



Health Care? Let us help!

Giterman Health

Care Advocacy



Health Care Advocates provide support and advocacy fo

Patient Navigation . Education, Guidance, and Clarification

patients, working to promote and protect their rights

while improving the quality of care they receive.



Christa Jones
Owner & Professional Organize 587.600.0264 RoseCityProfessionalOrganizing.com

@ @RoseCityOrganizing



 Plumbing Repairs, Maintenance & Renovations
 Hot Water Tanks Furnace Install & Repair **KABAN SEWER &** DRAIN LTD. LICENSED • BONDED • INSURED

780.458.9778 | www.adgplumbing.com

RBC Financial Planning Looking for investment or retirement advice? Talk to me today.



William Reid CFP®, PFP® Financial Planner, Investment and Retirement Planning 780-720-3743 will.reid@rbc.com



We are your

Apple

experts!

 Mac & PC Repair, Tech Support • iPhone & iPad Repair

 Used Apple Device Sales Upgrades, Repairs. and (Used) Sales

one technology

> 587.290.0200 www.onebitetechnology.ca

Retail store now open! 22A Muir Drive, St. Albert FREE! New Issue Every Week!



"News To Be Enjoyed Over Coffee"

St. Albert **Edition** 780-220-6397

www.coffee-news.ca

Vol. 20 No. 19 May 8, 2023

Everybody's Talking

Cold apartment: No one would dispute that the weather in Singapore gets really hot, but few would say that nine air conditioners are necessary in a four-room apartment. That is how many of the units a man named Huang installed in his small flat. The apartment got so chilly that several neighbours complained, saying their units were damp and moldy. The inhabitant in the flat above, named Liu, had excessive condensation on his cold floors. Huang said he needed the cool air due to a health condition, but Lui's floor was often wet because of it. They compromised, with Huang agreeing to shorten how long he ran his air conditioners and to only use two at night.

Lost, but found again: Misplacing an item of clothing can be annoying. Did you leave it at a friend's or relative's house, or maybe in the bottom of a suitcase that you put away after a trip? Losing the blue-and-white dress that Judy Garland wore in the 1939 movie The Wizard of Oz must have been a whole other matter. In the 1970s, the dress was donated to the drama department at Catholic University of America in Washington, D.C. (U.S.). But soon after, no one could find it. During recent renovations, a drama department lecturer noticed a garbage bag atop the faculty mailboxes. Inside was a shoebox containing the missing dress.

Bottle houses: Robert Bezeau knows that plastic bottles are a huge threat to the environment. So he collected tens of thousands of these discarded items and used them to build a little community. Called Plastic Bottle Village, it is located in the province of Bocas del Toro in Panama. Originally from Canada, Bezeau did not complete the feat himself; he asked local folks to help. The structures are made by filling metal cages with bottles, and then attaching the cages together. One bottle building, the four-story Castle Inspiration, can be booked for overnight stays. The whole idea of the project is to reuse plastic to prevent it from ending up in a landfill.

Slow but sure: Australia holds an annual ultra-marathon during which competitors run from Sydney to Melbourne. At 875 kilometres (543.7 mi.) long and taking as long as five days to complete, that event is not for the faint of heart. Needless to say, competitors are usually young and in excellent physical condition. That is, except for the inaugural event in 1983, which was won by Cliff Young, a 61-year-old potato farmer. He completed the whole race wearing his work boots and overalls. His gait was a slow but sure shuffle, and he didn't stop. He died a hero in 2003 at age 81, and by then had raised money for charitable causes by participating in other endurance events.

Quoteable Quotes

"A problem is a chance for you to do your best." —Duke Ellington "Play is often talked about as if it were a relief from serious learning. But for children, play is serious learning. Play is really the work of childhood." —Fred Rogers

What's Happening

May 26 - 27 - UFest Edmonton UFest Edmonton Ukrainian Festival is a celebration of Ukrainian culture, food, music, visual arts, crafts and dance. Taking place Friday 5pm-11pm and Saturday 11am-11pm, Borden Park 11020 75a St NW 102, Edmonton AB

June 24 - Hamlet of Robb - Centennial Event The Hamlet of Robb is celebrating 100 years with a full day of activities for all ages. There will be a Beer Garden, Children's Carnival, Food Trucks, Historical Display, Live Music many other surprises. Bring your family be a part of History!

> NON profit organizations may submit events for FREE at www.coffee-news.ca



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!

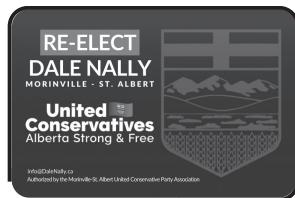
...or send your entry by snail mail to: CN Guy Contest, 9768 170 Street, Suite 303, Edmonton, AB TST 51.4. Be certain to include your full name, complete mailing address (including postal code), phone number, email address and your birth date. Also include the name of the ad in which you found the hidden Coffee News Guy

Trivia

- 1. What is the national flower of England?
- 2. Maasai Mara National Reserve is located in this country.
- 3. This telescope array first captured the black hole at the centre of our
- 4. Who is the author of Bleak House?
- 5. In Canada, this canal runs between Lake Ontario and Lake Erie.

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

Affordable-Effective-Exclusive-CALL NOW!





Full Kitchens • Social & Recreation • U/G Parking 15 Erin Ridge Road, St. Albert

780-540-9500

CDLhomes.com





WWW.CANADIANAUTOREMARKETING.CA

Mortgage **Advice**



CD

options, value, flexibility, and convenience.



Let's talk:

Michael Rennie Mobile Mortgage Specialist T: 780 499 4749 michael.rennie@td.com mms.tdcanadatrust.com/michael.rennie





Visit us on Facebook-CoffeeNewsWeekly



Rediscover Your Youth and Vitality!

PhytoZon® - Science - Nutrition ✓ Fast Results - Brain/

Body Balance ✓ Increased Strength,

Energy, Vitality Joint Health, Flexibility



www.americandream4me.com/beginnow

SAVE YOUR FAMILY memories



For more information & pricing email: info@thecreativehive.ca

● 780.996.7510 ● www.hive-media.com



We repair damage to

NORTH EDMONTON

Frontline

THE ONE STOP DESTINATION FOR ALL YOUR CAR NEEDS

Complete Automotive Service Repairs:

✓ Vehicle Inspections ✓ A/C Recharge and Repairs

WWW.CANADIANAUTOREMARKETING.CA

NViq.

CN-Proudly printed by One to One Mailing

✓ We sell summer and winter tires ✓ Tune-ups ✓ Lube/Oil/Filter Services ✓ Wheel Alignments

AUTO REMARKETING 780.569.0654

#109-25 Chisholm Ave., St. Albert

favourite quilt that

needs repair?

Quote

leather, vinyl, plastic and fabric.

For a free estimate, call 780.239.7917

AUTOMOTIVE I COMMERCIAL I RECREATIONAL I RESIDENTIAL

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.

780.760.6922

Longarm

Services

Offering a variety

of quilting services garm Quilting • Digital Edge2Edge • Competitive Rates • Friendly Environment

780.554.1350 | reidse@shaw.ca

Quiltina

Contact us today for your FREE no obligation consultation!

Jennifer Miles, Agent 125-15 Circle Dr

St. Albert AB T8N 3Y7 780-460-2279 www.jmilesinsurance.com



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 trader Fédération des caisses Desjardins du Québec, used under licence.

Your Weekly Horoscope (Sept. 24 - Oct. 23)





aware of the possibility. negative belief or behaviour pattern keep you

from taking advantage of it. Lucky numbers: 4, 6, 16, 27, 41, 49.

TAURUS

(April 21 - May 21)



Unusual and unexpected experiences may recently have been the norm for you. The chaos might begin to fade, but perhaps you should wait a couple

of weeks before taking any major actions. Lucky numbers: 8, 9, 10, 13, 16, 28.

GEMINI (May 22 - June 21)



Have you recently felt stymied, unable to make progress on your goals? Hang on a little while longer. The obstacles may start to become easier

and your efforts could move forward. Lucky numbers: 9, 15, 21, 37, 39, 45.

(June 22 - July 22)



Have there been communication difficulties in a relationship over the last month? Now there may be potential for improvement, if you are conscious

about reconciling differences between you. Lucky numbers: 1, 3, 24, 33, 36, 37. **LEO**

(July 23 - Aug. 23)



Your mind and feelings may be out of sync at the end of the week. Because of this, you might want to avoid any

impulsive decisions by waiting a few days. Lucky numbers: 16, 17, 22, 27, 28, 35.

VIRGO

(Aug. 24 - Sept. 23)



Virgos like to approach life with a practical attitude, and that generally works for you. However, if you come upon an intuitive insight now, you

may want to follow it. Lucky numbers: 12, 13, 23, 25, 36, 44.



What does the pot of gold at the end of the rainbow mean to you? Perhaps now is the time to pursue it, as the astrological energies are in

SCORPIO

(Oct. 24 - Nov. 22)



others can be tricky for Scorpios, given your ability to see deeply into them. Recently this dynamic may have been worse, but the

situation could begin to slowly improve. Lucky numbers: 13, 22, 25, 32, 33, 48.

(Nov. 23 - Dec. 21)



Your career and legacy may be on your mind right now. This might be a good time for such a focus, and to unearth a

28, 33.

CAPRICORN



You may be feeling especially serious at the beginning of the week. Perhaps consider lightening the mood, for yourself and others. Your relationship

with them may improve. Lucky numbers: 10, 35, 37, 43, 44, 46.

AQUARIUS

(Jan. 21 - Feb. 19)

Aquarius has a natural talent for resonating with the ethereal realm around us. At midweek, you may find this ability particularly strong and that intu-

itive information comes easily. Lucky numbers: 11, 14, 19, 29, 37, 45.

PISCES (Feb. 20 - March 20)



At the end of the week, you may feel as if you are being pulled in two different directions. Consider how you can balance your intuition with more mun-

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

Did You Know...

Uncountable: The sun that shines on Earth every day is estimated to be one of 100 to 400 billion, or more, stars in the Milky Way galaxy. With millions of other galaxies, the suns

Car problems: The Ford Edsel was a car model that was short-lived. First produced in 1957, it was discontinued after only a couple of years because of a national recession, quality issues, and an appearance that people didn't like.

Man vs. machine: In 1996, chess player Garry Kasparov played against "Deep Blue," a computer. In a six-game match, Kasparov lost one, tied two, and won three. In 1997, he played an upgraded Deep Blue, which was proclaimed the winner.

a remote area of northeastern Ethiopia. It is only 613 metres (2,011 ft.) high, and has the unusual phenomenon of a lava lake that has been active for many decades.

Tasty fruit: The Purén white strawberry comes from Contulmo and Purén, two towns in Chile. Rather than the usual red, this rare and expensive strawberry is pale white and tastes a bit like pineapple. Another white strawberry grows in Japan.

On the Lighter Side

What did the trees wear to the forest pool party? Swimming

Sign in a podiatrist's office: "Time wounds all heels."

Knock! Knock! Who's there? Safari. Safari who? Safari so good.

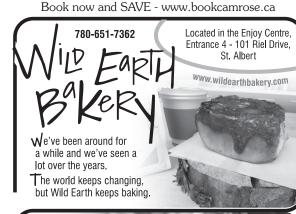
How do you stop a baby spaceship from crying? Rocket.

Mike: "How can someone make so many mistakes in a day?" Ike: "I get up early."

Auswers

Horizon Telescope 4. Charles Dickens 5. Welland Canal Trivia answers: 1. Tudor Rose 2. Kenya 3. Event

© Published with Permission by Capital Marketing Ltd





Braithwait**∈** Boul€ Injury Law 800-440-8298

It's The Only Law We Do - Since 1986

Free Initial Consultation

Offices in: Edmonton, Red Deer, and Calgary

one of three \$400 prepaid Visa cards awarded monthly

Scan Once Weekly for Max. Entries

For contest rules and recent winners, visit www.accidentinjurylawyer.com/coffeenews

TELL a **Polio Survivor** About **US**!

Wildrose Polio Support Society

780.428.8842 | www.polioalberta.ca



SERVING ALBERTA'S BUSINESS COMMUNITY SINCE 2005

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

WILLPOWER WILLS EXPERIENCED. DEDICATED. KNOWLEDGEABLE.

RATE:

\$150

780-418-7611



and don't even know! Call George about real

solutions to build equity: 780.982.4247 www.georgevandewalle.com





Call Lynn today for a free quote: 780.721.6789

01-St. Albert

may surface if you are Try not to let an old

your favour. Lucky numbers: 5, 7, 9, 18, 22, 47.



new opportunity in this regard. Lucky numbers: 2, 3, 11, 14,

(Dec. 22 - Jan. 20)



dane skills. Lucky numbers: 3, 5, 15, 17, 22, 45.

in the universe are uncountable.

Active volcano: Erta Ale is a continuously active volcano in

For available franchise opportunities - visit coffeenewscanada.com

SAGITTARIUS