

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

Pain?

We offer:
Massage Therapy | Osteotherapy
Acupuncture | Shockwave Therapy | Reiki



Ollie Pain Therapy & Rehabilitation Clinic

780.915.4454 | ollietherapy.com
#16, 9104-179 Ave. NW, Edmonton

FREE ASSESSMENT WITH CODE **COFFEENEWS**



FREE!

New Issue Every Week!

Coffee News®

"News To Be Enjoyed
Over Coffee"

North Central
Edmonton
Edition

780-220-6397



www.coffee-news.ca

Vol. 20 No. 24 June 12, 2023

Everybody's Talking

Burnt offerings: Crusty on the outside and chewy on the inside sound like a perfect combination for dinner rolls. However, the bread product in question is known as "heavy-fired" or "well-fired" rolls, and they can be as black as extremely burnt toast on the outside. Bakeries in Scotland have made these buns for many decades, and often sell out of their day's supply early in the morning. Some people love the charred offerings, finding them addictive. Others think the buns are a huge joke, wondering how a bakery could possibly get away with burning their wares, and then selling them. There is even some debate about whether the burnt tops are carcinogenic.

Meme mark: Anyone who subscribes to a stock photograph site can obtain an image and use it for their own purposes, such as to accompany a magazine article or illustrate a concept in an advertisement. But a man from Molins de Rei near Barcelona, Spain, was surprised to discover that his face had become a meme for "the worst person you know." It happened because Josep Maria Garcia had submitted his portrait to a photo site, where it was picked up and used to accompany a satirical magazine article. After getting used to the idea, Garcia decided to joke about it, as he knows he is not a bad person

Walking dog: A dog from Ouray, Colorado (U.S.), is a celebrity, but not as part of a circus act. Dexter, a Brittany spaniel and beloved pet of Kentee Pasek, walks on his two hind legs. It's not a trick. As a pup, Dexter was injured in a mishap with a car, leaving him with the use of only his hind legs. Pasek got him a doggy wheelchair, but before long, Dexter had abandoned the chair in favour of walking upright on his hind legs. Today, he is well known through social media and by taking part in parades. His loving human takes good care of him and ensures that Dexter regularly sees the vet for check ups.

Dumpling drink: Lots of people enjoy eating gyoza, which are fried, boiled, or steamed meat dumplings that originated in China, where they are called jiaozi. Usually spiked with a bit of chili, ginger, and garlic, they are served with a vinegary sauce, making the flavour combination quite satisfying. A beverage company in Japan launched a soda they claimed tastes like gyoza, but the feedback has been mixed. Many people find the taste incongruent with a carbonated beverage, and say they prefer to eat their gyoza, not drink it. The bottled soda does attract the curious, who might dare friends and family members to give it a try.

Quoteable Quotes

"Stand for something or you will fall for anything." —Rosa Parks
"You can make more friends...by becoming interested in other people than you can...by trying to get other people interested in you."
— Dale Carnegie

What's Happening

Ongoing - Abbotsfield Rec Centre The Youth Gym is for kids 12-17 years old to play their favorite sports, get physically active, and make friends! This event takes place every Tuesday, Thursday and Friday from 4-7pm. For more info please contact 780-239-8523 or visit beverlytown.com

Calgary International Pin Club 33rd Annual Festival of Pins Centennial Legion

9202 Horton Road S.W., Calgary

9 A.M. to 5 P.M. Each Day

Donations of non-perishable food items will be gratefully accepted at the festival.

Website: www.calgaryinternationalpinclub.com

Email: allpins@calgaryinternationalpinclub.com 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!

...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

- _____ is when a caterpillar transforms into a butterfly.
- A hock, knee, or elbow joint connects a chicken's drumstick and ankle joint?
- This is a large body of ice that moves over land.
- The Battle of Waterloo was fought in present-day England, Belgium, or France?
- What is a southerly buster?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd
(Over)

The World's #1 Restaurant Publication!

find your smile here

Denturists: Rick Donily
and Weronika Chlebek

12816-82 Street
horizon
DENTURE CENTER & IMPLANT SOLUTIONS

780.476.7929 | horizondenturecenter.com

IS ADVENTURE
ON YOUR
BUCKET LIST?

The Dive Outfitters

Scuba Diving & Snorkeling
780.483.0044
11781-156 St., Edmonton

www.thediveoutfitters.ca

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

Learn to Scuba Dive

Ask about our Buddy Special

Discover Snorkeling

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

THIS SPACE FOR RENT

780-220-6397

Sidewalks
Driveways
Steps • Garage Pads
Basements • Exposed
Shop Floors • Stamped
Bobcat Services

Residential & Commercial Service

WCB Coverage
Fully Insured

ATHENS
Concrete Service Ltd.
Call 780.995.1924

PROUDLY SERVING THE GREATER EDMONTON AREA SINCE 2007

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

jerry forbes

Centre for Community Spirit

HOME FOR 25
CHARITIES &
NON-PROFITS

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

jerryforbescentre.ca

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

Sincerely,
JFC

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

Injured?
Now
What?
We Help
— A Lot!

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



FREE ROLLING TRAY

- WHEN YOU PRESENT THIS COUPON -

LIMIT 1 PER CUSTOMER - SEE IN STORE FOR DETAILS

8060 - 167 AVE. NW

420
BUBONIC KRONIK EDMONTON
ECIGS VAPORIZORS BONGS 780.371.0106

NO PURCHASE NECESSARY

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!



Sunset Scents
a RAY of Fragrance
prairiescentedcandles@gmail.com
www.prairiescentedcandles.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

www.scubagearcanada.ca

inogen

FREEDOM. TO BE YOU.

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

MKT-PO240

In need of dentures? We can help.

NAIT's Dental Clinic has been providing quality, low-cost denture services for nearly 50 years. Get superior dentures at an affordable rate while giving our students valuable hands-on experience.

To book an appointment, call 780.471.7786 or email dentalclinic@nait.ca

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®

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

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/coffeenews

ELECTRICIAN FOR HIRE

Residential Light Commercial Electrical Repairs and Renovations

Art de Leon Master Electrician

780.932.3858 Cell
ajdeleon63@gmail.com

WHEEL OF FORTUNE

WEEKNIGHTS 7PM/6PST
yesTV

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

Your Weekly Horoscope

ARIES
(March 20 - April 19)

Be aware of your mood, especially at the beginning of the week, particularly your temper. If you are feeling aggressive toward others, look inward rather than starting an argument. Lucky numbers: 8, 19, 22, 28, 35, 43.

TAURUS
(April 20 - May 20)

This week may present a new opportunity for you to manifest something that advances your personal philosophy or beliefs. If you don't actively seek it out, it might pass by. Lucky numbers: 4, 5, 17, 25, 35, 36.

GEMINI
(May 21 - June 20)

At midweek, you may have an opportunity to set a new intention and develop a plan around it. This may require that you focus and decide among a group of options. Lucky numbers: 2, 3, 9, 18, 24, 47.

CANCER
(June 21 - July 21)

Emotions are usually close to the surface for Cancers. This may be especially true at the end of the week. Take deep breaths and wait for these feelings to subside. Lucky numbers: 11, 16, 31, 36, 37, 41.

LEO
(July 22 - Aug. 22)

Leos have a natural charisma that may be highlighted now in conversations with others. If you are looking for assistance, this may be the right time to ask for it. Lucky numbers: 9, 12, 18, 39, 40, 43.

VIRGO
(Aug. 23 - Sept. 22)

A nine-month phase is ending. The focus may have been on your role as a mother and/or as a child. What have you learned? How can it improve your relationships? Lucky numbers: 6, 7, 8, 20, 36, 37.

LIBRA
(Sept. 23 - Oct. 22)

Balance is an important theme for Libras. The start of this week may highlight an imbalance in your life. It may be within yourself or in a relationship with others. Lucky numbers: 5, 8, 22, 34, 37, 46.

SCORPIO
(Oct. 23 - Nov. 21)

For the past two-plus years, you may have felt pressured by an old karmic pattern. While this dynamic is ending soon, the pattern won't end if you haven't addressed it. Lucky numbers: 14, 16, 17, 26, 35, 40.

SAGITTARIUS
(Nov. 22 - Dec. 20)

At the end of the week, your mind and emotions may be out of sync. Perhaps you want to postpone important decisions for a few days until this disconnect passes. Lucky numbers: 15, 26, 28, 29, 34, 37.

CAPRICORN
(Dec. 21 - Jan. 19)

There may be an opportunity toward the end of the week to step outside the comfort zone of your stable Capricorn nature. You might see the situation from a new angle. Lucky numbers: 1, 5, 7, 14, 24, 28.

AQUARIUS
(Jan. 20 - Feb. 18)

For the last month, your focus may have been on your career or legacy. Now is the last week of this dynamic, so it is time to consolidate any gains. Lucky numbers: 3, 6, 18, 27, 31, 47.

PISCES
(Feb. 19 - March 19)

You may be feeling stuck, but this could give you an opportunity to see the details of an old personality issue. How might you make a positive adjustment related to it? Lucky numbers: 7, 8, 13, 18, 19, 34.

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

Did You Know...

Magical place: Parque Francisco Alvarado in Zarcero, Costa Rica, is quite a sight. That's because gardener and artist Evangelisto Blanco shapes hedges and shrubs into all manner of magical and abstract figures, such as animals, people, and archways.

Sweet heat: The datil pepper is grown near St. Augustine, Florida (U.S.). It is quite hot, like a habanero, with a sweet, fruity flavour. Cooks like to use these peppers in hot sauces, pickles, and mustards.

Upright duck: A certain breed of duck actually looks more like a penguin. The Indian Runner duck's posture is upright. Rather than waddling, they can run but they cannot fly. They are raised mostly for their egg production.

Safest shelter: If a tornado is coming your way, the best place to shelter is in a basement or on the lowest level of the house or building. Choose a room without windows, such as a bathroom or closet.

The best: Only three movies have won all of the five major Academy Awards: Best Picture, Best Director, Best Screenplay, Best Actor, Best Actress. They are *It Happened One Night* (1934), *One Flew Over the Cuckoo's Nest* (1975), and *Silence of the Lambs* (1991).

On the Lighter Side

Knock! Knock! Who's there? Ooze. Ooze who? Ooze been telling you these terrible jokes?

We hired a doormaker the other day. She really knew how to make an entrance.

Bill: "What do you think of artificial respiration?"
Will: "I'd rather have the real one."

A fisherman baits his hooks, but a bad student hates his books.

The chocolate lover moved to Canada. She heard it was full of mousse!

Answers

Trivia answers: 1. Metamorphosis 2. Hock 3. Glacier 4. Belgium 5. Strong southerly wind

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

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.

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

Limited Time Offers • Quotes
www.rbamechanical.ca

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

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

Need ONE More Reason to Join?

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

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

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

Exclusive Offer!

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

*Mention this ad to redeem!

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

HIP OR KNEE REPLACEMENT?

THE DISABILITY TAX CREDIT ALLOWS FOR A

\$2,500 YEARLY TAX CREDIT

\$30,000 LUMP SUM REFUND

CPD, arthritis, and many other disabling conditions that cause **Restrictions in Walking or Dressing** may qualify.

FOR EXPERT HELP:
1-844-453-5372

WIPE OUT INFLATION. GET THE CREDIT!