

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

PBM LAW ★ ALBERTA REAL ESTATE LAWYERS
(PETER B MASON PROFESSIONAL CORP.)
AN ASSOCIATION OF INDEPENDENT LAWYERS

866.888.1081 | www.pbmlaw.ca

Real Estate Law

Over 800 Google Reviews!	Easy, Secure Remote Legal Signing	Exceptional Legal Services at Low Cost	Learn more at pbmlaw.ca: 
--------------------------------	---	---	--

The Tile Installation Specialists

Get in touch for all of Your Tiling Needs.



587.333.9800 | THETILEIS.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!

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:
 • Your name
 • Your phone number
 • 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
Agnes Domingo from Edmonton


Coffee News Fun Reading. Serious Advertising.

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



CONNECTOR

CONVENIENT, RELIABLE TRANSPORTATION SERVICE
DAILY BETWEEN JASPER | HINTON | EDSON | EDMONTON
AND JASPER | LAKE LOUISE | BANFF | CALGARY

SUNDOG Visit our site to book
www.SunDogTours.com
or call us at 1.888.786.3641

FREE! *New Issue Every Week!*


Coffee News®

"News To Be Enjoyed Over Coffee"

Downtown Edmonton Edition

780-220-6397

www.coffee-news.ca



Est. 1988

Vol. 21 No. 29 July 15, 2024

Everybody's Talking

Monkey trouble: For generations, tourists have delighted in interacting with the monkeys that inhabit the grounds of the temple in the city of Lopburi, Thailand. But now, frustrated authorities in the city have decided to relocate these mischievous monkeys to elsewhere. Approximately 2,500 of the macaque monkeys will be transferred to large enclosures away from humans. This decision follows an incident in which monkeys knocked a motorcyclist off his bike and kicked a woman in the back because they were after her food. Authorities say they don't want any humans, or monkeys for that matter, to be hurt, which is why they have decided to move the playful primates away from the temple.

Lots of marshmallows: If you're a kid who loves marshmallows, southeastern Michigan (U.S.), is the place to be. Every spring, several towns do a "Great Marshmallow Drop." Kids gather in a park and soon a helicopter appears, whirling overhead. What follows is an amazing sight: thousands of marshmallows dropping from the helicopter, followed by a frenzied scramble by the kids to collect them. However, these marshmallows aren't for eating; instead, kids trade them in for a prize bag that includes a colouring book, a one-day water park pass, and candy. According to officials, the marshmallow drops are simply a way to celebrate spring.

Historical gaming: In a twist of classroom creativity, a middle school teacher is gaining online fame for his innovative teaching method, which is incorporating video games into lessons. When the class topic shifted to Greece, the teacher, known as Mr. Mahathey, introduced his students to the "Assassin's Creed Odyssey" game. He used the game to illustrate the Battle of Thermopylae, and an online video of his lesson went viral. By using the game's map, Mr. Mahathey vividly explained the strategic positioning of the Greeks against the Persians. Comments flooded in, applauding the teacher for his innovative approach and recognizing the game's historical accuracy.

Celestial goodbye: Elizabeth Garcia had loved to travel and, after her passing, her family arranged one final trip. Her sister Jean fulfilled her wish for a unique farewell: sending the ashes of Elizabeth and her beloved cat into space. Elizabeth had long dreamed of space travel but never got the chance. With the help of Aura Flights, a company that specializes in space memorials, their ashes were launched into the cosmos. Riding a stratospheric balloon, the vehicle reached over 100,000 feet (30,480 m) above Earth's surface. Since this unique event took place in January 2023, interest in space memorials has increased, reflecting a growing desire for celestial farewells.

Quoteable Quotes

"And joys and tears alike are sent to give the soul fit nourishment."
—Sarah Flower Adams

"It is only the cultivation of individuality which produces, or can produce, well-developed human beings."
—John Stuart Mill

What's Happening

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 familit.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

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

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



*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.

Trivia

1. Physicians' treatise of ethics is called the ____ Oath.
2. Fructose is a type of sugar—T/F?
3. "She sells seashells by the seashore" is an example of a ____.
4. This fruit has a variety called the Winter Banana.
5. The Saffir-Simpson scale measures earthquakes, hurricanes, or heart attacks?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

(Over)

Recipe of the month

Mini BLTs

28 cherry tomatoes
7 bacon strips, cooked and crumbled
1/2 cup mayonnaise
1/3 cup chopped green onions

3 tablespoons grated Parmesan cheese
2 tablespoons finely chopped celery
2 tablespoons minced fresh parsley

Prep Time: 30 min + chilling Yield: 28 appetizers

- 1 Cut a thin slice from the bottoms of tomatoes to allow them to rest flat. Cut a thin slice off the top of each tomato. Scoop out and discard pulp; invert tomatoes onto paper towels to drain.
- 2 In a small bowl, combine the bacon, mayonnaise, onions, cheese, celery and parsley. Spoon into tomatoes. Cover and refrigerate at least two hours.

The perfect addition to any summer appetizer tray!

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



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




THIS SPACE FOR RENT

OR SCAN HERE FOR MORE INFO



Call 780-220-6397

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

WE CLEAN YOUR HOME LIKE IT'S OUR OWN!

- ◆ Weekly/Biweekly/Monthly Personalized Cleans
- ◆ Move In/Outs
- ◆ Residential and Small Business

ASK ABOUT OUR SENIORS' RATES!

NOBODY CLEANS LIKE MOM
780.700.6686 • www.nobodycleanslikemom.com



Flash Travel SALES

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



Travelmart | 780.487.1034
www.bit.ly/flashtravelsales

EXTRAORDINARY SAVINGS EXPIRES SOON!



*Limited availability. Dates subject to change without notice.

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




The World's #1 Restaurant Publication!

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 1062165 NSCB 0082999 0083445

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

PURCHASE TICKETS ONLINE AT **thecomicrostrip.ca**

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

Struggling with depression, anxiety, fertility concerns, or the stress of parenthood?

We can provide you the mental health support you need.

Nest INTEGRATIVE WELLNESS
10608-124 Street, Edmonton
780.760.6378 | nestinwellness.com

SCAN TO BOOK A FREE 15 MIN. PHONE CONSULT WITH ONE OF OUR THERAPISTS

FAST, ACCURATE, CLEAN & FRIENDLY SERVICE

MILLWOODS Bottle Depot
2830 Parsons Road
(south extension of 99th St. above South Edmonton Common)

mybottledepot.ca

14 receiving stations to serve you REALLY FAST!

Bring in your bottles for a chance to win in our regular Customer Appreciation Draws!

Mon - Sat 8:30 am - 7 pm
Sunday 10 am - 6 pm

BEST IN THE CITY!

Ever dreamed of being an **ARTIST?**

Or perhaps you're an experienced artist looking for something different?

Edmonton has an art school conveniently located in the downtown area, and it might just be the perfect environment to help you realize your artistic potential!

A.Z. The Adrian Zorzut School of Fine Art
780.660.0044 | 10248-106 St. NW
theadrianzorzutschoolofflineart.ca

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

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

ELECTRICIAN FOR HIRE

Residential
Light Commercial
Electrical Repairs and Renovations

Art de Leon Master Electrician

780.932.3858 Cell
ajdeleon63@gmail.com

Your Weekly Horoscope

ARIES
(March 20 - April 19)

Early this week, you may find yourself finally willing to openly speak about the effects of an old emotional wound. Who do you trust to help you talk through the process? Lucky numbers: 4, 15, 20, 25, 35, 46.

TAURUS
(April 20 - May 20)

Taurus-born are often cautious about making significant life changes. But this week the planetary energies may present you opportunities to break out of your comfort zone. Lucky numbers: 7, 10, 18, 24, 28, 45.

GEMINI
(May 21 - June 20)

At week's end, you may find yourself in the mood for a fun, spontaneous weekend. Enjoy, but also be aware of any tendency to overindulge in sweets, alcohol, and the like. Lucky numbers: 2, 11, 19, 35, 41, 47.

CANCER
(June 21 - July 22)

Your birthday month is coming to a close. How are you feeling so far in your new solar year? What should you keep and what should you let go of? Lucky numbers: 5, 11, 16, 18, 30, 46.

LEO
(July 23 - Aug. 22)

You may find that your mind and emotions are out of sync at week's end. Can you find a balance of the two? Otherwise, take a deep breath and wait a few days. Lucky numbers: 15, 16, 23, 26, 29, 35.

VIRGO
(Aug. 23 - Sept. 22)

Virgos can hold themselves and others to very high standards. But perfectionism usually is not achievable. This may be a good time to integrate more empathy. Lucky numbers: 11, 22, 33, 37, 39, 41.

LIBRA
(Sept. 23 - Oct. 22)

Do you and your partner struggle to define your relationship roles? Might this be a good time to discuss the conflict? Otherwise, breathe and take a step back for a few days. Lucky numbers: 8, 13, 18, 19, 27, 48.

SCORPIO
(Oct. 23 - Nov. 21)

Is progress halted now on your endeavours? It may be helpful to be open to insights about opportunities for change that could overcome the obstacles. Lucky numbers: 1, 14, 18, 21, 26, 40.

SAGITTARIUS
(Nov. 22 - Dec. 21)

You may be experiencing wanderlust now. Before you lock in a travel itinerary, do you simply need a vacation or is something more substantial motivating you? Lucky numbers: 3, 4, 8, 9, 11, 21.

CAPRICORN
(Dec. 22 - Jan. 19)

You may feel conflicted now. Your focus may be on completing work projects while those around you want to break out and have fun. Is there a way to do both? Lucky numbers: 6, 8, 25, 33, 34, 40.

AQUARIUS
(Jan. 20 - Feb. 18)

You may receive many ideas at week's end about creating positive change for yourself or others. Taking some time to sort through them before acting may be helpful. Lucky numbers: 12, 13, 17, 21, 28, 31.

PISCES
(Feb. 19 - March 20)

Your natural intuitive and creative talents may be heightened this week. Try to channel this into spiritual or artistic endeavors, rather than pushing through on mundane tasks. Lucky numbers: 9, 11, 17, 42, 43, 44.

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

Did You Know...

Sleeping giant: Albert Einstein is one of the world's most famous scientists. Perhaps one secret to his brain power is that he usually slept 10 hours a night. That's nearly one and a half times as much as the average person.

Noted brother: Most people recognize actor Tom Hanks, famous for *Forrest Gump*, among other great movies. Hanks' older brother is a noted biology professor at University of Illinois at Urbana-Champaign.

Unique proposal: Famous inventor Thomas Edison claims to have taught his future wife, Mina Miller, Morse code so they could talk to each other in secret. She said he even proposed to her using Morse code.

More than words: Studies indicate that body language constitutes 93% of a person's first impression of someone. The language of facial expressions, handshakes, eye contact, gestures, and personal space can say more than words.

Red lipstick: This concept wouldn't fly today, but during World War II, women were encouraged to wear red lipstick to boost morale, especially of soldiers. With the slogan "Beauty is their Duty," red lipstick was a patriotic symbol.

On the Lighter Side

Where does Thursday come before Wednesday? In the dictionary.

I call my car flattery. It gets me nowhere.

Rita: "You're always wishing for something you don't have."
Nita: "Well, what else is there to wish for?"

If you buy a bigger bed, you actually get less bedroom.

Knock! Knock! Who's there? Zoom. Zoom who? Zoom did you expect?

Answers

Trivia answers: 1. Hippocratic 2. True 3. Tongue twister 4. Apple 5. Hurricanes

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

THINKING OF BUYING OR SELLING?

CALL **KATIE**
Your Central Edmonton Agent:
780.519.0668
www.realtybykatie.com

Living & working in Central Edmonton!

Katie Adams Local REAL ESTATE

FLAT RATE ALFA TAXI®
SERVING SHERWOOD PARK AND AREA

780.410.0667

Airport - \$40. Anywhere in Sherwood Park - up to \$10.*
*Except weekends and evenings.
Reasonable flat rate anywhere • 24 Hr. Service.
Toll Free 1.855.688.2941

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.
PMS20469 EN, EX, USA | In Only © 2023 Inogen, Inc.
3012 Corporate Drive, Colorado, CO 80117
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.

HERE WHEN YOU NEED US
When You Get Paid, We Get Paid

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
1-800-440-8298
ALBERTA OWNED AND OPERATED FOR OVER 35 YEARS

The perfect cup ...every time

Each cup up to **75% Less** than leading coffee retailers

Kofe Korporation

Benefits of our in office coffee system:

- Convenient and hassle-free
- No delivery charge • No service charge
- No installation charge • Fresh coffee

We keep your machine clean and filled with product!

780.718.7212 / www.kofekorp.com

yes tv

FREE LIVE STREAMING COMING THIS FALL

visit yestv.com for details

Like us on Facebook

...to keep updated on **WEEKLY contests** in which you can enter to win tickets to sports events, entertainment events, Coffee News Bucks and more!

<https://www.facebook.com/CoffeeNewsWeekly>