

**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. 31 July 31, 2023

## Everybody's Talking

**Bee crazy:** Travelers to Provincia di Matera in the southern part of Italy can now get up close and personal with bees. Airbnb owner Rocco Filomeno has found a way to incorporate bees into his accommodation. Calling his place an "air bee and bee," the host offers a one-room house that sits amid nine apiaries. The high ceiling of the wooden structure has a glass hive through which guests can watch a colony of bees hard at work. They can go to sleep at night hearing the soft buzzing and smelling the gentle scent of the bees and their honey. The accommodation is situated on Filomeno's olive farm near the village of Grottole.

**Look-alike:** Arthid Duangsri of Chiang Rai, Thailand, sported long hair and a beard in his younger years. Now, the bulked-up, bald man is well known as the Thai Vin Diesel, the Hollywood star from the Fast and Furious movie franchise. The fan started to transform himself into that movie's Dominic Toretto character almost a decade ago when a friend suggested he could pull it off. So he shaved his head and began working out in a gym. Today, he looks so much like Vin Diesel that people stop him in the street and ask for photographs. His brother even helped him to soup up a car to resemble the one that Dominic Toretto drives in the movies.

**Dog business:** A pair of animal lovers in Skagway, Alaska (U.S.), has found a way to bring the dog community together in this small mountain town. The married couple, Mo and Lee Thompson, are available to pet sit, train, and walk people's pooches. They use an intriguing way to make their rounds, picking up the dogs at their residences on a small bus. The dogs are so well trained that, after waiting patiently in their yards, they hop on the bus, greet their dog pals, and then jump up on their assigned seat to be harnessed in for the ride to the dog park. The business grew quickly for the Thompsons, who are thrilled to be involved with such a rewarding undertaking.

**Keep running:** Running a marathon or completing an Iron Man triathlon is a tough feat, even for someone who is in topnotch health. But an Australian man named Russell Winwood has proven that, with effort, a difficult diagnosis can be overcome to live a dream. Winwood has chronic obstructive pulmonary disease (COPD), which makes breathing difficult because it negatively affects his lung capacity. However, the Brisbane man worked on improving his respiratory fitness by training, eating well, and consistently taking his prescribed medication. Today, he runs full marathons around the world. He wears an oxygen tank on his back and runs with a partner.

## Quoteable Quotes

"Nothing haunts us like the things we don't say." —Mitch Albom

"When someone shows you who they are, believe them the first time." —Maya Angelou

## 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.

NON profit organizations may submit events for FREE at [www.coffee-news.ca](http://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](http://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. Construction of the Cathedral of Notre Dame began in 1099, 1163, or 1812?
2. An arcade, arch, or balustrade is a series of arches supported by columns?
3. Obsidian is an igneous, metamorphic, or sedimentary rock?
4. What is a piece of land almost completely surrounded by water?
5. A niddy noddly is a tool to wind yarn into skeins—T/F?

(Flip bottom of page for answers)

Affordable-Effective-Exclusive-CALL NOW!

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®

## Pain?

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



**Ollie Pain Therapy & Rehabilitation Clinic**

780.915.4454 | [ollietherapy.com](http://ollietherapy.com)  
#16, 9104-179 Ave. NW, Edmonton

FREE ASSESSMENT WITH CODE COFFEENEWS



**25 WORDS OR LESS**

WEEKDAYS 3PM

yesTV

## 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!



780.996.4050  
[www.torgunrud.ca](http://www.torgunrud.ca)

VETERAN OWNED AND OPERATED BUSINESS

## 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

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!**



- ✓ 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

## 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](http://www.drderekfika.com)

Visit us at 12943-97 Street NW, Edmonton

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

## 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](mailto:dentalclinic@nait.ca)

## 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

## 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](http://www.coffee-news.ca/editions)

## 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!



[prairiescentedcandles@gmail.com](mailto:prairiescentedcandles@gmail.com)  
[www.prairiescentedcandles.com](http://www.prairiescentedcandles.com)

## THIS SPACE FOR RENT

Call 780-220-6397

OR SCAN HERE FOR MORE INFO



## IS ADVENTURE ON YOUR BUCKET LIST?



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

[www.thediveoutfitters.ca](http://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



## When YOU Get Paid We Get Paid

Helping You Maximize Your Financial And Physical Recovery!



**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/coffeenews](http://www.accidentinjurylawyer.com/coffeenews)



## 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](mailto:admin@vdhf.ca)  
[www.vdhf.ca](http://www.vdhf.ca)  
5401-46 St., Vermilion



# WOMENS WORKWEAR



www.womensworkwear.ca

**STORE OPENING SOON!**  
5403 Gateway Blvd NW, Edmonton

Enjoy The Experience

Scan QR Code To View Our New Website!



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 trademarks of the Fédération des caisses Desjardins du Québec, used under licence.

## 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:  
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



**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](http://www.coldshotca.com)  
Passenger Website: [www.coldshot.ca](http://www.coldshot.ca)

TICKETS: 587-557-7719 | PARCEL: 587-557-7718

SERVING ALBERTA'S BUSINESS COMMUNITY SINCE 2005

find your smile here

Dentists: Rick Donily and Weronika Chlebek

12816-82 Street



**horizon**  
DENTURE CENTER & IMPLANT SOLUTIONS

780.476.7929 | [horizondenturecenter.com](http://horizondenturecenter.com)

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

Customer Reviews

SHOP ONLINE! SCAN ME

Limited Time Offers • Quotes  
[www.rbamechanical.ca](http://www.rbamechanical.ca)



**inogen**

**FREEDOM. TO BE YOU.**

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



MKT-P0240

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

# Your Weekly Horoscope

**ARIES**  
(March 20 - April 19)



At midweek, you may be particularly ambitious about achieving your objectives. However, be careful of being overly aggressive with others in the process. Instead, try to work toward a win-win. Lucky numbers: 11, 17, 19, 21, 29, 47.

**TAURUS**  
(April 20 - May 20)




The Taurus-born are usually conservative in risk taking. But now you may have a strong desire to do something big and bold. Before acting, consider the potential risks and rewards. Lucky numbers: 13, 17, 24, 31, 34, 40.

**GEMINI**  
(May 21 - June 20)




Your ambition level might be high right now, supported by an easy energetic flow. This might be a good time to start new creative endeavours outside of your comfort zone. Lucky numbers: 2, 7, 25, 28, 34, 37.

**CANCER**  
(June 21 - July 21)



Cancers don't usually bring attention to themselves and their accomplishments. Now may be a good time to find a hidden opportunity that could encourage you to do so. Lucky numbers: 12, 18, 22, 23, 42, 43.

**LEO**  
(July 22 - Aug. 22)




Are you of two minds right now about an important decision? Developing a list of the pros and cons may clarify your choice. Otherwise, perhaps wait a few days to decide. Lucky numbers: 4, 6, 10, 23, 42, 45.

**VIRGO**  
(Aug. 23 - Sept. 22)




Virgos like to focus on achieving concrete results. Midweek, you may have the opportunity to expand your endeavours into developing deeper relationships. Accepting this challenge is your choice. Lucky numbers: 5, 9, 12, 16, 17, 41.

**LIBRA**  
(Sept. 23 - Oct. 22)




Is there something you want to do but haven't, maybe for fear of upsetting someone? At the end of the week, you might find the courage to do so anyway. Lucky numbers: 6, 17, 21, 26, 37, 43.

**SCORPIO**  
(Oct. 23 - Nov. 21)



Do you feel that others are putting obstacles in your path right now? Is there a resolution that you could offer that does not compromise your values and sense of self? Lucky numbers: 14, 17, 28, 33, 46, 48.

**SAGITTARIUS**  
(Nov. 22 - Dec. 20)




Things may be flowing easily for you right now. If so, are you giving your maximum effort to achieve your objectives? If not, are those goals truly what you want? Lucky numbers: 1, 12, 14, 22, 23, 35.

**CAPRICORN**  
(Dec. 21 - Jan. 19)




Capricorns often vigorously defend tradition and stability, even to their detriment. Consider asking yourself where you can make an adjustment in viewpoint without abandoning your values or authentic self. Lucky numbers: 15, 18, 24, 25, 31, 47.

**AQUARIUS**  
(Jan. 20 - Feb. 18)



This may be a good time to review your efforts over the last six months. Complete anything that needs to be wrapped up, but consider holding off on starting new projects. Lucky numbers: 7, 12, 15, 24, 34, 41.

**PISCES**  
(Feb. 19 - March 19)



Your Pisces connection to the ethereal realm may be particularly strong now. If you feel discouraged at the end of the week, seek out allies who can help lighten your mood. Lucky numbers: 3, 4, 14, 25, 31, 42.

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

## Did You Know...

**Heightened status:** The Grand Canyon in Arizona (U.S.) became a National Park in 1919, while an original, smaller version of today's Grand Teton National Park in Wyoming received that status in 1929.

**Long horns:** A spider that looks scary but won't hurt humans is the long horned orb-weaver (*Macracantha arcuata*). Its distinguishing feature is the presence of two spiny "horns" that grow from its sides.

**Moon time:** The planet Mars has two moons, Phobos and Deimos. Phobos is close to the planet's surface and completes three orbits in each Martian day, which is about 17 minutes longer than an Earth day.

**Ear movement:** Not many people can move their outer ears back and forth, like a cat. However, humans have three auricular muscles that some folks are able to voluntarily engage, making for an interesting trick.

**On TV:** The first, full National Hockey League game on TV was on February 25, 1940, on New York's W2XBS, an experimental station. The station's 300 subscribers watched the New York Rangers beat the Montréal Canadiens, 6-2.

## On the Lighter Side

Customer: Do you have a camouflage jacket?  
Clerk: We have dozens but I can't find them.

How does a clock put on its gloves? One hand at a time

Electric company sign: "We'd be delighted if you pay on time. If not, YOU will be de-lighted."

Knock! Knock! Who's there? Byte. Byte who? Byte you're happy to see me again!

The ship's captain had to dock in a very tiny space. He was under a lot of pier pressure.

**Answers**  
4. Peninsula 5. True  
Trivia answers: 1. 1163 2. Arcade 3. Igneous

For available franchise opportunities - visit [coffeenewscanada.com](http://coffeenewscanada.com)  
© Published with Permission by Capital Marketing Ltd



**Transport our future. Become a school bus driver.**

Apply now at [southland.ca](http://southland.ca)



Everyone Welcome!

Monthly Special Events!

- ✓ 3 Meat Draws/Week
- ✓ Thursday Night Jam with Dancing
- ✓ Friday & Saturday Night Dances
- ✓ Hall Rentals with Catering

Branch #175 Kingsway



14339-50 Street, Edmonton  
780.425.8654 | <https://kingswaylegion.ca>

Scan the QR Code to view upcoming events



Congratulations to our most recent winners of a prepaid \$400 Visa card!

**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](http://www.accidentinjurylawyer.com/coffeenews)

May 1 Draw Winners	June 1 Draw Winners	July 1 Draw Winners
Chelsey M. from Edmonton Cindy C. from Sylvan Lake Jay Z. from Edmonton	Frank H. from Sylvan Lake Sandy P. from Calgary Steven R. from Lethbridge	Rodney B. from Lethbridge Brian P. from Edmonton Natasha W. from Red Deer

**HIP OR KNEE REPLACEMENT?**

THE DISABILITY TAX CREDIT ALLOWS FOR A

**\$2,500** YEARLY TAX CREDIT

**\$30,000** LUMP SUM REFUND

Restrictions in Walking or Dressing may qualify.

FOR EXPERT HELP: 1-844-453-5372



Wipe out Inflation, Get the Credit!

**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](http://jerryforbescentre.ca)

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

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

**FREE ROLLING TRAY**  
- WHEN YOU PRESENT THIS COUPON -

LIMIT 1 PER CUSTOMER - SEE IN STORE FOR DETAILS

NO PURCHASE NECESSARY

8060 - 167 AVE. NW

420 **BUBONIC KRONIK** EDMONTON  
ECIGS VAPORIZORS BONGS 780.371.0106