

**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

**yesTV**

**FREE LIVE STREAMING COMING THIS FALL**  
 visit [yestv.com](http://yestv.com) for details

**Everyone has the right to live free of violence and abuse**  
 Our shelter offers women a safe and secure environment where they can access counselling, housing and other supports

**PEACE RIVER REGIONAL WOMEN'S SHELTER**  
**1-877-624-3466**  
[www.prrws.com](http://www.prrws.com)

WHEN HOME IS NOT SAFE - WE HAVE A SHELTER FOR YOU

**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)

**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](http://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.

**MS Office Training**  
 Live FREE Sessions on Fridays during October & November  
 Scan QR Code below to attend

Explore the possibilities...  
 • Excel • Word • Outlook • PowerPoint  
 • Teams • OneNote • Smart Phones

**Know it Sooner**  
 Computer Training  
[www.knowitsooner.com/events](http://www.knowitsooner.com/events)

BOOST YOUR CAREER - FROM HOME!

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

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

**Edmonton.CMHA.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)

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

**Coffee News®**  
 "News To Be Enjoyed Over Coffee"

**Grimshaw Edition**  
**877-553-6397**

[www.coffee-news.ca](http://www.coffee-news.ca) Est. 1988

Vol. 21 No. 43 October 21, 2024

**Everybody's Talking**

**Bird blockade:** Trains traveling between the English centres of Brighton and London were delayed for at least 90 minutes for an unusual reason: a baby herring gull on the tracks needed to be removed. Officials turned off the power to the track during the removal process. Herring gulls are a common sight in the seaside town of Brighton, but they are on the red list compiled by the Birds of Conservation Concern, due to their declining population numbers. The incident initially led many to believe the reason for the train delays was a joke. The delayed passengers, though inconvenienced, were relieved to learn that the young bird was safely rescued and was unharmed.

**Madonna superfan:** Tara Berry, a dedicated Madonna fan, holds the Guinness World Record for the most tattoos of the same musician on the body, proudly displaying 18 portraits of the iconic singer. Her tattoo journey began in 2016 when Madonna sought out fans with tattoos of her image for a video. Inspired, Berry started with two tattoos, and then her collection rapidly expanded. She was motivated to surpass Nikki Paterson's record of 15 Eminem tattoos, leading her to invest nearly \$10,000 (USD) and 110 hours over six months. Despite her mother's shock, Berry's friends admired the artistic tribute. Her tattoos capture Madonna's memorable moments from the singer's worldwide career.

**Alpaca escape:** A herd of alpacas executed a daring escape plan, causing havoc on a highway near Cambridge, England. The animals had broken free from a local farm and were obstructing traffic on the busy road. Although police were called to the scene, by the time they arrived, the alpacas had been safely corralled back into their fenced field by the farmer. Motorists captured footage that showed the curious alpacas gazing at drivers, seemingly intrigued by the commotion they were unaware that they had caused. Meanwhile, some of the animals were happily munching on grass by the roadside, which added a touch of charm to the unexpected traffic jam.

**Lucky lady:** If you believe that good luck comes in pairs, then Christine Wilson is proof of that theory. The woman from Attleborough, Massachusetts (U.S.), won the lottery twice. The first time, she won \$1 million (USD) and she used some of her windfall to buy a car. Then, 10 weeks later, the lucky lady won another cool million dollars. In both cases, she had opted to receive her winnings as one-time payouts. Wilson earned her first lottery win by buying a \$50 ticket, and then she bought a \$10 instant ticket, which brought her the second big win. She said she plans to put her second windfall into savings.

**Quoteable Quotes**

"A lily or a rose never pretends, and its beauty is that it is what it is."  
 —Jiddu Krishnamurti

"Look closely. The beautiful may be small."  
 —Immanuel Kant

**What's Happening**

**Nov 1 - Shine A Light 6pm:** Residents are asked to turn on an outdoor light, hang a glowstick in a window or plug in holiday lights for the duration of the night to shed light on the issue of family violence in our community.

**Nov 16 - Santa Claus Parade** Starting at 5:30pm, the Whitecourt and District Chamber of Commerce is hosting the Annual Santa Claus Parade! The lineup starts at Festival Park and will make its way through the downtown core. Join us for a night of fun, candy, fires and Christmas cheer!

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**

1. What kind of food is gazpacho?
2. If a carnivore eats meat, what is a frugivore?
3. This is the easternmost city in the U.S.
4. What is a female rabbit called?
5. How many years are in an undecennial—9, 11, or 20?

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

Reach out to us for free dementia-friendly guidance, resources, and a community that understands.

**Alzheimer Society**  
 ALBERTA AND NORTHWEST TERRITORIES

Contact us today at **1-866-950-5465** or visit [alzheimer.ab.ca](http://alzheimer.ab.ca) to learn more.

**THIS SPACE FOR RENT**

OR SCAN HERE FOR MORE INFO

**Call 780-220-6397**

**Empower Your Land Deals**

Navigating oil and gas negotiations? KMSC Law is here to help you understand your rights and secure fair compensation.  
 Contact KMSC Law today for your **free consultation** and take control of your land deals

**KMSC LAW LLP** **1.888.531.7771**  
[SurfaceRights@KMSC.CA](mailto:SurfaceRights@KMSC.CA)

**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

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](http://shop@wixysoap.com) | [www.wixysoap.com](http://www.wixysoap.com)

PRIVATE CLASSES AVAILABLE

GRANDE PRAIRIE **LOOKUP**  
 CELEBRATION WITH WILL GRAHAM

NOV 8-9

**Bonnetts Energy Centre**  
 Grande Prairie, AB  
 FREE ADMISSION  
[WILLGRAHAM.CA](http://WILLGRAHAM.CA)

HIGH VALLEY BEND COLLECTIVE THE AFTERS KATY NICHOLE

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)

### AUTOMOTIVE LIGHT TRUCK REPAIR

- Out of Province Inspections - \$225
- Rate: \$125/hour
- We service most vehicles, beginning at \$39.95\*

\* For labour only. Services include a 34 point inspection. Oil and filters extra.

**TRINITY REPAIR LTD.**  
780.338.3848  
Open Tuesday - Friday, 8 a.m. - 5 p.m.  
5029 - 51 Street, Berwyn, AB • www.trinityrepair.ca

**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

CANADA'S BRAND YOUR COMFORT

## NAPOLEON

**GEMCO FIREPLACES**  
& WHOLESALE HEATING PRODUCTS

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

## Ringling in your Ears?

Book your FREE TEST now:  
780.533.3444

**NORTH STAR HEARING**  
northstarhearing.ca

## SHOP ONLINE!

www.scubagearcanada.ca

- Snorkelling Gear • Reef-Safe Sunscreen
- Beach Water Shoes • Dry Bags & Wallets • UV Shirts

**The Dive Outfitters**  
Scuba Diving & Snorkelling  
11781-156 St., Edmonton 780.483.0044

**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).

9811-100 Avenue  
Peace River, Alberta  
www.peacevalleydental.com  
780.624.3355 • info@peacevalleydental.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>

# Your Weekly Horoscope

**ARIES**  
(March 20 - April 19)

Important information may emerge from your unconscious at the end of the week. Pay attention to it because it might help you find a new solution to an old issue. Lucky numbers: 2, 4, 14, 30, 40, 45.

**TAURUS**  
(April 20 - May 20)

Surprises may abound for you as the week begins. The Taurus-born generally are not fond of change, but going with the flow right now may be in your best interests. Lucky numbers: 7, 13, 14, 21, 31, 48.

**GEMINI**  
(May 21 - June 20)

Do you feel your confidence is being shaken now? What adjustment might allow you to express your authentic self? To do so, you may need to push past your fear. Lucky numbers: 4, 6, 10, 13, 19, 23.

**CANCER**  
(June 21 - July 22)

You may feel the desire to retreat for a few days this week. If that's possible, honouring this need and decompressing from your daily routine might be helpful to you. Lucky numbers: 8, 12, 30, 38, 39, 41.

**LEO**  
(July 23 - Aug. 22)

A desire for having fun may continue this week. If possible, try to accommodate this, if you haven't done so yet. If you have, is now the time to get back to work? Lucky numbers: 1, 5, 27, 28, 39, 48.

**VIRGO**  
(Aug. 23 - Sept. 22)

This weekend may be a good time to tackle something that needs to be organized. This could be anything from a closet to thoughts that are running around in your head. Lucky numbers: 9, 15, 20, 33, 38, 45.

**LIBRA**  
(Sept. 23 - Oct. 22)

The week may offer an opportunity to unearth information from the depths of your unconscious mind. This process is intended to serve your spiritual development. Lucky numbers: 11, 15, 33, 37, 40, 48.

**SCORPIO**  
(Oct. 23 - Nov. 21)

If you set goals at the time of your birthday last year, how well did you succeed at them? This month may be a good time to establish new ones for the next year. Lucky numbers: 12, 13, 15, 17, 19, 26.

**SAGITTARIUS**  
(Nov. 22 - Dec. 21)

The eternal optimism of Sagittarius may want to ignore the hard truth of a situation in their life. Right now, though, you may be given opportunities to finally face it. Lucky numbers: 14, 16, 19, 28, 39, 45.

**CAPRICORN**  
(Dec. 22 - Jan. 19)

If you are in conflict with yourself or someone else this week, step back and take a deep breath. Ask yourself what this dynamic might be trying to tell you right now. Lucky numbers: 10, 13, 22, 23, 31, 40.

**AQUARIUS**  
(Jan. 20 - Feb. 18)

Are you experiencing a conflict with someone in a position of authority? Think carefully about whether your position is correct or the other person has a valid argument. Lucky numbers: 1, 10, 15, 22, 37, 41.

**PISCES**  
(Feb. 19 - March 20)

Organization is generally not a Pisces strong suit. At the beginning of this week, the energy supports catching up on your outstanding tasks, so take advantage of it. Lucky numbers: 3, 10, 17, 20, 35, 46.

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

## Did You Know...

**Pocket watch:** The small pocket inside the right side pocket of blue jeans is called a watch pocket. When Levi Strauss designed the trousers back in the late 1800s, men used pocket watches and could safely store them there.

**Clay comforts:** Baby pacifiers have been around for at least 3,000 years. They once were made of all sorts of materials that neither parents nor pediatricians would recommend today, such as clay, silver, and coral.

**Loonie legacy:** In Canada, the one-dollar coin, which replaced the paper bill in 1987, quickly gained the nickname "loonie" because it has a loon on the coin's reverse side. The image was created by wildlife artist Robert-Ralph Carmichael.

**Presidential whiskey:** After his tenure as U.S. president from 1789 to 1797, George Washington operated a highly lucrative whiskey distillery on his farm in Mount Vernon, Virginia. Today, staff continue to produce this historic whiskey.

**Same birthday:** Unless you were born on February 29, you are sharing your birthday with a lot of people around the globe: around 20 million people! If you are a Leap Year baby, then you share your special day with about 5 million people.

## On the Lighter Side

One day the office computers broke down. Everyone had to think.

Doctor: "How is the patient who swallowed the coins?"  
Nurse: "No change yet."

Knock! Knock! Who's there? Quiche. Quiche who? Want a hug and quiche?

What goes around the yard but stays in place? A fence.

The tree was glad when fall and winter passed. In fact, it was re-leafed.

**Answers**  
4. Doe 5. 11  
**Trivia answers:** 1. Soup 2. Fruit eater 3. Eastport, Maine

For available franchise opportunities - visit [coffeenewscanada.com](http://coffeenewscanada.com)  
© Published with Permission by Capital Marketing Ltd

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  
www.frontlinemktg.ca

SCAN ME

## Looking for a Good Realtor?

So are we.

Exclusive space now available in this edition for a realtor

Call 780.220.6397 or visit [www.coffee-news.ca](http://www.coffee-news.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

Heal Your Gut, Improve Your Well Being!

**REBECCA MCCORD**  
gut health coach

250.329.8116 | [www.HealthyBellyCoach.com](http://www.HealthyBellyCoach.com)

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

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

**DXP | HSE INTEGRATED**  
780.532.2088  
<https://hseintegrated.com>  
gptraining@dxpce.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

## PEACE RIVER VISION CLINIC

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

Family Eye Care

- New Patients Welcome!
- Direct Billing

**780-624-4265**  
[www.drmikehopperoptometry.com](http://www.drmikehopperoptometry.com)  
Open Mon to Fri, 8:45 a.m.-5:00 p.m.

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.**  
780.978.0088 [www.allproglass.ca](http://www.allproglass.ca)

Windows	Doors
Skylights	Wet Rooms
Glass Railings	Shower Doors