

FREE ROLLING TRAY
WHEN YOU PRESENT THIS COUPON -
LIMIT 1 PER CUSTOMER - SEE IN STORE FOR DETAILS

8060-167 AVENUE NW EDMONTON

BUBONIC KRONIK

MONDAY TO SATURDAY 10 am - 9 pm
SUNDAY, 11 am - 6 pm

WITH PURCHASE OF \$5 OR MORE

LIVESTOCK FEED | TOYS | TREATS | FEEDING ACCESSORIES | MINERALS & VITAMINS

Neigh-Barks Feed & Pet Supply
it's für life

56521 Range Road 211, Sturgeon County
825-523-7812
www.neighbarks.com

Feather to fur
Beak to muzzle
Hooves to paws
We have something for all!

Neigh-Barks Sturgeon County

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

Real Estate. Real Results.
SERVING THE FORT SASKATCHEWAN COMMUNITY FOR 20+ YEARS

David Goodchild
REAL ESTATE PROFESSIONAL
david@goodchildproperties.com

C: 780.819.0978
O: 780.464.7240

425-450 Ordze Road
Sherwood Park

Goodchild Realty Services

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

OFFERING YOU THE BEST SOLUTION FOR YOUR VEHICLE

TRINITY AUTOMOTIVE

COURTESY CARS AVAILABLE

780-953-9795
TRINITYAUTO9795GMAIL.COM
#120, 11870 88 AVE. FORT SASK.

HONEST, RELIABLE, INCLUSIVE AUTOMOTIVE SERVICE

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

PAID PER LETTER

ZERO Experience Required

MUST BE 18+
EDUCATIONAL PROGRAM

START HERE!

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

FREE! New Issue Every Week!

Coffee News
"News To Be Enjoyed Over Coffee"

Fort Sask and Area Edition
780-220-6397

www.coffee-news.ca

Vol. 21 No. 33 August 12, 2024

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

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. 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 stepnotation, labanotation, or floor plans?

(Flip bottom of page for answers)

Affordable-Effective-Exclusive-CALL NOW!

CASH FOR CARS

FREE TOW AWAY SERVICE

Will pay you cash for unwanted vehicles, running or not.

OR donate to Alberta Cancer FOUNDATION

Call 780.903.9822

Those Who Fail to Plan, Plan to Fail

MJM BUSINESS SYSTEMS SOLUTIONS

www.mjmbss.ca

Every successful business needs sound management systems in place.

HEALTH & SAFETY
OPERATIONS
PAYROLL & BOOKKEEPING

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

THIS SPACE FOR RENT

OR SCAN HERE FOR MORE INFO

Call 780-220-6397

Sil Industrial Minerals We're Ready.

Western Canada's leader in industrial sands, blasting abrasives and equipment

WE'RE HIRING

Lamont County, AB (Hwy 38 & RR204)

To find out more, visit sil.ab.ca/careers or call us at 780-796-3939

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

Real Estate | Wills | Contracts

HOMESTEAD LAW

Tamara D. Eppe B.A., J.D.

780.243.2116
www.homesteadlaw.ca

CONVENIENTLY LOCATED JUST OFF THE YELLOWHEAD IN SHERWOOD PARK

"OUR GOAL IS TO MAKE CLIENTS FEEL LIKE FAMILY"

CANADA'S BRAND YOUR COMFORT

NAPOLEON

GEMCO FIREPLACES
& WHOLESALE HEATING PRODUCTS

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

LANDSCAPE MAINTENANCE AND INSTALLATION
Mowing, Trimming, Edging • Fertilizing
Bed Maintenance, Weeding, Enhancements
Final Grades, Paving Stones, Retaining Walls

THREE SEASONS LANDSCAPING LTD.
780-922-4619 landscape industry certified

www.ThreeSeasonsLandscaping.ca

SHOP ONLINE!
www.scubagearcanada.ca

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

The Dive Outfitters
Learn to SCUBA DIVE at our Edmonton location - call for details
11781-156 St., Edmonton 780.483.0044

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

Need transportation?
We'll run you to your errands, drive you to appointments, and even join you if you required!

ALLARD HOME CARE
A compassionate and collaborative approach to aging in the comfort of your own home

Call 780-881-8434, or email hello@allardgroup.ca to schedule a ride today!
AllardHomeCare.ca

IF WATER RUNS THROUGH IT, WE DO IT!
LUC'S PLUMBING INC.
Your Local Plumber

CERTIFIED GASFITTER

780-405-0436
lucsplumbinginc@gmail.com

Proudly Serving Fort Saskatchewan & Surrounding Areas

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

ART CLASSES

Artfully Yours
School of Fine Art

- * Drawing
- * Painting
- * Sculpture
- * Portfolio Preparation

#126
150 Chippewa Road (upstairs)
Sherwood Park

LIMITED ENROLLMENT - REGISTER TODAY

780.449.3824
info@artfullyyourschool.ca
artfullyyourschool.ca

GIFT CERTIFICATES AVAILABLE!

From the Heart Laser Therapy

- Smoking Cessation
- Drug Addiction
- Sugar Addiction

Also treatments for
• Anxiety & Depression

587-357-2455

Enhance Your Curb Appeal!

Specializing in stamped concrete, concrete removal and replacement

- Driveways • Garages • Shops
- Concrete Removal
- Sidewalks • Patios
- Bobcat Services
- Parking Pads

FINISHED FIRST CONCRETE

780.916.7686 | finishedfirstconcrete.ca
RESIDENTIAL & COMMERCIAL

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

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

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

Visit us on Facebook-CoffeeNewsWeekly

FREE QUOTE
Price by the job... No Surprises!

GO Mr. HANDYMAN

Handyman Service | Renovations
Home Repair | Construction

780-655-8402
Licensed Tradesman

SATISFACTION 100% GUARANTEE

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
Passenger Website: www.coldshot.ca

TICKETS: 587-557-7719 | PARCEL: 587-557-7718

SERVING ALBERTA'S BUSINESS COMMUNITY SINCE 2005

yes tv

FREE LIVE STREAMING COMING THIS FALL
visit yes.tv for details

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

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

Edmonton.CMHA.ca

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

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.)

\$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/SE5G

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

WEBSITES
From \$129/Month

(780) 760-6922
FRONTLINECONSULTING.CA

HIP OR KNEE REPLACEMENT?
THE DISABILITY TAX CREDIT ALLOWS FOR A

\$2,500 YEARLY TAX CREDIT
\$30,000 LUMP SUM REFUND

Restrictions in Walking or Dressing may qualify.
FOR EXPERT HELP: 1-844-453-5372

85% SUCCESS RATE!