalgia
5. Hormonal imbalances (PMS, PCOS)
6. Skin issues
7. 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

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

Ringling in your Ears?

Book your **FREE TEST** now!
780.533.3444




NORTH STAR HEARING
northstarhearing.ca

inogen

INOGEN® PORTABLE OXYGEN CONCENTRATORS

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

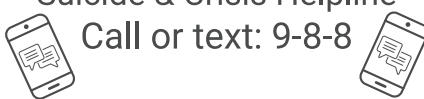
30-DAY RISK-FREE TRIAL



30-day risk-free trial. Return within 30 days of purchase for a full refund of purchase price.
PM230469 EN, EX, USA | Rx Only © 2024 Inogen, Inc.
4919 West Circle, Suite 200, Colesburg, IA 50121
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.

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

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



Edmonton.CMHA.ca

FREE Orthodontic/Invisalign Consult

FREE Implant/Implant Denture Consult

PEACE VALLEY DENTAL

Dr. Michael Ho, DMD

We are confident in the quality of our work and provide limited warranty for fillings (two years) and crown bridges (no charge for the first three years and 50% for up to five years from placement).

OUR TEAM HAS BEEN SERVING THE COMMUNITY FOR 20 YEARS

9811-100 Avenue
Peace River, Alberta
www.peacevalleydental.com

780.624.3355 • info@peacevalleydental.com