

FIND OUT HOW YOU CAN SAVE UP TO 50% ON COMMISSIONS!

At Seller Direct® Northern Homes Realty, It's Not About Discounts, It's About OPTIONS!

How We SELL Your Home:

- ✓ 300+ Websites ✓ Social Media Ads
- ✓ QR Code to Home's Features
- ✓ 3D Tours & Professional Photos

AND MORE!

WE HELP BUYERS, TOO!

Diana Noble Owner/Broker
sellerdirect
Northern Homes Realty

780.638.4800 | sellerdirectnorthernhomes.com
PROUDLY SERVING EDMONTON & SURROUNDING AREAS

SCAN TO FIND OUT YOUR HOME'S VALUE TODAY

THIS SPACE FOR RENT

OR SCAN HERE FOR MORE INFO



Call 780-220-6397

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

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

NEW AND USED WINTER TIRES

Quality tires...at reasonable prices

FAST TIRE & REPAIR SERVICE

780.667.9900
onkartrucking13@yahoo.ca
4786-76 Avenue NW, Edmonton

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

Best Kept Secret in the Park!

The community thrift store with heart

201 Athabasca Ave. Sherwood Park
780.464.7786
www.countyclthes-line.com

County Clothes-Line

CELEBRATING 40 YEARS OF GIVING

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 Quote!

780.554.1350 | reidse@shaw.ca

FREE! **New Issue Every Week!**

Coffee News®

"News To Be Enjoyed Over Coffee"

East Edmonton Edition

780-220-6397

www.coffee-news.ca

Vol. 20 No. 32 August 7, 2023

Est. 1988

Everybody's Talking

Handy skill: Having strong hands is convenient, especially when a lid won't come off a jar. But a man from Germany has taken strong hands to a new level. Muhamed Kahrimanovic, who has earned the nickname "Hammer Hands," broke a record when he used his hands to break 68 baseball bats in just one minute. The man is also able to whack open coconuts using only one hand, crush aluminum cans, and smash glass bottles and slabs of concrete. Kahrimanovic gained his strength because he took part in taekwondo classes when he was a child. At first he was a student and later became an instructor.

Tree cutter: A criminal on the loose in the U.S. state of Oregon is going to be in considerable trouble when caught. The culprit is not stealing anything or hurting anyone, but the crime is serious. Since the summer of 2021, someone has been cutting down trees in the forests near the Portland suburb of Gresham. Known as the "Gresham Lumberjack," the person has felled hundreds of trees, and no one knows why anyone would do such a thing. Residents are upset by the destruction, and authorities have increased their efforts to crack the case by using hidden cameras. When the lumberjack is found, heavy fines definitely will be issued.

Rub it out: Those who make a lot of mistakes in their writing might want to consider buying something that will make erasing errors easy: the Radar S10000 eraser. Enormous in comparison to the usual small erasers found in desk drawers, this one measures 276 x 141 x 43 mm (10.9 x 5.5 x 1.7 in.) and weighs over 2.2 kilograms (4.9 lbs.). It's part of the popular Radar product line of a Japanese company called Seed. Originally, they made such a large eraser as a prize giveaway. However, consumers showed such an interest that Seed produced more and made them available for purchase.

Mall skating: Citi Plaza, a mall in London, Ontario (Canada), is the venue for an occasional but unique event: an evening of roller skating. Put on by Retro Rollers, Inc., and MainStreet London, the ticketed event lets about 400 skaters whiz by store outlets to their hearts' content. It's quite an experience for people who love this retro sport. Instead of walking around and shopping, they are allowed to don their skates in a very large venue. The event also includes a family skate so that little kids don't have to worry about speedsters getting too energetic in their presence. For many, the evening provides hope that the sport will become popular again.

Quoteable Quotes

"Don't wait around for other people to be happy for you. Any happiness you get you've got to make yourself."—Alice Walker
"If I were to wish for anything, I should not wish for wealth and power, but for the passionate sense of the potential." —Søren Kierkegaard

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

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. One of the Luxor Obelisks is in Istanbul, Paris, or London?
2. Jell-O was invented in 1897, 1927, or 1947?
3. This word for knot-tying craft is from the Arabic migramah.
4. There are 16, 26, or 32 bones in the foot?
5. What number starts with 1 and is followed by 100 zeros?

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

(Over)

The World's #1 Restaurant Publication!

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!

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!

ELECTRICIAN FOR HIRE

Residential
Light Commercial
Electrical Repairs and Renovations

Art de Leon Master Electrician

780.932.3858 Cell
ajdeleon63@gmail.com

LIVE AT

HOLYROOD SQUARE!

- In-suite Laundry
- Rooftop Deck and BBQ
- Full-sized Kitchen Appliances

Call 780-229-6099 for more information

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

J.R. WATKINS
Since 1868 TRADE MARK

A full line of natural products for your home and family

YOUR INDEPENDENT WATKINS CONSULTANT

Donna Ouellette
ID# 029268N

780-469-5715
www.RespectedHomeBusiness.com/enter29268

BLUE BLOODS

MON - THURS 9:00

yesTV

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

Visit us on Facebook-CoffeeNewsWeekly

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

Customer Reviews
SHOP ONLINE!
SCAN ME

INDOOR YEAR ROUND MARKET!

CAPILANO FARMERS' MARKET

Saturdays
9:30 a.m.-3 p.m.
5004-98 Ave. (Capilano Mall)

inogen

FREEDOM. TO BE YOU.

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

MKT-P0240

Clinical Optometry and Support
...for glaucoma, eye pain, diabetic care and blurry vision, and more

From simple issues such as irritating floaters to more serious diseases of the retina, it is important to deal with any issue as soon as possible, before it can escalate to a more serious condition.

DR. GREGORY KING BSC/OD
Optometric Assistants: Lise MOA, Amanda MOA, Rachid

OPEN M-F 10-5 | SATURDAY 11-4
8130-82 Ave., beside TD Bank (Inside Bonnie Doon Medical Centre)
Book an appointment today: 780.465.7600

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

FEEL THE BEAT!

- Car Audio
- Remote Starters
- Window Tint
- Tire Change/Balance
- Car Detailing

DANCY
CAR AUDIO INSTALLATION AND MORE

STOP BY FOR A FREE CONSULT

587.735.2839 | 7400-52 St. Edmonton

WOMENS WORKWEAR

www.womensworkwear.ca

STORE OPENING SOON!
5403 Gateway Blvd NW, Edmonton

Scan QR Code To View Our New Website! Enjoy The Experience

Look and Feel Your Best!

Ever tried reflexology? Don't leave reflexology out of your preventative health maintenance program! It can have many benefits, including sleep aid, tension relief, improved digestion and circulation.

Relax. Recharge. Rejuvenate.

- Facial Cupping
- Add Cupping to a Facial for \$15 (reg. \$25)
- Facial and Body Sugaring
- 25% Off all Sugaring

Services (introductory price for April)
• Medical Aesthetics
• Professional & Medical Grade Facials

ESTore Reflexology
780-975-9862
restorereflexology.ca

Visit us today at
4530-99 Street
Edmonton

BEAUTY DIAMOND
587.499.0427
beautydiamondmedispa.ca

Your Weekly Horoscope

ARIES (March 20 - April 19)
Did you establish a new set of goals during your birthday month? If so, now is a good time to review how things are going and where to make changes. Lucky numbers: 3, 8, 9, 13, 21, 46.

LIBRA (Sept. 23 - Oct. 22)
The current energy pattern may provide more ambition for you to accomplish your goals. However, you may need to actively seek out an opportunity to manifest this potential. Lucky numbers: 8, 25, 27, 33, 38, 48.

TAURUS (April 20 - May 20)
Are you craving freedom right now, especially regarding a perceived restriction in your relationships? Having a heartfelt conversation with your partner may reveal a resolution you can both agree on. Lucky numbers: 4, 6, 7, 16, 21, 48.

SCORPIO (Oct. 23 - Nov. 21)
Scorpios can see hard truths that can be difficult to communicate to others. At midweek, it may be easier to do so. How can you cultivate this going forward? Lucky numbers: 16, 17, 22, 32, 35, 38.

GEMINI (May 21 - June 20)
Geminis have the ability to absorb information from the ether. This dynamic may be heightened at midweek. If it becomes overwhelming, you may want to retreat for a few days. Lucky numbers: 6, 7, 17, 19, 35, 45.

SAGITTARIUS (Nov. 22 - Dec. 20)
A well-defined life philosophy or belief system is important for many Sagittarians. You may encounter some new ideas that you have not seen before. How should you incorporate them? Lucky numbers: 7, 10, 26, 46, 47, 48.

CANCER (June 21 - July 21)
At the end of the week, you may feel moody and out of sorts. To avoid a relationship issue, be aware of these feelings as you interact with others. Lucky numbers: 9, 13, 27, 29, 43, 48.

CAPRICORN (Dec. 21 - Jan. 19)
Is someone in your orbit, especially a woman, interacting with you in a particularly emotional manner? Consider how you may be contributing to the issue and make changes as needed. Lucky numbers: 1, 8, 10, 32, 36, 39.

LEO (July 22 - Aug. 22)
The focus for you right now may be someone or something you are passionate about. Enjoy the emotional high, but avoid making any decisions that would be difficult to reverse later. Lucky numbers: 11, 18, 27, 36, 38, 42.

AQUARIUS (Jan. 20 - Feb. 18)
Is your personal or business partner putting an obstacle in the way of your goals? Work with them to understand the underlying cause and get to a win-win solution. Lucky numbers: 7, 11, 29, 35, 41, 47.

VIRGO (Aug. 23 - Sept. 22)
If you aren't as assertive in your interactions with others as you would like to be, the potential exists now to be so. The reverse dynamic may also be true. Lucky numbers: 2, 4, 13, 21, 31, 32.

PISCES (Feb. 19 - March 19)
Pisces can sometimes be discouraged about themselves and their experiences. There may be an opportunity now to make an adjustment that encourages you to be more optimistic going forward. Lucky numbers: 5, 9, 19, 26, 29, 35.

Lucky numbers this week: This week's odds favour Leo winners with the luckiest number being 27.

Did You Know...

Taste test: Some folks taste things more distinctly than others because of a higher-than-normal concentration of taste buds on their tongues. These "supertasters" find some flavours strong, such as the bitterness of broccoli or grapefruit.

Based on reality: The famous television series *M*A*S*H* is based on a novel called *MASH: A Novel About Three Army Doctors*. The book was a collaboration between real-life army surgeon H. Richard Hornberger (pen name Richard Hooker) and writer W.C. Heinz.

Big mushroom: Zambia, as well as parts of West Africa, is home to an edible mushroom called *Termitomyces titanicus*. The caps on these huge fungi can measure about one meter (3 ft.) across. Locals love them for their smoky flavor.

Big bunnies: Those looking for a pet rabbit might want to consider a breed called the Flemish Giant. Weighing up to about 10 kg (22 lbs.), it is the largest breed of rabbits in the world. Their gentle, relaxed personalities make them good pets.

Funny name: A town in the Canadian province of British Columbia is called Youbou. The moniker comes from the names of two staff members at a lumber company: Mr. Yount and Mr. Bouten.

On the Lighter Side

Knock! Knock! *Who's there? Bond. Bond who? Bond who?* Bond will succeed if you keep trying!

You can't always be a Winter Olympics champion. You win some, you lose some.

Waiter: "How did you find your steak, sir?"
Diner: "I moved my french fry and there it was!"

Why are pianos good with locks? They have a lot of keys.

Your fences need to be horse-high, pig-tight, and bull-strong.

Answers

5. Googleplex
Trivia answers: 1. Paris 2. 1897 3. Macramé 4. 26

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

When YOU Get Paid We Get Paid

We're Here To Handle The Legal Complexity For You!

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

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

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

Real Estate | Wills | Contracts

HOMESTEAD
..... LAW

Tamara D. Epple B.A., J.D.

780.243.2116
www.homesteadlaw.ca

"OUR GOAL IS TO MAKE CLIENTS FEEL LIKE FAMILY"

Transport our future. Become a school bus driver.

SOUTHLAND
safely home

Apply now at southland.ca

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

Get The Smile You Deserve!

- \$99 New Patient Exam
- Lower Than Current Fee Guide
- Complimentary Teeth Whitening

Floss Bosses.ca

Your. New. Routine.

825.901.GUMS | #207, 6958-76 Ave. NW