FREE! New Issue Every Week!

Coffee News®

"News To Be Enjoyed Over Coffee"

South West Edmonton Edition

780-220-6397

Est. 1988

www.coffee-news.ca

Vol. 17 No. 41 October 12, 2020

THIS SPACE FOR RENT

780-220-6397

Coffee News®
is back on the menu!

Help us stop the spread of Covid-19 by taking this copy of Coffee News® with you!

Please do not return to the stand.

Let's work together to STOP THE SPREAD

Dementia and Continence Study

Dr. Adrian Wagg's research team at the University of Alberta is recruiting participants for a research study to understand self-management of urinary incontinence with containment products by community dwelling older people living with dementia.

You will be in the study for approximately 10 weeks. During this time, the researcher will visit you five times. You will be asked to fill out questionnaires, maintain a bladder diary and take part in two interviews. The study visits will last between 1 to 2 hours.

University of Alberta

If you want to learn more about this study, please contact Dr. Wagg's research office at

780-492-6855

(24-hour confidential voicemail).

This study will abide by all Covid-19 safety measures outlined by Alberta's Chief Medical Officer and Alberta Health Services.

University of Alberta Ethics approval Ref.: Pro00094514

EDMONTON COMMUNITY FOUNDATION

Wills Week 2020

Edmonton Community Foundation is pleased to present Wills Week - free seminars on why having a valid, up-to-date will is so important.

Many topics available. Register for one or all of them.

TO SEE THE FULL SCHEDULE AND REGISTER PLEASE GO TO:

ecfoundation.org/initiatives/wills-week

Find it too hard to be handy anymore?

We make it look easy.

www.HOHS.ca | 780.940.2127

Door Replacement & Repair | Curtain Rods | Much More

Looking for an activity to promote team building, customer appreciation or a social club?

Consider Curling

Reasonable Price • Fun Accessible for Everyone

Then, enjoy a craft beer, wine selections in the licensed lounge, and have dinner catered by "Preserve Food Truck"

To book, call 780.489.6428 or email cathy@jasperplacecurling.ca

JP CURLING CLUB

Jasper Place Curling Club

Everybody's Talking

Saving sailors: A famous lighthouse on the east coast of Canada attracts tourist attention. In the province of Nova Scotia, Peggy's Point Lighthouse was originally built in 1868 and rebuilt in 1915. The red and white structure measures 15 metres (50 ft.) high and is located on a granite outcrop of rock at the entrance of St. Margaret's Bay in the fishing village of Peggy's Cove, about an hour from the province's capital city of Halifax. This lighthouse is classified in Canada as a Federal Heritage Building.

Billboard love: Whether or not he ends up finding love, Mark Rofe certainly has a sense of endeavour. The 30-something single man from Sheffield, England, recently rented a billboard to suggest that interested individuals contact him if they'd like to go on a date. Rofe had tried the usual online dating methods, to no avail. So he paid £425 to advertise on the roadside space, on a busy street in the city of Manchester. The billboard states: "Date Mark. This could be the sign you've been waiting for," followed by his website address.

Red water: A lake in Chile has red water. Called Laguna Roja (Red Lagoon), it is located near the city of Camarones, in the Arica y Parinacota Region. The temperature of the fresh water is 40° to 50° C (104° to 122° F) because the lake is fed by hot springs. No conclusive evidence explains why the waters are red. It may be because of algae or suspended sediment. The lake's depth is not known. Laguna Roja is surrounded by treeless hills, mountains, and rocky outcrops, and is one of the country's hidden gems.

Sand art: Japan is home to The Sand Museum. Located near the Tottori Sand Dunes on the island of Honshu, the open-air museum honours the natural wonder of the dunes. Visitors can view the enormous works of sand sculptors from around the world, with themed exhibitions changing each year. Sculptures might feature mythical figures, religious icons, and depictions of modern literature, such as The Jungle Book. Themes have ranged from "Czech Republic and Slovakia" to "South America." The museum closes for a few months between displays so the sculptors can work their magic in sand.

Quoteable Quotes

"I can accept failure, but I can't accept not trying." —*Michael Jordan*

"The only real elegance is in the mind. If you've got that, the rest follows from it." —*Diana Vreeland*

What's Happening

Sept 21-Old Tyme Fiddling Group Lessons - Beginner Intermediate. Beginner FIDDLE LESSONs, 7pm every Monday at Pleasantview Community Hall, 10860 - 57th Ave, Edmonton. If you can play at least one fiddle tune and want to enhance learn new skills, please phone Ava Wood 780-962-8857 or visit www.wildrosefiddlers.org

Oct 11-Devon ARtisan Market Local artists and artisans grace the Devon Community Centre, featuring locally-produce, hand-made goods of all sorts, including indigenous art. 20 Haven Ave, Devon. ArtsDevon@gmail.com

November 17-Edmonton Career Fair and Training Expo Get in front of hiring managers! Network and apply with Employer Exhibitors. Build meaningful rapports you need to advance your career in the direction that you want. More info from Career Fair Canada

NON profit organizations may submit events for FREE at www.coffee-news.ca/whats-happening

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

To enter, visit www.coffee-news.ca

Submit your birth date and we'll send you a birthday card with valuable offers on your special day!

NEW FEATURE!

...or send your entry by snail mail to: CN Guy Contest, 17303-107 Ave., Edmonton, AB T5S 1E5 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 liquid gallons are in a barrel?
2. Laterally means upward, towards the back, or sideways??
3. Which scientist wrote a book about Earth called Pale Blue Dot?
4. In Aesop's Fables, who was last to finish in a race—the tortoise or the hare?
5. Is turmeric an herb or a spice?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

(Over)

Just hatching a new business?

CHECK OUT Coffee News® ADVERTISING!

- People need to know about you!
- Reach thousands of local readers every single week
- Exclusive, affordable advertising

It's a crackin' good deal!

www.scubagearcanada.ca

Are you or a loved one in need of extra care?

We offer personalized in-home care for elderly and people with disabilities, helping them maintain independence and integrity in their own home.

"We passionately treat your family like our own."

Services include: • Companionship • Personal Care • Meal Preparation • Homemaking • Transportation • Respite Care • Dementia Care

AND we are excited to offer: • In Home Spa Treatments • Dog and Animal Assistance

CALL TODAY FOR A FREE CONSULT!

Best Family Home Care 780-862-5309

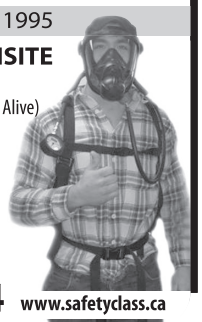
Visit us online at bestfamilyhomecare.com

Know It...Before You Need It

QUALITY SAFETY TRAINING SINCE 1995

ONLINE – IN OUR FACILITY – ONSITE

✓ First Aid (Emergency/Standard/CPR)
✓ Safety Training (Confined Space/Fall Protection/H2S Alive)
✓ Computer Lab (WHMIS/CSTS/PST)... *and more!*



First Aid & Safety Training Services Inc.

To book training, call **780.448.9624** www.safetyclass.ca

QUIT SMOKING TODAY!

Incredibly helpful staff who will set up your new device and teach you how to use it

Liberty Vape

eCig • eJuice • Tech

- **West Edmonton Mall** Phase 1, Lower Level, next to The Bay
- **Downtown**, about 20 steps north of Jasper Ave. on 105 St.

• **Salt Nic**
• **Starter Kits**
• **Top Brands**
• **Free Juice Bar** with 200+ flavours to sample

780.893.1838

libertyvape.ca

Powerful Play Experiences Responds to Covid-19!

OFFLINE OUTDOORS ONLINE

Positive Workplace Mental Health...for Teams!

SCAN THIS CODE TO LEARN MORE!

Powerful Play Experiences

www.powerfulplay.ca

STOP STREAMING!

IT'S FUNNIER LIVE

AT THE COMIC STRIP ON BOURBON STREET, WEST EDMONTON MALL

BUY TICKETS ONLINE AT thecomicstrip.ca

2 FOR 1 TICKETS ALL SUMMER LONG CODE: SUMMER2020

Rick Bronson's THE COMIC STRIP

DRINK · DINE · LAUGH

WE COME TO YOU!

NERDS2YOU

VIRUS REMOVAL & COMPUTER REPAIR

ONSITE COMPUTER REPAIR

Your on-site computer and network service specialists. Virus removal, network setup, repairs and more.

587-772-NERD(6373)

FAST, FRIENDLY AND PROFESSIONAL
DEBIT, VISA AND MASTERCARD ACCEPTED

NERDS2YOU.CA

Lock out your competition!

Coffee News® only allows one advertiser from each industry, so when you advertise your business, *your competitors can't.*

Call to lock out your competitors today!

From head to toe, we have you covered!

LASER HAIR REMOVAL | MICRONEEDLING | CHEMICAL PEELS | SPRAY TANNING | PEDICURES | MORE

25% OFF A TREATMENT OF YOUR CHOICE

Discount Code: CoffeeNews25
Offer Expires 04.01.20
CONSULTATIONS ARE REQUIRED. CANNOT BE COMBINED WITH ANY OTHER OFFER.

Meraki MEDICAL AESTHETICS

780-278-0669
BY APPOINTMENT ONLY
info@merakimedicalaesthetics.com
www.merakimedicalaesthetics.com

Like us on Facebook

...to keep updated on **WEEKLY contests** in which you can enter to win tickets to sports events, entertainment events, Coffee News Bucks and more!

Coffee News®

https://www.facebook.com/CoffeeNewsWeekly

Your Weekly Horoscope

ARIES
(March 21 - April 20)

Your schedule may seem full, but try to find time to enjoy with your loved ones. They might appreciate your sentiments much more than you expected. Lucky numbers: 7, 20, 38, 40, 41, 42.

TAURUS
(April 21 - May 21)

Believe in your abilities to accomplish your work. The winds may change suddenly, and new policies may help you realize that your goals might come true. Lucky numbers: 2, 9, 13, 17, 26, 34.

GEMINI
(May 22 - June 21)

You may feel as if you're totally alone. You can benefit from reaching out to others who may share their positive flow. They might help you see past the present. Lucky numbers: 11, 12, 23, 34, 36, 48.

CANCER
(June 22 - July 22)

You may need to gather more information in order to reach your current goals. Personal contacts might be able to introduce you to those who can help you find solutions. Lucky numbers: 4, 8, 12, 16, 24, 32.

LEO
(July 23 - Aug. 23)

There are so many different choices for you to make. Try to listen to your heart. Don't allow others to interfere with making your important decisions. Lucky numbers: 10, 15, 20, 25, 30, 45.

VIRGO
(Aug. 24 - Sept. 23)

You may have challenges before you that you might have to address sooner or later. You may need to dig a little deeper in order to surpass current expectations. Lucky numbers: 7, 18, 20, 27, 36, 44.

LIBRA
(Sept. 24 - Oct. 23)

Your research opportunities may start to open a new perspective. History might repeat itself. Your interpretation of these events could give you some answers. Lucky numbers: 9, 22, 26, 29, 35, 38.

SCORPIO
(Oct. 24 - Nov. 22)

Your interest in places faraway may become your favourite topic. Traveling or studying about a different part of the world might help you learn more within your field. Lucky numbers: 4, 14, 18, 20, 22, 34.

SAGITTARIUS
(Nov. 23 - Dec. 21)

You know you need to push your ideas harder. Don't allow others to flounder and waste your precious time. Try to prepare yourself for any possibilities. Lucky numbers: 3, 4, 23, 24, 33, 44.

CAPRICORN
(Dec. 22 - Jan. 20)

Your sensitive mood may brighten when you realize how much happiness you can spin for others. Your strength of character might help you overcome any fears. Lucky numbers: 14, 19, 23, 24, 32, 39.

AQUARIUS
(Jan. 21 - Feb. 19)

Special people in your life may show their gratitude in many ways. Take them up on their kind offers. Push through the hype and you might find your perfect fit. Lucky numbers: 5, 11, 19, 23, 24, 30.

PISCES
(Feb. 20 - March 20)

Be thankful and humble. There may be many people who trust you to fight for their causes. Your confidence and luck might seem to go hand-in-hand with your good mood. Lucky numbers: 7, 8, 20, 27, 36, 46.

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

Did You Know...

Ridge lines: Vertical ridges on fingernails that run from the cuticle to the tip of the nail shouldn't cause worry. However, horizontal ridges are called Beau's lines and could be a sign of a medical problem, such as malnutrition or infection.

Spanish, anyone? The official name of Spain, the country located on Europe's Iberian Peninsula southwest of France, is Kingdom of Spain. The country has four official languages: Castilian Spanish, Euskera (Basque), Catalan, and Galician.

Flying feat: The blackpoll warbler is a small songbird that migrates from northern North America to northern South America and the Caribbean. These wee birds can fly for three days without stopping.

Storm names: Each hurricane season, hurricanes are given names developed by the World Meteorological Organization. The names are given out in alphabetical order, and the same names won't be used again for six years. No hurricanes begin with Q, U, X, Y, or Z.

Windy place: Neptune, the eighth planet from the sun, is about four times the size of Earth. Extreme atmospheric weather conditions on Neptune cause winds that are much faster that what we experience on Earth.

On the Lighter Side

How many real estate agents does it take to change a lightbulb? Ten, but we'll accept eight.

Which side of a duck has the most feathers? The outside.

Optimist: "The glass is half full." Pessimist: "The glass is half empty." Mother: "Why didn't you use a coaster!"

Pat: "I have a doctor's appointment today, but I really don't want to go."
Matt: "Just call in sick then."

If you're tired of waiting at a restaurant, just call their number and ask if they also deliver to table 16.

Answers

Trivia answers: 1. 31.5 gal. 2. Sideways 3. Carl Sagan 4. Tortoise 5. Spice

Social & Recreation Programs

TIME • CHOICE • FREEDOM

CHRISTENSON

Enjoy **Retirement Living**
with optional **Meal & Care Services**

Glastonbury Village

Scan QR Code for Virtual Tour

Our vibrant community offers a full range of optional services designed to enhance our residents lifestyles.

Suite Features
- 1 & 2 Bedroom Suites
- Full Kitchens
- In-suite Laundry
- Spacious Balconies
- Window Coverings

Building Features
- Dining Room
- English Pub
- Extensive Amenities
- U/G Heated Parking

1585 Glastonbury Way, Edmonton

780.934.6636
CDLhomes.com

CHRISTENSON CD COMMUNITIES

Need ONE More Reason to Join?

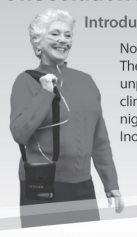
1. You need child support enforced
2. Your landlord raises rent in violation of your verbal agreement
3. You adopt a child
4. A friend owes you money and files for bankruptcy
5. You need help with credit card liability resolution
6. Your car is vandalized in a parking lot

Call LLOYD KENNEY, Independent Associate, to find out how LegalShield can help you!

LegalShield® **1-877-579-9449**

One solution for oxygen at home, away, and for travel

Introducing the INOGEN ONE – It's oxygen therapy on your terms



No more tanks to refill. No more deliveries. No more hassles with travel. The INOGEN ONE portable oxygen concentrator is designed to provide unparalleled freedom for oxygen therapy users. It's small, lightweight, clinically proven for stationary and portable use, during the day and at night, and can **go virtually anywhere — even on most airlines.** Inogen accepts Medicare and many private insurances!

Reclaim Your Freedom And Independence NOW!

Call Inogen Today To Request Your FREE Info Kit

1-888-998-6714

inogen

© 2020 Inogen, Inc. All rights reserved.

MKT-P0108

WEST EDMONTON jiffy lube®

OPEN Mon - Sat, 8-6 Sun, 10-5

- OIL CHANGES
- TRANSMISSION AND DRIVELINE SERVICE
- AIR FILTERS
- FUEL FILTERS

WARRANTY APPROVED
NO APPOINTMENT NECESSARY!

$10 OFF ANY OIL CHANGE PACKAGE (WITH THIS AD)

780.483.2281

17771 - 98A Avenue, Edmonton (beside the Domo)

HIP/KNEE REPLACEMENT?

APPLY NOW TO MEET 2019 TAX DEAD-LINES!

Other medical conditions causing TROUBLE WALKING or DRESSING?

The Disability Tax Credit allows for

$3,000 YEARLY TAX CREDIT

and **$30,000** LUMP SUM REFUND

For Expert Help:

1.844.453.5372

Every $3.51 You Give = **1 MEAL FOR A HOMELESS NEIGHBOUR**

Give Hope. Give Today.
TheSeed.ca/donate

THE MUSTARD SEED

PROFESSIONAL FURNACE and AIR DUCT CLEANING

✓ LICENSED ✓ INSURED ✓ BONDED

RECEIVE 10% OFF WHEN YOU MENTION CODE "COFFEE NEWS 20"

MEPS AIR QUALITY Quality Your Family Can Trust

780.394.3833 | www.mepsairquality.com

For available franchise opportunities – visit coffeenewscanada.com

© Published with Permission by Capital Marketing Ltd