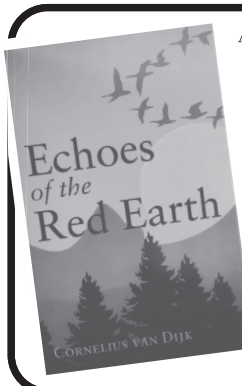



A Bold and Imaginative Collection of Post-Apocalyptic Tales

# Echoes of the Red Earth

Written By Canadian Author Cornelius van Dijk

Available in paperback and digital copy

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

# Coffee News®

"News To Be Enjoyed Over Coffee"

**Lac La Biche and Area Edition**

**877-553-6397**

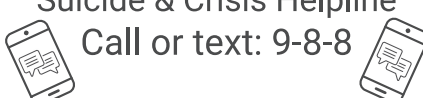


www.coffee-news.ca Est. 1988

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

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

**Edmonton.CMHA.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**



MISSION VIEW FUNERAL CHAPEL LTD.

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

FUNERALS - CREMATION - MONUMENTS - PRE-PLANNING

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

780-623-1815 • info@missionview.ca



**THIS SPACE FOR RENT**

Call **780-220-6397**

OR SCAN HERE FOR MORE INFO



CANADA'S BRAND YOUR COMFORT

# NAPOLEON

GEMCO FIREPLACES & WHOLESALE HEATING PRODUCTS

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





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

**If You Have Room In Your Heart To:**

- Provide a safe, loving, stable temporary home to an animal in need
- Care for an injured animal, expectant mom, abandoned senior or animal needing rehab;
- Nurture a young animal until it reaches an adoptable age;

**BECOME A FOSTER!**

The Humane Society Will Provide:

- Required food & supplies (bedding, litter/box, etc.
- Veterinary care & expensed
- Ongoing monitoring & support of the animal/foster home

Lac La Biche REGIONAL HUMANE SOCIETY  
www.llbrhs.com or on Facebook Lac La Biche Regional Humane Society



**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



## 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](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**  
\*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](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

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

(Flip bottom of page for answers)  
© Published with Permission by Capital Marketing Ltd  
(Over)

Lakeland EMPLOYMENT SERVICES

Unemployed? Underemployed?  
We can help. Contact us.

Lac La Biche office  
10263 101 Avenue  
780.627.3071  
employabilities.ab.ca




**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

- Electrical
- Plumbing
- Paint
- Lumber
- Housewares
- Hardware
- Supplier of Windows and Doors
- Garden Centre & Seasonal
- Complete House & Garage Packages

780.623.4663 | 9112 Beaver Hill Rd., Lac La Biche




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)



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](http://www.coffee-news.ca/editions)




MENTION THIS AD FOR A DISCOUNT!

LET US HELP YOU QUIT SMOKING  
Come learn the facts and make a plan

**780-623-2158**  
10208-101Ave., Lac La Biche  
10 am - 6 pm, 7 days a week  
Closed on holidays

OHMY VAPE LOUNGE



**LEAKY GUT?**  
"Death begins in the colon" ~ Mechnikov

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

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)




**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



**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



**Now Accepting New Patients!**

**COLD LAKE DENTURE CENTRE**

SKYE-LEE FELAND, DD

**780-201-1010**  
office@coldlakedenture.ca

5010-50 Avenue, Cold Lake | Located on Main Street

**Your local Denturist proudly serving Cold Lake and area**

✓ Financing Available ✓ Affordable Fees

**HOURS**  
Mon-Thurs, 9 a.m. to 5 p.m. | Fri, 9 a.m. to 1 p.m.

WE DIRECT BILL ALL INSURANCE



**yesTV**

**FREE LIVE STREAMING COMING THIS FALL**  
visit yestv.com for details



**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.

30-DAY RISK-FREE TRIAL



**Management Software**  
ensuring world class professional management

**Made in Canada**  
with Canadian companies in mind

NOT a subscription!  
NO monthly user fee!

**ZAZRA**

Book a demo at [zazra.ca](http://zazra.ca) or call **780.702.9900**

- ✓ No surprises
- ✓ Web-based, installed on your own local server or with your cloud-based server
- ✓ Completely customizable and adaptable to your company needs



**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



# 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.

**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.

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

## 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](http://coffeeneWSCanada.com)  
© Published with Permission by Capital Marketing Ltd

**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!**

**Tracy Lord**  
Real Estate Agent

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

**780.747.8372**

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




**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  
Scuba Diving & Snorkeling  
11781-156 St., Edmonton 780.483.0044

SCUBAPRO | SHERWOOD | GARMIN | SHEARWATER | AKONA | HENDERSON | SEALIFE | TUSA



**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](http://www.knowitsooner.com/get-certified)

IMPROVING EFFICIENCY SINCE 2006



**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



**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**

**LegalShield**



**THE PET & FARM SUPPLY**  
Family owned and operated

**HIGHEST QUALITY FEED FOR YOUR ANIMALS**  
We only carry Canadian made dog and cat food!

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



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

Call 780.594.4101 for more information



