Book now and SAVE - www.bookcamrose.ca Our Focus Is On You WE OFFER: Comprehensive eye examinations Ocular emergency walk ins' Contact lenses, eyewear, eye drops Pediatric examinations / Senior examinations Diabetic exams, glaucoma workup/mgmt Direct billing to most insurance companies * Fully covered by AB Health for ALL AGES 780.489.3937 ACCEPTING NEW PATIENTS AND WALK-INS **PRAIRIE EYE L'ARE** 6855-170 Street NW, Edmonton MENTLIVING Join Our Vibrant Community Glastonbury Village PARKLAND Full Kitchens • Social & Recreation • U/G Parking RISTENS_ 1585 Glastonbury Blvd, Edmonton CD 780-540-9500 MUNIT CDLhomes.com Struggling with your health and wellness goals? Nest's acupuncturist can treat: fatigue • pain hormone imbalances (impar fertility and menopause)

EDMONTON'S PREMIER RETIREMENT COMMUNITY Renovated One or Two Bedroom Suites Available OF SUMMERLEA the waterford.ca **BOOK YOUR TOUR TODAY!** 780.444.4545 | hello@thewaterford.ca ■ OIL CHANGES ■ CABIN FILTERS TRANSMISSION AND DRIVELINE SERVICE 05 ■ AIR FILTERS ■ FUEL FILTERS ON YOUR NEXT VISIT! VED | NO APPT. NECESSARY! 780.483.2281 780.244.4855 17771 - 98A Avenue (beside the Domo) 10165 – 186 Street (Sunwapta Centre, beside Co-op Gas Bar)

INTEGRATIVE WELLNESS

10608-124 Street, Edmonton

780.760.6378 | nestinwellness.com

immune health

• allergies ...and more!

CONNECTION

SUPPORT

GROWTH



Ε

Vol. 21 No. 8 February 19, 2024

Over Coffee"

Edition

Everybody's Talking

Scribbled tattoo: When getting a tattoo, clients choose designs that vary widely and, in the end, it's "to each their own." That's likely what many people say about tattoos by German artist Mykhailo, based in Berlin. One piece of this artist's work looks more like a child's scribblings, with squiggly looking flowers on scrawled stems, along with other lines that don't seem to have any connection to anything. However, the artist first drew the design with a marker, and the client said "yes" to it before the actual inking happened. Mykhailo said he knew the work would be controversial and provocative, which it proved to be on social media.

Not a barn: When apartment buildings allow residents to keep pets, that's usually understood to mean dogs, cats, birds, and maybe the odd goldfish. But a retired farmer in Sichuan Province, China, pushed the limits when he brought seven calves from his country home to keep as pets on his fifthfloor balcony. The presence of the mooing, smelly animals didn't go over well with the building's other tenants, who reported the man to the authorities. Luckily, the tenants' beefs were taken seriously, and the owner of the bovines had to give up his plan to keep the cows. However, he's tried to sneak them back in!

Hummingbird haven: An older lady from Mexico City is known for her ability to care for injured hummingbirds. In 2012, a friend brought one of the tiny birds to Catia Lattouf de Arída. Ever since then, she has been nursing the small pollinators back to health. When she realized this was her calling, she started researching the birds, and she has become an expert in their care. When they regain their health, she takes them to an unpopulated spot outside of the city to release them back to the wild. If they are unable to fly again, she provides a home for them in the refuge she has created in her apartment.

Close call: A father-son kayaking duo were in the right place at the right time when they came across an overturned boat in the Thompson River in the Canadian province of British Columbia. Chris Carlson and his teen son Ben found two men holding on to the capsized boat, yelling for help. One boater could not swim and the other's foot was tangled in a rope. The kayakers retrieved the boaters' life jackets, floating nearby, and managed to pull the men to shore. The boaters had been yelling but their shouts could not be heard from the shore over a nearby restaurant's loud music. Chris is proud of Ben for staying calm during the incident.

Quoteable Quotes

"Act the way you'd like to be, and soon you'll be the way you –Leonard Cohen act."

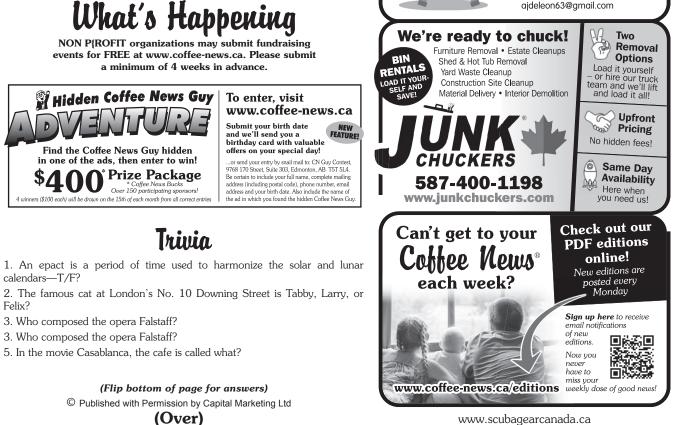
"If you only read the books that everyone else is reading, you can only think what everyone else is thinking." —Haruki

> 11 • • • •

Murakami







www.scubagearcanada.ca

780.932.3858 Cell



Whatsapp: (780) 239-3553 | almescape@gmail.com

SO9+GST



Your Weekly Horoscope LIBRA

(Sept. 23 - Oct. 22)

(Oct. 23 - Nov. 21)

13, 16, 19, 26, 30.

SAGITTARIUS

CAPRICORN

30, 38, 45.

42.44.

PISCES

AQUARIUS

(Dec. 21 - Jan. 19)

(Jan. 20 – Feb. 18)

(Nov. 22 - Dec. 20)

SCORPIO

Others sometimes take

advantage of a Libra desire to please. If this applies to

you, the next year may

offer an important oppor-

tunity for you to finally

Your ability to obtain

intuitive insights may be

heightened in the next

month. You might have

an opportunity to incor-

porate more empathy into

For the next month, you

may run into obstacles in

your endeavours. It might

help to remember one

theme for Sagittarius is

egalitarianism. How does

Your heart and mind may

be at odds early this week.

Is there a win-win reso-

lution? You might want

to hold off for a few days

on making an important

A decade from now, you may look back at this time as a critical "fork in the

road" moment. In choos-

ing your path, be clear

Your birthday month is a

good time to set goals for

the next year. This time

you may want to make

an adjustment to incor-

porate your values into

break this pattern. Lucky numbers: 7,

your communication style. Lucky numbers: 6, 8, 25, 27, 44, 46.

that fit into your goals? Lucky numbers: 8, 14, 17, 24, 39, 40.

decision. Lucky numbers: 11, 14, 28,

and conscious of your motivation. Lucky numbers: 2, 5, 9, 12,

(Feb. 19 - March 19)

ARIES (March 20 - April 19)

Over the next year, an old wound may intersect with your life purpose. You may need to reach for the courage of Aries

the Ram to navigate this dynamic now. Lucky numbers: 12, 13, 16, 22, 31, 37. **TAURUS**

(April 20 - May 20)



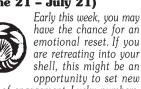
exhibit new leadership skills. Lucky numbers: 4, 6, 7, 17, 31.38.

GEMINI (May 21 - June 20)

Geminis can sometimes be a victim of having too many options. Narrowing them to those that can be successful for you and

others might be helpful for you now. Lucky numbers: 13, 14, 24, 30, 36, 42.

CANCER (June 21 – July 21)



are retreating into your shell, this might be an opportunity to set new rules of engagement. Lucky numbers: 7, 8, 13, 17, 24, 36.

(July 22 - Aug. 22)

LEO

During midweek, your natural enthusiasm and charm may be heightened. Your ability to shine could provide an opportunity to secure the help of others

in your endeavours. Lucky numbers: 3, 12. 38. 41. 42. 46. VIRGO

(Aug. 23 - Sept. 22)

Are you a bit overwhelmed with everything on your plate? The end of the week may be a good time to sort out what to drop and what might be best to complete now. Lucky numbers: 1, 3, 19, 23,

your endeavours. Lucky numbers: 5, 9, 42, 48. 11, 26, 27, 30.

Lucky numbers this week: This week's odds favour Leo winners with the luckiest number being 3.

Did You Know...

Deep spot: The deepest ocean spot in the world is within the Mariana Trench, in the western Pacific Ocean. The Challenger Deep is approximately 10,935 metres (35,876 ft.) deep.

Starting young: American actor Burt Reynolds (1936-2018) had many television and movie roles during his acting career. Taking an acting class during college in the mid-1950s set him on the road to his well-known career.

Mating call: Male Gunnison sage-grouse put on quite a performance to attract a mate. They inflate air sacs on their necks, then slide the sacs under their wings and slap them together for swishing and plopping sounds.

Tart berry: Lingonberries are small, deep red, and quite tart. They grow in Scandinavia and northern North America. Rarely cultivated, they are harvested from the wild and used to make jams and jellies.



Real ID: Using a fake name when checking into a hotel in the American town of Buckeye, Arizona, is illegal. Even celebrities, who don't want to draw the attention of the public, must use their real names.

On the Lighter Side

Flip: "Are your blinds drawn?" Flop: "No, they're real blinds."

Knock! Knock! Who's there? Colin. Colin who? Just Colin to see how you are doing.

Two parakeets were standing on a perch. One says, "Do you smell fish?"

Where did Robin Hood buy his flowers? Sherwood Florist.

Ceiling fans: "Wow, look at that ceiling! What a great paint job! It's so high up there!"

Answers

4. Tiber 5. Rick's Trivia answers: J. True 2. Larry 3. Guiseppe Verdi

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

When **YOU Get** Paid Over HALF A We **BILLION** Recovered For Our Clients! Get Paid Braithwaite Boule Injury Law 800-440-8298 It's The Only Law We Do - Since 1986 **Free Initial Consultation** Offices in: Edmonton, Red Deer, and Calgary 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

ONSITE COMPUTER REPAIR

Your on-site computer and network service specialists. Virus removal, network setup, repairs and more.

587-772-NERD(6373)

FAST, FRIENDLY AND PROFESSIONAL DEBIT, VISA AND MASTERCARD ACCEPTED

NERDS2YOU.CA

10- South West Edmonton