

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"

South Central Edmonton Edition

780-220-6397

www.coffee-news.ca



SAVE THE DATE JUNE 8

TELUS MOTORCYCLE RIDE FOR DAD

Ride Day Registration: 7-9:45 am
Pre-registration: Friday, June 7, 5:30-8 pm, Blackjacks Roadhouse
Kick Off: 10 am sharp!

\$40 before Ride Day, \$50 on Ride Day or FREE with \$100 collected in pledges

Our message to all men over the age of 40 is simple... **GET CHECKED by your Doctor**

Prostate cancer is very beatable if caught early.

Prostate cancer is the most diagnosed cancer among Canadian men. If detected early the five-year survival rate is over 93%.

Prostate cancer can grow undetected for years as it can remain asymptomatic until it spreads (metastasizes). Early detection is best achieved through regular blood tests (PSA) and physical exams.




ELECTRICIAN FOR HIRE

Residential Light Commercial Electrical Repairs and Renovations

Art de Leon Master Electrician

780.932.3858 Cell
ajdeleon63@gmail.com



CANADA'S BRAND YOUR COMFORT

NAPOLEON

GEMCO FIREPLACES & WHOLESALE HEATING PRODUCTS

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



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



Vol. 21 No. 18 April 29, 2024

Everybody's Talking

Trapped raccoon: It was a different kind of emergency, with staff from both the humane society and the fire department in Guelph, Ontario, Canada, coming to the rescue. When a delivery driver discovered a raccoon stuck in a sewer grate, he called the humane society. They responded and realized they'd need the help of the city's fire department. Personnel worked together to extricate the animal. This wasn't easy because the raccoon's fur was covered in ice due to the extreme cold temperatures that day, and the animal was trapped head first, with three-quarters of its body below the sewer grate. After some care by the humane society, the raccoon recovered and was released into the wild

Big building: An enormous, modern castle, built to look like a medieval gem, is the source of mystery in Poland. Called Stobnica Castle, it is located in the Notecka Forest nature reserve in the western part of the country. Building started in 2015, and in 2018 people started wondering what it was all about. No one knew who owned it or they acquired a building permit. The reserve is protected by the European Union's Natura 2000 network. Since then, court battles ensued, along with revoked permits and arrests of individuals involved. But construction continued and the mystery remains. The huge building apparently is intended to be a private residence, with 14 floors and a 70-metre (230-ft.) tower.

Smart birds: Scientists already knew that birds can be pretty ingenious. Now researchers in the Netherlands have found that corvids and magpies sometimes take materials that humans manufacture to keep feathered creatures away, and instead use the items to build nests. Called "evil architecture" by urban designers, structures like metal anti-bird spikes are designed and intended to repel birds from nesting on roofs. But some birds have outsmarted the designers. Instead of staying away, the birds are snatching the spikes and pointing them inward to form lattices for their nests. Magpies are known to build roofs over their nests, too, using things like spiky branches. The birds may even be using these human inventions to deter other birds

Convenient boogie: There is a big red button located in the washrooms of a chain of convenience stores in the U.S. state of Kentucky that has people dancing up a storm. It seems that the button transforms the bathroom into a disco dance party room. The big red buttons can be found inside Hop Shops and, when pushed, they activate coloured lights, a disco ball, and music. Presto, the room becomes a miniature dance club! The company began with just one disco bathroom, but they were such a hit that now six Hop Shop locations in the north part of the state feature them, attracting disco dancers from far and wide.

Quoteable Quotes

"Keep true to the dreams of thy youth." —Friedrich Schiller
"The value of life lies not in the length of days, but in the use we make of them." —Michel de Montaigne

What's Happening

April 27 - Fabulous Fabric Frenzy Sale Sale runs from 9 a.m. to 3:30 p.m. at Strathearn United Church 8510 95 Ave. Edmonton. Huge selection of fabric, yarn, notions, craft supplies at rock bottom prices. All profits support the Grandmothers Campaign of the Stephen Lewis Foundation.

May 2 - Spring Tea and Rug Show Edmonton Rug Hooking Guild. Admission \$5. 11 am - 2 pm. Pleasantview Community Hall, 10860 57 Ave Tea and Homemade Snacks - All Are Welcome!

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

Enter one of three ways:
1. Scan the QR code
2. Visit www.coffee-news.ca
3. Mail your entry*

*Mail your entry 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.



Family-like support for you and your loved ones

Now in Edmonton! First Service 20% OFF CODE: EDM20

Companionship
Light Housekeeping
Tech Help
Rides
...and more

www.tuktu.ca
+1780 988 0369




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




STOP STREAMING! IT'S FUNNIER LIVE AT THE COMIC STRIP

BOURBON STREET, WEST EDMONTON MALL

PURCHASE TICKETS ONLINE AT thecomicstrip.ca

Rick Branson's THE COMIC STRIP
DRINK · DINE · LAUGH



NEED CASH FAST?

Title Loans

GET FUNDED AUTO EQUITY LOANS

Car Repairs ✓ Emergency ✓
Lost Job ✓ Bills Piling Up ✓

Cash in your hands as soon as the next day!

780-901-5545 | autoeloans.ca

APPLY NOW!



Flash Travel SALES

Cruise | Sun/Winter Destinations | Tours | Resorts | Sightseeing

Travelmart | 780.487.1034
www.bit.ly/flashtravelsales

*Limited availability. Dates subject to change without notice.




Less Stress, More Smiles

AVALON DENTAL

ORAL HEALTH AND WELLNESS CENTRE

From routine preventative care, to cosmetic improvements and orthodontics, we have you covered.

910 Roper Rd. NW
Edmonton
780.465.0994
avalondentalreception@gmail.com

BRACES 4 ALL ORTHO-DONTICS
MERRELL SLEEP CLINIC
INFANT FREN-ECTOMY

Proudly providing excellence in dentistry to Edmontonians since 1966.



RETIREMENT LIVING

CHRISTENSON

Join Our Safe & Social Community

Suites Now Available

Full Kitchens • In Suite Laundry • Optional Meals

9433-67A Ave., Edmonton

780-975-2509
CDLhomes.com

CHRISTENSON COMMUNITIES




yes tv

FREE LIVE STREAMING COMING THIS FALL

visit yestv.com for details




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



Trivia

- Which is not considered a Balkan State—Macedonia, Austria, or Serbia?
- In what city is Capitoline Hill?
- Algae blooms give this sea its name.
- The spice saffron is harvested from the tulip, lily, or crocus flower?
- About 1.3 million Earths could fit into the Sun—T/F?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

(Over)

MOVING SALE

CLEARANCE VINYL PLANK from \$1.79/sq. ft.

15% OFF ALL REGULAR STOCK ITEMS

We offer: • Vinyl Plank • Laminate • Hardwood • Tile • Carpet • Commercial Products • Professional Installation Services

* Present this Coffee News ad. Sale ends May 31, 2024.

Quality RED TAG FLOORS

780.721.4324
9354-49 St NW Edmonton
info@qualityredtagfloors.com | qualityredtagfloors.com

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!

LegalShield 1-877-579-9449

THE RANCH GOLF AND COUNTRY CLUB

#1 Tournament Course in Alberta!

Located 5 mins West of Edmonton
Unmatched Value
Premier Conditions

Weekly Promotions:
• 3-Putt Mondays
• 1/2 Price Wings Tuesdays
• Sunset Express 4-Hole Loop

For full details, visit theranchgolf.com

Book your tee time today: **780.470.4700**

inogen

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.
P/N: 20469 EN, USA (Ex. Only) © 2023 Inogen, Inc. 203 Coleman Drive, Colton, CA 95317
Inogen® is a trademark of Inogen, Inc. The usage of any Inogen, Inc. trademark is strictly forbidden without the prior consent of Inogen, Inc. All other trademarks are trademarks of their respective owners or holders.

Recipe of the month

Shrimp Scampi

3 to 4 garlic cloves, minced	1/2 teaspoon pepper
1/4 cup butter, cubed	1/4 teaspoon dried oregano
1/4 cup olive oil	1/2 cup grated Parmesan cheese
1 pound uncooked shrimp (31-40 per pound), peeled and deveined	1/4 cup dry bread crumbs
1/4 cup lemon juice	1/4 cup minced fresh parsley
	Hot cooked angel hair pasta

Prep/Total Time: 20 min Yield: 4 servings

- In a 10-in. ovenproof skillet, sauté garlic in butter and oil until fragrant. Add the shrimp, lemon juice, pepper and oregano; cook and stir until shrimp turn pink. Sprinkle with cheese, bread crumbs and parsley.
- Broil 6 in. from the heat for 2-3 minutes or until topping is golden brown. Serve with pasta.

Garlic Lemon Shrimp: Omit the butter, pepper, oregano, Parmesan and bread crumbs. In a large skillet, sauté shrimp in 2 tablespoons oil for 3 minutes. Add the garlic, 1 tablespoon lemon juice, 1 teaspoon cumin and 1/4 teaspoon salt; cook and stir until shrimp turn pink. Stir in 2 tablespoons minced fresh parsley. Serve with pasta.

The perfect recipe for April 29... Shrimp Scampi Day!

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

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!

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

ETTA TELECOM

587.760.2800
<https://zettatelecom.com>

DEDICATED TO FINDING OUR CLIENTS THE BEST SOLUTIONS WITHIN THEIR BUDGETS

Your Weekly Horoscope

ARIES (March 20 - April 19)
For the next month, you may have the potential to be running on all cylinders, eager to get things done. If your efforts serve a higher purpose, all the better. Lucky numbers: 10, 32, 34, 37, 40, 42.

TAURUS (April 20 - May 20)
Love, joy, and creativity could be your key words for the next few weeks. What might you want to manifest in this regard, and how could you accomplish it? Lucky numbers: 18, 22, 31, 39, 45, 46.

GEMINI (May 21 - June 20)
Your self-confidence may receive a boost over the next few weeks. Before this dynamic passes, how might you use the energy to overcome current obstacles? Lucky numbers: 13, 20, 22, 30, 33, 41.

CANCER (June 21 - July 22)
For about the next six weeks, be careful of taking impulsive actions that may substantially increase the risks of a major mistake or accident. Look before you leap! Lucky numbers: 4, 8, 9, 31, 38, 47.

LEO (July 23 - Aug. 22)
You may feel somber or subdued early this week. While this dynamic might fade in a few days, do these emotions indicate something you need to face now? Lucky numbers: 9, 16, 17, 20, 23, 26.

VIRGO (Aug. 23 - Sept. 22)
Have you been living in a fog for the past month? This pattern may be starting to disperse, but you might feel another burst of it during the middle of this week. Lucky numbers: 3, 8, 20, 32, 37, 42.

LIBRA (Sept. 23 - Oct. 22)
For the next few weeks, getting your needs met might be a strong desire. This may be a revelation, as Libras often prioritize the needs of others over their own. Lucky numbers: 2, 8, 10, 12, 14, 45.

SCORPIO (Oct. 23 - Nov. 21)
Over the next few weeks, you may encounter a relationship issue. Explore if this could be because your values might not be in alignment with those of your partner. Lucky numbers: 6, 10, 12, 19, 28, 29.

SAGITTARIUS (Nov. 22 - Dec. 21)
Are you working on a project that could use some assistance from others? This may be a good week to ask for help from those who share your values. Lucky numbers: 5, 7, 8, 11, 19, 40.

CAPRICORN (Dec. 22 - Jan. 19)
You may be tempted over the next few weeks to dig in your heels with others about a goal. Are there common values to build a win-win solution with them? Lucky numbers: 20, 23, 32, 34, 42, 46.

AQUARIUS (Jan. 20 - Feb. 18)
You may experience a conflict this week with your relationship or finances. This situation might reflect an issue in your psyche that needs to be addressed. Lucky numbers: 1, 2, 11, 14, 15, 41.

PISCES (Feb. 19 - March 20)
The beginning of the week may offer a brief window for an opportunity to advance your higher ideals. Don't let your fears discourage or hold you back now. Lucky numbers: 7, 12, 15, 17, 27, 43.

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

Did You Know...

Older and heavier: Research on aging in America shows older folks are becoming overweight. A study by the National Center for Health Statistics found that 40% of all Americans between ages 65 and 74 are overweight.

Wooded land: Getting lost in the woods can be a bit too easy, and especially so in Canada. The North American country boasts almost 10% of the world's total forest cover. What a lot of trees!

American money: In the U.S., paper currency is comprised of up to 75% cotton and 25% linen. The cotton, and especially the linen, increases the durability, flexibility, and distinctive look and feel of the bills.

What's the difference? Alpacas and llamas are two very similar creatures, but alpacas are considerably smaller than llamas and were bred specifically for their fibre. Alpaca fibre is used to make a wide range of knitted items.

Pickle power: Who knows what power pickles hold? Julius Caesar and other Roman emperors must have thought they held a lot, because they fed pickles to their legions, believing the crunchy food increased their strength.

On the Lighter Side

Why didn't the monocles get together? They didn't want to cause a spectacle.

I'm competing in the stair climbing competition. Guess I better step up my game.

Did you hear about the King Arthur stamp? It's for over knight delivery.

Bell: "Are you a toe dancer?"
Bill: "Why, no."
Bell: "Then please get off my toes!"

Knock! Knock! Who's there? Radio. Radio who? Radio or not, here I come!

Answers

Trivia answers: 1. Austria 2. Rome 3. Red Sea 4. Crocus 5. True

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

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

At Seller Direct® Northern Homes Realty, It's Not About Discounts, It's About OPTIONS!

How We SELL Your Home:

- ✓ 300+ Websites ✓ Social Media Ads
- ✓ QR Code to Home's Features
- ✓ 3D Tours & Professional Photos

señerdirect
Northern Homes Realty

Chris White 587.335.4675 | Kristal McCoy 204.782.7312
ckduo@sellerdirectnorthernhomes.com

GET MORE FROM YOUR ONLINE CONTENT

CONTENT MARKETING SERVICES

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

SCAN ME

Frontline 780.760.6922

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:
1 Your name 2 Your phone number and 3 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
Jobin Thomas from Vegreville

Coffee News Fun Reading. Serious Advertising.

RESULTS That Speak for Themselves

SN LAW OFFICE

780.250.6666
snlawofficeab.ca
Suite 308, 10328-81 Ave. NW

- Residential and Commercial Real Estate
- Wills and Estate Planning
- Bankruptcy and Insolvency
- Family/Divorce
- Commercial Law

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

You Used To Do It Yourself...

WE CAN HELP!
CONTACT THE EXPERIENCED PROFESSIONALS AT

HOME & OFFICE HANDYMAN services

780.940.2127 | www.HOHS.ca

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

Your smile matters ...and so does your health!

OUR CLINIC PRIORITIZES:

- Holistic care: the oral and systemic connection
- Providing comprehensive exams including airway (snoring and grinding) that go beyond teeth and gums
- Maximizing quality service while minimizing expenses (lower than current fee guide)

Floss Bosses.ca

Your. New. Routine.

825.901.GUMS | #207, 6958-76 Ave. NW