

Sturgeon Community Hospital Foundation

THANK YOU TO OUR DONORS

Because of YOU \$1,640,418 was raised last year!

95,176 PATIENTS TREATED AT THE STURGEON

49,525 EMERGENCY ROOM VISITS

11,892 PEOPLE ADMITTED TO BEDS

MAKE A DONATION FOR 2024

FREE! *New Issue Every Week!*

Coffee News®

"News To Be Enjoyed Over Coffee"

St. Albert Edition

780-220-6397

www.coffee-news.ca

Build Your Dream Kitchen

- 20+ Yrs. in Business
- Local, Family Owned and Run Shop
- Competitive Pricing
- Fast Delivery

West and South Edmonton locations

10454A Mayfield Road, Edmonton

COMFORT KITCHEN CABINETRY

Book Your Design Consultation: 780.885.6058

CALL FOR A FREE ESTIMATE

THIS SPACE FOR RENT

OR SCAN HERE FOR MORE INFO

Call 780-220-6397

the **MAKERS** keep

FIND US IN THE ST. ALBERT CENTRE!

A local collective boutique with over 350 vendors from all across Alberta!

@tmksherwoodpark @themakerskeep

www.themakerskeep.com

Wills | Enduring Power of Attorney | Personal Directive | Grants

ESTATE Solutions

SIMPLE AND AFFORDABLE

FREE WILL CONSULTATIONS

WE COME TO YOU!

Stana Buist, Paralegal

780-228-1255

estate-solutions@outlook.com | www.estate-solutions.ca

The Dive Outfitters

Scuba Diving & Snorkeling

780.483.0044

11781-156 St., Edmonton

www.thediveoutfitters.ca

Learn to Scuba Dive!

Scan to start your course online today

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

CANADA'S BRAND YOUR COMFORT

NAPOLEON

GEMCO FIREPLACES & WHOLESALE HEATING PRODUCTS

PH:780-465-9719 9281-50 STREET, EDMONTON, AB

WWW.GEMCOFIREPLACES.COM

Helping People Live Their Best Life Possible

ComForCare HOME CARE

Please contact us for all your Home Care needs

780-733-4495

one bite technology.ca

2002 Tudor Glen, St. Albert

587-290-0200

iPhone / iPad repairs & support

Device sales

Mac + PC repairs & support

Bring this ad in for 10% OFF REPAIRS!

Vol. 21 No. 32 August 5, 2024

Everybody's Talking

Tokyo's honesty: If you misplace your cash in Tokyo, Japan, there's hope. In 2022, a staggering \$29.6 million (USD) in cash was voluntarily handed over to the police, setting a new record. Japanese law requires people to give back money they find, but there's a reward for the finder, up to 20 percent of the amount if someone claims it. After three months, if nobody claims it, the finder gets it all. Despite Tokyo's hustle and bustle, people turned in an average of \$81,000 every day in 2022. During cherry blossom season, Tokyo police caution about an increased risk of losing belongings, as more people stroll around admiring the beauty of the famous blossoms.

Musical revival: Beethoven's unfinished 10th Symphony remained a mystery long after his passing, and has been sparking curiosity for centuries. In 2019, a diverse team embarked on a mission to honour the famous composer's legacy through using artificial intelligence (AI). The AI decoded Beethoven's musical patterns over his entire career, analyzing every note the composer wrote. Meanwhile, researchers delved into the sketches for this symphony that Beethoven left behind, in order to decipher his intentions behind the piece. The AI seamlessly integrated its compositions with Beethoven's motifs, culminating in a full orchestral piece. The Beethoven Orchestra premiered the completed symphony in Bonn, Germany.

Sealed secrets: In the past, people protected their letters with complex folding methods, a technique called "letterlocking." Now scientists have cracked the code of one such letter without opening it. These letters were sealed with wax and carefully folded to stop anyone from opening them without permission, which would make any tampering quite obvious. The Brienne Collection, which houses thousands of undelivered letters from the year 1706 and earlier, posed an intriguing historical enigma, with hundreds of the letters "locked." The project involved using X-ray scanning and computer algorithms to decode the folding patterns, which could unveil centuries-old messages without damage.

Desert discoveries: In the expansive deserts of southern Peru, ancient drawings have emerged, etched into the earth long ago. Among these remarkable artworks that depict creatures like hummingbirds and monkeys, a colossal cat has been discovered. Designated as a UNESCO World Heritage Site in 1994, the Nazca Lines cover a vast area of about 450 square kilometres (174 sq. mi.). Recent archaeological work has revealed the well-defined lines of the feline figure, dating back to 200-100 B.C.E. and measuring 37 metres (121 ft.) in length. The discovery of these and other new figures sheds light on the ancient cultures that predated the Nazca civilization.

Quoteable Quotes

"Being defeated is often a temporary condition. Giving up is what makes it permanent." —Marilyn vos Savant

"The achievement of one goal should be the starting point of another." —Alexander Graham Bell

What's Happening

Aug 21 - Weed Warriors Drop-in Event Weed Warriors teaches students and community members of all ages how to identify and safely remove invasive weeds, as well as how to support the growth of native plant species. Taking place from 2-6pm at 2 Meadowview Dr

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. This rod rotates the wheel of a car.
2. In the movie Citizen Kane, "Rosebud" is a friend, sled, or flower?
3. Rosie the ____ symbolized women's war efforts during WWII.
4. All lakes are freshwater—T/F?
5. The Mausoleum at Halicarnassus is one of the ____ Wonders of the Ancient World.

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

(Over)

WHY RENT ...when you can BUY?

You may be financially ready – and don't even know!

Call George about real solutions to build equity:

780.982.4247

www.georgevandewalle.com

Each office independently owned and operated

GEORGE VAN DE WALLE

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

FREE QUOTES

STUMP GRINDING

- ✓ Quality, professional service at a reasonable rate
- ✓ Same day service in most cases
- ✓ Senior discount available

Nicholas Verklan - nverklan@hotmail.com

780-938-5548

Weekly • Bi-Weekly • Monthly • One-Time Cleaning

We do one thing – Clean!

Professional and personalized cleaning service:

Residential & Commercial Cleaning
Detail Cleaning • Basic Cleaning
Move In/Move Out • New Construction

2024 WINNER

Call Lynn for a free quote: **780.721.6789**

www.youhaveitmaid.ca

10% DISCOUNT*

Our skilled bra fitters make the trip worthwhile!

Romantic Notions Inc.

#30, 210 McLeod Ave., Spruce Grove

780.962.4944 | 1.855.962.4944

@romanticnotionsab

romanticnotionsboutique

Book your appointment now at www.romanticnotions.ca

*When you present your St. Albert Coffee News

Jennifer Miles, Agent

125-15 Circle Dr

St. Albert AB T8N 3Y7

780-460-2279

www.jmilesinsurance.com

Desjardins Insurance

Desjardins Insurance refers to Certas Home and Auto Insurance Company, underwriter of automobile and property insurance or Desjardins Financial Security Life Assurance Company, underwriter of life insurance and living benefits products.

Desjardins, Desjardins Insurance and related trademarks are trademarks of the Fédération des caisses Desjardins du Québec, used under licence.

you've come to the right spot

Experience friendly, professional wax services in our clean and welcoming studios

100% gender-inclusive

buff WAX SPOT

Edmonton

13326-137 Avenue NW

780-457-WAXD (9293)

Tuesday - Friday 9 a.m. - 8 p.m.

Saturday 9 a.m. - 5 p.m.

Sunday + Monday Closed

If you require assistance or information regarding government issues, please contact my office


Dale Nally, MLA
MORINVILLE - ST. ALBERT



780-572-6161
Morinville.Stalbert@assembly.ab.ca

Security Services You Can Trust

Canadian Pardons
USA Entry Waivers
Fingerprinting • Notary Public
Commissioner of Oaths



CANADA SECURITY SERVICES

Unit 7, 9363-50 St. NW Edmonton AB T6B 2L5
780.488.1134 • www.abpardons.ca
www.canadasecurityservice.ca

Window Coverings That Reflect Your Style

From inspiration to installation, our team of professionals collaborate with you to deliver beautiful window treatments.

BLINDS & SHADES • SHUTTERS • CUSTOM DRAPERY

108-25 Chisholm Avenue, St. Albert

BENCHMARK WINDOW FASHIONS

833.330.0265 | sales@bmark.ca | bmark.ca

NOW ALSO OFFERING WALL PAPER!

Where your pet gets a vacation too!

BlackPaws
Pet Resort & RV Storage

Why choose us for your dog boarding needs?

- Acres of play areas! • Group play all day!
- Large private indoor/outdoor rooms for each dog, or up to a family of 3!
- Management on-site 24/7

BOOK TODAY... your pet will thank you!

26106 Twp Rd 552, Sturgeon County
780.984.5718 | blackpawspetresort.ca

Less dogs, more space... a tired dog is a good dog!

UH-OH!

DON'T WORRY - We repair damage to leather, vinyl, plastic and fabric.

COLORGlo
NORTH EDMONTON

For a free estimate, call 780.239.7917

AUTOMOTIVE | COMMERCIAL | RECREATIONAL | RESIDENTIAL



780-651-7362


Located in the Enjoy Centre, Entrance 4 - 101 Riel Drive, St. Albert

Wild Earth Bakery

www.wildearthbakery.com

We've been around for a while and we've seen a lot over the years.

The world keeps changing, but Wild Earth keeps baking.



Everitt GARDENS
An OPTIMA LIVING Community

Let us welcome you home™
780-569-2273
everittgardens.ca

Independent Senior Living
Supportive Senior Living
Private Memory Care

125 Everitt Drive North, St. Albert




FOR ALL YOUR SEWER, PLUMBING, HEATING & GASFITTING NEEDS

- Plumbing Repairs, Maintenance & Renovations
- Hot Water Tanks
- Plumbing Fixtures
- Furnace Install & Repair ...and more!

ADG KABAN SEWER & DRAIN LTD.

Supporting and Servicing St. Albert and Surrounding Areas For Over 27 Years

Troy 780.498.6888 Cell. 780.458.9778 | www.adgplumbing.com

LICENSED • BONDED • INSURED

GUARANTEED EXCELLENCE and 24 HR. SERVICE BY PROFESSIONAL TRADESMEN

Your Weekly Horoscope

ARIES

(March 20 - April 19)



Your heart and head may be out of sync at mid-week about a situation in your life. Look for a solution that could help you achieve a balance between the two. Lucky numbers: 15, 18, 20, 21, 40, 42.

TAURUS

(April 20 - May 20)



Are you at a stalemate in something you are trying to achieve? Doing a deep dive into your psyche might help you receive an insight that breaks through the obstacle. Lucky numbers: 2, 6, 8, 17, 25, 33.

GEMINI

(May 21 - June 20)



Is there something you really want to change in your life now? The energy at the middle of the week may give you a kick start to that process of transformation. Lucky numbers: 10, 11, 12, 19, 26, 33.

CANCER

(June 21 - July 22)



You may have an opportunity over the next few weeks to reexamine how you respond to new situations. How might you change any old behaviour patterns holding you back? Lucky numbers: 3, 4, 8, 13, 18, 41.

LEO

(July 23 - Aug. 22)



Leos can tend to focus on the big picture. For the next few weeks, though, you may want to concentrate on the details. Doing so could reveal a new opportunity. Lucky numbers: 6, 9, 16, 18, 31, 42.

VIRGO

(Aug. 23 - Sept. 22)



For the next few weeks, be careful of miscommunications with others, especially in close relationships. Finding a way to speak from your heart may be helpful. Lucky numbers: 5, 11, 29, 31, 41, 42.

LIBRA

(Sept. 23 - Oct. 22)



Are your needs being met, both within yourself and in your relationships? During the middle of the week, you may have a few days to evaluate where things stand. Lucky numbers: 7, 17, 20, 22, 27, 41.

SCORPIO

(Oct. 23 - Nov. 21)



This weekend may be a time for meditation and contemplation that could trigger an important shift. Could you carve out time to take advantage of the opportunity? Lucky numbers: 1, 5, 12, 22, 30, 37.

SAGITTARIUS

(Nov. 22 - Dec. 21)



You may find yourself reevaluating your beliefs over the next several weeks. If you feel conflicted about what you thought to be true, a change may be in order. Lucky numbers: 15, 24, 37, 40, 41, 43.

CAPRICORN

(Dec. 22 - Jan. 19)



A conversation with others may reveal a new opportunity. However, be sure to discuss the particulars in detail to be sure you are truly on the same page. Lucky numbers: 11, 19, 20, 27, 32, 48.

AQUARIUS

(Jan. 20 - Feb. 18)



Pluto, planet of transformation, is entering a long transit through Aquarius. To prepare, now may be a good time to examine any adjustments in values you need to make. Lucky numbers: 4, 20, 32, 33, 34, 41.

PISCES

(Feb. 19 - March 20)



Is there something you need to release in order to be more joyful and enthusiastic? The end of the week may be a good time to make such an adjustment. Lucky numbers: 8, 13, 19, 21, 36, 47.

Lucky numbers this week: This week's odds favour Capricorn winners with the luckiest number being 27.

Did You Know...

Lots of cleaning: Cleaning staff, and lots of them, are definitely needed at Buckingham Palace. The regal residence in the heart of London, England, has 775 rooms, including 52 royal and guest bedrooms and 188 staff bedrooms.

Underground shopping: The world's largest underground shopping complex is PATH in Toronto, Ontario (Canada). This complex is almost 30 kilometres (19 mi.) long, covering 371,600 sq. metres (4 million sq.ft.).

Dance moves: In the 1920s and 1930s in Harlem, New York (U.S.), "Hoofers" was an old pool hall converted to a tap dancing club, where primarily African American folks perfected their jazz and tap dance moves.

Walled city: Québec City, the capital of the Canadian province of Québec, is the only North American walled city north of Mexico. The 17th-century walls are a reminder of early colonial wars. It's now a UNESCO World Heritage site.

First glass windows: The ancient Roman glassmakers were the first to develop the skill of making window panes out of glass. The thicknesses were uneven, and only a limited amount of light got through, but they did the job.

On the Lighter Side

A ventriloquist walked into a bar. The man next to him said, "Ouch!"

Knock! Knock! Who's there? Olive me. Olive me who? Olive me, why not take all of me?

A Dalmatian eating dinner: "That hit the spots!"

How did the glass know things would be OK? The light at the end of the funnel.

Customer: "Waiter, there is a hair in my turtle soup."
Waiter: "So the Turtle and the Hare finally got together."

Answers

5. Seven
Trivia answers: 1. Axle 2. Sled 3. Riveter 4. False

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

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



PAWNSTERS INC.

YOUR LOCAL PAWN SHOP

SCAN TO VIEW OUR LATEST INVENTORY

Tues-Sat, 10:30-6 | Sun, 12-5
322 McLeod Ave., Spruce Grove
www.pawnsters.ca 587.461.1798

BUY • SELL LOAN



St. Albert Sturgeon Hospice Association

SASHA

SASHA supports people in our community who are dealing with end-of-life situations by offering free companionship, emotional support, and caregiver respite. We have been a volunteer-run, non-profit organization with charitable status since 2014.

587.921.1345
sasha-cares.com

Present to the end



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



Transform Your Outdoor Space!

Terrascape
Landscaping & Maintenance

CALL FOR A FREE ESTIMATE

- Installation, Repairs & Improvements • Paving Stones
- Retaining Walls • Rocks & Wood Mulch • Flower Beds • Sod
- Grounds Maintenance • Seasonal Clean Ups • Snow Removal

587.501.7155 | www.TerrascapeLandscaping.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



Now accepting new patients!

Green Grove DENTAL

- Invisalign
- Sedation Options
- Same-Day Crowns
- Implants
- Financing Options
- Comfort Menu

780.458.2178
Located by Drayden Insurance
greengrovedentist.com

Google



WE COME TO YOU - HOME, OFFICE, COFFEE SHOP OR VIRTUALLY!

I HAVE BEEN DOING TAX RETURNS SINCE 1985

Personal Tax Returns • Corporate Tax Returns
GST Returns • Preparation of T4s/T5s

DBV Donald B. Verbeke
CHARTERED PROFESSIONAL ACCOUNTANT
CHARTERED ACCOUNTANT
CERTIFIED FINANCIAL PLANNER

Lacombe Park Estates - St. Albert • don@verbeke.ca
Cell: 780.945.6190 • www.verbeke.ca

