

Affordable-Effective-Exclusive-CALL NOW!

Exclusive offer for Facebook and Google Ads



Get FREE set-up (up to a \$500 value!)

We are a local digital marketing agency specializing in paid ads.

Contact us today for your FREE no obligation consultation!

Frontline

780.760.6922

THIS SPACE FOR RENT

OR SCAN HERE FOR MORE INFO



Call 780-220-6397

www.sellerdirectnorthernhomes.com

FIND OUT HOW YOU CAN

SAVE UP TO 50% ON COMMISSIONS WHEN YOU SELL

with Seller Direct Northern Homes Realty



How We Get Your House SOLD:

- ✓ 300+ Websites
- ✓ Social Media Ads
- ✓ QR Code to all your home's features right on your For Sale Sign
- ✓ 3D Tours & Professional Photos

WE HELP BUYERS TOO!

AND MORE!

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

sellerdirect
Northern Homes Realty
780.638.4800

Diana Noble
Owner/
Broker

PROUDLY SERVING EDMONTON & SURROUNDING AREAS

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

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

EDMONTON'S PREMIER RETIREMENT COMMUNITY

Renovated One or Two Bedroom Suites Available

INQUIRE ABOUT OUR MOVE IN SPECIALS!

The Waterford
OF SUMMERLEA
9395-172 Street, Edmonton T5T 5S6
the.waterford.ca

BOOK YOUR TOUR TODAY!
780.444.4545 | hello@thewaterford.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.



85% SUCCESS RATE!

FOR EXPERT HELP:
1-844-453-5372

FREE!

New Issue Every Week!

Coffee News®

"News To Be Enjoyed Over Coffee"



www.coffee-news.ca

Vol. 21 No. 23 June 3, 2024

Everybody's Talking

Safe surprise: In the Vermilion Heritage Museum in Alberta, Canada, a heavy safe that had defied opening for over 40 years was casually unlocked by Stephen Mills, a visitor with no prior experience in safe-cracking. He spun the dial to a random combination, and to the shock of onlookers, the door swung open. Inside, instead of expected treasures, were merely some old restaurant order slips and a payroll sheet from the 1970s. The safe had been a challenging enigma for professional locksmiths and even the manufacturer, all of whom all tried and failed to unlock its secrets over the years, making the visitor's casual twist of fate all the more remarkable.

Lipstick lore: Ancient Iranians must have flaunted red lips over 3,600 years ago! The lip colouring emerged from a burial ground in Jiroft, in southeastern Iran, that had flooded and been looted, after which many items were recovered and taken to a local museum. This Bronze Age lipstick is a testament to timeless beauty. Resembling modern-day lipsticks, its hue comes from the mineral hematite, added to quartz, plant wax, and several ingredients that served as darkening agents. While its precise origins remain a mystery, experts believe it belonged to a local Bronze Age civilization. This discovery hints at the social dynamics of the area, where cosmetics played a role in power and authority.

Nature's shield: For years, experts have worried about the Great Wall of China succumbing to nature's relentless assault. New research unveils a surprising safeguard on earthen sections: a delicate layer of biocrust. Composed of cyanobacteria, moss, and lichen, this natural "living skin" shields the wall from wind and rain erosion. The portions of the wall built with compacted soil and gravel are vulnerable due to their material composition. But the biocrust acts as a natural armour, with some organisms secreting a cement-like substance that fortifies the structure. Tests reveal biocrust-covered areas boast increased strength and stability, offering a glimmer of hope against the march of time.

Cat masterpiece: At an auction in New York (U.S.), the "world's largest cat painting" sold for \$826,000 (USD). The weight of this mammoth piece, featuring 42 cats on a 6-by-8.5-foot (1.8-by-2.6-m) canvas, required a reinforced wall. Commissioned in the late 1800s by cat enthusiast Kate Birdsall Johnson, who pampered hundreds of feline residents at her summer estate, the painting portrays their luxurious lifestyle. Each cat had a name and recognized it when called, and they were attended by a team of servants. Johnson bequeathed \$500,000 in her will for her beloved cats' perpetual care. That was a purr-fectly extravagant gesture!

Quoteable Quotes

"People don't notice whether it's winter or summer when they're happy."
—Anton Chekhov

"Smile in the mirror. Do that every morning and you'll start to see a big difference in your life."
—Yoko Ono

What's Happening

Jun 7 - 2nd Annual 'Illuminating Hope' Garden Cocktail Party
Join us at the Lodge at Snow Valley for an SYC Beer tasting, Salisbury Greenhouse micro-fundraiser, silent auction, most importantly, stories of hope from survivors of family violence. Doors are open at 6:30 PM, tickets at www.thetodaycentre.ca.

Aug 21 - Links fore Literacy Charity Golf Tournament 2024
The Links fore Literacy Charity Golf Tournament is the Centre for Family Literacy's annual summer fundraising event. Proceeds from the tournament support the Centre's adult and family literacy programs. For more information, visit famlit.cagolf2024

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.

The World's #1 Restaurant Publication!

SAVE THE DATE JUNE 8

RIDE FOR DAD

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.

Struggling with your health and wellness goals?

Nest's acupuncturist can treat:
• fatigue • pain
• hormone imbalances (impacting fertility and menopause)
• immune health
• allergies
...and more!

Nest
INTEGRATIVE WELLNESS

10608-124 Street, Edmonton

780.760.6378 | nestinwellness.com

SCAN THIS QR CODE TO BOOK A FREE 15-MINUTE PHONE CONSULT TO SEE HOW ACUPUNCTURE COULD HELP YOU ON YOUR HEALTH JOURNEY



THE RANCH
GOLF AND COUNTRY CLUB

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

WEST EDMONTON VISIT OUR NEW LOCATION AT 10165-186 ST.!

jiffy lube

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

WARRANTY APPROVED | NO APPT. NECESSARY!

\$10 OFF ON YOUR NEXT VISIT!

780.483.2281 17771 - 98A Avenue (beside the Domo)
780.244.4855 10165 - 186 Street (Sunwapta Centre, beside Co-op Gas Bar)

Mon - Fri, 8-6 | Sat, 9-4 | Sun, 10-4
Mon - Fri, 9-5 | Sat, 9-4 | Sun, 10-4

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

CANADA'S BRAND YOUR COMFORT

NAPOLEON

GEMCO FIREPLACES
& WHOLESALE HEATING PRODUCTS

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

COLD SHOT
A DIVISION OF BALMARIA 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

Visit us on Facebook-CoffeeNewsWeekly

(Flip bottom of page for answers)
© Published with Permission by Capital Marketing Ltd
(Over)

Your Weekly Horoscope

ARIES

(March 20 - April 19)



This year is a good opportunity to advance your purpose in this lifetime. However, now you may need to let go of whatever might be holding you back from doing so. Lucky numbers: 2, 8, 18, 24, 42, 44.

TAURUS

(April 20 - May 20)



You may be tempted this week to be a couch potato and ignore your responsibilities. If you dig in, though, your hard work could pay off at the end of the week. Lucky numbers: 16, 20, 32, 33, 36, 39.

GEMINI

(May 21 - June 20)



The middle of this week may be a good time to set a new intention. What would you like to focus on? Does this goal align with what you love and value? Lucky numbers: 1, 9, 14, 40, 43, 47.

CANCER

(June 21 - July 22)



Are you feeling burned out? This weekend may be a good time for Cancerborns to unplug and reduce your stress level. So focus on carving out space to do so. Lucky numbers: 5, 6, 34, 38, 47, 48.

LEO

(July 23 - Aug. 22)



The expression of being "too clever by half" may be a risk for you in the next few weeks. Try to focus on honesty and integrity in your interactions with others. Lucky numbers: 8, 11, 29, 42, 43, 44.

VIRGO

(Aug. 23-Sept. 22)



Things may feel chaotic and in flux for the next few weeks, and you might receive a lot of new information. Carefully consider what to accept and what to reject. Lucky numbers: 11, 12, 15, 28, 31, 38.

LIBRA

(Sept. 23 - Oct. 22)



On and off this year, you may find that your relationships are focal points for growth and transformation. Deep conversations now could be key to this process. Lucky numbers: 7, 17, 28, 32, 35, 41.

SCORPIO

(Oct. 23 - Nov. 21)



For the next few weeks, be careful of digging in your heels about your side of an argument. If you can't find a compromise, consider letting it go for the moment. Lucky numbers: 10, 12, 18, 27, 28, 44.

SAGITTARIUS

(Nov. 22 - Dec. 21)



Sagittarians like having a coherent worldview. This week may reveal new information about what you believe. Should you incorporate these new ideas? Lucky numbers: 3, 8, 10, 15, 38, 48.

CAPRICORN

(Dec. 22 - Jan. 19)



At week's end, you may feel that your head and heart are out of sync. How might you be able to create balance? If needed, take a deep breath and wait a few days. Lucky numbers: 4, 9, 19, 30, 38, 48.

AQUARIUS

(Jan. 20 - Feb. 18)



Important insights may emerge from your unconscious early this week. Ignoring painful information might be tempting, but it could be a catalyst for transformation. Lucky numbers: 6, 9, 16, 26, 43, 46.

PISCES

(Feb. 19 - March 20)



Pisces are at the half-way mark of a two-plus-year period focused on your relationship to structure and the physical plane. What changes have occurred for you? Lucky numbers: 9, 13, 16, 20, 21, 47.

Lucky numbers this week: This week's odds favour Gemini winners with the luckiest number being 9.

Did You Know...

Cute dolphins: Dolphins are commonly thought of as gray creatures. But the pink river dolphin has freshwater habitats throughout the Amazon and Orinoco river basins in South America. Their survival is under threat.

Quite the load: The annual wife carrying championship in Sonkajärvi, Finland, is a big deal. Since 1992, hundreds of couples have entered the race, with the husband carrying the wife in the 253.5-metre (831.7-ft.) course.

Long tresses: Empress Elisabeth of Austria, known as Princess Sisi, had ankle-length, auburn hair. She was proud of it, though its weight gave her headaches and her hairdresser spent up to three hours on it each day.

Rainbow mountain: Montaña de Siete Colores (Mountain of Seven Colors, or Rainbow Mountain) is a popular Peruvian Andes attraction. The 5,200-metre (17,000-ft.) mountain's appearance is due to 14 colourful minerals.

Flashes of love: Ever wonder why fireflies emanate flashes of light? Males use specific patterns when looking for mates. If a female flashes back, the twinkling conversation continues until they find each other.

On the Lighter Side

Only one large petal remained on the old rose. Last bud not least!

Magician: "I can turn this handkerchief into a flower."
Little boy: "That's nothing. I can walk down the street and turn into an alley."

Knock! Knock! *Who's there?* Vaughn. *Vaughn who?* Vaughn plus Vaughn equals two!

Why do hens lay eggs? If they dropped them, they'd break.

The earth's rotation really makes my day.

Answers

Trivia answers: 1. Nuuk 2. True 3. Alaska Peninsula 4. The Beatles 5. Slug

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

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

Helping People Live Their **Best Life Possible**

ComForCare HOME CARE



Please contact us for all your Home Care needs

780-733-4495

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

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

PRAIRIE EYE CARE

6855-170 Street NW, Edmonton

ACCEPTING NEW PATIENTS AND WALK-INS

STOP STREAMING!
IT'S FUNNIER LIVE
AT THE COMIC STRIP
BOURBON STREET, WEST EDMONTON MALL

PURCHASE TICKETS ONLINE AT
thecomicstrip.ca

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

We're ready to chuck!

Furniture Removal • Estate Cleanups
Shed & Hot Tub Removal
Yard Waste Cleanup
Construction Site Cleanup
Material Delivery • Interior Demolition

BIN RENTALS
LOAD IT YOURSELF AND SAVE!

Two Removal Options
Load it yourself - or hire our truck team and we'll lift and load it all!

Upfront Pricing
No hidden fees!

Same Day Availability
Here when you need us!

JUNK CHUCKERS

587-400-1198

www.junkchuckers.com

Inogen

PORTABLE OXYGEN FOR YOUR ON-THE-GO LIFESTYLE

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

CLAIM YOUR 14-DAY RISK-FREE TRIAL!



ELECTRICIAN FOR HIRE

Residential Light Commercial Electrical Repairs and Renovations

Art de Leon Master Electrician

780.932.3858 Cell

aqdeleon63@gmail.com

www.scubagearcanada.ca

Don't know what's wrong...?

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.

RETIREMENT LIVING
CHRISTENSON
Optional Meals • Personalized Services • On-site Care

Join Our Vibrant Community

Glastonbury Village

PARKLAND

Full Kitchens • Social & Recreation • U/G Parking

1585 Glastonbury Blvd, Edmonton

780-540-9500

CDLhomes.com



DR. AHMAD FAYAD & ASSOCIATES

LESSARD DENTAL

780.394.3494

6104-172 St. NW, #125, Edmonton

- Braces • Implants
- Extraction
- Children's Dentistry
- Cleaning
- Emergency Services

New Patients Welcome!

TileTown
Your Space. Your Style. Your Way.

50 years
1971-2021



Bring this ad into one of our 2 Edmonton Locations and Receive **20% OFF**

All Regular Priced, in Stock Tile

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

Trustworthy, Honest and Reliable House Cleaning...

Just For You!

- ✓ Flat and Hourly Rates Available
- ✓ Over 15 Years Experience
- ✓ Thorough, Considerate, Friendly

3 HRS CLEANING \$99 + GST
ON FIRST 2 CLEANINGS WHEN BOOKED IN CALENDAR MONTH

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

WE COME TO YOU!

NERDS2YOU
VIRUS REMOVAL & COMPUTER REPAIR

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

Pure DENTURE CLINIC

Helping To Create Beautiful Smiles!

- Full and Partial Dentures
- Denture Repairs
- Night Guards
- Certified Denturist
- Direct Billing For Insurance

FREE CONSULTATIONS

780-477-6850

www.puredenture.ca

18336 Lessard Rd. NW, Edmonton



10- South West Edmonton