

THIS SPACE FOR RENT
780-220-6397

Recipe of the month

Strawberry-Rhubarb Pops

3 cups chopped fresh or frozen rhubarb (½ inch)
 1/4 cup sugar
 3 tablespoons water
 1 cup strawberry yogurt
 ½ cup unsweetened applesauce

1/4 cup finely chopped fresh strawberries
 2 drops red food colouring, optional
 8 freezer pop molds or 8 paper cups (3 ounces each and wooden pop sticks)

Prep: 10 min. + freezing Cook: 15 min. + cooling
 Yield: 8 pops

1 Place rhubarb, sugar and water in a large saucepan; bring to a boil. Reduce heat; simmer, uncovered, until thick and blended, 10-15 minutes. Remove 3/4 cup mixture to a bowl; cool completely. (Save remaining rhubarb for another use.)
 2 Add yogurt, applesauce and strawberries to bowl; stir until blended. If desired, tint with food colouring. Fill each mold or cup with about 1/4 cup rhubarb mixture. Top molds with holders; top cups with foil and insert sticks through foil. Freeze until firm.

Source: <https://www.tasteofhome.com>

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

Give Hope. Give Today.
TheSeed.ca/donate

THE MUSTARD SEED

Exclusive offer for Facebook and Google Ads

Get **FREE set-up** (up to a \$500 value!)

We are a local digital marketing agency specializing in paid ads.

SCAN ME

Contact us today for your **FREE** no obligation consultation!

Frontline 780.760.6922

Affordable seniors' housing

- Apartment units
- Lodges with meals and housekeeping
- Clean, well maintained, secure buildings
- Friendly, professional staff
- Recreation activities

Call **780.482.6561** or visit us online at **gef.org**

Seniors Housing

FAST, ACCURATE, CLEAN & FRIENDLY SERVICE

MILLWOODS Bottle Depot

2830 Parsons Road
 (south extension of 99th St. above South Edmonton Common)

mybottledepot.ca

14 receiving stations to serve you **REALLY FAST!**

Bring in your bottles for a chance to win in our regular **Customer Appreciation Draws!**

Mon - Sat 8:30 am - 7 pm
 Sunday 10 am - 6 pm

BEST IN THE CITY!

Are you a business owner/office manager? Have 3-20 employees in your office? Paying too much for your current phone system?

We can save you up to 50% off your current phone rates!

How? We offer:

- ✓ VOIP Solutions at a fraction of the traditional carrier cost
- ✓ Long distance rates that outcompete the competition

ZETTA TELECOM

587.760.2800
<https://zettatelecom.com>

DEDICATED TO FINDING OUR CLIENTS THE BEST SOLUTIONS WITHIN THEIR BUDGETS

FREE! *New Issue Every Week!*

Coffee News®

"News To Be Enjoyed Over Coffee"

South East Edmonton Edition

780-220-6397

www.coffee-news.ca

Est. 1988

Vol. 19 No. 31 August 1, 2022

Everybody's Talking

Lightweight warmth: The eider polar duck, which lives in the far north, is the source of eiderdown. This down is very expensive because it is extremely light but has amazing insulation qualities. Therefore, it is no surprise that people "farm" for eiderdown in Iceland. The ducks congregate in sanctuaries built by the farmers, who work hard to keep natural predators away. In return, the farmers collect the eiderdown from the birds' nests, once they have been abandoned. Iceland produces a large percentage of the world's eiderdown, which is used to line quilts and coats that go for high prices. These birds are a protected species in Iceland.

Desert plant: The Namib Desert, located in Namibia and Angola on the southwestern coast of Africa, is home to a very durable plant called the Welwitschia, or in Afrikaans, the tweeklaarkanniedood. Named after Friedrich Welwitschia, a 19th-century botanist who studied it, its Afrikaans name means "two leaves that cannot die." This plant can live for hundreds of years in a seemingly barren environment with little moisture. It looks like it has many leaves, but there are only two, which become ragged and split over the plant's life. Many consider the Welwitschia to be a living fossil.

Gigantic tree: A Montezuma cypress tree on the grounds of a church in the town of Santa Maria del Tule, Mexico, is said to have the thickest trunk in the world. Called the Tule Tree, or Árbol del Tule, this specimen is likely at least 1,400 years old, possibly much older. Its trunk has a circumference of 42 meters (138 ft.). That would take about 30 people holding hands with their arms outstretched to encircle the tree. The tree is located not far from the tourist town of Oaxaca, so lots of visitors come to see it. However, a tree of this stature has to be protected: it has a fence around it so no one can climb it or take pieces of bark as souvenirs.

Steep cliff: While not the tallest mountain in the world, one mountain's claim to fame is that it has the tallest vertical cliff. The north face of Mount Thor, located in Auyutitq National Park on Baffin Island, in Canada's far north, has the longest vertical drop in the world at 1,250 meters (4,101 ft.). Not only that, but the cliff is a 105-degree overhang, making it steeper than steep! Many climbers have tried and failed to scale this massive rock wall. In 1985, a team of four Americans finally made it to the top. They had to carry a lot of equipment and food because the climb took them 33 days! The mountain is named after Thor, the Nordic God of Thunder.

Quoteable Quotes

"Leave a log in the water as long as you like: it will never be a crocodile." —Proverb

"Feeling gratitude isn't born in us—it's something we are taught, and in turn, we teach our children." —Joyce Brothers

What's Happening

Aug 24-Open House, 10 AM to 3 PM Enjoy demos for pickleball, fitness, art, music, and more! Free BBQ lunch, play Bingo, Spin-the-wheel, and win prizes! Learn about our quality programming for adults 55 at www.centrallions.org. 11113 113 Street. 780-496-7369.

Sept 11- 38th Annual Doll, Toy and Teddy Bear Sale Over 50 vendors featuring antique, collectible and modern dolls and toys including accessories, clothing, patterns, supplies, furnishings, miniatures and so much more. Door prizes provided by Mastermind Toys. 10 am - 4 pm. 14230 133 Avenue.

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, 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 was the pen name of writer Samuel Clemens?
2. This is the highest mountain in Canada.
3. Taurus is the astrological sign of the goat—T/F?
4. The ancient pilgrim trail in Spain is called
5. What children's book character is an elephant who heard a sound from a speck of dust?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

(Over)

BLUE BLOODS
 MONDAY TO THURSDAY 8PM/7PM
yesTV

Jeffrey Smith
 Claire Boisvert
 Desiree Gauthier
 Linda Kondysar

Congratulations to May's **Coffee News Guy** contest winners!

Your prizes are in the mail!

Enter today for your chance to win at www.coffee-news.ca

If you liked Gold Canyon Candles, you are gonna love Sunset Scents!

They are creating candles that have a strong scent throw and the cleanest burning scented candles out there!

They are the next **Finest** candles you will EVER find!

PSC Prairie Scented Candles

Sunset Scents a RAY of Fragrance

prairiescentedcandles@gmail.com
www.prairiescentedcandles.com

Happy **HERITAGE** Day

from your friends at **Coffee News®**

Sonia Sells!

SONIA TARABAY

#1 AGENT
 RE/MAX ELITE (2017 - 2020)

780.707.6015
SONIASSELLS.COM

STOP STREAMING! IT'S FUNNIER LIVE
 AT THE COMIC STRIP
 BOURBON STREET, WEST EDMONTON MALL

PURCHASE TICKETS ONLINE AT thecomicrostrip.ca

Rick Bronson's **THE COMIC STRIP**
 DRINK · DINE · LAUGH

WINTER SPECIAL

Complimentary Hair Treatment with any colour service, customized to your hair's needs OR Complimentary Paraffin, Scrub or Massage to your Manicure or Pedicure

Clarity SALON & SPA

780.761.5959
 965 James Mowatt Tr, SW
www.claritysalonandspa.ca

You never listen to me, you only hear what you want to hear

Sure, I'll have a beer

Communication not what it once was?

Call us today!
frequency HEARING

4920-50 Avenue, Beaumont • 780-737-7117

The World's #1 Restaurant Publication!

Affordable-Effective-Exclusive-CALL NOW!

TRINITY
Baptist Church

Serving the community for over 40 years.
10:30 AM Sunday Worship Service

www.tbcsherwoodpark.ca
780-464-4040

East on Baseline; First left after Hwy 21
22550 Twp Road 550, Sherwood Park, AB

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

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:
• Your name • Your phone number and • Your address so that we can send you some cool prizes if your photo is chosen to appear in the paper!

Reader of the Month
Drina P. (age 8) from Edmonton, AB

Coffee News Fun Reading. Serious Advertising.

Rediscover Your Youth and Vitality!

PhytoZon® - Science - Nutrition

- ✓ Fast Results - Brain/Body Balance
- ✓ Increased Strength, Energy, Vitality
- ✓ Joint Health, Flexibility

500+ Clinical Studies
Patented Ingredients

DOCTOR APPROVED CLINICALLY TESTED

www.americandream4me.com/myway

- ✓ Business Immigration
- ✓ Skilled Trades Immigration
- ✓ Student Immigration
- ✓ Spousal Sponsorship
- ✓ Parents Sponsorship

MEWI
Immigration Services Inc. REGULATED CANADIAN IMMIGRATION CONSULTANTS

EMPLOYERS - NOT ABLE TO FIND EMPLOYEES? WE CAN HELP!

Phone/Whats app +1 647-702-9635 / +1 780-710-9635
info@mewiimmigration.ca | www.mewiimmigration.ca

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

Transform lives, one wish at a time.

Make-A-Wish
Visit makeawish.ca

ELECTRICIAN FOR HIRE

Residential
Light Commercial
Electrical Repairs and Renovations

Art de Leon Master Electrician

780.932.3858 Cell
ajdeleon63@gmail.com

inogen

FREEDOM. TO BE YOU.

1-888-998-6714

MKT-P0253

Your Weekly Horoscope

ARIES
(March 21 - April 20)

Have you found yourself being argumentative with others recently? You may want to step back, understand how your ego is tied up in the issue, and find a compromise with others. Lucky numbers: 4, 9, 11, 18, 33, 36.

TAURUS
(April 21 - May 21)

You may find yourself in an unusually good mood and looking to relax. Try to enjoy this time, but you might also want to use it to manifest longer term, positive change. Lucky numbers: 13, 17, 25, 27, 35, 43.

GEMINI
(May 22 - June 21)

Right now you might find that your ability to persuade others to your viewpoint could be heightened. Be careful to ensure that any endeavours that result are a win-win for all involved. Lucky numbers: 14, 16, 17, 18, 38, 44.

CANCER
(June 22 - July 22)

This may be a good time to focus on what you are passionate about achieving in life. Are your current endeavours in line with what you want and need? Lucky numbers: 2, 3, 15, 24, 32, 34.

LEO
(July 23 - Aug. 23)

Some information you receive now could provide insight about yourself, both your positive and negative qualities. What changes do you want to initiate in your life, as a result? Lucky numbers: 10, 14, 19, 21, 24, 30.

VIRGO
(Aug. 24 - Sept. 23)

Many Virgos have a perfectionist streak. This week you may be wanting your communications with others to be very precise. But try not to pressure yourself to choose perfect wording. Lucky numbers: 5, 8, 15, 19, 25, 38.

LIBRA
(Sept. 24 - Oct. 23)

At the beginning of this week, you may find that your heart and mind are in sync. This might be a good time to assess what you want to do next. Lucky numbers: 1, 3, 5, 24, 31, 42.

SCORPIO
(Oct. 24 - Nov. 22)

Are you feeling submerged in watery, emotional depths right now? If you can throw a life raft to someone else, that action may help you to reach shore, as well. Lucky numbers: 7, 18, 21, 27, 32, 40.

SAGITTARIUS
(Nov. 23 - Dec. 21)

Your natural optimism may get a good boost at the end of this week. It might provide energy for you to complete a project that recently has been behind schedule. Lucky numbers: 6, 11, 15, 20, 23, 26.

CAPRICORN
(Dec. 22 - Jan. 20)

Early this week, you may be given information that encourages you to change your perception of your skills and talents. Pay attention to the message. It might pertain to your leadership abilities. Lucky numbers: 15, 17, 24, 38, 41, 45.

AQUARIUS
(Jan. 21 - Feb. 19)

Are you encountering obstacles to your plans? If so, thinking about what you value and how you can live more in alignment with who you truly are may be helpful. Lucky numbers: 3, 11, 17, 27, 40, 41.

PISCES
(Feb. 20 - March 20)

Right now you may be tempted to view the world through rose-coloured glasses. If so, you might want to consider how to balance your optimism with a touch of realism. Lucky numbers: 16, 24, 25, 31, 35, 37.

Lucky numbers this week: This week's odds favour Taurus winners with the luckiest number being 17.

Did You Know...

Wigged out: If King Louis XIV of France hadn't begun to lose his hair at age 17, the wig-making business might have been slow. But the king popularized the custom of wearing a wig, and almost 50 wigmakers created a wide array of hairpieces for him.

Love letters: In the Louvre Museum in Paris, Leonardo Da Vinci's famous painting, "Mona Lisa," has her own mailbox for all the love letters she receives. Millions of people go see her every year, though not everyone leaves behind a declaration of affection.

Going bananas: Bananas are curved because of a plant hormone called auxin, which triggers how they respond to sunlight. Initially, the fruit grows down in response to gravity, but then the hormone kicks in and the weighty clusters turn and curve toward the sun.

Goldfish group: Fish traveling in a group are often called a "school" of fish, but a school of goldfish alternatively might be called a "glint" or a "troubling" of goldfish.

Good for your health: People who own pets can derive health benefits from their non-human friends. Dogs and cats can reduce stress, anxiety, and depression, ease loneliness, encourage exercise, and even improve cardiovascular health in their human companions.

On the Lighter Side

How does a mouse feel after it takes a bath? Squeaky clean.

Jack: "Your dog just bit my ankle!"
Mack: "What did you expect? He's small and can't reach any higher!"

What kind of hat does Sir Lancelot wear? A knight cap.

Knock! Knock! Who's there? Xavier. Xavier who? Xavier money for a rainy day.

If you cross a hyena and a parrot, you'll have an animal that laughs and then asks itself what's so funny!

Answers

Trivia answers: 1. Mark Twain 2. Mount Logan 3. False, the Bull 4. Camino de Santiago 5. Horton

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

Transport our future.

Become a school bus driver.

Apply now @ southland.ca

S
SOUTHLAND
safety home

Calling all Fishermen
50 YEARS & OVER

Come find fishing buddies at
THE EDMONTON
Old Timers'
FISHING CLUB

Monthly meetings
Monthly newsletter

...with guest speaker, free coffee & donuts.

For more info, call or text Gary Preece at 780.940.6679

Trustworthy, Honest and Reliable House Cleaning...

Just For You!

- ✓ Flat and Hourly Rates Available
- ✓ Over 15 Years Experience
- ✓ Thorough, Considerate, Friendly

C: 780.239.3553 | almescape@gmail.com

FROM **\$85** A MONTH
DRUG AND DENTAL PLANS

ONKAR
INSURANCE BROKERS

LIFE | SUPERVISA | DISABILITY TRAVEL INSURANCE
RESP PLANS (up to \$9200 grants + 15% bonus)

Vikram Saggi
780-999-3000

Come and enjoy rural Alberta!

Tired of waiting for high cost accommodation in the big city?
We have vacancies to offer residents living outside of town!

Studio suites, all inclusive \$1986.00 (maximum) and one bedroom couples' suites \$3004.00 (maximum), all inclusive.

Experience fresh air and country living.

780.853.5706
Contact our office at admin@vdhf.ca
www.vdhf.ca
5401-46 St., Vermilion

Housing Foundation
Vermilion & District

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

HIP/KNEE REPLACEMENT?

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

FREE ASSESSMENT CALL TODAY!

For Expert Help: **1.844.453.5372**

BBB ACCREDITED