

Jennifer Miles, Agent
125-15 Circle Dr
St. Albert AB T8N 3Y7
780-460-2279
www.jmilesinsurance.com

Desjardins Insurance

Desjardins Insurance refers to Certas Home and Auto Insurance Company, underwriter of automobile and property insurance or Desjardins Financial Security Life Assurance Company, underwriter of life insurance and living benefits products. Desjardins, Desjardins Insurance and related trademarks are trademarks of the Fédération des caisses Desjardins du Québec, used under licence.

FREE! *New Issue Every Week!*
Coffee News®
"News To Be Enjoyed Over Coffee"
North Central Edmonton Edition
780-220-6397

www.coffee-news.ca

IS ADVENTURE ON YOUR BUCKET LIST?
The Dive Outfitters
Scuba Diving & Snorkeling
780.483.0044
11781-156 St., Edmonton
www.thediveoutfitters.ca

Learn to Scuba Dive
Ask about our Buddy Special

Discover Snorkeling
1-Hour Lesson at the Pool!
Snorkeling Sets for the Family

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

FOR ALL YOUR SEWER, PLUMBING, HEATING & GASFITTING NEEDS

- Plumbing Repairs, Maintenance & Renovations
- Hot Water Tanks
- Plumbing Fixtures
- Furnace Install & Repair ...and more!

ADG KABAN SEWER & DRAIN LTD.
Supporting and Servicing St. Albert and Surrounding Areas For Over 27 Years
Troy 780.498.6888 Cell. **780.458.9778** | www.adgplumbing.com
LICENSED • BONDED • INSURED

GUARANTEED EXCELLENCE and 24 HR. SERVICE BY PROFESSIONAL TRADESMEN

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

Transform lives, one wish at a time.

Make-A-Wish.
Visit makeawish.ca

BLUE BLOODS
MONDAY TO THURSDAY 8PM/7PST
yesTV

T.K TRANSPORT LTD.

WE HAUL CONCRETE, SAND, AND GRAVEL

Free Estimates: **780-220-9100**
4 - 55517 RR240 Sturgeon County, AB

Recipe of the month

Fresh Corn and Tomato Fettuccine

8 ounces uncooked whole wheat fettuccine	4 green onions, chopped
2 medium ears sweet corn, husked	2 medium tomatoes, chopped
2 teaspoons plus 2 table-spoons olive oil, divided	½ teaspoon salt
½ cup chopped sweet fresh pepper	1/2 teaspoon pepper
	1 cup crumbled feta cheese
	2 tablespoons minced fresh parsley

Prep/Total Time: 30 min. Yield: 4 servings

- In a Dutch oven, cook fettuccine according to package directions, adding corn during the last 8 minutes of cooking.
- Meanwhile, in a small skillet, heat 2 teaspoons oil over medium-high heat. Add red pepper and green onions; cook and stir until tender.
- Drain pasta and corn; transfer pasta to a large bowl. Cool corn slightly; cut corn from cob and add to pasta. Add tomatoes, salt, pepper, remaining oil and the pepper mixture; toss to combine. Sprinkle with cheese and parsley.

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

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
- 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
Steph Seidel from Fort McMurray

Coffee News Fun Reading. Serious Advertising.

Vol. 19 No. 40 October 3, 2022

Everybody's Talking

Lip balm: Two young sisters from Hong Kong have a unique collection. When they were toddlers, Scarlett Ashley Cheng and Kaylyn Cheng began accumulating lip balms of all shapes, sizes, and flavours. They now own 3,388 different balms from all over the world and from numerous makers. Their interest in lip balms began when the girls were suffering with dry lips and their parents and grandmother would apply balms. At first, they used unflavoured ones, but soon the sisters discovered the large variety of lip moisteners available on the market. Friends and relatives started giving them lip balms as gifts, and soon they needed several shelves to hold them all.

Iguana tale: When taking a dog out for a walk in England, the last thing anyone expects to find is an iguana sitting on a fence. That happened near the town of Morpeth, Northumberland, when a dog walker noticed the lizard, which is definitely not native to the country. An animal rescue organization took the creature into its care. The iguana's owner may not have known how to take care of this "pet," and so they left it with a box of vegetables, hoping someone would find it and take it to safety. The animal rescue group wants to locate the owner in case other exotic pets are still in that person's care.

Cycle power: Kenneth Judd may be nearly 100, but he loves to cycle. He loves it so much, in fact, that he trained for and won second place in the Road Worlds for Seniors competition by cycling 3,779 kilometres (2,348 mi.) over 26 days. He did it all on an innovative exercise bike at his senior care home in Southam, Warwickshire, England. The annual event encourages elderly people around the world to ride specialized stationary bikes made by a Norwegian firm. A monitor linked to the bike shows customized road scenes. Judd could view Yorkshire, where he grew up. The novel idea allows older folks to get exercise, both physical and mental.

Traveling pooch: Boji the dog may occasionally sleep at the Istanbul Metropolitan Municipality animal shelter, but this Turkish canine likes to go his own way most of the time. He does so by riding around on public transit, whether that is bus, subway, or ferry. Officials know where Boji goes because they track him with a microchip, and they have discovered that this traveling animal gets on and off at various stops along his commute. Human riders have become quite accustomed to seeing Boji patiently waiting to board or curled up on a seat. Boji is a calm and friendly Sivas Kangal-Shepherd crossbreed, and he receives care and grooming at the shelter.

Quoteable Quotes

"Don't let the fear of striking out hold you back." —*Babe Ruth*
"Have faith and pursue the unknown end." —*Oliver Wendell Holmes, Jr.*

What's Happening

Oct 8 to 9 - SCARS Spooky Fall Gift Market Support SCARS! Oct. 8 11:00-5:00 Oct. 9 12:00-4:00 at The Alberta Aviation Museum, Entry by donation. Shopping Pet Costume Contest. Guest Vendors: Junior Entrepreneurs

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!

...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. New Year's Eve in Scotland is called ____.
2. Hwange National Park is in what country?
3. This bird can migrate from the Arctic to the Antarctic.
4. What is the standard distance of a marathon?
5. The first song captured as recorded sound waves was ____.

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

THIS SPACE FOR RENT
780-220-6397

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

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

PROVIDING THE GREATEST RETURN ON YOUR GREATEST INVESTMENT!

SELLING YOUR HOME?

Invite me over for a coffee. I'll give you real estate advice and a FREE market evaluation.

Your Community Realtor
GEORGE VAN DE WALLE
780.982.4247 RE/MAX®

Call today and receive a **FREE SHOWER PACKAGE PLUS \$1600 OFF**

SAFE STEP WALK-IN TUB
1-855-977-9805

With purchase of a new Safe Step Walk-In-Tub. Not applicable with any previous walk-in tub purchase. Offer available while supplies last. No cash value. Must present offer at time of purchase. CSLB 1082165 NSCB 0082999 0083445

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

Vermilion & District Housing Foundation

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

Your prizes are in the mail!

Michael MacKinnon
Shawna Zaychuk
Sandra Werner
Elizabeth Ashley

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

Exclusive Offer!



Frontline
with consulting
(780) 760-6922
FRONTLINECONSULTING.CA

SCAN ME

Coffee News Readers - Receive \$100 OFF their Website Development!

*Mention this ad to redeem!



Happy Thanksgiving

from your friends at

Coffee News



Need ONE More Reason to Join?

- You don't have an up to date will
- You don't understand the difference between a trust and a will
- The CRA selects you for an audit
- You need a letter written on your behalf by a lawyer
- You receive a speeding ticket
- You need a lawyer's advice on any matter

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

LegalShield 1-877-579-9449



FREE ROLLING TRAY

- WHEN YOU PRESENT THIS COUPON -

LIMIT 1 PER CUSTOMER - SEE IN STORE FOR DETAILS

NO PURCHASE NECESSARY

420 BUBONIC KRONIK EDMONTON
ECIGS - VAPORIZERS - BONGS 780.371.0106

8060 - 167 AVE. NW

Creating Smiles That Last A Lifetime...

BECAUSE YOUR SMILE DESERVES IT!

- General Dentistry • Cosmetic Dentistry
- Restorative Dentistry • Botox Treatments

Dr. Derek Fika Family Dentistry

Call today to book your appointment: **587-760-4227**

www.drderekfika.com

Visit us at 12943-97 Street NW, Edmonton

FREE TAKE HOME WHITENING KITS WITH EVERY ANNUAL EXAM AND MAINTENANCE VISIT



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



inogen

FREEDOM. TO BE YOU.

1-888-998-6714

MKT-P0253



Are your ducks all in a row...?

Offering years of paralegal experience to assist you by preparing documents such as:

- Last Will and Testament
- Enduring Power of Attorney
- Personal Directives

RATES AS LOW AS \$150 FOR WILLS

WILLPOWER WILLS
EXPERIENCED. DEDICATED. KNOWLEDGEABLE.

780-418-7611

Call Terri today for a FREE consult.

TERRI BRUNNING



Your Weekly Horoscope

ARIES (March 21 - April 20)

This might be a good time to complete projects from the last six months. For the next six, try to incorporate whatever skills and techniques may have been successful to your goals. Lucky numbers: 2, 8, 10, 18, 21, 39.

TAURUS (April 21 - May 21)

Your focus right now may be on finding and manifesting your life purpose. If you act with the highest integrity, others could respond with offers to help you with that endeavour. Lucky numbers: 13, 24, 31, 35, 36, 45.

GEMINI (May 22 - June 21)

You may find that you have increased energy and confidence at this time. If you ask, you might be able to find others who are willing to help you accomplish your goals. Lucky numbers: 6, 7, 11, 16, 18, 20.

CANCER (June 22 - July 22)

You may have been taking a painful, deep dive into your unconscious for a while now. This experience might have helped your understanding of a situation become less murky. Lucky numbers: 4, 6, 10, 12, 20, 38.

LEO (July 23 - Aug. 23)

A fortunate event may happen to you now. Try to be grateful to the universe and put any potential from the event to good use. Remember that such things are a rare gift. Lucky numbers: 3, 14, 16, 22, 31, 41.

VIRGO (Aug. 24 - Sept. 23)

At the end of the week, your thought processes may seem confused or not grounded. If you wait a few days before making any important decisions, the situation might improve. Lucky numbers: 7, 12, 17, 27, 34, 39.

Lucky numbers this week: This week's odds favour Leo winners with the luckiest number being 3.

Did You Know...

Famous poet: In 1917, American-English poet T.S. Eliot published *Prufrock and Other Observations*, his first volume of poetry. Among his famous works is *The Waste Land*, published in 1922. He won the 1948 Nobel Prize in Literature.

Silver shoes: In the movie *The Wizard of Oz*, Dorothy wears red shoes. However, in the original novel, Dorothy's shoes were silver. The filmmakers made them red to emphasize the advances in filmmaking from black-and-white to colour.

Sweet and crisp: Caramel apples have been around for a long time. The idea for this treat came from the Kastrup family of Chicago, Illinois (U.S.), in 1948. Edna, the matriarch, developed the first recipe, which is still used by the Affy Tapple company today.

Flying creature: *Quetzalcoatlus* was a dinosaur in the pterosaur family, which is made up of flying reptiles. This creature was the size of a giraffe, with skinny limbs and a 40-foot wingspan. It is likely the largest creature ever to have been able to fly.

Viking history: L'Anse aux Meadows, in the Canadian province of Newfoundland, is what remains of an 11th-century Viking village. In 1978, the archaeological area became a UNESCO World Heritage Site.

On the Lighter Side

Pencils could have erasers on both ends, but what would be the point?

Knock! Knock! Who's there? Thor. Thor who? Thor-y wrong door.

When a chicken stumbles while crossing the street, that's a road trip.

Music student: "What are those papers the orchestra leader is looking at?"

Music teacher: "That's the score."

Music student: "Oh. Who won?"

What has four wheels and flies? A garbage truck.

Answers

Trivia answers: 1. Hogmanay 2. Zimbbabwe 3. Arctic tern 4. 26.2 mi. (42.2 km) 5. "Au Clair de la Lune"

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

LIBRA (Sept. 24 - Oct. 23)

An old emotional wound may resurface at this time. In order to heal, you might need to see and understand how that wound has affected your deepest sense of who you are. Lucky numbers: 8, 9, 23, 26, 33, 44.

SCORPIO (Oct. 24 - Nov. 22)

Are you feeling frustrated right now, perhaps because of an old challenge? Reflecting on the original cause of the issue, and working to finally resolve it, may be helpful. Lucky numbers: 13, 23, 28, 31, 38, 39.

SAGITTARIUS (Nov. 23 - Dec. 21)

Conversations with others could reveal a new potential for you, but you might need to be proactive to initiate them. Perhaps this opportunity may come to you via a romantic partner. Lucky numbers: 10, 14, 18, 29, 37, 40.

CAPRICORN (Dec. 22 - Jan. 20)

You may have been feeling stuck in an old pattern for a while now, but that could be about to change. Perhaps this moment might help you glean any remaining insights about the dynamic. Lucky numbers: 14, 23, 26, 27, 37, 42.

AQUARIUS (Jan. 21 - Feb. 19)

Service to others can be an important theme for an Aquarian. The potential to explore possible opportunities in this area might be starting now. Are there ways you could take advantage of it? Lucky numbers: 9, 15, 27, 32, 34, 47.

PISCES (Feb. 20 - March 20)

Pisces often are naturally skilled at intuition. This and a connection to the ethereal plane may be heightened at the end of the week, offering an opportunity for new insights and plans. Lucky numbers: 11, 18, 29, 37, 41, 48.

BEST OF HAWAII FOUR-ISLAND TOUR

12 days, departs year-round

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

1-877-699-7003
promo code N7017

VMT vacations

*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.



Reliable Service for 25+ Years

Expert repairs, maintenance and installations on any residential or commercial plumbing or HVAC equipment.

RBA MECHANICAL INC.

780.474.7481 | www.rbamechanical.ca



We Clean Your Home Like It's Our Own!

- Weekly/Biweekly/Monthly Personalized Cleans
- Move In/Outs
- Residential and Small Business

ASK ABOUT OUR SENIORS' RATES!

NOBODY CLEANS LIKE MOM

780.700.6686 • www.nobodycleanslikemom.com



Your Feet Come First!

Lacey MacMillan
Advanced Foot Care Nurse

Therapeutic Foot Care for Seniors and All Ages

- Nail Cutting and Filing
- Corn and Callus Reduction
- Management of Ingrown Toenails
- Skin Care and more!

CLARAS FOOTCARE

Specializing in diabetic foot care

780.399.2655 | clarasfootcare@gmail.com



ELECTRICIAN FOR HIRE

Residential Light Commercial Electrical Repairs and Renovations

Art de Leon Master Electrician

780.932.3858 Cell
ajdeleon63@gmail.com



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



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 A+ ACCREDITED



Legal Services You Can Trust

COOPER REGEL LAWYERS

- Wills, Enduring Powers of Attorney and Personal Directives
- Probate & Administration • Estate Litigation
- Real Estate Sales, Purchases and Refinance

Shantelle Smith | 780.570.8453

77 Chippewa Road, Sherwood Park AB



Zone 18-Northcentral Edmonton

Affordable-Effective-Exclusive-CALL NOW!