

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

When YOU Get Paid We Get Paid

We're Here To Help You When You Need Results!

Braithwaite Boyle Injury Law 800-440-8298

It's The Only Law We Do - Since 1986

Free Initial Consultation

Offices in: Edmonton, Red Deer, and Calgary

WIN 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/coffeeneews

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

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

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

jerry forbes
Centre for Community Spirit

HOME FOR 25 CHARITIES & NON-PROFITS

93,000 SQ. FT. OF SHARED SPACE
SERVING OVER 200,000 ALBERTANS

Dear Edmonton, We're having a great time and the people here are amazing. You should come for a visit!

Sincerely, JFC

jerryforbescentre.ca

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. 20 No. 23 June 5, 2023

Everybody's Talking

Video haven: Making videos for social media platforms has become quite prevalent, but perhaps nowhere as much as in a small village called Tulsī in Chhattisgarh State, India. With a population of about 3,000, more than one-third of Tulsī's residents are in the business of making and posting their very own videos. A few years ago, friends Gyanendra Shukla and Jai Verma quit their jobs to make videos. In no time, they were making good money from their endeavours, and many of their neighbours decided to give it a try, too. Videos from the village cover topics like music, education, do-it-yourself information, and even original dramas. Maybe one day a village star will reach the big screen.

Taking offense: For a while, motorists in Spain's Balearic Islands may have had a way out of their traffic infractions. There was a man whom they could call and, for a charge, he would take the blame for strangers' violations. That kept their driving records unblemished. Before getting caught, the unnamed man had "helped" almost 100 people. Authorities eventually caught on when they realized the man had admitted to two different driving offenses in one day, but those offenses had happened too far apart for him to have been in both places. They also noticed that his licence had been suspended long ago because he had collected so many demerits for other people's violations.

Bright road lines: Those traveling on a one-kilometre (3,281-ft.) stretch of road in the Australian state of Victoria may have thought they'd come upon a science fiction movie set. That's because the route was the test site for a new kind of highway line that glows in the dark. For the markings, an Australian company called Tarmack Linemarking used a photoluminescent coating, which stores the sun's light and then emits it at night. The new substance worked well, with the lines being quite visible for night drivers, making travel safer. The only drawback of the "photoluminescent delineation treatment," as it's called, is that after overcast days, the lines may lose their "glow."

Going barefoot: A young man from Cambridge, England, doesn't like wearing shoes, and he has proven as much by throwing away all of his footwear. Since 2021, George Woodville has been going barefoot all the time, and he does not care what the weather is like, saying his feet get used to being both hot and cold. He's run into a few problems along the way, such as grocery store owners kicking him out due to his dirty feet. However, Woodville is more than willing to dunk his feet into a pail of water to tidy them up for fussy merchants. Some people must love the idea because he has many followers on his multiple social media platforms.

Quoteable Quotes

"Only a fool tests the depth of the water with both feet."
—Proverb

"Don't waste a minute not being happy. If one window closes, run to the next window—or break down a door."
—Brooke Shields

What's Happening

GeriActors Friends present Be Careful and Now That We Are Older GeriActors Friends, an intergenerational theatre group, is performing new plays *Be Careful* and *Now That We are Older* at St. Pauls United Church 11526 76 Avenue, Edmonton on June 1 1pm, June 2 7pm, and June 3 1pm. Get tickets at geriactors.ca

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

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. This fleshy tissue hangs down near the back of the mouth.
2. A ____ is a wheel with a rope, cord, cable, chain, or belt on its rim.
3. Waitangi Day celebrates what country's founding document?
4. Did the Edmonton Oilers win the Stanley Cup between 1956-1960?
5. How long is the gestation period for an elephant?

(Flip bottom of page for answers)

(Over)

HIP OR KNEE REPLACEMENT?

THE DISABILITY TAX CREDIT ALLOWS FOR A

\$2,500
YEARLY TAX CREDIT

\$30,000
LUMP SUM REFUND

Wipe Out Inflation, Get The Credit!

Restrictions in Walking or Dressing may qualify.

FOR EXPERT HELP:
1-844-453-5372

BLUE BLOODS

MON - THURS 9:00

yesTV

Flexible approaches to your real estate needs

B.L.M. REALTY

- ✓ MLS Services
- ✓ Self Serve Option
- ✓ Professional photos with each listing
- ✓ Residential property mgmt services

9709-87 Avenue, Edmonton

Call or text **Trenton Almeida**
for top foreclosure/cash flow property listings in Edmonton and area

780.932.5725 | blmrealtiedmonton@gmail.com

THIS SPACE FOR RENT

780-220-6397

Do you have a favourite quilt that needs repair?

Longarm Quilting Services

QUILTING

Offering a variety of quilting services

- Longarm Quilting • Digital Edge2Edge
- Competitive Rates
- Friendly Environment

Free Quoter!

780.554.1350 | reidse@shaw.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

May 1st Winners of a prepaid \$400 Visa card

Chelsey M. from Edmonton
Cindy C. from Sylvan Lake
Jay Z. from Edmonton

Braithwaite Boyle Injury Law 800-440-8298

It's The Only Law We Do - Since 1986
Free Initial Consultation

For contest rules, visit www.accidentinjurylawyer.com/coffeeneews

Help Us Boost Older Adult (55+) Support in Your Community

LEARN HOW

EDMONTON SENIORS COORDINATING COUNCIL

For more information:
info@seniorscouncil.net | seniorscouncil.net

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



Service you can trust



780.660.9083
www.geplumbing.ca

Water Heater Install & Repair

Drain Cleaning & Unplugging

Toilet Installs & Repair

Gas Fitting

Garage Heaters

FREE ESTIMATES

Do you remember the bus driver you had for school? Everybody does! Get on board with Cunningham Transport today! And be that person for the kids of your community.

We provide training at no cost to you. 1S or 2S License holders can start immediately. Class 5 advanced, we have the tools to get you trained and out there.

If you are a reliable, friendly individual looking for part-time employment, we have the perfect job for you!

20 hours of work per week – or more if you prefer. Charters are available between school runs.

Be a part of the Cunningham Transport Family today.

CUNNINGHAM TRANSPORT

Call 780.458.3255 or email KristenK@cunninghamtransport.ca



WHERE ALL OUR EMPLOYEES ARE LIKE FAMILY!

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

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

Recipe of the month

Grilled Glazed Drumsticks

1 cup ketchup 1/2 teaspoon garlic powder
1/3 cup reduced-sodium soy sauce 3 pounds fresh or frozen chicken drumsticks, thawed
4 teaspoons honey Optional: Sliced green onions and ranch dressing
3/4 teaspoon ground ginger

Prep Time: 10 min. + marinating Grill Time: 15 min.
Yield: Approximately 2 dozen

- In a small bowl, combine the first 5 ingredients. Pour 1 cup marinade into a large shallow dish. Add the chicken; turn to coat. Cover and refrigerate for at least 4 hours or overnight. Cover and refrigerate remaining marinade for basting.
- Drain chicken, discarding marinade. Grill, covered, over medium heat until juices run clear, 15-20 minutes, turning and basting occasionally with reserved marinade. If desired, top with sliced green onions and serve with ranch dressing.

The perfect recipe to try during May – BBQ Month!

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

inogen

FREEDOM. TO BE YOU.

Call 1-888-998-6714 for a free consultation.

MKT-P0240

Your Weekly Horoscope

ARIES (March 21 – April 20)



You are more than half-way through an eight-year cycle where old wounds resurface in order to be healed. This week may be good for obtaining information that can help. Lucky numbers: 8, 17, 23, 32, 34, 39.

TAURUS (April 21 – May 21)



An unexpected opportunity could suddenly appear this week, and you might be more open to seeing it than you usually would be. You may want to examine it carefully before deciding. Lucky numbers: 3, 5, 19, 22, 38, 47.

GEMINI (May 22 – June 21)



Gemini is one of the signs that is good at picking up information from the ethereal realm. Your ability to do so could be heightened over the next few weeks. Lucky numbers: 6, 9, 16, 19, 23, 29.

CANCER (June 22 – July 22)



Your emotions and thoughts may be out of sync early in the week. Wait a few days and this could improve. Meanwhile, you might want to postpone any important decisions. Lucky numbers: 16, 19, 33, 36, 38, 47.

LEO (July 23 – Aug. 23)



Your focus for the next few months may be on romance. This period might provide an opportunity, but seeing the other person clearly, including their values, is important. Lucky numbers: 29, 32, 37, 41, 43, 46.

VIRGO (Aug. 24 – Sept. 23)



Your typically stable emotional nature may be out of sorts at the end of the week. This might be an opportunity to stretch your comfort zone and explore your intuition. Lucky numbers: 5, 7, 12, 15, 24, 41.

LIBRA (Sept. 24 – Oct. 23)



If you are having difficulty communicating with someone, now may be a good time to resolve the situation. However, you might need to be the first one to reach out. Lucky numbers: 12, 17, 23, 28, 33, 47.

SCORPIO (Oct. 24 – Nov. 22)



Are your intuitive abilities not working properly now? Consider where you could adjust your thought processes to accommodate new forms of information and data. Lucky numbers: 2, 3, 12, 16, 26, 35.

SAGITTARIUS (Nov. 23 – Dec. 21)



You may find that others are putting obstacles in the way of something you want. Rather than fighting this, perhaps consider changes you might want to make. Lucky numbers: 9, 13, 18, 21, 37, 39.

CAPRICORN (Dec. 22 – Jan. 20)



Your insecurities may surface this week and encourage you to focus obsessively on a particular situation. Breathe deeply and wait it out, rather than immediately responding. Lucky numbers: 4, 18, 21, 29, 38, 43.

AQUARIUS (Jan. 21 – Feb. 19)



The detached energy that makes Aquarius a fine humanitarian can create distance in personal relationships. Now may be a good time to be aware of and positively address this. Lucky numbers: 1, 4, 21, 30, 40, 44.

PISCES (Feb. 20 – March 20)



You may receive a wave of information from your unconscious now. Try not to let yourself be overwhelmed by it. Instead, see how it can help guide you on your path. Lucky numbers: 7, 11, 18, 19, 25, 48.

Lucky numbers this week: This week's odds favour Gemini winners with the luckiest number being 9.

Did You Know...

City of blue: The city of Jodhpur in Rajasthan, India, is full of blue-coloured houses. Called Brahmin blue, the calming colour has been found to repel mosquitos and keep houses cooler.

Rocky outcrop: The Farallon Islands lie about 27 miles (43 km) off the coast of San Francisco, California (U.S.). Indigenous peoples called them Islands of the Dead. The series of steep cliffs provide refuge for birds and other wildlife.

Tiny creature: The bumblebee bat (*Craseonycteris thonglongyai*) of Thailand and Myanmar is the smallest bat in the world. Also known as Kitti's hog-nosed bat, these wee creatures are smaller than a thumb and weigh only about 2 grams (0.07 oz.).

Pop royalty: Madonna, known as "The Queen of Pop," is a versatile musician and songwriter whose many songs have topped the charts over the years. She was born Madonna Louise Ciccone in 1958 in the U.S. state of Michigan.

Clean teeth: An expensive alternative to grocery store toothpaste is Theodent 300. Costing \$100 (USD) or more per tube, it contains a trademarked ingredient derived from cacao that is supposed to strengthen enamel.

On the Lighter Side

Ernie: "Are you a light sleeper?"
Bernie: "No, I like to sleep in the dark."

Why did the circus performer get tired? He was juggling two jobs.

Sign in a veterinarian's waiting room: "Be back in 5 minutes. Sit! Stay!"

Knock! Knock! Who's there? Dozen. Dozen who? Dozen anybody want to come out and play?

A persistent banker kept bothering me. He wouldn't leave me a loan.

Answers

4. No 5. 22 months
Trivia answers: 1. Urvia 2. Pulley 3. New Zealand

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

SENIORS' WEEK KICK-OFF

Through the Eyes of Experience

JUNE 5 2023
FREE event - RSVP Preferred

Program begins: 11:00AM
Edmonton City Hall
1 Sir Winston Churchill Square, Edmonton, AB

agefriendly EDMONTON
agefriendly@seniorscouncil.net

REGISTER HERE

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!

FROM **\$85** A MONTH

ONKAR INSURANCE BROKERS

DRUG AND DENTAL PLANS

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

Vikram Saggi
780-999-3000

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

WINTER CLEARANCE

Save Up To **50%**

Off Our Already Low, Low Prices

Direct Workwear Ltd.

5361 Gateway Blvd NW, Edmonton AB
Open 7 Days A Week

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 **LOYD KENNEY**, Independent Associate, to find out how LegalShield can help you!
1-877-579-9449

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 NCSB 0082999 0083445

Concerned about your Health Care? Let us help!

Giterman Health Care Advocacy

Health Care Advocates provide support and advocacy for patients, working to promote and protect their rights while improving the quality of care they receive.

SCAN TO BOOK YOUR FREE 1 HR CONSULTATION!

- Patient Navigation
- Education, Guidance, and Clarification
- Personal Assistance with Medical Documentation
- Aid with Administrative/Legal Tasks
- Facilitating Appointments with Health Care Professionals

Contact Dr. Daniel Giterman at **825.461.1525** or visit www.gitermanhca.ca for more information

SERVICES WE PROVIDE