

Improve Your Overall Health & Performance!
Support your active lifestyle by empowering your joints and bones.

Choose one of our Collagen supplement(s) to help to promote mobility, strength and vitality. Go ahead and embrace that youthful glow!

vennerbrandlabs.com

780.441.1891 | vennerbrand@gmail.com | vennerbrandinc

FREE SHIPPING ON ORDERS OVER \$150

FREE! *New Issue Every Week!*
Coffee News®
"News To Be Enjoyed Over Coffee"
Barrhead Edition
877-553-6397

www.coffee-news.ca

Ray's Coins and Stamps
THE CHOICE OF DISCERNING COLLECTORS

Coins
Graded coins and collectible coins from the Royal Canadian Mint and a few other mints

Tim Hortons Hockey Cards
...available to finish your set. Text 780.2619.2929 with your list!

Paper Money
Graded Canadian currency

Cell.: 780-619-2928
rgrikinis@yahoo.com | www.rayscoinsandstamps.com
Check our showcase # letter "I" at Old Strathcona Antique Market, 10323-78 Ave.

THIS SPACE FOR RENT

OR SCAN HERE FOR MORE INFO

Call 780-220-6397

Happy **Labour Day**
from your friends at **Coffee News®**

Barrhead Dental Clinic
Dr. Krishna Mudaliar | Dr. David Hamilton

We look forward to meeting you and your family!

Direct billing to insurance companies

We offer: • Emergency Treatment • Fillings • Same Day Treatment • Root Canals • Extractions • Crowns/Bridges

OUR HYGIENIST FOLLOWS THE 2020 ADA & C FEE GUIDE

780.674.3161
barrheaddentalclinic@gmail.com | #4, 4923-50 Ave., Barrhead

Vol. 20 No. 35 August 28, 2023

Everybody's Talking

Raincoat nabber: For over a decade, women in Osaka, Japan, have had to keep a sharp eye on their raincoats. That is because someone was stealing the hooded, poncho-type garments, known as kappa. Luckily, the culprit was caught. His name is Yoshio Yoda, and he would nab the items out of baskets on bicycles that were left unattended in the parking lots of such places as train stations and shopping malls. And he hadn't stolen just one or two raincoats; after searching the man's home, police discovered that he had snatched more than 360 of the ponchos during his reign of raincoat theft. He has become known as "Raincoat Man."

Fast chair: While sitting in a wobbly wheeled office chair, did you ever try moving it over to a file cabinet to retrieve a document? Not fun. A prototype of a new kind of office chair would put an end to such annoyances. Made by designers at the German carmaker Volkswagen, this new chair has controls so the user can drive it at a speed of up to about 20 km (12.4 mi.) per hour. And driving it is safe, as it offers a seatbelt, horn, and sensors to prevent collisions with desks and other fixtures. Apparently, the chair is not available for purchase because it was meant as a marketing ploy, but maybe that will change!

Shoe art: A Pakistani truck artist named Haider Ali is known for the creative ways he turns trucks into rolling pieces of art. Now, he has turned his attention to another medium: running shoes. Ali's work is quite distinctive, and when applied to a pair of sneakers, the result is a unique and colourful blend of flowers, petals, birds and more. The artist hand paints each shoe, selling them for far more than they would be worth without the designs. He customizes his work to his client's desires, and it can take several days to complete a matching set of runners. Ali has also applied his creative talents to such media as walls, T-shirts, and cars.

Dirty dancing: If you've got a bad back and take paid time off work because of it, it's best not to be caught in activities that are unsuitable for your ailment. A woman from Spain known as Mrs. Piedad learned this the hard way. She had been on leave from her job due to severe back pain, but when her employer discovered videos on social media of her dancing, they fired her, claiming she was taking advantage of the company's benefits package. The woman took the employer to court, but the judge agreed that if she truly had back pain bad enough to be off work, she certainly would not be participating in wild dance moves.

Quoteable Quotes

"You can't have everything. Where would you put it?" —Steven Wright
"Make happy those who are near, and those who are far will come." —Proverb

What's Happening

Sep 22-23 - Throwback to the Future Step into the past at a vintage collectibles, pop culture, and antique market held at the Barrhead Curling Rink. Explore a world of nostalgia with retro diners, free movie nights, and a treasure trove of unique finds. Starting 5pm Sep 22

Oct 1 - Family Free Swim All Ages swim for free at the Barrhead Regional Aquatics Centre located at 5607 47 Street from 4:30pm-6pm. Sponsored by Pembina West Co-op and Servus Credit Union

Ongoing - Whitecourt Farmers' Market The 2023 Farmers' Market Season will run on Tuesdays from 11am to 2pm until October 3, 2023. For more information on upcoming markets, follow the Whitecourt Farmers Market group on Facebook.

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.

Love Coffee News?

Send a selfie of yourself with your weekly edition of the paper, and your picture may appear here!

Send your selfie to contests@coffee-news.ca
Please put "Readers" in the subject line.

Please include:
• Your name • Your phone number and • Your address
so that we can send you some **cool prizes** if your photo is chosen to appear in the paper!

Reader of the Month
Sawyer Schmidt from Edmonton

Coffee News® Fun Reading. Serious Advertising.

WEBSITES From \$129/Month

(780) 760-6922
FRONTLINECONSULTING.CA

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

Trivia

1. Is indigo, saffron, or madder considered the King of Dye?
2. This reflex allows cats to always land on their feet.
3. How many children are in a set of quintuplets?
4. Mozart, Puccini, or Verdi composed the opera Cosi Fan Tutte?
5. The deltoid muscle moves the thigh, shoulder, or wrist?

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

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

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

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

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

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

We Need Volunteers In Your Area!

Help us to advocate for a quality of life that all Alberta seniors deserve

Alberta Council on Aging
Contact us: 780.423.7781 | 1.888.423.9666

AN INDEPENDENT NON-PROFIT, CHARITABLE ORGANIZATION SINCE 1967

Congratulations to July's **Coffee News® Guy** contest winners!

Your prizes are in the mail!

**Brenda Lee Kissel
Jay Douglas
Leslie Hamilton
Vera Russel**

Enter today for your chance to win at www.coffee-news.ca

Visit us on Facebook-CoffeeNewsWeekly

inogen

FREEDOM. TO BE YOU.

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

MKT-PO240

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

*To qualify, consumers must request a quote, purchase, install and activate the generator with a participating dealer. Call for a full list of terms and conditions.

Recipe of the month

Zucchini Bites

2 cups shredded zucchini ½ teaspoon garlic powder
1 cup Panko breadcrumbs ½ teaspoon paprika
½ cup Parmesan cheese ½ teaspoon Italian seasoning
1 large egg ½ teaspoon salt (or to taste)
1 tablespoon vegetable oil ¼ teaspoon ground black pepper (or to taste)

Total Time: 25 min. Yield: 20 pieces/4 servings

- Use a box grater or food processor to shred the zucchini.
- In a large mixing bowl, combine shredded zucchini, breadcrumbs, Parmesan, egg, oil, garlic powder, paprika, Italian seasoning, salt, and pepper. Mix well until evenly combined.
- Take 2 spoonfuls of the zucchini mixture at a time and shape into 1.5-inch balls. Set aside on a plate.
- Bake in a 375F preheated oven for 15 minutes until golden brown.
- Serve immediately with your favourite dipping sauce, if desired.

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

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

Transform lives, one wish at a time.

Make-A-Wish.

Visit makeawish.ca

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

Find Your Best Fit With Us!

Romantic Notions inc.

#30, 210 McLeod Ave., Spruce Grove
780.962.4944 | 1.855.962.4944
www.romanticnotions.ca
@romanticnotionsab @romanticnotionsboutique

Bras Briefs Boxers Bikinis

SHOP ONLINE!
www.scubagearcanada.ca

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

The Dive Outfitters
Scuba Diving & Snorkeling
Learn to SCUBA DIVE at our Edmonton location - call for details
11781-156 St., Edmonton 780.483.0044

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

Your Weekly Horoscope

ARIES
(March 20 - April 19)



You may get information this week that can help you deal with an old issue. However, it may require you to adjust your beliefs or attitude about the situation. Lucky numbers: 12, 17, 23, 24, 29, 34.

TAURUS
(April 20 - May 20)



Have you experienced sudden or unexpected changes the last few years? You may find yourself going back over that territory again. Consider how you may want to course correct going forward. Lucky numbers: 8, 16, 19, 30, 45, 47.

GEMINI
(May 21 - June 20)



Gemini's often can easily see all sides of an argument. At the end of the day, though, you need to establish a set of values that works for you. Lucky numbers: 9, 12, 23, 24, 25, 36.

CANCER
(June 21 - July 21)



At the end of the week, the energetic pattern may provide a new opportunity for you to strengthen your intuitive abilities. Don't be afraid to reach for this gift. Lucky numbers: 3, 7, 9, 17, 33, 48.

LEO
(July 22 - Aug. 22)



You may have been focused on your relationship the last few months. Blocks in this area may start to ease now. What lessons from this period can you use going forward? Lucky numbers: 15, 20, 33, 36, 43, 45.

VIRGO
(Aug. 23 - Sept. 22)



Virgos can sometimes sacrifice their relationships in favor of practical results. Over the next month, you will be given an opportunity to create a better balance in this dynamic. Lucky numbers: 18, 19, 22, 25, 38, 42.

LIBRA
(Sept. 23 - Oct. 22)



Despite their diplomatic talents, Libras sometimes find emotions interfere in their efforts to clearly communicate their needs. You may have the opportunity now to change this paradigm. Lucky numbers: 2, 6, 11, 27, 31, 40.

SCORPIO
(Oct. 23 - Nov. 21)



Scorpios have a strong intuition they sometimes hide from others. However, there is a cost to not showing them who you truly are, and now may be the time for change. Lucky numbers: 7, 10, 29, 33, 37, 43.

SAGITTARIUS
(Nov. 22 - Dec. 20)



Is there something ending in your life? Consider whether you want to fight the process or evaluate what you can learn from it. Take that lesson into your next endeavour. Lucky numbers: 6, 16, 39, 40, 45, 47.

CAPRICORN
(Dec. 21 - Jan. 19)



Have you recently run into an obstacle about money or romance? You may have an opportunity now to make an adjustment to your view that will help resolve the issue. Lucky numbers: 16, 28, 40, 42, 45, 48.

AQUARIUS
(Jan. 20 - Feb. 18)



Your intellectual abilities may be even stronger than usual at the beginning of the week. While this has its uses, be careful of being too detached in your interactions with others. Lucky numbers: 1, 3, 6, 9, 12, 17.

PISCES
(Feb. 19 - March 19)



Midweek is favourable to bring current endeavours to an end. As you plan what to do next, it may be more important than usual to establish clear expectations with others. Lucky numbers: 10, 11, 31, 33, 35, 39.

Lucky numbers this week: This week's odds favour Cancer winners with the luckiest number being 7.

Did You Know...

Bright fruit: The marble berry (*Pollia condensata*) plant grows in Central Africa. Its fruit looks like shiny blue marbles covered in metallic paint. Scientists say it is the brightest thing found in nature.

Keyboard shortcuts: Many keyboard shortcuts make computer work more efficient. "Control (Command on a Mac) + Shift + t" reopens the most recently closed browser tab. "Control + t" opens a new tab.

Common birthday: Birthdays are cause for celebration, and September 9 is the most common day for people to have a birthday. Nine of the top 10 birthday dates are in the month of September.

Webbed digits: A small, stocky monkey lives in Central African swamp forests. Called Allen's Swamp monkey (*Allenopithecus nigroviridis*), these primates have a small amount of webbing on their fingers and toes.

Fingers only: Fried chicken is a traditional favourite food in the state of Georgia (U.S.). However, don't try using a knife and fork to dig in. That's been illegal since 1961. You must eat it with your fingers.

On the Lighter Side

What planet is like a circus? Saturn—it has three rings!

The best sermons are lived, not preached.

Knock! Knock! *Who's there?* Isolate. *Isolate who?* Isolate to the party I almost missed it.

A washbasin is standing in front of the door. Let that sink in.

Teacher: "Which two days begin with T?"
Student: "Today and Tomorrow."

Answers

Trivia answers: 1. Indigo 2. Righting reflex 3. Five 4. Mozart 5. Shoulder

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

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

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

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

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
August 1 Draw Winners: Fiona L. from Edmonton, Paige H. from Red Deer, Ellery T. from Calgary

HIP OR KNEE REPLACEMENT?

THE DISABILITY TAX CREDIT ALLOWS FOR A

\$2,500 YEARLY TAX CREDIT

\$30,000 LUMP SUM REFUND

COPI, 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!

fcss
Barrhead & District Family and Community Support Services Society

Community and Family Programming

Hours (Mon-Fri): 8:30 a.m. - 4:30 p.m.
Closed from 12 to 1 p.m.

5103-51 St., Barrhead
780-674-3341

Barrhead and District FCSS Society

BLUE BLOODS
MON - THURS 9:00

yesTV

SOLVING TOOTH LOSS PROBLEMS SINCE 1993

Barrhead DENTURE CLINIC Marcel Turenne, Denturist

For a NATURAL LOOK, there are a wide variety of tooth moulds and shades available to **INDIVIDUALIZE** your smile

DIRECT BILLING to insurance companies upon pre-determination of benefits

5122-49A Street, Barrhead Mon-Fri, 8:30 a.m.-4 p.m. **780.674.4348**
www.barrheaddentures.ca

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

WE BUY USED GOLD AND DIAMONDS

Blue Diamond Jewellers

780.968.0040
Main Street, Stony Plain
www.bluediamondjewellers.com