

Affordable-Effective-Exclusive-CALL NOW!

**WOMENS WORKWEAR**

www.womensworkwear.ca

**STORE NOW OPEN!**  
5403 Gateway Blvd NW, Edmonton  
Enjoy The Experience

**FREE!** *New Issue Every Week!*

**Coffee News**<sup>®</sup>

"News To Be Enjoyed Over Coffee"

**Central Edmonton Edition**

**780-220-6397**

www.coffee-news.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

**CONGRATULATIONS**

to all the 2023 monthly winners of a \$400 prepaid Visa card:

**May 1 Draw Winners:** Chelsey M. from Edmonton, Cindy C. from Sylvan Lake, Jay Z. from Edmonton

**July 1 Draw Winners:** Rodney B. from Lethbridge, Brian P. from Edmonton, Natasha W. from Red Deer

**June 1 Draw Winners:** Frank H. from Sylvan Lake, Sandy P. from Calgary, Steven R. from Lethbridge

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

**September 1 Draw Winners:** Emily J. from Sherwood Park, Preston H. from Edson, Sandy P. from Calgary

**October 1 Draw Winners:** Cassi S. from Edmonton, Walter A. from Calgary, Karen P. from Okotoks

**November 1 Draw Winners:** Yolanda P. from Edmonton, Bob P. from Calgary, Sarah H. from Okotoks

**December 1 Draw Winners:** Keisha W. from Edmonton, Wendy W. from Camrose, Tanya M. from Rimbey

**You could be our next winner!**

SCAN HERE:

**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  
For complete contest rules, please visit www.accidentinjurylawyer.com/coffeeews

**Everybody's Talking**

**Underground accommodation:** Wales is home to a hotel that is purported to be the deepest in the world. Aptly named the Deep Sleep Hotel, it is located in an abandoned slate mine in the Snowdonia mountains. At 1,375 feet (419 m) below ground, getting there is quite an adventure for overnight guests. Guided by a trip leader, they have to hike for 45 minutes on mountain paths. Then, they are suited up with gear and taken down a challenging descent path in the mine. After that, they settle into very comfortable cabins and are provided with an expedition-style meal. The next day, staff members wake the visitors for the steep trek back up to the surface.

**Shoddy work:** In a village in India's Maharashtra state, residents have every right to complain about poorly done work. Folks in Karjat-Hast Pokhari had been looking forward to getting blacktop installed on the area's rough roads. So they were thrilled when a construction company arrived to do the work. However, the residents soon realized that the company had taken a huge shortcut in the job: they put down canvas material, then covered it with a very thin layer of asphalt. Several locals soon realized the situation when they lifted up a corner and it folded like a carpet. Villagers have made complaints against the contractor and the government department that hired them.

**White line fever:** The town may be small, but its authorities decided to fight hard to encourage speeding motorists to slow down. Baune, located in western France, sees many motorists speed over its streets as they navigate through the town's crossroads. Despite clear speed limit signs, drivers pay no heed and drive as fast as 100 km/h (60 mph) through the small town of 1,700 residents. To try to remedy the situation, the town painted confusing road lines. The continuous lines go this way and that, and often overlap. Drivers are slowing down to try to figure out what they are supposed to do. Hopefully motorists won't go back to their old ways anytime soon

**Long race** One ultramarathon starts from the pier in Santa Monica, California (U.S.), and ends at the welcome sign to the city of Las Vegas, Utah. Called The Speed Project, the length of the run is 340 miles (548 km) through the area's hot deserts, including Death Valley. The race is not advertised, there are no rules, and the participants must be invited to compete. Runners do not have to follow a particular route, but they are not allowed to run on highways. Started by Nils Arend and Blue Benadum in 2013, the race can be run solo, but it started out as a relay race for six team members

**yes tv**

**FREE LIVE STREAMING COMING THIS FALL**

visit [yestv.com](http://yestv.com) for details

**THIS SPACE FOR RENT**

Call 780-220-6397

OR SCAN HERE FOR MORE INFO

**Can't get to your Coffee News<sup>®</sup> 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)

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

**TileTown** 50 years 1971-2021  
Your Space. Your Style. Your Way.

Bring this ad into one of our 2 Edmonton Locations & Receive **20% OFF**  
All Regular Priced, in Stock Tile

8219 Argyll Rd., Edmonton • 780-466-1343  
11478-156th St., Edmonton • 780-451-7744

**Creating Smiles That Last A Lifetime...**

General Dentistry • Cosmetic Dentistry • Implants  
Restorative Dentistry • Botox Treatments

**Dr. DEREK FIKA Family Dentistry** drderekfika.com  
12943-97 St NW Edmonton

Proudly Introducing **Dr. Ahmed Hussain**  
SPECIALIZING IN PROSTHODONTICS

EVENING AND SATURDAY APPOINTMENTS AVAILABLE

**HIP OR KNEE REPLACEMENT?**  
THE DISABILITY TAX CREDIT ALLOWS FOR A

**\$2,500 YEARLY TAX CREDIT**  
**\$30,000 LUMP SUM REFUND**

Wipe out inflation, get the credit!

Restrictions in Walking or Dressing may qualify.  
FOR EXPERT HELP: 1-844-453-5372

**Quoteable Quotes**

"Whether or not you know it, you're the infinite potential of love, peace, and joy."  
—Amit Ray

"Everything that irritates us about others can lead us to an understanding of ourselves."  
—Carl Jung

**What's Happening**

NON PROFIT organizations may submit fundraising events for FREE at [www.coffee-news.ca](http://www.coffee-news.ca). Please submit a minimum of 4 weeks in advance.

**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!

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!

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.

4 winners (\$100 each) will be drawn on the 15th of each month from all correct entries

**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)

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

**Randy BOISSONNAULT**  
Edmonton's Strong Voice in Ottawa

Member of Parliament/Député Edmonton Centre

780-442-1888  
Randy.Boissonnault@parl.gc.ca  
www.RandyBoissonnaultMP.ca

@R\_Boissonnault /R.Boissonnault

**Deaf or Hard of Hearing?**

We can help you boost your resume.

Scan here to learn how or visit [www.chha.ca](http://www.chha.ca)

**No time to be handy...?**

**WE CAN HELP!**  
CONTACT THE EXPERIENCED PROFESSIONALS AT

**HOME & OFFICE HANDYMAN services**

Give Us Your List. We'll Do The Rest.

780.940.2127 | [www.HOHS.ca](http://www.HOHS.ca)

**Trivia**

1. The Greek goddess of peace was Athena, Eirene, or Aphrodite?
2. Singer Elvis Presley had a twin brother—T/F?
3. How many limbs does a squid have?
4. Toad Hall is featured in this children's book.
5. "The Lady and the Unicorn" tapestry is Musee de Cluny, the Met, or the Smithsonian?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd  
**(Over)**

Your Local Event, Meeting Place & Community Hub!

# KIRK CENTRE

Est. 1959  
"Heart of the Community"  
Safe, accessible and inclusive non-profit community hub

Office space for rent | Large and small hourly room rentals available | Below market rates

SCAN HERE TO VISIT OUR SITE

780.438.6619 | [kirkcentre@gmail.com](mailto:kirkcentre@gmail.com) | [www.kirkcentre.ca](http://www.kirkcentre.ca)

# 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](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

## PROMOTIONAL & PRINTING

# OUI PRINT

YOU THINK IT, OUI PRINT IT.

# 780 865 3212

## We Pay CASH For Your Scrap Metal!

# Yes!

We accept ALL scrap metals

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

RICHMOND STEEL RECYCLING

16610-129 Avenue NW, Edmonton | 587.689.3100 | [richmondsteel.ca](http://richmondsteel.ca)

## ELECTRICIAN FOR HIRE

Residential Light Commercial Electrical Repairs and Renovations

Art de Leon Master Electrician

780.932.3858 Cell  
[ajdeleon63@gmail.com](mailto:ajdeleon63@gmail.com)

## RETIREMENT LIVING

# CHRISTENSON

Optional Meals • Personalized Services • On-site Care

### Join Our Vibrant Community

VILLAGE AT Westmount

Full Kitchens • Social & Recreation • U/G Parking

13326-114th Ave, Edmonton

780-540-9500  
[CDLhomes.com](http://CDLhomes.com)

## THINKING OF BUYING OR SELLING?

CALL KATIE  
Your Central Edmonton Agent:  
780.519.0668  
[www.realtybykatie.com](http://www.realtybykatie.com)

Living & working in Central Edmonton!

Katie Adams  
Local REAL ESTATE

# Your Weekly Horoscope

## ARIES

(March 20 - April 19)



How can you bring your purpose in line with your values? Look to any old wounds that may be clouding your judgment about next steps to achieve something worthwhile. Lucky numbers: 10, 11, 21, 30, 39, 40.

TAURUS (April 20 - May 20)



A sudden or unexpected opportunity may surface this week. You might want to examine it carefully, especially if you are unsure if this possibility is what you want. Lucky numbers: 11, 16, 22, 27, 33, 41.

## GEMINI

(May 21 - June 20)



Your intuitive and intellectual skills may be heightened in the next few weeks via the placement of Mercury, your ruling planet. How could you use these additional energies? Lucky numbers: 13, 17, 24, 26, 30, 32.

## CANCER

(June 21 - July 21)



At midweek, your heart may be pulled in one direction and your head in another. You might consider waiting a few days to see if the current stalemate will ease. Lucky numbers: 5, 6, 9, 11, 20, 25.

## LEO

(July 22 - Aug. 22)



For the next several weeks, you may have an opportunity to reach for a goal that aids others. But this might require that you put aside your own goals for now. Lucky numbers: 7, 11, 20, 25, 36, 43.

## VIRGO

(Aug. 23 - Sept. 22)



Virgos often focus on small goals and objectives. For the next few weeks, you may have an opportunity to envision something larger. It might require that you adjust your viewpoint. Lucky numbers: 9, 12, 26, 36, 39, 44.

Lucky numbers this week: This week's odds favour Aquarius winners with the luckiest number being 39.

## Did You Know...

**Garlicky goodness:** While white garlic is well known, black garlic is made by carefully aging raw bulbs for a few weeks in hot and humid conditions. This process gives them a sweet and savoury flavour.

**Boundary:** The region between the U.S. and South America is called "Central America." But geographically, the North-South boundary is Panama's southern border, so Central America technically is in North America.

**Plant meanings:** Over eons, different flowers and plants carried different meanings, like red roses for love and orchids for beauty. Less positive associations include aloe for grief and striped carnation for refusal.

**Unfinished palace:** Neuschwanstein Castle in Schwangau, Bavaria, Germany, looks like the quintessential fairy tale castle. Bavarian King Ludwig II commissioned the palace, but died in 1886 before it was completed.

**Five kids:** Paul McCartney of Beatles fame has five children: Heather, Mary, Stella, and James (whose mother was Linda McCartney), and Beatrice (whose mother is Heather Mills). Beatrice was born in 2003.

## On the Lighter Side

Never was there a more groundbreaking invention than the shovel.

My cellar is so damp that when I lay down some mouse traps, I catch fish!

Ernie: "Does your dog have a licence?"  
Bernie: "No, she's not old enough to drive."

Knock! Knock! Who's there? Rice. Rice who? Rice and shine, it's the first day of school!

Einstein developed a theory of space. And it was about time, too!

## Answers

Trivia answers: 1. Etienne 2. True 3. 10 4. The Wind in the Willows 5. Musée de Cluny

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

## 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

## Recipe of the month

### Cheddar Broccoli Soup

1 small onion, chopped | 1 package (10 ounces) frozen chopped broccoli  
2 garlic cloves, minced | 1 teaspoon ground mustard  
2 tablespoons butter | 1 teaspoon Worcestershire sauce  
2 tablespoons all-purpose flour | 1/4 teaspoon ground nutmeg  
1 can (14-1/2 ounces) beef broth | 1 cup shredded cheddar cheese  
1-1/2 cups 2% milk | Additional shredded cheddar cheese, optional

Prep/Total Time: 30 min. Yield: 4 servings

- In a large saucepan, saute onion and garlic in butter until tender. Stir in flour until blended. Gradually stir in broth; bring to a boil. Cook and stir for 2 minutes.
- Stir in the milk, broccoli, mustard, Worcestershire sauce and nutmeg. Bring to a boil. Reduce heat; simmer, uncovered, for 6-8 minutes or until heated through. Stir in cheese until melted. If desired, serve with additional cheese.

Ideal comfort food for chilly winter nights!

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

Residential & Commercial Security

## Secure Your Summer Now!

- Eliminate pocket and lost keys
- Get notifications when children arrive home
- Monitor who is in your home or yard
- Greet visitors at your door without opening it
- Provide video evidence to police

Call 587-566-4922

## TECHNICIAN DIRECT AUTOMATION

SECURITY SURVEILLANCE ACCESS CONTROL

Locally owned. Locally answered. No job too big or too small.

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)

- | Oct. 1 Draw Winners   | Nov. 1 Draw Winners  | Dec. 1 Draw Winners  |
|---|--|--|
| Cassi S. from Edmonton<br>Walter A. from Calgary<br>Karen P. from Okotoks | Yolanda P. from Edmonton<br>Bob P. from Calgary<br>Sarah H. from Okotoks | Keisha W. from Edmonton<br>Wendy W. from Camrose<br>Tanya M. from Rimbey |

## STOP STREAMING! IT'S FUNNIER LIVE

AT THE COMIC STRIP  
BOURBON STREET, WEST EDMONTON MALL

PURCHASE TICKETS ONLINE AT [thecomicstrip.ca](http://thecomicstrip.ca)

Rick Bronson's THE COMIC STRIP  
DRINK • DINE • LAUGH

## ingen

CLAIM YOUR 14-DAY RISK-FREE TRIAL!

### PORTABLE OXYGEN FOR YOUR ON-THE-GO LIFESTYLE

Call us toll-free at 1-888-998-6714

\*14-day risk-free trial. Return within 30 days of purchase for a full refund of purchase price.  
PMS200629 EN, EN, USA | In Canada © 2023 Ingen, Inc.  
303 Commerce Drive, Golden, CO 80437  
Ingen® is a trademark of Ingen, Inc. The usage of any Ingen, Inc. trademark is strictly forbidden without the prior consent of Ingen, Inc. All other trademarks are trademarks of their respective owners or holders.

## GET MORE FROM YOUR ONLINE CONTENT

CONTENT MARKETING SERVICES

- Blog Writing
- Email Marketing
- Website Content
- Google Business Profile

FREE CONSULT

SCAN ME

Frontline 780.760.6922