

Coffee News is proud to support Make-A-Wish® Canada

Transform lives, one wish at a time.

Make-A-Wish.

Visit makeawish.ca

FREE! *New Issue Every Week!*

Coffee News®

"News To Be Enjoyed Over Coffee"

Lloydminster Edition

877-553-6397

www.coffee-news.ca

Take our quick survey, it's under 2 minutes

Help Us Improve – and Win!

Your feedback will help us make Coffee News® better for you.

PLUS you could win a \$200 gift card and limited edition Coffee News® swag!

Take Survey here

LEAKY GUT?

DO YOU SUFFER WITH ANY OF THESE...

1. Digestive Issues (gas, bloating, diarrhea, irritable bowel syndrome)
2. Autoimmune disease (arthritis, lupus, psoriasis, celiac disease)
3. Depression, anxiety, ADD or ADHD
4. Seasonal allergies or asthma
5. Chronic fatigue or fibromyalgia
6. Hormonal imbalances (PMS, PCOS)
7. Skin issues
8. Food allergies/intolerances

"Death begins in the colon" ~ Mechnikov

LEARN MORE HERE

Heal Your Gut, Improve Your Well Being!

Rebecca McCord gut health coach

250.329.8116 | www.HealthyBellyCoach.com

THIS SPACE FOR RENT

OR SCAN HERE FOR MORE INFO

Call 780-220-6397

PLEASE ASK US FOR STARTER PACK

200+ Delicious Meals Made for SENIORS!

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

EARN UP TO \$75+ USD PER HOUR WRITING LETTERS

PAID PER Letter

ZERO Experience Required

MUST BE 18+

EDUCATIONAL PROGRAM

START HERE!

Coffee News®

is proudly delivered by

BEA FISHER
GROUP OF COMPANIES

Coffee News® Part of your community.

Boost Your Career From Home!

Did you know that you can take Business and IT certification exams from Microsoft, Cisco and other vendors right from the comfort of your home?

Check us out today and add new certifications to your résumé before fall!

Know it Sooner
Computer Training

www.knowitsooner.com/get-certified

IMPROVING EFFICIENCY SINCE 2006

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

Vol. 21 No. 31 July 29, 2024

Everybody's Talking

Second chance: Loved Before is a U.K. charity on a mission to offer a fresh start to abandoned teddy bears and other stuffed animals. Charlotte Liebling noticed the sad fate of many soft toys and decided to do something to change that. These toys undergo a spa-like treatment before being showcased online for new families to discover. Embracing imperfection, Loved Before recognizes the unique charm each toy brings. Alongside its eco-friendly packaging and charitable donations, the company aims to instill a sense of responsibility in people, especially children, toward reusing items to benefit the environment. While this may seem like a small step, it shows how everyone can make a difference.

Free education: Albert Einstein College of Medicine in New York City, New York (U.S.), is planning to scrap tuition fees, thanks to a very generous donation of \$1 billion. This amazing act of kindness comes from Dr. Ruth Gottesman, a well-respected former teacher at the school. Dr. Gottesman's late husband, who was smart with money, told her to "do whatever you think is right" with their considerable wealth. This inspired her to make medical school education more affordable. She believes that by making such an education easier to obtain, that will mean more doctors with diverse backgrounds who better understand and serve communities.

Age fusion: In Seattle, Washington, (U.S.), a preschool at Providence Mount St. Vincent merges daycare with senior living, uniting 400 older adults with children. Through activities like music and art, they forge connections at this senior care home. "The Growing Season" is a documentary by Evan Briggs that showcases this interplay and captures the transformation that happens among the seniors when the kids arrive. In the presence of the children, the residents light up with vitality, and the children seamlessly adapt to being with the older folks. The success of this model highlights the potential for greater integration of seniors into society, fostering understanding and empathy across generations.

Robot conductor: At the National Theater of Korea, something incredible happened: a robot named EveR 6, created by the Korea Institute of Industrial Technology, led the National Orchestra of Korea in a concert. EveR 6 is about as tall as a person and has a face that looks human. The robot conducted alongside human conductor Soo-Yeoul Choi. The concert, which was titled "Absence," included two pieces directed by EveR 6, along with a special composition called "Sense," in which the robot and Choi worked together. Choi was amazed by EveR 6's moves, but said humans still make the best conductors because they can listen to and guide the orchestra.

Quoteable Quotes

"I attribute my success to this: I never gave or took an excuse."
—Florence Nightingale

"A man's mind, stretched to a new idea or sensation, never shrinks back to its former dimensions."
—Oliver Wendell Holmes, Sr.

What's Happening

Aug 5 - Heritage Day Heritage Day takes place at Weaver Heritage Park, located at 4515 44 Street starting at 8:30am. This heritage festival celebrates and commemorates our history and heritage. Featuring a FREE pancake breakfast, family-friendly activities entertainment

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.

Trivia

1. Multi-celled organisms without backbones are fish, invertebrates, or mammals?
2. In 196 B.C.E., the Rosetta stone was inscribed in this Egyptian city.
3. What is the medical term for the breast bone?
4. Gelatin is a vegetable product—T/F?
5. The red outgrowth on a chicken's head is a comb, hairbrush, or hat?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

(Over)

Recipe of the month

Peach Glazed Rib

3 to 4 pounds pork baby back ribs, cut into serving-size pieces
1 can (15-1/4 ounces) peach halves, drained
1/3 cup soy sauce
1/4 cup canola oil

1/4 cup honey
2 tablespoons brown sugar
1 teaspoon sesame seeds, toasted
1 garlic clove, peeled
1/4 teaspoon ground ginger

Prep Time: 15 min Grill: 1.25 hrs Yield: 6 servings

- 1 Prepare grill for indirect heat, using a drip pan. Place ribs over drip pan. Grill, covered, over indirect medium heat for 60 minutes, turning occasionally.
- 2 Meanwhile, in a blender, combine the remaining ingredients; cover and process until smooth. Baste ribs.
- 3 Grill until meat is tender and juices run clear, 15-20 minutes longer, basting occasionally with remaining sauce.

A delicious, fruity alternative to the usual barbecue sauce for ribs

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

Eye Examinations • Ocular Emergency Services • Diagnosis & Treatment of Eye Injuries & Eye Diseases

Dr. Gary Wetmore
OPTOMETRIST

780.875.6234

Located at Wayside Plaza
#5, 5405-44 Street
Lloydminster

DIRECT BILLING AVAILABLE

Come and enjoy rural Alberta!

We have vacancies!

- Studio suites and one bedroom couples' suites in our Lodge and one bedroom suites in our Self-Contained Manors.
- Experience fresh air and country living.

Call our office today!
780.853.5706

or contact our office at
admin@vdhf.ca
www.vdhf.ca

5401-46 St., Vermilion

Vermilion & District Housing Foundation

Pregnant? Facing Difficult Decisions?

We can help.
Call **780.421.1177** or text **587.596.5380**

A Small Miracle Adoption

Adoption is the ultimate expression of a committed heart

- Confidential Pregnancy Counselling
- Support and Connection to Resources
- Adoption Information and Advice

www.smallmiraclesadoption.com

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!

Readers of the Month
Todd & Julia Lewis from Ponoka

Coffee News® Fun Reading. Serious Advertising.

It's not just a generator. It's a power move.

Receive a free 7-year warranty with qualifying purchase* - valued at \$945.

Call 888-688-0973 to schedule your free quote!

GENERAC

*Terms and Conditions apply.

The World's #1 Restaurant Publication!

NEED YOUR BUILDING INSULATED?
Don't want to pay through the roof for quality? Call us today!

Multiple insulation methods to meet your needs:

- Insulation Removal
- Loosefill for Attics and Walls
- Sprayfoam (attics, walls, floor joists)

Specializing in the Pro-Pink Complete Wall System
Call and learn more about this amazing system and how it can help save you money!

RED BEARD'S INSULATION

780-803-0094 | Follow us!

FLEXIBLE HOURS
WILLING TO TRAVEL

Need ONE More Reason to Join?

- 1 You don't have an up to date will
- 2 You don't understand the difference between a trust and a will
- 3 The CRA selects you for an audit
- 4 You need a letter written on your behalf by a lawyer
- 5 You receive a speeding ticket
- 6 You need a lawyer's advice on any matter

Call LLOYD KENNEY, Independent Associate, to find out how LegalShield can help you!
1-877-579-9449

LegalShield

WEBSITES
From \$129/Month

(780) 760-6922
FRONTLINECONSULTING.CA

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

Need to talk?
988 is here for you. 24/7

Suicide & Crisis Helpline
Call or text: 9-8-8

Edmonton.CMHA.ca

Learn From the Best!

Explore the possibilities
of DIY soap making, lotion making, and bath product creation

wixy Soap

Sherwood Park
587.785.8878
shop@wixysoap.com | www.wixysoap.com

Private classes available

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!

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

CANADA'S BRAND YOUR COMFORT

NAPOLEON

GEMCO FIREPLACES & WHOLESALE HEATING PRODUCTS

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

Your Weekly Horoscope

ARIES
(March 20 - April 19)

Your relationships can be a good vehicle now to help you heal old wounds. Share information about your past with those you are close to and enlist their support. Lucky numbers: 10, 13, 17, 25, 44, 47.

TAURUS
(April 20 - May 20)

Are you feeling a strain in your relationships now? Looking for an unusual resolution to the issue may be helpful. Just be sure it truly works for all involved. Lucky numbers: 8, 9, 11, 15, 26, 31.

GEMINI
(May 21 - June 20)

You may find that your mind is on information overload. Documenting the new ideas might be helpful now, but wait until later to act on any that you choose. Lucky numbers: 2, 6, 24, 29, 38, 41.

CANCER
(June 21 - July 22)

Your emotions may be heightened at midweek. Take a step back and wait a few days to see if your feelings on an important matter change in the interim period. Lucky numbers: 5, 9, 25, 30, 38, 44.

LEO
(July 23 - Aug. 22)

Your naturally enthusiastic persona may be boosted this week. This could be a good time to use the energy to set a new intention for something to manifest in the next month. Lucky numbers: 4, 16, 20, 23, 35, 45.

VIRGO
(Aug. 23 - Sept. 22)

For the next few weeks, explore and articulate what you truly value and how to manifest it. In formulating a plan, don't overlook the details necessary for success. Lucky numbers: 6, 10, 18, 29, 35, 42.

Lucky numbers this week: This week's odds favour Leo winners with the luckiest number being 35.

LIBRA
(Sept. 23 - Oct. 22)

You may find yourself micromanaging your relationships with others over the next few weeks. Be conscious of this tendency so you can avoid any unnecessary conflict. Lucky numbers: 7, 9, 14, 39, 42, 46.

SCORPIO
(Oct. 23 - Nov. 21)

The astrological energy at the end of the week might have a childlike enthusiasm. Using this dynamic to lighten your interactions with others may be helpful. Lucky numbers: 9, 16, 18, 23, 24, 35.

SAGITTARIUS
(Nov. 22 - Dec. 21)

Are you feeling challenged now about your beliefs? If you're comfortable with them, you have no need to defend them to others. If not, ask yourself what has changed. Lucky numbers: 11, 14, 15, 39, 45, 46.

CAPRICORN
(Dec. 22 - Jan. 19)

Weighing relationships versus results, Capricorns sometimes gravitate to the latter. An opportunity may emerge at week's end to achieve a greater balance of the two. Lucky numbers: 3, 6, 19, 22, 40, 47.

AQUARIUS
(Jan. 20 - Feb. 18)

Did you set new goals about six months ago at your birthday? What progress have you made, and do you need to course-correct now to stay on track? Lucky numbers: 1, 3, 5, 24, 26, 32.

PISCES
(Feb. 19 - March 20)

Last week's energetic pattern might continue. Did you make an adjustment to activate greater joy in your life? This change may take time to manifest, so keep going. Lucky numbers: 12, 14, 23, 36, 37, 46.

Did You Know...

No reptiles: Finding insects and birds in frozen Antarctica might be possible, but a life form not found there is the reptile. Those critters do not produce their own heat and wouldn't last long on the coldest continent on earth.

Long walk: Energetic folk who want to walk the entire length of Canada's coastline need to prepare for a long hike. The coastline covers 244,000 kilometres (151,600 mi.) and includes the Arctic, Pacific, and Atlantic oceans.

Single spice: One might assume allspice is a mixture of several spices, but it is actually made from dried berries from the allspice tree, native to Jamaica. Christopher Columbus noted it on his second Atlantic Ocean crossing.

Great word: "Somnambulists" are sleepwalkers. The root words *somn* and *ambulate* relate to sleep and walking. Some folks with somnambulism have even walked around their neighbourhoods without realizing it.

Pablo: The world knows him as famous Spanish artist Pablo Picasso. But his full name is Pablo Diego José Francisco de Paula Juan Nepomuceno María de los Remedios Cipriano de la Santísima Trinidad Mártir Patricio Clito Ruiz y Picasso.

On the Lighter Side

Dancer: "Can you stretch the music out a little longer?"
Orchestra leader: "Sorry, this isn't a rubber band."

An actor fell through a trapdoor. He was going through a stage.

Knock! Knock! *Who's there?* Luke. *Luke who?* Luke out the window and see.

How do you catch a unique rabbit? Unique up on it.

Where did the fake blacksmith work? At the forgery.

Answers

Trivia answers: 1. Invertebrates 2. Memphis 3. Sternum 4. False 5. Comb

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

HIP OR KNEE REPLACEMENT?

THE DISABILITY TAX CREDIT ALLOWS FOR A
\$2,500
YEARLY TAX CREDIT
\$30,000
LUMP SUM REFUND

85% SUCCESS RATE!

FOR EXPERT HELP:
1-844-453-5372

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

Wellings
OF LLOYDMINSTER

Carefree active living for adults 55+

MOVE-IN READY
3211 72 Ave. Lloydminster
587-377-7478

yes tv

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

SHOP ONLINE!
www.scubagearcanada.ca

• Snorkelling Gear • Reef-Safe Sunscreen
• Beach Water Shoes • Dry Bags & Wallets • UV Shirts

The Dive Outfitters
Scuba Diving & Snorkeling
11781-156 St., Edmonton 780.483.0044

SCUBAPRO | SHERWOOD | GARMIN | SHEARWATER | AKONA | HENDERSON | SEALIFE | TUSA

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

Get Your Summer Groove On!

Licensed Bistro & Outdoor Patio
featuring lattes, soup, sandwiches and baking

OVER 300 LOCAL/CDN. VENDORS IN STORE!

farmstead MARKET & MORE
HAINSTREET KITCHEN

780.205.3961
4908-50 (Main) St., Kitscoty

Outdoor Markets every second Tuesday May-September
• Vendors • BBQ
• Live Entertainment

M-F, 10-6 | Sat, 11-5 | Outdoor Patio with Main Street Scoops open until 9 p.m., daily

inogen

INOGEN® PORTABLE OXYGEN CONCENTRATORS

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

130-day risk-free trial! Return within 30 days of purchase for a full refund of purchase price.

PH: 204-669-EN, EX, USA | By Only © 2024 Inogen, Inc. 459 Wood Drive, Suite 200, Coletta, CA 93111
Inogen® is a trademark of Inogen, Inc. The logo of Inogen, Inc. trademark is strictly forbidden without the prior consent of Inogen, Inc. All other trademarks are trademarks of their respective owners or holders.