

Start Your Own Business!

FREE government funded Self-Employment Training

NOW ONLINE

microbusiness TRAINING CENTRE INC

Suite 203 Energy Square, 10109-106 St., Edmonton AB T5J 3L7
780.482.4462 | www.microbusiness.ca

FREE! New Issue Every Week!

Coffee News®

"News To Be Enjoyed Over Coffee"

Ellerslie East Edition

780-220-6397

www.coffee-news.ca

Est. 1988

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!

Mon - Sat 8:30 am - 7 pm
Sunday 10 am - 6 pm

BEST IN THE CITY!

Bring in your bottles for a chance to win in our regular Customer Appreciation Draws!

THIS SPACE FOR RENT

OR SCAN HERE FOR MORE INFO



Call 780-220-6397

One site. Unlimited possibilities.



STAY - SHOP - FOOD - ALL SERVICES

- Things To Do
- Accommodations
- Dining
- Nightlife
- Events & Shows
- Tours & Experiences
- Coupons & Deals

https://www.banffcanmore.com

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

WOMENS WORKWEAR



www.womensworkwear.ca

STORE OPENING SOON!

5403 Gateway Blvd NW, Edmonton

Enjoy The Experience

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

You Used To Do It Yourself...

WE CAN HELP! CONTACT THE EXPERIENCED PROFESSIONALS AT

HOME & OFFICE HANDYMAN SERVICES

780.940.2127 | www.HOHS.ca

Give Us Your List. We'll Do The Rest.

Mortgage Advice

We provide mortgage 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

Vol. 20 No. 30 July 24, 2023

Everybody's Talking

Edible art? A New Zealand art gallery in Auckland was brave enough to display a piece of art that many may not consider to be art. The piece in question is a pickle from a fast food cheeseburger, smudged with a bit of sauce. Australian artist Matthew Griffin flung the pickle up to the ceiling of the Michael Lett Gallery, where it stuck. According to experts in the art field, an art installation such as this serves to get people talking about what is art, what isn't art, and why. The piece is called "Pickle." Needless to say, the online response revealed a mixture of lovers and haters of the whole thing.

Expensive date: A man from Shanghai, China, wasn't pleased when he and his girlfriend broke up. So he requested payback for things he helped finance during their relationship, to the tune of approximately \$9,000 (USD). Astonishingly, he presented her with a detailed log of expenditures, requesting payback in part or in full for the items listed. For example, he demanded half the cost of a dinner bill for food they had shared, and the entire amount of a bill for a snack, which his girlfriend reportedly had eaten herself. The man had also helped care for his girlfriend's mother, and he wanted to be paid back for expenses related to that, too.

Open road: An ice road open during the winter months connects mainland Estonia to Hiiumaa, an island in the Baltic Sea. The longest ice road in Europe, it is approximately 25 kilometres (15.5 mi.) long. Ice roads have some unusual rules. No one is allowed to wear a seatbelt because if the car breaks through the ice, people have to be able to get out of the vehicle. No vehicles are allowed on an ice road after the sun sets. At all times, drivers must maintain a distance of 250 metres (820 ft.) between their vehicle and the one ahead to minimize the load on one part of the ice. And speed limits are strict.

Sloped field: People who play soccer can get worn out from running around the large field, but that's nothing compared to what the participants of extreme alpine soccer must endure. This game has the same rules as normal soccer, but is played on steep mountain slopes in Austria. In 2014, some soccer-loving locals in the Montafon valley decided to come up with a game that would be more challenging than playing on a flat field. Co-inventors Franz Mair and Peppi Knünz knew that players would be able to keep up with the pace in this physically demanding game. Needed attributes? Strong legs and stamina that are common in the Alps.

Quoteable Quotes

"Let go of who you think you're supposed to be; embrace who you are." —Brené Brown

"Happiness lies not in finding what is missing, but in finding what is present." —Tara Brach

What's Happening

Aug 5-7 - Edmonton Heritage Festival Experience the world in a weekend without leaving Edmonton at the world's largest multicultural festival. Sample culinary treats, shop for artwork, and chat with folks from all over the world. Temporarily relocated to the Edmonton Expo Centre.

Jul 23 - Summer Market Taking place from 11am-4pm and featuring 50 local vendors, handmade goods, specialty vendors, jewelry, cosmetics, baked goods and so much more! Food trucks on site! Beaumont Community Centre, 5204 50 Ave.

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

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. Is the curled top of violins and cellos a scroll, curlicue, or bow?
2. Mafadi Mountain is the highest peak in South Africa—T/F?
3. A cubit, chain, or rod spans from elbow to the middle finger's tip?
4. Waiting for Godot author was Samuel Beckett, Arthur Miller, or Shakespeare?
5. Are fluffy, cotton ball-shaped clouds cumulus, stratus, or cirrus?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

(Over)

RETIREMENT LIVING CHRISTENSON

Optional Meals • Personalized Services • On-site Care

Join Our Vibrant Community



DEVONSHIRE VILLAGE

Full Kitchens • Social & Recreation • U/G Parking

1728 Rabbit Hill Road, Edmonton

780-540-9500
CDLhomes.com

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

Safety Training You Can Count On

including:

- Equipment Training
- Fall Protection
- Confined Space Training

...and more. Visit our website for our complete course offerings!

DF SAFETY 587.473.0138
www.dfsafety.ca

BETTER SERVICE. BETTER MARKETING. BETTER RESULTS.

JAY BERG GROUP

REAL ESTATE PROFESSIONALS - GETTING YOU ON THE MOVE

A PASSION FOR PEOPLE. A PASSION FOR REAL ESTATE.

CALL JAY TODAY!

780.819.BERG (2374)
www.JayBerg.com

Insurance. Investments. Advice.

HELPING CANADIANS FOR OVER 75 YEARS!

Tom Ciezki Agencies **BNI**

Call Nidhi Desai
780-464-3279

Aspen Plaza - 260, 3820 Sherwood Drive, Sherwood Park

co-operators

Investing in your future. Together.™

ALL IN ONE PLACE

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

The World's #1 Restaurant Publication!

When YOU Get Paid We Get Paid

Over HALF A BILLION Recovered For Our Clients!



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

YOUR CONTACT INFORMATION IS SAFE WITH US!

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



HIP OR KNEE REPLACEMENT?

THE DISABILITY TAX CREDIT ALLOWS FOR A

\$2,500 YEARLY TAX CREDIT
\$30,000 LUMP SUM REFUND

COPD, 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!

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

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

WHEEL OF FORTUNE

WEEKNIGHTS 7PM/6PST
yesTV



inogen

FREEDOM. TO BE YOU.

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

MKT-P0240

FROM **\$85** A MONTH
DRUG AND DENTAL PLANS

ONKAR
INSURANCE BROKERS

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

Vikram Saggu
780-999-3000



www.scubagearcanada.ca

Your Weekly Horoscope

ARIES
(March 20 - April 19)



Aries are often big thinkers who don't worry much about the details. However, over the next two months, you may have an opportunity to expand your skills in this regard. Lucky numbers: 5, 11, 18, 28, 35, 44.

TAURUS
(April 20 - May 20)



Your grounded demeanor may be shaken up at midweek. If you pay attention, you could receive important insights. Otherwise you might have to just wait it out for a few days. Lucky numbers: 3, 4, 17, 29, 31, 34.

GEMINI
(May 21 - June 20)



Your mind and emotions may be out of sync in the middle of the week. Take some deep breaths. You might find that the situation will pass in a couple of days. Lucky numbers: 1, 2, 15, 16, 17, 45.

CANCER
(June 21 - July 21)



Cancers sometimes fear the world outside of their shell. At week's end, you may have energy available for a few days that could add a calming element for you. Lucky numbers: 11, 14, 25, 30, 40, 44.

LEO
(July 22 - Aug. 22)



We are in a brief period of strong Leo energy. How do you want to take advantage of it to accomplish what is important to you, while not alienating others? Lucky numbers: 9, 18, 28, 36, 37, 41.

VIRGO
(Aug. 23 - Sept. 22)



Your attention to detail may be strengthened over the next two months. You could use this to help others who don't have this skill, thereby raising your profile with them. Lucky numbers: 6, 9, 12, 15, 27, 30.

LIBRA
(Sept. 23 - Oct. 22)



Listen carefully in your conversations over the next two months. You may pick up details about your current situation that you could have easily missed, but these can aid you. Lucky numbers: 15, 18, 19, 23, 26, 27.

SCORPIO
(Oct. 23 - Nov. 21)



At midweek your Scorpio energy may be resonating strongly with others. Be aware of this and consider side-stepping those who may be uncomfortable with your ability to read them. Lucky numbers: 13, 29, 33, 40, 41, 43.

SAGITTARIUS
(Nov. 22 - Dec. 20)



Have you felt discouraged lately? The end of the week may provide an opportunity that allows you to bounce back from this feeling and encourages you to do a reset. Lucky numbers: 2, 4, 5, 10, 42, 48.

CAPRICORN
(Dec. 21 - Jan. 19)



Have you recently gone through a difficult stretch? You may want to shuffle through these events to see the pattern. Where could an adjustment in your viewpoint help you move forward? Lucky numbers: 4, 7, 20, 26, 44, 47.

AQUARIUS
(Jan. 20 - Feb. 18)



Over the next month, there is the potential to incorporate more enthusiasm and optimism into your life. How might you want to take advantage of this opportunity before it passes? Lucky numbers: 12, 22, 24, 25, 34, 38.

PISCES
(Feb. 19 - March 19)



You may find yourself going back over old territory one more time. While this might be hard work, it could allow you to unearth the key to a new opportunity. Lucky numbers: 10, 14, 19, 25, 26, 31.

Lucky numbers this week: This week's odds favour Leo winners with the luckiest number being 37.

Did You Know...

Big bear: In Dunbar, Scotland, which is on the coast of the North Sea not far from Edinburgh, is DunBear, a steel statue made by sculptor Andy Scott. In the shape of a bear, it honours Dunbar-born naturalist John Muir.

Crazy cake: Flying Monkey Bakery in Philadelphia, Pennsylvania (U.S.), invented the two-layer pumpkin cake. On bottom is a chocolate cake with a pumpkin pie inside, and on top, a vanilla cake hides an apple pie.

Furious winds: A storm is considered a hurricane when its sustained winds reach 74 miles (119 km) per hour or more. The Saffir-Simpson Wind Scales rates them Category 1 through Category 5. Category 5 is the most dangerous.

Colourful eggs: A chicken egg's colour depends on two main pigments deposited on the shell as it forms: protoporphyrin (brown) and oocyanin (blue). Various coloured eggs, like green, have combined pigments.

Weird curiosities: Ripley's Believe It or Not Odditorium in Niagara Falls, Ontario (Canada), holds a host of bizarre curiosities, artifacts, and memorabilia. Examples include wax figures, dinosaur eggs, and holograms.

On the Lighter Side

We hired a tree trimmer who did a great job. He should take a bough!

Teacher: "What does it mean when the smoke alarm goes off?"

Student: "In my house, it means dinner is ready."

What is a computer's favourite part of art class? The cutting and pasting.

Two mind readers met in the street. One said, "Hello, you're fine. How am I?"

Knock! Knock! Who's there? Weirdo. Weirdo who? Weirdo deer and antelope play?

Answers

Trivia answers: 1. Scroll 2. True 3. Cubit 4. Samuel Beckett 5. Cumulus

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

Apply now at southland.ca

Transport our future. Become a school bus driver.

S SOUTHLAND *safely home*

WE CLEAN YOUR HOME LIKE IT'S OUR OWN!

- Weekly/Biweekly/Monthly Personalized Cleans
- Residential and Small Business
- Move In/Outs
- Pest Control Clean Up

ASK ABOUT OUR SENIORS' RATES!

NOBODY CLEANS LIKE MOM
780.700.6686 • www.nobodycleanslikemom.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

Making Your Dreams A Reality

Full suite of construction, renovation and maintenance services, including:

- Kitchens
- Bathrooms
- Additions
- Siding

CONTACT US TODAY FOR A FREE QUOTE!

TORGUNRUD CONSTRUCTION
780.996.4050
www.torgunrud.ca
VETERAN OWNED AND OPERATED BUSINESS

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

LegalShield

WORLD FAMOUS INDIAN ASTROLOGER & PSYCHIC
Pandith: THULASI

PASSED DOWN GENERATION TO GENERATION
PALM READING * FACE READING * PATRA READING * PHOTO READING

100% Guarantee

VEDIC SOLUTIONS AVAILABLE FOR:

ALL RELIGIONS WELCOME	JOB COURT ENEMY	LOVE EDUCATION BLACK MAGIC	BUSINESS EMPLOYMENT SECRET MATTERS	SICKNESS MARRIAGE LUCKY NOS.
-----------------------	-----------------	----------------------------	------------------------------------	------------------------------

BRING BACK LOVED ONES IN 11 DAYS ONLY

I Will Remove and Destroy all Bad Luck, Witchcraft, Obeyah, Jadoo, Voodoo and Protect You From All Evils
PRIVATE AND CONFIDENTIAL 100% LIFELONG PROTECTION
MOB: +1 780.863.3236 | 780.863.9071
EDMONTON & CALGARY | [@user8104405374612](mailto:user8104405374612)

ELECTRICIAN FOR HIRE

Residential
Light Commercial
Electrical Repairs and Renovations

Art de Leon Master Electrician

780.932.3858 Cell
ajdeleon63@gmail.com

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