

**WEBSITES**  
From \$129/Month  
**(780) 760-6922**  
FRONTLINECONSULTING.CA

**FREE!** *New Issue Every Week!*  
**Coffee News**®  
"News To Be Enjoyed Over Coffee"  
**Beaumont Edition**  
**780-220-6397**  
www.coffee-news.ca



Vol. 20 No. 33 August 14, 2023

**Everybody's Talking**

**Roundabout way:** Thank goodness a roundabout in Denbighshire, Wales, is only busy with traffic a couple of times a day. Otherwise, the people who live in the centre of it might have gone crazy by now. Clwyd Howatson and his wife and son occupy a bungalow situated smack dab in the middle of the roundabout, which was completed in 1980 after his parents, the late David John and his wife Eirian Howatson, had already lived on the spot for 20 years. The current occupants have other family members who visit often, and no one has any intention of giving up their unusual piece of property. It's their home, after all.

**Viking mania:** A Bosnian man changed his life goals after watching "Vikings," a television series that dramatized the life of Ragnar Lodbrok, a legendary Norse hero. The man binge-watched the TV series, becoming a huge fan in the process. Calling himself "Ragnar the Bosnian Viking," he started wearing tunics, grew a long white beard, and braided his hair. He embraced the Viking culture by making artifacts in his workshop, including a Viking boat and intricately designed Viking shields and axes, which he sells. A goal for this modern Ragnar is to build a Viking village, which he hopes will become a tourist attraction.

**Desert oasis:** There is a kind of Eden in the Gobi desert in Mongolia that has been nurtured by a man named Baraaduuz Demchig. About three decades ago, the now-elderly man wanted to find a way to grow crops in the arid environment. However, the plants would be blown away by the wind. To protect the area, he planted elms, and it worked. Today, the trees stand watch over such crops as apples, black currants, raspberries, and sea buckthorn. Reclaiming some of the desert land and making it productive provides an important source of food for locals, many of whom are also planting trees to protect their own crops.

**Going backward:** Driving in reverse is not the easiest thing to do, but it is a necessary skill that drivers should have. To prove that backwards driving is doable, a man named Chandramouli of India's Tamil Nadu state decided to try to break the record for the longest distance driven in reverse gear in less than 30 minutes. He accomplished the feat by going backwards within that time frame for 16 kilometres and 140 metres (approximately 10 miles) on a bypass road. He did the task safely. That was his motivation for challenging the record: He wants young drivers to be aware of the need to drive with skill and safety in mind at all times.

**Quoteable Quotes**

"The more elaborate our means of communication, the less we communicate."  
—Joseph Priestley  
"If you can give your child only one gift, let it be enthusiasm."  
—Bruce Barton

**What's Happening**

**Sept 10 - Ovarian Cancer Canada Walk of Hope in Edmonton!** Join us for a 5km walk in Edmonton's River Valley to raise awareness and funds for Ovarian Cancer in Canada. We will meet at Kinsmen Park at 9am. Register and donate at [http://noca.convio.netsite/TR2023WalkofHopeGeneralpentryfr\\_id1889](http://noca.convio.netsite/TR2023WalkofHopeGeneralpentryfr_id1889)

NON profit organizations may submit events for FREE at [www.coffee-news.ca](http://www.coffee-news.ca)

**Hidden Coffee News Guy ADVENTURE**  
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!  
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.

**Trivia**

1. A hexagon has four, six, or eight sides?
2. Thomas Edison invented the phonograph—T/F?
3. The game mahjonn originated in what country?
4. Brontophobia is fear of brontosaurus, thunder, or dump trucks?
5. This is the vertical post that divides window panes.

(Flip bottom of page for answers)

**YOU DON'T HAVE TO STRUGGLE ALONE**

Grief support for any type of loss including death, divorce, pet loss, health or financial changes, etc.

Youth counselling for ages 14-24 Certified Child and Youth Counsellor, with 12 yrs. experience in the field.



**Intentional Connections**  
WELLNESS SERVICES

780.781.0302  
janelle@icws.ca | www.icws.ca

Payment plans available; set amount of sliding scale spots per year for each service offered.

**THIS SPACE FOR RENT**  
Call 780-220-6397



OR SCAN HERE FOR MORE INFO



**When YOU Get Paid We Get Paid**



**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)

**CONGRATULATIONS TO OUR MOST RECENT CONTEST WINNERS!**

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

**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)

**SHOP ONLINE!**  
[www.scubagearcanada.ca](http://www.scubagearcanada.ca)

• Snorkelling Gear • Reef-Safe Sunscreen • Beach Water Shoes • Dry Bags & Wallets • UV Shirts

**The Dive Outfitters**  
Scuba Diving & Snorkelling  
11781-156 St., Edmonton 780.483.0044

Learn to SCUBA DIVE at our Edmonton location - call for details



**Call today to book your appointment!**



We only want to make you SMILE

**Millet Denture Clinic**  
780.387.3311 • 5022 - 50 Street, Millet  
BARB UNGER, DD • [barb@milletdenture.ca](mailto:barb@milletdenture.ca)

**The Mona LaHaie Group**  
[www.horsepoweranch.com](http://www.horsepoweranch.com)

Living and working in the BEAUMONT AREA for over 40 years, offering our clients **EXCEPTIONAL SERVICE!**

Put your trust in this experienced group SPECIALIZING in Residential, Acreages, Farms & Real Estate Development.

**780.850.0800**



Brayden LaHaie-Dochilwa Marketing Coordinator  
Melissa LaHaie-Scott Realtor®  
**RE/MAX ELITE**  
Each office independently owned & operated

**GENERAC**  
**Prepare for power outages today**  
WITH A HOME STANDBY GENERATOR

**FREE** 7-Year Extended Warranty\* An \$895 Value!

**REQUEST A FREE QUOTE**  
CALL NOW BEFORE THE NEXT POWER OUTAGE  
**(888) 688-0973**



**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



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



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



**Pregnant? Facing Difficult Decisions?**  
We can help.  
Call **780.421.1177** or text **587.596.5380**

**A Small Miracle Adoption**  
Adoption is the ultimate expression of a committed heart

- Confidential Pregnancy Counselling
- Support and Connection to Resources
- Adoption Information and Advice

[www.smallmiraclesadoption.com](http://www.smallmiraclesadoption.com)



**Venner Brand Labs**  
Create vibrancy and well being in your life.

A carefully curated wellness brand dedicated to prioritizing how best to support the concept of mind, body and spirit connections.

[vennerbrandlabs.com](http://vennerbrandlabs.com)

780.441.1891 [vennerbrand@gmail.com](mailto:vennerbrand@gmail.com)  
[vennerbrandinc](https://www.facebook.com/vennerbrandinc)



**HIP OR KNEE REPLACEMENT?**  
THE DISABILITY TAX CREDIT ALLOWS FOR A **\$2,500 YEARLY TAX CREDIT** OR **\$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!



# Recipe of the month

## Banana Split Icebox Cake

1 carton (16 ounces) frozen whipped topping, thawed  
1 cup sour cream  
1 package (3.4 ounces) instant vanilla pudding mix

1 can (8 ounces) crushed pineapple, drained  
24 whole graham crackers  
2 medium bananas, sliced  
Toppings: Chocolate syrup, halved fresh strawberries and additional banana slices

Prep Time: 30 min. + chilling Yield: 10 servings

- In a large bowl, mix whipped topping, sour cream and pudding mix until blended; fold in pineapple. Cut a small hole in the tip of a pastry bag. Transfer pudding mixture to bag.
- On a flat serving plate, arrange 4 crackers in a rectangle. Pipe about 1 cup pudding mixture over crackers; top with about 1/4 cup banana slices. Repeat layers 5 times. Refrigerate, covered, overnight.
- Just before serving, top with chocolate syrup, strawberries and additional banana slices.

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



# Your Weekly Horoscope

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



Where is an old emotional issue causing a problem in your current relationship? Think about what common pattern is shared in both situations and then make adjustments as needed. Lucky numbers: 4, 21, 23, 30, 32, 42.

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



You may come across an opportunity to take a risk on a new project, but may also run into a challenge requiring you to believe in yourself and your endeavour. Lucky numbers: 10, 31, 42, 44, 45, 47.

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



You might find it easier to get in touch with your emotions at midweek. In doing so, information may bubble to the surface that was hidden in your subconscious. Lucky numbers: 6, 13, 14, 18, 26, 38.

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



How do you see yourself as a romantic partner? An opportunity may emerge for you to shape your role in a way that better suits who you are now. Lucky numbers: 8, 12, 22, 38, 47, 48.

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



At midweek, you may have an opportunity to do a monthly reset of your emotions. This time you may want to direct that reset to your beliefs around love and marriage. Lucky numbers: 13, 14, 24, 26, 27, 33.

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



The motivation for Virgos is usually accomplishing a goal rather than taking credit for it. Now may be a good time to toot your own horn, so that others remember your value. Lucky numbers: 11, 31, 32, 42, 44, 45.

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



Your charm and diplomacy may be highlighted now. You can use these to help others, but make sure you don't take on more than you can handle as you do so. Lucky numbers: 12, 16, 19, 23, 25, 38.

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



You may find you have a high level of ambition now. If there is a goal you haven't been able to manifest before, now may be the time to try. Lucky numbers: 14, 27, 29, 38, 40, 42.

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



Your Sagittarius optimism may get a boost midweek. How do you want to use this energy to plan something new? You may want to wait a bit to implement it. Lucky numbers: 1, 4, 10, 34, 39, 46.

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



Capricorns often project a serious attitude. Right now you may have the potential to incorporate a more relaxed energy to achieve a balanced viewpoint about your life situation. Lucky numbers: 3, 9, 23, 41, 45, 47.

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



The energy pattern at midweek radiates warmth and optimism. How can you incorporate these qualities positively into your communications with others, now and once this influence passes? Lucky numbers: 7, 21, 30, 37, 42, 44.

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



Pisces can sometimes be a bit of a "wet blanket." At week's end, however, you may have an opportunity to adjust your demeanour to radiate the best qualities of this sign. Lucky numbers: 5, 10, 22, 24, 35, 42.

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

## Did You Know...

**Night treat:** Queen of the Night is a nickname for the cactus *Epiphyllum oxypetalum*. This plant produces beautiful white flowers, but only at night, and the flowers wilt before the sun comes up. It's a rare event to witness.

**Coffee alternative:** Someone who wants the taste of coffee but not the caffeine could choose chicory as an alternative. This root, which is roasted and ground, can be steeped like tea or brewed like coffee.

**Yummy fruit:** The Kiwano, also called the horned melon, is native to sub-Saharan Africa. True to its name, its orange skin is covered with horny protuberances. The flesh tastes like a cross between a cucumber and a lemon.

**Rock band manager:** Brian Epstein (1934-1967), who was manager for the rock group The Beatles, was working in his family's Liverpool, England, record store when he met the group. He became their manager in 1962.

**Icy treat:** The world did not always have what are known as Popsicles. In 1905, an 11-year-old American boy named Frank Epperson accidentally left a soda drink outside overnight, with a stick in it, and the liquid froze.

## On the Lighter Side

A really bad gymnast walked into a bar.

Patient: "Doctor, I am having trouble sleeping."  
Doctor: "Lie on the edge; you'll eventually drop off."

What do you call a bird stuck at the North Pole? A brrrrrrrrd.

Words that soak into your ears are whispered, not yelled.

Knock! Knock! *Who's there?* Ivan. *Ivan who?* Ivan working on the railroad.

## Answers

5. Million  
**Trivia answers:** 1. Six 2. True 3. China 4. Thunder

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

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)

AN INDEPENDENT NON-PROFIT, CHARITABLE ORGANIZATION SINCE 1967

## Alberta Council on Aging

An aging demographic is changing the face of Alberta. Alberta Council on Aging, with regional representation across the province, addresses many of the challenges our older population faces. We engage in conversation with various organizations addressing relevant research-based matters, communications, and programs. ACA is committed to providing support and resources to all Alberta communities.

For a presentation in your community contact us or visit our website:  
[www.acaging.ca](http://www.acaging.ca)  
780-423-7781 or toll free 1.888.423.9666  
Email: [office@acaging.ca](mailto:office@acaging.ca)

Be the voice for your community. Become a Volunteer!

Alberta Council on Aging  
**Let's Stop Ageism**

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

We've moved... VISIT US IN OUR NEW LOCATION!

Gifts and Gadgets

NOW AT 28-308 WESTGROVE DR., SPRUCE GROVE BEHIND MCDONALD'S

YOUR ONE STOP KITCHEN AND GIFT SHOP  
780.962.5220 | [www.giftsandgadgets.ab.ca](http://www.giftsandgadgets.ab.ca)

Canada's HEALTHY Choice for Pets!

GLOBAL PET FOODS

SENIORS' DAY last Tuesday of every month  
Save 15%  
Restrictions may apply. Inquire in store.

5103 - 50 Avenue, Leduc  
780-980-8711 • [www.globalpetfoods.com](http://www.globalpetfoods.com)

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!  
**1-877-579-9449**

**LegalShield**

WHEEL OF FORTUNE  
WEEKNIGHTS 7PM/6PST  
yesTV

COLD SHOT  
A DIVISION OF BALMARIA 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

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

## Pain Management

We have a cream for that!

As a compounding pharmacy, we can create the custom medication you need, such as a topical cream for arthritis

COVID-19 Vaccine - Pfizer and Moderna Available without an appointment!

**AbEx Pharmacy Beaumont**  
#112, 6102-29 Ave., Beaumont, AB T4X 0H5  
780.929.1810 | [abexhealthservices.ca](http://abexhealthservices.ca)

**inogen**

## FREEDOM. TO BE YOU.

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

MKT-P0240

Coffee News is proud to support Make-A-Wish® Canada

Transform lives, one wish at a time.

Make-A-Wish.  
Visit [makeawish.ca](http://makeawish.ca)

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

**ONKAR** INSURANCE BROKERS

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

**Vikram Saggu**  
780-999-3000

**THE ONE**  
93.1 FM  
LEDUC'S BEST COUNTRY