

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

FREE! *New Issue Every Week!*

Coffee News®

"News To Be Enjoyed Over Coffee"

St. Albert Edition

780-220-6397



www.coffee-news.ca Est. 1988

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/coffeeews



ARTWALKSTALBERT.COM

JOIN US

ArtWalk ST. ALBERT

JULY 6

AUGUST 3

SEPTEMBER 7

Discover beautiful St. Albert with artwork at our venues + outdoor artist market from 6-8:30 pm.

TELL a Polio Survivor About US!

Wildrose Polio Support Society

780.428.8842 | www.polioalberta.ca

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!



Vol. 20 No. 36 September 4, 2023

Everybody's Talking

Stone carver: A fellow named Ganauri Paswan, who lives in the village of Jaru Banwariya in northern India, has a heart of gold, as well as unending patience to complete a task. He wanted everyone, regardless of their mobility issues, to be able to walk up a 457-metre (1,500-ft.) rocky mountainside to a temple at the top. Using only rudimentary tools like a chisel and hammer, he carved 400 steps. It took him eight years to complete the job, which he did on a volunteer basis. He often worked alone, but sometimes family members and friends would join him for a day of work. To carve the steps, he used stones he found on the mountain.

Hot water: Ever dream of sitting in a hot tub while in the middle of a lake? A Spacruzzi is a hot tub boat made in the United States by a company of the same name. Shaped like a teardrop, the watercraft has seats, just like a normal hot tub, and steamy water is regulated through a heating and filtration system. A small motor allows users to cruise around their chosen lake for a few hours. The expensive contraption, which starts at 48,900 (USD), also boasts a gas fireplace, and buyers can opt for extras, such as underwater lighting. The unit is small enough to be easily transported and launched. What an experience!

Barcode tattoo: A man from Taiwan was tired of pulling his cell phone from his pocket to make payments by showing the barcode on his transaction app. So he got a tattoo of the barcode. Now he presents his arm and lets the cashier scan the code to pay for goods. Luckily, he found a talented tattoo artist for the job; one small slip up, such as too much space between bars or one bar that was too thin or thick, would have made the code unusable. The tattoo works, at least for now. In time, it may fade and he may need to have touch-ups done.

Looking good: Fashion designers around the world are finding a new market for their designs: hospitals or, more precisely, the patients in hospitals. Who wants to be in a healthcare facility, already feeling unwell, and then look even worse in a traditional, baggy hospital gown that ties at the back? No one! So clothing makers have started crafting stylish and functional gowns using soft, comfortable fabric, nice colours, and utilitarian features, such as pockets. The idea is that people who are ill should not also have to think about how they are dressed. Plus, a nice-looking gown may serve to lift spirits and provide a small bit of dignity.

like us

We are your Apple experts!

one bite technology

587.290.0200
www.onebitechology.ca

Retail store location: 2002 Tudor Glen, St. Albert

- Mac & PC Repair, Tech Support
- iPhone & iPad Repair
- Used Apple Device Sales
- Upgrades, Repairs, and (Used) Sales

WE'VE MOVED!

THIS SPACE FOR RENT

Call 780-220-6397

OR SCAN HERE FOR MORE INFO



WHY RENT ...when you can BUY?


You may be financially ready – and don't even know!

Call George about *real solutions* to build equity:

780.982.4247

www.georgevandewalle.com

Each office independently owned and operated



GEORGE VAN DE WALLE

Quoteable Quotes

"How people treat you is their karma; how you react is yours."
—Wayne Dyer

"Never give in except to convictions of honour and good sense."
—Winston Churchill

Jennifer Miles, Agent
125-15 Circle Dr
St. Albert AB T8N 3Y7
780-460-2279
www.jmilesinsurance.com

Desjardins Insurance

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.

What's Happening

Sep 16 - Fall Handmade Market Free admission; collecting food and funds for the Fort Saskatchewan Food Bank Free Parking Family Friendly. Dow Centennial Centre, 8700 84 St Fort Saskatchewan from 10am-4pm

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/TR2023WalkofHopeGeneralpgentryfr_id1889

NON profit organizations may submit events for FREE at www.coffee-news.ca

THE ONE STOP DESTINATION FOR ALL YOUR CAR NEEDS

Auto Sales:

- ✓ Shop with total confidence ✓ Financing available
- ✓ Large selection of pre-owned cars
- ✓ We also buy cars – inquire for details!

CANADIAN AUTO REMARKETING

780.569.0654
#109-25 Chisholm Ave., St. Albert

www.CANADIANAUTOREMARKETING.CA



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

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.

Say Yes to a new adventure!

Kayak and Paddleboard Rentals

Wide variety available, from Single Kayaks to a Tandem Paddle Board!

Celebrate your party with us! Group bookings available from \$25/kayak for two hours

Fusion World RENTALS

AT CARDIFF PARK
587-783-7380
www.fusionworldrentals.ca

SCAN HERE TO BOOK NOW!

KAYAKS \$30 x 2 HRS
\$65 x 3 HRS
\$120 x 3 DAYS



PROMOTIONAL & PRINTING

OUI PRINT .COM

YOU THINK IT, OUI PRINT IT.

780 865 3212

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

Trivia

1. Albacore and yellowfin are types of herring, tuna, or bass?
2. He wrote the original Story of Babar, the Little Elephant children's book.
3. Malagasy and _____ are the official languages of Madagascar.
4. This western lowland gorilla learned American Sign Language.
5. Easter Island is a special territory of Brazil, Chile, or Peru?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

(Over)

FOR ALL YOUR SEWER, PLUMBING, HEATING & GASFITTING NEEDS

- Plumbing Repairs, Maintenance & Renovations
- Hot Water Tanks
- Plumbing Fixtures
- Furnace Install & Repair
- ...and more!

ADG KABAN SEWER & DRAIN LTD.

Supporting and Servicing St. Albert and Surrounding Areas For Over 27 Years

Troy 780.498.6888 Cell. LICENSED • BONDED • INSURED

780.458.9778 | www.adgplumbing.com

GUARANTEED EXCELLENCE and 24 HR. SERVICE BY PROFESSIONAL TRADESMEN



Offering the latest in dental technology... to make your visit as comfortable as possible!

Fillings
Same Day Crowns
Digital Imaging
Digital Impressions
Hygiene Care • Invisalign

citadel dental

#250, 665 St. Albert Trail, St. Albert
587.805.0340 | reception@citadeldental.ca

Dr. Melonie MacDonald
General Dentist

Book online!
www.citadeldental.ca

We are KID friendly!

My office is always available to connect you to government services and to provide information on local initiatives.

Dale Nally, MLA
MORINVILLE - ST. ALBERT

780-572-6161
Morinville.Stalbert@assembly.ab.ca

THE ONE STOP DESTINATION FOR ALL YOUR CAR NEEDS

Complete Automotive Service Repairs:
✓ We sell summer and winter tires ✓ Tune-ups
✓ Lube/Oil/Filter Services ✓ Wheel Alignments
✓ Vehicle Inspections ✓ A/C Recharge and Repairs

CANADIAN AUTO REMARKETING
780.569.0654
#109-25 Chisholm Ave., St. Albert

WWW.CANADIANAUTOREMARKETING.CA

780-651-7362

Located in the Enjoy Centre, Entrance 4 - 101 Riel Drive, St. Albert

Wild Earth Bakery

We've been around for a while and we've seen a lot over the years.
The world keeps changing, but Wild Earth keeps baking.

www.wildearthbakery.com

Are your ducks all in a row...?

Offering years of paralegal experience to assist you by preparing documents such as:

- Last Will and Testament
- Enduring Power of Attorney
- Personal Directives

RATES AS LOW AS \$150 FOR WILLS

WILLPOWER WILLS
EXPERIENCED. DEDICATED. KNOWLEDGEABLE.

780-418-7611

TERRI BRUNNING
Call Terri today for a FREE consult.

Window Coverings That Reflect Your Style

From inspiration to installation, our team of professionals collaborate with you to deliver beautiful window treatments.

BLINDS & SHADES • SHUTTERS • CUSTOM DRAPERY

108-25 Chisholm Avenue, St. Albert

BENCHMARK WINDOW FASHIONS

833.330.0265 | sales@bmark.ca | bmark.ca

NOW ALSO OFFERING WALL PAPER!

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

Where your pet gets a vacation too!

BlackPaws Pet Resort & RV Storage

Why choose us for your dog boarding needs?

- Acres of play areas! • Group play all day!
- Large private indoor/outdoor rooms for each dog, or up to a family of 3!
- Management on-site 24/7

26106 Twp Rd 552, Sturgeon County
780.984.5718 | blackpawspetresort.ca

Less dogs, more space... a tired dog is a good dog!

BOOK TODAY... your pet will thank you!

Your Weekly Horoscope

ARIES
(March 20 - April 19)

You are nearing the halfway point of the solar return that happened at your birthday. You may want to begin to evaluate progress against your goals and correct the course if needed. Lucky numbers: 2, 5, 17, 18, 27, 34.

TAURUS
(April 20 - May 20)

A monthly emotional reset is in play for you now. Until December 31st, you may find yourself reviewing the outcome of past opportunities to see which to continue or end. Lucky numbers: 5, 7, 9, 15, 40, 44.

GEMINI
(May 21 - June 20)

Geminis sometimes find that their minds run in many different directions at the same time. If you experience this at mid-week, consider waiting a few days to make decisions. Lucky numbers: 3, 6, 16, 26, 35, 45.

CANCER
(June 21 - July 21)

At the end of the week, you may find that your responses to people and situations are more emotional than normal. Be conscious of your demeanour toward others for a few days. Lucky numbers: 6, 11, 16, 17, 32, 34.

LEO
(July 22 - Aug. 22)

Are you trying to manifest something that aligns with your values and identity? If you have difficulty communicating your thoughts about this, consider postponing your efforts for a couple of weeks. Lucky numbers: 4, 16, 24, 30, 31, 44.

VIRGO
(Aug. 23 - Sept. 22)

Virgos often have the ability to communicate their thoughts to others in a clear and precise manner. This skill may be hampered for the next two weeks, so be aware of it. Lucky numbers: 7, 11, 22, 27, 28, 36.

LIBRA
(Sept. 23 - Oct. 22)

From now until the end of the year, an opportunity may be presented to you that involves something from your past. If so, explore it carefully before taking action. Lucky numbers: 10, 20, 25, 26, 32, 48.

SCORPIO
(Oct. 23 - Nov. 21)

Have you been having difficulty communicating who you are and what you want? This may continue for another two weeks. You may want to wait to proceed with your efforts. Lucky numbers: 1, 4, 6, 21, 24, 42.

SAGITTARIUS
(Nov. 22 - Dec. 20)

At midweek, your thoughts and emotions may be out of sync. Can you find a creative solution that is a win-win? If not, consider postponing decisions for a few days. Lucky numbers: 17, 18, 29, 34, 37, 39.

CAPRICORN
(Dec. 21 - Jan. 19)

Are you focusing on an issue, but someone else is focusing on their feelings about it? You may have an opportunity to resolve this stalemate by incorporating a more empathetic response. Lucky numbers: 8, 16, 20, 34, 39, 47.

AQUARIUS
(Jan. 20 - Feb. 18)

Are you feeling restless about whether you are making a contribution to the world? This may be a good time to adjust your endeavours to include service to others. Lucky numbers: 15, 16, 17, 21, 30, 38.

PISCES
(Feb. 19 - March 19)

Do others see you as intuitive and empathetic, or as impractical and not grounded? If the latter, what change would have them view you in a more positive manner? Lucky numbers: 12, 14, 23, 24, 34, 40.

Lucky numbers this week: This week's odds favour Aquarius winners with the luckiest number being 17.

Did You Know...

Lighting the way: New York City's famous Statue of Liberty arrived in America in 1885 as a gift from France. For the first 16 years after it was set up in the United States, the statue was a working lighthouse.

Tall tree: Kapok trees, native to South America but also found in West Africa and Southeast Asia, tower over rainforests at 150 feet (45.7 m) or more. Seeds contain silky fibres used to stuff bedding and life vests.

Place to remember: Don't forget to visit the village of Forget (pronounced "for-jay") when traveling through the province of Saskatchewan, Canada. This tiny place was named for Amédée E. Forget.

Big bill: In 1934, the U.S. government printed a \$100,000 bill, the highest denomination ever issued. However, the bill was never used for general purposes. Imagine what would happen if someone lost it!

Striking gold: The very popular, yellow-fleshed Yukon Gold potato is a product of agricultural researchers in Canada. They spent years obtaining the desired result through cross-breeding other types of potatoes.

On the Lighter Side

If you don't take the time to do it right, you'll find the time to do it twice.

Knock! Knock! Who's there? Zagat. Zagat who? Zagat says, "Meow."

How do you make an octopus laugh? With ten-tickles.

Science teacher: "If you call your name in a vacuum, what will you hear?"
Student: "That depends on whether it is on or off."

I went to a fancy English hotel, or rather, a great Brit inn.

Answers

Trivia answers: 1. Tuna 2. Jean de Brunnhoff 3. French 4. Koko 5. Chile

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

UH-OH!

DON'T WORRY -
We repair damage to leather, vinyl, plastic and fabric.

COLORGlo
NORTH EDMONTON

► For a free estimate, call 780.239.7917

AUTOMOTIVE | COMMERCIAL | RECREATIONAL | RESIDENTIAL

Weekly • Bi-Weekly • Monthly • One-Time Cleaning

We do one thing - Clean!

Professional and personalized cleaning service:
Residential & Commercial Cleaning
Detail Cleaning • Basic Cleaning
Move In/Move Out
New Construction

Call Lynn today for a free quote:
780.721.6789
www.youhaveitmaid.ca

2023 WINNER

YOU HAVE IT MAID CLEANING SERVICES

Mortgage Advice

We provide mortgage options, value, flexibility, and convenience.

TD

Let's talk:
Michael Rennie
Mobile Mortgage Specialist
T: 780 499 4749
michael.rennie@td.com
mms.tdcanadatrust.com/michael.rennie

WHEEL OF FORTUNE
WEEKNIGHTS 7PM/6PST
yesTV

IS ADVENTURE ON YOUR BUCKET LIST?

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

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

Exclusive Offer!

Coffee News Readers - Receive \$100 OFF their Website Development!

*Mention this ad to redeem!

Frontline
web consulting
(780) 760-6922
FRONTLINECONSULTING.CA

SCAN ME

Helping People Live Their Best Life Possible

ComForCare
HOME CARE

Please contact us for all your Home Care needs

780-733-4495

We Pay CASH For Your Scrap Metal!

Yes!

We accept ALL scrap metals

RICHMOND STEEL RECYCLING

16610-129 Avenue NW, Edmonton
587.689.3100 | richmondsteel.ca

BRING THIS AD IN WITH YOUR SCRAP AND GET \$5/NT MORE ON STEEL SCRAP AND/OR 0.05/LBS MORE ON COPPER SCRAP