

**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

CONNECTION  
SUPPORT  
GROWTH

**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

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!

ONLINE SURVEY

Take Survey here

**CONNECTOR**

CONVENIENT, RELIABLE TRANSPORTATION SERVICE

DAILY BETWEEN JASPER | HINTON | EDSON | EDMONTON AND JASPER | LAKE LOUISE | BANFF | CALGARY

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

**SUNDOG**  
TRANSPORTATION AND TOURS 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

**ELECTRICIAN FOR HIRE**

Residential  
Light Commercial  
Electrical Repairs and Renovations

Art de Leon ⚡ Master Electrician

780.932.3858 Cell  
ajdeleon63@gmail.com

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  
theadrianzorzutchooloffineart.ca

**The perfect cup** ...every time

Each cup up to 75% Less than leading coffee retailers

**Kofe**

Benefits of our in office coffee system:

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

**Korporation** We keep your machine clean and filled with product!

780.718.7212 / www.kofekorp.com

**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

**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

## Everybody's Talking

**Bridge harmony:** The famous Golden Gate Bridge in San Francisco, California (U.S.), is making a sound that's catching everyone's attention. People living nearby, even up to three miles (4.8 km) away, are hearing strange and sometimes musical noises coming from the bridge. This unexpected "singing" is a result of recent work done to make the bridge stronger during windy weather. While some folks find the sound unsettling, others find it strangely calming. As part of the project, some of the bridge's handrails are also being changed to let more air through. Officials say these changes are important for keeping everyone safe.

**City quiet:** In warm city climates, summer brings a common headache. Open windows mean traffic noise flooding homes. Researchers at Nanyang Technological University in Singapore have a solution: a noise-canceling gadget. This device, resembling a grid of small speakers fixed onto window bars, aims to cut urban traffic noise. It works by emitting counteractive sounds to cancel out specific frequencies of road, train, and plane noise. While it's not perfect for all sounds, particularly higher-pitched ones like voices, it significantly reduces many types of noise. Akin to noise-canceling headphones, this technology seems to offer the potential of bringing a measure of peace and quiet to city dwellers.

**Tech shift:** The state of California (U.S.) is bidding farewell to traditional metal licence plates in favour of digital ones. Boasting modern features such as automatic registration renewal and customizable displays, these digital plates offer convenience for car owners. The plates have become legal in several other U.S. states. However, some concerns linger regarding privacy because the plate has the ability to track a vehicle's location. Still, many drivers are excited about the new plates, with thousands of people already using them in California. The digital plates also offer the added security of an ability to change their display in the event of vehicle theft.

**Galactic dough:** In a galaxy not so far away, a bakery in Benicia, California (U.S.), has unveiled an epic creation: a 6-foot (1.8-m) tall bread sculpture of the iconic Han Solo, immortalized in dough. Using a blend of wood and two types of dough, including a special yeastless recipe, the creators at One House Bakery meticulously crafted this Star Wars character's likeness as he appeared encased in carbonite in the film. The dedication to detail is evident in the sculpture, capturing Han's distressed expression and outstretched hands. "Pan Solo" was proudly displayed outside the shop, showcasing these bakers' love for science fiction and fantasy.

## Quoteable Quotes

"If you steadfastly refused to quit, you rapidly narrow your options to only winning." —Brad Thor

"No one can be perfectly free till all are free; no one can be perfectly moral till all are moral; no one can be perfectly happy till all are happy." —Herbert Spencer

## 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. The game of volleyball originally was called minuet, mintonette, or minton?
2. A quintal is equal to how many kilograms?
3. What is the longest river in Asia?
4. Who wrote The Mayor of Casterbridge?
5. Choreography is notated using steptation, labanotation, or floor plans?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

(Over)

The Tile Installation Specialists

Get in touch for all of Your Tiling Needs.

587.333.9800 | THETILEIS.COM

Central Lions Seniors Association

Come See What We Are All About!

**Open House!**

Thursday August 22nd 10 am - 3 pm

Free Lunch, Door Prizes  
Tradeshow, Demonstrations,  
Prize Wheel, and Loads of Fun!

www.centrallions.org 780-496-7369 11113 113 St, Edmonton

**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

**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

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

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!

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

**BEST IN THE CITY!**

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

The World's #1 Restaurant Publication!

**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



**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

- 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.
- Meanwhile, in a blender, combine the remaining ingredients; cover and process until smooth. Baste ribs.
- 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>



**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](mailto: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!

**Coffee News** Fun Reading. Serious Advertising.

**Readers of the Month**  
Todd & Julia Lewis from Ponoka



**inogen**

**INOGEN® PORTABLE OXYGEN CONCENTRATORS**

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

**30-DAY RISK-FREE TRIAL**

\*30-day risk-free trial- Return within 30 days of purchase for a full refund of purchase price.  
PMA230469 EN, EN, EN, USA (R) Only © 2024 Inogen, Inc.  
859 Wood Drive, Suite 200, Costa, CA 95122  
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.



**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!  
**1-877-579-9449**

**LegalShield**

**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>



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

866.888.1081 | [www.pbmlaw.ca](http://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](http://pbmlaw.ca)



# Your Weekly Horoscope

**ARIES**  
(March 20 - April 19)

Is there someone you need to forgive for a past wound? Now may be a good time to do so, which would help both of you move on from the situation. Lucky numbers: 3, 11, 15, 21, 22, 48.

**TAURUS**  
(April 20 - May 20)

Taurus-born usually aren't impulsive in thoughts and actions. If you feel that way at week's end, take a step back and try to understand your motivations right now. Lucky numbers: 8, 17, 29, 32, 34, 37.

**GEMINI**  
(May 21 - June 20)

You may find yourself in overdrive mode, trying to do everything at once. This might be productive, but don't overdo and cause accidents by rushing. Lucky numbers: 1, 10, 30, 43, 46, 47.

**CANCER**  
(June 21 - July 22)

Do you have an idea that you just can't seem to bring into reality on your own? Look for a well-grounded partner to help you bring it to fruition. Lucky numbers: 14, 19, 25, 31, 34, 45.

**LEO**  
(July 23 - Aug. 22)

At midweek, others may find your ideas attractive. However, explaining all the details is important, and making sure the deal is a win-win for all concerned. Lucky numbers: 7, 14, 26, 35, 38, 40.

**VIRGO**  
(Aug. 23 - Sept. 22)

Virgos can be shy about tooting their own horns. For a few weeks, use communications with others to encourage them to reevaluate how valuable you are to them. Lucky numbers: 5, 9, 14, 33, 38, 39.

**LIBRA**  
(Sept. 23 - Oct. 22)

At midweek, you may find the courage to address a situation that isn't working for you any longer. How can you speak up and ask for what you need now? Lucky numbers: 19, 20, 22, 27, 30, 42.

**SCORPIO**  
(Oct 23 - Nov. 21)

This is a week when you may want to pause before you speak. The tail of the scorpion can sting in a way you might regret later, so be careful about using angry words. Lucky numbers: 2, 8, 14, 23, 26, 32.

**SAGITTARIUS**  
(Nov. 22 - Dec. 21)

Truth, like beauty, can be in the eye of the beholder. Your truth is based on your own experiences. So understand that the same can be true for others. Lucky numbers: 11, 30, 36, 37, 38, 48.

**CAPRICORN**  
(Dec. 22 - Jan. 19)

Are you envisioning a new endeavour in your mind's eye? The middle of the week may be a good time to put the idea on paper and to develop a plan for achieving it. Lucky numbers: 4, 14, 18, 29, 46, 48.

**AQUARIUS**  
(Jan. 20 - Feb. 18)

Are you overwhelmed by all the details that need to be completed to achieve your objective? Shed the attitude that you need to do it all yourself. Recruit friends to help. Lucky numbers: 6, 8, 17, 19, 22, 30.

**PISCES**  
(Feb. 19 - March 20)

You may feel conflicted at week's end about how to proceed with an important decision. Consider which option might best position you for long-term success. Lucky numbers: 16, 26, 28, 29, 32, 42.

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

## Did You Know...

**Pink squirrels:** When flying squirrels are illuminated with ultraviolet light, the creatures' fur glows a bright, fluorescent pink. The colouring could help them navigate, communicate, or blend into their environment.

**Pen hole:** That tiny hole in the top of a plastic pen cap not only reduces air pressure when the cap is put back on, it's also a safety measure. Air flow from the hole reduces the risk of choking if someone accidentally swallows it.

**Not nuts:** Technically, almonds and cashews aren't actually nuts. While we normally call them nuts, they actually are seeds because they grow inside a hull within a fleshy fruit and must be shelled for eating.

**It's a punt:** "Punt" isn't just a sports term associated with dropping and kicking a ball before it touches the ground. A punt also is the indentation on the bottom of most wine bottles, which makes the bottle more stable.

**Slow smoke:** Pipe smokers will be interested in the Danish Championship Pipe Smoking International event. The goal is to take the longest time to smoke three grams of tobacco, using a standard pipe.

## On the Lighter Side

Knock! Knock! Who's there? Interrupting pirate. Inerru—Arrrr!!

What was the snail doing on the highway? About a mile a day.

A mountain and a valley had a baby. They named it Cliff.

First lumberjack: "So how's business?"  
Second lumberjack: "Come see, come saw."

A cheese sandwich asked for a drink. The bartender said, "Sorry, we don't serve food here."

## Answers

**Trivia answers:** 1. Mintionette 2. 100 3. Yangtze 4. Thomas Hardy 5. Labanotation

For available franchise opportunities - visit [coffeenewscanada.com](http://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](http://www.coldshotca.com)  
Passenger Website: [www.coldshot.ca](http://www.coldshot.ca)

TICKETS: 587-557-7719 | PARCEL: 587-557-7718  
SERVING ALBERTA'S BUSINESS COMMUNITY SINCE 2005



**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](http://NERDS2YOU.CA)

**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



**5th ANNUAL CHARITY GOLF TOURNAMENT**  
Hosted by Whitetail Crossing Golf Club

**Friday, Sept. 6, 2024**  
Sign In 9:30 a.m. | Shotgun Scramble 11 a.m.  
Dinner to follow (catered by Freson Bros.)

**50/50 PUTTING CONTEST**  
**MULLIGAN PURCHASE**  
**BEAT THE PRO**

\$160 for Golfers (\$50 tax receipt)  
18 holes with cart and banquet  
\$50 Banquet only  
Early Bird Deadline: Midnight, August 22, 2024

Scan QR Code to Register, Sponsor or to Donate or visit <http://shorturl.at/SESgA>

**The Rock Lutheran Inner City Society**  
Volunteers providing hot breakfasts to Edmonton's Inner City Guests



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



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

PURCHASE TICKETS ONLINE AT [thecomicstrip.ca](http://thecomicstrip.ca)

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



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

**Join Our Vibrant Community**

**W**  
VILLAGE AT Westmount

Full Kitchens • Social & Recreation • U/G Parking

13326-114th Ave, Edmonton  
**780-540-9500**  
CDLhomes.com

