

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.

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

Frontline 780.760.6922

THIS SPACE FOR RENT

780-220-6397

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




Give Hope. Give Today.
TheSeed.ca/donate



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

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

Your prizes are in the mail!

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



**Karen Bobryk Beaulieu
Jenalee Hicken
Emile Brulotte
Gladys Kneller**

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/techexpert

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

587.760.2800
<https://zettatelecom.com>

DEDICATED TO FINDING OUR CLIENTS THE BEST SOLUTIONS WITHIN THEIR BUDGETS



CONNECTOR

CONVENIENT, RELIABLE TRANSPORTATION SERVICE
DAILY BETWEEN JASPER | HINTON | EDSON | EDMONTON AND JASPER | LAKE LOUISE | BANFF | CALGARY

SUNDOG Visit our site to book www.SunDogTours.com or call us at 1.888.786.3641

TRANSPORTATION AND TOURS LTD.


FREE! **New Issue Every Week!**

Coffee News®

"News To Be Enjoyed Over Coffee"

Whyte Avenue - U of A Edition

780-220-6397



www.coffee-news.ca

Vol. 19 No. 35 August 29, 2022

Everybody's Talking

Star-shaped sand: A particular beach in Japan looks like any other beach in the country, but this one is special to those who look closely at the sand. The beach is called Hoshizuna-no-Hama, which means "Sand in the Shape of a Star." That is exactly the situation in this little slice of paradise, located on Iriomote, an island in Okinawa prefecture. The five- or six-point grains are not really sand; they are the exoskeletons of a small organism that once lived on the ocean floor. Ocean currents bring these tiny bits of shell ashore, mixing them with the "normal" sand on the beach.

Leaning tree: A tall tree native to New Caledonia in the South Pacific is called the Cook pine (Araucaria columnaris). Due to cultivation, these trees grow in other temperate areas of the world. An interesting phenomenon is associated with them: the trees north of the equator lean south, and those south of the equator lean north. Not only that, but the farther away from the equator they are, the more acute the angle. Trees that lean usually do so because of environmental factors, such as wind or light availability. But this is not the case with Cook pines. Scientists have not been able to explain why Cook pines exhibit this distinctive peculiarity.

Mountain lake: The deepest lake in the United States is Crater Lake, located in Crater Lake National Park in the state of Oregon. This body of water is interesting because at one time, it was the top of the volcanic Mount Mazama. About 7,700 years ago, the volcano erupted and the mountain collapsed inward, forming a lake that is 1,943 feet (592 metres) deep. The clear and deep blue water has accumulated through centuries of snow and rain, attracting visitors to view its beauty during all seasons. Crater Lake rarely freezes over, even during the cold and snowy Oregon winters. In the lake sits Wizard Island, which grew from numerous volcanic eruptions over the centuries.

Grassy hill: Icelandic artist Olof Nordal had a unique vision for a work of art. He designed and built a dome-shaped hill known as Thufa. The grass-covered hill has been sitting near the old hharbour in Iceland's capital city of Reykjavik since 2013. Thufa is made of over 4,000 tonnes of gravel and stands about eight metres (26 feet) high. The artist paid tribute to the history of the country by placing an Icelandic fishing hut on top. This type of hut is important to the country's tradition of hanging salted fish to dry. Visitors can walk a spiral path to the top, and from there they can admire views of both the city and fjords.

Quoteable Quotes

"Honesty... makes me feel powerful in a difficult world." —Cher
"Do you know what my favourite part of the game is? The opportunity to play." —Mike Singletary

What's Happening

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.

Sept 17-Ride for Kids in Crisis The ride is a fund raiser to support children in Ukraine, Myanmar, Congo, Yemen, Turkey and Afghanistan. You can bike, skate, run or walk to make a difference. To register go to www.glorychurch.ca or call 780-428-3041

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

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. In the TV show All in the Family, what is Archie Bunker's daughter's name?
2. Baby bats are called _____.
3. How many watts are in a kilowatt?
4. Does the warp or the weft run lengthwise (vertically) in a loom?
5. Who composed the 1962 piano tune "Alley Cat"?

(Flip bottom of page for answers)


© Published with Permission by Capital Marketing Ltd

(Over)

Thanks For Reading

Coffee News®

Have a Pleasant Day!



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

PURCHASE TICKETS ONLINE AT thecomicstrip.ca

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

Tools for School

United Way urgently needs school supplies for local students.

Give kids the tools they need to succeed.

Donate Now ToolsForSchool.ca





BEST OF HAWAII FOUR-ISLAND TOUR

12 days, departs year-round

FROM \$2,549 **\$2,299** USD

YMT vacations 1-877-699-7003
promo code N7017

* Prices are per person based on double occupancy plus \$299 in taxes & fees. Single supplement and seasonal surcharges may apply. Add-on airfare available. Offers apply to new bookings only, made by 9/30/22. Other terms & conditions may apply. Ask your Travel Consultant for details.

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



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

Transform lives, one wish at a time.

Make-A-Wish
Visit makeawish.ca



Discover a new way to look at food and nutrition from Canada's largest and leading school of holistic nutrition!

Virtual! Healthy Eating & Lifestyle Certificate

Explore a variety of topics for simple, actionable nutrition information.

Classes run for a total of 21 hours over 5 weeks.

SINCE 1992

Canadian School of Natural Nutrition

www.csnn.ca/edmonton/helc



Recipe of the month



Summer Macaroni Salad

1 package (16 ounces) elbow macaroni
1 cup reduced-fat mayonnaise
3 to 4 tablespoons water or 2% milk
2 tablespoons red wine vinegar
1 tablespoon sugar
1-1/2 teaspoons salt
1/4 teaspoon garlic powder

1/4 teaspoon pepper
1 small sweet yellow, orange or red pepper, finely chopped
1 small green pepper, finely chopped
1 small onion, finely chopped
1 celery rib, finely chopped
2 tablespoons minced fresh parsley

Prep: 20 min. + chilling Cook: 15 min. Yield: 16 servings

- Cook macaroni according to package directions. Drain; rinse with cold water and drain again.
- In a small bowl, mix mayonnaise, water, vinegar, sugar and seasonings until blended. In a large bowl, combine macaroni, peppers, onion and celery. Add 1 cup dressing; toss gently to coat. Refrigerate, covered, until cold, about 2 hours. Cover and refrigerate remaining dressing to add just before serving.
- To serve, stir in reserved dressing. Sprinkle with parsley.

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



Your Weekly Horoscope

ARIES

(March 21 - April 20)



Are you feeling conflicted about what is best for you, versus what is best for someone else in your orbit? Perhaps having a discussion about it would help you find a compromise. Lucky numbers: 15, 21, 25, 31, 35, 46.

TAURUS

(April 21 - May 21)



Your thoughts and feelings may be out of sync for a few days this week. This might not be the time to stubbornly push through. Consider waiting for the situation to improve. Lucky numbers: 9, 13, 18, 28, 32, 47.

GEMINI

(May 22 - June 21)



You might have a close, personal association with a current project, and you may be proud of your efforts. But try not to let your ego get in the way. Lucky numbers: 6, 16, 22, 36, 38, 40.

CANCER

(June 22 - July 22)



At times, you may feel that you are peering out from the safety of your crab's shell. This situation could provide an opportunity to explore outside your comfort zone. Lucky numbers: 2, 12, 19, 31, 32, 34.

LEO

(July 23 - Aug. 23)



Any issues regarding nurturing, whether of yourself or others, may come to the surface right now. This might be a good time to examine how those issues impact your life and relationships. Lucky numbers: 23, 27, 31, 39, 43, 48.

VIRGO

(Aug. 24 - Sept. 23)



On the scale of results versus relationships, do you tend to focus on results? If so, an opportunity may be presented for you to forge a more empathetic connection to others. Lucky numbers: 3, 16, 20, 30, 37, 41.

LIBRA

(Sept. 24 - Oct. 23)



At the beginning of the week, you may find an emotional balance between your heart and your mind. Use this calming energy to decide what to do next. Lucky numbers: 5, 16, 18, 24, 44, 47.

SCORPIO

(Oct. 24 - Nov. 22)



Your usual ability to see the hidden truths in people and situations may be particularly strong during midweek. Consider how to be judicious and compassionate in what you say to others. Lucky numbers: 1, 3, 9, 24, 25, 42.

SAGITTARIUS

(Nov. 23 - Dec. 21)



Your innate enthusiasm may be stronger than usual at the end of the week. Try to use this energy to push past obstacles and to complete goals that may have gotten stuck. Lucky numbers: 7, 10, 12, 14, 45, 48.

CAPRICORN

(Dec. 22 - Jan. 20)



Capricorns often have a serious attitude, both toward themselves and toward life in general. If this describes you, the energy now may help you lighten up and have some fun. Lucky numbers: 4, 16, 28, 30, 34, 44.

AQUARIUS

(Jan. 21 - Feb. 19)



Perhaps you recently have felt that the world has been asking too much of you. If so, this phase may be nearing its end, but consider what you have learned during it. Lucky numbers: 11, 16, 23, 27, 29, 43.

PISCES

(Feb. 20 - March 20)



The deeply intuitive nature of Pisces also can be easily discouraged sometimes. Right now, though, you may have an opportunity to make an adjustment in your view, to encourage optimism. Lucky numbers: 8, 11, 13, 17, 22, 24.

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

Did You Know...

Tree rings: The rings on a tree's trunk can indicate more than the age of the tree. They also provide information about the weather. Wide rings usually mean a year was warm and wet, while thin rings indicate a colder, drier year.

Wear your helmet! Wearing a helmet is important for bicyclists. Studies have shown that by taking this safety measure, riders can reduce their risk of head injury by about 50 percent.

Long beak: Anyone fishing should steer clear of slender fish with a beak. It could be a needlefish, with elongated, narrow jaws full of sharp teeth. These fast fish jump from water to avoid boats and other activity, and can accidentally stab humans who may be in the way.

Don't cry! The type of onion called Sunion does not make cooks cry when cutting them. Developed in the United States through cross-breeding, Sunions get sweeter and milder the longer they are stored.

Corn cobs: Popcorn is one of many types of corn. Others are field or dent corn (often used for livestock), sweet corn, flint corn (very colourful and often used for decorative purposes), flour corn, and pod corn.

On the Lighter Side

Worms make good detectives because they know how to get to the bottom of things.

Does a roller coaster like its work? It has its ups and downs.

Lou: "I've got a cat who can say his own name."
Joe: "That's great! What's your cat's name?"
Lou: "Meow!"

What did the spider bride wear when she got married?
A webbing dress.

Knock! Knock! Who's there? Catch! Catch who? Bless you!

Answers

Trivia answers: 1. Gloria Stevie 2. Pups or bittens 3. 1,000 4. Warp 5. Bent Fabric

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

Coffee News®

is proudly delivered by



McMan

Coffee News® Part of your community.



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

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**

For Expert Help:
1.844.453.5372

FREE ASSESSMENT CALL TODAY!

BBB ACCREDITED

Need ONE More Reason to Join?

- You need child support enforced
- Your landlord raises rent in violation of your verbal agreement
- You adopt a child
- A friend owes you money and files for bankruptcy
- You need help with credit card liability resolution
- 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

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

ELECTRICIAN FOR HIRE

Residential
Light Commercial
Electrical Repairs and Renovations

Art de Leon ⚡ Master Electrician

780.932.3858 Cell
ajdeleon63@gmail.com

RETIREMENT LIVING

CHRISTENSON

Optional Meals • Personalized Services • On-site Care

Join Our Safe & Social Community

W
VILLAGE AT
Westmount

Scan QR Code

Ask about our rental promotion

Full Kitchens • Social & Recreation • U/G Parking

13317-115th Ave, Edmonton

780-452-2030
CDLhomes.com

CHRISTENSON COMMUNITIES

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!



Coffee News® Fun Reading. Serious Advertising.

We hear you. We see you. We support you.



We focus on providing a safe space for you to be heard and understood without judgment, advice or criticism.

TOLL FREE:
1.877.757.0350

ilisten@mail.com

iListen®

www.ilistencanada.com

FIRST 15 MIN. SESSION IS FREE

inogen

FREEDOM.
TO BE YOU.

1-888-998-6714

MKT-P0253

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

FLAT RATE
ALFA TAXI®

SERVING SHERWOOD PARK AND AREA

780.410.0667

Airport - \$40. Anywhere in Sherwood Park - up to \$10.*
*Except weekends and evenings.

Reasonable flat rate anywhere • 24 Hr. Service.
Toll Free 1.855.688.2941

WHEEL OF FORTUNE

WEEKNIGHTS 7PM/6PST
yesTV



www.scubagearcanada.ca

Zone 17-Whyte Avenue/University