

THIS SPACE FOR RENT

Call 780-220-6397

OR SCAN HERE FOR MORE INFO



FREE! *New Issue Every Week!*

Coffee News®

"News To Be Enjoyed Over Coffee"

Beaumont Edition

780-220-6397



www.coffee-news.ca

The World's #1 Restaurant Publication!

GRATUIT FREE

Canadiens Branchés
Connected Canadians

Améliorez vos compétences technologiques
Séances de soutien individuelles pour les personnes âgées.

Improve your technology skills
One-on-one support sessions for older adults.

Financé en partie par le gouvernement du Canada par le biais du programme Nouveaux Horizons pour les aînés

Canada

connectedcanadians.ca/fr/seances-individuelles

1-877-304-5813

Edward Jones

At Edward Jones, we do money differently.



Garet Wood
Financial Advisor
780-679-2220

- Planning for Retirement
- Wealth Strategies
- Business Owner Strategies

Let's talk

www.edwardjones.ca/ca-en/financial-advisor/garet-wood

BEAUMONT *OPEN Mon - Fri, 9-6 Sat, 9-4 Sun, 10-4*

Jiffy lube®

- OIL CHANGES ■ CABIN FILTERS
- TRANSMISSION AND DRIVELINE SERVICE
- AIR FILTERS ■ FUEL FILTERS

WARRANTY APPROVED
NO APPOINTMENT NECESSARY!

780.926.1610

6308-50 Street, Beaumont

\$10 OFF WITH THIS AD ANY OIL CHANGE PACKAGE

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

200+ Delicious Meals Made for SENIORS!

PLEASE ASK US FOR STARTER PACK

NOW SERVING THIS COMMUNITY!

- ✓ Free Delivery*
- ✓ No Obligations
- ✓ No Minimum Orders*

*Some conditions apply

Request your **FREE MENU Catalogue** today!

780-666-2336

TF: 1-800-704-4779

HEART TO HOME MEALS
DELICIOUS MEALS MADE FOR SENIORS®

www.hearttohomemeals.ca

Enjoy the Benefits of Optimized Foot Health!

Providing in-home, therapeutic and diabetic nursing foot care to seniors and all ages in Edmonton.

Book an appointment with one of our qualified nurses today.

SCAN FOR AN APPOINTMENT

All Soles FOOTCARE

780-298-0372
www.allsoles.ca



THE ONE 93.1 FM

LEDUC'S BEST COUNTRY

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



Vol. 21 No. 13 March 25, 2024

Everybody's Talking

Belly dance: Massachusetts Institute of Technology has developed a new high-tech diet pill that vibrates after it's swallowed. VIBES (Vibrating Ingestible BioElectronic Stimulator) activates stomach receptors to induce a sense of fullness. Featured in the journal Science Advances, VIBES is hailed as a potential breakthrough in weight loss technology. With human trials pending, initial tests on pigs showed that 30 minutes of VIBES activity resulted in a 40% drop in food consumption. The mechanism works by tricking stomach stretch receptors. This signals the hypothalamus to produce hormones that create the sensation of being full. The innovation holds promise as a novel approach to trimming down, with a dance-worthy twist.

Autumn colours: Many countries take pride in their colourful autumn foliage, but nothing can really beat the gingko biloba tree in the village of Bangye-ri in Gangwon Province, South Korea. The tree is thought to be over 800 years old, and is a designated national monument. It measures 33 metres (108 ft.) high. In the fall, its leaves turn a blazing yellow-gold. As they fall, they leave a yellow carpet on the ground around the tree. In the last few years, visitors have been flocking to the tree, even though no restaurants or convenience stores are nearby. Legend has it that the tree grew from the cane of an ancient Buddhist monk.

Alligator trick: If the temperature drops low enough in Ocean Isle Beach, North Carolina (U.S.), the ponds at Swamp Park Outdoor Adventure Center can freeze. So what are the 12 resident alligators to do? The animals have an ability to go into a state called brumation. They can survive because they protect themselves by sticking their snouts up into the air above the water. That way, they can breathe while the water freezes around them. Visitors to the park can just see the snouts peeking above the ice. The alligators at the park can't be returned to the wild for various reasons, so the park protects and cares for them.

Ugly fountain: Sculptures are often commissioned for special anniversaries. That's what happened in Vienna, Austria, when authorities wanted to mark 150 years of the city's renowned modern water system. The commissioned piece is a fountain, but critics say it is extremely ugly. Costing 1.8 million Euros, the fountain consists of 33 very unusual "humanoid" figures that encircle the spouting water. Gelitin is the Viennese artist group that designed the piece. While the selection jury liked the "togetherness" idea of the design, the public does not like it at all. There has been much backlash, including by opposing political parties, about the installment.

Quoteable Quotes

"Joy is not in things; it is in us." —Richard Wagner

"One changes from day to day ... every few years one becomes a new being." —George Sand

What's Happening

Ongoing - Climate Cafe Chat about climate issues and anxieties in an informal, relaxed setting. Tea coffee are provided; please bring your own mug. 1st Tuesday of the month at the Camrose Public Library 4710 50 Ave

Apr 12 - Centra Cams 27th Annual Bowlathon Fundraiser Help us reach our goal of \$26,000, with proceeds going towards improving client experiences. Please support our clients when you see them out in the community. For more info or to make a donation, contact Centra Cam @ 780-672-9995

NON PROFIT organizations may submit fundraising events for FREE at 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!

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.

Trivia

1. What horse race was established at Pimlico Race Course, in Maryland (U.S.), in 1873?
2. Ben Franklin, Thomas Edison, or Albert Einstein invented the phonograph?
3. Australia and Antarctica are drifting apart—T/F?
4. In 1928, Col. Jacob Schick patented the hair dryer, electric razor, or blender?
5. Who wrote The Metamorphosis?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

(Over)

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



CANADA'S BRAND YOUR COMFORT

NAPOLEON



GEMCO FIREPLACES & WHOLESALE HEATING PRODUCTS

PH: 780-465-9719 9281-50 STREET, EDMONTON, AB
WWW.GEMCOFIREPLACES.COM

Shop Local, Quality, Unique, Gifts & Art inside our Painted Door!

10 ANNIVERSARY

Painted door on main

GIFT & GALLERY

Handmade in Canada

5013-50 St., Beaumont | www.painteddooronmain.ca



WEBSITES

From \$129/Month

(780) 760-6922

FRONTLINECONSULTING.CA

WHEN YOU GET PAID We Get Paid

WHIPLASH COMPENSATION?

Get the whiplash compensation you deserve from a trusted team of experienced lawyers.

You pay nothing up front. Not all injury claims are capped.

1-800-661-4902

WhiplashInformationCentre.com

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

ALBERTA OWNED AND OPERATED FOR OVER 35 YEARS




Serving Beaumont & Area

FLAT RATE CABS

- Flat Rate to Airport & City
- Corporate & Private Accounts
- Hot Shot Service
- Seniors' Discount
- Van Service Available
- Limos Available

24/7 Services

780.280.0408

beaumonttaxi@gmail.com




CN-Proudly printed by One to One Mailing

Your Weekly Horoscope

ARIES

(March 20 - April 19)



Unresolved wounds from the past often block our compassion for others. This week may be a good time to work on breaking through this dynamic.

Lucky numbers: 12, 13, 15, 17, 29, 33.

TAURUS

(April 20 - May 20)



At midweek, look for an opportunity to accomplish a goal that is close to your heart. This may require you to take a risk outside of your com-

fort zone. Lucky numbers: 6, 8, 16, 21, 32, 37.

GEMINI

(May 21 - June 20)



Your head and heart may be out of sync at week's end. If you can't resolve this stalemate, you may want to wait a few days to make

important decisions. Lucky numbers: 7, 13, 18, 32, 41, 48.

CANCER

(June 21 - July 22)



The Cancer-born often focus on home and family. At week's end, however, you may find that you have a desire for a journey, for either

travel or study. Lucky numbers: 10, 11, 13, 17, 23, 41.

LEO

(July 23 - Aug. 22)



An event this week may encourage you to reach outside yourself and consider your role in the world. Achieving this may require an adjust-

ment in your viewpoint. Lucky numbers: 1, 9, 30, 31, 37, 45.

VIRGO

(Aug. 23 - Sept. 22)



Virgos can be reluctant to act unless everything perfectly lines up, which might be rare. Consider taking a leap of faith in the coming weeks, but

bring a parachute. Lucky numbers: 4, 10, 12, 26, 40, 47.

LIBRA

(Sept. 23 - Oct. 22)



Have you reviewed the goals and plans you set at your birthday? Is one of them close to completion? If so, now may be a good week to cross

the finish line. Lucky numbers: 5, 6, 15, 20, 35, 39.

SCORPIO

(Oct. 23 - Nov. 21)



Midweek, others may refuse to see the truth of a situation. If you can't achieve consensus, consider stepping back for a few days until this energy

passes. Lucky numbers: 8, 13, 14, 29, 37, 38.

SAGITTARIUS

(Nov. 22 - Dec. 21)



Week's end may provide a monthly opportunity to make an emotional reset. Is there an issue about which you should take a deep breath and

find a new approach? Lucky numbers: 3, 4, 10, 15, 29, 31.

CAPRICORN

(Dec. 22 - Jan. 19)



Capricorns often have a serious demeanour, aimed at accomplishment. Sometimes cutting loose and being joyful is OK. Week's end may be a good time

for that. Lucky numbers: 9, 14, 23, 31, 35, 36.

AQUARIUS

(Jan. 20 - Feb. 18)



In 2024, Pluto begins a 20-year journey through your sign, inspiring a humanitarian evolution. How can you contribute to this and where should

you begin? Lucky numbers: 11, 16, 18, 23, 27, 29.

PISCES

(Feb. 19 - March 20)



Pisces can fall into a navel gazing trap, excessively contemplating the state of the world. The next few weeks may offer a strong opportunity for

action. Lucky numbers: 2, 8, 16, 29, 32, 37.

Lucky numbers this week: This week's odds favour Capricorn winners with the luckiest number being 31.

Did You Know...

Getting rich: National Basketball Association All-Star LeBron James's 2015 Nike sneakers endorsement deal could earn the U.S. basketball star over \$1 billion before retirement. That's a lucrative business arrangement and a big number!

Saving whales: Mr. Splashy Pants was the name given to a humpback whale by Greenpeace in its 2007 Great Whale Trail Expedition campaign to raise awareness about the threatened whales. The campaign was successful: the whales are no longer hunted.

Borrowed words: About 60% of English words have Greek or Latin roots. In science and technology, that figure is over 90%. The direct influence of the classical languages began in the Renaissance and continues today.

Hit the road: Route 66 is one of the most famous highways in the U.S. The 2,448-mile (3,940 km) road was featured in the 1946 hit song "(Get Your Kicks On) Route 66," as well as the *Route 66* television series.

Bath time: Canada has a unique place for people who like to bathe in cold water. Bathub Island in Lake Superior, in Ontario, is so named because high waves from the lake wash over and fill its basin shape, creating a natural bathtub.

On the Lighter Side

Why couldn't Dracula's wife get to sleep? Because of his coffin.

Tom couldn't figure out how to repair the washing machine, so he threw in the towel.

Did the drill finally finish its supper? Every last bit.

Mother: "Can you explain this D and F on your report card?"
Child: "Yes, it stands for 'Doing Fine.'"

Knock! Knock! *Who's there?* Gable. *Gable who?* Gable to leap tall buildings in a single bound!

Answers

Trivia answers: 1. Preakness 2. Thomas Edison 3. True 4. Electric razor 5. Franz Kafka

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

DIRECT WORKWEAR
www.directworkwear.com

VINTAGE 100% WOOL BLANKETS
Brand new! Step into warmth and embrace the nostalgia of the 1950s-60s with these military grade blankets. Ideal for travel emergency kits, camping or on the farm.

\$39.95 ea. Scan QR Code To Visit Our Website

TileTown
Your Space. Your Style. Your Way.

50 years
1974-2024

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

Floral Excellence Since 1956
Weddings, Funerals, and Floral Design for all occasions!

Leduc Florists

Valentine's DEAL
FREE LOCAL DELIVERY
On Orders placed between Jan. 1-31
Orders over \$75 only. Call-In/In-Store only.

DELIVERY TO LEDUC & SURROUNDING AREA
780.986.3320 | www.leducflorists.net | 4807-50 Ave., Leduc

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

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

85% SUCCESS RATE!

The Mona LaHaie Group
www.horsepowerranch.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
RE/MAX ELITE
Each office independently owned & operated

Brayden LaHaie-Ochiltwa Marketing Coordinator
Mona LaHaie Realtor®
Melissa LaHaie-Scott Realtor®

✓ Home Goods
✓ Camping Equipment
✓ Sporting Goods
✓ Jewelry
✓ Instruments ✓ Tools

NOW OPEN

DVD PAWN & LOANS 587.474.9420
www.dvdpawnloans.com | [f](https://www.facebook.com/dvdpawnbeaumont) [i](https://www.instagram.com/dvdpawnbeaumont) [t](https://www.tiktok.com/@dvdpawnbeaumont) @dvdpawnbeaumont
103, 5001-30 AVENUE, BEAUMONT

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

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

Vikram Saggu
780-999-3000

www.scubagearcanada.ca

yes tv

FREE LIVE STREAMING COMING THIS FALL
visit yestv.com for details

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.

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!

PSC Prairie Scented Candles
Sunset Scents
a RAY of Fragrance
prairiescentedcandles@gmail.com
www.prairiescentedcandles.com

They are the next Finest candles you will EVER find!

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

Small Town Care. Big City Technology.
We are proud to be Beaumont's first local hearing clinic serving Beaumont, Leduc, Edmonton and the surrounding region.

frequency HEARING
4920-50 Ave., Beaumont
780.737.7117 | www.frequencyhearing.ca

We Unleash Your Business's Full Potential
Transforming Business Owner Challenges Into Triumphs with Expert Coaching and Support

FourTree COACHING
587-986-5543 don@fourtreecoaching.com
www.fourtreecoaching.com

Don Vierboom, MBA Business Coach

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

Groggy mornings?
Imagine starting each day refreshed, ready to conquer anything!

Optimize your routine to elevate your morning and capitalize on time.

Free month trial
then only \$1 a month

RISE UP