

THIS SPACE FOR RENT

Call 780-220-6397

OR SCAN HERE FOR MORE INFO



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

Take care of your hearing health today!

Hearing Tests • Hearing Aids • Repairs
Batteries • Home Visits

Ears 2 Hear

Your local hearing aid provider

3rd party billing available
AADL, NIHB, WCB, VAC

Bethiny Plante
BC-HIS Registered Hearing Aid Practitioner

Athabasca Location – 3rd Tuesday of every month at the Athabasca United Church 10 a.m.-1 p.m. Walk-ins welcome

587.746.0540 | ears2hearalberta@gmail.com

2 for 1 Hearing Tests for spouses



HAPPY Thanksgiving

from your friends at **Coffee News**



SHOP ONLINE!

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



yes tv

FREE LIVE STREAMING COMING THIS FALL

visit yesstv.com for details



Make Your Marketing Work For You!

• Website Development
• Google Ads
• Facebook Advertising
• Social Media Management
• SEO & Content Marketing
• Reporting & Analytics

SCAN ME

Frontline 780.760.6922



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




FREE! *New Issue Every Week!*

Coffee News®

"News To Be Enjoyed Over Coffee"

Athabasca Edition

877-553-6397



www.coffee-news.ca Est. 1988

Vol. 21 No. 42 October 14, 2024

Everybody's Talking

Lucky snake: A beloved pet snake, missing for over a year from its home in Spennymoor, England, made a surprising return when it was spotted atop a neighbour's garage roof. Speculation arose among locals and an animal rights officer that the snake may have been inadvertently transported by a crow, then dropped due to its weight and bulkiness. Despite the ordeal, the resilient, 3-foot-long (0.9-m) reptile managed to endure both the avian encounter and the harsh winter temperatures. Snakes, being ectothermic creatures, depend on their surroundings for warmth, making its survival all the more remarkable. Its unexpected reappearance brought immense relief and joy to its owners, who had long feared the worst.

Tone transformer: A Japanese firm has created an artificial intelligence filter that transforms angry screams into calm speech, aiming to alleviate the stress faced by call centre operators. Developed over three years, this technology detects aggressive tones and softens them into a polite voice, without altering the words being spoken. The filter works in two stages: identifying anger and then changing the intonation. Engineers trained the AI with over 10,000 voice samples from actors mimicking common angry phrases. Nearly half of the members of a Japanese union of service and other workers recently reported being on the receiving end of anger and other intimidation.

Buzz beer: Scientists at a university in Wales are revolutionizing the beer brewing process by forgoing traditional hops in favour of honey bees. These insects naturally harbour brewer's yeast in their guts. In collaboration with researchers from the University of Namibia, the researchers extracted brewer's yeast from naturally deceased African bees and combined it with yeast from Welsh honey bees to brew several batches of beer. Beyond offering enjoyment of the beverage, this project is exploring how the pollination of certain plants can help to develop new drugs to treat superbugs and antibiotic resistance. The scientists hope to find a brewer willing to continue producing the beer, with proceeds supporting the ongoing research.

Island hoppers: In northern Scotland's Orkney Islands, an extraordinarily brief flight connects the islands of Westray and Papa Westray, spanning just 1.7 miles (2.7 km), which is shorter than some airport runways. This flight typically lasts around 90 seconds, although favourable winds can reduce it to under a minute, while rough conditions can extend it to nearly three minutes. The flight is served by a Britten-Norman Islander, a small aircraft with eight seats and no in-flight service. This route, often likened to a bus ride, is crucial for the island's inhabitants, who otherwise face weather-disrupted ferry rides. Despite environmental criticisms, it remains a vital link for locals.

Quoteable Quotes

"Enjoy the little things, for one day you may look back and realize they were the big things." —Robert Breault

"The sun himself is weak when he first rises, and gathers strength and courage as the day gets on." —Charles Dickens

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

*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.

Trivia

1. How many toes does a rhinoceros have on each foot?
2. Phobophobia is the fear of blood, beetles, or fear?
3. Dorothy Hamill competed in skiing in the 1976 Olympics—T/F?
4. John Cleese and Michael Palin belonged to this comedy troupe.
5. Does Europe have any deserts?

(Flip bottom of page for answers)

Home is Where **Your Story Begins.**
Let Me Help You Finance Your Dream Home!

Debbie Jacobsen, AMP

780.805.8840
deb@dlc1st.ca | www.dlc1st.ca

DOMINION LENDING CENTRES
Mortgage Mentors



CANADA'S BRAND YOUR COMFORT

NAPOLEON

GEMCO FIREPLACES & WHOLESALE HEATING PRODUCTS

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



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

1 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.
2 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>



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




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



NEED TO EXPAND YOUR MARKETING EFFORTS?

Coffee News® provides:

- ✓ Access to 520,000 loyal readers per month in 48 editions across Northern Alberta
- ✓ Access to thousands of online readers weekly
- ✓ Free ad design
- ✓ Free ad changes
- ✓ Free sponsorship in our CN Bucks program
- ✓ Exclusivity in your industry

So – you're not advertising with Coffee News® because...?

780-220-6397
coffee-news.ca




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.

QUALITY WORK. REASONABLE RATES.



■ 5" Continuous Eavestrough
 ■ Asphalt Roofing
 ■ Soffit ■ Fascia

CALL RYAN TODAY FOR YOUR FREE ESTIMATE:
780.519.1335

Serving Athabasca/Slave Lake and area

R&C STORAGE

3606-53 St. Athabasca



Call, text or email for inquiries
780.689.9876
mncstorageab@gmail.com
www.rcstorage.net

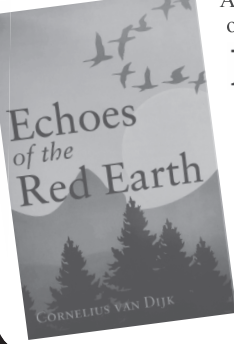
ON AND OFF SITE STORAGE

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



Need to talk?

988 is here for you. 24/7

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

Edmonton.CMHA.ca

Learn From the Best!

Explore the possibilities

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



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

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

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)

You probably need to resist the temptation to be impulsive or to get into an argument right now. Try taking a deep breath or two and waiting for this week to pass. Lucky numbers: 2, 4, 6, 10, 29, 34.

TAURUS (April 20 - May 20)

Are you feeling in a stalemate right now about what to do next? Look to your values to help you decide, and make any necessary adjustments to break through the barrier. Lucky numbers: 3, 4, 19, 23, 31, 44.

GEMINI (May 21 - June 20)

Recently you may have been swamped with a lot of potential ideas. Have you decided which one to pursue? Might you need more training to be successful with your choice? Lucky numbers: 18, 25, 34, 35, 42, 45.

CANCER (June 21 - July 22)

You may find yourself out of sorts early this week. Look for the source of this irritation. If you can't immediately resolve the situation, seek outlets to reduce your negativity. Lucky numbers: 9, 13, 32, 38, 40, 47.

LEO (July 23 - Aug. 22)

Over the next few weeks, you may want to just kick back and have fun. Enjoy this time but try not to drop the ball on any important responsibilities you might have to others. Lucky numbers: 7, 8, 19, 22, 38, 45.

VIRGO (Aug. 23 - Sept. 22)

You may find yourself woolgathering early this week. This might feel uncomfortable for you, but try to go along with it. Important information could surface now. Lucky numbers: 7, 17, 22, 26, 28, 46.

Lucky numbers this week: This week's odds favour Leo winners with the luckiest number being 7.

LIBRA (Sept. 23 - Oct. 22)

Others may be surprised if you step outside of your pleasant demeanour this week. If you are in a stalemate with someone else, take time to explain your position to them. Lucky numbers: 10, 14, 15, 17, 30, 37.

SCORPIO (Oct. 23 - Nov. 21)

Are you running into obstacles this week? Your intensity may intimidate those who are blocking you. Could you make them feel comfortable and more agreeable to your plan? Lucky numbers: 1, 10, 17, 19, 29, 43.

SAGITTARIUS (Nov. 22 - Dec. 21)

For the next few weeks, you may feel like you want to just be a free spirit. Which responsibilities could you set down for a bit and which must you continue to fulfill? Lucky numbers: 8, 19, 23, 25, 33, 43.

CAPRICORN (Dec. 22 - Jan. 19)

Accomplishment is an important theme for Capricorns. As Pluto moves from Capricorn to Aquarius, consider what you want to achieve, in alignment with your values. Lucky numbers: 4, 18, 23, 29, 37, 40.

AQUARIUS (Jan. 20 - Feb. 18)

Sometimes Aquarians have difficulty expressing their feelings to others. The next few weeks may provide you with an opportunity to more easily open up and share. Lucky numbers: 19, 26, 27, 31, 37, 46.

PISCES (Feb. 19 - March 20)

Your mystical side may be in full force this week. Take advantage of creative endeavours being more easily advanced. Make adjustments to address any negative habits. Lucky numbers: 5, 17, 31, 46, 47, 48.

Did You Know...

Bear origins: A.A. Milne, the author of Winnie-the-Pooh, didn't invent the bear's name. His son, Christopher Robin Milne, called his own teddy bear Winnie after a visit to the London Zoo, where he saw a bear named for Winnipeg, Manitoba (Canada).

Staying warm: The small Arctic fox lives within the Arctic Circle, where the sun never rises from late September to early March. But its thick fur coat helps it maintain a body temperature near 100°F (38°C), and its tail acts as a warm blanket.

Feline festival: In New York City (U.S.), cat lovers can enjoy a selection of short films about felines at the annual New York Cat Film Festival. The films, submitted by cat owners, must showcase something essential about cats.

Gaga's godsons: Elton John, one of pop music's most successful artists, and his partner David Furnish have two sons, Elijah and Zachary. They designated the famous American singer-songwriter Lady Gaga as the boys' godmother.

Bridal colours: In North America, brides typically wear white, symbolizing purity and simplicity. In China, the tradition is to wear red, representing luck, happiness, and celebration; white is often associated with death and mourning.

On the Lighter Side

Swimmer: "Are you sure there are no sharks on this beach?"
 Lifeguard: "Yes, they don't get along with the alligators."

Knock! Knock! Who's there? Mara. Mara who? Mara, Mara on the wall...

What did the bunny think of the scary movie? Thought it was hare raising!

Skydivers chute first, ask questions later. No wonder they are so grounded.

My kid's grades are so bad they're underwater. They're below c-level.

Answers
 Trivia answers: 1. Three 2. Fear 3. False 4. Monty Python 5. Yes

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

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
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

OOPS...

Want to ensure better turnout at your next event?

Submit the details of your event for inclusion in our popular "What's Happening" section!

Visit www.coffee-news.ca today!

Need ONE More Reason to Join?

- 1 You don't have an up to date will
- 2 You don't understand the difference between a trust and a will
- 3 The CRA selects you for an audit
- 4 You need a letter written on your behalf by a lawyer
- 5 You receive a speeding ticket
- 6 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

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

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

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

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.
 #MC230528 EN, EN, USA | In Only © 2024 Inogen, Inc.
 #519 Wood Drive, Suite 200, Colton, CA 95311
 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.

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**